

WILMSLOW RUNNING CLUB

Newsletter August 2004

Summer Championship

Another solid turnout at Birchwood 10K, with 19 club runners representing Wilmslow RC - only Wesham RR had more runners with 21. I will leave the race report itself to someone else but the full results can be found at <http://www.spectrumstriders.org.uk/10k/2004/10kresults.htm>

After 3 races in fairly quick succession, Race 9 has really consolidated the league table. 15 runners have now completed the minimum 5 races but up to 10 more runners can still qualify.

Stuart Parrott has taken up silver position but Tom McGaff can still steal that position with one more qualifying race to complete.

Only one point separates Kate Ayres and Jane Clarke so everything to play for there.

Ian Ashcroft has moved to within 2 points of Roy Pownall

and only 2 points separate Angela Lee, Amanda Hynes & Kate Sutton!

However it is **54 days** until the next summer series race (unless Tony has other ideas) so there is plenty of opportunity to work those miles and steal an extra place at Chester Zoo.

Full table on final page of newsletter.

Graham Taylor

2 races left:-

Sun. October 3rd. Chester Zoo 10k
Sat. October 30th. Langley 7

Shuttlingsloe

Thursday 29th July

Another steamy day but the thunderstorms held off during the race.

This race is always a challenge; to get there on time, to do battle with the midges, and finally to get up that hill. I eventually made it to the start line after a long warm up, leaving a cloud of midges to start on the dessert course (spectators!). Tony took up his place towards the front, then we were off, gently climbing the Cheshire Matterhorn. In to the Forrest and Jim and Nick appeared in front of me, so what the hell it is not often you get the chance to lead group one, I crawled past them trying to look confident and not out of breath. On to the open fells and a steam train appeared behind me, then Jim overtook me. Round the corner to face the last steep climb to the summit and there was Jim walking! (I can now confirm that Group 1 runners do walk in Races!) Well, a golden opportunity to show that Group 2 runners really do run, so past him I at a slow sprint. From the summit I "legged it" and dreamt of 49 points. However Jim overtook me in the final half mile to take the summer points.

A great race

| | | |
|----|----------------|-------|
| 6 | Tom McGAFF | 25:52 |
| 10 | Jim PENDRILL | 27:20 |
| 12 | Ian SMALLWOOD | 27:35 |
| 17 | Nick BISHOP | 28:30 |
| 18 | Tony HULME | 28:36 |
| 42 | Gavin MENDHAM | 30:37 |
| 60 | Steve SMITH | 32:31 |
| 68 | Jane CLARKE | 33:14 |
| 74 | Gareth TRIMBLE | 33:43 |

| | | |
|-----|--------------|-------|
| 85 | Ian ASHCROFT | 34:18 |
| 96 | Kim SIMPSON | 35:33 |
| 111 | Kate SUTTON | 36:50 |
| 126 | Roy POWNALL | 38:41 |
| 147 | Angela LEE | 41:13 |
| 151 | Julie LUCAS | 42:26 |

Tom was 1st. Vet45
 Tony 1st. V50
 Nick 2nd. V45
 Jane 2nd. Lady 35
 Kate 2nd. L40
 Ian 3rd. V40.

Ian Smallwood

A second successive Thursday in The Church, Langley with the added bonus of us all being able to share Nick's evening meal.

Rudyard Lake

Leek Breweries Summer Series
 Race 10. 5 miles approx.
 Thursday 12th August 2004

Hot and humid but no thunder, lightening or rain during the race.

There was a good turnout from the club for this annual race around the lake, and it resulted in some very creditable performances. The weather was overcast but remained dry as the 200+ athletes covered the first half of the course along an old railway track, before climbing gradually on the far side of the lake past the bag-piper and through woodland, before rejoining the railway track to the finish.

Mike Halman was the first club member home in 4th place overall, just 40secs behind the race winner. Stuart Parrott, Mick Fairs, and Kate Ayres all ran well to take 1st place in their particular age category. Kim Simpson also ran well, with Ian Ashcroft put in a sterling performance finishing just 30secs behind Kate Ayres. His improved form now puts the pressure

on Roy Pownall who was well beaten on the night, and unavailable for comment after the event. George Livesey once again beat Tony (who admitted to sneaking up on George by hiding behind 2 runners just before the finishing straight), although to avoid misunderstanding it is over 10 years since he last beat him.

| | | |
|---------------|----------------|-------|
| 4 | Michael HALMAN | 28:22 |
| 9 | Stuart PARROTT | 29:32 |
| 10 | Jim PENDRILL | 29:39 |
| 13 | Graham TAYLOR | 30:30 |
| 22 | Mick FAIRS | 31:49 |
| 43 | George LIVESEY | 33:24 |
| 50 | Tony HULME | 33:41 |
| 55 | Ray NOBLE | 34:17 |
| 61 | James SMITH | 34:55 |
| 67 | Steve SMITH | 35:15 |
| 74 | Kate AYRES | 35:45 |
| 76 | Gareth TRIMBLE | 35:51 |
| 87 | Ian ASHCROFT | 36:16 |
| 92 | Paul AYRES | 37:17 |
| 104 | Kim SIMPSON | 38:12 |
| 110 | Roy POWNALL | 38:46 |
| 116 | Kate SUTTON | 39:09 |
| 132 | Amanda HAYNES | 40:10 |
| 182 | Angela LEE | 44:13 |
| 211 finishers | | |

Stuart was 1st. Vet40
 Kate Ayres was 1st. Lady40
 Mick was 1st. Vet55
 Graham was 2nd. Vet40
 Kate Sutton was 2nd. Lady40
 George was 3rd. Vet55

George Livesey

Birchwood 10k

Sunday August 22nd.

Warm and sunny

| | | |
|----|----------------|-------|
| 13 | Michael Halman | 33.39 |
| 21 | Stuart Parrott | 34.45 |
| 22 | Tom McGaff | 34.53 |

| | | |
|---------------|----------------|-------|
| 41 | Jim Pendrill | 36.12 |
| 44 | Graham Taylor | 36.19 |
| 75 | Mick Fairs | 37.36 |
| 153 | Richard Parris | 39.57 |
| 156 | George Livesey | 40.00 |
| 178 | Tony Hulme | 40.38 |
| 198 | James Smith | 41.11 |
| 240 | Kate Ayres | 42.20 |
| 282 | Gareth Trimble | 43.27 |
| 289 | Jane Clarke | 43.34 |
| 305 | Ian Ashcroft | 43.56 |
| 324 | Paul Ayres | 44.22 |
| 337 | Linda Ely | 44.32 |
| 404 | Kim Simpson | 47.00 |
| 591 | Ron Reed | 53.12 |
| 617 | Ken Smart | 54.07 |
| 858 finishers | | |

Macclesfield Forest '5'

Thursday 22nd. July

Hot and steamy but the thunder storms went round us

| | | | |
|----|----------------|------|-------|
| 2 | Mike Halman | M | 35.00 |
| 3 | Tom McGaff | MV50 | 35.12 |
| 6 | Stuart Parrott | MV40 | 36.03 |
| 9 | Colin Fray | MV45 | 38.07 |
| 10 | Jim Pendrill | M | 38.12 |
| 13 | Tony Hulme | MV50 | 40.16 |
| 18 | Gavin Mendham | MV50 | 41.20 |
| 26 | Richard Parris | M | 44.17 |
| 27 | Kate Ayres | FV45 | 44.38 |
| 35 | Ian Ashcroft | MV55 | 46.26 |
| 36 | Mike Hall | MV45 | 46.37 |
| 40 | Paul Ayres | MV45 | 48.31 |
| 55 | Stephen Feber | MV50 | 54.12 |

All went well. The rain held off leaving a muggy but pleasant evening. Thanks to the use of the excellent course markers, and John Kershaw's help in placing them, no one got lost this year. A noble group of marshals, every one of them a volunteer, tramped off to their distant outposts and then cleared the course of the markers. Many

thanks to Sarah Harris, Jane Hodgkinson, Tim Jarvis, Emily and Peter Doyle, Dave Jackson and Craig Harwood. Your support is critical to the success of the event. Then there were the finishing officials, Steve from Staff Moorlands, Rachel Pleeth, Jane (who was getting married in 3 days time), Michela and Paul Stepto. Paul in fact was representing the Macclesfield Forest Rangers whose continued support is most important to us.

Thanks must go specially to Jayne Brotherton, the marmalade lady, who started the race for us, provided us with the prizes (jars of marmalade) and made all the arrangements for the entry fees to be returned to the East Cheshire Hospice.

And many, many thanks to everyone who ran the race and contributed to a record collection of £150 to East Cheshire Hospice. I hope you enjoyed the event and the wonderful route and I look forward to seeing you all again next year.

I am sure that the results are full of errors and omissions. If it bothers you and you want me to put them right, then contact me and it shall be done. And anyone who wants to measure the course more accurately is very welcome but I am still going to call it the Forest Five even though we all know it is not.

Peter Nolan
Race Organiser

Mike was narrowly beaten on the final finish back along the reservoir but Kate gained some compensation winning first lady, first lady not first vet, in an equally narrow finish. Tony measured the '5' at 6.2 miles. Stuart had warned me that the first climb was 9½ minutes, for him perhaps, I clocked it at 15mins., it was an evening when Paulo and I did a fair bit of hiking.

Ian Ashcroft

TALES OF THE UNEXPECTED

The ALETSCHE HALF MARATHON, Sunday 27th June , somewhere in the Alps .

Ever had a chance conversation with someone and next minute things are happening that you would never have expected, deja-vu perhaps?then read on!!

This race report starts one night around a warm log fire in the club bar one Spring night .Tony is recounting an adventure story from a race in the Alps whilst the audience of Stuart, Mike and myself listen politely . As our minds wander, it seems a good idea to accompany Tony on a trip abroad. As the adventure unfolds Mike finds a flower show a convenient excuse on hearing that this race is all off road and uphill. Stuart feels the wrath of Tracey more daunting than the prospect of four days in the Alps.

And so this story begins with Tony and me as the characters.

Planning begins in earnest about a week before the race when Tony remembers to book some flights and suggests that I book a hotel. The latter may sound easy but Tony has given me a list of demands. No shared accommodation (Tony raced badly once because a previous room partner snored all night keeping him awake). Convenient location etc, etc.

Final plans are made when I am invited to the basement HQ of Running Bear. We are all sorted and are to leave on Friday morning.

Friday 25th June.

Taxi arrives early at my house and even earlier when we pick up Tony. We are underway.

First opportunity to impress the club coach is at the airport over breakfast. Lightly toasted brown bread seems the choice of a true athlete , but my

choice seems a poor one as Tony tucks into the hearty cholesterol full English .

We arrive safely in Geneva and book a hire car. Tony gives his details but suggests I be a named driver to share the driving. Off we go.

After an hour, we stop briefly and change driver. My turn. As we enter the Alps towering above us, Tony starts to point out landmarks. As I momentarily take my eyes off the road, I am told in no uncertain terms not to enjoy the panorama but to remain focused. The £200 excess is in Tony's name!

Before we get to Brig, where we are to stay, we stop for a run in the Mountains to acclimatize. Awesome.

We arrive at the hotel; the choice seems a good one. Accommodation good and Brig is a pretty traffic free town. The receptionist ran in the race the previous year. Her recollection sends shivers down the spine.

Saturday 26th June.

Over breakfast Tony tells me that there are two types of Swiss people. Normal Swiss and German Swiss the former is the better option. This particular waitress is German Swiss and Tony points out overweight.

Today we are to inspect the course. We drive fifteen minutes and then travel by cable -car to the race start (1900 metres). This is the pretty Mountain village of Bettmeralp .Picture postcard material. We then take the next cable car to the top. (2750 metres). The terrain changes dramatically from rolling Alpine meadows to the Alpine mountain terrain and alongside us, the highest glacier in Europe. The Aletsche, hence the race name. The race is also the Highest Half Marathon in Europe. Stunning views, snow drifts, one deeper than us, which formed part of the ascent to finish, 350 metres of ascent in the last mile. Tony keeps muttering that this is going to be tough.

Over lunch, we see more competitors are starting to view the finish and to mentally prepare. One athlete asks me if I am Billy Burns (2.15 London Marathon and three times Aletsche race winner). Modesty forces me to say no, the bulls***er in me tempts me to say yes!! Tony tells me that I look like him if twenty years older.

We descend to the bottom and that night fuel on pasta. An early night.

Sunday 27th June.

Early start, adrenalin pumping. Swiss German smiles this morning. Still overweight but she goes up marginally in Tony's view.

We get to the cable car which is getting busy and wait in the queue. The race day buzz is starting; competitors of all nationalities are here.

We get to the start an hour before the race. We start to prepare. The minutes tick by, and I recall Tony's advice. Don't start to fast; it's going to be tough. I have my game plan for the race (aim is sub two hours). The race is about to startTony is no where. I look around anxiously. No need to worry, Tony is spotted trotting without a care in the world on to the front line (The England vest allows for this).

The first mile is through the village centre and gradually uphill. People are out in force to cheer the runners and applaud. They ring their bells. We start to leave the village and enter a wooded section. Still undulating up and down hill. The course then starts to develop along the narrow path that is to be route to the top. I ignore Tony's pre race advice and admire the view , only to take a fall that takes me twenty feet of course and down a slope . Luckily at this point it is grass covered. I lose some ground, and places.

Awesome scenery if it was a Sunday run, this is a race and whilst the serious stuff does not start yet , there are a number of ascents followed by

descents . Things are going ok now and despite the mountain terrain , there are markers at each kilometre.

I get to 15k ahead of my plan . Sub two hours is in sight ! Things go a bit pear shaped from here on . The race is now starting to feel like mile 20 in a marathon . Each of the last few kilometres is getting harder and as I look up the finish looks a long way off . With two kilometres to go , sub two hours is looking a bit iffy ! Running that last part in twenty plus minutes (two kilometres) means that I finish in 2.04 . Tony finishes in 2.15 , we are 65th and 115th respectively (1000 finishers) . We both narrowly miss out on age group placing . A fantastic prize giving ceremony takes place back at the start in a pretty chapel . Winner's podium included !!

Having finished its safe now to look back and think ' hey , I 've done it ' . We have a beer and relax . Back to the hotel , for a refresh , a night out some pasta and more beer .Tony admits to having a drink every night !.

Monday 28th June .

A day to unwind . We head for Zermatt , and ascend by train. Again stunning views .Having had lunch , we decide to run back down , a leisurely ascent allowing for stops takes a couple of hours . Again a beer in Zermatt and back to the hotel , for the last night .

Tuesday 29th June .

Homeward bound. On the flight home, Tony asks if I am training tonight. I ask if it is hill reps.

All in all an awesome experience and a fantastic four daysand so for next year ???!

Nick Bishop

Race the Train 2004

Having been unsuccessful in my attempt to win the Man v Horse race this year, I thought that a train might be a more reasonable challenge. I hoped for a Virgin London train, given their poor reliability record, or perhaps an Arriva North West but no, the train belongs to the Talylyn Railway.

So on Saturday 21st August I lined up with 700 other runners to compete against the engine "Duncan" and his passengers over 14 miles. The whistle blew and we were off, round the town and out into the fields. At this stage I was surprised to see the train chugging past us runners, as I thought I had reasonable chance of beating the train, well that is what Pete Nelson had led me to believe. So I continued crossing fields, through woods, past pubs until finally we arrived at the terminus. There was the train getting refuelled with water, coal and passengers. I steamed past and set off back to the start, the race was on again. This time the course took us over hill, down dale, along tracks and finally down the road to the station. I crossed the line in 1 hour 44 mins, the train arrived about 3 minutes later with a blast on the whistle announcing the end of the challenge.

A spectator's view:

For my part it seemed like the hare and the tortoise - we chugged up the line, overtaking loads of runners. The passengers cheered and waved out of the windows at the runners and the spectators. We passed the turning point for the runners and kept going to the station at the end of the line, thus giving the runners plenty of time to get ahead. We had 15 minutes at the station in which to get off the train, buy refreshments and take a photograph of the engine. We then boarded the train again and set off back to Tywyn. We passed loads of runners and were able to cheer and wave madly. Then, as we approached the end, kept stopping and at one point we had a five minute wait - allowing a few more runners to beat the train. We arrived back at Tywyn and I

came out of the station to find Ian waiting for at the station gate, demanding to know where I had been (as if he didn't know!)

Ian Smallwood

Just one entry from me this month, because I was in Norway, Ireland and Scotland and I am still injured.

Cracken Edge Fell Race

Hayfield
Wed. 4 August 2004
7 miles, 1450' ascent.
21 deg. C, humid.

| | | | |
|-----|-----------------|-------|---------|
| 3 | Malcolm Fowler | 44.21 | 1st V40 |
| 8 | Colin Fray | 48.42 | |
| 138 | Trevor Faulkner | 70.42 | |

162 finishers

Trevor Faulkner

Rydal Round

Thursday 29th July
9 miles. 3,000ft ascent.

| | | |
|----|------------|-----------|
| 71 | Kate Ayres | 1hr 54.18 |
| 84 | Paul Ayres | 1hr 59.52 |

One muggy Thursday at the end of July, Paul and I set off to the Lakes with our support team (son, daughter and dog). The weather didn't look promising (the forecast was for storms) and as we looked across to the fells it certainly did look very stormy but we were lucky and the rain held off for the race and the cloud remained high so we had no trouble with navigation.

The Rydal Round is the second Fairfield Horseshoe fell race of the year but this one is part of the Ambleside Sports Meeting, a big event held every summer which includes amongst other things Cumberland wrestling (strange outfits!) and Hound trailing where the

hounds follow a laid scent. We were rather alarmed to see on our way up Fairfield a man coming towards us dragging a large rag behind him. This was the scent and we had visions of a pack of hounds tearing towards us. In fact they didn't set off until we were down - we were changing by the car when there was a great noise of dogs baying and the pack flew past us, we almost lost our dog Ben with them and only just grabbed his lead in time.

Considering it was a mid-week run there was a good turn out (109 runners). The race started from the centre of the sports arena in Rydal Park and headed towards Nab Scar. The path up Nab Scar was tough, I ran as much as I could but the going was steep and I walked a lot, more than I should have but it's very off putting when people are walking faster than you are running! I ended up running with a group of about 8 people – it amazing how these races spread out – and 3 of us were female which got the competitive streak in me going. I worked really hard to stick with them but by the time I got to the top of Fairfield I was trailing at the back of the group. I had some drink and gel which was disgusting but it had an effect and I picked up speed, gradually passing all of the group and catching up with a few others I could see in the distance as the descent got steeper. For a long time on the way back I could see the marquees in the valley below where the finish was but it never seemed to get any nearer. Eventually the last summit of Low Pike was reached. The last section was along narrow tracks through tall bracken and you couldn't see where you were putting your feet so I just hoped there would be no pot holes or rocks to twist the ankle, this seemed to go on forever until suddenly I was at the top of a steep slope and there was the finish at the bottom. One last effort and I was back, exhausted but pleased to have run such a fantastic race. Paul arrived back soon after me just inside 2 hours full of his usual enthusiasm!

Kate Ayres

Sale 10 Mile

August 1st. 2004

FENTON FIRST WILMSLOW RUNNER HOME

TIME CATCHES UP WITH POWNALL

Boiling hot day – same every year.
Flat, boring course – same every year.
Another personal worst – same every race this year.

Ran very steady throughout but hardly surprising the time it took me. Finished 107th out of 178 and 6th over 60 in 76.17. I think its time I considered taking up a more sedate hobby where some unknown latent talent might come to the fore when you consider, 1st over 60 was 61.44 and the 5th was 68.10, anyone got any feedback on line dancing?

First and only Wilmslow runner, where was Roy? Roy had his vest on at 9.0'clock – then checked the start time. It was 9.30.

That did change this year.

Simon Fenton

***** RUNNER OF THE MONTH *****

JULY 2004

PETER NELSON, founder member of Wilmslow Running Club, organiser and Course Director of the Wilmslow Half Marathon.

As Rod said at the presentation, Peter is the person who, instead of running for himself in training, stayed with you when you tired and made you get the maximum out of the session.

Peter & Sue Nelson
Le Bourg
12390
Bournazel
France
Mobile: 07970 782209

***** RUNNER OF THE MONTH ***
AUGUST 2004**

A last gasp victory over Jim Pendrill, 9th. place overall and first vet home at Rudyard Lake was the icing on the cake of a great summer for STUART PARROTT who was nominated and only narrowly missed-out in June.

It was after the award was made but look at Stuart's performance at Birchwood, it was even better.

www.wilmslowrunningclub.co.uk

Are you using the new web blog site?

Andy is setting it up so that everyone can easily contribute results, events, articles and news. Already it is more up-to date than the old site and we're immediately feeding-up to the site the material that comes in for the newsletter as soon as it arrives. The results for the Forest '5', Shuttlingsloe and Rudyard Lake were on the site very shortly after they became available.

The address is the same as the old site just click on 'New Web Site' which is in red on the home page.

Andy,

I went to copy the email address from the club web site but quite a few of them were old ones so I reverted to my own. I haven't had any complaints on the listing I use but then how could I! Even after tonights Race 9 report the following addresses bounced:

jamie@thornlea.freemove.co.uk

fitbods@hotmail.com

denmaruk@aol.com

Not sure who is responsible for keeping this list up to date now. I will simply continue to remove bounced email addresses from the next race report but this doesn't help anyone trying to get on the mailing list!

Ian,

Can you add this to the next news letter and perhaps reinforce at the AGM?

Graham Taylor

I've copied Graham's list to mail the newsletter.

Ian

NOTIFICATION TO MEMBERS

Wilmslow Running Club

Annual General Meeting 2004

14th September , 8.30pm. @ the Rugby Club

Please note that the AGM will take place after training on 14th September as detailed above.
The DRAFT Agenda is as below:

- 1. Minutes of Last Meeting**
- 2. Chairman's Report**
- 3. Treasurer's Report**
- 4. Wilmslow Half Marathon Report**
- 5. Subscriptions for 2004/2005**
- 6. Items from Committee Members**
- 7. Election of Club Committee**
- 8. Election of Auditor**

The AGM is essentially a short 'formal' meeting to meet reporting requirements. Discussion of general matters concerning the functioning of the club should normally be referred to the committee, or alternatively can be discussed informally after the formal AGM business is concluded. If any member wishes to raise any specific items I would be glad to receive advance notice.

In connection with item 7 on the agenda; the current officers and committee members are willing to stand for re-election 'en bloc'. But of course it is open to members make alternative nominations. Please inform the secretary no later than 10 days before the AGM of any nominations.

I look forward to seeing you at the AGM.

Rod Coombs, Chairman

2004 Wilmslow Running Club Summer Series

| Position | Name | Individual Qualifying Race Results | | | | | | | | | | Best 5 Results | | | | | Sum of Best |
|--------------------------|------------------|------------------------------------|----------------|----------------|------------------|----------------|---------------------|---------------|--------------|---------------|---------|----------------|-----------|-----------|-----------|-----------|-------------|
| | | Chester Spring 5 | Christleton 5K | Dunham Park 5K | Tittesworth Res. | Warrington 10K | Blackpool Beach 10K | Shuttlingsloe | Rudyard Lake | Birchwood 10K | Race 10 | Race 11 | Best (1) | Best (2) | Best (3) | Best (4) | |
| 1 | HALMAN, Michael | 49 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | 50 | | 50 | 50 | 50 | 50 | 50 | 250 |
| 2 | PARROTT, Stuart | | 47 | | | 49 | 48 | | 49 | 49 | | 49 | 49 | 49 | 48 | 47 | 242 |
| 3 | PENDRILL, Jim | 46 | 46 | | 47 | | | 49 | 48 | 47 | | 49 | 48 | 47 | 47 | 46 | 237 |
| 4 | TAYLOR, Graham | 44 | | | 48 | | 49 | | 47 | 46 | | 49 | 48 | 47 | 46 | 44 | 234 |
| 5 | HULME, Tony | 42 | 42 | 48 | 46 | 46 | 47 | 46 | 44 | 42 | | 48 | 47 | 46 | 46 | 46 | 233 |
| 6 | FAIRS, Mick | 43 | 44 | | | 47 | | | 46 | 45 | | 47 | 46 | 45 | 44 | 43 | 225 |
| 7 | AYRES, Kate | 41 | 40 | 45 | | | 46 | | 40 | 40 | | 46 | 45 | 41 | 40 | 40 | 212 |
| 8 | CLARKE, Jane | 40 | 39 | 44 | 45 | | | 43 | | 38 | | 45 | 44 | 43 | 40 | 39 | 211 |
| 9 | POWNALL, Roy | | | 41 | 43 | 43 | | 38 | 35 | | | 43 | 43 | 41 | 38 | 35 | 200 |
| 10 | ASHCROFT, Ian | 39 | | 43 | | | | 41 | 38 | 37 | | 43 | 41 | 39 | 38 | 37 | 198 |
| 11 | LEE, Angela | 35 | 35 | 37 | 42 | 40 | | 37 | 32 | | | 42 | 40 | 37 | 37 | 35 | 191 |
| 12 | HYNES, Amanda | 37 | 36 | 39 | | | 45 | | 33 | | | 45 | 39 | 37 | 36 | 33 | 190 |
| 13 | SUTTON, Kate | 38 | 37 | | | 41 | | 39 | 34 | | | 41 | 39 | 38 | 37 | 34 | 189 |
| 14 | REED, Ronald | 32 | | 36 | 40 | | 44 | | | 33 | | 44 | 40 | 36 | 33 | 32 | 185 |
| 15 | SMART, Ken | 31 | 32 | 35 | | | 43 | | | 32 | | 43 | 35 | 32 | 32 | 31 | 173 |
| 16 | McGaff, Tom | 48 | 49 | | | | | 50 | | 48 | | 50 | 49 | 48 | 48 | | 195 |
| 17 | NOBLE, Ray | 45 | 45 | | | 48 | | | 43 | | | 48 | 45 | 45 | 43 | | 181 |
| 18 | MENDHAM, Gavin | | 41 | 47 | | 45 | | 45 | | | | 47 | 45 | 45 | 41 | | 178 |
| 19 | AYRES, Paul | | 38 | | 44 | | | | 37 | 36 | | 44 | 38 | 37 | 36 | | 155 |
| 20 | FAULKNER, Trevor | 33 | 33 | | 41 | 42 | | | | | | 42 | 41 | 33 | 33 | | 149 |
| 21 | BISHOP, Nick | 47 | 48 | | | | | 47 | | | | 48 | 47 | 47 | | | 142 |
| 22 | SMITH, James | | | 46 | | | | | 42 | 41 | | 46 | 42 | 41 | | | 129 |
| 23 | TRIMBLE, Gareth | | | | | | | 42 | 39 | 39 | | 42 | 39 | 39 | | | 120 |
| 24 | SIMPSON, Kim | | | | | | | 40 | 36 | 34 | | 40 | 36 | 34 | | | 110 |
| 25 | AYRES, Leane | 36 | 34 | 38 | | | | | | | | 38 | 36 | 34 | | | 108 |
| 26 | SMALLWOOD, Ian | | 43 | | | | | 48 | | | | 48 | 43 | | | | 91 |
| 27 | LIVESEY, George | | | | | | | | 45 | 43 | | 45 | 43 | | | | 88 |
| 27 | PARRIS, Richard | | | | | 44 | | | | 44 | | 44 | 44 | | | | 88 |
| 29 | SMITH, Steve | | | | | | | 44 | 41 | | | 44 | 41 | | | | 85 |
| 30 | DUNN, Darren | 50 | | | | | | | | | | 50 | | | | | 50 |
| 31 | HEATON, Bill | | | | 49 | | | | | | | 49 | | | | | 49 |
| 31 | PENNEY, Andrew | | | 49 | | | | | | | | 49 | | | | | 49 |
| 33 | GREEN, Katy | | | 42 | | | | | | | | 42 | | | | | 42 |
| 34 | SMALLEY, Carole | | | 40 | | | | | | | | 40 | | | | | 40 |
| 35 | LUCAS, Julie | | | | | | | 36 | | | | 36 | | | | | 36 |
| 36 | ELY, Linda | | | | | | | | | 35 | | 35 | | | | | 35 |
| 37 | MADDOCK, Sally | 34 | | | | | | | | | | 34 | | | | | 34 |
| Number of Runners | | 20 | 19 | 16 | 11 | 11 | 8 | 15 | 19 | 19 | | 37 | 29 | 25 | 20 | 15 | |

Ranking is 1st by number of qualifying races entered (if 5 or less), then 2nd by sum of Best 5 Results

How your position has changed since Rudyard Lake: **Up** **Same** **Down**

