

Tring Runner

December 2008

Club Runs:

Every Wednesday

7:30 pm Running from Tring Cricket Club

Main Forthcoming Events

Saturday December 6th – Mike and Pam’s Hash (details inside)

Saturday December 6th - 3rd Chiltern League Cross Country – Slough

Sunday Dec 14th – Calderdale Way relay
See Steve Long if interested

Sunday December 28th – Cliveden Cross Country Approximately 6 miles of scenic, but testing terrain in the beautiful grounds of Cliveden House. The last of the 2008 off road championships. *Entries now closed*

Wednesday Dec 31st – Christmas Hash
Details will be announced later.

Saturday January 3rd 2009 - 4th Chiltern League Cross Country – Wing

Sunday Jan 11th – Herts Cross Country Championships. (Cassiobury Park Watford)

Saturday Jan 17th – Box Hill Fell Race
The first of the 2008 off road championships. Near Dorking, Surrey.
7.5 miles with 1700ft ascent. Entries now open

Sunday Jan 18th – Fred Hughes 10 mile road race – St. Albans.

Sunday Feb 1st – Watford half marathon.
Incorporating the Herts county championships

Saturday Feb 14th – 5th Chiltern League Cross Country – Stockwood Park, Luton

Sunday Mar 8th – Herts Vets Cross Country Championships. (Royston)

Contents

Page 4: The AGM

Page 8: RichK’s races

Page 10: Brenda Barlow Handicap results

Page 12: Off Road Championships Roundup

And much more

The AGM

This year’s AGM was held on the last Wednesday of November. There are several key points to report.

Firstly, after four years as chairman, Jonathan Mulcahy has decided to step down and Tony Hill has taken over. Also, Rick has stepped down as vice chairman after something like ten years and John Manning has taken over. Many thanks to Jonathan and Rick for all the work they have done and good luck to Tony and John. A full list of the new committee is published in this newsletter.

Secondly, a resolution was passed to adopt the revised constitution. This replaces the constitution which we have had for many years and was beginning to show it’s age. Thanks to Tony Hill and the constitution sub-committee for all the work they put in on the new constitution.

Also in this newsletter you will find a comparison of the new and old scoring methods used for our road running championships which Richard White explained at the AGM

In the New Year, Rich Kenington will be taking over as newsletter editor. I will produce one last newsletter to round off the year, which will be published at the start of January, and thereafter any contributions should be sent to Rich.

Peter Hamson

Newsletter contributions to **Peter Hamson** by Tuesday 30th December please.

Email: phamson@caci.co.uk

VISIT OUR WEB SITE

<http://www.tringrunningclub.org.uk>

Race Results

All road race results published here will count towards the club championships.

Chiltern League Division 2 – RAF Halton - Men

Runner	Posn	Time	PB
Paul Allen	11	35:22	
Nigel Bunn	12	35:31	
Mark Rochester	16	36:19	
Steve Long	18	36:32	
Matt Ward	19	36:53	
Simon Barnett	27	37:29	
Ross Langley	31	38:12	
Rick Ansell	43	39:05	
Jonathan Smith	79	42:17	
Tony Rubery	83	42:40	
Richard White	108	46:14	
Brian Layton	110	46:40	
Nigel Lacey	123	52:54	

Herberts Hole – Men’s race

Runner	Posn	Time	PB
Paul Allen	4	41:35	
Rick Ansell	19	45:21	
Ross Langley	24	45:55	
Trevor Lark	38	48:03	
Mark Rochester	40	48:13	
John Manning	41	48:16	
Tom Griffin	51	49:22	
Tom Gilbert	100	53:12	
Peter Alford	132	55:37	
Brian Layton	155	58:34	
Kevin Buckingham	166	59:51	
Geoffrey Roser	216	1:07:18	
Ian Verchere	243	1:18:50	

Chiltern League Division 2 – RAF Halton -Ladies

Runner	Posn	Time	PB
Michaela Colwell	8	26:42	
Alison Harding	10	27:08	
Ruth Rutt	19	28:47	
Kirsty Barnett	26	29:52	
Nicola Burgess	39	34:01	

Nigel writes: What a magnificent turn out by Tring RC last Saturday at RAF Halton's sports fields. 13 men and 5 women - many thanks. Fortunately the weather held and a good afternoon was had by all, apart from my own rather lack-lustre performance, but I'm blaming a great training run on Friday afternoon! Tring Ladies came 3rd in the 2nd Division and the lads came 1st, putting us overall 2nd. Quite a remarkable effort from our small club.

Wolverton 5 miles

Runner	Posn	Time	PB
Jim Sinton	80	30:34	Y
John Manning	123	32:29	Y
Paul Cowan	133	32:56	Y
Richard White	190	35:45	
Anna Scarth	26 (F)	37:04	Y
Tony Hill	235	37:56	

The highlight of this event was seeing our new chairman proudly wearing his Tring vest.

Herberts Hole – Ladies’ race

Runner	Posn	Time	PB
Michaela Colwell	4	50:01	
Alison Harding	8	51:16	
Louise Berry	26	56:28	
Jane Porteous	50	1:00:51	
Kim Reed	74	1:05:28	
Janet Reeve	77	1:06:54	
Nikki Burgess	83	1:09:14	
Beth Dennis	89	1:10:36	
Frances Mills	90	1:10:38	

There were some excellent results here from Tring Running Club. In the men’s race Paul Allen was 1st vet over 40 and Tom Griffin was 1st over 60. In the ladies’ race Michaela was 1st over 35 and Alison 1st over 45. The men’s team was 3rd and the ladies’ team 4th. Congratulations to all.

Silverstone 10k (old result)

Runner	Posn	Time	PB
Richard White	296	44:34	

Brands Hatch Half Marathon (old result)

Runner	Posn	Time	PB
Richard White	271	1:57:05	

Princes Risborough 10k

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Nikki Burgess		55:48	

Kingston breakfast run (8.2 miles)

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Nikki Burgess		1:17:49	

High Wycombe 10k

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Nikki Burgess		57:29	

Henley Half Marathon

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Nikki Burgess		1:59:01	

Mike and Pam's Hash

Mike Gaunt and Pam will be laying a hash on Sat 6th Dec starting at 2:00pm from their house at:

2 Barbers Walk
Tring
HP23 4DB
tel 01442 826797

As usual the basic route will be about 6 miles predominantly off road and will be designed to accommodate all abilities of runner. TRC members plus friends and family are invited. There will be a supply of Pam's mince pies in the oven for when we return.

Mike Gaunt

The AGM and the 2009 committee

The committee for 2009 elected on the night was:

Committee Members

President/Chairman	Tony Hill	Vice-Chairman	John Manning
Honorary Secretary	Kirsty Barnett	Membership Secretary	David Heron
Newsletter Editor	Richard Kenington	Honorary Treasurer	Richard White
Social Secretary	Maria Cook	UKA liaison Officer	Peter Hamson
Men's Team Captain	Nigel Lacey	Ladies' Team Captain	Jane Porteous
Other Member	Verna Burgess		

The following is a summary of the additional points made at the AGM, not the full minutes:-

- In the Chiltern League cross country the club came 4th overall in division 2. The men were 5th and the ladies 6th. We were asked if we new of any good venues for next year.
- The Ridgeway was another success although the number of entries was slightly down on last year. Thanks to Michaela for doing the entries. A new piece of software "RaceMaster" was purchased and used for producing the results. Next year will be Rick's last year as Race Director. If anyone would like to shadow him with a view to taking over the race in 2010 then let him know.
- The Fun Run next year will be on 24th June. Again this will be Tony Hill's last year as Race director. John Manning will be taking over the following year.
- Rick offered to run the two Wednesday evening relays again next year.
- David Heron asked for deputies to help with the Wednesday night road sessions.
- Good news – the club subscriptions will remain the same for another year.
- In the off-road championships the Dunstable 20 will be removed from the list of races and the Amersham 5 added.
- The draw for the club's two London Marathon places was taken and won by Dave Jones and Della Allen. Peter Alford was first reserve.

Peter Hamson

The New Road Running Standards

For those new to the club the Road Running Championships use a scoring method based on a runner's age and gender and their finishing time for each race they compete in. This provides a 'level playing field' meaning runners have an equal chance of winning, regardless of their age. The scores have been calculated by comparing your finishing time with the predicted world best time for your age. The problem is the 'world best times' we have been using are based on 1994 data and are considered to be out of date. The latest data is 2006 data and is referred to as the "new" standard.

Winners and Losers

Using the new standard will make little overall difference to the scores for men. The big losers, are ladies in their early forties who will find their scores reduced, typically by about 1%, whereas the big winners are ladies over 60 who will find their scores have increased, especially in the marathon where they may have increased by as much as 3%.

At the AGM Richard White explained the changes, and with the aid of some beautiful graphs, made them clear to everyone. His explanation is re-produced here:

Richard's explanation of the "new" standards

May I offer some clarification regarding the apparent mystical nature of the "new" standards?

When reviewing the club championship we considered three options:-

- 1) To leave it as it is
- 2) To invent a new system
- 3) To nick someone else's system

We have chosen option 3. This is simpler than 2 and provides a useful comparison to 1. The chosen one is that adopted by the world association of veteran athletics (WAVA) and so should be credible. It works by applying an age factor to the world record to obtain the 100% time for each age and event. These factors (Mr Hamson's "magic numbers") are indeed based on veteran world record times and so one would expect similarity with our existing system.

However, as this is not always the case I attach a chart for the 100% times for the ladies 10k calculated using three methods:

- 1) The actual world record for each age category
- 2) The current tring numbers (red line)
- 3) The new WAVA numbers (green line)

In calculating the tring and WAVA numbers I have used the actual age of the record holder – see below

category	age	time	athlete	dob	date
W 35	38	00:30:30	Edith Masai	04.04.1967	06.08.2005
W 40	40	00:31:31	Edith Masai	04.04.1967	21.07.2007
W 45	46	00:32:34	Evy Palm	31.01.1942	04.09.1988
W 50	50	00:35:37	Valborg Östberg	14.05.1931	26.07.1981
W 55	57	00:37:22	Bernadine Portenski	26.08.1949	16.04.2006
W 60	60	00:39:21	Theresia Baird	01.10.1941	27.10.2001

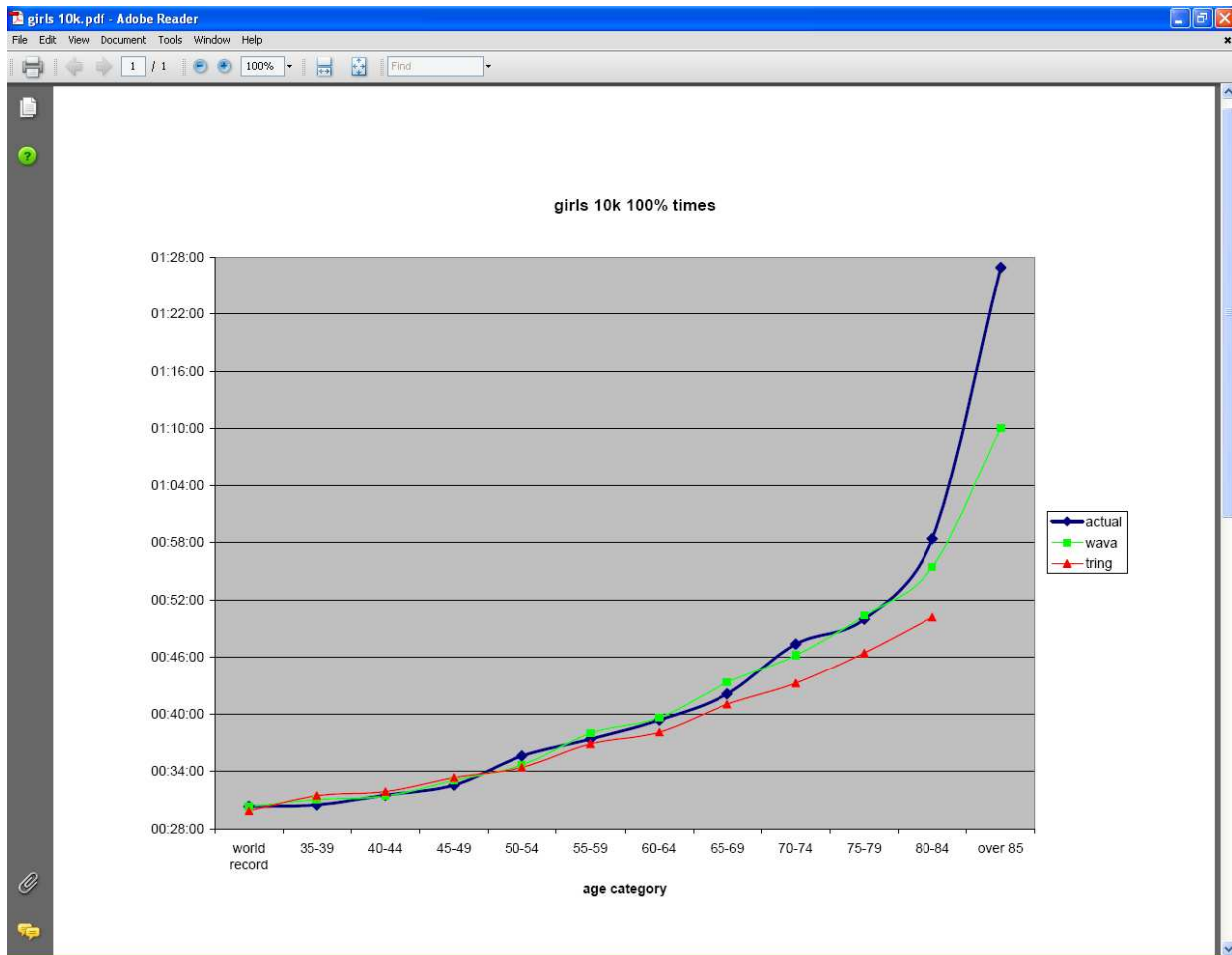
W 65	66	00:42:07	Theresia Baird	01.10.1941	20.05.2007
W 70	70	00:47:23	Melitta Czerwenka Nagel	30.04.1930	23.09.2000
W 75	75	00:50:01	Melitta Czerwenka Nagel	30.04.1930	28.08.2005
W 80	80	00:58:25	Nina Naumenko	15.06.1925	28.08.2005
W 85	87	01:26:56	Ivy Granström	29.08.1911	03.07.1998

From this I conclude that not only does WAVA give a better fit, but also the source data for our current 100% times is incorrect, as the “tring record” is faster than the world record and the 100% times are consistently faster than the current world records for the over 50’s.

In an ideal world I suppose there would be a recognised world record for each age, rather than each age band, but there ain’t so some form of interpolation will always be necessary. The WAVA method is simple to administer – the age factors were calculated (by WAVA) using 2006 data and we just need to update the world record for each event each year.

NB. At the AGM John Boielle offered an explanation as to why there were such large differences between the old and new standards by saying it was because the old WAVA data was discredited due to drug cheats who were subsequently disqualified. (Judging by the graph below most of the drug cheats were ladies in the 75+ age group - *PH*)

Below is a graph of women’s 10K times against age, showing the actual age best, the age best assumed by WAVA and the age best assumed by the old Tring standards.



Richard White

Wednesday Night Training Sessions

Request For Feedback

Those who attended the AGM on Wednesday will have heard David Heron summarise the training programme that he has been trialling to provide an alternative to the traditional winter programme of Head Torch Off-Road Running and the Bell-Loop.

It would be great if we could feedback to David what we thought about the training sessions and decide whether, as a club, we would like to organise these sessions as regular weekly events and advertise them as such on the Tring Running Club website.

If you have attended any of the sessions you may know that the programme is based on a 4 week cycle and includes:

- 1) 800m reps around Grove Park
- 2) Hill reps on Christchurch Road
- 3) Mile reps on Station Road
- 4) The 5 mile Bell Loop Time Trial

In order to keep the training varied and interesting, David would like to extend this 4 week schedule to 6 weeks and to this end, would welcome further suggestions for the extra training sessions.

Some suggestions that have been made already include 100m sprints, an alternative 800m loop, alternative hill reps and an extra night training. At the AGM, other ideas raised were the 'Beep Test' on the cricket field for when the evenings get lighter and more Par Lauf sessions

Once we have agreed a programme, the proposal is that this can be put onto the website and we can share out the responsibility for who will organise each weekly session. Thank you to both Mike and Tony who have both offered to run a session (and to Rick who is still keen to organise the bi-annual relay events). It would be super if we could share this around.

If you have any thoughts on this, I would be really grateful if you would let me know. David has put a great deal of effort into the training sessions and it would be excellent if we could take his initiative forward and offer a structured alternative to Winter training on a Wednesday night.

Speaking personally, the sessions that I have attended provided great speed and hill training as well the opportunity to run and be with different people.

I look forward to hearing all your comments. Please don't be shy.....

Many thanks.

Michaela

RichK's Recent Races

Having recently become the Newsletter Editor Designate, I thought it only fair that I should set an example and write a report for Peter's Penultimate Periodical, and as I've been out and about racing in different parts of the land I thought I'd tell you a little about them.

Birmingham Half Marathon, October 26

2 of us from Tring RC raced this, the inaugural staging of the event. I wanted to take part because I grew up in Birmingham, my first ever race was a half in the city, and I'd taken part in the one off Centenary Marathon in 1999, so this one completed my set.

Clara Willett and I had run the Birmingham & Black Country Half Marathon (in less time than it takes to type out the title) along the canal from Wolverhampton to Birmingham back in July, and we thought we'd run this city road race for a contrast.

Although this was OMM and Beachy Head weekend we were fortunate that the weather was kind and the rain stopped before the race started and it turned into a good day for running.

I was struggling with a very painful stomach and in the 4th mile Clara disappeared from view, and went on to get her 3rd pb for a half this year, whilst I struggled home a little while later.

It was a reasonable course with some interesting rises in it, although the first few miles were a bit too much inner ring road, and it didn't make the most of the city centre. The pre-race organisation needs to improve, but I won't be finding out if it gets any better, because as I said earlier, it's Beachy Head weekend, and I need to be in Eastbourne.

3,014 th	Clara Willett	1.55.15
4,628 th	Rich Kenington	2.08.57

6,932 finished the race

Guy Fawkes 10 Mile, Ripley, North Yorkshire, November 2

A visit to York to see my parents often ends with a race on the way home, and I picked a great event this time. It's 10 hilly miles, the first 9 on the road, with one uphill being 1 in 6. The race was full before the day, and it's clearly very popular with clubs from all across Yorkshire, and rightly so. Well organised and well supported, I thoroughly enjoyed it and ran much better than I had the previous week in Birmingham.

After waiting for the hourly bus to Harrogate to pass before we were invited to start, it seemed quite appropriate that hundreds of lycra clad grown ups should run past a village called Bedlam.

The final mile was on a lovely wooded trail and it was downhill almost the whole way until we found the sting in the tail, a sharp climb for the final 150 yards, then we run through Ripley Castle gate and there was the finish line.

The event was supported by Nestles, and by the Head Office of Up & Running, and this resulted in a fab goody bag (which in turn might explain why the race is so popular). Jars of coffee, loads of chocolate, fruit gums, and a long sleeved techy t-shirt were our reward for 9 miles of sweat and toil, and all for an entry fee of just £9. I'll be back there next year to restock my cupboards!

549th Rich Kenington 1.32.04

818 finished the race

High Peak Relay, Cromford, Derbyshire, November 9

This event is a 35 mile, 10 stage, all off-road out and back relay along the High Peak Trail, and I was running for a team made up of a group of friends who are all Runners World Forumites.

There were 42 teams taking part, and the weather was horrible, very cold, very wet, just very, erm . . well, not very nice!

I'd got the last leg of the day, so was able to watch the start of the whole event, and get out further along the Trail and see the 4th leg start and the 3rd leg end.

Then it was time to drive to the start of leg 9, and trot along the Trail to warm up before the 10th leg. I was having another bad tum day and didn't feel like racing, but of course a team event gets those competitive juices going and after half a mile or so I began to race.

There 2 significant downhills in the 3.8 miles ahead of me, in fact we encountered 416' of ascent and 1,060' of descent, and after the first downhill I'd got nothing left to give. However the presence of an ex-girlfriend a few paces behind me was all the impetus I needed to keep me pushing, and I'm pleased to say I was too quick for my friends to get a photo of me, and beat the ex-gf by 14 seconds!!

Relay races and team events are almost always great fun, and this one is no exception.

35th Rich Kenington 28.04

Seagrave Wolds Challenge, Leicestershire, November 15

I didn't get round to thinking about Herbert's Hole until it was too late, and chose instead to go along and shout at everyone whilst taking photos of them. This is actually much more fun than taking part and cleaner too!

This meant I needed to find an event on the day before and I plumped for this, almost 17 miles across the fields and trails of the Leicestershire Wolds. It's a running and walking event, with, and a Yeoman of the Guard was there to start the race with a few words of encouragement and the ringing of his handbell. 5 minutes early, which caught a few latecomers out!

Being a Yorkshireman I have long known of the Yorkshire Wolds, and I understand there are some in Lincolnshire too (where I come from Lincolnshire is only there to hold the other end of the Humber Bridge up), but I never realised that Wolds had dribbled down as far south as Leicestershire. This event was my opportunity to check them out.

In brief - they're slippery, slidey, and muddy! It was tough going, but good fun. One of the local farmers got snotty during the week beforehand so the course ended up being 1 mile longer than expected.

There were 2 cake stations out on the course (one of them in a churchyard) and part of the course took us through part of the Belvoir Estate which is usually closed to the public, which was nice.

I'd noticed several small people amongst the runners early on when I was closer to the front than I should've been, but for me this is nothing new. However these were really little people, and when I saw the results I found that a 9 year old (yep, that reads nine) beat me by over 30 minutes! Turns out he's the organiser's son. Somehow I doubt this race has a permit. But the highlight was the finish, where there was hot soup (choice of flavours) with bread, apple crumble and lashings of custard, tea, coffee, squash, and more cake. When I got back to my car I had a little nap before driving home - but it was the food that caused it, not the 17 miles!!

I've got to go back and get under 3 hours some time - maybe eat less cake on the way round!

209th Rich Kenington 3.22.00

487 ran and walked this event.

Rich Kenington

Brenda Barlow Memorial Ridgeway Handicap

In contrast to the perfect conditions for the Ridgeway race conditions could not have been much worse for the Brenda Barlow Handicap. In the days before the event the weather forecast could not decide whether it was going to be heavy rain or heavy snow. In fact after a little early morning snow the wind and rain set in. Still there were 37 runners who braved the elements – the same number as last year.

Of course, part of the fun of this event is the arguing about the handicaps, and this kept us entertained for a few Wednesday evenings before the race. Eventually, John Boeille came up with a set of handicaps, which satisfied almost everyone.

The results require a little explanation. Louise Berry was first across the line followed 21 seconds later by Cathy Court. However, through no fault of her own, Cathy had started 30 seconds after her allocated handicap time. It was later decided to declare the result a dead heat between the two runners.

Congratulation to Louise and Cathy, and also to Henry for achieving the fastest time and Ian Verchere for finishing, despite going via Aldbury church.

Finally, thanks to John Boielle for organizing the event for, I believe, the seventeenth year.

Peter Hamson

Results of Brenda Barlow Memorial Ridgeway Handicap

November 23rd 2008

Handicap result	Start Time	Finish Time	Actual Time	Order based on actual times
1= Louise Berrv	10.08	11.33.20	85.20	1 Henry Keighlev Elstub 64.38
1= Cathv Court	10.03.30	11.33.41	90.11	2 Simon Barnett 65.09
3 Jane Porteous	10.08	11.37.02	89.02	3 Ross Langlev 65.33
4 David Heron	10.15	11.39.48	84.48	4 Paul Allen 66.00
5 Peter Alford	10.17	11.39.58	82.58	5 Chris Egan 66.34
6 Ross Langlev	10.36	11.41.33	65.33	6 Rick Ansell 69.00
7 Simon Barnett	10.38	11.43.09	65.09	7 John Manning 73.34
8 Alison Harding	10.26	11.43.24	77.24	8 Tony Ruberrv 74.51
9 Tom Griffin	10.26	11.44.20	78.20	9 Paul Cowan 74.52
10 HenryKeighlevElstub	10.40	11.44.38	64.38	10 Jonathan Smith 77.06
11 Tony Hill	10.18	11.44.41	86.41	11 Alison Harding 77.24
12 Darren Hogg	10.15	11.44.42	89.42	12 Tom Griffin 78.20
13 Paul Cowan	10.30	11.44.52	74.52	13 Matthew Wort 81.00
14 Rick Ansell	10.36	11.45.00	69.00	14 Jonathan Scullard 82.51
15 Mandv Bon throne	10.17	11.45.20	88.20	15 Peter Alford 82.58
16 John Manning	10.32	11.45.34	73.34	16 David Heron 84.48
17 Peter Hamson	10.19	11.45.42	86.42	17 Louise Berrv 85.20
18 Tony Ruberrv	10.31	11.45.51	74.51	18 Tony Hill 86.41
19 Jonathan Smith	10.29	11.46.06	77.06	19 Peter Hamson 86.42
20 Liz Daniel	10.08	11.46.18	98.18	20 Kirstv Barnett 87.39
21 Matthew Wort	10.26	11.47.00	81.00	21 Tom Gilbert 88.05
22= Kim Reed	10.11	11.48.03	97.03	22 Mandv Bon throne 88.20
22= Clara Willett	10.10	11.48.03	98.03	23 Ashlev Horton 88.27
24 Nickv Burgess	10.05	11.48.31	103.31	24 Jane Porteous 89.02
25 Tom Gilbert *	10.20.30	11.48.35	88.05	25 Darren Hogg 89.42
26 Frances Mills	10.01	11.49.00	108.00	26 Cathv Court 90.11
27 Chris Egan	10.43	11.49.34	66.34	27 Bob Ford 91.12
28 Kirstv Barnett	10.22	11.49.39	87.39	28 Kim Reed 97.03
29 Paul Allen **	10.44	11.50.00	66.00	29 Clara Willett 98.03
30 Beth Dennis	10.00	11.51.29	111.29	30 Liz Daniel 98.18
31 Ashlev Horton	10.24	11.52.27	88.27	31 Richard Kenington 101.52
32 Jonathan Scullard	10.36	11.52.56	82.51	32 Nickv Burgess 103.31
33 Bob Ford	10.25	11.56.12	91.12	33 Nigel Lacey 104.27
34 Nigel Lacey	10.12	11.56.27	104.27	34 Frances Mills 108.00
35 Richard Kenington	10.15	11.56.52	101.52	35 Beth Dennis 111.29
36 Geoff Dennis #	10.00	12.13.00	133.00	36 Geoff Dennis 133.00
37 Ian Verchere ##	09.54	12.15.00	141.00	37 Ian Verchere 141.00

* Tom went off course

** Paul did finish of Ridgeway race, so vaulted gate at wrong end of field, so time is approx

Ankle sprained during Beachy Head reduced Geoff's speed

Map reading error took Ian past Aldbury Church on way to monument

John Boeille

Off Road Championships

With one event to go the current positions in the Off Road Championships are listed below. As you will see in the ladies' event Alison is the clear leader but in the men's Rick has a small lead and needs to compete at Cliveden in order to retain his lead. Note that in the Brenda Barlow handicap the order based on actual time was taken, not the finishing order.

Women's Off-Road Championships

	Box Hill	Hardwick	Aldbury	Combe Hill	Dunstable 20	Beachy Head	Herbert's Hole	Brenda Barlow	Cliveden	Total	Position
Alison Harding	25	25		25	25	23	24	25		172	1
Mandy Bonthrone	24	24	25	24				22		119	2
Louise Berry			24			22	23	24		93	3
Jane Porteous			22			19	22	21		84	4
Kim Reed						20	21	19		60	5
Michaela Colwell						25	25			50	6
Cathy Court			20					20		40	7
Liz Daniel			21					17		38	8
Nikki Burgess							19	16		35	9
Frances Mills						18		15		33	10
Beth Dennis							18	14		32	11
Sarah Hill						24				24	12
Maria Cook			23							23	13
Kirsty Barnett								23		23	14
Verna Burgess						21				21	15
Janet Reeve							20			20	16
Clara Willet								18		18	17
Gill Heron							17			17	18

Men's Off-Road Championships

	Box Hill	Hardwick	Aldbury	Combe Hill	Dunstable 20	Beachy Head	Herbert's Hole	Brenda Barlow	Clivedon	Total	Position
Rick Ansell	23	23	23	22			24	20		135	1
John Manning	21			18	23	23	20	19		124	2
Ross Langley		24	25	24			23	23		119	3
Kevin Harding	24	25		25	22					96	4
Trevor Lark		21	20	19			22			82	5
Tony Ruberry	20		21	15				18		74	6
Henry Keighley-elstub					24	25		25		74	7
Mark Rochester			22			24	21			67	8
David Heron	18		14			21		11		64	9
Chris Egan			19	21				21		61	10
Callum Bonthron		20	16	17						53	11
Peter Hamson	19					22		9		50	12
Paul Allen			24				25			49	13
Kevin Buckingham	17					16	15			48	14
Alan Whelan				23	25					48	15
Jonathan Smith			17	14				16		47	16
Rob Brown		22		20						42	17
Nigel Lacey	16		13	11						40	18
Brian Layton		19					16			35	19
Paul Cowan			18					17		35	20
Peter Alford		18					17			35	21
Tom Griffin							19	15		34	22
Clive Cohen			15	16						31	23
Tony Hill						20		10		30	24
Geoff Dennis				12		14		2		28	25
Tom Gilbert							18	8		26	26
Bob Ford					21			5		26	27
Nigel Bunn	25									25	28
Simon Barnett								24		24	29
Sam Williamson	22									22	30
Paul Allen								22		22	31
Ashley Horton				13				7		20	32
Geoff Head						19				19	33
Richard White						18				18	34
Dave Jones						17				17	35
Jonathan Mulcahy						15				15	36
Mathew Wort								14		14	37
Ian Verchere							13	1		14	38
Geoff Roser							14			14	39
Jonathan Scullard								13		13	40
Pater Alford								12		12	41
Darren Hogg								6		6	42
Richard Kenington								4		4	43
Nigel Lacey								3		3	44