



Bourton Roadrunners

Newsletter

November/December 2007

Schedule of Events Nov/Dec 2007

17 Nov X/C Leamington
25 Nov Eynsham 10k (FULL)
15 Dec X/C Cheltenham
27 Dec Pilot Boxing Day (Severn AC) 4m
1 Jan Glos New Year 5M



PUDDING EVENING 19th Nov

Julia asked that I sound you all out on the idea of a "Pudding and Social evening" at the club on **Monday the 19th of November**. Idea being that we each, or as many as can, bring along a pudding (mine being a low fat option!) and themselves for a bit of a social get together at the club. Start time 7:30pm.

Julia will put a list up at the club to assess interest, so please sign up if you think this is a jolly good idea!

Thanks,

Bert pp Julia

CHAIRPERSONS REPORT

Well I am still not quite sure how Gloucestershire's best and most successful Road Running club ended up with a slow, overweight, 48 year old that has not run for 5 months as its Chairman but it is too late to turn back now. All I can promise is that I will take the same approach to the role of Chairman as I do my running – what I lack in talent I will try and make up for with enthusiasm and commitment.

A huge thank you to all have supported the club over the last 12 months through their various roles and in particular Lucy who has been an outstanding Chairman. Equally thank you to all who have agreed to take on roles over the next year. Your help and support will be very much appreciated.

Not sure if it is the change of Chairman or the sight of a fat bloke near the finish cheering you on but the last few weeks has seen an astonishing number of PBs across a whole range of distances. There are too many to mention here but congratulations to all of you.

For all the success over the last month we have all been touched by one crushingly sad event - the loss of Steve H. There will be a tribute to him in the next newsletter. We all have our own special memories of a truly nice bloke and over the next few weeks the club will be considering how best to celebrate and commemorate Steve's life.

As winter draws near it is time for the "hard yards" with the Tuesday/Thursday runs on cold dark nights. For me that is the time when the Club really shines with everyone coming together to support each other to turn up and put in that extra effort. For those among us less dedicated or less fit I hope to see you at the Christmas Dinner on 8 December or at the Tinsel Run just before Christmas.

Very best wishes,

Simon R

AGE-RELATED COMPETITION

Dennis Walmsley	2632.25	3
Mike Smith	2578.20	3
Ian MacDougall	2553.56	3
Alistair Lockey	2543.72	3
Norm Lane	2417.36	3
Ali Lane	2394.66	3
Tony Goodwill	2347.82	3
Brittany Teague	2306.01	3
Brian Hulcup	2300.49	3
Andy Chapple	2288.77	3
John Raper	2281.27	3
Liz Hulcup	2269.24	3
Rob Edwards	2263.48	3
Steve Humphries	2245.27	3
Pauline Teague	2215.56	3
Julia Rutherford	2179.90	3
Steph Lane	2156.31	3
Tom Jess	2138.20	3
Ben Coles	2129.74	3
Martin Jewell	2121.22	3
Lynn Hudson	2107.90	3
Ewen Smith	2106.34	3
Jimmy Lunney	2087.77	3
Nick Worboys	2084.47	3
Dennis Abbotts	2076.19	3
Kate Hall	2069.05	3
Rob Humphris	2063.95	3
Andy Green	2051.62	3
Neil Teague	2013.05	3

Jan Short	2001.74	3
Shirley Creed	1996.22	3
Chris Bence	1986.08	3
Ed Rozier	1926.57	3
Roger Woodley	1918.28	3
Caroline Ball	1873.45	3
Nigel Frith	1835.08	3
Gill Wilkie	1809.03	3
Jonathon Wilson	1792.14	3
Simon Rutherford	1791.17	3
Bert Jess	1754.98	3
Pete Scarrott	1358.77	2
Robin Macdonald	1327.75	2
Luke Gray	1312.97	2
Alan Lettice	1256.03	2
Sam Humphris	1240.61	2
Gill Carrick	1233.36	2
John Gibson	1225.47	2
Tony Spedding	745.85	1
Chris Hartley	714.42	1
Ian Shoemark	695.19	1
Lucy Walmsley	689.06	1
Neil Plant	688.39	1
Lynn Spedding	655.48	1
Rosin Wood	590.22	1
Jamie Wilson	546.99	1
Claire Rozier	490.36	1

To see details of races included, see BRR website. Best 3 race performances at different distances count.

6-FROM-10 CLUB COMPETITION

OPEN MEN

1	Dennis Walmsley	59
2	Alistair Lockey	53
3	Tony Goodwill	49

MV40

1	Dennis Walmsley	60
2	Alistair Lockey	55
3	Tony Goodwill	50

MV45

1	Tony Goodwill	59
2	Steve Humphries	53
3	Jim Lunney	47

MV50

1	Tony Goodwill	60
2	Norm Lane	53
3	John Raper	50

MV55

1=	Norm Lane	57
1=	John Raper	57
3	Chris Bence	49

MV60

1	Norm Lane	60
2	Dennis Abbotts	54

MV65

1	Dennis Abbotts	60
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U18 MEN

1	Tom Jess	30
2	Luke Gray	28

OPEN LADIES

1	Ali Lane	59
2	Steph Lane	54
3	Julia Rutherford	52

LV35

1	Ali Lane	60
2	Julia Rutherford	55
3	Kate Hall	53

LV40

1	Ali Lane	60
2	Julia Rutherford	55
3	Jan Short	44

LV45

1	Ali Lane	60
2	Julia Rutherford	55
3	Liz Hulcup	45

LV55

1	Liz Hulcup	20
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U18 LADIES

1=	Steph Lane	30
1=	BJ Teague	30

COUNTY COMPETITION Final Results

County presentation of medals etc. is Thursday 6th December. We have several individual medal winners, as well as a clean sweep in the Team event!

John R

OPEN MEN

1	Dennis Walmsley	BRR	74
2	Ali Lockey	BRR	63
3	Lee Christmas	Stroud	62

MV40

1	Dennis Walmsley	BRR	80
2	Ali Lockey	BRR	73
3	David Cresswell	Glos	62

MV45

1	Dave Wright	Ciren	77
2	Paul Barnes	Chelt	72
3	Andy Brown	7AC	53

MV50

1	Tony Goodwill	BRR	80
2	Andy Bradley	Ciren	72

MV55

1	John Raper	BRR	75
2	Philip Howells	Tewkes	59
3	John James	7AC	54

MV60

1	Dave Spackman	Glos	73
2	Norm Lane	BRR	66
3	Mick Morris	Tewkes	57

MV70

1	Mike Ward	Tewkes	78
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OPEN LADIES

1	Jane Wassall	Ciren	74
2	Ali Lane	BRR	54
3	Jo Fifield	Stroud	51

LV35

1	Kate Hall	BRR	70
2	Debbie Lee	Angels	67
3	Rachel Labdon	Angels	53

LV40

1	Jane Wassall	Ciren	80
2	Karen Gilpin	AA	72
3	Shirley Creed	BRR	56

LV45

1	Ali Lane	BRR	77
2	Angie Sadler	Tewkes	60
3	Sandra Brown	7AC	47

LV50

1	Debbie Southgate	Angels	74
2	Jean Bryan	AA	68
3	Lynn Hudson	BRR	67

LV55

1	Carol Cowley	Tewkes	50
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MENS TEAM RESULTS (min wins)

1	BRR	119
2	Chelt	143
3	Stroud AC	264

MENS VET TEAM

1	BRR	86
2	Stroud AC	198
3	Glos AC	241

LADIES TEAM

1	BRR	145
2	Ciren	191
3	Angels	292

LADIES VET TEAM

1	BRR	132
2	Angels	209



"He went that way!"

NEW COMMITTEE 2007/2008

Chairman	Simon Rutherford	01451 831046
Secretary	Sarah Clemo	01451 822538
Vice Chairman	Jonathan Willson	01993 831515
Treasurer	Den Walmsley	01451 820972

Other non -committee club posts are as follows:

President	Norm Lane	01451 810472
Press Officer	Ali Lane	01451 810472
Child Protection Officer	Pauline Teague	01451 821848
Newsletter Editor	Gill Carrick	01451 870428
Honorary Auditor	John Gibson	01451 822118
Youth Development Officer	This position has remained unfilled.	
Entertainment Officer	Kate Hall	01608 661668
County Representative	Lynn Hudson	01242 820920
Club Competition Co-ordinator	Ali Lane	01451 810472
Team Co-ordinator	Tony Spedding	01451 821882
Club Equipment Officer	Jonathan Willson	01993 831515
Club Kit Officer	Tony Goodwill	01451 833657
Club trip Co-ordinators	Dennis Abbotts	01608 662232
	Richard Bufton	01451 824379

General Committee Members

Gill Wilkie, Ali Lane, Norm Lane, Pauline Teague, Tony Goodwill, Bert Jess

CLUB TRIP TO SLOVENIA

The club trip to Ljubljana, the capital of Slovenia, took place at the end of October. It was very successful, all flights being on time and the hotel Slon, excellent.

Saturday was taken up collecting our numbers and having a stroll around Ljubljana in nice weather. At night most attended the pasta party where we were entertained by a traditional jazz band.

A Marathon, Half Marathon and the unusual distance of 10.5k races were available to run with some 8800 runners taking part. In addition to this a series of races for children were held on the Saturday also. Race day on Sunday was cold and wet. The first race was the 10.5k starting at 8-30am

Neil and Pauline Teague were our representatives in this. Pauline ran very strongly finishing in 49-35 setting the standard for the rest later. Neil finished just behind her in 49-46. Not being satisfied with this Neil then lined up for the start of the Half Marathon at 10-00am. This started in slightly better weather (it was not raining so hard) Neil was first home in 1-37-06 completing a good morning's running. Steve Wheeler was next completing his annual race in 1-37-44. Alan Lettice as usual had a strong run recording 1-42-51. Next home was Robin Macdonald. Robin reaped the rewards of his hard training schedule of late (or is it the fresh air of Antarctica doing him some good?) finishing in 1-43-46. Robin appears to have renewed his interest in racing. Maybe he thinks time is short as he approaches one of those significant birthdays in life, joining Norm and me in the older old brigade.

Following a good run at Stroud the previous week Dennis Abbotts continued his return to some sort of form recording a time of 1-48-31.

Very close behind, has they had been the week before at Stroud, were Lyn Hudson and Shirley Creed finishing in 1-48-52 and 1-49-08 respectively. Jan Short was running her first race abroad and must have set off with the Kenyans. It was over half way before some of us caught her up, however she had a really good run in 1-51-09 some 3 minutes quicker than her run at Stroud.

Gill Carrick was paced by John Gibson our sole Marathon entrant, the result being a nicely timed run in 1-59-49 to just beat the 2 hour mark.

Bringing up the rear was Jonathon Willson in 2-07-58 Jonathon is still recovering from injury and is now on a three week trek in the Himalayas going up to 22,000

Feet. So pacing this race was the order of the day.

John Gibson having paced Gill Carrick for the Half recorded just over 2 hours for the first lap then completed the second in 1-44-00, recording a time of 3-44-28. This was Johns 118th Marathon, a fantastic run which was voted the run of the day

at the traditional celebratory dinner on Sunday night. The end of Johns race could be described as a bit cheeky, ask John for details.

Ljubljana was a very nice city being very clean, good food, wine and beer. It is well worth a visit. The event was well organised, as well as a medal you were able to have a certificate printed off immediately after the race. The course was as good as flat climbing only 10 mtrs, with some slight down hills towards the end. Apart from Luxembourg it is the best course for PB's we have run on any of the club trips.



Trips to Lake Bled in the north and the caves at Postojana in



the south completed an enjoyable holiday by all. Where to next year? all ideas welcome.



Finally, a big thank you to Richard Bufton for his work in organising the trip. Thanks Richard from all.

Dennis A

BOURTON 10K 2009

Alistair and I are still hoping to hear from two volunteers prepared to seriously get involved with helping organise next years 10k in February. Basically, this involves shadowing us this year with a view to taking over from us in 2009.

Please be aware that Ros is still prepared to do all the admin side of things, Ali and I just do the practical stuff like marking the course and general running about on the day. Liz is also prepared to be Race Secretary again this year, so that's already sorted, thanks Liz!

Happy to talk anyone through exactly what is involved as we have it all pretty well documented.

Please do give this some serious thought and let either of us know if you are prepared to help..

Many thanks,

Bert (01285 720248)

MAP MY RUN

As mentioned in the last Newsletter, I have been accessing a web site that maps runs. www.mapmyrun.com
<<http://www.mapmyrun.com>>

Using Google Maps it allows you to plot out a route by map, satellite or hybrid view. This enables easy plotting over footpaths.

This link will take you to the search results screen for all routes around Bourton-on-the-Water. The Hilly Half is not my doing but all the others are. Search Results - Bourton
<<http://www.mapmyrun.com/search?txtPageNumber=1&txtSortBy=&txtLocation=bourton-on-the-water&txtKeyword=&lstRouteTypeID=&btnSearch=SEARCH+%3E>>

Take a look, view the elevations (if you're not feeling weak) and maybe create some of your own. Make them public so we can all see them as well.

They also have a mapmyride, a mapmyswim, and guess what? they put it all together to make mapmytri !

For all of my routes I have started at the club and finished at the bottom of the drive (except Marshmouth lane and back. I used the 'out & back' button which naturally took it back to the start at the club).

Regards
John Raper

HMP Springhill,
Grendon Underwood,
Aylesbury,
Bucks.
HP18 0TL

Dear All,

Home from home is an Open Prison with rolling hills and open farmland. Welcomed with a strict welcoming lecture, "If you're planning to run away, collect your suitcase on the way out, we haven't the room to store it!", the omens were good.

The only running to be done was a circuit of the huge, undulating playing field to try and run off the three large meals a day. No wonder the prisons are full, who'd want to run away from here? The guy who ordered a taxi from the main office did. So did the one with the Argos catalogue who had a pair of step-ladders delivered.

But prison does reform some people. None more so than the man who refused to leave at the end of his sentence. The prison had to take him to court to get him evicted! Me, I'm happy running round and round in my field, Hmmm....maybe tomorrow I could do it in a straight line.

Steve McKenzie



RACE RESULTS - SEPT/OCT

Robin Hood half Marathon- 16th Sept

Half Marathons were obviously the order of the day on Sunday, with 4 Bourton Roadrunners travelling to Robin Hood country, Nottingham, where the trio of Bourton men all managed to smash the 1 hour 30 mins barrier.

First to the line from Bourton was Chris Hartley in 1.27.29, followed by Andy Green, in full marathon training, with a personal best by 6 mins of 1.29.32 and Ian Shoemark in 1.29.52. Julia Rutherford was the rose among the thorns with a time of 1.47.50.

Cirencester 10k - 23rd Sept

Dennis Walmsley showed he is still up among the leaders, despite his new age group, finishing 2nd in the Cirencester Park 10K on the 23rd September in 34.06, and also first Vet 40. Alistair Lockey was not far behind in 34.42 in 4th place with Tony Goodwill 3rd Bourton finisher in 27th place and 39.11. The three narrowly missed out on first team by one point to Stroud AC.

Sixteen year old Tom Jess had another enormous improvement, breaking the 41 minute barrier for the first time to record 40.44. Andy Green is also in superb form coming up to his Jersey Marathon with a time of 40.58.

Martin Jewell is returning to fitness, recording 41.02 with Neil Plant 18 seconds behind in 41.20.

Norm Lane had an excellent run in 42.02, but with the fierce Vet 60 competition, this was still not enough to secure an age category position. John Raper also ran well for 42.28, closely chased by Steve Humphries in 42.30.

Steph Lane achieved a personal best for 42.54, while her mum, Ali, finished behind in 43.15, just edging away from Jim Lunney 43.26 at the end.

Nigel Frith had a consistent run in 44.44 and Julia Rutherford achieved a fast time in 45.40, beating

Liz Hulcup had another amazing personal best and just keeps going from strength to strength as she broke 48 mins comfortably, recording 47.51, a personal best again, by 1 minute.

Shirley Creed is coming back to form and held off Chris Bence with her sprint finish in 48.50 and 48.59 for Chris. Jamie Wilson and Robin Macdonald, making a rare race appearance, battled to the finish, with Jamie the victor in 49.18 and Robin 49.28. Lynn Hudson is also running strongly in 49.38. With good solid runs Caroline Ball 50.07, Jan Short 50.31, Bert Jess, 53.19, Gill Carrick 55.13 and Jonathon Wilson 55.58 made up the 27 runners competing in the ever popular run through the woods.



Gloucester 1/2 Marathon

Meanwhile Ed Rozier and Roger Woodley stayed closer to home at the Gloucester Half Marathon (which actually starts at Newent) finishing in 1.50.03 and 1.50.40 respectively.

Berlin Marathon-30th Sept

Chris Bence of Bourton Roadrunners had plenty of reasons to smile. After a training schedule somewhat lacking in quantity and interrupted by injury, his pre-race predictions by his running colleagues were around the 4.30 - 5 hour mark. However, his relaxed attitude and dogged determination on the day proved all his doubters wrong when he crossed the line in the Berlin marathon in a time of 4 hours 14 minutes and 46 seconds, giving him a new personal best marathon time. His running buddy and coach, Norman Lane, crossed the line just 2 seconds behind.



Ali Lane was pleased to have achieved her qualifying time for the London Marathon, crossing the line in Berlin in 3.29.18.

Unfortunately, after setting his new World Record of 2.04.26, Haile Gebreselasse did not wait to cheer the three in!!!

Newtown Masters 10k-

30th Sept

Dennis Walmsley did not achieve a World Record in the Newtown Masters 10K Championships on Sunday, but did set a **new Club Record for the Male Vet 45 Category in 33.26**. The standard of runners in the race was obviously very high, but Dennis finished 11th overall and 4th V45.

Blenheim10k – 30th Sept

Steph Lane kept up the side back in Britain while her parents were marathoning in Berlin, running in the Blenheim 10K for Cancer Research. She was first lady overall in a time of 42.40. Tom Jess knocked another 13 seconds off his personal best 10K time at Blenheim this weekend, finishing up amongst the top men in 12th place with a time of 40.31. At such a young age, he can be looking to join Bourton's top men if he continues this vein of improvement. Alistair Lockey finished 4th place in 34.50 and Martin Jewell 42.07.

Great North Run – 30th Sept

Marathon man, John Gibson, ran his usual Great North Run and achieved an excellent time of 1.36.57.

Chichester 10K –7th Oct

The Chichester 10K was the host for the national Inter Counties Championship, and as such, attracted some of the best 10K runners in the Country. In view of this, it was no mean feat for Gloucestershire to finish 6th team out of 79 finishing teams. Team Manager, Norm Lane was undeniably proud of his team, consisting of Josh Lilley of Severn AC who knocked an incredible 2 minutes off his personal best to record 29.44, finishing 5th and Tim Dalton with a superb time of 30.46 in 32nd position, backed up by the Bourton stalwarts Alistair Lockey, just 8 seconds away from his PB

with 33.27 in 78th place and Dennis Walmsley 33.39 in 83rd.

Jersey Marathon – 7th Oct

All the hard work has paid off for Andy Green from Bourton Roadrunners, who knocked a staggering 19 minutes off his personal best in the Jersey Marathon on Sunday, recording 3.14.32. He has been consistently improving in his races after schedule advice from Norm Lane and has achieved his goal of sub 3 hrs 15 mins.

Oldbury 10 – 7th Oct

Tony Goodwill had an exceptionally good race in the Oldbury 10 miles in 64.47, but competition was so fierce he was by no means first Vet 50.

Cricklade 1/2 marathon – 7th Oct

Andy Chapple led the Bourton Team home in the Cricklade Half Marathon, with an excellent time of 1:27.17. Other team members were Rob Humphris 1.40.41, Robin Macdonald 1.45.58 and Ed Rozier 1:49.47.

X/C Blackbridge – 13th Oct

The first of the Gloucestershire League Cross Country series kicked off at Blackbridge in Gloucester on a newly designed course. The Under 11 Boys did well, finishing 8th team overall, with Ben Darwent 22nd, Adam Franks 29th and Alex Darwent 31st.

In the Under 13 Boys Kieren Shoemark was Bourton's only representative in 21st position. Beth Wynn had a good result in 12th Under 15 Girls, as did Brittany Teague 5th in the Under 17 Girls.

The Vet Ladies Team finished 6th, consisting of Alison Lane 35th, Pauline Teague 63rd and Lynn

Spedding 65th.

The Bourton Veteran Men were lucky to get a team, but were saved by the appearance of Bert Jess 150th joining Norman Lane 125th, Tony Goodwill 73rd and Dennis Walmsley 8th, taking the Vets Team to 8th position.

Henley 1/2 Marathon – 14th Oct

In the picturesque Henley Half Marathon on Sunday, Nick Wilson completed in a time of 1.53.49 and Gill Carrick 2.00.38 on a fairly flat course with just one hill lasting about one and a half miles.

Stroud 1/2 Marathon – 21st Oct

In a field of thousands, it was quite an achievement to finish 8th in a personal best time of 1.13.52. This is just what Alistair Lockey did, knocking a minute off his previous best time. It was a day of personal bests for the club and those known were Andy Chapple, next in, with a PB of 1.24.25. Jim Lunney knocked a couple of minutes off his previous PB. Steph Lane, just 17 in October, set a new PB as it was her first Half, doubling her previous 10K race distance, finishing in 1.37.59.



Liz Hulcup, after following a specific training schedule set by Norm Lane for this race, knocked a staggering 10 minutes off her previous best, enabling her to finish 2nd Vet 55, only a minute behind 1st. Rachel Griffin, Niamh Shoemark and Rosin Wood all achieved best times of 1.47.58, 1.49.30 and 1.49.50 respectively. Caroline Ball, in her first Half, did well for 1.53 exactly.



Other results were: Tony Goodwill 1.26.13, Ian Shoemark 1.28.30, Martin Jewell 1.30.26, John Raper 1.34.20, Ali Lane 1.36.36, Norm Lane 1.37.55, Rob Humphris

1.38.45, Julia Rutherford 1.38.45, Kate Hall 1.40.49, Roger Woodley 1.45.38, Christopher Bence 1.48.28, Dennis Abbotts 1.48.58, Shirley Creed 1.49.25, John Gibson 1.49.49, Ed Rozier 1.49.55, Lynn Hudson 1.50.54 and Jan Short 1.54.16.



Welcombe Wobbler 10k – 21st Oct

Mike Smith, back on the racing scene, chose the Simply Run Welcombe Wobbler 10K, a cross country race in which he was pleased to finish 6th in 37.42.

Snowdonia Marathon – 27th Oct

After 5 previous wins in the Snowdonia Marathon, Dennis Walmsley was hoping to set a new record of 6 wins, but unfortunately it was not his day. The race was won in 2.41.28, actually 2 minutes slower than his race win of 2006, however the run did not go as well as Dennis hoped and he was disappointed to finish 3rd in 2.47.49.

Ljubljana Club Trip races – 28th Oct

See Dennis' Abbotts report

Guy Fawkes 5 – 4th Nov

The cold crisp conditions were a far cry from the wet weather of previous years and gave the opportunity of many PBs in the Tewkesbury 5M Race, the day before Bonfire Night.

First in for the Club was Dennis Walmsley in 3rd place with an excellent time of 26.29, which Alistair Lockey, even producing a personal best of 26.42 in 5th place, could not match. Mike Smith, returning to racing after several months, is continually improving and was pleased with 10th in 27.18.



Tom Jess had yet another storming run, achieving a PB of 30.59, even pipping Vet/50 stalwart Tony Goodwill by 2 seconds. While Rob Edwards headed the 2 for the first part of the race but, suffering from a chesty cough, was unable to maintain the pace and finished 21 secs behind in 31.22.

Brittany Teague, the 2nd of Bourton's Juniors to have a flier, set a fantastic personal best of 32.38, taking first Junior Lady prize

John Raper came through strongly in the last mile with a fast finish to 33.32, followed shortly by Norm Lane in 33.37. Steph Lane finished one second in front of her mum, Ali, in 34.07, with Jimmy Lunney just behind in 34.11.



Brian Hulcup, who has been injured for the latter part of the year, proved he is coming back to form in 34.32, with Rob Humphries recording 34.50.

Julia Rutherford, Liz Hulcup and Chris Bence all achieved excellent PBs in respective times of 35.29, 36.30 and 37.00.



From 37.50 times were not recorded, but members of Bourton finished in the following order: Robin Macdonald, Lynn Hudson, Shirley Creed, Ed Rozier, Caroline Ball, Dennis Abbotts, Verity Sleeman, David Sleeman, Bert Jess, Gill Carrick and Gill Wilkie.



X/C Plock Court – 10th Nov

The following Saturday, again fine conditions made the sometimes boggy Plock Court Cross Country course a dry and enjoyable run. The race, advertised as the 'Chocolate Biscuit 5 Mile Cross Country' was probably a little short of 5 miles, but good times were had by all, with Alistair Lockey leading the Bourton crowd in 2nd place, in a time of 21.14 and Mike Smith 5th in 22.03.

Andy Chapple won the 1st V/40 in a time of 23.35, just over a minute ahead of Tom Jess, 1st Junior Man in 24.37, only split up by Vet 50 man, Tony Goodwill in 24.05.

Steph Lane had a strong run, finishing 2nd Lady in 26.43 leading the Lane family home with consecutive finishes by dad, Norm, in 26.56 2nd Vet 60 and Ali, 3rd lady, in 27.02.

Brian Hulcup followed in 27.33 and Jimmy Lunney 27.58.

Liz Hulcup had another excellent run, finishing first Vet 50 in 29.31, followed by Lynn Hudson, 3rd Vet 50, in 30.54 and Bert Jess 32.20.

The Ladies team of Steph and Ali Lane, Liz Hulcup and Lynn Hudson won the Ladies Team prize.