

# Roadhoggs Leicester A.C.



May/June 2017

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

## Winter League Success

Our ladies have been adding to their trophy cabinets again. The form that has seen our veteran team topping the table has brought individual rewards as well. Emma and Jackie scrapped it out in the V50 category, with Jackie finishing second behind Eliza Whittlestone of Birstall and Emma third. Charlotte, having moved up a category this season, finished second in V45 behind Clare Fowell of Ivanhoe.



There are only two prizes for the V55 category (as there are less of us old fogeys still competing). Graham Hobbs of Desford pretty much had first place wrapped up leaving Dale and Dave to fight it out for the runner-up spot. Figuring that the planets were unlikely ever to align like this again, Dave put in a huge effort and managed to seize the opportunity.

## Leicestershire Road Running League 2017

### Summer League

Swithland 6	4 <sup>th</sup> June
Hungarton 7	5 <sup>th</sup> July
Joy Cann 5	2 <sup>nd</sup> August
Carl Rutt 10K	13 <sup>th</sup> August
John Fraser 10	3 <sup>rd</sup> September

All races are now by individual online pre-entry.

## County Standards 2017

It's early days but several members have already qualified for County Standards: Leah (Copper), Jackie (Gold), Rachel (Bronze), Emma (Gold), Charlotte (Silver), Max (Bronze), Dale (Gold), Sam (Bronze), Roger (Bronze), Dave (Silver), Ben (Bronze), Marcus (Copper), James T (Bronze) and Terry (Pewter).

To find out how you're doing, turn to page 8. If you spot any errors, please let me know. You can find the times you need to achieve for the various levels on [www.lran.org.uk](http://www.lran.org.uk) (age is the age you were on the day of the race).

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## Member News

A very warm welcome to new members Usha, Harry, Ian, Andy, Siobhan, George, Julie, John, Nathan and Prab.

We are also bidding a fond farewell to Richard and Jane Curtis who are moving to Wiltshire to pursue new opportunities.

## For the Record

Tokyo Marathon		
Kathryn Evans	4518th	3.35.17
Bpr 11/3/17		
Max Barratt	56th	22.28
Ben Milsom	65th	22.46
LVpr 11/3/17		
James Thurman	4th	19.44
Rachel Dearden	12th	21.06
Marcus Shaikh	19th	21.44
Richard Curtis	25th	22.00
Maria O'Malley	107th	26.55
Brian Feldman	195th	31.51
Ruth Stevely	197th	31.56
Retford HM		
Barbara Hermann	764th	2.13.27
Bpr 18/3/17		
Max Barratt	44th	21.22
Ben Milsom	77th	22.52
Chris Willmott	130th	24.50
LVpr 18/3/17		
Igor Burbela	9th	20.25
Emma Raven	33rd	22.11
Ruth Stevely	112th	27.21
Shaun Heaphy	118th	27.40
Jeannette Franklin	129th	28.11
Jacqui Dean	193rd	32.36
Charnwood Marathon		
Jon Heap	57th	5.50.03
Wolf's Pit Fell Race		
Jackie Brown	189th	1.01.43
Banbury 15		
Brian Feldman	271st	2.44.08
Reading HM		
Kathryn Evans	1292nd	1.39.56
Jacqui Dean	5977th	2.03.11(PB)
Ashby 20		
Mark Ramsden	51st	2.12.58
James Thurman	215th	2.30.38
Terry Woodhouse	483rd	2.49.45(PB)
Leah Boatman	613th	2.57.58
Marcus Shaikh	635th	2.58.45
Chris Peach	759th	3.06.10
LVpr 25/3/17		
Igor Burbela	10th	20.25
Richard Curtis	23rd	21.24
Asma Dahelvy	190th	31.03
Liz Butler	195th	31.12
Brian Feldman	211th	31.59
MHpr 25/3/17		
Steve Barnes	62nd	23.02
Beeston pr		
James Thurman	10th	19.23
Rachel Dearden	78th	23.13
Bpr 25/3/17		
Ben Milsom	12th	19.05(PB)
Max Barratt	47th	21.22
Kathryn Evans	58th	21.59
Marcus Shaikh	65th	22.14
Baz Barratt	281st	30.23

Monsal Trail HM (Sun)		
Dan Bannatyne	191st	2.00.26
Martin Capell	234th	2.06.13
East Leake Sprint Triathlon		
Steve Wheeler	245th	1.27.34
LVpr 1/4/17		
Sam Jolly	10th	19.53
Max Barratt	14th	20.29
Nathan Booker	24th	21.38
Richard Curtis	26th	21.41
Jeannette Franklin	130th	28.02
Asma Dahelvy	133rd	28.11
Alison Lodwick	209th	33.04
Bpr 1/4/17		
James Thurman	14th	19.22(PB)
Ben Milsom	25th	20.22
Rachel Dearden	142nd	25.27
Orpington pr		
Kathryn Evans	24th	23.28
MHpr 8/4/17		
Charlotte Wood	28th	20.53
Steve Barnes	87th	23.48
Rushcliffe pr		
James Thurman	8th	19.19
Rachel Dearden	73rd	23.43
LVpr 8/4/17		
Igor Burbela	12th	20.24
Nathan Booker	14th	20.26
Dave Bullivant	28th	21.38
Emma Raven	29th	21.54
Asma Dahelvy	140th	28.02
Valerie Spezi	204th	31.59
Belvoir HM		
Igor Burbela	47th	1.30.42
Sam Jolly	66th	1.33.06
Jackie Brown	100th	1.37.53
Ben Milsom	111th	1.39.01(PB)
Dale Jenkins	126th	1.40.43
Max Barratt	137th	1.41.30
Bec Bromwich	172nd	1.45.57
Leah Boatman	224th	1.51.06
Marc Draycott	327th	2.02.47
Aruna Bhagwan	378th	2.10.12(PB)
Barbara Hermann	398th	2.13.00
Sheffield HM		
Steve Palmer	1092nd	1.46.18
Brighton Marathon		
Richard Curtis	1814th	3.51.25
Paris Marathon		
Hilary Buckley	38214th	5.27.28
LVpr 15/4/17		
Sam Jolly	15th	19.45
Nathan Booker	20th	20.32
Richard Curtis	30th	21.26
Asma Dahelvy	123rd	26.27
Usha Goyal	226th	31.49
Valerie Spezi	234th	32.40
Hastings pr		
Steve Wheeler	38th	21.31
Porthcawl pr		
Ceri Davies	52nd	21.35

Dewsbury pr		
James Thurman	1st	19.46
Rachel Dearden	17th	22.07
Bpr 15/4/17		
Ben Milsom	19th	19.39
Max Barratt	38th	21.02
Boston (Lincs) Marathon		
Jon Heap	264th	4.12.22
Boston (Lincs) HM		
Dale Jenkins	41st	1.34.52
Boston Marathon		
Kathryn Evans	10275th	3.41.54
LVpr 22/4/17		
Ian Loke	65th	25.03
Ruth Stevely	103rd	27.22
Asma Dahelvy	133rd	28.55
Alison Lodwick	173rd	31.41
Colwick pr		
James Thurman	5th	19.51
Rachel Dearden	36th	23.23
MHpr 22/4/17		
Steve Barnes	86th	24.00
Swindon pr		
Richard Curtis	45th	21.16
Bushy pr		
Kathryn Evans	819th	28.20
Bpr 22/4/17		
Ben Milsom	15th	18.50(PB)
Max Barratt	45th	20.54
London Marathon		
Igor Burbela	3398th	3.12.44(PB)
Kathryn Evans	6863rd	3.33.11
Terry Woodhouse	11627th	3.54.35
Masson Hill		
Dave Lodwick	77th	40.04
Swindon pr		
Richard Curtis	48th	21.23
Bpr 29/4/17		
Ben Milsom	28th	20.34
LVpr 29/4/17		
Max Barratt	88th	24.57
Asma Dahelvy	155th	28.26
Alison Lodwick	278th	39.05
Leicester's Big 10K		
Tim Parry	139th	48.26
Usha Goyal	735th	1.09.58
Siobhan Ridgeway	736th	1.09.59
Woodhouse May Day Challenge		
Dale Jenkins	63rd	1.47.33
Andy Upton	169th	2.05.13
Barbara Hermann	257th	2.20.22
Aruna Bhagwan	303rd	2.26.47
MK Marathon		
James Thurman	237th	3.28.22
Richard Curtis	583rd	3.50.09
MK HM		
Sam Conlon	734th	1.53.47
Chris Willmott	1078th	2.00.34
Silverstone 10K		
Max Barratt	158th	41.10(PB)
Tim Parry	454th	47.43

## On the Fell

### Masson Hill (4 miles/1,115ft)

The first fell race of my season and my first encounter with the hell that is the junction 23A-25 roadworks. What should have been a fairly relaxed race prep turned into a bit of a squeaky bum time. I arrived at the race car park with about 25 minutes to go but by the time I'd queued to buy a ticket (the machine was one of those that only accepts perfect coins, with exactly the right amount of backspin) and jogged through the churchyard to the little school, time was running short. Queue for a number, queue for the loo, return to the car to pin on number, put on fell shoes and warm up on the way back to the start; not quite my preferred relaxed pre-race routine!

I knew from previous experience that there was a pinch point after only 300m, so a fast start was imperative. The trouble was that everyone else seemed to know this as well and it was a bit of a stampede. The first climb is steep with sections of steps and the heavy traffic meant walking more than I would have liked; plenty of time to admire the wild garlic and bluebells, I suppose.

After a while we emerged into meadows studded with cowslips and things levelled off a bit but by that stage it took a moment to get the legs to want to do anything particularly athletic. After the first mile it's pretty much all runnable, but that's not to say that the legs didn't beg to differ at times.

At 2.5 miles we reached the top of Masson Hill and then came the fun bit. A fairly steep initial descent gave way to a nice undulating section over the top of the Heights of Abraham. Although it was mostly fast and furious, there were some little up-ticks where I managed to gain on those around me. If you want to hold position or even make gains then you need to run the downhill bits as close to flat out as you dare. As we came to a particularly tight turn, the marshal urged caution as the earlier rain had made things slippery. Apparently, 5 people had already gone over and despite slowing right down and taking a wide line, I had a bit of 'a moment' and nearly became number 6!

As I reached the foot of the hill I caught a couple of runners. I knew there was about 150m to the line and launched into a sprint, only to watch one of them do the same and disappear into the



distance, like I was standing still. I must have lost by a good 30m, but all in all a good evening's work and over 3 minutes quicker than 2015.

(77/165)

### Cressbrook Crawl (6.5 miles/1,148ft)

Many fell races are entry on the day only and race limits are unusual, which is one of the attractions. Whilst pre-entry is becoming more common, the 'relaxed turn up and run' ethos still rules. Having planned to run Cressbrook for several weeks, I was a little dismayed to notice (after the closing date) that there was a race limit roughly equivalent to the previous year's entry total. There was no alternative but to set off early. To add to the challenge, the race HQ is a 10-15 minute walk from the car park, up a very steep hill. When I parked there were quite a good number of cars already there. As I exchanged the usual hearty fell runner greetings with the four guys in the car next to me, it occurred to me that we might already be in a race just to get entered.....

When I reached registration, heart rate already well elevated, there were only about 20 slots left. Fortunately for the 50-odd people who turned up too late, they were allowed to join the race as bandits, i.e. no fee, no number, no time, no finishing position and more crucially, no free beer at the end!



As a rule, I much prefer races where most of the climbing comes early on and where the last mile is downhill. Cressbrook is one of the races that really doesn't fit that pattern. A brief uphill section is followed by a steep descent down to the River Wye. There then follows an unrunnable climb up the other side. I'd remembered the climb but not how interminable it seemed. I must admit that my frustration at not being able

to run, so early in the race, made me momentarily question what the hell I was doing there. However, I was cheered half way up the climb to see that my first mile split was still in single figures. Once we hit the top I was able to really get into my running and started to steadily move up the field. As we approached 3 miles there was a steep and tricky descent back down to the Wye, which we then followed for a mile. After this we scrambled up to the Monsal Trail for a straight mile of gravel before taking a rocky path down to Cressbrook Mill.

Just one mile to go but all uphill - about 280ft of climb - to the finish. Someone passed me at the bottom but there was nothing to do but say well done and settle into a steady rhythm. On long hills it's important to stay out of the red zone otherwise when the wheels fall off you're well stuffed. As I reached a hairpin bend, some 300-400m from the finish I could see the guy who'd passed me in range, 30-40m ahead, but more worryingly, I could hear voices behind me. At this point the conservative approach really started to pay off. There was soon a slight lessening of the incline and I was able to lift the pace and by the time it steepened again in the run up to the line I was well clear.

(48/138)

### Tansley Hill (4.9 miles/1,000ft)

After more than an hour's delay on the M1 I was greeted by steady rain and a village full of cars. I eventually found somewhere responsible to park and set off in search of race HQ, my pre-filled entry form tucked inside my waterproof. Things were pretty efficient so I had about 10 minutes to spare when I reached the start field. I had time for the most cursory of warm ups before we were corralled for the start. I had done the race two years before and to be honest, hadn't been that impressed; rather short and too much tarmac. I was pleased to note that the new organisers had lengthened things by adding an extra off-road loop and had replaced another road section too.

We started with a steep descent on wet tarmac; definitely not a time for any heroics. The rest of the first mile was mostly steep climbs before we left the old course and got into the rough stuff. The continuing rain had made everything quite slick and having the right shoes became a distinct advantage. Some sharp descents with tight turns at the bottom added to the challenge as we down a little valley. As we climbed back out the ground was tricky, switching from mud,

tree roots and rock to grass and then to stone steps. Inevitably in these tight sections, someone will hold you up by walking where you would have run a bit further. It is always difficult to know whether to burn energy by going off the path (risking a stumble) and finding a way round or to conserve it by following their footsteps.

By the time we returned to the original route, things had spaced out a bit and you had an unimpeded view of the terrain ahead; it's always nice to actually be able to see where you are going to be putting your feet! A lovely woodland section gave way to a shortened road section and then we were back onto new ground. I started to make up places on the descents and managed to hold onto them on a cheeky incline. As we hurtled down the final hill, and I lined up to overtake the bloke in front, we were gobsmacked to be confronted by a group of runners doing their cooldown in the middle of the race route! Collisions avoided, curses uttered, we settled the places in time for a final stile and then had a simple run in across playing fields to the finish. (50/125)

### Totley Moor (6.6 miles/1,400ft)

Totley AC has an idyllic setting, just to the south-west of Sheffield. The club is based in a multi-sports pavilion at the top of a sloping cricket field. There are fells immediately behind, there's a pub at the bottom of the field and pleasant views all round. Each year they take advantage of their location and organise a series of evening fell races, which seem to draw a fair number of students from the two universities. The need to protect nesting sites meant that they'd re-routed and added some extra distance and climbing to what is already a challenging course, but at least it made for a more worthwhile trip up the motorway.

I was still feeling a bit weary after Gaddesby, so opted for a steady start. I knew that the first two miles were essentially all up hill and also that the trails were quite wide, so conservative seemed a no-brainer. After two miles and 200m of climb you reach the highest point. From there the three remaining ascents are preceded by longer descents, which is some consolation for the legs. However, the organisers had arranged a sting in the tail with a 100m climb in just half a mile. As we rounded a bend and the marshal directed us back up the hillside, the bloke in front of me exclaimed "you're joking!" making

me glad I'd studied the course map beforehand and held something back. The reward for all of this is a screamingly fast descent to the finish. Fortunately, it was bone dry and you could enjoy the white-knuckle ride. (98/265)

## Road Running

### Leicester Running Shop LRRL Winter League: Markfield 10K

Last year, the race fell victim to some ill-timed ice and snow. This time the organisers opted for a later date and the weather gods duly smiled on them. The increased traffic and on-street parking in Thornton prompted some traffic management changes but from a runner's point of view the all-important bits, the hills, were just as sharp as usual. We were pleased to welcome Aruna and Sam C to their first race for the club and there were also seasonal debuts for Lee Hubbard, Tom, Tim and Terry.



Mark: Strong race at Markfield

Mark (32nd) hit form with his first gold standard of the season. Behind him, Ben (78th) and James T (81st) both PB'd, getting tantalisingly close to the 40-minute barrier, which was no mean achievement on a tough course. Dave (122nd) and Dale (136th) struck a blow for the V55s, with Max (131st) and Sam (134th) (winner of the Cobley Award for Hangover Heroics) splitting them. Lee (176th) just pipped Marcus (178th) to be the eighth finisher but the latter had the not inconsiderable consolation of a PB. Steve W (184th) continued his renaissance with Roger (231st), Tom (251st) and Tim (262nd) behind. Terry had done his long run on the way to the race, so 271st (run at Marathon pace) was a real achievement. Shaun (295th) and Brian (303rd) ensured we got full points in the B league.



Charlotte: Another PB

Rachel had a great run to come home in 16th place. Charlotte (23rd) ran a PB to hold off Jackie (24th) and Emma (42nd) made sure the vets team scored well again. Sam (76th), having a promising first race, and Janet (122nd) completed the senior six. Aruna was another one having a good debut and she was followed by Jeannette (173rd and a PB) and Liz (205th) completed the team.

### Leicester Running Shop LRRL Winter League: Desford 5

There has long been a league race held in Desford but over the years, the course has changed many times. I can remember one version that went through the village, looping round to Botcheston and back via the Tropical Bird Garden (the old Leicester Marathon route). It has variously been a 6 miler or a 10K but this year it was presented as a 5 mile race. The first 4 miles included the same loop around Kirby Mallory as before but after the ascent of Peckleton hill, we headed back up to the bridle path to the finish. Since the demise of the Ashby 5 (and for the older ones, the Wolvey 5) we've mostly had a diet of 6 milers in the winter, so it was nice to get some variety. The final mile being traffic free was a bonus too.

Conditions were cool and bright, so good for racing. We were pleased to welcome Marc for his first LRRL race for the club, plus Igor (taking a break from Marathon training) and Dave Swan who were making their seasonal debuts. It was also a welcome first race back after injury for Bec.



Bec on the comeback trail

Our trio of golden girls (standards that is) continued their domination of the veteran competition. Charlotte (20th) bagged a PB and was swiftly followed by Jackie (24th) and Emma (33rd). Rachel (38th) agonisingly missed a silver standard by a single second. Leah (75th) and Bec (77th) completed a well scoring senior team. Janet (124th) had her best run of the season so far, Maria (189th) matched her pace from Stilton and Alison (251st), cleared to run again, kept it steady.

Mark led the men with an excellent 30th and ably backed up by Ben (80th) and James (83rd) whose usual close battle resulted in a pair of PBs. We packed well, just outside the top 100, with Igor (104th), Sam (108th) and Dave (114th). We didn't have wait long to complete the scoring eight either; Dale (133rd) and Max (135th) doing the honours. Marc (158th) had a good debut and Marcus (173rd) ran well again to notch up a PB. Next up were Tom (199th), Roger (225th), Steve B (231st) and Tim (242nd). Chris W's good run (252nd) was rewarded with a PB and Shaun's run for 295th (his best of the season so far) meant we rapidly filled a full B team, too.



Birthdays	
<b>May</b> 7th Sam Jolly 10th Ludo Renou 11th Dipika Patel 13th Dan Bannatyne 19th Jeannette F(V60) 26th Alison Lodwick 29th Baz Barratt	<b>June</b> 9th Aruna Bhagwan 22nd Ferrante Neri



## Belvoir Half Marathon

### *Ben Milsom*

On what was an unusually hot day for April, 11 Roadhogs assembled at Hose Village Hall for this year's Belvoir Half Marathon. The course is regarded as fast and fairly flat, however the second half of is a test of strength with its undulating nature. In the conditions, keeping hydrated was massively important and the heat left several runners suffering towards the end.

We had support from Baz and George Barrett, who were there to support Max in his first half and additionally supported us with water supply as they cycled round to new spots.

On the results side of things - Igor continued his push towards London by leading us home with 1:30:42 and 46<sup>th</sup> place. Sam followed next in 1:33:06 (65<sup>th</sup>) a little bit off his target but in the conditions still very respectable. Jackie showing how much pacing was key for the conditions with a 1:37:53 in 99<sup>th</sup> finishing as first VW50. Ben, followed after struggling massively in mile 12, finally finishing in 1:39:01 (110<sup>th</sup>). Dale 1:40:43 (125<sup>th</sup>). Max performed very well in his first half marathon to come away with a time of 1:41:30 (136<sup>th</sup>), there is still plenty more to be come from him. Bec's return to the club continued with her first half in 5 years in which she ended with 1:45:57 (171<sup>st</sup>). Leah is also working towards a marathon finished in 1:51:06 (223<sup>rd</sup>). Marc (2:02:47 in 326<sup>th</sup>) was another who seemed to have suffered in the conditions but showed great mental strength to keep going. Aruna came away with a PB in 377<sup>th</sup> with 2:10:12 & Barbara with 2:13:00 in 397<sup>th</sup>.

# County Standards

		5K	5 mile	6 mile	10K	7 mile	8 mile	10 mile	HM	20 mile	Marathon	Standard							
Aruna Bhagwan	V55				59.10	B		1.14.39	B	2.10.12	B								
Leah Boatman	SL		38.58	B	46.12	B			1.51.06	C	2.57.58	B	4.03.03	C	C				
Rebecca Bromwich	V35		39.05	B					1.45.57	B									
Jackie Brown	V50		35.43	G		45.19	G	50.24	G	56.56	D		1.37.53	G		G			
Liz Butler	V35				1.04.53	T	1.14.53	T											
Sam Conlon	V40				48.46	B				1.53.47	B								
Jacqui Dean	V45								2.03.11	C		4.37.50	P						
Rachel Dearden	V35	21.08	S	36.13	B		44.09	S	51.16	S	59.47	B				B			
Kathryn Evans	V40	21.59	S							1.39.56	S		3.33.11	S					
Jeannette Franklin	V60	28.58	B			59.57	B	1.09.20	C										
Amy Gasper	V35																		
Janet Hall	V40		42.07	C	52.45	C	53.3	C	1.00.20	C									
Barbara Hermann	V35						1.03.31	P	1.12.59	P		2.13.00	P						
Alison Lodwick	V55		55.35	P	1.18.05	T		1.19.30	P										
Sophie Noble	V50																		
Maria O'Malley	V35	28.30	P	47.22	P		57.00	P	1.06.12	P									
Emma Raven	V50		36.09	G	44.47	G	45.30	G	52.02	G	59.13	G				G			
Trudy Sharpe	V45																		
Valerie Spezi	V40																		
Ruth Stevely	V45						1.07.26	C	1.15.42	C									
Charlotte Wood	V45		35.23	G	44.58	S	44.46	G	51.27	S	58.57	S				S			
Dan Bannatyne	SM	25.07	P					1.00.01	P										
Steve Barnes	V55	26.00	C	39.42	B			57.32	B	1.07.03	B								
Baz Barratt	V55	27.08	C																
George Barratt	SM						1.04.29	T											
Max Barratt	U20	19.13	S	34.44	B	40.40	B	43.18	B	47.52	B	58.14	C			B			
James Boyd	SM				37.28	S													
David Bullivant	V40							55.20	C										
Igor Burbela	V55	23.29	B	33.21	G					1.30.42	G		3.12.44	G					
Mike Cummins	V45																		
Keith Dakin	V60						1.01.21	B											
Marc Draycott	V45		35.47	B						2.02.47	P								
Stephen Dunne	SM				43.46	C													
Brian Feldman	V70	32.55	P			1.03.41	C	1.10.58	C			2.18.20	C						
John Heap	V45												4.12.22	P					
Shaun Heaphy	V60		45.31	C	56.42	C	58.40	C	1.09.47	P									
Lee Hennell	V40																		
Lee Hubbard	SM				45.33	B	55.15	C	1.02.07	C									
Dale Jenkins	V55		34.33	G	42.51	S	43.30	G	49.25	G	56.05	G	1.34.52	G		G			
Sam Jolly	SM	19.41	B	33.34	B	40.13	B	43.17	B	46.55	B		1.33.06	B		B			
Roger Kerridge	V55		39.30	B	47.42	B	49.25	B	55.35	B	1.00.54	S				B			
Dave Lodwick	V55		33.38	G	43.30	S	42.41	G	49.14	G	55.05	G				S			
Tom Martin	SM		38.09	C			51.09	C	53.58	C	1.01.49	C							
Ben Milsom	SM	19.05	S	32.18	B	40.26	B	40.08	S	46.30	B	53.05	B			B			
Rob Milstead	V60																		
Ferrante Neri	SM																		
Steve Palmer	V65				46.08	G	53.57	G		1.44.03	G								
Hitesh Pandya	V55			46.37	B														
Tim Parry	V55		40.02	B	47.35	B	48.26	B	55.13	B									
Chris Peach	V50								1.29.04	C		3.06.10	C						
Mark Ramsden	SM		29.38	S	36.48	S	36.56	G	42.38	S		2.12.58	G						
Steve Robinson	V40																		
Marcus Shaikh	V40	22.14	B	36.36	B	46.40	C	45.29	B	52.39	B	1.04.06	C			C			
Harry Short	V40						1.00.57	P	1.06.48	P			2.58.45	C					
Gurmit Singh	SM				43.35	C		47.51	B										
John Stew	V55												5.22.42	T					
Dave Swan	V70		52.42	C															
James Thurman	SM	19.23	S	32.26	B	39.37	B	40.17	S	46.45	B	53.13	B		2.30.38	B	3.28.22	B	B
Graham Walker							54.50	B											
Barry Waterfield	V80																		
Steve Wheeler	V45			46.00	B	46.04	B	50.59	B	58.14	B								
Chris Willmott	V50		40.57	C		53.16	C	1.00.08	C			2.00.34	C						
Neil Winkless	V40																		
Terry Woodhouse	V40				53.23	P	54.02	C	1.04.06	C			2.49.45	B	3.54.35	C		P	