

LITTLE STRETTON TO STIPERSTONES TIME TRIAL – 29TH NOVEMBER 2009

RESULTS

Just 32 Seconds Separates Davies Brothers Veterans Take First 3 Solo Women Places

			Start	Finish	Time
1 Tim Davies	Mercia	Msen	11:10:46	12:10:21	59:35
2 Andrew Davies	Mercia	Msen	11:11:17	12:11:24	60:07
3 Rob Baker	Dark Peak Fell Runners	Msen	11:22:07	12:23:11	61:04
4 Simon White	Mercia	Msen	10:15:40	11:22:46	67:06
5 Paul Jones & Steve Cale		Mpair	10:51:41	11:59:02	67:21
6 Stephen Pyke	Staffs Moorlands AC	M40+	10:33:01	11:40:49	67:48
7 Jon Hedger		Msen	10:11:18	11:20:33	69:15
8 Colin Lancaster	Telford AC	M40+	10:30:49	11:44:04	73:15
9 Richard Bacon		Msen	10:06:23	11:19:59	73:36
10 Matthew Clewes	Mercia	M50+	10:24:46	11:38:42	73:56
11 Mark Bollom	Mercia	Msen	09:41:18	10:56:31	75:13
12 Rob Hughes & Ali Lavender	Mercia/Oswestry Olymp	Xpair	11:08:36	12:25:19	76:43
13 Alan Duncan	Bowland Fell Runners	M50+	10:58:18	12:15:28	77:10
14 Mick Ligema	Ludlow Runners	M50+	10:03:08	11:20:57	77:49
15 Russell Mapp	Ludlow Runners	M50+	10:02:04	11:20:11	78:07
16 Joe Donnelly	Mercia	Msen	09:41:33	11:00:59	79:26
17 Lawrie Jones	Mercia	M50+	10:50:19	12:10:26	80:07
18 Adrian Donnelly & Val Swingler	Mercia/Shropshire Shufflers	Xpair	09:40:59	11:01:17	80:18
19 Nick Eyke	Oswestry Olympians	M50+	10:19:04	11:39:32	80:28
20 Paul & Joe Gresty	Shropshire Shufflers	Mpair	10:07:32	11:28:34	81:02
21 Roger & Angus Lamb(J)	Mercia	Mpair	10:38:33	12:00:25	81:52
22 David Woodvine & Michelle Clarke	Shropshire Shuff/Telford AC	Xpair	09:59:20	11:21:43	82:23
23 Julian Brown	Macclesfield Harriers	M40+	10:14:41	11:37:08	82:27
24 David Malia & Michael Reynolds		Mpair	10:09:04	11:31:57	82:53
25 Rick Robson & Andrew Hearle	Mercia	Mpair	10:31:48	11:55:42	83:54
26 Alison Tickner	Oswestry Olympians	W40+	10:50:02	12:14:15	84:13
27 Bob Couth	Mercia	M50+	11:06:26	12:33:10	86:44
28 Justin Wyke & Jeremy Cattle		Mpair	10:33:36	12:00:40	87:04
29 Grahame Hughes & Michael Innes	Mercia	Mpair	11:14:12	12:42:38	88:26
30 Steve Bajic	Telford Harriers	M50+	09:59:09	11:28:40	89:31
31 Alan Morris	Shropshire Shufflers	M60+	10:52:11	12:22:00	89:49
32 Bruce Blackman		M40+	11:26:54	12:56:58	90:04
33 Janet Jeffreys	Oswestry Olympians	W40+	11:03:08	12:33:19	90:11
34 Colin Williamson	Shropshire Shufflers	M60+	10:42:23	12:13:08	90:45
35 Andrew Davies & Hugh Jobber	Telford Harriers	Mpair	10:23:53	11:56:20	92:27
36 Clive & Sharron Richardson	Shropshire Shufflers	Xpair	10:40:32	12:13:04	92:32
37 Patricia Paige		W40+	10:07:40	11:40:24	92:44
38 Andy Clough & Clare Baker	Wrekin Orienteers	Xpair	11:21:08	12:54:19	93:11
39 Nick Jones & Sean Hickey	Shrewsbury A C	Mpair	09:39:03	11:12:28	93:25
40 David Egglestone	Shropshire Shufflers	M40+	09:56:13	11:30:00	93:47
41 David Gould	Serpentine	M50+	10:54:40	12:28:32	93:52
42 Kim Braznell & Sue Howarth		Wpair	10:24:56	11:59:37	94:41
43 Phil & Emma Clarke(J)	Mercia	Xpair	10:41:18	12:17:35	96:17
44 Tony Thompson	Mercia	M60+	10:39:36	12:16:11	96:35
45 Alastair & Jamie Drummond	Shrewsbury A C	Mpair	10:36:08	12:13:11	97:03

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46	Callum Dodd & Grant Lloyd	Shrewsbury A C	Mpair	09:46:12	11:24:19	98:07
47	Dave Farrow	Shropshire Shufflers	M40+	10:32:30	12:11:19	98:49
48	Bob Dredge	Mercia	M50+	11:28:53	13:07:47	98:54
49	Bill Cork & Ellen Ashton	Oswestry Olympians	Xpair	10:18:44	11:57:43	98:59
50	Jane Richards	Ludlow Runners	W40+	09:24:35	11:04:48	100:13
51	Richard Paddock	Shropshire Shufflers	M50+	09:58:09	11:38:42	100:33
52	Arthur Clare-Hay	Mercia	M60+	09:39:19	11:20:55	101:36
53	John Mooney	Macclesfield Harriers	M50+	10:20:24	12:02:26	102:02
54	Colin Downey	Dudley Kinswiford	M50+	09:52:07	11:34:41	102:34
55	Alex Pryde	Mercia	Msen	10:57:29	12:40:22	102:53
56	Paul Jennings		Msen	09:50:12	11:33:12	103:00
57	David Thomas	Mercia	M50+	11:12:01	12:55:10	103:09
58	Mike McCorkell	Tattenhall Runners	M40+	11:26:36	13:10:12	103:36
59	Craig Henn		Msen	10:50:42	12:34:30	103:48
60	Gill Evans & Steve Turk	Shenstone	Xpair	11:35:12	13:19:08	103:56
61	Anna Bartlett	Shrewsbury A C	Wsen	09:41:25	11:25:26	104:01
62	Tom & Barbara Cave	SMC	Xpair	09:59:43	11:44:19	104:36
63	Richard & Tom Garbett (J)	Oswestry Olympians	Mpair	10:18:56	12:03:39	104:43
64	Gordon Trevor & Grace Hough	Shrewsbury A C	Xpair	09:21:19	11:08:45	107:26
65	Adrian Lowe		M40+	11:25:03	13:12:59	107:56
66	Dan Hale & Dave Spurling	Shropshire Shufflers	Mpair	09:20:24	11:08:47	108:23
67	Andy Davey		M50+	09:48:10	11:36:58	108:48
68	John Rickus	<i>estimated time – dibbing problem</i>	M40+	10:09:19		109:50
69	Richard Bailey & Carole Morgan		Xpair	09:37:08	11:28:23	111:15
70	Geoff & Leena Cowell	Mercia	Xpair	09:33:52	11:25:26	111:34
71	Dick Scroop	Road Runners Club	M60+	09:14:04	11:05:39	111:35
72	Phil & Penny Blatch	Mercia	Xpair	10:44:16	12:35:57	111:41
73	Jo Miles & Alison Brind	Goyt Valley Striders	Wpair	10:09:53	12:01:58	112:05
74=	Gareth Jones, John Tearle, Julie Williams		Xpair	10:41:30	12:33:45	112:15
74=	William Hammerton		M60+	10:01:37	11:53:52	112:15
76	David Hughes		M60+	09:58:01	11:50:33	112:32
77	Louise Woodvine & Kate Poyser	Shropshire Shufflers/UA	Wpair	09:57:48	11:50:50	113:02
78	Andy Barton		M50+	09:44:59	11:38:03	113:04
79	Elizabeth Salisbury	Shropshire Shufflers	W50+	09:44:56	11:38:07	113:11
80	Liz Arthan	Oswestry Olympians	W40+	09:44:51	11:38:09	113:18
81	Sue Whittingham	Shropshire Shufflers	W50+	09:23:40	11:17:10	113:30
82	Michael Burton	LDWA	M50+	10:20:58	12:15:09	114:11
83	Dave Nichols	Mercia	M50+	10:39:07	12:34:28	115:21
84	Wayne Guest & Suzy Pyne	Shropshire Shufflers	Xpair	10:52:44	12:48:13	115:29
85	Chris Wood	Shropshire Shufflers	M50+	10:32:37	12:28:19	115:42
86	Dave Clarke		M50+	10:01:06	11:57:02	115:56
87	Chris Price		M50+	10:07:26	12:03:48	116:22
88	Mike Pierpoint & Jon Carter	LDWA	Mpair	10:08:32	12:06:10	117:38
89	Grace Chillingworth	Shrewsbury A C	Wsen	10:35:10	12:33:54	118:44
90	Graham James & Stephanie Mackey		Xpair	10:08:03	12:07:32	119:29
91	Chris E Bowen		M60+	10:19:28	12:20:15	120:47
92	Jean Bollom & Karla Stack		Wpair	10:55:08	12:57:34	122:26
93	Steve Owen & Nicholas Sherry	<i>Lost dibber – estimated finish</i>	Mpair	09:57:38	12 ish	122:??
94	Richard Coles		M40+	09:20:51	11:24:40	123:49
95	Neil Goodman & Trevor Longman	Macclesfield Harriers	Mpair	10:14:11	12:18:01	123:50
96	John & Sophie Whittingham		Xpair	09:20:53	11:25:40	124:47

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97 Phil Cheek	Macclesfield Harriers	M60+	10:20:48	12:26:57	126:09
98 Vaughan Griffiths & Sue Williams	Mercia	Xpair	10:39:51	12:49:36	129:45
99 Nick Kingston & Rachel Donovan	Mercia	Xpair	10:32:20	12:42:06	129:46
100 Jane & David Webb		Xpair	09:43:36	11:56:24	132:48
101 Nichola Martin & Adnan Sharaf		Xpair	10:20:04	12:36:06	136:02
102 Alan Dean & Sarah Fraser		Xpair	09:56:44	12:14:24	137:40
103 Janice Curtis & Sian Mitchelmore	Shropshire Shuff/Pontesbury TRI	Wpair	10:05:35	12:27:41	142:06
104 Mark & Nate Agnew(J)	Mercia	Mpair	10:13:26	12:38:38	145:12
105 Joanna Sharpe & Jane Mapp	Ludlow Runners	Wpair	09:37:48	12:07:07	149:19
106 Tanya & Jenny Henn		Wpair	10:51:13	13:25:16	154:03
107 Pauline Richards	Mercia	W60+	09:25:33	12:04:45	159:12
108 Geoff Sproson	Marches LDWA	M60+	10:02:28	13:00:55	178:27
109 Tony Hall		M60+	09:13:27	12:14:15	180:48
110 Chris Dawes & Philip Steer	LDWA	Mpair	09:13:25	12:14:22	180:57
111 J Astbury	Marches LDWA	M60+	10:17:25	13:28:16	190:51
112 Chris Roberts & Robert Thorpe	High Sports	Mpair	10:17:23	13:28:24	191:01
X Keith Richards (on his bike)	Mercia	M50+	09:41:16	10:51:14	69:58

PRIZES: Prizes were once again purchased from local sources and featured high quality cakes from the Bomere Heath cottage bakery of **'Baked for You'** (www.bakedforyou.co.uk or www.madeinshropshire.co.uk).

The continued and unfailing support of **High Sports** (www.highsports.co.uk) is also gratefully acknowledged.

The prizes have been awarded as follows:

First three overall solo:	Tim Davies, Andrew Davies, Rob Baker
First three women solo:	Alison Tickner (o40), Janet Jeffreys (o40), Patricia Paige (o40)
First over 40 man:	Stephen Pyke
First over 50 man:	Matthew Clewes
First over 60 man:	Alan Morris
First 'more senior' woman:	Elizabeth Salisbury
First 'Grande Dame':	Pauline Richards
First pair:	Paul Jones and Steve Cale
First mixed pair:	Rob Hughes and Ali Lavender
First female pair:	Kim Braznell and Sue Howarth
Sibling Peace Prize:	Alastair and Jamie Drummond
Most improved pair 2009/08:	Sophie and John Whittingham - who knocked some 24 minutes off their last year's time

The **'Spirit of the Time Trial'** prize - provided by an anonymous doner to "encourage each end of the age range to try this type of event or to continue to take part as a pair": Gordon Trevor and Grace Hough – who recorded the best time for a pair both having reached the age of 60.

QUOTES: "I told you it was a piece of cake" - 1st placed Tim Davies
"This is the best Shropshire cake I have ever been presented with" – 3rd placed (and adopted Salopian) Rob Baker

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RESULTS

RACE NOTES: Whilst most times were slower than last year Tim Davies still managed to beat the hour – a remarkable achievement given the under-foot conditions. Alison Tickner improved on her time from last year to head a competitive trio of 40+ women – all finishing within eleven and half minutes of each other.

Interestingly route choice still creates some debate and indecision. Not everyone uses Ashes Hollow but many (not all) use the road between Bridges and Hollies Farm. However, the route to reach the road near Boiling Well (from Ashes Hollow) reveals a variety of options with views on the efficiency of each route varying with the state of the ground and vegetation. It seems that this bit of route finding is now the critical factor for those recording the fastest times.

It was really good to see a contingent from Macclesfield and area. We hope you enjoyed your weekend in Shropshire and that you will compete again next year with the benefit of this year's experience.

Congratulations to all the juniors: Angus Lamb, Emma Clarke, Tom Garbett and Nate Agnew - each completed in very respectable times.

THE NUMBERS: 162 participants; 65 solo (9 female) competitors; 48 pairs+.

LOCAL CLUB PARTICIPATION LEAGUE:

Mercia FR	34 runners
Shropshire Shufflers	17
Shrewsbury AC	10
Oswestry Olympians	9
LDWA	7
Ludlow Runners	5
Telford Harriers	3
Telford AC	2
Newport RC	0

WEATHER: Better than forecast; mostly fine with some mist on the top.

GROUND: Wet and heavy in places.

THANKS: A very big thank you to all our helpers: Alison Cathcart, Jill Leventon and Colin Roscoe at the Finish; Andy Clough, Bob Couth and Stuart Cathcart at the Start; Clare Baker for data entry; Rick Robson for the accommodation of the camper van – and not forgetting any others who mucked in wherever it was helpful. As ever the hospitality of **THE STIPERSTONES INN** (www.stiperstonesinn.co.uk) made a valuable contribution to the success of the event as did Mick Boulton's (**BOULTON'S COACHES**) 'Finish to Start' bus service – thanks to both.

SUMMARY ACCOUNTS:

Income from entries £453

Prizes £142; Consumables and photocopies £36; Village Hall £15; E kit hire £105

Donation to 'Youngsters in the Mountains' £180 (includes £75 E kit hire charge donated by Wrekin 'O')

Donation to Little Stretton Village Hall £50

'**YOUNGSTERS IN THE MOUNTAINS**' is a HIGH SPORTS initiative that helps young people expand their horizons and experience in the hills through the award of small grants. This could include assistance for young fell runners, orienteers and adventurers in the hills – call in at the shop (Wyle Cop, Shrewsbury) for more details go to www.highsports.co.uk

NEXT YEAR: All being well the **23rd Time Trial** will take place on **Sunday 28th November 2010** – check nearer the time.

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www.timetrial.org.uk

For more local hill race information go to Dawsy's Shropshire Fell Running site - <http://dawsy.byethost5.com/> and the Mercia FR site at <http://www.merciafellrunners.org.uk/>