

Roadhogs Leicester A.C.



September/October 2017

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

History Makers

Whilst we have had individual title winners (Mark Chamberlain, twice and Mike Munday, once) no Roadhogg team has ever won the League before. Considering that the LRRL has been going since 1984, it has been a good while in the making even if it's not quite as earth shattering as LCFC's triumph. After last year's runners up spot, I doubt the bookies were offering comparable 5000:1 odds but nonetheless, it was going to take an amazing show of dedication from our three top runners. It is a great testament to Charlotte, Jackie and Emma that they cleared their diaries, shrugged off injury niggles and trained with huge determination. Of course, no team wins in isolation and the trio would be the first to acknowledge both team mates who provided great back up, constant support and encouragement and partners who made such dedication possible.



As if history was not enough, our ladies also picked up no less than four very deserved individual awards: Jackie (1st V50), Emma (2nd V50), Charlotte (1st V45) and Rachel (5th Senior).

Derby Runner League 2017-18

12th Nov: West End - Markfield
26th Nov: Hermitage - Holly Hayes
10th Dec: Roadhogs - Bradgate
21st Jan: Derwent - Allestree (Derby)
18th Feb: Shepshed - Grace Dieu
11th Mar: Hinckley - Bosworth

Championships

6th Jan: Leics & Rutland (Rotherby)
27th Jan: Midlands (Nottingham)
24th Feb: National (Parliament Hill)

County Standards 2017

Several more members have now achieved (or improved) their County Standards: Leah (Bronze, Copper Distinction), Rachel (Silver), Kathryn (Silver), Jeannette (Bronze), Janet (Copper), Emma (Gold), Charlotte (Gold), Max (Bronze), Igor (Gold), Brian (Copper), Shaun (Copper), Gurmit (Silver), James T (Bronze Distinction).

To find out how you're doing, turn to page 10. 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 (age is the age you were on the day of the race).

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Picture credits: Les Brewin, Louise Forsdyke.

Member News

A very warm welcome to new member Richard.

Congratulations to Amy, Dave B and Kathryn who have just moved up an age category (and qualified for an easier set of standards!).

Au Revoir Ruth



In August we said goodbye to a longstanding member of the club. Ruth was with us for 7 years during what was sometimes a turbulent period in her life. The photo above, taken with daughter Kirstin, is one of my favourites and perfectly captures the healing power of running. Whilst we are sad to lose her, we are delighted that she is beginning a new and exciting phase of her life with Tim by her side.

Killarney parkrun

Macgillycuddy's Reeks is the wonderful name for a range of mountains in Kerry, SW Ireland, which form the backdrop for the parkrun in Killarney. The route is within the parkland of Macross House and passes through woods and alongside a lake, but is constantly undulating and perhaps with more ascent than Victoria Park. Surprisingly, for such a beautiful setting, the field was no more than 70 strong and is often less than that of which more than one third were first timers, whereas Victoria Park has no more than 10% first timers at most. Also, for those used to the excellent photographs from Les Brewin, the only photographers there were for a groom and his party, taking in a quick run before the wedding ceremony at the House.

Brian Feldman

Chiltern Marathon

Sunday 10th September 2017

The Chiltern Marathon is an annual event organised by the Thames Valley branch of the LDWA (Long Distance Walkers' Association). The route has changed each year since its inception

47 years ago, but inevitably many sections will have been used before, so that this year my friend and I were commenting on parts of the run we had visited in previous years. The main route was 26.5 miles long but there was a 20 mile option, which you could choose right up to the start of the extra loop.

The event always starts in Lane End, a small village in Buckinghamshire, and then meanders through some beautiful countryside before returning to the village hall. The route is mainly off-road, running through woods, fields and a number of brutal hills making the Carl Rutt 10k feel pancake flat. The checkpoints are well stocked with biscuits, cakes, and cold drinks, with hot drinks and food provided free at the end. There was over 3700 feet of ascent so no one does a very quick time. You are allowed 9 hours for completion, and I once walked the whole distance and we just managed it in 8 hours 59 minutes! This year I was delighted with my time of 7 hours 49 minutes having recently had several bouts of colds and chest infections. I strongly recommend the LDWA Challenge events, all are very cheap, this event cost the princely sum of £5, a real bargain for a day's exercise in the country.

Brian Feldman

For the Record

Lutterworth 5		
James Thurman	27th	32.28
Dave Bullivant	114th	40.36
Watermead Challenge 5M		
Harry Short	82nd	37.15
Windmill Fell Race		
Dave Lodwick	35th	42.05
Lloyd pr		
Kathryn Evans	51st	24.00
Bpr 15/7/17		
James Thurman	11th	19.24
Dave Lodwick	29th	20.30(PB)
Rachel Dearden	34th	20.39(PB)
Terry Woodhouse	38th	20.53
Ben Milsom	50th	21.38
Baz Barratt	115th	24.20
Martin Capell	248th	29.51
Harry Short	349th	35.08
Northampton pr		
Steve Barnes	158th	25.08
Brooksie's Bash		
Janet Hall	178th	1.49.00
Harry Hawksley 10		
Kathryn Evans	155th	1.15.27
Frome HM		

Tom Martin	155th	1.52.02
Bpr 22/7/17		
Ben Milsom	48th	22.07
Max Barratt	66th	23.02
George Barratt	130th	25.33
Baz Barratt	143rd	25.57
Crystal Palace pr		
Kathryn Evans	56th	24.06
MHpr 22/7/17		
Charlotte Wood	25th	21.06
Steve Barnes	77th	24.57
Huddersfield pr		
James Thurman	20th	19.30
Rachel Dearden	78th	23.01
Chippenham pr		
Richard Curtis	37th	23.03
LVpr 22/7/17		
Sam Jolly	11th	20.25
Igor Burbela	13th	20.45
Shaun Heaphy	73rd	25.54
Marcus Shaikh	74th	25.55
Jeannette Franklin	80th	26.22(PB)
Maria O'Malley	115th	28.59
Alison Lodwick	157th	32.15
Bpr 29/7/17		
Ben Milsom	54th	21.54
George Barratt	91st	23.29(PB)
Baz Barratt	131st	24.34
Crystal Palace pr		
Kathryn Evans	95th	25.23
Swindon pr		
Richard Curtis	56th	22.07
MHpr 29/7/17		
Steve Barnes	77th	24.33
Rushcliffe pr		
James Thurman	10th	19.51
Rachel Dearden	28th	21.11
LVpr 29/7/17		
Ian Aldridge	9th	20.20(PB)
Marcus Shaikh	98th	25.44
Valerie Spezi	151st	29.12
Liz Butler	192nd	31.20
Usha Goyal	218th	34.47
Elsecar Skelter 27		
Chris Peach		6.25
St Neots 10K		
Liz Butler	452nd	1.06.46
Nostell pr		
James Thurman	3rd	20.19
Rachel Dearden	20th	24.09
MHpr 5/8/17		
Steve Barnes	153rd	26.55
Bpr 5/8/17		
Gurmit Singh	11th	18.22(PB)
Sam Jolly	34th	20.11
Ben Milsom	73rd	21.35
Richard Curtis	86th	22.17
Kathryn Evans	100th	22.38
Marcus Shaikh	130th	23.25
Harry Short	132nd	23.26(PB)
Max Barratt	138th	23.43

Baz Barratt	159th	24.36
Liz Butler	388th	31.26
Swindon pr		
Nathan Booker	31st	20.41
Richard Curtis	61st	22.04
Bpr 12/8/17		
James Thurman	26th	20.49
Ben Milsom	41st	21.39
Rachel Dearden	73rd	23.16
Helen Arthur	247th	29.34
Tooting Common pr		
Kathryn Evans	165th	23.56
MHpr 12/8/17		
Steve Barnes	71st	24.19
Melton pr		
Harry Short	44th	25.00
LVpr 12/8/17		
Ian Aldridge	3rd	19.56
Terry Woodhouse	26th	21.59
Baz Barratt	61st	24.21
Usha Goyal	171st	33.20
Summer Series 5K		
Sam Jolly	10th	20.09
Bpr 19/8/17		
Sam Jolly	20th	19.42
Ben Milsom	69th	22.37
Leah Boatman	70th	22.38
Harry Short	80th	23.04(PB)
Swindon pr		
Richard Curtis	60th	22.42
Tooting Common pr		
Kathryn Evans	188th	24.32
MHpr 19/8/17		
Steve Barnes	86th	24.27
Conkers pr		
James Thurman	18th	19.23
Rachel Dearden	103rd	24.16
Killarney pr		
Brian Feldman	57th	31.36
LVpr 19/8/17		
Nathan Booker	11th	19.58
Dan Bannatyne	56th	23.14
Marcus Shaikh	57th	23.18
Ian Aldridge	63rd	23.29
Chris Willmott	97th	25.27
Jeannette Franklin	120th	27.10
Shaun Heaphy	121st	27.11
Valerie Spezi	134th	27.57
Alison Lodwick	189th	31.06
Usha Goyal	204th	32.37
Swindon pr		
Richard Curtis	55th	22.15
Tooting Common pr		
Kathryn Evans	175th	25.21
MHpr 26/8/17		
James Thurman	10th	19.07
Rachel Dearden	55th	22.32
Steve Barnes	108th	24.56
Shrewsbury pr		
Harry Short	83rd	23.06
LVpr 26/8/17		

Gurmit Singh	6th	18.30
Ian Aldridge	15th	20.04
Igor Burbela	18th	20.19
Jackie Brown	37th	21.48
Marcus Shaikh	57th	23.25
Shaun Heaphy	111th	27.09
Sophie Noble	120th	27.37
Prab Chauhan	203rd	33.52
Rutland Water pr		
Baz Barratt	68th	24.40
Max Barratt	243rd	41.58
George Barratt	259th	50.00
Swindon pr		
Richard Curtis	65th	22.32
Bpr 2/9/17		
Ben Milsom	44th	21.06
Helen Arthur	234th	28.36(PB)
MHpr 2/9/17		
Steve Barnes	90th	23.58
Maldon Prom pr		
Emma Raven	26th	21.43
LVpr 2/9/17		
James Thurman	11th	20.10
Nathan Booker	13th	20.03
Rachel Dearden	80th	25.23
Tooting Common pr		
Kathryn Evans	212th	25.14
Heritage Harbor pr		
Max Barratt	2nd	21.39
George Barratt	3rd	22.50(PB)
Baz Barratt	4th	25.20
Bedford HM		
Chris Willmott	931st	1.59.40
Leicester 10K		
Jacqui Dean	537th	56.25(PB)
Bpr 9/9/17		
Ben Milsom	35th	20.36
Martin Capell	228th	27.37
Jacqui Dean	252nd	28.20
Sheffield Castle pr		
James Thurman	3rd	19.35
Rachel Dearden	11th	23.20
Holkham pr		
Emma Raven	25th	22.31
LVpr 9/9/17		
Ian Aldridge	9th	20.01
Nathan Booker	24th	21.07
Marcus Shaikh	60th	23.08
Janet Hall	126th	26.51
Valerie Spezi	149th	27.47
Great North Run		
Richard Curtis	3752nd	1.43.06
Graham Walker	7549th	1.51.58
Liz Butler	26906th	2.25.08
Budapest HM		
Jackie Brown	79th(F)	1.40.42
Chiltern Marathon		
Brian Feldman		7.49
Wakefield Thornes pr		
James Thurman	9th	19.24
Rachel Dearden	119th	26.16

On the Fell

Pilsley (6.1 miles, 804ft)

Pilsley is a nice low-key midweek race. Apart from one long slightly stony descent, it is rolling farm and parkland (cross country with hills). Parking is at the Chatsworth Estate farm shop, registration on the village green, next to the school, and the start outside the pub; you can't get much more community-based than that. One of the first people I saw at registration looked familiar and it turned out he was a Barrow Runner who I'd been racing against in the LRRL; small world. To underline the community involvement, we were told at the race briefing that although we would be going through a field full of cattle the farmer was timing their evening feed so that we wouldn't be inconvenienced!

I had been struggling with a niggle for 3 months so I wasn't sure what to expect but there's no better way to find out where you are than to do a race. My friend from Barrow clearly felt he had a LRRL defeat or two to avenge, so we swapped places a couple of times in the first part of the race. After 2 miles I'd lost track of whether he was in front or behind but it didn't really matter - there were plenty of other people to chase.

There's a nice fast section through Chatsworth Park following the line of the River Derwent and then a series of climbs up to the finish on the village green. In the end I finished a few seconds inside my 2016 time; not too bad, although the ground was probably a bit quicker this year. (91/254)

For those who follow track & field, one of my fellow competitors was Hatti Archer (nee Dean) a former international steeplechaser who had just been in the news for being upgraded to a European Championship Bronze following another athlete's positive drug test.

Curbar (10.1 miles, 1560ft)

After a good number of holiday runs on hilly and rocky terrain, I was keen to test out my (hopefully) restored fitness in a fell race. Notwithstanding that it necessitated an early start the morning after the LRRL do, the Curbar Commotion seemed like the perfect opportunity. I had done the race 2 years ago and remembered it as challenging (at 9 miles in length) and scenic. The 2017 incarnation of the race had a different base, meaning the first and last miles

were now on tarmac. There was also a detour on the moors to avoid some environmentally sensitive ground and the sum of the changes increased the length to 10 miles.



A strong breeze and squally showers meant the organisers recommended we carry a waterproof, so it was on with the race vest; at least the rest of the 'standard kit' could be left behind to lighten the load. Several of the Leicestershire fell fans were there too, so there was a chance to catch up before the off. The first stile, and an enforced rest, came after the first climb but after that there was plenty of room to overtake as we traversed under Curbar Edge and then climbed up onto the top of Froggat Edge. The path along the top of the edges was mostly a mixture of large smooth rocks and firm mud/grit, so it was possible to pick up a bit of speed. With White Edge out of bounds, we detoured over moorland with some peat bog thrown in just to make it more interesting. Six miles in, we turned and headed due west, right into the wind. By this time the race had well and truly spread out and, after passing one runner at the beginning, I had a full mile into the wind with the nearest runners just dots in the distance.

After passing Wellington's Monument, the track falls away steeply. It is a particularly hard and rocky track and it is at this point that the lightweight shoes I am wearing become a liability and I pick up several bruises on the bottom of my foot. A section of springy ground on the edge of woodland provides some respite but tree roots wait to reward the owner of a poorly placed foot with an unscheduled trip down a steep slope towards Bar Brook, a couple of hundred feet below. By this stage I'd caught

the 'dots in the distance' and was wondering if I'd catch any more before the end. At 8 miles, rather rudely, the course sets off back up the hill. Time is spent measuring the gap to those in front and listening for sounds of gates banging to get an idea if anyone is gaining behind me. As we start to come down off the hill I can see a group 2-300m in front. I pass someone who has clearly overcooked it but the gap refuses to close until we hit the final run in to the finish. At this point the benefits of the Tuesday interval sessions kick in and I'm able to lift the pace sufficiently to pick up a few final places.

Your reward for all of this effort (apart from the warm glow) is a drink and a fantastic array of free cake; not bad for a £6 entry! Once the adrenaline has worn off, my foot reminds me that it has been abused and the walk back to the car is executed with the very opposite of lithe grace. (94/242)

Road Running

LRRL Summer League: Joy Cann 5

There was rain in the air as we gathered for the annual sprint round the residential streets of Huncote and Narborough. The holiday season meant we were a bit down on numbers, but still had sufficient to field full teams. The race started dry but as we turned back towards Huncote for the final 2 miles we were greeted with a face full of rain.

Mark, in the second race of his comeback from injury, just dipped under the 30 minute barrier for 28th. Form man Gurmit (56th) stepped up with a 31.22 and James (73rd) narrowly missed his PB, once again. Sam (85th) also went well. Dale (122nd) won the V55 battle over Dave (132nd), with Ben (170th) and Harry (185th) completing the eight. We were a bit short of vets, so it was left to Marcus (210th) to be scorer number four, before Shaun (249th) and Brian (274th) completed the team.



Our ladies have been having a great season and they were very much to the fore here. Charlotte (10th) finished clear of Rachel (14th) before Jackie (20th) battled to overcome Emma (22nd). In addition to some individual prizes, that meant maximum points in the vets competition once again. Leah had a great run for 41st and Aruna (113th) made a big step up to take the final scoring position. Jeannette (125th) bagged a Silver Standard and Janet (147th) led in Jacqui (160th). Maria (176th) and Alison (213th) rounded off the team.



LRRL Summer League: Carl Rutt 10K

This is one of the toughest races on the calendar but good organisation and some lovely views from the top make up for this. As is normally the case in the middle of August, our line-up was 'select' rather than 'packed'. Such had been the domination of our lady vets that they only needed a single finisher to clinch the title. However, resting on laurels is definitely not part of the trio's DNA and in any case, there were individual prizes to be fought for, too.



Rachel (6th) had a fantastic run to wrest top spot from Charlotte (7th). Jackie made it three in the top ten (10th) and Emma (21st) made sure the title was won in style. Leah (33rd) had another good run and Jeannette (90th) underlined her progress by making the top hundred. Liz (124th) and Alison (136th) were the final pair to conquer those hills.

Mark (26th) was our first counter and once again he was followed home by Gurmit (53rd). James T (67th) produced another good performance and we had Igor (89th) back to boost the vets. Dale (107th) went well and it was good to see Ben (119th) starting to kick on after injury. Dave (131st), Max (145th - struggling with PF issues) and Steve W (152nd) were followed by a strong run from Harry (153rd), with Marcus (164th) not far behind. Ian L (174th) did well on debut and George (205th) continued his steady improvement. Shaun (237th) found the going tougher than usual and Brian (246th) came back for another look at those hills.

LRRL Summer League: John Fraser 10

And so to the conclusion of another season. I guess for those building for autumn Marathons or halves, the JF10 is a good stepping stone. On the other hand, there's something about the nature of the course (probably the hills and the camber of the roads) that tends to expose minor injuries or holes in fitness. Although the League has now discontinued the 100% award (because of the number of races selling out rapidly), we still had 7 lining up who had proved themselves both rapid with a mouse and dedicated on the roads; Emma, Charlotte, Dale, Dave, Ben, Marcus and James T. The race also marked the welcome debut of Richard G and was also a first race of the season for Valerie and Steve R.



With Mark once again injured, it was left to Gurmit (66th) and James T (73rd) to battle it out for first home; both recording PBs. Richard G (101st - photo above) made a classy debut, dipping under 70 minutes, bagging a Diamond Standard and pipping Igor (102nd) by a handful of seconds. With Dale (124th) and Dave (126th) following them, our vets packed well for a change. Skipper Ben (136th) continued his rehab and Big Sam (144th) battled to overcome the legacy of a heavy session and complete the eight.



Steve P cruised to another Gold Standard, Steve R (197th) showed that all of his 'cross training' has kept him pretty fit and Marcus (205th) used his experience of the race to turn the tables on Harry (208th). Keith (243rd) completed his third race of a rather disrupted season, finishing ahead of Ian L (260th) and Shaun (287th). Brian (309th) brought the curtain down on the 2017 LRRL.



As laps of honour go, it would have been a bit of a long one but in any case, Charlotte and Rachel still had work to do to secure individual awards. Charlotte (11th) led the way once again, taking a couple of minutes off an already handy PB. Jackie finished one place behind, but a little further back in time. Rachel (16th) did what she needed to and Emma (25th) secured a tenth straight victory for our history making vets. Leah (52nd) had a good race, adding a further Bronze standard to her collection. Aruna (93rd) made another significant step forward, as did Jeannette (137th). Janet (150th) tuned up nicely for her autumn Half Marathons and Barbara (172nd) looked serene after an obscenely high mileage week. Our final lady was Valerie (186th) who ran strongly after a long struggle with injury.

County Standards

		5K	5 mile	6 mile	10K	7 mile	8 mile	10 mile	HM	20 mile	Marathon	Std	Dis
Aruna Bhagwan	V55		42.29 S	54.35 B	57.48 B	1.04.40 B	1.14.39 B	1.25.42 S	1.53.47 S				B
Leah Boatman	SL	22.38 B	37.25 B	46.12 B	48.47 B	57.37 C		1.19.58 B	1.48.06 B	2.57.58 B	4.03.03 C	B	C
Rebecca Bromwich	V35		39.05 B	46.18 B					1.45.57 B				
Jackie Brown	V50		35.43 G	42.40 D	45.19 G	50.24 G	56.56 D	1.13.36 G	1.37.53 G				G
Liz Butler	V35			1.05.38 T	1.04.53 T	1.14.53 T			2.25.08 T				
Sam Conlon	V40				48.46 B				1.53.47 B				
Jacqui Dean	V45			57.09 C	56.25 C				2.03.11 C		4.37.50 P		
Rachel Dearden	V35	20.39 S	34.58 S	43.28 S	44.09 S	51.16 S	59.47 B	1.14.54 S					S
Kathryn Evans	V45	21.59 S			45.27 S			1.15.27 S	1.39.56 S		3.27.59 S		S
Jeannette Franklin	V60	27.07 S	43.34 S	57.50 B	56.42 S	1.07.05 B		1.31.16 S					B
Janet Hall	V40		42.07 C	52.45 C	53.30 C	1.00.20 C		1.34.25 C	2.02.01 C				C
Barbara Hermann	V35					1.03.31 P	1.12.59 P	1.35.18 P	2.13.00 P				
Alison Lodwick	V55		52.21 C	1.07.41 P	1.10.35 P	1.19.30 P							
Maria O'Malley	V35	28.30 P	47.22 P		57.00 P	1.06.12 P							
Emma Raven	V50		35.58 G	43.30 G	45.30 G	52.02 G	59.13 G	1.16.28 G	1.43.07 G				G
Trudy Sharpe	V45								2.30.17 T				
Valerie Spezi	V40							1.37.04 C					
Ruth Stevely	V45					1.07.26 C	1.15.42 C						
Charlotte Wood	V45		34.31 G	42.10 G	43.56 G	51.21 G	58.57 S	1.12.20 G	1.37.45 G		3.39.00 S		G
Dan Bannatyne	SM	25.07 P				57.34 P							
Steve Barnes	V55	26.00 C	39.42 B	50.10 B		57.32 B	1.07.03 B						C
Baz Barratt	V55	24.20 B		50.44 B		1.00.54 C					4.37.59 P		
George Barratt	SM	24.17 P		49.24 P	53.58 P	1.00.59 P			1.58.44 P				P
Max Barratt	U20	19.13 S	34.44 B	40.40 B	43.18 B	47.52 B	58.14 C		1.41.30 C				B
James Boyd	SM			37.28 S									
David Bullivant	V40		40.36 C	44.57 B		55.20 C							
Igor Burbela	V55	23.29 B	33.21 G		43.11 G	48.20 G		1.10.10 G	1.30.42 G		3.12.44 G		G
Keith Dakin	V60			49.55 B		1.01.21 B		1.25.25 B					
Marc Draycott	V45		35.47 B						2.02.47 P				
Stephen Dunne	SM			43.46 C									
Brian Feldman	V70	32.55 P	50.25 C		1.03.41 C	1.10.58 C		1.47.23 C	2.18.20 C		5.48.49 P		C
John Heap	V45										4.08.53 P		
Shaun Heaphy	V60	26.17 B	43.02 B	54.31 C	58.40 C	1.09.47 P		1.33.30 C					C
Lee Hennell	V40				52.06 P	58.52 P			1.59.05 P				
Lee Hubbard	SM				45.33 B	55.15 C	1.02.07 C						
Dale Jenkins	V55		34.33 G	41.41 G	43.30 G	49.25 G	56.05 G	1.12.14 G	1.34.52 G				G
Sam Jolly	SM	19.41 B	32.41 B	40.13 B	43.17 B	46.55 B		1.13.58 C	1.33.06 B				B
Roger Kerridge	V55		39.30 B	46.49 B	49.25 B	55.35 B	1.00.54 S						B
Dave Lodwick	V55	20.30 G	33.38 G	41.28 G	42.41 G	49.14 G	55.05 G	1.12.31 S					G
Ian Loke	V45				51.07 C			1.27.28 C	1.59.13 P				
Tom Martin	SM		37.00 C	44.21 C	51.09 C	53.58 C	1.01.49 C		1.45.57 C				C
Ben Milsom	SM	19.05 S	32.18 B	40.26 B	40.08 S	46.30 B	53.05 B	1.13.03 B	1.39.01 C				B
Rob Milstead	V60				44.45 G						3.41.13 S		
Steve Palmer	V65				46.08 G	53.57 G		1.19.03 G	1.44.03 G		3.55.12 S		S
Hitesh Pandya	V55			46.37 B					1.45.05 B				
Tim Parry	V55		40.02 B	45.49 S	48.26 B	55.13 B							
Chris Peach	V50							1.29.04 C	2.00.32 C	3.06.10 C			
Mark Ramsden	SM		29.38 S	36.48 S	36.56 G	42.38 S			1.25.31 S	2.12.58 G			S
Steve Robinson	V40							1.19.39 C					
Marcus Shaikh	V40	22.14 B	36.36 B	44.39 B	45.29 B	52.39 B	1.04.06 C	1.20.33 C		2.58.45 C			B
Harry Short	V40	23.04 C	37.15 C	50.08 P	48.56 C	1.00.57 P	1.06.48 P	1.21.03 C	1.53.36 P				P
Gurmit Singh	SM	18.22 S	31.22 S	38.42 S	40.20 S	47.23 B		1.06.13 S	1.29.52 B				S
John Stew	V60										5.22.42 T		
Dave Swan	V70		52.42 C										
James Thurman	SM	19.02 S	32.00 B	39.37 B	40.17 S	46.34 B	53.13 B	1.07.13 B	1.33.17 B	2.30.38 B	3.28.22 B	B	B
Andy Upton	V50				52.39 C								
Graham Walker	V50			44.30 B		54.50 B			1.51.58 C				
Steve Wheeler	V45			46.00 B	46.04 B	50.59 B	58.14 B						
Chris Willmott	V50	24.26 C	40.57 C	51.29 C	53.16 C	1.00.08 C			1.59.40 C				C
Terry Woodhouse	V40	20.53 B			53.23 P	54.02 C	1.04.06 C			2.49.45 B	3.54.35 C		C