

SHORTS



THE NEWSLETTER FOR THIRSK AND SOWERBY HARRIERS - NOV 2009

THIRSK TEN

Road Race 29th. November 2009.

Request to all Club members from your Chairman.

As you are all aware we hold our annual road race to raise funds in order for the club to function.

The cost of running the club is extensive and in order to allow your club to fund all its activities, we need to make the road race a successful event that attracts runners from local clubs and far away ones who will return year after year. A tremendous amount of time and effort is put in by the organising committee and we need about 50 members on the day to help as marshals around the course. It is essential we have a well marshalled course and whilst we all would like to run in the event it is just not possible, so if you plan to enter the race you **MUST** name a person on your entry form who will take your place as a marshal, if you do not do so your entry **WILL NOT BE ACCEPTED**. This may sound a draconian measure, but please be aware that in most club races in our area members of the organising club will not run, they just help out and look on wishing they were running.

To help out on the day is a small sacrifice to make when we all enjoy taking part in events all year round at other races and do not have to worry about who is in the background ensuring all goes well.

So please step forward and help Chief Marshall Nigel Morgan, he will sleep a lot better when you do.
Thankyou,
Ernie.

Committee Meeting

11 November 2009

FIXTURES

NOVEMBER

08/11/09	10.30am	Guisborough Three Tops Fell Race NEHRA Winter Series
08/11/09		Maltby 7
15/11/09		NYSD XC League Flatts Lane Country Park
21/11/09	12.30pm	Brampton to Carlisle 10m
22/11/09		Leeds Abbey Dash 10k
22/11/09	10.30am	Clay Bank West Fell Race NEHRA Winter Series
27/12/09	11.00am	Ribble Valley 10k
29/11/09	11.00am	Thirsk 10 mile Thirsk Race Course

MARSHALLS REQUIRED PLEASE

DECEMBER

06/12/09	10.30am	Eskdale Eureka Fell Race NEHRA Winter Series
06/12/09		NYSD XC League Summerhill, Hartlepool
28/12/09		Jolly Holly Jog 10k - Ripon

JANUARY

01/01/10	11.00am	Captain Cooks Fell Race NEHRA Winter Series
10/01/10		Yorkshire XC Champs, Rotherham
17/01/10		NYSD X/C - Caemon School, Whitby NYSD Cross Country
23/01/10		Northern X/C Champions, Witton Park, Blackburn
24/01/10		Brass Monkey Half Marathon
31/01/10		Dewsbury 10k

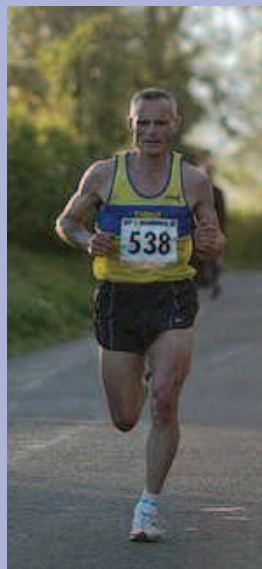
FEBRUARY

07/02/10		NYSD X/C - Acklam Grange, M'boro.
14/02/10		Liversedge Half Marathon
14/02/10		Winter Hill Fell Race, Horwich
27/02/10		National X/C Championships Roundhay Park, Leeds
28/02/10		Snake Lane 10m

MARCH

07/03/10		Hawswater half Marathon
13/03/10		UK Cross Challenge Inter Counties. Wollaton Park, Nottingham
13/03/10		BMAF International Cross Country Championships Stormont Castle, Belfast
14/03/10		NYSD X/C - Old Richmond Race Course, Richmond
21/03/10		Northern 12/6 Stage Road Relays
28/03/10	10.30am	Hartlepool Marina 5 mile
28/03/10		Wakefield Hospice 10k

CONGRATULATIONS



Gary Dunn is putting Thirsk and Sowerby Harriers firmly on the national map with his fantastic and deserved selection for the England V40 cross country team. After winning bronze medals in both the National Masters cross country and the National Masters 5k championships, as well as being fastest in the national rankings over 5 miles he was an obvious candidate for selection for the national team. He has been measured up for his national vest for the championships which take place in Birmingham on Nov 14th and we wish him every success as well as sincere congratulations.

THE LAKE

BY STEVE BILLINGS

Since joining Harriers and becoming a regular runner, I don't like to miss a session so I take my kit wherever I travel with work or on holiday. My Thirsk & Sowerby vest has made its appearance in diverse places such as the dusty roads of Cyprus, the grounds of a French chateau, the seafront of Penzance, and a steep cliff path in Wales. So it was that I duly squeezed my gear into an overnight bag when I set off to visit a potato supplier in Germany.

The hotel is situated on the side of a lake, the potato fieldsman Mario said that his soldier son often cycled to this lake and then ran the complete circuit a run of about 15k. Hmm, I thought, so the entire lake is maximum 9 miles round and perhaps a little less because the soldier is sure to have exaggerated. I had intended to run 8 miles at race pace so I decided to attempt the lake but as a precaution I would check my position at the half way point of 4 miles and either turn around or continue to do the entire lake. Having asked me what time I wanted to itake my runi, Bernhard my over attentive host dropped me at the hotel just before 6pm agreeing to meet for dinner at 7.30pm. That, I thought, would allow just enough time for an 8 mile run, phone call to Katie, shower and perhaps a drink in the bar before dinner. Yes I am afraid the run took priority over the phone call but I do have a very understanding wife.

The well paved path wound its way around the little harbours of yachts and windsurfers as I set out in a clockwise direction with the lake on my right. At 2 miles I noticed that my pace had settled comfortably at 8:15mins/mile, a little faster than my 8:24 target but it felt easy and there were no hills (lakeshore obviously!). The decking bridge at 3 miles was a little slippery as it had rained earlier, my mind went back to the incident with the cattle grid and the mess I had almost caused on the day before my daughter's wedding. I glanced down at the little purple mark still evident on my leg and took the bridge very slowly and my family would be proud of me, what could possibly go wrong?

My Garmin beeped 4 miles, the damp air was clouding my glasses as I peered to my right across the lake to the opposite coast a couple of miles away where I was supposed to see the hotel and confirm that I was half way round. It was impossible to pick out the hotel while running but the silhouette of the trees seemed to indicate where the hotel should be, and I did feel that I was half way along the top side of the lake. No need to turn round, so on I pressed. The path turn to a muddy track, I was in some kind of nature reserve, I was enjoying the run and my mind began to wander. My friend Mr Fangmeier the owner of the potato company had told me how as a schoolboy in the winters of the 1950's he used to skate along the dykes to the frozen lake where the villagers were enjoying winter sports. However, I wasn't sure about him because he had once tricked me with some alcohol saying it was made from potatoes, and there were rumours that the bullet holes in his bearskin coat had not been made by his own gun after all.

At 5 miles my average pace had dropped to 8:17 nothing to worry about - but hang on a minute where had the lake gone? My path must have veered left while I was day dreaming and trees had replaced the lake on my right. The light was beginning to fade, a huge bird flew up from the track and was this an omen? Another bridge appeared ahead and it occurred to me that most lakes have a river out feed and the path had veered away from the lake in order to cross the river. Over the bridge at 6 miles and now averaging 8:20 and entering a muddy track

between trees, in gathering darkness in a foreign country on a strange path, not a soul about and far too late to turn round and go back. My pace was gradually dropping so I tried to speed up with some 20 second burst of strides but this had no effect.

7 miles and I could see in the gloom a couple out walking their dogs, oblivious of the lost Englishman as I pounded up behind them. Should I shout 'runner' but no this was Germany and I didn't know what the German word should be. A few loud coughs and grunts did the trick and I gave the dogs the widest berth that the track would allow. You need to be aware that I have suffered 5 dog bites in my life. Katie says it is only 4 because I cant recall the fifth. But hey another town, another A&E and another tetanus injection is it any wonder I cant remember them all? Anyway I assumed the German dogs would be no different to any other and I could still hear them slavering behind me and, unsure of whether they were under control, my pace quickened. As I reached the 8 mile point, my pace was back at 8:17 thank goodness for German dogs. There was still a chance I would make it back before the others arrived for the meal.

The lake had reappeared on my right but I was puzzled by lights glowing through the darkness from the opposite coast, if that was the hotel over there then this was going to be a long run indeed and I cursed that soldier for not exaggerating. My knee was hurting, I remembered how it had felt sore after my 11 mile Sunday run with Helen Ashworth and I had resolved not to overdo it this week. Then I became aware of that blister on my little toe that had troubled me for a couple of weeks and was niggling at me in the 9th mile. Well actually the whole of my toe was a blister, but I could do nothing about that now.

I had given up listening to my Garmin beeping the miles and I didn't think I could do much to improve my pace which had become a plod. It was completely dark now and it was all I could do to make out the faint path following the lakeside over little bridges, between the darkened holiday homes. Strange shadows played tricks as rabbits and other wild life tactfully gave me space. The froth on the lake gleamed white and my mind was wandering again, perhaps the lake was frozen and I was lost in a time warp. Or perhaps I had taken the wrong path, missed the hotel and was on my way round for the second time.

Staring ahead I began to make out the lights and I was soon jogging along the hotel path at 11.2 miles and 94 minutes and yes I had achieved my race pace of 8:24. But of course it was now after 7.30pm. A sea of faces turned to stare at the apparition entering the hotel, glasses fogged with condensation, sweat pouring down my face, the hotel owner called over to say that my hosts were already at the table and the people continued to stare. So the ordeal was not over yet. My legs wobbled up the 2 flights of stairs I ran and into the shower at the same time on the phone to Katie who listened patiently to my panted explanation. Down the stairs again, conscious that the sweat was still seeping out of my head. There was Bernhard, Mario, Mr Fangmeier, his entire family and two Egyptian potato buyers eager for intelligent conversation about this year's crop. Mr Fangmeier hugged me, 'Steve' he said 'I have lived here 64 years and I have never made it round that lake!'

Steve Billings

LONDON MARATHON

BY PHILLIP GRAIG

I raised £510.98 for charity

I had a great day, I was awake from 5am but got up at 5:50 am then Jill rang me to make sure I was up. I had got some breakfast down me and I set off about 7 am to the tube station by the time I got to Blackheath Station the station was packed and I got another call to ask where I was because Jill was worrying that I wouldn't get to the start on time. We all met up at the start before the race (myself, Jill, Karen and Mel) we all wished each other good luck before the race start.

The race started and I tried to do 11 minute miles but they turned in to 10 minutes miles. I wasn't trying to do 10 minute miles but I did and I ran comfortable pace right up to 13th mile and I was on for 4hrs 30 but I said to myself let see how I'm doing when I get to 18th mile marker then I started to slow down and by the time I got to 20miles I was struggling my legs wouldn't move I kept on stretching them and it worked for a bit so I kept running and walking until I hit the wall and tried to run fast but I couldn't the only bit of the race I didn't like was when we came out of Canary Wharf and back in to the city it was very straight and boring going through the tunnel I put my name on my vest and got a lot of

cheers from the spectators which kept me going. Just one two comments from spectators keeps going 'you can do it not long now you are running a good pace'

SPLIT TIMES

5 km 0:31:35
10 km 1:05:11
15 km 1:40:04
20 km 2:17:24
half 2:25:25
25 km 2:56:09
30 km 3:39:08
35 km 4:24:57
40 km 5:06:07
finish 5:23:24
TOTAL
Position (overall) 29505 Position
(age group) 11978
Position (gender) 21301 Finish time 5:23:24



GREAT WHERNSIDE FELL RACE

31.10.2009. BY GAVIN COVENTRY

This race starts from the campsite in the beautiful village of Kettlewell, it is a well organised and friendly race and after a short delay due to the number of runners we were under way. This race is a simple out and back race of only 4 miles, well that's what we thought as we got under way but it soon becomes clear that a whole lot of pain lay ahead. As you reach the top of the first steep climb and the ground briefly levels out the next climb lies waiting to sap even more of your strength. This happens a number of times until you reach an area of reasonably level ground before the last climb to the top. At this point you realise that you are now running across a large bog. It was here that Stewart disappeared up to his waist and had to haul himself out!

As I clambered up to the top using all fours I took a quick look at my watch feeling quite pleased with myself to be in 64th position and ahead of Stewart (87). This lasted about 10 seconds as I saw Stewart nimbly make his way to the top. I started to clatter down the path a full tilt, probably 3 out of 10 for presentation but I did not care I was hell bent on getting to the bottom and trying to hold position.

Shortly after clearing the bog and the last rocky section I called on every last ounce of energy I could find as I hurtled down the path. It was at this point that Stewart glided past and with a quick hello he started to pull away.

As the finish came into view and the last steep decent beckoned, I went flying -but fortunately it was only my pride that was dented and I picked myself up and soon after made it to the finish.

After getting washed in the river and making the short run back to the car, we made safely to the pub for a well deserved pint.

If you are sitting at home next October crying into your beer that you did not get into Guy Fawkes then please make the effort to go to this race you will not be disappointed.

67 Stewart Meckie 41.30

74 Gavin Coventry 42.03

RESULTS

Fell

Great Whernside

Great Whernside Fell Race is an out and back race with some steep climbs, levels, and a fast return. Trapping the unwary was an expanse of bog, in which Stewart Meckie managed to find himself up to his waist! Gavin Coventry imagined he had the beating of Stewart, but the latter managed to haul himself out of the bog, pick up his normal pace, and just glide past Gavin near the finish. Stewart finished in 67th place in 41.30 and Gavin came 74th in 42.03. A wash off in the river was essential afterwards!

Castleton Show Fell Race

The Castleton Show Fell Race, one of the many such races attached to local shows, attracted 68 runners, and was won by Alec Duffield of Loftus and Whitby in 32.53. Charlotte Sanderson continued her excellent form to win the ladies' event for Thirsk and Sowerby in 7th place overall in 40.11 and Ernie Huck came 45th in 51.56.

Road/Trail

Guy Fawkes 10

Bin bags were the order of the day at the start of the Guy Fawkes 10 on Sunday after the promised heavy rain didn't fail to materialise! A reduced number of pre-entrants braved the rain, but even so, there were 738 finishers and the gales didn't start in earnest until later. The tough race with some long, steep hills was made even harder and off-road parts had to be tackled with care. Deep flooding at one point on the road meant avoiding action had to be taken. Brett Edgeworth was the first club finisher in 67th place in a very good 70.39. Iain Milner, in his first outing for the club, put in a very creditable performance to come 264th in 82.16 with Ernie Huck 282nd in 83.06, Steve Billings 418th in 90.04, Ian Codling 608th in 101.50, Yvonne Wood 652nd in 105.46, Nik Sutton-Haigh 656th in 105.56 and Marian Codling 711th in 114.42. There was a rush back to the car after the race to get out of saturated clothing!

Pickering and Moors 10k

Once more in pouring rain, 136 runners tackled the Pickering and Moors 10k race which took in roads, tracks and muddy fields. Judith Seaton was 71st in 55.14 with Wendy Holden 92nd in 58.24 and Eileen Howell 93rd in 58.35.

Harrogate Trail 10k

The grounds of Harewood House provided the setting for the Harrogate Trail 10k at the weekend, with some long testing hills included in a course which went a different way round from usual. About 60 runners took part on a lovely morning for running, with Pat Kirby finishing in 53.23 minutes, Ian Codling taking 59.14 minutes and Marian Codling 69.00.

Harewood Trail 10m

The tough and popular Harewood 10 mile Trail race took place at the weekend, with 566 runners completing the course on a fine, cool morning for running. Luckily, the gale force winds of the previous day had subsided! Andrew Pearson of Longwood was the winner in 52.49, and Richard Hall continued his strong form to finish 16th in 63.05, with Walter Busuttill 28th in 65.41, Angela Hall 147th, and 2nd F45, in 76.40, Hester Cox 156th in 77.06, Pat Kirby 336th in 88.26 and Ian Codling 470th in 99.26. Club member Charlotte Sanderson, running for her first claim club, Bingley, came 35th in 62.02 and was 2nd lady finisher

Ampleforth 7

Julian Norton was the first club finisher, in 3rd place in 49.01, with Stephan Tomaszewski 5th in 49.40, Keziah Paxton - another club member with real potential - 12th, and 2nd lady, in 52.00, Stewart Meckie 18th in 53.37, Ken Evitt 26th in 56.34, David Read 36th in 59.01, Allen Harrison 38th in 59.18, Angela Eilbeck 66th in 64.47, Christopher Green 72nd in 66.29, Judith Seaton 76th in 67.14, Ian Codling 86th in 71.16 and Kaye Meckie 91st in 75.19.

Shaun Lee Johnstone Memorial 10mile

119 runners tackled the awkward 10 mile off-road Shaun Lee Johnstone Memorial 10, to the memory of a young man who died from a brain tumour. The race took in fields and tracks around Boroughbridge and conditions underfoot were tricky. Brett Edgeworth came 15th in 69.25, Ernie Huck 63rd in 82.13 and Jo Fambely, Wendy Holden and Nil Sutton-Haigh, finishing within a few seconds of one another in just over 103 minutes, were 112th, 113th and 114th respectively.

Bridlington Half Marathon

The Half Marathon was won in a time of 65.48 and Lee Walker was the first Thirsk and Sowerby finisher in 1.29.53, Judith Seaton 501st in 2.01.41, Eileen Howell 579th in 2.09.21 and Nicola Atkinson, in her first outing for the club, 588th in 2.10.39.

Richmond Castle 10k

There were 679 finishers in this friendly, well-marshalled race on a lovely morning for running. Another 461 runners completed the Richmond Castle race with Darran Bilton, representing Swaledale, winning in 32.49. Ian Codling came 369th in 57.57 and Marian Codling 445th in 68.43. The annual beer festival at the finish was maybe an added incentive to the runners!

Cyclocross

Yorkshire Points Series

Round 3 of the Yorkshire Points Series cyclo-cross was held at a dry and fast Sheffield course, with Noel Clough coming in the top 10 in spite of continuing back problems, and Pete Wilkin 8th, for once managing to take the prize for 1st V50 after a string of 2nd places!

Cross Country

NYSX XC Croft

The new NYSX winter cross-country season got underway at the weekend with the fixture at Croft motor track. The day was dry and sunny but the wind was very significant at times for this grassy course which had regular banks to climb. The men's race was won by a guest runner, and Gary Dunn was the first Thirsk and Sowerby finisher, getting back into form after his summer recess, and coming 5th in 28.11, less than 30 seconds behind the winner. The consistent Richard Hall came 15th in 30.50, Walter Busuttill 20th in 31.35, Phil Utley 28th in 32.08 and Richard Easby 104th in 47.50.

The ladies' event, over a shorter distance, was won in a time of 24.15, with Hester Cox 11th in 27.49, Angela Hall 13th in 28.38, Marian Codling 47th in 42.41 and Pam Sherlock 48th in 42.45.



Various Shots from the NYSX league event at Croft

Time Trial Station Road

28th Sept 2009

Number	Time	Runner	Finish Time	Actual Time
04:15	101	Gary Dunn	15:00	10:45
06:15		Edd Banks	17:21	11:06
07:00		Cameron Choules	18:23	11:23
05:45		Ollie Harrison	17:32	11:47
04:00		Sam Bye	15:58	11:58
05:15		Charlotte Sanderson	17:22	12:07
03:30	106	Lee Walker	15:57	12:27
06:45	200	Merv Burn	19:41	12:56
06:30	138	Keziah Paxton	19:37	13:07
03:00	130	Stephan Tomaszewski	16:32	13:32
07:30	105	Stewart Mechie	21:10	13:40
03:45		Alison Calvert	17:41	13:56
05:00	120	Hester Cox	19:14	14:14
04:45		David Shorrocks	19:14	14:29
06:00		Lorraine Hiles	20:51	14:51
02:15	115	Ken Evitt	17:11	14:56
02:45		Steve Billing	17:53	15:08
03:15		Ian Milner	18:23	15:08
01:00	127	Helen Ashworth	16:42	15:42
05:30	240	Paul Goacher	21:16	15:46
01:15		Steve Harrison	17:24	16:09
04:30		Pat Kirby	20:43	16:13
02:30	110	Alan Wikeley	18:55	16:25
07:15		Debbie Pooley	24:43	17:28
01:30	111	Phillip Craig	19:19	17:49
02:00		Ian Codling	20:18	18:18
00:30		Lydia Evitt	20:00	19:30
01:45		Richard Easby	21:26	19:41
00:45	116	Pam Sherlock	20:28	19:43
00:00		Marian Codling	20:18	20:18

Championship Tables 2009

MENS XC CHAMPIONSHIP

Name	Cat	Whitby Jan 18	Stockton Feb 8	Richmond Mar 15	Croft Oct 12 (TBC)	Summerhill (TBC) Oct 25 (TBC)	Final Event (TBC) (TBC)	Total
Rob Burn		50	48	48				146
Gary Dunn		-	50	50				100
Phil Utley		-	44	42				86
Walter Busuttill		48	-	-				48
David Goddard		46	-	-				46
Richard Hall		-	46	-				46
Pete Wilkin		-	-	46				46
Noel Clough		-	-	44				44
Ken Evitt		-	42	-				42
Phillip Craig		-	40	-				40
Lee Walker		-	-	40				40

LADIES XC CHAMPIONSHIP

Name	Cat	Whitby Jan 18	Stockton Feb 8	Richmond Mar 15	Croft Oct 12 (TBC)	Summerhill (TBC) Oct 25 (TBC)	Final Event (TBC) (TBC)	Total
Pat Kirby		50	-	50				100
Hester Cox		48	-	48				96
Pam Sherlock		46	-	46				92
Angela Hall		-	50	-				50
Marian Codling		-	-	44				44

MENS FELL CHAMPIONSHIP

Name	Cat.	Clay Bank East (S) Jan 11	Castleton Beacon (M) Feb 15	Commondale Clart (S) Mar 1	Blakey Blitz (M) Mar 22	Guisboro' Moors (L) Apr 5	Anniversary Waltz (M) Apr 11	Carlton Challenge (S) Apr 21	Fox and Hounds (M) May 19	Ossy Diks (M) June 2	Wharfedale Marathon (L) June 6	Burnsall Feast (S) Aug 22	Roseberry Topping (S) Sept 1	Yorkshireman (L) Sept 13 (TBC)	Clay Bank West (S) Nov 22	Total
Peter Wilkin		-	50	-	50	-	50	48	50	-	50	-	50	-	300	
Ernie Huck		46	46	48	46	-	-	-	48	-	-	-	44	-	278	
Gavin Coventry		44	44	44	-	46	44	-	-	-	50 (H.M.)	48	-	-	276	
Alan Wikeley		-	42	-	42	44	42	42	38	46	-	50	46	-	270	
Richard Hall		-	-	-	44	50	-	-	48	50	-	-	48	-	240	

LADIES FELL CHAMPIONSHIP

Name	Cat.	Clay Bank East (S) Jan 11	Castleton Beacon (M) Feb 15	Commondale Clart (S) Mar 1	Blakey Blitz (M) Mar 22	Guisboro' Moors (L) Apr 5	Anniversary Waltz (M) Apr 11	Carlton Challenge (S) Apr 21	Fox and Hounds (M) May 19	Ossy Diks (M) June 2	Wharfedale Marathon (L) June 6	Burnsall Feast (S) Aug 22	Roseberry Topping (S) Sept 1	Yorkshireman (L) Sept 13 (TBC)	Clay Bank West (S) Nov 22	Total
Hester Cox		-	50	48	48	-	50	48	48	-	50	48	-	294	294	
Angela Hall		-	-	50	50	-	-	50	50	-	-	50	-	250	250	

MENS ROAD & TRAIL CHAMPIONSHIP

Name	Cat.	H'Pool Marina 5 Apr 4	Fountains 10k Apr 26	Ripon 10 May 10	Melmerby 10k May 24	HDSRRL Harrogate June 4	Kirby Malzeard 10k June 6	HDSRRL Richmond June 18	Rainton 10k June 28	Burn Valley Half Marathon July 5	Kilburn 7 July 12	Burton Leonard 10k July 19	Darlington 10k Aug 9	Snap 10k Sept 5	Tholthorpe 10k Sept 6	Wetherby 10k Sept 13	Harewood Trail 10 Oct 4	Total
Richard Hall		-	-	48	-	50	-	50	48	48	-	-	50	50	-	48	-	392
Ian Codling		48	42	34	40	38	44	38	38	38	40	42	46	40	44	4	-	346
Walter Busuttill		-	-	46	-	-	-	48	46	-	48	-	48	48	50	-	-	334

LADIES ROAD & TRAIL CHAMPIONSHIP

Name	Cat.	H'Pool Marina 5 Apr 4	Fountains 10k Apr 26	Ripon 10 May 10	Melmerby 10k May 24	HDSRRL Harrogate June 4	Kirby Malzeard 10k June 6	HDSRRL Richmond June 18	Rainton 10k June 28	Burn Valley Half Marathon July 5	Kilburn 7 July 12	Burton Leonard 10k July 19	Darlington 10k Aug 9	Snap 10k Sept 5	Tholthorpe 10k Sept 6	Wetherby 10k Sept 13	Harewood Trail 10 Oct 4	Total
Angela Hall		-	-	50	-	50	-	50	50	-	-	50	50	-	50	-	-	400
Jill Knight		50	-	44	46	42	48	44	48	44	50	50	-	-	48	44	-	384
Marian Codling		48	46	40	42	40	42	40	42	36	46	44	48	-	46	42	-	362
Pat Kirby		-	-	48	50	48	-	48	-	48	-	-	-	-	50	48	-	340
Hester Cox		-	50	46	48	44	50	-	-	46	-	-	-	-	-	46	-	330
Jo Fambely		-	48	38	38	-	44	38	40	40	-	-	-	-	-	36	-	322
Nik Sutton-Haigh		-	38	34	34	-	38	36	36	34	-	40	-	-	-	-	-	290