



The Stitch

Newsletter of Sydney Striders Road Runners Club

June 1992 Issue No. 1

PB (President's Best)

Dear Fellow Striders

Welcome to *The Stitch*, the new Sydney Striders Newsletter. The aim of *The Stitch* is to fill the gaps between The Blister with immediate news such as race results and forthcoming events. We are very excited about *The Stitch* and know that it will fill the present void in the Club's communication with its members.

For instance, the "Stopwatch" section in this issue includes results of the Canberra Half, the Sydney Morning Herald Half, Nowra KOM 32K and the Qantas Melbourne Marathon, all hot off the press. *The Stitch* also includes a lift out Sydney Striders Club Calendar, which now includes information on external events and details of whom to contact for Striders' team entries.

Your new Committee

The AGM election of the largest Committee ever to serve Striders is certainly a newsworthy event, with 21 members, all of whom are young, dynamic, intelligent, articulate, erudite and enthusiastic (apart from a couple of old lags like John Turner and myself). I drew a short straw and am your new President.

I might say that I only became President because enough people convinced me that my name was Ross Perot! Whatever reason, I intend to put a bit of spirit in the Club's Bunsen Burner, or a Tiger in its tank or whatever the expression is! I guarantee you'll notice the difference.

Seriously, I am sure you will support me in believing that we need to emphasise the basic Striders' philosophy which is summed up quite simply in the words FUN, FRIENDSHIP, CARE, CONCERN and SUPPORT.

How do we achieve this?

At the first Committee meeting, I put forward some proposals aimed at changing the Club's management structure to incorporate a number of Support Groups, each with its own specific objectives.

If these objectives are achieved, and we win your support, then we will have succeeded in living up to our philosophy.

A copy of my statement to the first Committee meeting is attached. Please read it. Apart from letting you know where we are going, it will also introduce you to the various Committee Members and give you an idea of their functions.

Helping hands

Too much work in the Club has been done in the past by the same, too few, familiar faces. This is bad for everyone as the people doing all the work get browned off and stop having fun; while those on the outside miss out on the fun and fellowship of meeting Striders they wouldn't normally get to know at the STaRs.

Many Striders have intimated to me that they would like to help the Club in some way but can't commit themselves to regular or definite dates. Recently joined Striders would also like to get involved in assisting in Club activities, but nobody asks them to do so.

On the reverse side, the various Support Groups organising these Club activities will occasionally need urgent help of a 'one off' nature and not know to whom they can turn for assistance.

The solution will be found in the "Bandaid" section of *The Stitch*. Each issue will list the names of a few Striders who would like to help the Club on an ad hoc basis. Club organisers requiring assistance can then contact the people listed in "Bandaid".

I must stress that there is no compulsion for anyone to list their name in "Bandaid". It is simply for members wanting to get involved, meet other members and have fun. Nor is there any binding commitment. If you are asked for help when you have to get your kids to sport, or whatever, just say you can't do it and the organiser will contact the next person on the list.

Social interaction

Striders naturally tend to make friends with the people they run with, i.e. runners of the same ability. However, we all need more interaction outside these groups.

Bret and Lynndy's Picnic Relay was a brilliant example last year of getting runners of different standards to both pull together as a team and get to know one another at lunch afterwards. It's on again this year (20 September), so please support Bret and Lynndy and be there. It promises to be another great family day.

A civilised start

And why not have a STaR with a civilised 10.00am start, possibly from Balmoral Beach? A bushwalk alternative could be organised for Striders' families say from the Zoo to Balmoral Beach, followed by a family picnic/barbeque when the runners arrive back.

I know that I certainly appreciate an occasional sleep-in on Sunday morning, and I feel sure that it would be a convivial way for Striders and their families to get to know one another.

Our Training Manager has scheduled such a STaR for 23 August, which of course will be a beautiful day with no rain! If you like the idea, please support it and we can organise similar events, using other great locations, on a regular basis.

What do YOU want from the Club?

Finally, we need to know what you want from Sydney Striders. I have commissioned the Communications Support Group to conduct a survey on what members want, don't want or expect from the Club.

Memberable Moments

There are always so many great personal achievements by Striders, but unfortunately we only have room to mention a few. However, please do keep us informed of your moments of glory, PBs or otherwise, as they all deserve recognition.

Congratulations to all Memberable Moments, especially the following:

Wendy Downes

Claiming she had done very little training, Wendy was fifth lady in the supertough Six Foot Track Marathon. She attributes her success to her new found interest in cycling and hard-peddalling around Bobbin Head twice a week.

Wendy added that she thoroughly enjoyed the whole event, she thought it very well organised, the other competitors great and she loved the scenery. Wendy, what ever you're on, can we try it too?!

Gary Leahey

While most of us were relaxing over Easter weekend, Gary was tackling the unbelievably gruelling Three Peaks race in Tasmania. To achieve third place overall, in 2 days, 22hrs and 30 mins, Gary had to sail (with the help of the crew on 'Ocean

Emu') a total of 307 nautical miles, and run 135k (65/35/35 splits) up three different mountains. 17 boats started, 14 finished and Gary's team was only 40 minutes behind the winner.

John Preston

John finished off an impressive triathlon season at the Forster Ironman in early May with an amazing 37 minute PB to clock 10hr 22m.

Forster was obviously a good conditioning event for John as he was in Centennial Park the following weekend doing a 20k sprint session ("I did have a few days off", he claimed!!) to ensure he got a second PB (39m 17s) in the Mosman 10k, a third PB at the Sydney Morning Herald Half (84m 50s), plus a fourth PB (23m 10s) in the Corporate Cup the following Wednesday.

And to top it all, John has just heard that he's won selection for the Australian Age Group Team at the World Triathlon Championships in Canada, in September. Well done John - but please take a few more days off!

John Turner

And please say 'Good luck' to John who has decided he's cycled round Centennial Park one time too many and has just headed off to ride across America.

For the last few weeks, he has been training up to 200k a day (1000k a week) in preparation for this 4,800k journey during which he will have to battle fierce headwinds, dust storms, freezing nights and 40 degrees heat to complete. John, we hope you and your bike come back in one piece at least!

PB continued

So, if you are suddenly accosted after a STaR by some earnest individual brandishing a clipboard and wanting to ask you some questions, please be patient and helpful. It will be your opportunity to give some input as to where we are going.

In the meantime, run well and, above all, have fun!

Alf Field, President

Sole to Sole

Sole to Sole is our 'social' section where we will keep you informed of any forthcoming Striders social activities, and other 'off the track' pursuits. And we'd love to hear of any great ideas you might have for future events.

Members Cross Country 'The Equaliser' ***7am 28 June***

Apart from being an enormously fun race for members, the Striders' Cross Country also promises a great time for families and supporters who will be invited on a guided bushwalk while the runners are being 'equalised'.

Afterwards we will all meet for the traditional post-race breakfast but, in the spirit of sharing the load, we are asking runners to please bring a plate. So in order to avoid having 27 cream cakes and no sandwiches, please call Lynndy Bennett on 953 3289, either to let her know what you are bringing, or to find out what's needed.

Sydney Striders 2nd Annual Picnic Relay. ***Sunday 20 September***

Following the great success of our first Picnic Relay, we are hoping for even bigger and better things this year. Scheduled for Sunday 20 September, the course will be the same as last year, starting and finishing at Dooralong.

It's just 1hr 20 mins from North Sydney, and the relay route includes the scenic Watagan Forest and quiet country roads around the foot of the Watagan Mountains. The relay and other activities are centred at the Dooralong Community Hall where we have full use of the park, barbeque, kitchen facilities, shelter (just in case), tennis courts and free overnight camping. After hearing how well primed those who camped last year were, many more Striders have vowed to join us camping this year, either in tents, or in Dooralong Hall.

The relay will run between 7.30am and 1.00pm, followed by a barbeque picnic lunch and other relaxing pursuits such as volleyball. Last year we had eight teams of 10 runners (nominally), and this year we want to round up 10 full teams of 10 runners each. It doesn't matter how fast or slow you are, as the whole aim is to organise teams of equal strength, with runners of all standards. Volunteer team captains and timekeepers are invited to call Bret Nichols and Lynndy Bennett on (02) 953 3289 as soon as possible.

There are also plenty of options for those not running, e.g. bushwalking, horseriding, tennis, cycling, or even a trip to nearby Central Coast beaches. Depending on response, we can arrange a bus for those who prefer not to drive to the relay.

The objective of the relay is to have a social, fun day, not only for Striders but also their families and friends. Please mark this event in your calendar now and make sure you come along whether to run or relax.

We look forward to seeing you.

Lynndy Bennett

Standard Refreshments Charge

In an attempt to make your Sunday mornings as simple as possible (and our accounts balance), we are establishing a standard post-STaR refreshments charge at a bargain price of \$2.00 to cover soft drinks, coffee, fruit, biscuits and cakes etc.

This means that now all you have to do is put \$2.00 in the kitty when you arrive on Sunday morning and eat and drink to your heart's (and legs') content without worrying about how much you owe. Just get into the habit of dropping \$2.00 off with your car keys at the start of every STaR and it will save all those annoying trips back to the car later.

Striders in Distress

It so often happens that we find out about a "Strider in Distress" far later than we should have done. Our Club is about fun, friendship and caring so we all want to help our fellow Striders out when we can.

For instance, it took us a while to find out that Nobby was flat on his back, and after all the support he has given the Striders over the years, he deserves a big hunk of support in return.

To ensure that we all know about Striders in distress of any kind, Wendy Downes and Terry McIver have very kindly offered their help in co-ordinating the Club's support.

If you know or hear of any Strider you feel needs support in a major or minor way, please call Wendy on 449 4093 or Terry on 416 1706 as soon as possible.

New Faces

How many times have you been running alongside someone on a STaR and thought "Who the hell are they?". Well hopefully, we are about to change all that by ensuring that new members get to meet as many Striders as possible in their first few weeks of membership.

Stage one of this initiation phase is 'The photograph'. We're in the process of redoing the Noticeboard to include a NEW FACES section where all new members' photographs will be displayed. To make sure no-one is missed out, please can all new members (or any Strider whose face does not grace the noticeboard) contact Sarah Entwistle at the next STaR to have their photograph taken. And no personal hairdressers please. You may not look your best after a 20k or 30k run at six o'clock on Sunday morning, but unfortunately that's the way we'll recognise you!

The following new members have joined Sydney Striders since 1 April 1992. Please find out which groups they run in and make sure you say 'hello'.

- * Steve Blinkhorn (22) lives in Northmead and is a bank officer with Which? Bank.
- * Merrilee Watson (29) of Cammeray is a franchise owner/operator
- * Phillip Joy (44) is from Marrickville and a Group EDP Manager
- * Wayne Meander (36) from Harbord is Assistant Manager for Downey Allbor.
- * Philip Hugill (34) lives in Mosman and is a social worker for the State Government.
- * Paul Kotala (34), also from Mosman, is a dentist.
- * Dennis Mitchell (41) is a painter and lives at Cromer Heights
- * John Milliken (36) from Newport is a quantity surveyor

Also welcome back to two 'old' Striders, John Hill who has returned to Sydney after three years away, and Merri Mack who we are always happy to see back in the Club.

Bandaid

Bandaid is our casual helpers section where Striders volunteer to help out on an occasional basis when the organisers of an event are desperate for some extra hands.

So, thanks to our first band of volunteers - Gary Leahey, John Preston, Tina Campbell and John Whealy - for offering their hands and feet if needed. They may not be called on, but it's good to know their help is there if necessary.

If you would like to volunteer to be a Bandaid member, please contact Alf Field on 498 3724 or Sarah Entwistle on 360 4516.

Footnotes

The Runners Shop

Did you know that not only do you personally benefit from buying your running shoes at Fred Howe's Runners Shop in Randwick, but the Club benefits too?

Fred has introduced VIP cards for all Striders members which entitle you to 25% off regular retail price. Plus, everytime you buy a pair of shoes, Fred will donate 2% to the Club. So please ask our Membership Director, Kevin O'Kane, for your VIP card. And, please support Fred.

Dirty Socks

Dirty Socks is our members' 'gripes' section where you can have a moan about anything that's bugging you whether it's a STaR, a race or an event -- but only constructive criticism please. Here we go.....

SMH Half Marathon -

by Charles Coville

A great course for a PB but what disappointing organisation. Back in 1980 I complained about the ability of ANSW to properly organise road races. I wonder if road running organisation in this state has progressed in the past 12 years? It looks like it is up to clubs to lead the way in how races ought to be organised (refer to my comments on how a small club like the Nowra Road Runners organised a top race on a (running) shoe string budget.

Some of the problems:

- * A chaotic start with a 90 degree turn after perhaps only 150m, and the width of the road reduced 50%
- * No distance markers - unforgiveable
- * Running past the finish with no warning of the distance of the extra loop.
- * Inadequate refreshments at the finish (was the packet of Sustain to eat or take home?)

City to Surf

Don't forget it's City to Surf time once again, and we want you to be part of our Striders' team entries.

If you are planning to run the City to Surf, please give your completed entry form and cheque for \$13 to the Race Manager, Scott Crawford (416 8117) who is co-ordinating team entries. This year, entries in by 10 July will receive their numbers in the mail so there will be no need to register on the day.

Have we got your results?

We've certainly got a few races to catch up on in this issue. Please forgive us if we've missed any results, but we do need your help to make sure that our records are correct and complete. There are three ways you can ensure that your results are recorded.

1. Hand in your time to the Strider's Race Manager at the race.
2. Post your time in the Race Results box at the next STaR
3. Fill in a Race Results form (available at STaRs) and mail to the Race Manager, PO Box N119, Grosvenor Place, NSW 2000.

SIX FOOT TRACK MARATHON - 46K 21 March 1992

Congratulations to everyone who completed this toughest of marathons.

Twenty-five Striders were amongst the 308 starters and 288 finishers. Extra applause for Wendy Downes who was 5th lady - a stunning effort.

Warwick Selby (13)	4hr 24m 49s
Charles Coville (15)	4hr 25m 54s
Kevin Tiller	4hr 43m 06s
Malcolm Satchell	4hr 46m 13s
Alf Field	4hr 49m 06s
Mike Ward	4hr 49m 36s
Gary Leahey	4hr 59m 51s
Terry Rose	5hr 06m 49s
John Hamilton	5hr 09m 13s
Paul Russell	5hr 16m 38s
Derek Smith	5hr 34m 04s
John Whealy	5hr 34m 04s
John Hodges	5hr 37m 53s
John Ayliffe	5hr 41m 46s
Wendy Downes (5F)	5hr 41m 46s
Tony Crosby	5hr 43m 50s
Brian Colwell	5hr 45m 59s
Graham Butler	5hr 54m 41s
Graham Firkin	5hr 55m 18s
David Sill	6hr 22m 28s
Steve Nordish	6hr 22m 28s
Kevin O'Kane	6hr 32m 56s
Robi Russell	6hr 39m 14s
David Barwick	6hr 56m 34s
John Gilpin	7hr 00m 30s

CLUB INTERNAL HALF MARATHON 8 March 1992

1. Chris McLean	75m 37s
2. Alex Whitworth	79m 47s
3. Jonathan Trope	80m 35s
4. Joanne Cowan	81m 21s
5. Steve Gill	81m 42s
6. Jeff Gissing	81m 53s
7. Wayne Stanton	82m 43s
8. Charles Coville	83m 32s
9. Mark Fiore	84m 13s
10.) Sharon Dobson	84m 18s
=) Marlies Laaper	84m 18s
12. Graham Hansen	84m 55s
13. Jim Phelan	85m 28s
14. Charlie Wigmore	85m 34s
15.*Stephen Keith	87m 00s
16. Brian Gatfield	87m 07s
17. George Lisson	87m 12s
18. Andrew Penfold	87m 51s
19. *Ken Stewart	87m 54s
20. Alf Field	88m 04s
21. John Cullity	88m 27s
22. Dave Ritchie	88m 33s
23. Hugh Cameron	88m 45s
24. Mike Godey	88m 47s
25. Mike Ward	88m 49s
26. Greg Overton	89m 15s
27. Kevin Tiller	89m 18s
28. Grant Bywater	89m 24s
29. *Matt Sherring	90m 23s
30. Toby Stevenson	90m 32s
31. John Sutherland	91m 42s
32. John Hawkins	91m 51s
33. Tina Campbell	91m 58s
34. Stuart Howard	92m 26s

1991 Half continued.....

35. John Whealy	92m 57s
36. Terry Rose	93m 01s
37. Peter Donneley	93m 14s
38.** John Hamilton	83m 24s
39. Gary Leahey	93m 48s
40. Keith Jackson	94m 04s
41. Tim Read	94m 43s
42. Geoff Taylor	95m 03s
43. Paul Lunsman	96m 21s
44. Brendon Pirie	96m 26s
45. Graham Butler	97m 10s
46. Peter Corte	97m 44s
47.) Graham Firkin	102m 53s
=) Derek Smith	102m 53s
49. Sue Hill	103m 34s
50. Dan Grey	103m 42s
51.*Sharon McGann	105m 17s
52. Owen Denmeade	105m 57s
53.*Andrew Simons	108m 02s
54.)*Sue Vuletich	109m 09s
=) *Ron Stitzinger	109m 09s
56.*Louise Robertson	115m 26s
57. Robi Russell	115m 40s
58. Bill Blecha	117m 35s
59.~Jim Melrose	141m 50s
60.~Alan Tonge	165m 24s
DNF Alan White	
DNF Wendy Downes	
DNF Joan Boltz	

* Guest Runners

** Late Starter - actually 8th fastest

~ Walkers

Open Male

1. Chris McLean	75m 37s
2. Alex Whitworth	79m 47s
3. Jonathon Trope	80m 35s

Open Female

1. Joanne Cowan	81m 21s
2.) Sharon Dobson	84m 18s
=) Marlies Laaper	84m 18s

Veteran Male

1. Steve Gill	81m 42s
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Veteran Female

1. Tina Campbell	91m 58s
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SYDNEY MORNING HERALD HALF MARATHON**24 May 1992**

A huge turnout (51) for the Striders Half Marathon Championships. Joanne Cowan was third lady in 78m 11s, and Phil Garvin first vet (22nd overall) in 72m 28s. There were 2567 starters, and the race was won by Andrew Lloyd in 64m 02s just ahead of Paul Arthur in 64m 26s. First lady was Susan Mahoney in 74m 26s.

Phil Garvin	72m 28s	Gary Leahey	90m 40s
Michael Burton	74m 16s	Tina Campbell	91m 18s
Bruce Inglis	75m 44s	Dawn Tiller	91m 20s
Chris Dwyer	77m 02s	Harvey Blue	93m 40s
Warwick Selby (PB)	77m 14s	Paul Lunsmann	95m 04s
Alex Whitworth	78m 08s	Alex Hamill	95m 12s
Joanne Cowan (3F)	78m 11s	Graeme Gaggin	96m 06s
Kevin Tiller	80m 06s	Wendy Downes	96m 30s
Phil Daly	80m 30s	Ron Daly	96m 32s
Mark Fiore	81m 00s	Bruce Murray	96m 36s
Steve Urwin (PB)	81m 22s	John Ross	96m 40s
Tom Norris	82m 14s	Dale Thompson	97m 08s
Charles Coville	82m 52s	John Amos	98m 20s
John Preston (PB)	84m 50s	Owen Denmeade	98m 30s
Alf Field	85m 12s	Stephen Lloyd	98m 40s
Jim Phelan	85m 18s	Karin Gaggin	99m 32s
Ray Skinner	86m 02s	David Fahey	100m 18s
Brian Gatfield	86m 03s	Margaret Robinson	100m 49s
Murray Town	87m 16s	Iain Dow	101m 23s
Mike Ward	87m 36s	Hugh Spencer	102m 52s
Greg Overton	88m 24s	Kevin O'Kane	103m 34s
John Sutherland	88m 43s	Bryce Courtenay	104m 52s
Terry Rose	89m 04s	Brenda Hamill	105m 02s
Stuart Howard	90m 04s	Les Clarke	109m 28s
Geoff Taylor	90m 08s	David Barwick	112m 24s
Mark Preston	90m 20s	Adrian Kol	124m 40s

CANBERRA HALF MARATHON 17 May 1992

With 516 starters, the race was won by Rodney Higgins in 63m 57s, followed by Rob de Castella in 66m 38s and Gerard Barrett third in 67m 06s. Ex-Strider Geoff Large was 18th in 73m 57s. Well done Marlies who was first lady with a PB of 81m 56s.

Geoff Cox	76m 46s	Bill Thompson	92m 31s
Steve Gill	79m 56s	Steve Nordish	96m 12s
Marlies Laaper (1F)	81m 56s	Joan Boltz	96m 44s
Kevin Tiller	83m 01s	Margaret Robinson	102m 05s
Derek Smith	85m 39s	David Barwick	118m 19s
Dawn Tiller	90m 59s	Julia Stenton	121m 20s

**QANTAS MELBOURNE
MARATHON 31 May 1992**

Only six Striders competed, although there was plenty to celebrate:

Alex Whitworth	2hr55m 00s
Paul Mandl	2hr59m 14s
Alf Field	3hr10m 41s
Geoff Taylor	3hr13m 30s
Wayne Meander	3hr33m 50s
Dick Bartlett	3hr40m 08s

Congratulations to Paul Mandl and Wayne Meander who completed their debut marathons in excellent times, especially Paul who joins an elite band of runners who have cracked the three hour barrier at their first attempt.

Dick Bartlett clocked up his 50th marathon. Geoff Taylor made the trip from Adelaide, where he is temporarily located, to run a PB of 26 mins in only his second marathon. And what can one say about Alex Whitworth and Alf Field who continue to run superbly.

**KING OF THE MOUNTAIN
7 June 1992**

Cambawarra (Nowra) to Kangaroo Valley

Mark this one in your diary for 1993. This quiet, unassuming 32k race should appeal to all runners as it offers a tough "STaR" race for the distance Strider or a relay (4x8k) for the sprinters. 106 runners enjoyed first class organisation by Nowra Road Runners.

3rd Michael Burton	2hr03m 57s
9th Malcolm Satchell	2hr12m 36s
14th Charles Coville	2hr16m 25s
15th Godfrey Franz	2hr16m 50s
42nd Mike Ward	2hr30m 20s
45th Marlies Laaper	2hr31m 25s
(2nd female)	
46th David Ritchie	2hr32m 15s
51st Gary Leahey	2hr33m 05s
61st John Sutherland	2hr39m 28s

Footnotes

Don't Post Your Mail at Gladesville.

Our ex-President Nobby Young recently went very quiet. So quiet in fact, that a search party set out to find him. Mind you, there had been several sightings.

Once walking up the median strip on the Pacific Highway in the late afternoon.

'Gooday, mate', as if there was every reason for not using the footpath and he just kept on walking.

Anyway, a few weeks ago, the search party found that poor old Nobby was reclining in hospital after a serious back operation for a collapsed disk AND that he had been there a week or so.

Now, anything about Nobby usually sounds funny, but this particular event was anything except funny and to make it worse, it took a long time for any Strider member to find out; he just didn't tell anyone - possibly the only instance of Nobby ever being found to be self-effacing!

Seriously Nobby, every Strider hopes that you recover quickly so that the pensioners in Gladesville

will be able to stop selling off their heirlooms when the pension cheques start to flow again and you can get back to training for your epic trip.

NB:

It is absolutely true that Nobby is planning to walk around Australia in 1993. He says that it is amazing how much support everyone has offered him and he is confident of success. His main sponsor is expected to be Australia Post, however he is looking for support from sub-sponsors as well.

The trip is not just an exercise for Nobby (although he will get a bit of that as well!), the venture is designed to raise money for the 'Life Education Centre' - anyone who remembers Nobby's epic event in support of the Gladesville School, will know that there is every likelihood of a good financial result.

If you can offer any help, give Nobby a ring - it is worth it just to hear him complain about how long it takes to even just stand up and he will be appreciative for any assistance he can get.

Roger Rigby

Striders Express

1992 World Triathlon Championships

No less than five Sydney Striders have been selected for the Australian Age Group Team to represent Australia at the 4th World Triathlon Championships in Muskoka, Canada, in September.

Congratulations to Merri Mack, John Preston, Murray Town, John Turner and Sarah Entwistle who are part of the team of 111 members (39 from NSW) announced last week.

Apparently the race course is extra hilly, so please don't complain if you find these Striders sprinting up the hills at every opportunity!

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1991/92 National Triathlon Series Rankings

The national series results were released in early June and, again, Striders have made a strong appearance.

The rankings are based on a series of 10 races of varying lengths from a Sprint distance of 750m swim/20k bike/5k run to the Olympic 1.5k/40k/10k, the Long Course 2.2k/80k/20k and the Ironman 3.8k/180k/42k.

To be eligible for a ranking, each triathlete had to compete in a minimum of four races in the Series. The point score was calculated on the best of six races. The following Striders won rankings:

John Preston	6th 35-39 age group
Christopher Gunns	9th 35-39 age group
Sarah Entwistle	1st 40-44 age group
Merri Mack	1st 45-49 age group
Murray Town	3rd 45-49 age group