

# Roadhogs Leicester A.C.



July/August 2015

Established 10/08/1984  
Affiliated MCAA, LRRL, DRL, RWA.



## Steve Does the Double

Congratulations to Handicap champions; Steve Palmer, who successfully defended his title, and Clare Mendes. Steve took 8 seconds off last year's time as our winners were the only ones to beat the handicap. Although the race started in perfect conditions, competitors had to battle through a torrential downpour in the later stages. Notwithstanding this, 11 of the 21 starters finished within a minute of their handicap time.

The only disappointment of the night was Keith missing the chip van by 10 minutes!

Full results on page 2

## Remaining LRRL Races 2015

Carl Rutt Memorial 10K: Sunday 23<sup>rd</sup> August

John Fraser 10: Sunday 6<sup>th</sup> September

LRRL Presentation Evening: Friday 2<sup>nd</sup> October

## County Standards

Congratulations to the 15 members who have already got their five distances to qualify for County Standards. Turn to page 8 to see how you're doing and what you need to get one or to move up to a higher level.

## Baby Boom: Part Two



Congratulations to Ashley and Drew on the safe arrival of Minori.

## In This Issue

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## Picture Credits

SL Images, Dave Lodwick, Anon

## Member News

A big welcome to Kathryn, Emilio, Richard, Edd and Sophie, who have joined us recently.

That brings current (renewed) membership to 98 (including 15 honorary).

## Regional and National XC

You may have seen Dave Lodwick's calendar of cross-country events for the coming season and I want to encourage you to join me in the county, regional and national championships. Last year I ran the National event at Parliament Hill in London and Leicestershire was represented by Barrow, Beaumont, Charnwood, Coritanians, Desford, Harborough, Huncote, Owls AC and Wreake but not Roadhogs.

The senior men's race had over 2000 competitors and the senior women's event boasted 865 runners. There is a real thrill of being in a large field, competing with the best English national runners, hurtling up and down the hills, through the mud and picking up speed on the last lap to overtake those who had thought you were beat. I have come from London as a member of a club that had a history going back to 1877 and we always competed in the major cross country events and I think that it is time that Roadhogs established itself in those ranks.

Really it is no different to being in a large half marathon race except that instead of roads you are traversing the country and on a slightly longer route than the normal league races. We shall be asking for competitors later in the cross country season but for now think about running in these prestige races.

Brian Feldman

## 10K Handicap Results

	HC	Sta	Fin	Time	Dev
<b>Steve Palmer</b>	49	20	68.40	48.40	-0.20
<b>Clare Mendes</b>	49.5	19.5	68.56	49.26	-0.04
<b>Martin Capell</b>	52	17	69.10	52.10	0.10
<b>Mark Jowsey</b>	55	14	69.19	55.19	0.19
<b>Steve Barnes</b>	49	20	69.22	49.22	0.22
<b>Alison Lodwick</b>	62.5	6.5	69.34	63.04	0.34
<b>Baz Barratt</b>	49	20	69.38	49.38	0.38
<b>Richard Curtis</b>	46	23	69.41	46.41	0.41
<b>James Bostock</b>	38	31	69.47	38.47	0.47
<b>Lee Hennell</b>	50	19	69.55	50.55	0.55
<b>Emma Raven</b>	46	23	70.00	47.00	1.00
<b>Roger Kerridge</b>	47	22	70.18	48.18	1.18
<b>Keith Dakin</b>	50	19	70.22	51.22	1.22
<b>Ceri Davies</b>	45	24	70.45	46.45	1.45
<b>Barry Waterfield</b>	69	0	70.48	70.48	1.48

<b>Amy Gasper</b>	50	19	71.19	52.19	2.19
<b>Hitesh Pandya</b>	45	24	71.22	47.22	2.22
<b>Vicky Sutton</b>	48	21	71.26	50.26	2.26
<b>Jeannette Franklin</b>	58	11	73.40	62.40	4.40
<b>Shaun Heaphy</b>	57	12	74.22	62.22	5.22
<b>Will Carter</b>	40	29	76.33	47.33	7.33*

\*Missed turn

## RACE REPORTS

### The Market Harborough Half, and a bit.

Clare, Colin and I entered this new race expecting it to be a typical June day, warm and humid. But the previous afternoon it had started raining and would continue for 24hrs.

It was part of a new Carnival of running in Market Harborough, which included a 1 mile fun run, a 10k and the Half Marathon, which we had entered. There were funfairs and floats and there should have been a carnival atmosphere but the constant rain had kept the sensible ones indoors.

The 10k and Half Marathon runners started at the Robert Smyth Academy, running the same route until they split somewhere out of town, and finished in a park half a mile down the road. It was a fast first mile down into the centre of town, where we were encouraged by a few hundred sorry sodden spectators. Then it was a circular route around town, including some rather dull industrial units. At the 3 mile point we were heading out towards the countryside and the village of Great Bowden. I knew I was doing better than I had expected to, and was feeling really comfortable at a decent pace; the smell of a P.B in my nostrils.

At about 4.25 miles we ran through Great Bowden and came to a sharp bend where I asked the Marshall "which way" she pointed to my left and said "that way". I had seen the split point on the map but at that moment couldn't think exactly where it was. And, as it had been confirmed by a Marshall, why would I question it? And she must have seen that I was wearing a number with a green bar across the top signifying that I was in the Half and NOT the 10k, which had a blue bar.

So I pushed on. There was no-one within a hundred yards of me so as far as I was concerned we were all Half runners. We came to a steep hill which was the only real hard one on the course which led past the School where we had

started and that's when I started to wonder if I had been sent the wrong way.



Dale adopts his 'why me?' pose

I soon found out. Round a few more corners and down an alleyway and into the park, I saw what I really didn't want to see. The finish line. It should have taken another 50 minutes to get to this point and as I ran down the finish straight I stopped. I put my arms out in a "what the hell" gesture, and ducked under the barrier tape at the side. The race organiser ran over to ask what I thought I was doing. I explained that one of his Marshalls had sent me the wrong way. He thought he might be able to get me a lift back out onto the course so I could at least take part and complete the race. When we got to the road there wasn't anyone available to take me out there.

His next bright idea was, if I ran a few hundred yards down the road I could get to the 3 mile point, again, and complete the half marathon course. This would mean another 10 and a half miles on top of the 10k that I had already done. And yes, before I could think about it I had set off, swearing as I did so. I passed the first water station being packed away realising I was in absolutely last place. The anger and frustration really spurred me on. I just wanted to see other runners and start picking them off. I got to Great Bowden, again, and this time the Marshall pointed in the right direction. At around 5 miles I caught the first of my targets being followed by an outrider as he was in the last place before I took that honour. After that I could see my next target up the road and focused on that runner and the next and the next etc.

The rain at times was torrential but as there was no breeze at all it didn't have as much effect as it normally would. So, through Welham then Thorpe Langton. At this point the race organiser showed up in his car. As he passed by he slowed and wound his window down and asked if I was okay. He also explained how all this extra mileage was so beneficial and I would be truly grateful tomorrow. I didn't say what

was in my head but I did say that this needs sorting out. A refund for example.

So on I went, the distance and the early pace starting to have an effect now. Back through Great Bowden, again. I was now back onto the route I had been on an hour before. Up the steep hill, past the school, round all the corners and down the alleyway, again, into the park. As I approached the finish line I slowed down to a walk and stepped to the side of the timing mat. The idea being that my time wouldn't be registered. I was met by a concerned Clare and Colin. They had been searching for me for 20 minutes and were starting to worry. I was also greeted by Mr Race organiser. He said that a refund would be sorted out and if my time [2hrs 4mins ] had registered it would be wiped off.

I had managed to catch more than 50 other runners. Not many of those during the last couple of miles. I think 2.04 will my unofficial P.B. for approximately 17 and a bit miles for ever. It had been a right b\*lls up. But a real challenge

Days before the race I had studied where to park, where the start was, where the water stations were, where the finish was etc, but I now know to study the route and not rely too much on the Marshalls. I now have to do this next year as I need know what I can do.

Well, I've had the refund, but that time and place is still on the results, which really gets to me.

Dale Jenkins

## For the Record

Croft Hill Race		
James Bostock	3rd	24.29
parkrun 2/5/15		
Baz Barratt	66th	22.05
Ben Milsom	73rd	22.14
Janet Hall	172nd	25.40(PB)
Woodhouse May Day Challenge		
Dale Jenkins	38th	1.42.31
Colin Bowpitt	61st	1.47.26
Clare Mendes	131st	1.59.34
Lee Hennell	204th	2.12.39
MK Marathon		
Paul Langham	380th	3.44.14
parkrun 9/5/15		
Ben Milsom	60th	21.44(PB)
Jeannette Franklin	237th	28.47
Caroline Evans	295th	31.45
Cressbrook Crawl		
Dave Lodwick	65th	1.04.52
Trudy Sharpe	103rd	1.28.05

Keswick to Barrow (40m)		
James Bostock,	5th	5.05.03
Clawson 10K		
Janet Hall	105th	1.05.08
Bosworth HM		
Dale Jenkins	55th	1.33.26
Ferrante Neri	70th	1.34.58(PB)
Fabio Caraffini	71st	1.35.02(PB)
Paul Langham	120th	1.39.23
Colin Bowpitt	138th	1.41.09
Brian Feldman	436th	2.07.51
Leicester City 5k Summer Series Race 1		
Emma Raven	43rd	22.36
Ruth Stevely	78th	26.44
Jacqui Womesley	99th	30.10
parkrun 16/5/15		
Ben Milsom	59th	22.29
Baz Barratt	117th	24.43
Caroline Evans	249th	31.10
White Peaks HM		
Dale Jenkins	20th	1.29.41(PB)
Jackie Brown	47th	1.37.39
Clare Mendes	83rd	1.44.02(PB)
Leicester's Big 10K		
Rich Norton	394th	57.24
Leaden Boot		
Sophie Noble	40th	6.32
Chester HM		
Mike Cummins	924th	1.40.40
parkrun 23/5/15		
Ben Milsom	76th	22.09
Baz Barratt	81st	22.18
Janet Hall	230th	27.04
Jeannette Franklin	266th	28.38
Shaun Heaphy	304th	30.26
Iceland OMM (Short Score Class)		
Becca & James Bostock	1st	
Arnesby May Fair XC		
Dale Jenkins	12th	30.51
Dave Lodwick	22nd	33.51
Colin Bowpitt	29th	37.15
Goreleston Cliffs parkrun		
Neil Winkless	23rd	21.06
Huntingdon parkrun		
Robin Meynell	10th	20.29
Clare Mendes	62nd	24.08
parkrun 30/5/15		
Mark Ramsden	9th	18.16
Ben Milsom	81st	22.05
Baz Barratt	129th	24.01
Janet Hall	189th	26.27
Jeannette Franklin	235th	28.04(PB)
Shaun Heaphy	267th	29.40
Karen McCurdy	294th	31.08
Kent Roadrunner Marathon		
Sophie Noble	320th	5.04.52
Tansley Hill Race		
Dave Lodwick	66th	36.25
parkrun 6/6/15		
Ben Milsom	72nd	22.36

Shaun Heaphy	248th	28.44
Caroline Evans	266th	29.32
Leicester City 5k Summer Series Race 2		
Alison Lodwick	84th	29.23
parkrun 13/6/15		
Edd Smissen,	23rd	20.17(PB)
Neil Winkless	27th	20.39
Ben Milsom	42nd	21.30(PB)
Janet Hall	137th	26.23
Shaun Heaphy	156th	27.57
Jeannette Franklin	171st	29.06
Caroline Evans	200th	31.42
Harborough Festival 10K		
Steve Barnes	21st	48.35
Harborough Festival HM		
Colin Bowpitt,	49th	1.39.28
Clare Mendes	93rd	1.46.53
Lee Hennell	125th	1.51.49
Passing Clouds		
Dave Lodwick	101st	1.42.51
Potters 'Arf		
Mark Coulson	552nd	1.51.15
Keith Dakin	680th	1.55.27
Baz Barratt	786th	1.59.45
Rothley 10K		
Edd Smissen	86th	44.37(PB)
Mike Cummins	112th	46.25
Terry Woodhouse	116th	46.23
Caroline Evans	398th	1.00.03(PB)
Calton Fell Race		
Dave Lodwick	40th	45.18
Beacon Solstice Run		
Nick Cobley	14th	34.11
Lee Hennell	104th	43.56
parkrun 20/6/15		
Baz Barratt	107th	23.41
Kathryn Evans	117th	24.00
Caroline Evans	224th	27.20
Jeannette Franklin	337th	33.41
Bradgate XC 10K		
Lucy McMillan	26th	1.15.30
Bradgate XC 15K		
Dan Bannatyne	11th	1.27.17
Mike Cummins	13th	1.29.47
Trail Marathon Wales		
Sophie Noble	313th	6.02.23
Aycliffe 10K		
James Bostock	13th	37.21
parkrun 27/6/15		
Baz Barratt	81st	22.46
Ben Milsom	90th	22.58
Shaun Heaphy	213th	27.10
Karen McCurdy	303rd	32.50
Rebecca Willday-Riley	315th	34.25
Great Bakewell Pudding Run		
Dave Lodwick	45th	52.03
Torbay HM		
Kathryn Evans	348th	1.44.51
Edd Smissen	411th	1.47.28
Caroline Evans	1221st	2.18.43(PB)
Tamworth Gate Gallop		



Natasha Eastwood	230th	59.47
Trudy Sharpe	234th	1.00.16
parkrun 4/7/15		
Valerie Spezi	193rd	27.30
Caroline Evans	210th	28.19
Edd Smissen	211th	28.19
Birmingham and Black Country HM		
Fabio Caraffini	133rd	1.44.25
Dan Bannatyne	171st	1.47.02
Potteries Marathon		
Chris Peach	404th	4.33.35
Watermead Challenge 5M		
Mark Chamberlain	24th	31.39
Michael Vaughan-Smith	30th	32.38
Leicester City 5k Summer Series Race 3		
Emma Raven	38th	22.04(PB)
Richard Curtis	39th	22.14
Jacqui Womesley	81st	30.07
Porthcawl parkrun		
Caroline Evans	140th	29.21
parkrun 11/7/15		
Baz Barratt	82nd	23.26
Ben Milsom	87th	23.35
Shaun Heaphy	172nd	27.13
Jeannette Franklin	201st	28.33
Peak Forest Fell Race		
Dave Lodwick	44th	52.45
MK HM		
Robin Meynell	90th	1.35.37
Clare Mendes	235th	1.49.53
Trudy Sharpe	326th	1.58.54
Natasha Eastwood	393rd	2.04.51
Valerie Spezi	516th	2.18.04
parkrun 18/7/15		
Baz Barratt	84th	23.22
St Ives 10K		
Robin Meynell	65th	43.08
Clare Mendes	193rd	50.07
parkrun 25/7/15		
Baz Barratt	96th	23.38
Bath Off-road Marathon		
Sophie Noble	70th	6.07.11

## Fell Racing

### Cressbrook Crawl (1148ft/6.5 miles)

We approached from the north along narrow lanes across the top of the moors. As the road started to drop down the steep sides of Miller's Dale we came to the little village of Cressbrook clinging to the side of the hill. Each time we turned a corner, hoping that we'd reached the race parking, we were confronted by yet another steep down slope. Cressbrook Mill, once one of the cotton mills on which fortunes were made and then lost in the Industrial Revolution, provided parking and a spot to contemplate the trek back up to the village and race HQ. Neither

of us were comforted by the thought that the final part of the race traced a similar path.

Registration was in a little village social club and there a variety of unfamiliar vests on show. In addition to the local fell clubs there were groups from as far afield as Stilton Striders and Lincoln. There was also a good showing from the 'other Roadhogs' (Handsworth Roadhogs who are based in Sheffield).



Trudy enjoys some fresh air

After a brief uphill, the course plunged down to the river Wye before beginning a major climb up the other side of the valley. As we emerged from the trees, I was relieved to find that the 50 odd people in front of me, were all walking up the slope. Fell runners are not super-human after all; the laws of physics do apply (although no doubt, the top ten ran the whole way)! From the top of the hill it was all runnable and it was possible to generate some rhythm. We passed through High Dale and Taddington Dale before descending to the Wye again at the end of Monsal Dale. We followed the river for a while before joining the Monsal Trail, an old railway that has been turned into a brilliant cycle and walking route. The trail provided a welcome respite from the mud and rocks; a chance to close the gap to people in front. We left the trail at the entrance to Cressbrook Tunnel, descending to cross the river at a weir. The final 1 mile climb (300ft) was like one of those 'death march' experiences that you get in the latter stages of Marathons when your sole focus is persuading your legs just to keep moving. I must have succeeded because I managed to gain a place, finally finishing in 65<sup>th</sup>. Trudy, having modestly set her sights on avoiding last place, was happy to come in 103<sup>rd</sup> of the 107 finishers

(one starter didn't get that far having taken a tumble after a few hundred yards).

With the race supported by a local craft brewery, prizes were bottles of beer and every finisher got a free pint from the bar. There was a great spread for lunch too, which rather made us regret our decision not to buy a ticket before the race. The trip back to the car on tired quads was a reminder that it can hurt just as much going down as up, but the warm glow of post-race satisfaction, or maybe it was the beer, made it all a bit easier.

### **Tansley (600ft/4.3 miles)**

Details were a bit sketchy but I knew the name of the village and the start time, so I travelled in hope. I parked up close to the village pub and followed the first runner I saw, up a winding lane to a little sports pavilion that was evidently acting as race HQ. Race entry sorted, I headed off for a little warm up over what proved to be the last bit of the course. It's always quite helpful to get a little preview of the run in to the finish, so you can time your final effort and pick off those last few places (well, that's the theory anyway).

We started with a half lap of the playing fields and then weaved our way down through the village. I'm never keen on downhill starts; I always feel inhibited by the knowledge that there must be some serious uphill to come. Sure enough, we disappeared into some trees and started to follow a stream emerging in the village again via a footpath so steep that it made the infamous traveller look like a runway. A narrow lane was followed by a twisting rising trail through woods before we topped out and returned to quiet lanes. The final half mile or so was a mad dash over fields and steep descents as we returned to the sports field and a final sprint for the line. (66<sup>th</sup>/129)

### **Passing Clouds (1854ft/9.8 miles)**

The Roaches are a series of rocky hills rising steeply on the western edge of the Peak District, just above Leek. I'm told that the race used to be based at a pub at the foot of the hills but nowadays it starts and finishes at the visitor centre of Tittesworth Reservoir. With nearly 10 miles of testing terrain, the organisers required competitors to carry full body cover and three numbers were drawn at random for a pre-race kit check. After a relatively flat first mile, the course started to rise, gradually at first and then

in earnest and soon we were reduced to scrambling as we climbed to the top of Ramshaw Rocks. There was no time to admire the view before beginning the descent. The mid-section was over moorland with only gentle changes in elevation, before we started the long climb to the Roaches themselves. We ran along a ridge (Five Clouds) with large outcrops of quite smooth rock; in places we had to squeeze between boulders or jump from one to another.

Before the final climb (Hen Cloud) there was a tricky descent over steep rock-strewn peaty moorland to test our nerves. From Hen Cloud it was a straight-line descent with the gradient remaining precipitous as we entered a wood and played high-speed chicken with the trees. From then on, the gradients became gentler and we retraced our steps from the early part of the race. Despite the relative quiet of the lanes we passed over briefly, the local police were on hand to ensure our safety; not something you find in many parts of the country. By the time we reached the last quarter of a mile my legs were shot; fortunately, no one tried to overtake me as I staggered to the finish. (101<sup>st</sup>/164)

### **Calton (801ft/5.5 miles)**

Just two days after Passing Clouds, I decided to give my legs a treat by subjecting them to another fell race. Apart from the listing on the FRA website, there was little information to be found about the Calton race. However, bizarrely there was a video on YouTube! The video is shot from a fixed camera position and has no commentary. In the foreground is a man in a fluorescent tabard stood by an open gate in a stone wall and beyond is a steep hill. Sheep are baaing and birds are singing in the background; all in all a perfect Dales scene. Just as you're starting to wonder if this is an example of the new Scandinavian craze for 'slow TV' a runner comes in to shot, goes through the gate and heads off straight up the hill. Soon he is reduced to a dot in the distance, barely visible at all. At this point the second runner appears and then a regular stream come through the shot and head off into the distance. After a few minutes, the leader reappears taking a diagonal course down the hill towards the gate. He comes back through the gate and disappears out of the left of the shot. Now that you've worked out where the runners go, you can spot them on the skyline just before they plunge back down. As you get further down the field, the banter between marshal and runners gets more frequent; "left here is it marshal?" (i.e. missing out the hill

completely), “I thought you’d died”, “see you in an hour”, that sort of thing.

If you’ve gathered from the above that things were rather relaxed, then you’d be right. The village, which was barely more than a hamlet was reached by narrow lanes. A marshal directed us to a field and a second waved vaguely at a gate and a trudge across a field to the village hall. The usual transaction completed (exchange of FRA entry form and fiver for a number) it was back to the parking field for the start of the race. Some people were obviously regulars and others had come in their club groups but, as always, there were people ready to chat as you waited for the off. Like many of our cross country races, even with a field of less than a hundred, a fast start is fairly essential in fell races because the first narrow bit is rarely far into the course. Unlike most of our races however, this first part is usually uphill! The course proved to be mostly grassy hillsides and largely runnable, until we reached ‘that hill’ (Throwley Moor). I quickly realised why everyone in the video starts walking almost as soon as they hit the hill (200ft of climb in just 320 yards). Thankfully, the inclines in the remaining couple of miles were much gentler and I managed to pick off a few places. Chatting to some locals at the end, one of them told me that she used to herd sheep on Throwley Moor; they breed them tough in the Dales. (40<sup>th</sup>/80)

### **Bakewell (656ft/6.5 miles)**

I wrote about this one last year and having enjoyed it, went back for a second helping (well, those puddings are rather nice!). Fortunately, there were no stampeding cows this year and I had a drama-free run. The course profile is fairly simple; uphill first half, downhill/flat second half. The trick is to go as hard as you dare in the first part, whilst avoiding using so much energy that you run like a zombie in the second. I must have made a better job of this balancing act because I was a minute quicker and a bucketful of places higher than last year. Leicestershire even had a presence in this one; a lady from Barrow was third, there was an ex-Westie and runners from Harborough and Stilton. (45<sup>th</sup>/125)

### **Peak Forest (650ft/6 miles)**

The village of Peak Forest was nothing more to me than a rather annoying set of traffic lights, disrupting progress on the scenic route home from Manchester. That changed one Sunday in July when it became the next stop on my tour of

the Peak District. Organisation was low key, even for a fell race, with no marshals in sight. The start line was indicated by a trestle table and the organiser used his car horn to signal the race briefing, which went along the lines that if you hadn’t done the race before then you should follow the person in front.

The standard opening gambit “have you done this one before” prompted a member of Pennine Fell Runners to tell me that the course was “too runnable” for his liking. He clarified this to say that the terrain wasn’t rough enough, not that the hills weren’t steep enough, but it still planted an idea in my mind; I would try to run the whole way (a rarity in a fell race)! This proved readily achievable until we got to the final climb of Eldon Hill. By this time, common sense wasn’t going to get a look in so I tottered doggedly up the steep slopes, ignoring the unshrinking gap to the guy in front who’d opted to walk!

Every up has its reward (down) but sometimes the only thought you have time for is how you’re going to ensure that your limbs are all in one piece and pointing in the correct direction when you reach the bottom. We lost 500 feet in about a mile but after that the flat run in to the finish felt as hard as going uphill.

The post-race attraction was a magnificent array of cakes in the village hall but the pricing structure made Costa look a bargain, so I saddled up and headed for home; satisfied glow amplified by the beautiful countryside I was passing through. (44<sup>th</sup>/93)

<b>Birthdays</b>	
<b>July</b>	<b>August</b>
2 <sup>nd</sup> Ian Bass (V50)	1 <sup>st</sup> Natasha Eastwood
3 <sup>rd</sup> Charlotte Wood	2 <sup>nd</sup> Rex Stapleford
7 <sup>th</sup> Will Carter	4 <sup>th</sup> Tim Olsen
9 <sup>th</sup> Hilary Buckley	5 <sup>th</sup> Louise Jarvis
13 <sup>th</sup> Ceri Davies	6 <sup>th</sup> Dale Jenkins
14 <sup>th</sup> Hannah Price	10 <sup>th</sup> Ben Milsom
18 <sup>th</sup> John Davies (V50)	11 <sup>th</sup> Craig Norris
27 <sup>th</sup> Lucy McMillan	12 <sup>th</sup> John Stew
30 <sup>th</sup> Trudy Sharpe	15 <sup>th</sup> Roger Kerridge
	22 <sup>nd</sup> Lee Hennell
	25 <sup>th</sup> Lee Hubbard
	25 <sup>th</sup> Mark Jowsey
	30 <sup>th</sup> Steve Wheeler

## County Standards 2015

		5K	6 mile	10K	7 mile	8 mile	HM	20 mile	Marathon
Jackie Brown	V50		G	G	S		G		
Naomi Dickens	SL		P	P		P			
Natasha Eastwood	V35		P	P			P		
Caroline Evans	V35		P	P	T	P			
Jeannette Franklin	V55				P				
Hannah Ferrington	SL		C	C					
Amy Gasper	V35					C	C		
Janet Hall	V40		C	C		C			
Barbara Hermann	V35		T			P			
Louise Jarvis	SL		C	C			C		
Alison Lodwick	V55	C	C	C	T	P			
Afra Kelsall	V40								B
Clare Mendes	SL		B	B	C	C	B		B
Lucy McMillan	SL		P	T				P	P
Hannah Price	SL		P	P					
Emma Raven	V45	G	G		B	S			
Trudy Sharpe	V45		B	B	P	C	B		C
Valerie Spezi	V40		C	C		C	P	C	P
Ashley Simpson	SL		P						
Ruth Stevely	V40	C	C	C		C			C
Victoria Sutton	SL		B	B		B	C		
Rebecca Willday-Riley	V35			T					
Dan Bannatyne	SM				P		C		
Steve Barnes	V55		B	B	C	B			
Baz Barratt	V50		B	B	P	B	C	B	
James Bostock	SM			S	S				
Colin Bowpitt	V45		S	S		B	B	S	
James Boyd	SM		S	S	B	S			
Martin Capell	V55		B	B			B		C
Fabio Caraffini	SM		B	B	C	B	B		
Will Carter	SM		S	S	B	S			G
Nick Coble	SM		B		B				
Mark Coulson	V45	B	B	B	C	B	B		
Mike Cummins	V45		B				B		
Richard Curtis	V50	B			B				
Keith Dakin	V60		S	S	C	B			
James Dunham	SM		S	S		S			G
Brian Feldman	V65		B	B		C	B	S	
John Hallissey	SM		C						
Shaun Heaphy	V55			C	T				
Lee Hennell	V40		C		T				
Lee Hubbard	SM		P						
Dale Jenkins	V55		G	G	S	G	G	G	
Sam Jolly	SM		C	C					



Roger Kerridge	V55					S			
Dave Lodwick	V50		S	S	C	B			
Tom Martin	SM		C	C			C		
Edgar Mata	SM		S						
Robin Meynell	SM		B	B	C		B		
Ben Milsom	SM		C	C	T	C			
Ferrante Neri	SM		B	B	C	B	B		
Tim Olsen	SM			B					
Steve Palmer	V60		B						
Hitesh Pandya	V50		S	S	B	S			
Chris Peach	V50		B	B	T	C			
Mark Ramsden	SM		G	G	S	S	G		
Steve Robinson	V40		B						
Marcus Shaikh	V40		C			P			
Drew Simpson	SM		C	C					
Peter Sloneczny	V50		S	S	C	S			
Edd Smissen	SM		B	C	T	C			
John Stew	V55		C	C					
Michael Vaughan-Smith	SM		B	B	C	C	B		C
Barry Waterfield	V75		C		P	C			
Steve Wheeler	V45		S	S		B			
Jerry Wilkes	V50		B						
Neil Winkless	V40		B	B	C				
Terry Woodhouse	V40		C		C	C			
		KEY							
		Gold							
		Silver							
		Bronze							
		Copper							
		Pewter							
		Tungsten							