

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

Tom beats 2,700 to win Palma 10k



NOVEMBER 2014



Race Diary



Nov 8th	Red Rose XC League	Astley Park, Chorley	
Nov 15th	Mid Lancs XC League	Barrow	XC, M/L
Nov 29th	Mid Lancs XC League	Sefton Park, Liverpool	XC, M/L
Dec 6th	Red Rose XC League	Marl Pits, Rawtenstall	
Dec 18th	Hospital Run	Horwich Leisure Centre	CP
Jan 3rd	Lancs XC Champs	Witton Park, Blackburn	
Jan 3rd	Gtr Manchester XC Champs	Boggart Hole Clough	
Jan 10th	Mid Lancs XC League	Towneley Park, Burnley	XC, M/L
Jan 17th	SE Lancs XC League	Leigh Sports Village	
Jan 24th	Northern XC Champs	Pontefract Racecourse	
Jan 31st	SE Lancs XC League	Heaton Park, Manchester	
Feb 14th	Mid Lancs XC League	Lawsons Ground, Blackpool	XC, M/L
Feb 28th	SE Lancs XC League	Boggart Hole Clough, Manchester	

M/L = Mens & Ladies Overall Club Champs, Fell = Fell Champs, JF = Junior Fell Champs, XC = Cross Country, R = Road Champs, V = Vets Champs, CP = Club Promotion, GP Central Lancs Grand Prix

The Horwich RMI Buff - the ideal multipurpose headgear for the winter. Only £10 (and these are original Buff™ not a cheap imitation). Get yours from Steve Pearson down at the track or at hill sessions or email him.



Horwich RMI Harriers Christmas Do

December 13th at Rivington Barn 7.30 til late

Tickets £39.50 Deposit £10 to secure place inc Top quality Buffet, Live Group, Disco, Rodeo Reindeer, Chocolate Fountain, Roulette Table, Blackjack Table.

For Tickets or Information see Brenda Hesketh
01204 668183 or 07552 657789

2014 Club Championships

With the road and fell races completed, it is down to the six Mid Lancs fixtures (best four to count) for the finalé of the competition.

The points system is as follows: 20 points for 1st down to 1 point for 20th.

Ali

Bikes for Sale

Looking for a long distance challenge? Martyn Bell has a road bike, a tandem and other parts for sale. Click the picture to get the full details or contact martyn via facebook or email Martyn



Seniors - Tuesday Night Track Sessions

Every Tues 6.30 warm up 6.45 start. These are for **ALL ABILITIES**, whatever your pace, and any club member, including new members, can turn up. (A/B group)

- Nov 4th Strength end 3 x 10 mins (60 rec)
- Nov 11th Speed End 3 x 3 x 1000m (2 mins)
- Nov 18th Speed End partner running x 800m
- Nov 25th Speed End 4 x 4 x 400 4 x 200
- Dec 2nd Time Trial 5 x 1000m 3 mins rec
- Dec 9th Strength End 5 x 8 mins (90 rec)

Track fee Seniors £2, (older) Juniors £1.50
Our Grade 4 Senior Coach, Steve Pearson, also takes Thursday hill sessions. In Winter, these normally start at the bottom of Foxholes Road at 6.30pm. If there any variations it will be on the club website, facebook & twitter at least 2 weeks before. Again for all abilities.

Long Distance Event Suggestions

Looking for a long distance challenge?

Maybe you want to run next year's LDWA 100 which is being hosted by East Lancashire LDWA.

Here are some suggestions for events which allow you to run (or walk, useful if you've got injured!).

Feb 14th - Anglezarke Amble, £8 (by Feb 7th)

Feb 15th - Beacon Bash, £8 (by Feb 9th)

March 30th Two Crosses Challenge Walk from Tottington, £9

Juniors Track Sessions

*Mondays - 6:30pm - 7:45pm
(Yr 7 & above)*

*Wednesdays - 6:00pm - 8:00pm (Yrs 3 to 8)
- THIS SESSION IS FULL -
Waiting list in operation.*

*Thursdays - 6:30pm - 7:45pm
(Yr 7 & above)*

Cost £2 per person per session.

Commercial Adverts

I have decided to accept commercial adverts for the runaround to justify the time I spend on the magazine.

If you would like to advertise your business, an advert of this size will cost £20 for 12 months, £12 for 6 months or £7 for 3 months.

Single adverts for commercial race events will be accepted at the rate of £3 per issue. Non-commercial races, e.g. those organised by local running clubs, and other not-for-profit events will be advertised for free.

If you wish to place an advertisement, please contact me at runaround@soulfulhorwich.org.uk

Free Adverts

If you wish to advertise items for sale or donation, please contact me at runaround@soulfulhorwich.org.uk

At a recent committee meeting we discussed the issue of children's running spikes and how it would be ideal if there were a method for passing them on as they soon become too small after only one season.

If you want to advertise anything like this in the Runaround, just let me know. The facebook forum would also be a useful medium to advertise such items.

Race Reports

All reports by Gordon Stone
unless stated otherwise

National Road Relays, Birmingham, Oct 4th

The club put in a fine performance at the National Road to finish in 63rd place in the National Six Stage Road Relays at Sutton Park in Birmingham. Despite being unable to field their fastest team of six, the men's road relay team of Chris Farrell, James Kevan, Chris Essex-Crosby, Tim Roe, David Jackson and Alastair Murray all put in solid performances against the best road runners in the country. Video of the race can be found here.

Ian Hodgson Mountain Relay, Patterdale, Oct 5th

An eight man team of John Parker, Gordon Stone, Brendan Bolland, Martyn Bell, Tim Roe, Andy Ford, Andy Lloyd and Mick Green ensured that the club continued to complete a team in this prestigious relay held in predominantly cool wet conditions from Patterdale, although the club's pairing on leg one with a combined age of 133 may have been the eldest pairing in the race. It was essential that the club completed the event as it is very oversubscribed and invitations to participate are made initially only to those teams who have completed the previous year.

Rivington Trail Half Marathon, Oct 5th

Horwich provided both the men's and women's winners of the Rivington Trail Half Marathon on Saturday with Tom Carson the overall winner in 1:17:43 and Lindsey Brindle taking the women's title and 12th overall in 1:26:46. Returning to competition, the club's former junior international Michael Cayton finished an excellent fifth amongst the 356 finishers in 1:21:09. Apologies if you are missing from the results: as you will know the results for this race are a bit lacking in the club column.

1	Tom Carson	1:17:43
5	Michael Cayton	1:21:06
12	Lindsey Brindle (F)	1:26:46
22	Chris Ingham	1:30:30
31	Albert Sunter (V50)	1:33:09
48	Kevin Newall (V40)	1:37:17
84	Suzanne Budgett (F50)	1:43:06
95	Tony Hesketh (V60)	1:44:48
176	Erica Booth (F)	1:55:07

MBNA Chester Marathon, Oct 5th

Sunday's MBNA Chester Marathon attracted a big field of over 2500 runners. It also provided Richard Howarth with the opportunity for a

superb performance clocking 2:35:34 for 9th place overall and second V40. Seasoned fellrunners Nick and Sandra Kelly also had a run out on the roads to finish in times of 3:28:08 and 505th place for Nick and 3:38:18 and 720th place for Sandra.

In the 26.2km "metric marathon", Geoff Leech finished 123rd in a time of 2:17:37.

Lytham Hall Autumn 5k, Oct 5th

Paul Muller finished 7th in a time of 17:18, taking his customary first V55 prize whilst recent signing Eddie Simpson was 11th in 18:15 amongst the 138 finishers.

Red Rose XC, Leigh, Oct 11th

Horwich came away from this Winter's first cross country in the Red Rose League at Leigh Sport Village with four individual winners. Far from wintry conditions, the weather was perfect for fast running for the senior men's 11km course in a race which attracted nearly 250 runners, easily its biggest entry over the past 25 years.

Tom Carson continued from his successful Summer with yet another fine victory in the final race of the day. Horwich had launched the day's proceedings with two excellent victories in the youngest age group as Nathan Lancaster led a Horwich domination in the under 11 boys with six in the first ten of the 77 runners on the 2km course. Ella Pendlebury matched Nathan to take victory in a field of 98 in the under 11 girls with the team narrowly losing out to Leigh Harriers. In the U17 men's race, Nathan Townsend was a close second. To mirror the success of the club's youngest competitors, John Parker and Paul Murray took a 1-2 in the V70 category.

Andy Townsend writes:

Junior Red Rose XC, 15T, 1st, 2nd, 2nd, they just keep on coming!

The first round of the Red Rose XC took place at Leigh with some outstanding performances. First race of the day U11 Boys where Horwich took 1st Team title. Nathan Lancaster having the race of his life to come in 1st place with a clear margin over the rest of the field. Matthew Flatters having to take 4th after officials allowing Matthew and a number of leaders to take the wrong way on the course.

Matthew was narrowly in FRONT OF Toby Middleton and new member Finley Reid who ran in his first official Horwich Race. Another Star being Matthew Mair again his first official

race for Horwich. A reliable Lucas Milliken gave Horwich 6 in the first 10 ten runners, outstanding. Great Runs by Isaac Simmonite, Isaac Keating, Joseph Jackson, Callum Mosley & Joshua Houghton gave Horwich a total of 11 boys running.

Not to be outdone the U11 girls also showed tremendous endurance. Ella Pendlebury taking 1st place is proving to be a rising star within the club. Most races Ella competes in she represents Horwich with great results. Next in for Horwich was Freya Whittle a fantastic 7th place. Chloe Russle having her best result coming in in 12th place giving the girls a fantastic 2nd place out of 13 teams!

Not fazed by this the U13 boys went out for another great result. Lewis Wilkes having a brilliant race came a fantastic 2nd surprising himself as well as his competitors, remarking afterwards he ran the race as fast as he could for as long as he could, his best result in a XC race. Luke Brindle came in 11th outspurring much older athletes on the spring to the finish. Their 3rd counter Kieran Kineally in 19th and Robert Seddon 22nd, Jake Glendenning 30th, this gave the boys 3rd in the race.

In the U13 Girls our Sole runner Livia Sutcliffe came a respectable 52nd with her return to the racing scene. Another Sole performance was Robert Seddon back to the XC season with a great 30th place. Harriet Foley in the U15 girls ran extremely well in her first ever XC race with a respectable 19th place. Pleased with her first race of her running career, she promises better results to come.

To finish off the juniors it was left to Nathan Townsend to see what he could do to defend his current title. Tactically it went all wrong Nathan said when he made a break for the lead and was obstructed by slower ladies still on their first lap on a single path. There Callum caught him back up, In the end Callum outspurred Nathan over the last 100m taking 2nd Nathan is already setting his sights on winning the Next round held at Chorley on the 8th Oct.

Extremely Pleased Coach Andy Townsend remarked all the hard Summer training has paid off with the Juniors putting in the Best Individual & Team results in the Red Rose from such a small squad of Runners.

Results:

U11 Boys

1	Nathan Lancaster	9:36
4	Matthew Flatters	10:00

5	Toby Middleton	10:01
6	Finley Reid	10:06
8	Matthew Mair	10:09
10	Lucas Milliken	10:12
22	Isaac Simmonite	10:39
36	Isaac Keating	11:04
37	Joseph Jackson	11:05
65	Callum Mosley	12:26
66	Joshua Houghton	12:30
U11 Girls		
1	Ella Pendlebury	8:26
7	Freya Whittle	8:49
12	Chloe Russell	9:02
25	Pip Nuttall	9:31
29	Jessica Glendenning	9:42
31	Lydia Johnson	9:43
43	Milly Leaver	9:56
69	Caitlin Nuttall	10:37
78	Ellie Green	10:49
81	Lucy Seddon	11:19
U13 Boys		
3	Lewis Wilkes	9:22
11	Luke Brindle	9:48
19	Kieran Kinealy	10:14
22	Robert Seddon	10:27
U13 Girls		
52	Livia Sutcliffe	13:25
U15 Boys		
30	Robert Gibson	16:31
U15 Girls		
19	Harriet Foley	17:43
U17 Men		
2	Nathan Townsend	19:03
Senior Women		
61	Erica Booth (F35)	26:09
69	Clare McKenna (F40)	26:29
Senior Men		
1	Tom Carson	35:55
27	David Jackson (V40)	40:41
35	Dave Milliken (V45)	41:16
67	Graham Schofield (V55)	43:42
88	Chris Essex-Crosby	44:51
161	Steve Jackson (V60)	50:07
163	Mark Seddon (V50)	50:12
167	Gordon Stone (V55)	50:29
191	Kieron Jackson (V40)	52:32
215	Mark Swindell (V45)	55:02
227	John Parker (V70)	56:43
228	Paul Murray (V70)	56:51
240	Peter Scott (V65)	63:19

10:01 where the sun was breaking through the early morning mists to provide excellent running conditions.

1	Tom Carson	26:41
2	Nick Leigh	26:53
28	Sean McMyler (V50)	31:02
44	Rudolf Maciejkowicz (V60)	32:59
107	Gordon Stone (V55)	37:21
155	Christa Whatmough (F35)	41:56
194	Lawrence Pinnell (V45)	50:30
196	Barry Allman (V55)	51:37

FRA Relay, Middleton (Howgills), Oct 19th

The club continued its pursuit of the FRA Relay title on Sunday with an improved performance taking the A team to 8th place overall in a time of 4:00:03. Michael Cayton returned to representing the club in a major championship

with a steady performance on the opening leg handing over in 50th of the 212 teams to the pairing of Chris Farrell and Ian Conroy for the long leg two. Chris and Ian improved the team to 18th overall. On the equally demanding orienteering leg 3, Joe Mercer and Nick Leigh moved the team up a further 10 places with the fourth fastest performance on the leg. James Kevan took over in 8th place, nearly six minutes adrift of 7th place but only 55 seconds ahead of both Ambleside and Pudsey & Bramley. In last year's relay, James had an energy draining run, suffering on the long leg 3 at Llanberis. This year his performance was magnificent, producing the fastest time of anyone on the leg amidst stern competition from the clubs of Bingley, Keswick and Pudsey & Bramley who all chose strong runners for the final leg. In the end James maintained 8th position, and was within 11 seconds of 7th.



Gin Pit 5 Tail Race, Tyldesley, Oct 12th

Tom Carson gained victories on consecutive days as he stayed just ahead of teammate Nick Leigh to win the Gin Pit 5 Trail Race. The undulating 5 mile course near Tyldesley attracted over 200 runners on Sunday morning

A couple of the many photos taken at the FRA Relays
Click the names below for more photos taken by
Mark Sammon • Jonathan Bruton • Andy Ford • Josie Greenhalgh



The Horwich V40 team of Gareth Booth, Dave Milliken & Dave Jackson, Brendan Bolland & Andy Lloyd and Martyn Bell performed well to finish 26th overall and 4th vets team in a time of 4:16:12. The B team of Michael Kay, Stuart Edmondson & Tom Cowling, Tim Roe & Adam Oliver and Chis Essex-Crosby finished 72nd in 4:48:29, whilst the V50 team of Mick Green, Gary Chadderton & Brian Walton, Mark Seddon & Steve Jackson and Tony Hesketh finished 5th V50 team and 94th overall in a time of 4:59:19. The Ladies' team of Lindsey Brindle, Suzanne Budgett & Claire McKenna, Josie Greenhalgh & Erica Booth and Debbie Campbell finished 154th overall in a time of 5:44:41.

Palma 10k, Majorca, Oct 19th

Tom secured probably his biggest victory to date, beating a massive field of 2700 runners at the TUI Palma 10k in the Majorcan capital. See the photo above as Tom breaks through the finishing tape

This major 10k attracts runners from all over the world with at least a dozen nationalities represented in the top 100. Tom won the title in a time of 33:33, which was 18 seconds clear of the second place runner.

Graylaw Freight Farmers Arms 10k near Ormskirk, Oct 19th

James and Tom weren't the only Horwich athletes to win their races as vet50, Peter Rice, was the outright winner at the Graylaw Freight Farmers Arms 10k near Ormskirk in a time of 36:23. In a field of 104 finishers, Peter was the only runner to go under 39 minutes, a massive winning margin. The associated 2 mile fun run also included just the one Horwich runner, Harriet Foley, and like Peter, she showed a clean pair of heels to the rest of the field winning in a time of 10:31, nearly a minute clear of the competition.

At the Green Drive 5 at Lytham, Paul Muller produced his customary V55 win in a time of 29:29 and 16th overall with Chris Ingham 38th in 32:11.

Langdale Horseshoe Fell Race, Oct 12th

The previous weekend's Langdale Horseshoe Fell Race was very demanding for all runners as seven Horwich harriers completed the tough 13 mile course with nearly 5000 feet of climbing.

141	Albert Sunter (V55)	3:02:56
158	Paul Jackson (V45)	3:10:15
219	Nick Kelly (V45)	3:22:46

223	Tim Roe	3:26:52
236	Josie Greenhalgh (F40)	3:28:40
259	Sandra Kelly (F45)	3:34:20
281	Suzanne Budgett (F50)	3:42:48

Mid Lancs XC, Hyndburn, Oct 25th

Horwich RMI Harriers opened their defence of their Mid Lancs Cross Country title with a solid performance at the opening fixture at Hyndburn. Tom Carson led the way with his fourth consecutive victory in the last three weekends. On a very muddy course of nearly six miles for the 300 runners, Tom was backed up by Joe Mercer in 6th, Dave Jackson in 23rd, Alastair Murray in 28th, Ryan Stevenson making his debut for Horwich in 63rd and Graham Schofield in 65th, placing the senior team second of the Division One teams, an excellent result considering the club had two men on international duty in Italy.

Senior Men

1	Tom Carson	34:47
6	Joe Mercer	36:23
23	Dave Jackson (V40)	38:14
18	Alastair Murray	38:42
63	Ryan Stevenson	41:29
65	Graham Schofield (V50)	41:46
68	Chris Essex-Crosby	41:56

72 Glyn Kay (V40)	42:01
254 John Parker (V70)	55:41
270 Gordon Stone (V50)	57:47
273 Peter Scott (V60)	58:23

The ladies team of Suzanne Budgett, Erica Booth and Christa Whatmough all ran well with Suzanne 21st in 26:30, Erica 66th in 29:39 and Christa 103rd in 32:05 amongst the 166 finishers.

Earlier in the afternoon, the Horwich Juniors continued their fine form from the opening Red Rose fixture two weeks ago.

In the U11 girls, ever-improving Freya Whittle achieved a brilliant 2nd place. Lydia Johnson made her debut finishing an excellent 21st amongst the 70 runners from 19 clubs. The U11 boys team managed 2nd with brilliant runs from Matthew Flatters in 5th, Nathan Lancaster 10th, and Toby Middleton 13th. Not to be outdone, the U13 boys went one better to take the team honours. Thomas Massey back from injury had a great start to his season finishing 3rd with Lewis Wilkes in 5th and a strong Robert Seddon in 14th and Kieran Kinealy in 17th. In the U15 girls Harriet Foley had a strong race in 14th just beating Ellie Baker in 16th. In the U15 boys, Robert Gibson had his best run to date finishing 25th.

Results:

U11 Girls

2 Freya Whittle	8:41
21 Lydia Johnson	9:44

U11 Boys

5 Matthew Flatters	7:47
10 Nathan Lancaster	8:10
13 Toby Middleton	8:20

Photos by Christa Whatmough : from the top (l-r), Chris Essex-Crosby, Graham Schofield, Glyn Kay, Dave Jackson, Peter Scott



U13 Boys

3	Tom Massey	11:53
5	Lewis Wilkes	12:02
14	Robert Seddon	12:39
17	Kieron Kinealy	12:52

U15 Girls

14	Harriet Foley	14:14
16	Ellie Baker	14:33

U15 Boys

25	Robert Gibson	17:17
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Andy writes:

Horwich Juniors take Victory

The First of the Mid Lincs at Hyndburn was littered with brilliant results for the Horwich RMI Juniors.

In the U 11 Girls ever improving Freya Whittle achieved a brilliant 2nd place. Lydia Johnson



*Photos by Christa Whatmough
from the top (l-r), John Parker, Tom Carson, Gordon Stone, Joe Mercer, Ali Murray*

made her debut finishing a magnificent 21st. A total of 19 clubs were represented and 70 runners making these young girls showing great form. The U11 Boys team managed 2nd with brilliant runs from Matthew Flatters in 5th, Nathan Lancaster 10th and Toby Middleton 13th a brilliant performance from outstanding lads. Not to be outdone the U13 Boys went one better and came 1st in their race. Thomas Massey back from injury showing a great start to the season finishing in 3rd. Next, Lewis Wilkes in 5th and a strong Robert Seddon in 14th. Another great run from Kieran Kinealy in 17th. In the U15 Girls Harriet Foley had a strong race in 14th just beating Ellie Baker in 16th. In the U15 Boys Robert Gibson had his strongest run to date finishing 25th.

Freya & Lydia - photo by Andy Townsend



Trofeo Ezio Vanani, Italy, Oct 26th

The club had three representatives in the Trofeo Ezio Vanani, the international mountain relay race at Morbegno, 10 miles west of Lake Como in Italy. The British teams were selected from performances at the Snowdon International Race in September. In the men's relay of 3 x 7.25km, James Kevan and Chris Farrell were joined by Borrowdale's Morgan Donnelly whilst Lindsey Brindle ran in the Women's 5k event as part of the GBR Snowdon race team. The ladies were up first 11 a.m. local time. Lindsey started cautiously and grew into the race. She finished seventh in a time of 23.22. The race was won by Italian international Alice Gaggi in 21:48. The men's race started at 2 p.m. with Morgan on leg 1, handing over in 8th place to James who completed in 33:00, handing over to Chris in

9th, who moved through to 6th in 32:15. The fastest leg of the day was run by Italian international Alex Baldaccini in 29:27. France won in 1:29:41 with the GBR Snowdon race team 6th in 1:34:32.

Rivington Trail Marathon, Oct 26th

In the Rivington Trail Marathon, Josie Greenhalgh took the ladies' honours and 16th overall in a time 3:57:45 with Tony Varley first V60 and 132nd overall in 5:59:24

Next month

I will include the final road and fell championships tables.

It would be wonderful to have more of YOUR stories. We have 300 members so that's 300 runners with a tale to tell!

HOSPITAL RUN - Thursday 18th Dec

The Hospital Run this year will take place on Thursday 18th December 2014 and consist of the normal 10.5 mile route. For anyone unfamiliar with this traditional club training run it takes a route from Horwich Leisure Centre down to the Crown Hotel and along Chorley New Road to the junction with Chorley Old Road in Bolton, where the former Royal Bolton Hospital used to stand (approx. 5.9 miles). Hence the title Hospital Run. The run to this point is at a very, very steady pace. From here the run starts in earnest and is done at near to race pace along Chorley Old Road to finish back at the Leisure Centre (approx. 4.6 miles).

Again this year there will be four groups starting from the Leisure Centre, at 7.00 p.m. for the slowest group and then at 5 minute intervals with the fastest group setting off at 7.15 p.m. This is to ensure that all runners arrive at the Hospital at about the same time. Only when all runners have assembled at the Hospital will the run for home begin.

Please assemble in the foyer of the Leisure Centre.

Note: Lockers are available in the Leisure Centre, as are showers for a small fee.

ALL CLUB MEMBERS WITH GUESTS ARE WELCOME

PLEASE TELL AS MANY MEMBERS AS POSSIBLE THE DATE OF THIS YEARS RUN

FOR SAFETY REASONS PLEASE WEAR A RUN-A-BRITE OR BRIGHT COLOURED TOP.

PLEASE NOTE THAT A DRINK AND ENJOYABLE SOCIAL CHAT IS TO BE HAD IN A LOCAL HOSTELRY AFTERWARDS.

Questions please email ste-jackson@supanet.com or telephone 01942706506 or 07747838772

Club Overall Championship

With the road and fell phases now complete, 14 men and 5 women have completed in both road and fell (shown with a yellow background), and begin the final third of the championship, scoring their best four results from the six Mid Lancs Cross Country races.

Men's

	Edenfield	Bull Hill	Sedbergh Hills	Theiveley Pike	Haigh Hall	Horwich Jubilee	Chorley Trail	Pennington Flash	Mid Lancs 1	Mid Lancs 2	Mid Lancs 3	Mid Lancs 4	TOTAL
Sean McMyler		14			15	13	20	19					81
Tom Carson					20	19		20	20				79
Garry Chadderton	18	16		19			19						72
Ali Murray			16		19	17			17				69
Nick Kelly	15	10	13	18		6							62
Chris Farrell		20	19			20							59
Joe Mercer	20		20						19				59
Paul Boardman					13	12	18						43
Gordon Stone				16			14		11				41
Doug Fleming	16	12				10							38
Nick Leigh		19	18										37
Ian Conroy			17	20									37
Lawrence Pinnell					8		11	18					37
David Unsworth					12	7	16						35
Michael Kay	19	15											34
David Jackson					16				18				34
Andrew Lloyd		17	15										32
Glyn Kay					18				13				31
Chriss Essex-Crosby					14				14				28
Tony Hesketh		11					15						26
Rudolf Maciekjowicz						9	17						26
Steve Jackson			14		11								25
Peter Ramsdale	14				9								23
Mark Swindell					10		13						23
Jonathan Bruton		18											18
Richard Howarth						18							18
Andy Townsend					17								17
Mick Green	17												17
Dan Gilbert				17									17
Ed Swift		7					9						16
Gareth Booth						16							16
Ryan Stevenson									16				16
Peter Rice						15							15
Graham Schofield									15				15
Glynne Lever						14							14
Albert Sunter		13											13
Colin Waterworth	13												13
Michael Crook			12										12
David Barnes							12						12
John Parker									12				12
Ian Hamer						11							11
Trever Fishwick							10						10
Colin Waterworth		9											9
Frank Wood		6				2							8
Andy Smalley						8							8
David Barnes		8											8
Andy Briffa						5							5
Geoff Leech						4							4
Jason Middleton						3							3

Women's

Sandra Kelly	20	19	20	18		18							95
Suzanne Budgett				19	20				20				59
Christa Whatmough				17			20		18				55
Lindsey Brindle				20		20							40
Maria Lowe		20				19							39
Enca Booth						17			19				36
Julie Williamson					19	16							35
Abigail Sunter		18											18
Bernie Unsworth					18								18