



CFR Newsletter

February 2012

www.c-f-r.org.uk

Welcome to the first newsletter of 2012. I hope you have all had a good Christmas and New Year, and a good start to this year. There's plenty to look forward to in the coming months – I only wish I could be out there with you! Thanks again to those who have contributed to this edition. As always, let me have any articles or information that you would like to see included, suggestions for improvements and **photos** too.

If you receive a paper copy and would like to switch to accessing the newsletter through the website, please let Harry and Mary know.

I can be contacted via the message board or directly by email: kate_apps@yahoo.com

Κατε

Note to All Members

**Subs were due on 1st January 2012.
If you have not yet paid up please do so ASAP!
Seniors - £15; Joint - £25
Cheques made Payable to CFR
Send to Paul Jennings or Kate Beaty**

PLUS

English Athletics membership is £5 extra per person if required (not needed for fell races, or FRA championships if already an FRA member).

Welcome to new members:

Junior: Skyler Bowes

Senior Men: Neil Atkinson, Bobby Hagan, John Fletcher

Senior Women: Anna Blackburn

Website Changes – Duncan has been very busy on the website making more improvements. We now have a new message board (see below), a section on weekly training runs (also below) and a new **Time Trial** section – just upload a route and / or a time! Great for working out how you and your friendly rivals are doing throughout the year!

New Message Board - If you haven't already registered – make sure you join the new CFR message board accessed through the CFR Website, so you don't miss out on all the latest club news, training runs (see below!) and banter!

CFR Contact List - It was proposed at the AGM that we have a contact list of all members. Paul Jennings stated that names, email addresses and phone numbers would be issued and only once he has received an email to confirm agreement to share these details. So far only have around a dozen names are on the list – Anyone who wants to be on list PLEASE send an email to Paul (jennings.carrhouse@btinternet.com) authorising the distribution of your details - a list will then be issued (however many have replied) in March.

TUESDAY NIGHT TRAINING RUNS

This must be a fairly common conversation among runners: Three of us, winding down after an hour's run together, each agreeing that on our own we wouldn't have gone as quick.

Let's be honest, a lonesome tarmac plod on a cold and dreary night doesn't exactly inspire, and winter evening training can easily become a case of 'same old same old'. More fun to be out with a head torch on forest or fell track, in company, with a bit of banter to keep you going - if you've any breath to spare! Reassuring on these runs is that no-one gets left behind on an unfamiliar route in the dark. Quicker legs can run reps to-and-fro, so everyone gets a workout while keeping the group intact.

The Tuesday Training run has already established a small but regular following, and we've had some cracking outings: Blake Fell, Whinlatter Forest, Setmurthy Woods, Sale Fell, Ennerdale Valley and Loweswater. As evenings get lighter we expect the group to grow and the routes to venture off track and onto open fell.

It's a mixed-ability club outing so why not join us? Runs depart 6PM prompt from a different location each week. See website for details (click on: **Events > Training runs**). Hope to see you there!

Eleanor Williamson

Dates for your Diary

Two Lakes Race	19 th February 2012
High Cup Nick	25 th February 2012
Loughrigg Silver Howe	26 th February 2012
Netherhall 10k	26 th February 2012
Black Combe	3 rd March 2012

Hays Ho-Down	8 th March 2012
Flat Fell	10 th March 2012
Grasmoor 5k Race	10 th March 2012
Calder Canter	15 th March 2012
Maggies Bridge Melee	22 nd March 2012
BodyFit Lorton School 10k.....	24 th March 2012
Mosedale Rover.....	29 th March 2012
Causey Pike	31 st March 2012
Bodyfit Eaglesfield Paddle 5k	30 th June 2012

Up and Coming Events....

BodyFit Lorton School 10K, Saturday 24th March 2012, 11am

This is a new 10K in the beautiful valley of Lorton. The proceeds of this race will go towards extra-curricular activities for the children. In addition to the race, there will be activities for children to participate in and homemade refreshments to purchase. The main prizes in this event are sponsored by Up and Running of Keswick. Other prizes are kindly provided by local businesses.

BodyFit Eaglesfield Paddle 5K, Saturday 30th June 2012, 10.30am

This is the usual BodyFit 5K but with a new day, i.e. Saturday. This race has a very broad mixture of runners with the spread of times ranging from 16-40 minutes, so it suits everyone, regardless of ability. We look forward to welcoming you. The prizes in this event are sponsored by Temple Sports of Cockermouth.

<http://www.bodyfitpersonaltraining.co.uk>

Warrior Holidays 2012

Welcome back to what has now become an institution in the spring racing calendar. First run in the 1990's and held every year since it is the brainchild of John Slater and Walter Harrison, the founders of Warrior Holidays, a mountain walking and travel consultancy company. These 'Blue Ribbon' events have attracted some of the cream of the mountain running and orienteering worlds and continue to be a springboard to summer racing success.

Six – it should be eight but they won't let me – first class events to get you fit and racing hard for the summer ahead. There will be 3 shorter events beginning at 5.45 p.m., followed by 3 longer events beginning at 6.15 p.m., after the clocks go forward. Each event will – as usual – offer a shorter and longer course.

Cost of the events is still a recession-busting £2 for adults and £1 for juniors. High quality maps will be provided courtesy of the company cartographer, Jake Corrsgon.

However you will need to supply your own compass, whistle, and appropriate clothing.

Hays Ho-down - 08/03/12

Short: Start at gate (GR NY134313) – Stile (GR NY159317) – Finish at gate (GR NY134313).

Long: Start at gate (GR NY134313) – Stile (GR NY159317) – Track/Forest Road Junction (GR NY163319) – Forest Road Bend (GR NY154324) – Finish at gate (GR NY134313).

Calder Canter - 15/03/12

Short: Start at track to Sillathwaite (GR NY064132) – Swarth Fell (GR NY065121) – Blakeley Raise (GR NY070135) – Finish at track...(GR NY064132).

Long: Start at track to Sillathwaite (GR NY064132) – Swarth Fell (GR NY065121) – Latter Barrow (GR NY074115) – Blakeley Raise (GR NY070135) – Finish at track...(GR NY064132).

Maggie's Bridge Melee - 22/03/12

Short: Start at gate (GR NY135210) – Sheepfold (GR NY116211) – Tarn Outlet (GR NY125199) – Finish at gate (GR NY135210).

Long: Start at gate (GR NY135210) – Sheepfold (GR NY116211) – Spot Height 544m (GR NY117204) – Tarn Outlet (GR NY125199) – Finish at gate (GR NY135210).

Mosedale Rover - 29/03/12

Short: Start at Church Bridge (GR NY141209) – Sheepfold (GR NY143184) – Sheepfold (GR NY133172) – Fence Junction (GR NY134186) – Finish at Church Bridge (GR NY141209).

Long: Start at Church Bridge (GR NY141209) – Stream Junction (GR NY145187) – Spot Height 338m (GR NY149177) – Sheepfold (GR NY133172) – Fence Junction (GR NY129186) – Finish at Church Bridge (GR NY141209).

Honister Odyssey - 05/04/12

Short: Start at car park (GR NY225135) – Wall Bend/Junction (GR NY235133) – Tarn East Side (GR NY218125) – Sheepfold (GR NY212173) – Finish at car park (GR NY225135).

Long: Start at car park (GR NY225135) – Wall Bend/Junction (GR NY235133) – Tarn East Side (GR NY218125) – Blackbeck Tarn Inlet (GR NY203127) – South- west Tarn (GR NY210141) – Finish at car park (GR NY225135).

Braithwaite Bender - 12/04/12

Short: Start at gate (GR NY229233) – Sheepfold (GR NY218217) – Hill Top (GR NY231225) – Finish at gate (GR NY229233).

Long: Start at gate (GR NY229233) – Sheepfold (GR NY204213) – Sheepfold (GR NY204207) – Hill Top (GR NY231225) – Finish at gate (GR NY229233).

Contact Details

If you have any questions about these events please contact Walter Harrison on 01900 602669 or 07761 454 261. Alternatively e-mail Walter on gill-walter@seatonmill.fsnet.co.uk

CFR Championship Races 2012

Any 6 races, with a maximum of 4 short, to count for the Championship. Please note the first two races are **cheaper pre-entry** and **Coledale** may fill up (there is no limit in place at the moment but Mike did tell us at Blake's Heaven that the National Trust will probably declare a limit nearer the time).

Short

Glaramara - 20th May
Latterbarrow Loop - 13th June
Arnison Dash - 24th June
Lingmell Dash - 28th July
Scafell Pike - 22nd September
Buttermere Show - 27th October

Medium

Coledale Horseshoe - 14th April
Buttermere Sailbeck Horseshoe - 29th April
Fairfield Horseshoe - 12th May
Weasdale Horseshoe - 18th August

Long

Great Lakes Run - 16th June
Borrowdale - 4th August

English Championships Races 2012

17th March - Lad's Leap, Derbyshire, Short
14th April - Coledale Horseshoe, Cumbria, Medium
16th June - Great Lakes Run, Cumbria, Long
4th August - Borrowdale, Cumbria, Long
18th August - Weasdale, Cumbria, Medium
29th September - Kielder Blast, Northumberland, Short

British Championships Races 2012

14th April - Coledale Horseshoe, Cumbria, Medium
12th May - Slieve Bearnagh, Northern Ireland, Short
7th July - Arrochar Alps, Central Scotland, Short
8th September - Moel Wnion, North Wales, Short

Relay Championships

14th October - Church Stretton, Shropshire

Results and Past Events...

CFR Xmas Pudding Race – 18th December 2011

A beautiful, crisp sunny December 18th morning saw the running of the second annual CFR Xmas Pudding Trail Race. A grand entry of 62 runners made the 5.25km round through Setmurthy Woods with a height gain of 300' under quite slippery conditions. Despite this the male and female records were broken with Chris Knowles (CFR) shaving 8 seconds off last years winning male time by finishing in 19' 41" and Ellie Ulyatt (Derwent AC) taking 36 seconds off last years winning female time by finishing in 24' 05".

All runners received an Xmas Pudding at the finish. The race was organised by Jane Mottram of CFR. Also the Junior CFR runners started with the seniors but ran their parts of the course according to ages.



Jane Mottram

Prizes - CFR Christmas Pudding Race 18th December 2011						
		<u>Female</u>			<u>Male</u>	
-	-	<u>Name</u>	<u>Club</u>	-	<u>Name</u>	<u>Club</u>
Winner		Ellie Ulyatt	Derwent AC		Chris Knowles	CFR
Open		Claire Russell	CFR		John Beetham	Keswick AC
V40		Sam Ayres	Keswick AC		Colin Semple	Tri-Lakeland
V45		Sarah Chaudhri	Cumberland AC		Brian Thompson	CFR
V50		Lindsay Buck	CFR		Tony Davis	Derwent AC
V55		Dot Patton	CFR		Peter Crompton	CFR
V60		Jill Kirkland	CFR		John Lewis	Derwent AC
V65					Roger Whitaker	CFR
V70					Barry Johnson	CFR

CFR Christmas Pudding Race, 18th December 2011

<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Race Number</u>	<u>Race Position</u>	<u>Time</u>
Chris Knowles	CFR	M45	29	1	19' 41 New Course Record
John Beetham	Keswick AC	M	26	2	19' 59
Chris Neil	Border	M	61	3	20' 10
Charles Lowther	Eden	M	7	4	20' 59
Brian Thompson	CFR	M45	48	5	21' 23
Colin Semple	Tri-Lakeland	M40	37	6	21' 39
Ricky Fee	Tri-Lakeland	M	53	7	21' 45
Peter Kemp	Ellenborough AC	M	16	8	21' 46
David Atkinson	CFR	M45	50	9	22' 04
Peter Marston	CFR	M	60	10	22' 28
Peter Crompton	CFR	M55	59	11	22' 32
Gary Bowers	FRA	M45	10	12	22' 35
Robert Morris	Derwent AC	M	14	13	22' 42
Tony Davis	Derwent AC	M50	21	14	22' 51
Dave Penrice	Tri-Lakes	M45	47	15	22' 53
Gareth White	Tri-Lakeland	M	36	16	22' 56
David Pearce	-	M	54	17	23' 10
David Prescott	Derwent AC	M40	20	18	23' 22
Colin Atkinson	CFR	M40	22	19	23' 51
Roger Grey	Cumberland AC	M55	8	20	23' 56
Phil Cueto	Derwent AC	M	46	21	24' 01
Andy Rodger	Derwent AC	M45	17	22	24' 03
Ellie Ulyatt	Derwent AC	F	57	23	24' 05 New Course Record
Sam Ayers	Keswick AC	F40	15	24	24' 15
Lee Baxter	-	M	40	25	24' 36
Hazel Davies	Keswick AC	F40	12	26	24' 45
Andrew Eland	Tri-Lakeland	M	51	27	24' 48
Spike Pearson	KMC	M45	56	28	25' 05
Claire Russell	CFR	F	24	29	25' 22
John Lewis	Derwent AC	M60	11	30	26' 03
Debbie Walker	Derwent AC	F	45	31	26' 06
Craig Houghton	CFR	M40	33	32	26' 23
Alan Taylor	CFR	M60	18	33	26' 30
Anita Barker	CFR	F40	52	34	26' 36
Emma Rowlinson	Border	F	62	35	26' 38
Andy Ross	-	M45	5	36	26' 39
Tony Jewell	CFR	M60	23	37	26' 48
Emma Danock	Tri-Lakeland	F	43	38	27' 10
Roger Whitaker	CFR	M65	1	39	27' 32
Lindsay Buck	CFR	F50	4	40	28' 44

John Owen	-	M	49	41	28' 49
Sarah Chaudhri	Cumberland AC	F45	35	42	29' 22
Steven Sharpe	CFR	M60	28	43	29' 27
Cath Thorp	-	F	41	44	29' 36
Rebecca Dawson	-	F	42	45	29' 37
John Reynolds	-	M50	13	46	30' 02
Liz Hunter	Tri-Lakeland	F45	39	47	30' 40
Terence Lowden	CFR	M60	9	48	30' 45
Dot Patton	CFR	F55	25	49	30' 46
AJ Stannett	-	F40	30	50	30' 48
Jill Kirkland	CFR	F60	44	51	30' 52
Helen Jackson	-	F40	55	52	30' 53
Maggie Grant	Cumberland AC	F60	3	53	30' 53
Trish Dunlop	Tri-Lakeland	F40	38	54	31' 28
Barry Johnson	CFR	M70	19	55	31' 40
Jane Mottram	CFR	F55	27	56	33' 11
Stewart Grant	Cumberland AC	M65	2	57	33' 37
David Adams	CFR	M40	58	58	34' 13
Geoff Harrington	Cumberland AC	M65	32	59	34' 26
Deborough Redmond	Cumberland AC	F50	34	60	34' 34
Steve Watson	CFR	M70	6	61	35' 53
Anna Firth	-	F	31	62	38' 46

1st CFR Junior Championship race Blake's Heaven, Lamplugh 28th January 2012

The setting for the 1st CFR Junior championship race of 2012 was Blake's Heaven at Lamplugh, it was a lovely bright, crisp and sunny day with a touch of ground frost. 33 youngsters turned out for this fantastic season opener. The course involved laps of the undulating lower slopes of Owsen Fell in full view of the spectators. The U8's and 10's run one lap, the U12's and 14's two laps, the U16's three laps and the U18's 4 laps.

The U8s race kicked off the proceedings following the fully flagged course at 11:00 am, Anna Mason won the girls race in 7.01 followed by Beau Walkinshaw in 9.30, and Zara Newby in third place in 10.40. First U8 boy home was Kyle Anderson in 7.58, and newcomer Jamie Brannon ran his first fell race to finish in second place in 11.11.

In the U10s race Millie Park had a great start to the season finishing in top spot in a fine time of 6.42, followed by Jemma Atkinson in 6.55, Skyler Bowes in 7.08 and Louisa Graham in 8.49. Mathew Egglestone ran a well judged race to finish first in 6.26 closely followed by newcomer Wil Jones in 6.46 and finishing in third position in a very respectable 7.11 was Barnaby Walkinshaw.

U12s were next off the line, Olivia Mason took the honours in 9.50. The boys race was won by Joseph Dugdale in a cracking time of 9.30, Samuel Graham took second place in 10.29 and hot on his heels was Zac Anderson in 10.30. We'll look forward to seeing some good battles this season.

Cery's Atkinson had a fantastic start to her season bringing the U14 girls back to the line in a blistering time of 8.59, Niamh Hedley finished second in 9.59, followed by Bramble Park in 10.15, Jasmyn Young in 10.33 and Tiffany Penfold in 11.22. Taking maximum points for the boys was David King in a very impressive 8.09 followed by Oliver Dawson in in 8.34 and taking third place was Mathew Proctor in 9.28.

The U16's is another tight category again this season, Joseph Smith was the Victor this time in 11.42, followed by Cieran Simpson in 12.44 and third place went to Philip Jennings in 13.01.

The U18's boys race was contested by the two King brothers, both in superb form William took the spoils in 12.53 closely followed by Thomas in 13.15.

Bob Riley

2nd CFR Junior Championship race Jarrett Jaunt, Dent **11th February 2012**

Last Saturday was the second Cumberland Fell Runners junior championship race the popular Jarret Jaunt which was held on an all new course which seemed very popular with the youngsters. A reasonable day weather wise brought 28 to the start line. The course was fully flagged following the river Ehen then into the sports field, then turning sharp right, round the rugby field then the long haul up to the top corner of the field before a steep descent back to the finish along the river. The U8's and U10's ran one lap, the U12's and U14's two laps, the U16's three laps and the U18's four laps.

The U8s race kicked off the proceedings at 12:00 noon, Anna Mason brought the girls home in a fine time of 5.35 followed by Zara Newby in 7.50 and Katie Russel in 7.55. New kid on the block William Butterworth won the boys race in 5.46, followed by Kyle Anderson in 6.13 and coming home to a great applause was Jamie Brannon in 7.34.

In the U10s race the top three were all within 18 seconds, Millie Park had a great run finishing first in a very fast 5.04 just keeping Skyler Bowe off top spot in 5.07, Abi Smith finished in third place in 5.22 followed by Nell Barker in 6.04. Mathew Egglestone ran the fastest one lap of the day finishing first in a blistering 4.55, Peter Rawlinson finished second in 5.37.

U12s were next off the line, Olivia Mason ran well finishing first in 7.45. Nathan Smith ran a well judged race taking the spoils in 6.49, Joseph Dugdale was second in 7.16, third place went to Samuel Graham in 8.03, followed by Zac Anderson in 8.18 and Ben Russel in 8.23.

The under 14 girls were out in force with Niamh Hedley the victor in 7.24, followed by Bramble Park in 7.55, hot on her heels was Jasmyn Young in 8.08, followed by Tiffany Penfold in 8.45 and Elsie Barker in 9.17. The U14 boys race was won by Mathew Proctor in 7.25 who is showing some great form, he was followed by Thomas Edmonds from Lakeland orienteering club in 8.30.

The U16's were thin on the ground again with only one boy running. Cieran Simpson set off for his three laps with the U18's who ran four laps. Cieran came home in very respectable 9.40.

The King brothers had another great tussle, William just pipped Thomas to the line by 4 seconds in 10.16 and 10.20 respectively.

A big thank you to Tony Kenmare for the use of his land, and to Wath Brow Hornets for the use of the sports field.

The next CFR Junior Championship race is the Flat fell race on the 10th March; first race is off at 11:00 am from Flat fell just past Nannycatch gate. Full details can be found on the CFR website.

Bob Riley

Jarrett Jaunt Senior Fell race report

Due to discussions with local land owners the Jarrett Jaunt course had to be altered, this added some 800m extra to the distance, but presented a faster smother decent over fell and forestry land before a quarter mile road run in. The handicap system tries to ensure the runners finish in a narrow time gap, and allows every one a chance to cross the line first! Not an easy task!

Winner of the handicap was first time runner Jonathan Walkinsaw - a minute in front of Neil Siddaway, who worked hard to catch and pass first lady Sandra Mason who finished 3rd just 9 seconds behind. Second lady was Anita Barker who finished ahead of a flurry of 22 runners who all finished in the next 3 minutes.

Fastest on the day was Ricky Lightfoot (Ellenborough) in a time of 35.32, with Russ Madams (Keswick) second in 38.49 and Gavin Bland took third ahead of Scoffer and Brian Taylor. Pippa Maddams (Keswick) and Jenn Mattinson (Blackcombe) were the fastest 2 ladies on time in 41.59 and 50.32 respectively, with Borrowdale's Sharon Schofield taking 3rd just ahead of Michela Kellet.

Many thanks to Clair, Jim, Dot, Gary, Howard and Les and everyone else for the help on the day.

Chris Knowles

Jarrett's Jaunt Senior Race Results

Pos	Num	Name	Handicap Time		Actual Time	Name
1	2	J. Walkinshaw	60.21		35.32	Ricky Lightfoot
2	13	Neil Siddaway	61.21		38.49	Russ Maddams
3	12	Sandra Mason	61.29		40.19	Gavin Bland
4	38	Mike Hawley	61.45		40.25	Brian Taylor
5	32	Ross Butler	62.33		40.25	Andy Schofield
6	5	Phil Neen	62.45		40.57	Mike Robinson
7	22	Anita Barker	63.36		41.17	Sam Johnson
8	14	Rodger Whittaker	64.06		41.19	Mike Cunningham
9	17	Chris Clarke	64.17		41.59	Pippa Maddams
10	46	Andy Fletcher	64.25		43.57	Euan West
11	37	Phil Hawley	64.33		44.15	Fleecy Moss

12	21	Mel Bradley	64.36	44.24	Nick Ray
13	31	Mike Hind	64.41	45.14	Danny Burns
14	9	Michela Kellet	64.51	45.45	Phil Neen
15	18	Kim Clarke	65.00	45.57	Andy Bradley
16	35	Andy Elland	65.15	46.17	Carl Edmonds
17	36	Gavin Bland	65.19	48.23	Mike Park
18	19	Phil Stones	65.25	49.21	Neil Siddaway
19	3	Mark Graham	65.31	50.25	Phil Stones
20	42	Ricky Lightfoot	65.32	50.32	Jenn Mattinson
21	26	Euan West	65.57	51.21	J. Walkinshaw
22	23	Pippa Maddams	65.59	51.33	Ross Butler
23	45	Fleecy Moss	66.15	53.10	Benjamin Allan
24	43	Mike Cunningham	66.19	53.16	Chris Gray
25	47	Brian Taylor	66.25	53.31	Mark Graham
26	10	Sharon Schofield	66.32	53.32	Sharon Schofield
27	16	Lindsay Buck	66.45	53.41	Mike Hind
28	24	Russ Maddams	66.49	53.51	Michela Kellet
29	1	Mike Robinson	66.57	54.15	Andy Elland
30	33	Anthony Lees	67.00	55.00	Anthony Lees
31	4	Danny Burns	67.14	55.36	Anita Barker
32	27	Sam Johnson	67.17	55.36	Mel Bradley
33	28	Nick Ray	67.24	55.45	Mike Hawley
34	25	Jenn Mattinson	67.32	56.06	Rodger Whittaker
35	20	Andy Bradley	67.57	56.25	Andy Fletcher
36	29	Barry Johnson	68.06	58.33	Phil Hawley
37	44	Benjamin Allan	68.10	59.39	Barry Hodgeson
38	41	Chris Gray	68.16	59.45	Lindsay Buck
39	11	Andy Schofield	68.25	60.17	Chris Clarke
40	30	Barry Hodgeson	68.39	60.46	Sam Farrer
41	6	Carl Edmonds	70.17	61.00	Kim Clarke
42	34	Mike Park	70.23	61.29	Sandra Mason
43	39	Sam Farrer	71.46	66.06	Barry Johnson
44	15	Terry Lowden	72.09	66.57	John Farrer
45	40	John Farrer	73.57	70.09	Terry Lowden
46	7	Steve Watson	76.29	76.29	Steve Watson

CUMBERLAND FELL RUNNERS

2011 / 2012 WINTER SERIES

4 Races to count – 1 from each discipline + 1 other

1/XC = Maryport XC – 12 Nov 2011

1/F = Slag Bank – 29 Oct 2011

1/R = Pica – 26 Dec 2011

2/XC = Setmurthy Woods – 18 Dec 2011

2/F = AGM Ennerdale – 03 Dec 2011

2/R = Grasmoor – 10 Mar 2012

3/XC = Two Lakes – 19 Feb 2012

3/F = Blake's Heaven – 28 Jan 2012

POSITION	NAME	CAT	1/XC	2/XC	3/XC	1/F	2/F	3/F	1/R	2/R	-	-	Total
1	Peter Crompton	V55	-	96	-	-	99	99	99	-	-	-	393
2	Pete Marston	OM	-	97	-	96	-	94	100	-	-	-	387
3	Jane Mottram	LV55	96	82	91.5	-	85	-	94	-	-	-	366.5
4	Lindsay Buck	LV50	-	88	93	85	92	82	92	-	-	-	365
5	Tony Jewell	V60	-	90	-	90	86	-	96	-	-	-	362
=	Alan Taylor	V55	-	92	-	86	87	-	97	-	-	-	362
7	Phil Hawley	V55	-	-	96	87	-	81	93	-	-	-	357

8	Steve Watson	V70	-	80	89	-	-	74	91	-	-	-	334
9	Chris Knowles	V45	-	100	-	100	100	-	-	-	-	-	300
10	Brian Thompson	V45	97	99	-	-	-	100	-	-	-	-	296
11	David Atkinson	V45	98	98	-	97	98	98	-	-	-	-	294
12	Neil Atkinson	V40	-	95	-	-	-	90	98	-	-	-	283
13	Jennie Chatterley	LV40	-	-	98	89	91	-	-	-	-	-	278
14	Anita Barker	LV40	-	91	-	91	90	-	-	-	-	-	272
=	Craig Houghton	V40	-	93	-	-	-	84	95	-	-	-	272
16	Roger Whitaker	V65	-	89	-	93	-	83	-	-	-	-	265
17	Dot Patton	LV55	-	85	94	-	-	78	-	-	-	-	257
18	Dave Morgan	V65	-	-	91.5	84	-	75	-	-	-	-	250.5
19	Barry Johnson	V70	-	83	-	83	-	77	-	-	-	-	243
20	Howard Seal	OM	-	-	-	99	-	97	-	-	-	-	196
21	Andy Bradley	V45	-	-	-	98	-	96	-	-	-	-	194
22	Claire Russell	OL	-	94	-	-	94	-	-	-	-	-	188
=	Jamie Riley	OM	-	-	-	-	96	92	-	-	-	-	188
24	Nina Walkingshaw	OL	-	-	-	94	-	91	-	-	-	-	185
25	Steven Holliday	V50	-	-	-	95	88	-	-	-	-	-	183
=	Kate Beaty	LV50	-	-	-	-	95	88	-	-	-	-	183
27	Nick Moore	V50	-	-	-	88	89	86	-	-	-	-	177
=	Mel Bradley	LV45	-	-	-	92	-	85	-	-	-	-	177
=	Eleanor Williamson	LV40	-	-	97	-	-	80	-	-	-	-	177
30	Peter Taylor	V70	-	-	90	-	-	79	-	-	-	-	169
31	Terry Lowden	V60	-	86	-	-	-	76	-	-	-	-	162
32	Nathan Thompson	OM	100	-	-	-	-	-	-	-	-	-	100
=	Andrew Graham	V40	-	-	100	-	-	-	-	-	-	-	100
34	Alex Smith	V50	99	-	-	-	-	-	-	-	-	-	99
=	Mike Park	V45	-	-	99	-	-	-	-	-	-	-	99
36	Peter Dawson	V50	-	-	-	-	97	-	-	-	-	-	97
37	Andy Beaty	V50	-	-	-	-	-	95	-	-	-	-	95
=	Anna Blackburn	LV50	-	-	95	-	-	-	-	-	-	-	95
39	Mark Graham	V50	-	-	-	-	93	-	-	-	-	-	93
=	Bob Riley	V50	-	-	-	-	-	93	-	-	-	-	93
41	Tracy Park	LV45	-	-	-	-	-	89	-	-	-	-	89
42	Stephen Sharp	V60	-	87	-	-	-	-	-	-	-	-	87
=	Paul Jennings	V45	-	-	-	-	-	87	-	-	-	-	87
44	Jill Kirkland	LV60	-	84	-	-	-	-	-	-	-	-	85
45	David Adams	V40	-	81	-	-	-	-	-	-	-	-	81

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