



July/August 2016

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

Too much of a good thing?

Participation in our sport is booming. The inclusivity of concepts like Run England and parkrun, a renewed focus on personal health and the attractions of cheap, no frills, exercise in time poor, cash poor times are major drivers. I'd also like to think that the friendly nature of the sport helps; with the majority focused more on the achievement of personal goals than the underlying competitive event.

Success, as it often does, brings its own challenges. Ever increasing numbers put pressure on facilities and lead to events becoming sold out in days or even hours. Entering a race used to be something you could ponder over, perhaps waiting until nearer the event or even deciding on the day. Such spontaneity is rapidly being lost. From an organiser's point of view, having certainty over numbers of entries helps with planning and financial sustainability but it also brings the administrative burden of scores of name changes. You may ask why organisers don't just refuse transfers (like some commercial races do). Were they to do this, whatever the rules, a significant number of people would run on someone else's number; this is a major safety issue (imagine race organisers or paramedics contacting the wrong next of kin during a medical emergency) and can cause confusion in the awarding of prizes, say when the first V50 woman turns out to be a 25-year old bloke!

Both of the leagues that we compete in are struggling to cope with increases in numbers, so I thought it would be helpful to outline the issues, measures that are already in place, and what may be on the horizon (continued on page 2).

Derby Runner League 2016-17

30/10/16	Holly Hayes (or Foremark)
13/11/16	Markfield
27/11/16	Bagworth Heath
11/12/16	Bradgate (Roadhogs)
15/1/17	Sinai (Burton)
19/2/17	Allestree (Derby)
5/3/17	Bosworth Battlefield

Championship XC Fixtures

7/1/17	County (Burbage)
28/1/17	Midlands (Prestwold)
25/2/17	National

Other XC Races

12/11/17	Seagrave Wolds Challenge
17/12/17?	Gaddesby Gallop
5/2/17?	Charnwood Hills

Club 10K Handicap

The club 10K handicap is set for Wednesday 20th July at Illston on the Hill. Can Steve P beat the handicapper for a third straight year or will some dark horse steal his crown? Can Clare become the first lady to defend her title? All will be revealed on the night. If you can't run, why not come along, enjoy the action and join us for a celebratory drink afterwards?

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Picture Credits

Dave Lodwick, Adrian Howes Photography, Go Beyond Ultra and Totleley AC.

Too much of a good thing?
(continued)

Derby Runner League

The league has come under severe pressure recently (the opening race of the series has attracted well over 500 in the last two years and the record is 626). The one facility that is essential is adequate car parking. The introduction of mandatory car-sharing has helped considerably but some venues, for example Foremark, are now on the brink of becoming unviable. Traditionally, the provision of toilet facilities has not been seen as essential but the effects of 600 people peeing in the bushes are likely to provoke a backlash at some point. The most difficult problem to solve is the pressure on courses. Few areas of publically accessible ground (apart from Bradgate) are big enough to accommodate a race and footpaths and farmland bring the problem of stiles and gates. Queues at these and other pinch-points can totally ruin the experience of a race for many competitors. With delays escalating the further down the field you get, the finishing positions of equally matched competitors can be determined by who is prepared to stand in front of potentially faster competitors at the start and who wins the race within a race to the first pinch-point. Split starts for men and women have been used to mitigate the problems but this approach cannot easily be used on multi-lap courses. It also means that women have to race on ground that has already been churned up and the faster runners must overtake up to 150 male runners (a minority of whom are, regrettably, not as cooperative as they should be). Higher numbers also increase the damage, albeit usually temporary, that can be done to paths and soft ground. This is particularly a problem in public spaces where other users can be quite vociferous in their complaints of disruption. Permission to use courses has previously been withheld following complaints.

Constitutionally, the league has control over which clubs are granted membership, so new clubs have no guaranteed right of access. This is important because being a two county league, the pool of potential members is bigger.

LRRL

Problems with parking have largely been managed by appeals for car-sharing but the provision of adequate car parking remains one of the biggest headaches, particularly for Winter

League Races where the use of fields is out of the question. As a result of the West End 8 selling out more than 6 weeks in advance of the race, there were calls for a requirement that all league races should have a race limit of at least 700. This would have led to the loss of several current races and would have created pressure on race directors to set entry limits higher than their risk assessment suggested was safe. The compromise position is that proposers must now declare their race limit before the vote to decide which races are included in the league. It is felt that, for summer league races, provided everyone knows when entries open, they all have an equal chance of getting a place. This probably signals the end of the block booking system (there is no appetite for trying to give each club a pre-allocation of places). In any case, the move from paper-based to internet entry removes a major reason for having a block system at all.

The winter league presents special problems. Race licences/permits require a risk-assessed race limit to be set. Breaching that limit would invalidate insurance and leave the race director facing legal action in the event of an incident. However, the relaxed, on the day procedure for entry into WL races means that the number of participants is not known until after the race has finished, by which time it is too late. Another issue is that whilst course capacity is important, so is the size of the race venue. If the weather is poor, it must be able to accommodate all of the runners, plus supporters, without breaching fire limits. Although no decision has been taken, with these issues in mind, it seems inevitable that the days of taking all entries on the day are numbered.

Unlike the Derby Runner League, the LRRL must admit any county club that applies, provided it is affiliated.

Memories of a Long Distance Runner: Part 2.

Local Races

Most of my running has been in local races, the vast majority being in the League, but there has been other events some of which I will relate to you in this part of the story.

One of the first races I ever attempted was a Wednesday Night race from Corporation Road.

For those of you who do not know Leicester very well this is next to the Space Centre and in those days there was a school right alongside the canal. The race went up Corporation Road and then crossed Abbey Lane and up Beaumont Leys Lane towards Thurcaston. Can you imagine crossing Abbey Lane these days in a race with marshals stopping the traffic? It seems unbelievable in these days of Health and Safety, Risk Assessments and Road Closures. From Thurcaston we ran into Anstey, back up Gorse Hill, through Beaumont Leys and back over Abbey Lane to the school. Amazingly enough we all came back in one piece and lived to run another race. Roundabout the same time we did a 10 mile race from the school in Newtown Linford. One of the girls in the Roadhogs at the time organised the event with the help of the Loughborough Rotary Club and we ran into the village past the park, into Anstey, through Cropston, around into Swithland and back to Newtown Linford. As anyone will know who lives in the area it was a pretty tough course.



Some of the League races would never have been allowed today. Leicester Coritavian organised a race from Braunstone Lane East. Those of you who know that area will have seen the private ground next to the canal and railway and that was the base. Of course we couldn't have run up Braunstone Lane East as the road was too busy so the runners were escorted up the road to the back street a little further up and the race started from there. We headed towards Fosse Park and went round there onto Soar Valley Way. From there it was onto Great Central Way as we headed towards town. I can't quite remember exactly where we came off but

by this stage of the race the marshals who should have been controlling the runners seemed to disappear and everyone then had to make their own way back to Braunstone Lane East as best as they could. Many made their way onto Narborough Road whilst others came via the backroads and joined the race at a later point. Back towards the clubhouse the runners then had to finish on the path by the Electrical Sub-Station. I remember that Mal Blythe who had come along to support us had been roped in at the last minute to help out at the finish. Needless to say the race only appeared on the calendar once.

One of the more regular races was the County Hall 7 mile race which in keeping with its name took place from the Council Headquarters on Groby Road. This event took us up Groby Road, on the pavement of course, turning left along the boulevard and left again onto Anstey Lane and down Gorse Hill. In those days before the A46 ring-road came into being Gynsill Lane stretched from Anstey Lane to Groby Road so the course followed that and back to County Hall via the slip-road. County Hall had at that time its own team in the League but they disappeared in the 1990's along with a few other clubs.

One of those was Braunstone Town Runners who were involved in one or two races that have long since disappeared from the programme. How they managed to receive permission to stage one of their races I will never know. It started from Winstanley School and the route took us along the road at the back of the school which is now Meridian Way towards Fosse Park on one side of the dual carriageway and turning at the bottom to come back along the other side. Needless to say the road was not open for traffic at the time but it was a very fast and flat course. I believe the same club was involved in the League fixtures that were held regularly at Mallory Park. This involved a lap of the track, out into the countryside and back around the track at the end. The unusual feature of this was that the race was always held on a Monday night. They also staged a 17 mile event from Braunstone Community Centre and took us down the Kingsway, through Lubbethorpe, along Beggars Lane and out and back into Huncote and Thurlaston. As many of you will know Braunstone joined up with Roadhogs in the 1990's and we benefitted with the addition of Barry, Baz and Martin to the club.

A regular League race was from a school in Earl Shilton. Can't quite recall the distance of

the race but what I do remember was that the School was on one side of Hinckley Road whilst the bulk of the course was on the other. This of course meant that some half a mile after the start all of the runners would cross the main busy road and set off into the country helped by the marshals on duty. By the end of the race with the field spread out the marshal would advise the runner to cross back over to the other side of the road as soon as the road cleared so it was a case of waiting until there was an opportunity and then make the crossing. Of course in my position in the field there was no need to take any risks but I can imagine that some of the races were won and lost by the front runners taking chances with the traffic. The Risk Assessment would have been interesting to read.



Crossing busy roads was also a feature of the Beaumont Leys race which twice had to cross the ring-road next to Tesco. The race came up Beaumont Leys Lane and over the ring-road towards Walkers Crisps, along Bennion Road to Tesco and back over the ring-road again. We then did a loop and finished on a grass verge alongside the ring-road again. Owls also staged a race from the 3 schools in Wigston and this started from the road outside the schools which was and still is a very busy thoroughfare. The race went out towards Countesthorpe, turning left past Glebe Nursery and Foston Church and then left again towards Kilby Bridge and Wigston. In the early years of the race we ran right down to the Fire Station turning left again at the traffic lights and back along the road to the schools. Later on the organizers decided the finish was a little on the dangerous side and opted to take the runners off the main road just as they entered Wigston and we finished on the playing fields at the back of the schools.

Mentioning Beaumont Leys earlier brought to mind the series of races that took place from Tesco Car Park many years ago. These were 5km races for Senior Men and Women and Vets Men and Women all run separately on the same night. They were very competitive races and you felt like you were sprinting right from the word go. They went on for a number of years before the volume of traffic on the roads forced the host club to stop staging the event.

Hope you have enjoyed my reminiscences of races long gone from the League calendar. The fact that I am still around to tell the stories must mean that with a little common sense anything is possible regarding staging races. But bear in mind that League races in those days did not attract the numbers that we find today. 600+ is the current norm whereas in the early days of road-running 2 to 3 hundred would be considered a large field. The people that look after the races today do a fantastic job to make sure everyone in the sport enjoys road-running as much as we did in our day.

Tail End Charlie - Shires and Spires 35 mile Ultra

At the start my chattering teeth gave a lie to the hot sunny day that had been forecast; the heavy mist lowering the temperature quite dramatically and I was grateful for the commemorative long sleeve T-shirt provided by the organisers.

The “Shires and Spires” is a 35 mile circular loop, organised efficiently by Go Beyond Ultra in aid of Teach Africa, an educational charity. The route takes in Naseby near the Civil War battlefield of 1645, Althorp (home of the Spencer family) and Cottesbrooke, evidently the house Jane Austen used as the basis for Mansfield Park as well some stunning Northamptonshire countryside. Most of the race reports in this magazine feature champion runners who win or at least figure in the top 10 places, in contrast this is a view from the back of the field from one more used to bringing up the rear than winning.

The first part of the race was through neighbouring fields as illustrated in the photographs below: (All photos courtesy of adrianhowesphotography@gmail.com and Go Beyond Ultra, with thanks)



The outwards route was along part of the Macmillan Way until we turned off towards Cottesbrooke and the first checkpoint at 4.53 miles. Then for several miles we were on roads, to Haselbech and Naseby, for checkpoint 2, 8.5 miles. At this stage I was near the back of the field but well within time limits. As you can see I was dressed for a hot sunny day!



I am clutching the map book provided by the organisers and although the route was highlighted there were no confirmatory signs or tape at important turning points. If I have one complaint it is that there should have been some help by way of tape or signs at critical points on the course.

After Thornby we were back onto footpaths, but the sun had still not made an appearance and the weather was still pleasantly cool. Heading

for West Haddon the first of many navigational decisions had to be made. I had forgotten my compass (mandatory!) but fortunately by this time I had teamed up with Ros and Cat, who had a GPS unit which kept us on the straight and narrow to the end. This was especially useful on the way to West Haddon where we met a couple with their children on horses who said that they had met other runners who had gone towards Winwick. I don't know if they got back in time but they would have been out by a few miles.

The sun finally broke through the mist as we were coming into checkpoint 3, 15.8 miles, at Silsworth Bridge, and from here onwards it got progressively hotter. A trail to Long Buckby then back on the road. We arrived at checkpoint 4, by Althorp, with a little time to spare but then had to try to keep a steady pace if we were to get back within the 9 hour time limit. However, by now the heat was coming off the road and off the fields we had to cross. A small navigational error meant another half mile or so and time for correction to cross the A 428.

Perhaps it was an element of dehydration but we only made it to Checkpoint 5 at Teeton, 29 miles, with seconds to spare. We knew then that we would not arrive by the 9 hour limit but had hoped that the organisers would still be there when we arrived. They were, with medals and congratulations. In the event Cat stormed off early but Ros and I finally arrived at 9 hours 19 minutes, and as the photo shows in my usual lopsided manner after a long run.



In summary: a well-organised race that would be improved with directional markers at key points and perhaps less road and more trail.

For the Record

Leeds HM		
James Thurman	411th	1.36.10
Bosworth HM		
Dale Jenkins	103rd	1.44.05
Charlotte Wood	158th	1.51.18
Steve Palmer	193rd	1.54.24
Emma Raven	194th	1.54.29
Colin Bowpitt	244th	2.00.05
Brian Feldman	510th	2.29.40
Clawson 10K		
John Davies	32nd	56.13
Bpr 14/5/16		
James Thurman	18th	20.08
Ben Milsom	29th	20.55
Max Barratt	129th	25.16
Caroline Smissen	315th	34.51
Edd Smissen	316th	34.52
MHpr 14/5/16		
Steve Barnes	66th	23.43
LVpr 14/5/16		
Igor Burbela	19th	20.26
Emma Raven	38th	22.07
Ruth Stevely	107th	27.50
Valerie Spezi	113th	28.40
Wei Han	130th	29.42
Carsington 7+		
Mark Ramsden	8th	49.47
Shining Tor		
Dave Lodwick	144th	56.46
Summer Series 5K		
Emma Raven	33rd	22.34
Pegwell Bay pr		
Brian Feldman	90th	29.48
Bpr 21/5/16		
Ben Milsom	30th	20.53
James Thurman	35th	21.09
MHpr 21/5/16		
Steve Barnes	67th	24.15
LVpr 21/5/16		
Igor Burbela	14th	21.28
Rob Milstead	17th	21.49
Emma Raven	67th	25.04
Wei Han	105th	30.10
Worcester HM		
Dan Barnes	302nd	1.57.23
Amy Barnes	303rd	1.57.24
Brathay HM		
Edd Smissen		1.45.27
Terry Woodhouse		1.50.39
Baz Barratt		1.50.48
West Country Ultra 100 miler		
Chris Peach	10th	34.15
White Peak Marathon		
Paul Langham	105th	4.11.07
Lee Hennell	143rd	4.34.18
Leaden Boot Challenge		
Sophie Noble	57th	6.59
Great Manchester 10K		
Kathryn Evans	3079th	48.16

Liz Butler	14484th	1.01.20(PB)
MHpr 28/5/16		
Charlotte Wood	29th	21.23
Steve Barnes	83rd	24.21
Bpr 28/5/16		
James Thurman	29th	20.00
Neil Winkless	43rd	20.50
Ben Milsom	54th	21.22
Baz Barratt	68th	21.58
Max Barratt	185th	27.11
St Andrews pr		
Liz Butler	162nd	29.21
Kent Road Runner Marathon		
Sophie Noble	299th	4.44.45
Edinburgh Marathon		
Clare Mendes	2312nd	3.58.30
Great Midlands Fun Run		
Hayley Yarnell	1684th	1.22.28
Arnesby May Fayre		
Dale Jenkins	9th	31.46
LVpr 4/6/16		
Igor Burbela	11th	20.06
Richard Curtis	27th	22.00
Emma Raven	37th	22.23
Ruth Stevely	87th	28.07
Wei Han	94th	28.45
Sukhi Dehal	98th	29.20
Alison Lodwick	138th	36.57
MHpr 4/6/16		
Baz Barratt	36th	22.35
Max Barratt	85th	25.09
Bpr 4/6/16		
James Thurman	18th	20.05
Ben Milsom	29th	20.32
Spires & Shires 35m		
Brian Feldman	170th	9.18.49
Rutland Water pr		
Dave Lodwick	11th	20.49
Bpr 11/6/16		
James Thurman	31st	20.41
Baz Barratt	52nd	22.05
Max Barratt	125th	24.55
Conkers pr		
Hayley Yarnell	184th	28.52
LVpr 11/6/16		
Igor Burbela	15th	20.17
Richard Curtis	32nd	22.07
Emma Raven	33rd	22.08
Liz Butler	137th	30.31
Lanhydrock pr		
Ben Milsom	16th	22.43
Woodbank pr		
Steve Barnes	66th	25.23
Harborough Carnival 10K		
Chris Willmott	73rd	53.24
Harborough Carnival HM		
Dave Bullivant	56th	1.39.38
Rob Milstead	62nd	1.40.43
Jackie Brown	66th	1.40.53
Dale Jenkins	72nd	1.41.48
Colin Bowpitt	117th	1.49.29

Lee Hennell	121st	1.49.45
Marcus Shaikh	258th	2.06.33
Valerie Spezi	282nd	2.09.51
Harborough 5		
Mark Ramsden	21st	30.08
Tom Martin	122nd	36.27
Baz Barratt	140th	37.10
Max Barratt	203rd	40.05
Dan Bannatyne	207th	40.14
Rothley 10K		
Igor Burbela	71st	43.23
Mike Cummins	192nd	49.26
Chris Willmott	286th	53.05
LVpr 18/6/16		
Igor Burbela	10th	20.04
Emma Raven	31st	21.54
Jackie Brown	38th	22.25
Chris Willmott	63rd	24.42
Marcus Shaikh	72nd	25.08
Wei Han	110th	28.50
Liz Butler	134th	30.54
Brian Feldman	138th	31.09
Dave Lodwick	173rd	33.30
Alison Lodwick	195th	36.58
Bpr 18/6/16		
James Thurman	27th	20.10
Ben Milsom	54th	21.50
Baz Barratt	73rd	22.20
Max Barratt	136th	24.48
Jeannette Franklin	232nd	29.37
Blackamoor		
Dave Lodwick	77th	57.55
Bpr 25/6/16		
Ben Milsom	39th	20.31
James Thurman	40th	20.35
LVpr 25/6/16		
Igor Burbela	13th	20.11
Terry Woodhouse	21st	21.05
Charlotte Wood	26th	21.27
Steve Wheeler	28th	21.35
Dave Lodwick	30th	21.39
Marcus Shaikh	52nd	23.54
Wei Han	92nd	28.30
Jeannette Franklin	97th	28.50
Shaun Heaphy	100th	29.09
Brian Feldman	122nd	30.38
Porthcawl pr		
Edd Smissen	31st	21.45
Caroline Smissen	174th	38.06
Prestwold 10K		
Chris Willmott	203rd	51.45
Janet Hall	285th	59.31
Great Donnington 10K		
Neil Winkless	30th	45.51
Bpr 2/7/16		
Ben Milsom	34th	20.47
Baz Barratt	77th	23.04
Chris Willmott	120th	24.42
Max Barratt	153rd	25.35
Shaun Heaphy	210th	28.08
Jeannette Franklin	229th	28.56

Caroline Smissen	384th	39.17
MHpr 2/7/16		
Steve Barnes	72nd	24.23
LVpr 2/7/16		
Rob Milstead	15th	21.14
Steve Wheeler	16th	21.19
Richard Curtis	21st	21.45
Marcus Shaikh	44th	23.35
Ruth Stevely	83rd	27.39
Wei Han	112th	29.29
Liz Butler	133rd	32.49
Sophie Noble	152nd	44.58

On the Fell

Wirksworth Incline (4.25 miles/682 ft)

A quiet little industrial estate for parking, a couple of gazebos for the formalities and you're away. No frills required and none offered. We set off on a stony track which climbed past the National Stone Centre before reaching the high peak trail. We then ran up an old railway incline, the steep sort where the trucks are raised by a winding engine, for the best part of a mile; a nice workout for my first fell race of the season. A quick lap of Middleton Moor, hit the trig point and then we were retracing our steps. Needless to say, coming down was much more fun (and faster) than going up! I managed to pick off a few on the way down, so all in all, not a bad start. (54/119)

Burbage Skyline (5.9 miles/1200ft)

The gritstone scenery of the northern Peak District makes for an altogether tougher type of race. Race HQ was a pub and the organisers were trialling some sort tagging system, so it was all a bit posher than the average. The proximity to Sheffield had brought out a good crowd including lots of fit youngsters. The start was on a fairly narrow rocky path; hardly ideal for over 300 runners. Not knowing the abilities of the other runners meant I positioned myself too far back and spent the first mile penned behind slower ones as we picked our way through some rough terrain down into a gully and over a stream. Bogs, hidden rocks and shin-high heather lay in wait for the inattentive. After a couple a good ascents, we plunged back down to a steeper section of the gully before contouring up it to Upper Burbage Bridge. By this stage, about 4 sapping miles in, fatigue was setting in. Although the climbing was largely over, the path was strewn with large rocks. Dodging, hurdling and jumping between these for a mile certainly makes you concentrate! A

short sharp descent was followed by a fast and relatively smooth mile down a cart track to the finish and a welcome chance to relax and put on some pace. (215/338)

Shining Tor (6.3 miles/1020 ft)

This one was based at a sailing club in the Goyt Valley, above Buxton. There was a short road section to thin us out a bit and then we were pitched straight into a narrow twisty climb. Two miles of ascent (266m) later, the hard work over, we reached the top of Shining Tor. For the next couple of miles we ran on a flagged path along the ridge to Cats Tor. Whilst the flags keep you out of the bog, overtaking means launching yourself off the path and hoping for the best. From Cats Tor we got to enjoy a long and quite tricky descent before dashing across the dam to the finish. As you enjoyed a well-earned cup of water, you could look across at the Tor, standing tall above the reservoir, with a touch of satisfaction. (144/231)



Blackamoor (6 miles/1444 ft)

The green and white vests of Totley AC are a common sight on the fells and the club organise a clutch of races on the moors above Sheffield. Their base is a small multisports pavilion sitting above a cricket field overlooking the appropriately named Cricket Inn. A lap of the cricket field and then we were on our way up onto the moor. I was feeling tired after a high mileage week, so I took advantage of knowing the first mile was on broad tracks to avoid over cooking it. I came a bit unstuck when caught behind two rather nervous women who inched their way down a narrow section of steep

heather bank. These two ladies (both in their forties) then sped off across the moor, chatting like they were out for a jog, with a few of us struggling in their wake. A mile later, as they were still putting the world to rights, I resolved to put a spurt on and tried to pull away. Fortunately, we were soon into a long descent and I could open up a gap. Having looked at the course profile, I knew that payback was approaching at the bottom but it doesn't pay to hold back. As I wheezed my way up the seemingly endless climb that followed, I could still hear the ladies' cheerful voices in the distance; by 'eck they breed 'em tough in these parts. Reversing our steps up the heather bank (simply impossible to run) brought us to the final run down the hill to the finish. Another lap of the cricket field and a sprint to the rather unkind uphill finish (just failing to overhaul a guy in a superman T-shirt) and it was all over. It would have been nice to sit outside the pub and enjoy a pint in the evening air but home was beckoning. (77/161)

Birthdays	
July	August
2 nd Ian Bass	1 st Natasha Eastwood
3 rd Charlotte Wood	6 th Dale Jenkins
9 th Hilary Buckley	10 th Ben Milsom
13 th Ceri Davies	12 th John Stew
18 th John Davies	15 th Roger Kerridge
27 th Lucy Mc Millan	22 nd Lee Hennell
30 th Trudy Sharpe	25 th Lee Hubbard
	25 th Mark Jowsey
	26 th Edd Smissen
	30 th Steve Wheeler

County Standards: Jul 2016

		5K	5 m	6 m	10km	7 m	8 m	10 m	HM	20 m	Mar	Standard
Amy Barnes	V35			C		C			C			
Jackie Brown	V50			G		G			G		G	
Liz Butler	SL			T	T	T	T					
Jacqui Dean	V45	P							C			
Kathryn Evans	V40	T			B						S	
Jeannette Franklin	V55			C		C						
Janet Hall	V40			P	P							
Barbara Hermann	V35			P		P	P					
Afra Kelsall	V40										B	
Alison Lodwick	V55	C		C		C	C					
Clare Mendes	SL			B		B	B		B	B	C	B
Sophie Noble	V50								B		B	
Emma Raven	V45	S		G		S	S		B			B
Trudy Sharpe	V45			B		B	B					
Caroline Smissen	V35	P		P								
Valerie Spezi	V40			C		C	P		C	C		P
Ashley Simpson	SL			P			P					
Ruth Stevely	V45			C		C						
Jacqui Womersley	V55	P										
Charlotte Wood	V45			S		S			S			
Dan Bannatyne	SM		P	C			P					
Steve Barnes	V55			B		C						
Baz Barratt	V55	G	S	S		S	S		B			S
Max Barratt	U20	C	P	T		P						
Colin Bowpitt	V45			B					C			
James Boyd	SM			S		S						
Dave Bullivant	V40						B					
Igor Burbela	V55			G	G	G			G		G	G
Martin Capell	V60	P										
Fabio Caraffini	SM			B		B			C	S	B	C
Nick Cobley	SM			C								
Mike Cummins	V45			B	C				B			
Richard Curtis	V50					S					S	
Keith Dakin	V60			S		B	B					
Brian Feldman	V65			C			C	C	C	C	P	C
John Heap	V45			P								
Shaun Heaphy	V55					P						
Lee Hennell	V40								C		P	
Dale Jenkins	V55			G		G	S		G	G	B	S
Roger Kerridge	V55						S					
Dave Lodwick	V55	S		S		S	S					
Tom Martin	SM		C	B	B	B	B					C
Ben Milsom	SM	B		B		B	B		C			C
Rob Milstead	V60				S	S			G			
Ferrante Neri	SM			B		B						

Steve Palmer	V65			G	G	G			G	
Hitesh Pandya	V50			S			B	B		
Tim Parry	V55			B			B	B		
Chris Peach	V50			P						
Mark Ramsden	SM	S	S	G		G			S	S
Steve Robinson	V40			B						
Marcus Shaikh	V40			C		C	P		T	
Peter Sloneczny	V50			B						
Edd Smissen	SM	B		C		S				
John Stew	V55			P						
Dave Swan	V70			C						
James Thurman	SM	B		B	B	B	B		B	B
Barry Waterfield	V80			C						
Steve Wheeler	V45			B		B				
Jerry Wilkes	V50								C	
Chris Willmott	V45			C	C	P	P			
Neil Winkless	V40	B			B	B				
Terry Woodhouse	V40	B		B		B	B		C	C