

Waffle



September 2014





at the



Lake District impressions

by John Warren

The romance of the Lake District – misty mountains and lakes, Wordsworth, Daffodils, Beatrix Potter, Wainwright, Kendal Mint Cake, Cruising on Windermere. All part of the 'Lakes' image, but in early August over 2000 orienteers sampled the more testing aspects of this magnificent part of the country.

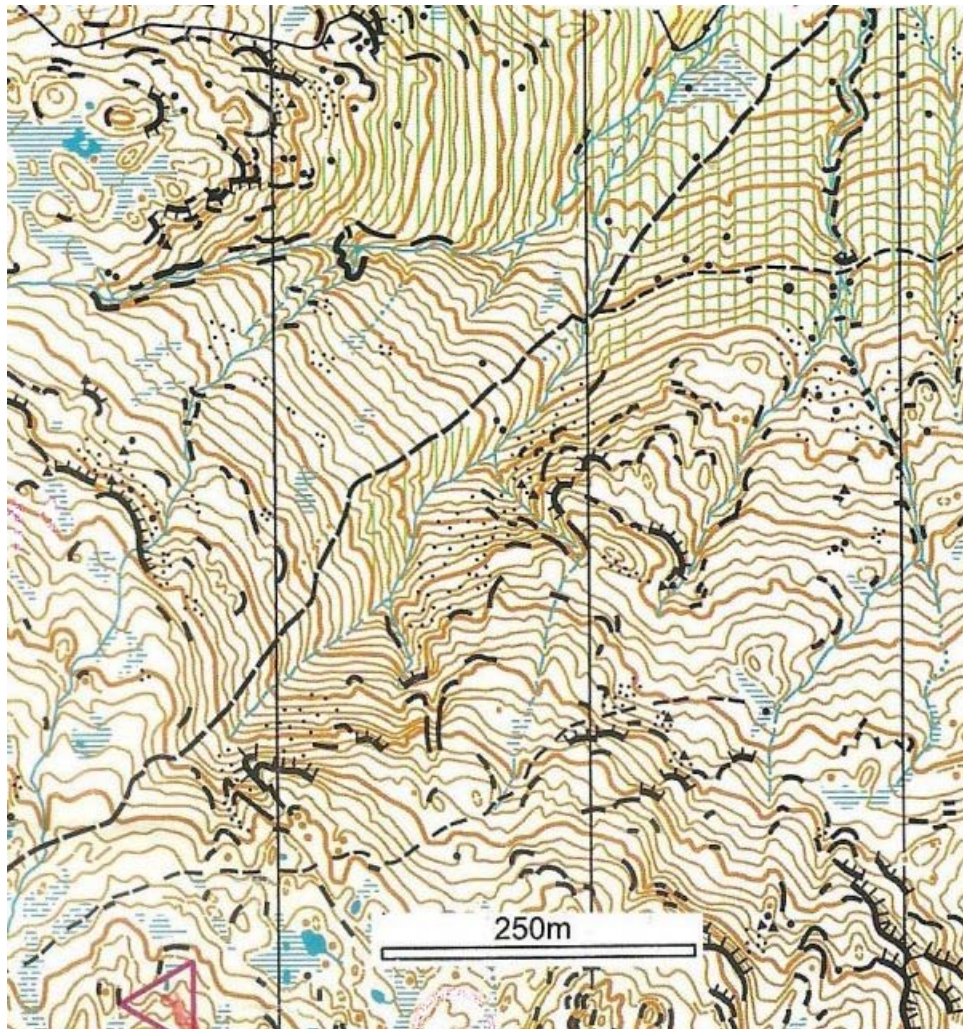
Mountain and Moorland – There's plenty of it! High, steep, rocky, exposed. What a contrast to the gentle New Forest contours. Day 1, 40mins walk and 200m climb to the start, Day 4 over 1 hour and more than 400m serious climb. The first in freezing lashing rain, the second in brilliant sunshine. Warm up is not a problem but suitable drinks are.

Lakes Weather Part 1 – Spectacular is not an over statement!. Day 1 on Shap fells had biblical rain with a freezing gale making it a survival exercise on open moorland. Stinging rain, roaring streams (try not to fall in but you are soaked anyway), the map shows an endless set of marshes of unknown depth, and once back at the bleak and blasted finish it was a further 2k back to assembly. Yuk!

The Lakes Weather Part 2 – Day 4 – A magical day in Langdale surrounded by all the famous peaks. Glittering clear sunshine and little wind. Oh look! You can just see people at the start outlined against the sky 1500' above Assembly! This was one of the great days for UK orienteering, superb mountain technical terrain and the views weren't bad either.! Take a look at the Lakes 5 website for some spectacular photos.

The Lakes Weather Part 2 – Day 4 – A magical day in Langdale surrounded by all the famous peaks. Glittering clear sunshine and little wind. Oh look! You can just see people at the start outlined against the sky 1500' above Assembly! This was one of the great days for UK orienteering, superb mountain technical terrain and the views weren't bad either.! Take a look at the Lakes 5 website for some spectacular photos.

This map segment shows the final 330m of the huge 400m climb from Assembly to the Start. It is a sharp contrast to the New Forest! From the NE corner of the map you can see a diagonal footpath which comes all the way from the road. The contours are pretty spectacular and of course from the Finish competitors had to contour SE below the crags to reach the path. Spare a thought for the Start team who had to lug the maps, boxes and other equipment up and down!



The Forests – The FC policy in the Lakes is not to clear windblown trees so getting around can be rough, physical and frustrating. They don't do much drainage work either so thigh deep marshes abound and low branches make visibility poor and poke at your eyes. We had two days of this but in compensation the parking assembly areas were spectacular for views and the social scene with warm sunny weather for both.

The 'Rest Day', Any regular multi-day enthusiast knows that 'rest days' are an excuse for even more effort and for most participants the Ulverston Urban race was the highlight of the day. A sunny evening, an attractive park setting and a town backed by a big hill enabled everyone to actually get a run in without underfoot problems! The social/eating scene at a super cafe at assembly was a highlight of the day.

Final day – Narrowly avoided a torrential thunderstorm. An area of eroded limestone pavements which when wet and mixed with tussocks made progress difficult. Scrub woodland and a steep wooded hillside where rocks would go on rolling downhill added to the fun. I arrived back in the midst of the prize giving with a personal feeling of satisfaction that I had completed all six days in one piece. Now to look forward to three days leisurely holiday in the Lakes!

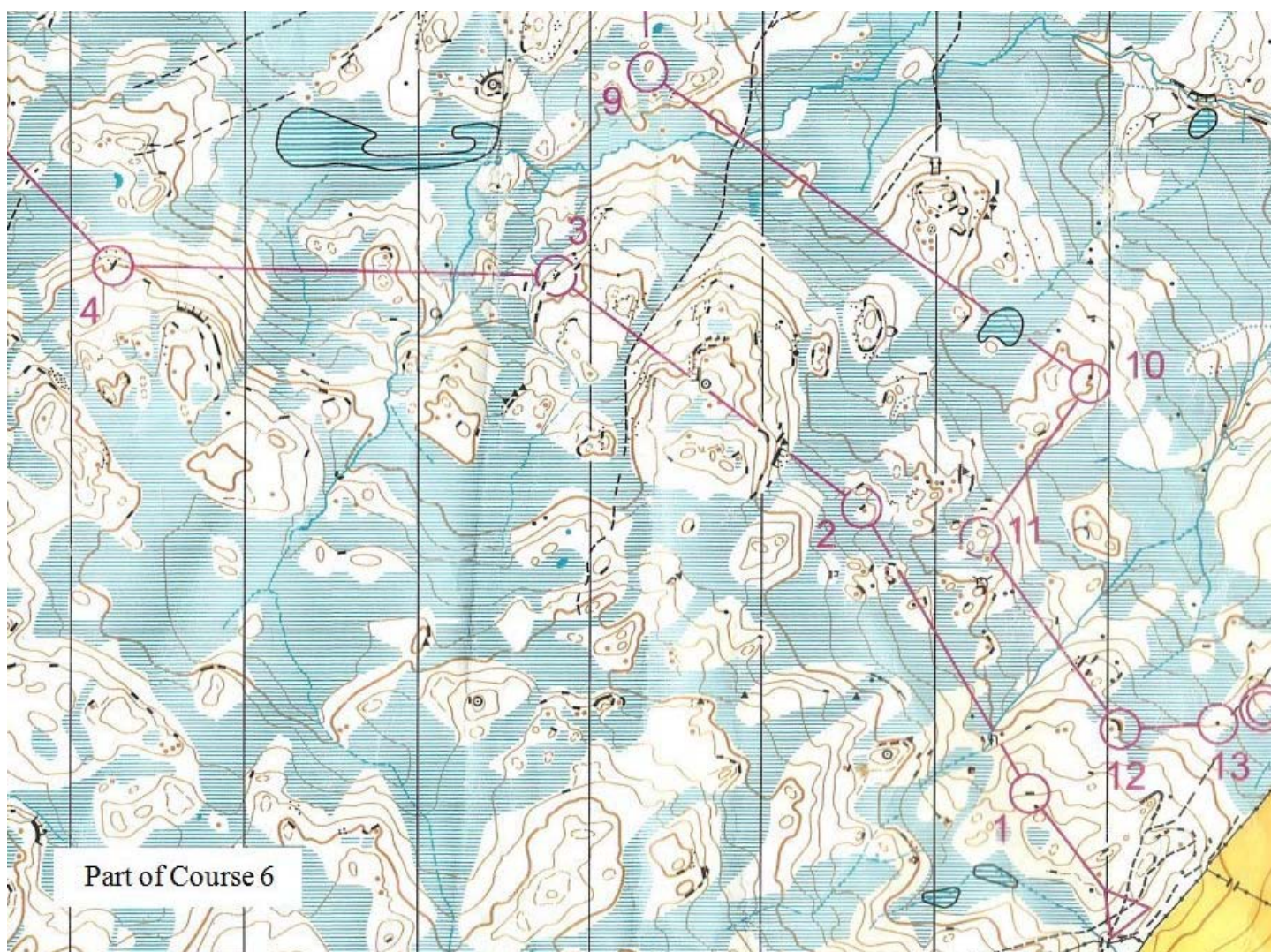
Did we enjoy it? Of course we did. Whether you were a 'serious' competitor or someone who enjoyed the challenge the Lakes 5 days was a great experience and certainly brought you into close contact with the environment. Sometimes too close!

Day 1 - Swindale

I awoke still tired from yesterday's horrendous drive to Windermere and looked out at the rain. Why had I entered the long course? M65L was 6.2km with 190m climb, and that was after a 2.6km 180m ascent to the Start. Lunacy.

Mary had a clear view of my sanity and it wasn't very encouraging. I was late setting out for the Start so attempted to hurry up the final, steepest bit of the climb. I arrived panting for breath with under ten minutes to go, wishing I'd hydrated properly beforehand.

The map was stunning - I'd never seen so much blue! A sea of marshes, contours and crags. Surely there were some helpful handrails here and there? Dream on! And still it rained (but at least it wasn't misty).



I ran straight past the first control. My compass bearing was OKish but I was on the dip side of the small crag and simply didn't see it. Not a good start. This course required precise map to ground contact with no lapses of concentration.

Confidence lifted with an accurate approach to 2, plummeted with an absurd route to 3, soared again with a perfect run to 4, and evaporated completely when I celebrated by running enthusiastically 45 degrees off-course towards not-number 5.

5 to 9 was hell on the fell, a dour struggle up and down through marshes and fell grass. I focussed hard on navigation since my legs had had enough. Between 9 and 10 I chose to jump a little stream at a narrow point. Not narrow enough though. I plunged in up to my waist and my left hamstring screamed in pain...

Staggering along on one exhausted leg and one definitely dodgy leg, I reminded myself that orienteering is a fun-packed adventure sport. That's why we do it - I was enjoying it really! I even sprinted for the Finish control, goodness knows how or why.

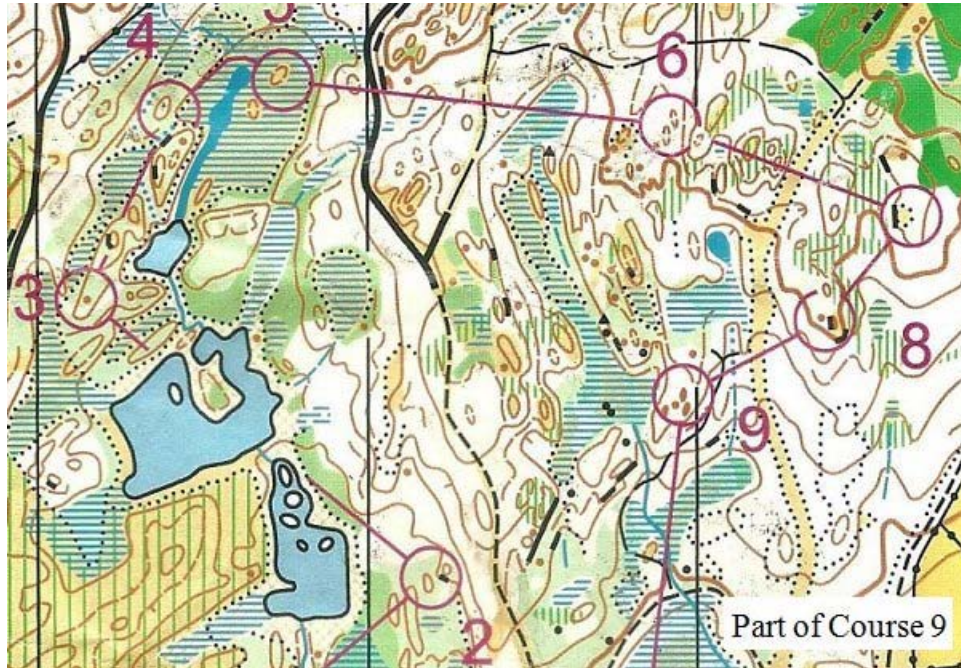
Swindale South is truly glorious orienteering terrain. It is ideal for highly technical courses on open fell with a wealth of contour, rock and water detail, demanding the whole range of navigation skills. It is physically very challenging, though, particularly in bad weather, and tests your limits in mind, body and spirit. It nearly beat me.

Next time I'll be better prepared and, hopefully, orienteer well in conditions fair or foul!

Mike Kite



Day 2 - Simpson Ground





Ulverston Urban Race

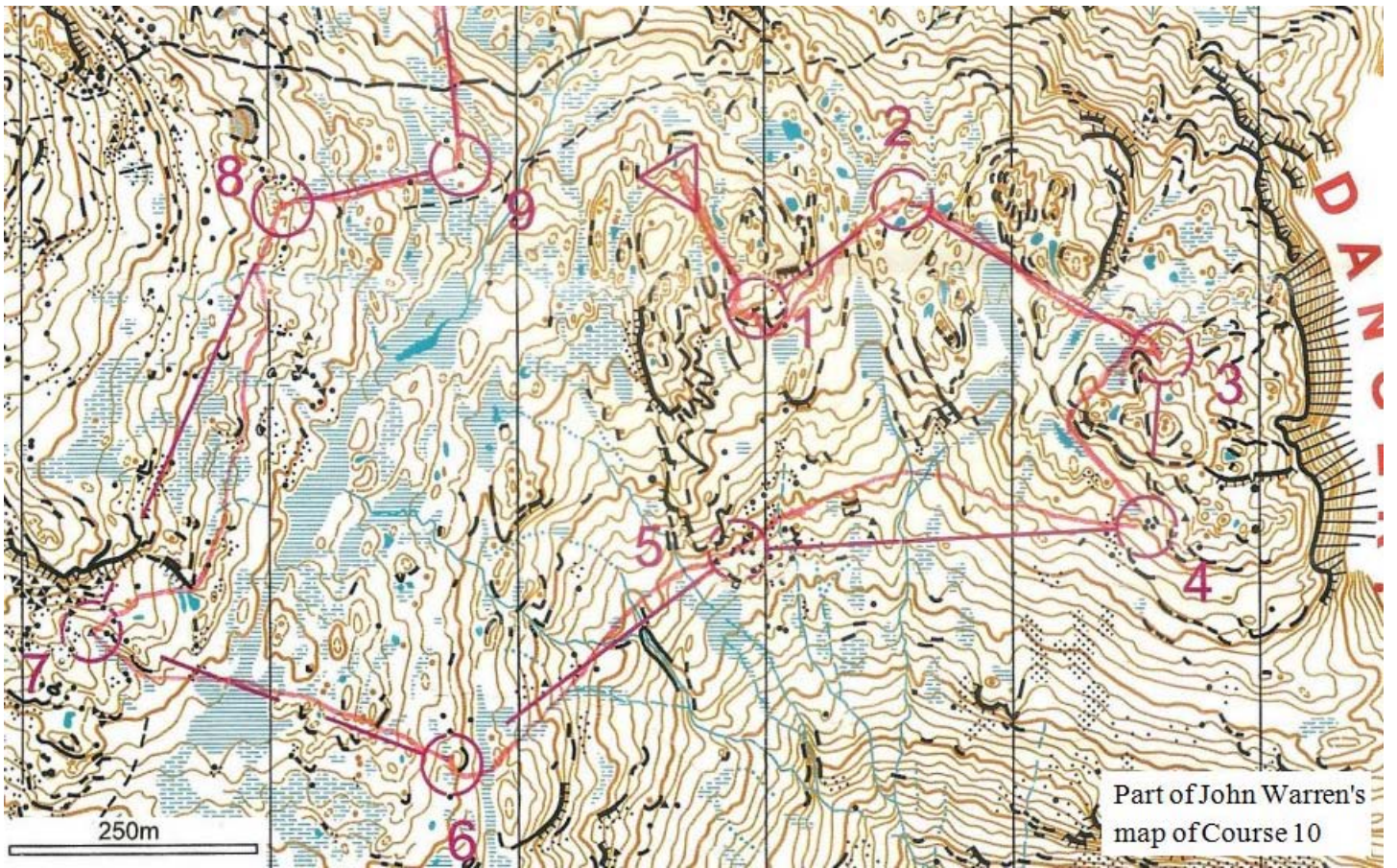


The so called urban event!

Day 4 - Pike O'Blisco



View from car park





Sally Calland writes: Here is a photo of the Royal Signals team which boasts 4 WIM members, Lewis 'Short Course' Wright, Andy 'I am an adonis' McNally, Stephen 'I am feeling Blessed' Mallison and myself!

Andy came a respectable 8 out of 15. Stephen 26/58 whilst carrying several injuries. Lewis 13/39 having missed day one. Sally 7/16 with a second place on the WO urban.

(Mary Kite would like to thank the nice Royal Signals man who hauled her out of the mire near control 3 at Simpson Ground!)

Lakes 5 Days by Grace French

(accompanied by Charlotte Slade and Alice)

Day 1 – Swindale South

Well what can we say about Day 1 except that it was WET!! Mummy and Mel went out first whilst we played in the car and then once they got back Charlotte and I got kitted out in our waterproofs and had to almost sprint to the start in order to get there by 2pm.

We had a lovely time going around and even managed a little rest when an unexpected ray of sunshine burst through the clouds.

It was agreed that by the end of the day we were true orienteers!! We did however not venture onto the string course.

Day 2 – Simpson Ground

As we always have to have late starts as either Mummy or Daddy have to complete their run before we can go out we went on the string course to begin with. Luckily the weather was nice but the course was very wet and I ended up with wet feet. As I was going round I was joined by a SYO little girl so we went ahead together and I ate my jelly baby at the end whilst waiting for Mummy and Alice.

Mummy and I started at the same time but Daddy had to carry Alice around the course so we were slightly handicapped but I did all the map reading although I didn't want to run off too far in front.

We also took our picnic lunch up to the start so that we could have it whilst waiting for Mummy to finish – was hoping she would take longer than me (and she did!!).

Day 3 – Grizedale NW

This was a lovely day on the top of a big grassy field although Alice (wearing Daddy's new hat) got accidentally dropped in a cow pat by Steve Mallinson before we had even left the car to go on any courses.

Daddy took Alice, Charlotte and I on the string course and after Charlotte and I completed the string course we then did the off string whilst Alice completed the string course, finding all the minibeasts.

Mummy took me on the White course and it was very nice not having to walk too far to the start especially as I knew what was in store on Day 4!!

The course was a bit hilly with the first 6 controls all uphill but there was a real muddy track leg from 7-8 which was downhill and a bit slippery in places. From the last control Mummy made me sprint to the finish and I took just 4 seconds longer than she did (although I hadn't run as far!)

Rest Day

In the afternoon I went on the Junior Go Ape in Grizedale and it was FAB – it is the highest one in the country.

Day 4 – Blea Tarn

Today I did the course with Charlotte and her Daddy as the starts were a long way away and in the opposite directions. We zigzagged our way up the hill to get to the start which is never so bad when you do it with a friend and then of course it was a nice downhill skip on the way back. On the way back we met Alice at the string course and so we had a go round the Witch course with Alice helping as she had already done it. She enjoyed showing us the fairy dust and the goblin's den.

Day 5 – Hampsfell

I enjoyed this day the best especially getting wet!! After a quick loo stop behind a wall I looked at the map and following the path sprinted the last 3 controls to the finish. Below is an official photograph of me (note the new control description holder!!).



The French OMM

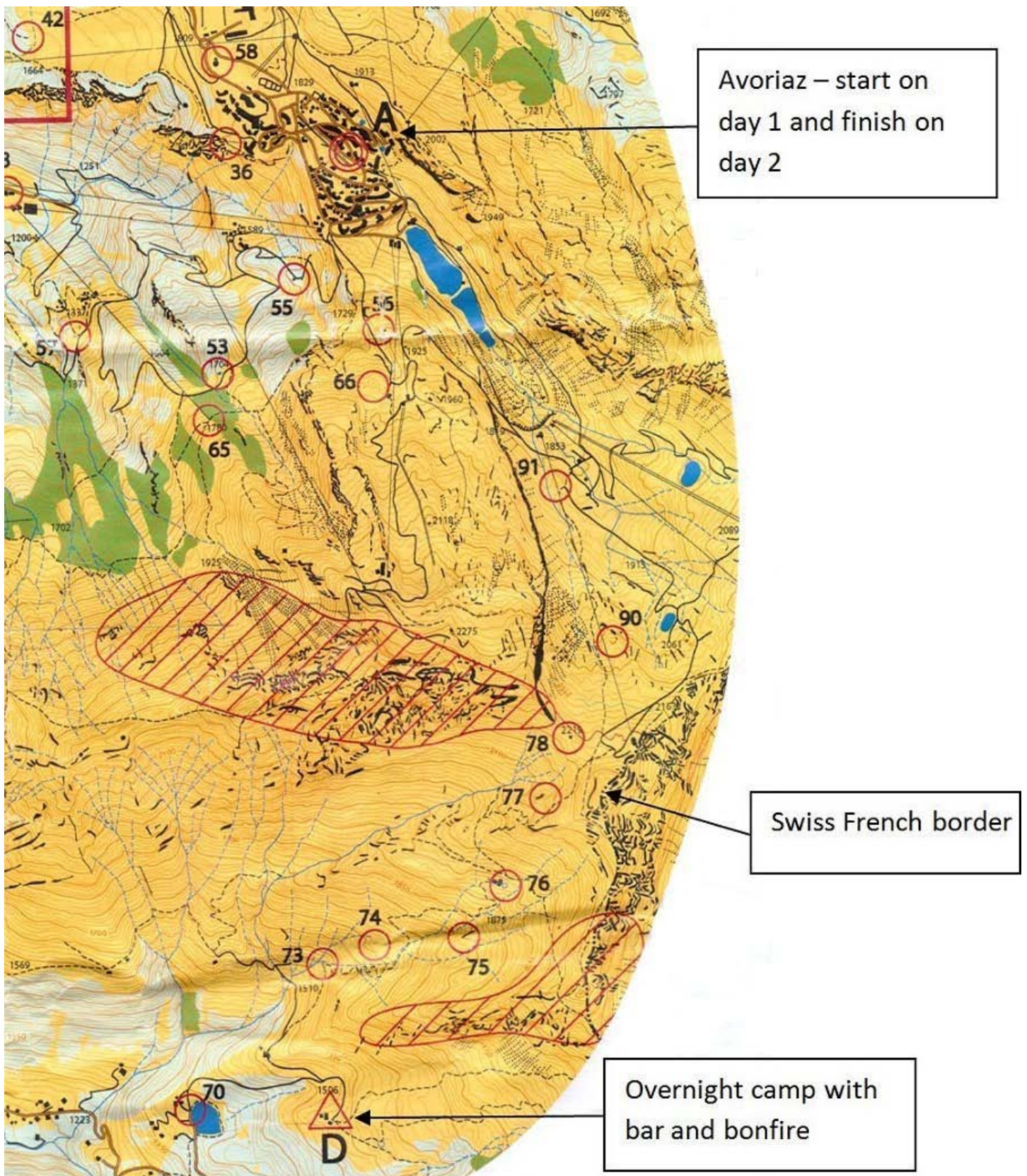
- our destiny

by Kirsty and Eamon Staunton

While on the Fabian4 website entering an event I noticed the French OMM advertised, curious I clicked on the link and was surprised to see that it was being held over the last weekend of our holiday in France, plus it started in the resort just up the valley from where we were staying. Mon dieu, I exclaimed, sacre blue, obviously we were destined to do this event.....

Having done the UK OMM we understood the format of the event and were able to put together 2 rucksacks full of kit. There was some discussion over what we might need, our experience of the UK OMM held in October led us to pack warm sleeping bags, down jackets, hats, gloves, over-trousers etc. However the French OMM was being held in July so probably wouldn't be too cold, in fact, it could be really warm, so out came the down jackets, gloves and woolly hats and in went sun hats and sun cream. Further discussion followed - Avoriaz is at 1800m and the weather could be misty, rainy, even snowy.... back in with the gloves and warm hats, hey-ho!

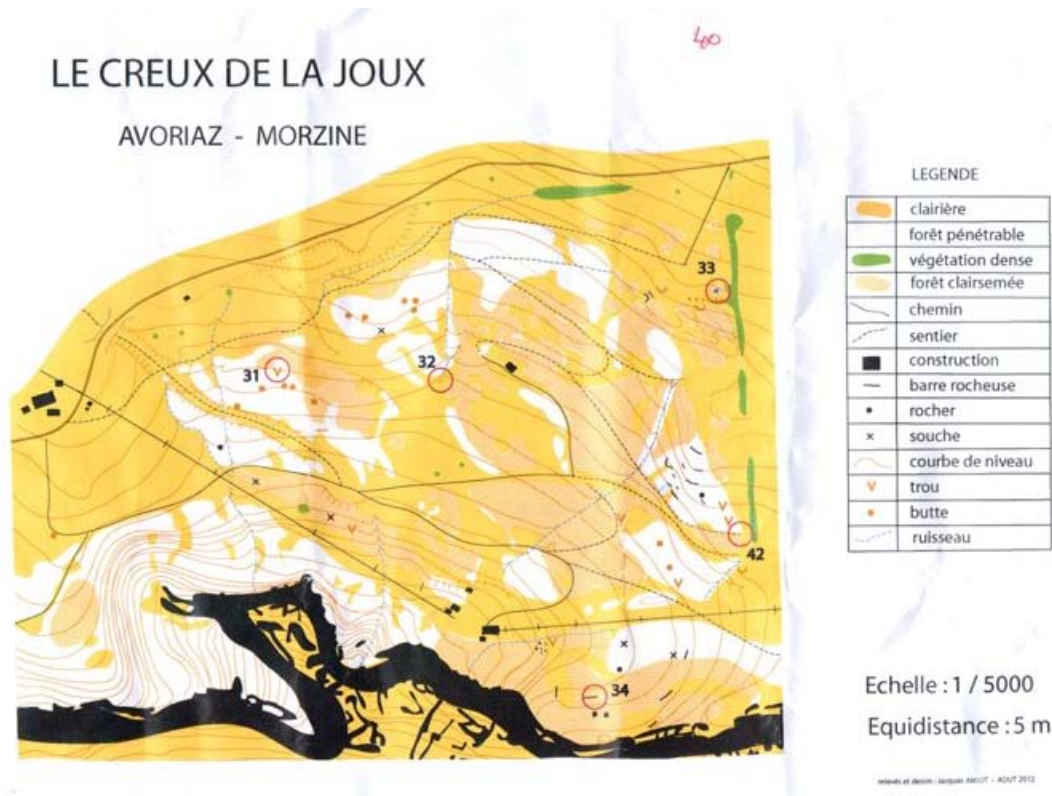
This is a small event which offers just 2 courses, a Short Score - 4hrs 30mins each day and a Long Score - 6hrs both days. Eamon and I decided to compete in the short score with only 2 other teams. The long score had but only 25 teams and a large chunk of those were from the UK. The whole weekend was wonderfully relaxed, there was a mass start at 10.30am for the long score and we started 15 mins later. We had a bit of a surprise when we opened our map – no north south lines, apparently this is normal and you just assume north is the top edge of the map. The control circles were marked on the map and had different values. We planned our route to maximise our score and reach the overnight camp within time.



The Saturday was warm and sunny and we had amazing views across the Alps. We crossed the border into Switzerland for some of our controls, I did have to suppress the urge run over the hills, arms open wide, singing 'The hills are alive with the sound of music...' for Eamon's sake really! The overnight camp (D on the map) known as the bivouac, was in a meadow next to a small bar & restaurant which was hosting a Swiss style tea dance when we arrived. To reach download we had to dodge the waltzing ladies

and while drinking our beer we were serenaded by yodelling – yes, we were able to buy beer! From our tent we watched a large herd of goats being brought down the mountainside by a dog and the cows wander in for milking. Later in the evening a huge bonfire was lit, we all gathered round and chatted and, as if we weren't relaxed enough, the organiser of the event produced a bottle of Chartreuse to share. (It's definitely not like that on the UK OMM!!)

The weather on the second day started fine but soon it was drizzling, then it started to rain and by the time we crossed the col at 2219m, (control 78) the mist had come in. A big change from the previous day. Most of the controls were worth 10 points on Sunday plus there was an optional 'sector' which we chose to visit. The optional sector was on an additional map at 1/5000 scale, given to us at the start. The 5 controls in the sector were trickier to find and, interestingly, were on the golf course. We crossed several fairways – looking both ways in case of flying golf balls and climbed over many electrified fences with only one shock. Fortunately, because the weather was so wet, there were very few golfers out! The lines on the map that look like telegraph wires are actually ski lifts.



It was 24°C when we left Avoriaz on the Saturday and when we got back to Avoriaz on Sunday it was down to 12°C, so we didn't hang around at the finish but headed back to car, got changed and drove down to Le Gets for warmth and a lovely meal.

Next year's French OMM is being held in the Vosges, an area of lakes and small mountains north of Mulhouse. It is much closer than the Alps and probably a 6 hour drive from Le Harve. I would recommend this event as a good introduction to mountain marathons, it is a serious challenge (we climbed nearly 1000m on both days) with a wonderful informal atmosphere, but with a few quirky bits that make it fun.

Badbury Rings

8 September 2014

Badbury Rings is an Iron Age hillfort just north of the B3082 Blandford Forum-Wimborne Minster road. The site dates from around 800 BC. It was in the territory of the Durotriges and in use until the Roman occupation of 43 AD. A Roman temple was located immediately west of the fort and there was a Romano-British town known as *Vindocladia* a short distance to the south-west. Five Roman roads including those to Durnovaria (Dorchester) and Sorviodunum (Sarum) formed a complex junction on its north side.

The area now forms part of the Kingston Lacy estate and is under the guardianship of the National Trust. The site has been restored to light grazing land as this has for centuries played an important role in establishing wildflowers and herbs.

The site was first mapped for orienteering by John Warren of Wimborne Orienteers in 2014 and the first event was a WIM/WSX club evening staged in sunlight on 8 September. A Score course and three Cross Country courses were offered, and over 50 competitors enjoyed fast running in this splendid area of open grassland adjoined by a small wood.



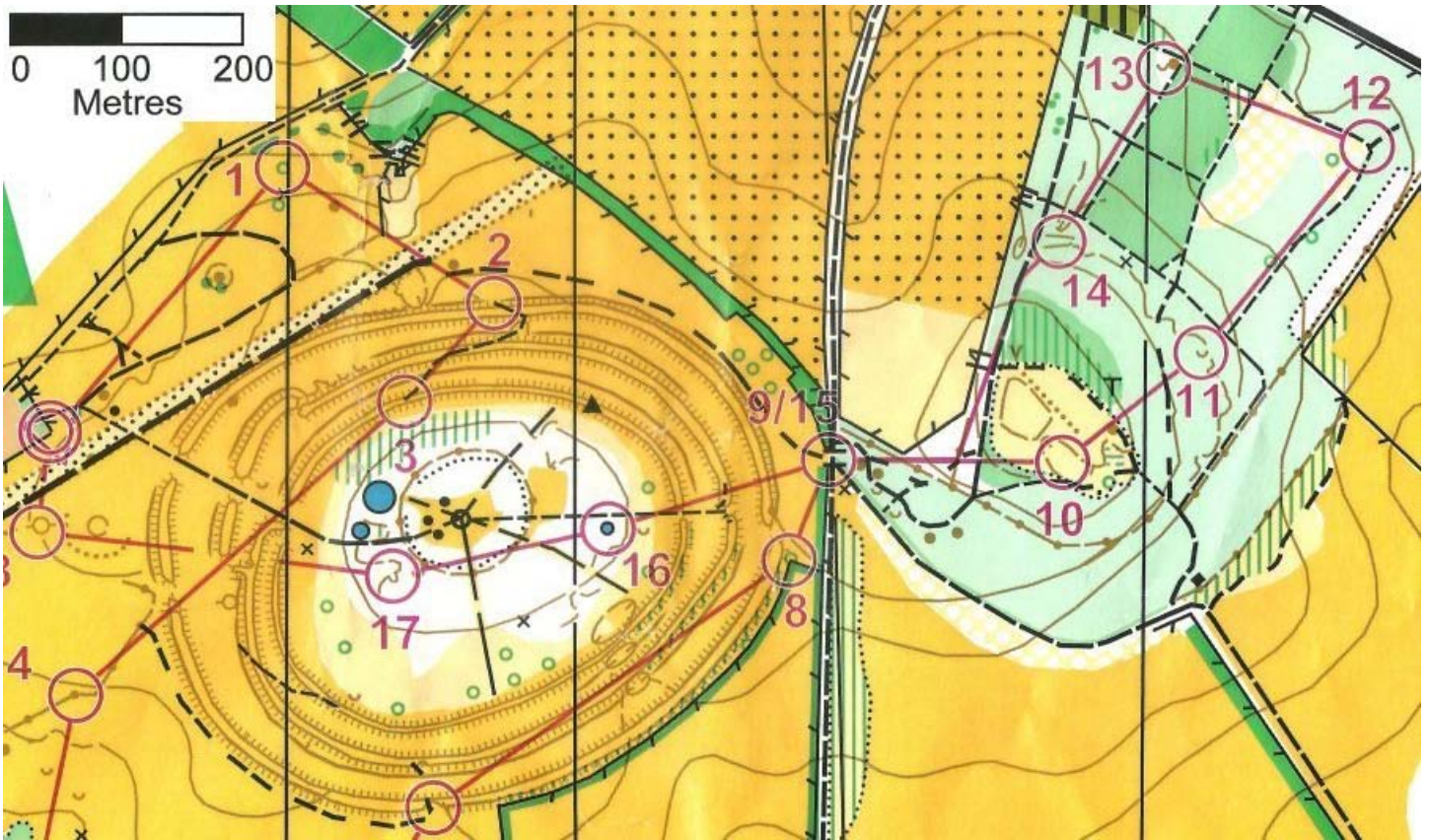
A view of the ramparts from the south west



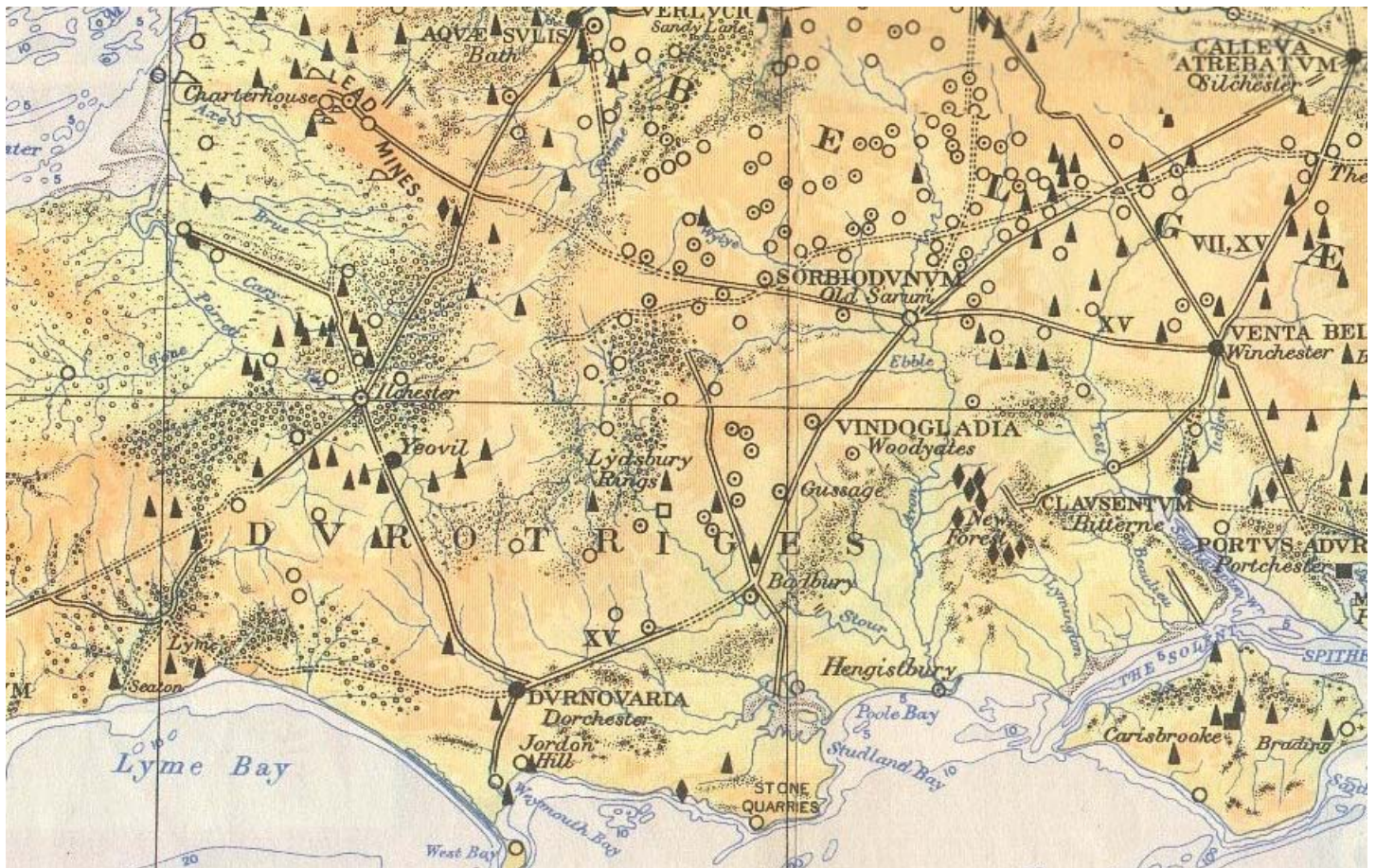
The entrance of the hill fort



A busy scene at Assembly



Part of the Long Harder course, 2.8km. Badbury Rings hill fort is centre west; High Wood is to the east.



Extract from Images of the map of Roman Britain 2nd Edition published by Ordnance Survey.



Orienteering in DORSET

September - November 2014

Looking for a local club?

Wimborne Orienteers covers most of the Dorset area outside Poole & Bournemouth.

www.wimborne-orienteurs.org.uk

Wessex Orienteering Club covers the Poole, Bournemouth & Christchurch area

www.wessex-oc.org

Sarum Orienteering Club covers the South Wiltshire (Salisbury) area and North West Hampshire (Fordingbridge/Romsey) area. <http://www.sarumo.org.uk/>

LOCAL ORIENTEERING EVENTS OPEN TO ALL – Sept - November 2014

WSX organise a weekly training session at Bournemouth University on Tuesdays – meet at the University Sports Centre at 5.45pm ready to run at 6pm. Changing rooms and showers available.

Forthcoming events

September

Monday 8th Sept: Wimborne and Wessex Monthly Club Evening at Badbury Rings near Wimborne. 6.30pm start. All welcome. See www.wimborne-orienteurs.org.uk for details. Summer League event 8

Wednesday 17th September: Royal Signal/WIM Club Evening Club Evening at Blandford Camp. 6.00pm start. All welcome. See www.wimborne-orienteurs.org.uk for details. Summer League event 9
For this event you need to pre-enter and photo ID required on the night.

Sunday 28th Sept: Wimborne Orienteers Informal and Dorset Schools event at Gore Heath, Wareham Forest. 10.30pm start. All welcome. See www.wimborne-orienteurs.org.uk for details.

October

Sunday 5th Oct: SARUM Orienteering Club Galloping and Dorset Schools event at Everleigh, Wiltshire. 10.00am – 12.30pm starts. All welcome. See <http://www.sarumo.org.uk/index.html> for details

Monday 6th Oct: Wimborne and Wessex Monthly Club Evening at Littledown Sports Centre, Bournemouth. 6.30pm start. All welcome. See www.wessex-oc.org for details.

Sunday 12th Oct: Wessex Orienteering Club Regional event at Bisterne Close, New Forest. 10.30am – 12.30pm starts. See www.wessex-oc.org for details. All welcome and limited entry on the day.

Saturday 18th Oct: Wimborne Orienteers Informal and Dorset Schools event at Hyde and Gorley Commons, New Forest. 12.30pm start. All welcome. See www.wimborne-orienteurs.org.uk for details.

November

Monday 3rd Sept: Wimborne and Wessex Monthly Club Evening at Sherborne, Dorset. 6.30pm start. All welcome. See www.wimborne-orienteurs.org.uk for details. Wessex Night League event

Saturday 8th Nov: SARUM Orienteering Club Informal and Dorset Schools event at Bulford Ridge, Wiltshire. Afternoon event. All welcome. See <http://www.sarumo.org.uk/index.html> for details. Also MTBO in morning.

Monday 10th Nov: SARUM Orienteering Club - Wessex Night League event at Salisbury, Wiltshire. 6.30pm start. All welcome. See <http://www.sarumo.org.uk/index.html> for details

Thursday 13th Nov: Southampton Orienteering Club – Wessex Night League event at Southsea Sea Front – evening event. See <http://www.southampton-orienteurs.org.uk/> for details

Saturday 15th Nov: Southern Night Championships and Wessex Night League event at Silchester Common near Basingstoke. See <http://www.bado.org.uk/> for details

Saturday 22nd Nov: Wimborne Orienteers Informal and Dorset Schools event at Golden Cap near Bridport, Dorset. 12.30pm start. All welcome. See www.wimborne-orienteurs.org.uk for details. Also Wessex Night League event.

Mike's eNews – 29 August 2014

National Office relocation

I'm now able to confirm that we will be moving into the new office at the end of September and will let you know the details in due course. Probably the biggest disruption is that the telephone number will definitely be changing as the new office is in a different exchange area unfortunately. The cost of taking the number with us would be an on-going cost and we've decided to go with our cost saving strategy and accept the change to our number from the end of September.

Staff Update

We interviewed for the Marketing Manager role last week and expect to be communicating the outcome to you via a news item next week. I can say that with over 50 applicants there was an interesting field and the 5 we interviewed all had a lot to offer. It is a position that we would love to have an orienteer fill, unfortunately there were only a couple of applications from our membership and the practicalities of the role being office based disappointingly ruled those out.

Caroline has now left with yesterday, Thursday 28 August, being her last day at work. After her fantastic Bronze Medal success at the Commonwealth Games she will be off to the World Championships shortly before taking up her new position. We'll miss Caroline and her inputs greatly but are excited at the prospect of having a full time Marketing Manager working out of the National Office.

The Performance Manager role is still being advertised with a closing date of the end of August. As stated previously the role is "To take a lead role within the organisation in developing and delivering a robust, effective Performance Pathway focussed on creating sustained podium success at the World Orienteering Championships." This is a full time role, funded by Sport England as a part of their 'Talent' initiative.

There remains time for applications to be made if you know anyone that has the skills and knowledge and might be interested.

Club & Association Conference

A reminder to put the Conference in your club diaries for Saturday 25th October at the NFU Mutual headquarters near Stratford-upon-Avon. Further details will be sent out shortly but the focus will be around 'Local Events'.

We've had a couple of ideas from clubs about issues they would like addressing at the Conference and our agenda will include these.

Web database

Just a brief note to say that we are making a few more reports available to clubs shortly. You can see from the table below that as club officials you can now obtain a lot of data about your club – hopefully it will save you some time and enable you to report back to your members.

Report for the club	Chair	Secs.	Member Secs.	Treasurer	Fixture Secs.
View membership reports	✓	✓	✓		
Lapsed Membership Report					
Current Membership Report					
Statistic Reports					
View membership return	✓		✓	✓	
View qualifications & licences	✓				✓
View incentive report	✓	✓	✓		
View event reports				✓	✓
Event Officials					
Event Maps					
Event Postcodes					
Number of Events/Activities					
Event Participation					
Levy Report					
Levy Summary					
View event levies				✓	✓
View results					✓
View activities				✓	✓
View activity reports					✓
View PDF User Guides				✓	✓

Talent & Performance

We've just started a review of our 2014 performances and programmes and will shortly be having a meeting to discuss and identify what went well and what we can work on to improve.

The review includes asking the athletes and staff that have worked with them for their views. I'm strongly of the opinion that they are a great resource and should be included in the discussions about the programmes. At the moment I'm currently 'filling in' for the Performance Manager until a person is appointed to the role. After discussions with a number of people including Bob Dredge, Chair of the Talent & Performance Steering Group, it's my intention to take the decisions required to ensure 2015 is effectively planned and delivered. This will enable the person appointed to the Performance Manager role to have opportunity to review the programme more thoroughly and give them a little 'space' to consider the decisions required to plan the longer term programme.

In carrying out this review, it's unlikely that we will come to a simple or single answer that explains how we can improve our performance at WOC or in our junior competitions. Rather, I think a combination of short- and long-term factors may be identified which will enable us to improve our performances. I'm clear that there will be some strong views expressed and that different people will have different perspectives on our performances and programmes.

As this work develops we will be providing regular updates to members.

Fitness Warehouse

Peter Buckley our Commercial Manager has recently set up a partnership between British Orienteering and FITNESS WAREHOUSE UK who are industry leading in the supply and installation of home & commercial quality fitness equipment. Their services offer everything from an easy online ordering facility to a more one2one technical product advice service, you may want to learn more about building your core stability or be thinking about the installation of a new treadmill.

An eFlyer will be available on the web site version of the eNews and shows just a quick cross section of the equipment they offer which is high quality at very reasonable prices.

You can view their full range at www.fitnesswarehouseuk.com and watch a range of detailed product videos or call the team on 01772 653206 for a more personal service.

Everyone ordering before the end October 2014 will receive an extra 10% CASHBACK on orders over £500. Please email peter.buckley@britishorienteering.org.uk with your order date and product & personal details and he will arrange for a cheque to be sent out to you.

Kind regards,

Mike

Mike Hamilton

Chief Executive, British Orienteering

Phone 01629 734 042

Mobile 07966 305800

Promoting our club.

There are many club members who are busy running taster sessions in orienteering for schools, clubs, companies and individuals. The summer term is particularly busy and we have been into schools across the county, from Shaftsbury to Fordingbridge.

The aim of these sessions is to introduce the excitement and challenges of our excellent sport and to promote our club. We hand out flyers for forthcoming events with our website details and hopefully recruit some new members.

Just recently the club has bought polo T-shirts with the WIM logo on. The T-shirts mean we stand out in the crowd and can be recognised as the people who can be asked for help, which is particularly important when helping children.

The T-shirts are very smart, navy blue with the WIM logo in bright red on the front.

Ordering leisurewear with the WIM logo

The company that the T-shirts came from has a copy of our logo on it's computer. This means that you can order any of its products and ask for the WIM logo to be added. The advantage of this company is that we do not have to order in bulk, they will accept orders for 1 item.

So if you were thinking of getting some clothes for before or after your orienteering run, have a look at their web site first. There are many T-shirts, fleeces, sweatshirts, hoodies, caps, etc to choose from. They come in a range of shapes, sizes and colours. The most popular colours and items ordered so far by WIM members are sweatshirts and hoodies in blue or grey. There are plenty of other colours available, including the more traditional burgundy and gold. The logo can be embroidered in any colour.

How to order sportswear with the WIM logo:

Visit the shop which is on a small industrial estate near Chichester

Game Set & Match (Chichester) Ltd

Unit 1, Beaver Trade Park

Quarry Lane, Chichester

West Sussex PO19 8NY

or

Visit the shop's web site www.gsam.co.uk (not the most user-friendly site) and search for the catalogue

Link for the catalogue - <http://gsam.clothingrange.co.uk/catalogue.asp>

It is better to order over the phone 01243 538800 or via e-mail, gameset_match@btconnect.com

Ask for the Wimborne orienteers logo.

They will charge for postage and packing from £3.50 - £6.00 depending on weight.

The orders usually take 1-2 weeks to complete.

I am happy to coordinate a group order. If you are interested, let me know what you would like by 15th September. I will place the order and collect them.

Kirsty Staunton

thestauntons@aol.com

Previous orders with the design code in brackets -

Navy polo shirt (539M) £13.50 - this is the men's version, women specific designs are also available.

Hoodies (575M) £19.00 - the pale grey colour is called Oxford

Sweatshirt (262M) £16.50

WIMBORNE CLUB LEAGUE 2014

- A SOC SCOA League, Ocknell & Sluffers, 12 January
- B NWO SW Galoppen, West Woods, 19 January
- C QO SW Galoppen, Castle Neroche, 2 February
- D SARUM Saunter, Great Ridge, 9 March
- E WIM Winter Warmer, Ringwood Forest, 16 March
- F WSX Galoppen, Rushmore, 6 April
- G BOK Trot, Trellech Common, 13 April
- H SARUM Galoppen, Bulford Ridge, 17 May
- I Tamar Triple Day 1, Fernworthy, 24 May
- J Tamar Triple Day 3, Cookworthy, 26 May
- K Caddihoe Day 1, Blakeney Hill, 13 September

Place	Name	Class	A	B	C	D	E	F	G	H	I	J	K	Points (best 6)	No of evnts
1	R Hills	M80	94			81	100	80		67				422	5
2	C Branford	M65				80	100	82			80		78	420	5
2	S Horsler	M45			73	83	100	78		86				420	5
4	R Brightman	M70	64	64		72	67	66		62	63		61	396	8
5	M Cross	M65	75	62		81	78	76						372	5
6	K Henderson	M70				72	62				73	70	81	358	5
7	M Kite	M65		51	54	58	62	56	52		44	50	43	333	9
8	J Warren	M75	52	44		53	80	45		49		42	49	328	8
9	R Moore	M55	60	54			71	66		42				293	5
10	J Shucksmith	M60				59	72	61		66				258	4
11	K Pickering	M60						67		67	63	57		254	4
12	A French	M45	80				75	74						229	3
13	C Turner	M50	71			66	75							212	3
14	D Bland	M75	52			51	52	50						205	4
15	M Christopher	M55				57	68	52						177	3
16	D Isaacson	M50					51	65		46				162	3
16	D Tonge	M75	60				50	52						162	3
18	M Bentley	M45		73			79							152	2
19	G Robinson	M45	66				64							130	2
20	E Staunton	M55					47	65						112	2
21	P Harvey	M40						67					42	109	2
22	R Keighley	M65				48	54							102	2
23	K Mitchell	M70					40	58						98	2
24	M Grixoni	M55			36	54								90	2
25	P Cooper	M65					69							69	1
26	T Bridle	M70						60						60	1
27	N Smith	M50					59							59	1
28	B Hodge	M50					58							58	1
29	S Branford	M35									44			44	1

1	W	Bullen	W45		75		89	93	88			62	71		478	6
2	S	Calland	W35	69	59	57	69		63		74	66	56		400	8
3	S	Hands	W65	100	100		100							78	378	4
4	R	Ellis	W21	77			73	76	64			61			351	5
5	K	Pike	W50	66	50		65		61			47	49		338	6
6	T	Horsler	W45				83	80	80		61				304	4
7	N	Miller	W45				94	97	84						275	3
8	B	Warren	W80	50	47				58			55		40	250	5
9	L	Branford	W60	74					93			82			249	3
10	K	Staunton	W55				100	80	66						246	3
11	K	French	W45	58				80	67						205	3
12	G	Cross	W65	67			68		63						198	3
13	J	Pickering	W21	76								63	56		195	3
14	J	Stanley	W65	69	56		63								188	3
15	N	Crawford	W70	97	81										178	2
16	J	Bland	W75	41			25	65	44						175	4
17	M	Spillar	W35		83		79								162	2
18	S	Newman	W50	44				60			45				149	3
19	C	Christopher	W60				66	64							130	2
20	D	Mays	W50					54	58						112	2
21	H	Pickering	W60						47		45				92	2
22	M	Kite	W65					61							61	1
23	W	Heard	W45					50							50	1
24	P	Marshall	W45					48							48	1
24	W	Stella White	W65					48							48	1
26	D	Gannon	W55								44				44	1
27	S	Madgwick	W40					42							42	1
28	N	Harvey	W40											41	41	1
1	D	Whittingham	M12		68	62			53		70				253	4
2	M	Jones	M12	73				70	66						209	3
3	O	Miller	M10				100	51							151	2
4	B	Miller	M10				92	51							143	2
5	N	Cleland	M16				29	43	46						118	3
6	R	Munday	M14					85							85	1
7	F	Smith	M16		82										82	1
1	E	Horsler	W12			70	44	70	55		54				293	5
2	S	Horsler	W14			44	68	47	57		67				283	5
3	R	Whittingham	W16		56			64	59		63				242	4
4	G	French	W10					20	39						59	2
5	C	Slade	W10					20							20	1