

THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 2nd March at 20:30pm at TRFC. If you have any points for discussion or would like to attend, please email secretary@avonvalleyrunners.org.uk.
- **AVR Imber Ultra** – 6th March – event FULL - marshals needed please
- **AVR 5x5** - 7th April, 5th May, 2nd June, 7th July (all Thursdays) [Online entries here.](#)
- **Westbury 5k** – 10th May, 14th June, 12th July (all Tuesdays) [Online entries here.](#)

Peter Chappel

This month, we are sad to learn of the passing of Peter Chappel, an early member of the club. Many thanks to our Vice President, **Bob Washbourne** and **Rosemary Barber** for the following information about Peter:

I knew Pete for many years - as far as I can remember he was a member of Trowbridge Athletic Club before AVR formed. Pete grew up in the outskirts of North London and did an engineering apprenticeship with one of the leading aircraft manufactures. We used to have many conversations about old motorbikes (a common interest) and life growing up in the London suburbs. Pete went on to be a lecturer in Engineering at Bath University, then working for a Norwegian company that built wind turbines.

Pete initially regularly attended the club's Thursday night sessions before ill health restricted him. He was a sprinter and tried to always turn up for the "mile". Pete's ill health has lasted many years and I first started visiting him in hospital then at his home. Although in considerable discomfort he remained optimistic and cheerful. – Bob

[He] never enjoyed the best of health, suffering from spondylosis, the same as Stan Farr, but he loved to run, and enjoyed being part of AVR. I only ever saw him on a Wednesday afternoon, when we did our 2 mile speed session along the canal between Elbow Bridge and Winsley Bridge and also doing a few timed hills. Afterwards, we would usually end up in The Lock Inn for Tea. - Rosemary

New Club Records

It's been a busy month for club records, with 4 being broken by Diane Hier and Jackie Rockliffe. Congratulations to both ladies! A comprehensive list of all club records can be found on the website [here](#).

Diane FV60 records

5km, Street 5km – 22:01
10km, Longleat 10km – 46:58
10 miles, Wiltshire 10m – 1:14:41



Jackie FV50 records

10 miles, Wiltshire 10 – 1:07:26



AVON VALLEY TRIATHLETES

There is a new home for AVT news.

All AVT information will now be in a new publication available on the closed Facebook page or on the main website.

Check out the new Twitter feed, [@AvonValleyTri](#)



Presentation Evening 2022

This year's event took place on Saturday 5th February 2022 to celebrate all of our successes from 2021. Huge thanks go to the working group (*right*) for organising the event and also to **Martin Bull** for taking time out of his evening to take all of the photographs. A video of many of these great pictures is now on our YouTube channel [here](#).



Congratulations to all of our winners, listed below, who received their awards from Chairman, **Richard Newman** and President, **Denise Ellis**.

AVR Race Series (pictured below)

Lady
3rd lady **Paula Farrell**
2nd lady **Jo Farion**
1st **Diane Hier**

Men
3rd Male **Peter Campbell**
2nd Male **Stuart Arguile**
1st Male **Tim Burrell**



Adewale Kadiri Most Improved Male	Laura Waterhouse Most Improved Female	Ed Knudsen Outstanding senior Male
Bethan Francis Outstanding Senior Female	Rich Harding Outstanding MV40	Jo Farion Outstanding FV40
Tim Burrell Outstanding MV50	Jackie Rockliffe Outstanding FV50	Phil Harding Outstanding MV60

Pauline Bradley Outstanding FV60	Stuart Arguile Outstanding MV70	Rosemary Barber Outstanding FV70
Anthony Hickson Outstanding MV80	Terri Duddy Tony Bartlett Perseverance award	Vicky Bodman The Bomb
Carrie Almeida Volunteer of the year	Samantha Parry Club Beginner of the year	Chris Redshaw Most Promising Athlete of the year

Club Championship

Quickest combined times of half marathon, 10k and 5k in 2021

Ladies SEN - Emily Dye FV40 Annalie Ibison FV50 Jackie Rockliffe FV60 Pauline Bradley FV70 Rosemary Barber	Men MV50 Tim Burrell MV60 Andrew Jefferies
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Stan Farr Boxing Day winners- First Male Mike Towler First Lady Jackie Rockliffe	AVT Inspire and Motivate award - Chris Walford	David Griffiths "Members Member" - Sean Price
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Goofy - Kat Taylor-Laird (pictured)	Race Face - Martin Russam (pictured)
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Goal Getters awards

The GG initiative is to inspire and motivate members to set and achieve their running goals while encouraging them to try something new as well. Below is a list of all of the GG achievers who received their medal at the presentation evening from their mentors.



Liz Mason Mentor: Debbie Ellis Challenge Bronze Bronze Award	Elizabeth Morris Mentor: Steve Jeffries Championship Bronze Bronze Award	Simon Woodhead Mentor: Fiona Price Championship Bronze Bronze Award	Jen Natrass Mentor: Andrew Jefferies Challenge Bronze Bronze Award
Jay Sims-Bagshaw Mentor: Vicky Bodman Challenge Silver Silver Award	Fiona Newman Mentor: Chris Walford Challenge Silver Silver Award	Sandra Sharratt Mentor: Fiona Price Challenge Silver Silver Award	Holly Newman Mentor: Hayley Southgate Championship Silver Silver Award
Chris Walford Mentor: Vicky Bodman Challenge Silver Silver Award	Vicky Bodman Mentor: David Bagshaw Challenge Gold Gold Award	Sean Price Mentor: Hayley Southgate Challenge Gold Gold Award	Jen Buckle Mentor: Tina Towler Challenge Gold Gold Award
Emily Dye Mentor: Martin Russam Challenge Gold Gold Award	Emma Day Mentor: Paul Hosking Championship Bronze Challenge Bronze Double Bronze Award	Hayley Southgate Mentor: Anne-Marie Gibson Championship Bronze Challenge Bronze Double Bronze Award	Sara Robert Mentor: Richard Newman Championship Bronze Challenge Silver Bronze/Silver Award
Martin Bull Mentor: Anna-Marie Watson Championship Silver Challenge Bronze Silver/Bronze Award	Kat Taylor-Laird Mentor: Michael Guy Championship Silver Challenge Silver Double Silver Award	Carrie Almeida Mentor: Clare Wood Championship Silver Challenge Silver Double Silver Award	Sharon Firkins Mentor: Helen Donnelly Championship Bronze Challenge Gold Bronze/Gold Award
Caroline Scott Mentor: Chris Walford Championship Gold Challenge Silver Gold/Silver Award	Stephen Clark Mentor: Michael Guy Championship Gold Challenge Silver Gold/Silver Award	Ben Phillips Mentor: Martin Russam Championship Gold Challenge Silver Gold/Silver Award	Sally Frawley Mentor: Vicky Bodman Championship Gold Challenge Gold Platinum Award
Laura Waterhouse Mentor: Sarah Jeffries Championship Gold Challenge Gold Platinum Award	Hayley Anderson Mentor: Douglas Marr Championship Gold Challenge Gold Platinum Award	Martin Russam Mentor: Kat Taylor-Laird Championship Gold Challenge Gold Platinum Award	Annalie Ibison Mentor: Martin Russam Championship Gold Challenge Gold Platinum Award



Raffle winners

An amazing array of raffle prizes were available to win on the night thanks to a number of donators. Thank you to those who donated or sourced them from companies. Below are some of the winners enjoying their prizes.



Diana Hier – Scimitar Funky Collection £50 voucher



Fiona Newman – Proviz running top



Fiona Price – Running Guy top



Michael Guy – pet portrait by Daryl Gibson Artist



Rosemary Barber – runr snood



Nicky Applegate and Vicky Bodman with leggings by Lottie and Ted

AVR Results

Avon Valley Runners results 2022 are now live on the club website. Please email your results for inclusion to results@avonvalleyrunners.org.uk. The deadline for results to be submitted from any races completed in January is the 28th February and for any races completed in February is the 31st March. Unfortunately, any results submitted after these deadlines will not be included. When submitting results, please include the following information:

- Race Date
- Race Name
 - Distance
 - Finish Time
 - Position
- Category Positions
 - Prizes
- Personal Bests
- Club Records

Thank you - The Results Team

Alzheimer's donation

Our Over the Hills Race in November last year also raised money for our chosen charity of Alzheimer's Support. This month, Race Director **Jay Sims-Bagshaw** along with **Tina Vivian** presented the charity with a cheque for £1000 from the event.



Alzheimer's Support @AlzheimersSupp · Feb 18

Huge thanks to @AvonValleyRun and everyone who took to the hills for us. Your support makes such a difference and is so appreciated #OvertheHills #charity #dementia

New day time interval session

STARTING WEDNESDAY MARCH 2ND @ 12.30pm ON THE TRACK AT TRFC.

The sessions will be planned by club coach, **Fiona Price** and delivered by two qualified run leaders.

You can now book onto the sessions on the Run Together app [here](#).

Please cancel on Run Together

If you cannot make a run session for whatever reason, please cancel your place using the Run Together App so that spaces can be made available to others. A tutorial on how to do this is available from Sean Price on the members' only Facebook page [here](#).

AVR Youth – by Sara Robert

The youth section of the club is currently undergoing a re-branding to become AVR Youth with lots of exciting things planned for the future.

The AVR youth section is really beginning to develop. The beginning of the year saw **Rich Ayling** return as a qualified youth coach and join our coaching team. We now have a great group of coaches and leaders all working together to take AVR Youth forward.

We have had some great success in cross country with **Will Smith** (U13 boys) qualifying for both inter county and English schools nationals. **Jess Hiscock** (U17 girls) qualified for inter county nationals. **Dylan Neale** (U15 boys) qualified for the inter-county and English schools nationals.

The inter counties cross country takes place at Loughborough on 12th March. English schools nationals 19th March in Kent.

We also had some great performances at this month's Gwent Cross Country race at Blaise castle, Bristol which saw 6 of our young athletes competing in very challenging conditions with wind, rain and of course lots of mud.

Will Smith was first to run in the U13 boys category and finishing in 8th. The U15 boys were next to go with **Dylan Neale** (15th), Toby Orr (32nd), **Daniel Lewis** (42nd) and **George Sawyer** (50th) giving their all. The penultimate race of the day saw **Jess Hiscock** run the U17 girls race finishing 25th. True grit and determination from all!!

As a coaching team we could not be more proud of all our young athletes!



AVR Westbury 5k series

This popular fast and flat 5k series is back for 2022 comprising of 3 laps around Westbury Trading Estate. **Andrew Jefferies** is the new Race Director for the events happening on Tuesdays over 3 events: 10th May, 14th June and 12th July. Entries can be purchased [here](#) and offers to volunteer can be sent directly to Andrew at Basil123andrew@gmail.com.



AVR 5x5 series

This 5km event takes place in the charming village of Steeple Ashton from the local pub (we hope) along the White Horse Trail to East Town Farm and back...and it only costs £5!

Outward route

Run straight down the wide grassy track to a signpost on the left. Cross the field to a wooden bridge, cross that and turn right. Keep straight on along the right hand side of the field. The route then proceeds along a winding trail which arrives at a junction. Turn right and start a gentle climb up to the farm, turn right (passed it) and run to the turning point where you will be instructed by a marshal to return along the same route and finishes just outside the pub!



Of course the terrain is different each month varying from dry, through wonderful green scenery, to lots of mud. Nettles have even been known towards the end of the season.

Taking place on 7th April, 5th May, 2nd June, 7th July (all Thursdays). Start is at 19:00. [Online entries here](#).

If you would like to volunteer for the 5x5, please get in touch on offroad@avonvalleyrunner.org.uk.

Wiltshire and AVR Off-Road leagues 2021/22

The Wiltshire Off-Road Race League (WORL) is an annual series of races for all runners from clubs affiliated to Wiltshire Athletic Association. These races are Off-Road, meaning they are mostly gravel path, woodland, fields etc. There will usually be road sections. Expect these races to be hilly and potentially muddy. The races are selected by the XC and Off-Road secretaries. There are typically eight races in a season which runs from autumn to the following spring.



**Wiltshire
Athletic
Association**

WORL races selected as qualifying races for 2021/22:

- ~~1. Sunday 17th October – White Horse Gallop~~
- ~~2. Sunday 21st November – Avebury 8~~
- ~~3. Sunday 28th November – Yarnbury Yomp 10k~~
- ~~4. Wednesday 29th December – Plain Crazy~~
- ~~5. Sunday 16th January – Slaughterford 9~~
- ~~6. Sunday 6th February – Lungbuster~~
- ~~7. Sunday 13th February – SMaRTT Smasher 10k~~
- ~~8. Sunday 27th February – Terminator~~



This year (January to December) the AVR Off-Road League will be returning to the format promised for 2020, keeping the Wiltshire League and the Gwent league events. There will eventually be 20 races from which to choose including all of the WORL races for 2022 and all the Gwent League races for 2022, plus other events which may include some races further afield to add variety to the choice. Only your best eight races will count for the championship.

The first AVR runner will get 1 point, the 2nd will get 2 points and so on until all runners are accounted for. Non-runners will get five points more than the number of points of the last runner of the highest attended race. The winner will be the runner with the **least** points. Since only the best 8 races for each runner will count, you don't have to run every race however, if there is a tie for the winners then the 9th and 10th races will be taken into consideration until a winner is established.

AVR Offroad league races 2022 so far:

- ~~1. Sunday 16th January – Slaughterford 9~~
- ~~2. Sunday 6th February – Lungbuster~~
- ~~3. Sunday 13th February – SMaRTT Smasher~~
- ~~4. Saturday 19th February – Gwent League at Blaise Castle~~
- ~~5. Sunday 27th February – Terminator~~
6. Saturday 19th March – Gwent League at Singleton Park, Swansea
7. Sunday 4th April – Hanham Horror
8. Monday 2nd May – Sutton Veny
9. Saturday 21st May – Bristol 3 Peaks
10. Wednesday 22nd June – Chippenham Longest Day 10k

Lungbuster

Six members of AVR took part with **Gary MacAlister** as first AVR in 10th place in a time of 1:12:55. **Tina Towler** was the first AVR female in a time of 1:47:07.



SMaRTT Smasher

13 members took on this out and back event in Calne. It was held on the same day as the Wiltshire 10 which saw 36 members taking part so it was a very busy day for the club! At the Smasher, **Joby Hobbs** was the first AVR home in 7th place in 39:25 with **Gary MacAlister** not far behind in 8th place in 39:32. **Rebekah Carrivick** was the first AVR female in 46:23. Our wonderful Off Road Secretary, **Anthony Hickson** (pictured), took part as the one and only entrant in the MV80 category – what an inspiration!

Gwent XC

Seven AVR men took part in the mudfest at Blaise Castle in which **Mike Towler** (pictured) was the first AVR home in 11th place overall. Nine AVR ladies took part and were led home by **Jackie Rockliffe** in 23rd place overall and 4th in her age category.



Terminator

Five AVR men took part in this grueling and hilly event. The first AVR across the line was **Andrew Sharratt** in 1:53:21 and the first AVR lady was **Mel Ward-Nichols** in 2:02:40. **Pauline Bradley** was 3rd in the FV60 category in a time of 2:07:48.

AVR standings after 4 races (Terminator not added on yet)

Full results can be found [here](#).

Ladies						Men									
Posn	Name	Sex	Running Total	1	2	3	4	Men	aaa	Male	0	0	0	0	
Ladies		Female	0	0	0	0	0	1	Gary MacAlister	Male	24	2	1	2	19
1	Tina Towler	Female	19	2	1	5	11	2	Andrew Sharratt	Male	34	8	3	4	19
2	Pauline Bradley	Female	23	4	2	6	11	3	Andrew Jefferies	Male	34	6	19	3	6
3	Jilly Hobbs	Female	32	11	11	4	6	4	Michael Towler	Male	40	1	19	19	1
4	Maria Harryman	Female	34	1	11	11	11	5	Joby Hobbs	Male	42	19	19	1	3
5	Rebekah Carrivick	Female	34	11	11	1	11	6	Chris Ashton	Male	56	14	4	19	19
6	Sally Frawley	Female	34	3	11	11	9	7	Simon Williams	Male	59	19	2	19	19
7	Jackie Rockliffe	Female	34	11	11	11	1	8	Niall Thorne	Male	59	19	19	19	2
8	Jolene Farion	Female	35	11	11	2	11	9	Douglas Watkinson	Male	60	3	19	19	19
9	Veryan Cranston	Female	35	11	11	11	2	10	Ian Dobson	Male	61	4	19	19	19
10	Jennifer Ford	Female	36	11	11	3	11	11	Chris Suter	Male	61	19	19	19	4
11	Leah Sartain	Female	36	11	11	11	3	12	Stuart Arguile	Male	62	5	19	19	19
12	Helen Farion	Female	37	11	11	11	4	13	Alex Fearon	Male	62	19	19	5	19
13	Hayley Southgate	Female	38	5	11	11	11	14	Chris Redshaw	Male	62	19	19	19	5
14	Diane Hier	Female	38	11	11	11	5	15	Anthony Hickson	Male	63	19	19	6	19
15	Nicole Jackson	Female	39	6	11	11	11	16	Michael Stynes	Male	64	7	19	19	19
16	Sharon Firkins	Female	40	11	11	7	11	17	Colin Sawyer	Male	64	19	19	19	7
17	Paula Farrell	Female	40	11	11	11	7	18	Peter Jobson	Male	66	9	19	19	19
18	Fiona Gibbs	Female	41	11	11	11	8	19	James Crawford	Male	67	10	19	19	19
								20	David Bagshaw	Male	68	11	19	19	19
								21	Richard Blissett	Male	69	12	19	19	19
								22	Richard Southgate	Male	70	13	19	19	19

Wiltshire league standings after 7 races (Terminator not added on yet)

Full results can be found [here](#).

Runners highlighted in **yellow** are the current age category leaders.

Division One		WORRL 2021/22			
Position	Team	Total Pts	Score	M	F
1	CHIPPENHAM HARRIERS A	120	6425	3137	3288
2	ROYAL WOOTTON BASSETT HOUNDS RC A	106	4541	2651	1890
3	CORSHAM RUNNING CLUB A	105	4449	2616	1833
4	CHIPPENHAM HARRIERS B	102	4307	2564	1743
5	AVON VALLEY RUNNERS A	101	3968	2181	1787
6	CALNE SMARTT A	90	2908	1663	1245
7	CALNE RUNNING CLUB A	87	2665	1108	1557
8	TEAM BATH ATHLETIC CLUB A	87	2390	955	1435
9	DEVIZES RUNNING CLUB A	85	2608	1605	1003
10	AVON VALLEY RUNNERS B	56	1358	797	561

Ladies

Name	Cat	Club Name	Total
1 MICHELLE MAXWELL	FV40	CHIPPENHAM HARRIERS	595
2 EMILY GRIFFITHS	FSEN	TEAM BATH ATHLETIC CLUB	592
3 LILIANA SOTO	FSEN	CHIPPENHAM HARRIERS	562
4 Juliette HATT	FV40	CHIPPENHAM HARRIERS	477
5 JULIA MADDOCKS	FV40	CHIPPENHAM HARRIERS	464
6 SUSAN MACKIE	FV50	CORSHAM RUNNING CLUB	439
7 Tina TOWLER	FV60	AVON VALLEY RUNNERS	403
8 Michelle COVENEY	FV40	CALNE RUNNING CLUB	403
9 YUKA MORRELL	FV40	CORSHAM RUNNING CLUB	370
10 Samantha KELLY	FV50	Royal Wootton Bassett Hou	361
11 KERRY LINDE	FV40	CHIPPENHAM HARRIERS	344
12 Dawn MCCAFFERTY	FV50	ROYAL WOOTTON BASSETT	341
13 Sarah CRITTLE	FV40	DEVIZES RUNNING CLUB	339
14 NICOLA JAMES	FV50	CHIPPENHAM HARRIERS	305
15 Rebecca BOLLEN	FSEN	Calne Running Club	274
16 Frances Machin	FV40	Royal Wootton Bassett Hou	256
17 Jennifer COLLEY	FV40	Calne SMarTT	253
18 LYNDA BENNETT	FV40	CHIPPENHAM HARRIERS	253
19 JULIE BEAN	FV40	CHIPPENHAM HARRIERS	243
20 Daphne Marion	FV60	Royal Wootton Bassett Hou	236
21 Pauline BRADLEY	FV60	AVON VALLEY RUNNERS	210
22 Heather FELL	FSEN	TEAM BATH ATHLETICS CLU	200
23 Emma Haley	FSEN	Chippenham Harriers	197
24 Cordula HURCUM	FV40	CHIPPENHAM HARRIERS	195
25 LAURA MIDWINTER	FV40	CORSHAM RUNNING CLUB	192

Men

Name	Cat	Club Name	Total
1 JAKE STEPHENS	MSEN	CHIPPENHAM HARRIERS	599
2 GARY MACALISTER	MV40	AVON VALLEY RUNNERS	570
3 SIMON RAWLINS	MV50	ROYAL WOOTTON BASSETT H	547
5 ALEX HARRIS	MSEN	DEVIZES RUNNING CLUB	508
6 RICHARD SMITH (CH)	MV40	CHIPPENHAM HARRIERS	483
7 STUART HENDERSON	MV40	CORSHAM RUNNING CLUB	479
8 DAVID MACKIE	MV50	CORSHAM RUNNING CLUB	473
4 KRIST NOONAN	MV40	CHIPPENHAM HARRIERS	467
9 NEIL PERRY	MV40	CHIPPENHAM HARRIERS	464
10 ANDY MAIDMENT	MV40	DEVIZES RUNNING CLUB	444
11 Stephen HEAVENS	MV70	ROYAL WOOTTON BASSETT H	427
12 JOHN FEERICK	MV50	CHIPPENHAM HARRIERS	421
13 Adam POWELL	MSEN	CHIPPENHAM HARRIERS	416
14 GILES ARCHER	MV40	CHIPPENHAM HARRIERS	399
15 Rohan ARCHER	MSEN	CHIPPENHAM HARRIERS	384
16 Matthew WAITE	MV40	Calne RC	383
17 MARK POWELL	MV50	CHIPPENHAM HARRIERS	374
18 Chris HUNT	MV50	Corsham Running Club	371
19 PETER BLAKE	MV40	CHIPPENHAM HARRIERS	371
20 Alwyn ROYALL	MV50	CHIPPENHAM HARRIERS	365
21 MARK SMITH	MV60	CHIPPENHAM HARRIERS	360
22 Neil TOWERS	MSEN	CHIPPENHAM HARRIERS	357
23 BALAZS NAGY	MV40	CHIPPENHAM HARRIERS	343
24 Darren MANN	MV50	Calne SMarTT	335
25 Jan BOWEN-NIELSEN	MV50	ROYAL WOOTTON BASSETT H	328

Imber Ultra



The Imber Ultra is back on the 6th March 2022. The 33 mile race is a joint venture between AVR and the Rotary Club for Westbury with proceeds from the event being given to charities supported by the Rotary Club.

Entries for the event are now closed so our attention turns to marshalling and organisation. Please contact **Richard Hudson** through the [event website](#) if you would like to be a marshal for the morning. Most runners in an ultra are self-sufficient, so we try to minimise the effort from the club, but it does mean that every marshal is vital. We would love to see you there!

Send any news, articles or achievements to news@avonvalleyrunners.org.uk.

Also check the closed Facebook page for regular news as well as emails straight into your inbox.

5k Time Trials

Most Wednesday nights at the track, there is a session held by **Sean** and **Fiona Price**. The drills and sessions are designed to improve members' speed over time by using interval training, many of which can be seen in the new club video [here](#). However, every now and again, they plan a 5k TT so members can get a benchmark of their current ability and the latest happened this month on 23rd February.

With the Youth team taking a break over half term, it meant that there was the opportunity for two TTs to take place at 6pm and 7pm with an amazing 26 volunteers who turned out to do lap counting! Thank you to each and every one of you – you created a wonderful supportive atmosphere for those taking part.

12 ½ laps of the track in both sessions saw some brilliant times from athletes of all abilities including 3 who achieved a sub 20 minute time. Well done to all 29 runners who took part.

6pm heat

Position	Person	Running
1	Chris Redshaw	00:19:29
2	Dan Coleman	00:19:41
3	Jack Prout	00:19:44
4	Alan Buttone	00:21:28
5	Andrew Jefferies	00:22:05
6	Colin Sawyer	00:22:11
7	Simon Williams	00:22:27
8	Fabrice Gagneaux	00:22:48
9	Isabella McNally	00:23:28
10	Paula Farrell	00:23:30
11	Jenny Natrass	00:24:38
12	Martin Russam	00:26:37
13	Lil Morris	00:27:36

7pm heat

Position	Person	Running
1	Jon Pittard	00:20:27
2	Veryan Cranston	00:21:27
3	Ray Pemberton	00:22:13
4	Ken Piper	00:22:29
5	Doug Watkinson	00:22:33
6	Diane Hier	00:22:47
7	Simon Evans	00:23:18
8	Steve Jeffries	00:23:35
9	Sarah Hillman	00:25:26
10	Sharon Firkins	00:26:27
11	Mark Tucker	00:27:17
12	Katie Oliver	00:27:44
13	David Gale	00:28:50
14	Sarah Emery	00:29:12
15	Tom Gale	00:30:52
16	Gretchen Tucker	00:41:36

