



Yeovil Cycling Club

October 1997

The Pedaller

With the *Hill climb* just two weeks away, the *Club Buffet and Prizегiving* date already set, it can only mean that we have reached the end of another season. A year which has seen some good rides by a lot of our members, with lots of our cyclists out on the road competing or just enjoying their riding.

A full review of the years activities will appear in the January issue along with all the prize winners from this years club buffet (*details of which appear on the back page*).

It is good to see we are still have recruiting new members but there are still hundreds of cyclists around Yeovil that may well like to join our ranks yet do not know we exist. So spread the word.

There are huge sums of money being poured into sport at the moment and cycling is one of the key sports that will benefit, not just at national level. Nearly £250,000 has been set aside to help clubs recruit and retain members either through converting leisure cyclists into sportsmen (and women) or by setting up links with local schools. We are fortunate enough to have access to some excellent cycling facilities: a safe 'off road' track at Merryfield, a fast yet safe time trial

course and hundreds of miles of quiet country roads. These are ideal opportunities to encourage new riders. So if you have some ideas on how we can make better use of these facilities, or you can spare some time to help attract new recruits, let's hear from you. There is plenty of cash which is available to help, if only we ask.

The future of the club, and cycling, depends on the investment we are prepared to make, now.

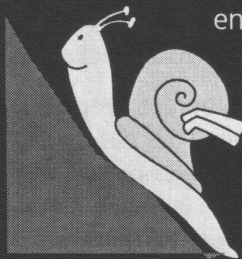
HILL Climb

If you want to take part in this years attempt on the summit of High Ham, then you need to be there on Sunday 12th October.

The start is at 10.30am.

The club run, starting from Yeovil at 9.00am, will go directly out to the start. Returning, hopefully via a coffee stop, after the event is concluded.

There is no formal entry form – just turn up on the day sign on.



No IDea

Having seen one of our members out riding his bike last Wednesday evening, in the dark, without any lights or reflective clothing, two things crossed my mind:

1. *I didn't think we had anyone that stupid in the club*
2. *What will happen when a car runs into him and he's knocked unconscious? Who would know who he was or how to contact his next of kin.*

So before you go out on your next solo ride give it some thought too. If you don't know exactly where you are going or how long you will be, in order to tell someone, then at least carry some form of identification. Ideally (forgive the pun) it should have your name, address, an emergency contact number, any relevant medical information (allergies etc) and even a note to say you are a registered organ donor if it is appropriate. If you know someone that has access to a laminating machine get them to seal it, failing that a covering of cling film will stop it turning to pulp in your pocket.

Please make sure you are prepared for the dark, visibility decreases very quickly in the evenings now, even if you can see the cars it doesn't mean they can see you, so get some lights and carry some spare batteries too.

Name *A Cyclist*
Address *Pedals rest*
Ergopower Lane,
Campagnola ST1 42T
Telephone *01935 401935*
Allergies *None*

A MATTER OF DEGREE

Congratulations to Gareth Evans, who left us to go and study English (at the University of Wales!), he graduated this summer with a 2nd.

Collingbourne Crunch

There is a new series of Mountain bike races at Collingbourne Ducis, just north of Andover on Sunday 26th October. Starting with the youth category at 9.30 am and covering all abilities from fun to Pro/Elite during the course of the day. Entry forms available from the club sec. or ring Mark One events direct on 01672 525569

ROADIES VERSUS MOUNTAIN BIKERS

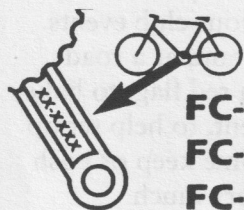
Mat Skinner has asked if we can find some volunteers to undergo a set of fitness tests. He is doing a sports science course and wants to evaluate the relative fitness of road cyclist against mountain bikers.

The initial test will be a simulated 10 to establish two comparable groups. This will be followed by three turbo sessions, low level, anaerobic and max. Along with VO_2 , step and bleep tests. Time and venue is to be decided, dependant on the individuals chosen, but will be in October /November.

Here's a great chance to find out just how fit you really are. If you would like to help contact Mat on 01747 853858.

Snap, Crank and Pop

Shimano have issued a recall on three models of crank made between 1994 and 1995. They were subsequently fitted to a large number of the low to mid-price range bikes. They are likely to develop cracks and fail. If you have a set of Altus, Acera or Alivio cranks bearing one of the following codes then Shimano will replace them free of charge. The code appears on the inside arm of the crank, if your cranks show either **FC-CT90**, **FC-1290** or **FC-MC12** then take them back to the shop where you bought them or to your nearest Shimano dealer.



FC-CT90
FC-M290
FC-MC12

More information on 0800 525 565.

Over the top

There have been a number of nasty accidents reported in the CTC magazine concerning crashes caused by faulty mudguards. There seem to be various problems:

1. Cheap, poorly made, mudguards with only one stay on either side
2. Badly fitted mudguards which simply come lose and get jammed in the wheels
3. With twigs or stones getting lodged between the wheels and the

mudguard and bringing the bike to an immediate halt.

So before you venture out on your winter bike check that the fittings are secure, that there are no cracks around the brackets. If you really want to be ultra cautious you can even fit some clips called *Secu-clips* which are designed to release the stays in the event of something becoming jammed in the mudguard.

Club runs

And once you've got that bike roadworthy get yourself down to the Sunday morning club runs. They carry on throughout the winter, starting at 9.00am in the Old Town Station car park.

CLUB CONTACTS



CLUB SECRETARY AND ROAD RACES

Kevin Mahon 01935 472178
21 Park Gardens, Yeovil

MEMBERSHIP AND RECORDS SECRETARY

Mike Northcott 01458 273576
8 Laburnum Drive, Somerton

TIME TRAILS (Evening events)

Chris Absolom 01935 477965
69 Plantagenet Chase, Yeovil

NEWSLETTER & CLOTHING

David Notley 01963 440291
Oakley, Church Road, Sparkford.

Club Clothing

A new supply of clothing is due in within the next two weeks, as well as the usual tops and shorts we now have thermal jackets and bib shorts. There will be a good selection of sizes available and hopefully enough stock to cope with the immediate demand, but with the exception of items which have been ordered specifically the it is *First come first served*.

PCCA

Chris Revill, our local *Cycle Development Officer* is running a Preliminary Coaching Course Award (PCCA) at Bath on 10/11th October. The course is aimed at anyone intending to coach and lead rides at foundation and introductory level, both on and off road.

The course consists of two elements :

Practical On and off road cycle ride, about 1.5 hours, with emphasis on leadership in a mountain bike context.

Home Study. Study packs produced by the National Coaching Foundation cover: *The Coach in Action, The Body in Action, Safety and Injury, Working with Children and Working with People with a Disability*.

This is a two day workshop taking place at Culverhay School, Rush Hill, Bath from 10am to 5pm.

Details on this course, or others contact Chris on 01225 722 366

New course record

Clive Brooks, who else, set a new course record for the U30/25 at the Wellington Wheelers event on 31st August. Whilst most of the early starters were huddled around the tea tent sheltering under umbrellas in the pouring rain, Clive clocked 51.07, clipping 1.11 of his previous course best.

Thank you.

From the organisers of this years road races and time trials. Many thanks to everyone that gave up some of their time this year to help with any of the various club events. Whether it was to stand at a road junction clutching a red flag, to bake a cake for the tea tent, to help set up the equipment, to time keep or push off, your effort is very much appreciated. Thank you, we couldn't do it without you.

SHOPPING IN TAUNTON?

If you are off to Taunton on your bike then there is a new cycle facility open in the town centre. With a bike shop, toilets, showers, lockers (for both you and your bike). These are open from 08.30 to 18.00. Some bike lockers are big enough to take a tandem and all its kit and are available 24 hours a day. Well done Taunton, how about Yeovil?

Monday evening blues

A brief resume of the last committee meetings. Topics covered elsewhere in this issue are mentioned only briefly.

July

No meeting, no quorum available.

August

There was no correspondence.

The treasurer reported that the evening time trials were producing a good source of income this year, and that the Club accounts remained satisfactory.

Two new members were admitted, one 'old' member rejoining, Geoff Faddy and a new recruit Simon Wood.

The Merryfield training sessions were not attracting the usual number of riders, it was felt that this may be due to the declining fortunes of some other clubs. There was not sufficient interest from any of the riders for the four-up to be run on the Yeovil 25 course and the event did not take place.

The 63 starters for the John Andrew meant that the income was slightly higher than expected for the road race and the final account for the event showed a profit of £122.87. *(nb This figure does not include the insurance costs and the license fee which are paid at the start of the season).*

A new tea urn has been purchased and used at the John Andrew RR. The cost was £140.00, less than originally estimated.

September - The date fixing meeting

Because the BCF date fixing meeting had already taken place the

Road Races were already set, and these were agreed by those present.

Pittards. 3,4,J & L. 43 miles.

Ham Hill 1,2 & 3. 58 miles

both events to use the Ilchester, Yeovil, Queen Camel course, on Sunday 22nd March 1998. Entry fee £7.00.

Organiser Kevin Mahon.

John Andrew Memorial Road Race.

3 & 4. 88 miles. Sunday 14th June 1998. Course and fee as above.

There was some discussion regarding the merits of increasing the entry fees, but the consensus was that whilst we could raise them, without adversely affecting the number of entries, the events covered their true costs and additional income was not essential to the Club at present.

The dates for the time trials for 1998 will be submitted to the RTTC meeting as follows:

Spring 10. 19th April. 07.30

David Notley

Summer 25. 12th July. 06.30

Derek Todd

Autumn 10 26th September. 14.30

David Notley

All events, entry fee £4.00

The LVRC event that is organised by Nick Armstrong was adopted as a Yeovil CC promotion and will be held on 10th May.

(Early event amended to 26th April at RTTC meeting, others OK)

*The dates for the next meetings are:
Monday 13 Oct, 10th Nov and 8th Dec
at Preston Community Centre.*



Training for Xmas

The cost is £7.00 per person.

Forthcoming attractions

More details in the January issue.

If you think you are eligible for one of the club trophies this year then make sure Mike Northcott has the details, its too late once they are engraved!

by 30th November 1997 – at the very latest!!

EVENING TIME TRIAL RESULTS 1997 SEASON

DATE 17/04/97

COURSE U30/10

CONDITIONS **Moderate Easterly**

Name	Club	Time
G FOURACRE	MENDIP	21.53
S WOODSELL	CHARD	23.04
A BRIMECOMBE	VC CAMELOT	23.43
D BIDGOOD	CHARD	24.02
D EDMONDS	YCC	24.11
N ARMSTRONG	YCC	24.15
R PORADA	CHARD	24.33
D MORAN	CHARD	24.43
D WALTERS	YCC	24.44
A LAWRENCE	CHARD	25.10
D NOTLEY	YCC	25.14
C BURTON	EXETER	25.21
M USHER	MENDIP	25.40
S ASHFORD	YCC	25.49
R NUTT	YCC	26.02
C WILLIAMS	YCC	26.13
J FAZAKERLEY	TRURO	26.39
J TROUT	CHARD	26.41
R CLINT	SID VALLEY	30.55
M NORTHCOTT	YCC	31.16

DATE 24/04/97

COURSE U30/10

CONDITIONS **Light/Moderate SW**

Name	Club	Time
D NORTHCOTT	YCC	22.14
S WOODSELL	CHARD	23.02
G LAWTON	RAF	23.34
D EDMONDS	YCC	24.00
J WENGLORZ	CHARD	24.55
N ARMSTRONG	YCC	25.02
R PORADA	CHARD	25.02
D WALTERS	YCC	25.16
J SHARP	GLOBAL R	25.28
D NOTLEY	YCC	25.40
C BURTON	EXETER	25.48
M USHER	MENDIP	25.59
C WILLIAMS	YCC	26.08
J FAZAKERLEY	TRURO	26.11
L BLACKWELL	VC CAMELOT	27.50
J HINDS	YCC	27.53
D WADE	CHARD	28.09
D HAMMETT	YCC	29.59
O TABOR	YCC	30.42
R CLINT	SID VALLEY	32.06
J HINDS (MRS)	YCC	35.07
S OXBROW	VEG C&AC	37.29

N EVANS/E SNEAD (T)

YCC

26.14

DATE 01/05/97

COURSE U30/10

CONDITIONS **Light S**

Name	Club	Time
G FOURACRE &		
G LAWTON	MENDIP/RAF	21.37
S WOODSELL &		
D BIDGOOD	CHARD	22.21
N ARMSTRONG &		
M CURTIS	YCC	23.04
J HINDS &		
D EDMONDS	YCC	23.09
M USHER & A		
MOORE	MENDIP	23.25
S ASHFORD &		
R NUTT	YCC	24.39
C FENDT &		
J FAZAKERLEY	YCC/TRURO	24.54
D NOTLEY &		
M GERMAN	CHARD/YCC	25.01
R PORADA &		
D WADE	CHARD	25.02
J TROUT &		
G MOORE	CHARD	25.20
A ROLFE &		
C MADDOCK	CHARD	25.32
M TETLEY &		
J WENGLORZ	YCC/CHARD	25.35
A BRIMECOMBE &		
M LAW	VCC	26.37
O TABOR &		
M NORTHCOTT	YCC	28.49
P ELLERY(Solo) &		
L BLACKWELL (Punc)	VCC	28.38
MRS J HINDS(Punc)		
& S SHIRES (Solo)	YCC	34.28

DATE 8/05/97

COURSE U30/10

CONDITIONS **Moderate Westerly**

Name	Club	Time
R FACEY	CHARD	24.46
G FOURACRE	MENDIP	24.51
N ARMSTRONG	YCC	25.01
D WALTERS	YCC	25.44
M USHER	MENDIP	25.45
D NOTLEY	YCC	25.48
M TETLEY	YCC	28.17
M GERMAN	CHARD	28.42
L BLACKWELL	VCC	29.31
D HAMMETT	YCC	30.39

DATE 15/05/97 COURSE U30/10

CONDITIONS Moderate Easterly

Name	Club	Time
G FOURACRE	MENDIP	57.02
R COLES	WESTON	58.49
C ABSOLOM	YCC	59.44
D EDMONDS	YCC	1.02.50
R FACEY	CHARD	1.03.05
R PORADA	CHARD	1.03.09
D WALTERS	YCC	1.04.07
N ARMSTRONG	YCC	1.04.23
M CHUBB	CHARD	1.04.39
D NOTLEY	YCC	1.05.50
M USHER	MENDIP	1.06.23
C BURTON	EXETER	1.06.28
G MOORE	CHARD	1.06.50
A LAWRENCE	CHARD	1.07.20
R NUTT	YCC	1.08.06
J FAZAKERLEY	TRURO	1.08.57
C WILLIAMS	YCC	1.09.28
M GERMAN	CHARD	1.11.22
L BLACKWELL	VCC	1.11.51
G STAYNER	YCC	1.15.37
V COX	WESTON	1.16.27
G LAWTON	RAF CC	DNF

DATE 22/5/97 COURSE U30/10

CONDITIONS Light wind & dull

Name	Club	Time
D NORTHCOTT	YCC	21.46
A MEAD	VCC	23.11
R KILVINGTON	YCC	23.14
A BRIMECOMBE	VCC	23.43
N ARMSTRONG	YCC	23.51
D WALTERS	YCC	23.53
R PORADA	CHARD	23.53
D MORAN	CHARD	24.10
D NOTLEY	YCC	24.17
G LACKFORD	VCC	24.33
M CURTIS	YCC	24.34
R NUTT	YCC	24.50
A LAWRENCE	CHARD	24.51
M USHER	MENDIP	25.00
G MOORE	CHARD	25.21
N BOXALL	YCC	25.26
J TROUT	CHARD	25.32
J FAZAKERLEY	YCC	25.34
M TETLEY	YCC	26.06
C WILLIAMS	YCC	26.08
L BLACKWELL	VCC	26.51
M LAW	VCC	26.56
M GERMAN	CHARD	27.03
D HAMMETT	YCC	29.05
O TABOR	YCC	29.06

DATE 29/05/97 COURSE U30/10

CONDITIONS Warm, light wind

Name	Club	Time
G FOURACRE	MENDIP	21.24
P KENCH	YCC	21.58
A MEAD	VCC	22.52
N ARMSTRONG	YCC	23.15
R PORADA	CHARD	23.39
D BIDGOOD	CHARD	23.42
D WALTERS	YCC	23.50
A BRIMECOMBE	VCC	23.51
D EDMONDS	YCC	23.57
D NOTLEY	YCC	24.01
S ASHFORD	YCC	24.16
J PHILLIPS	YCC	24.16
J SAUNDERS	VCC	24.30
R NUTT	YCC	24.32
M USHER	MENDIP	24.32
J SHARP	YCC	24.42
C BURTON	EXETER	24.51
N BOXALL	YCC	24.57
C FENDT	YCC	25.02
C WILLIAMS	YCC	25.24
J FAZAKERLEY	YCC	25.24
R HAVILL	VCC	26.13
M GERMAN	CHARD	26.34
M LAW	VCC	26.49
D WADE	CHARD	27.49
G STAYNER	YCC	28.49
R CLINT	SID VALLEY	30.10
O TABOR	YCC	31.25
S OXBROW	VEG C&AC	35.03

DATE 05/06/97 COURSE U30/10

CONDITIONS Strong cross wind

Name	Club	Time
D RUSSELL	MENDIP	22.15
G FOURACRE	MENDIP	22.16
N ARMSTRONG	YCC	23.57
R PORADA	CHARD	24.28
D NOTLEY	YCC	25.02
M USHER	MENDIP	25.20
J FAZAKERLEY	TRURO	25.56
M LAW	VCC	26.06
O TABOR	YCC	30.07
A MEAD	VCC	DNF

DATE 12/06/97 COURSE U30/10

CONDITIONS Strong Westerly

Name	Club	Time
D RUSSELL	MENDIP	21.55
S WOODSELL	CHARD	22.30
N ARMSTRONG	YCC	23.57
D WALTERS	YCC	24.06

M HENDRICK	YCC	24.30
D NOTLEY	YCC	24.46
M CHUBB	CHARD	24.48
J SHARP	YCC	25.17
J FAZAKERLEY	TRURO	25.27
C FENDT	YCC	26.03
N BOXALL	YCC	26.28
C WILLIAMS	YCC	26.32
T WHITE	YCC	26.42
M GERMAN	CHARD	26.48
O TABOR	YCC	29.11
M NORTHCOTT	YCC	30.30
S OXBROW	VEG C&AC	37.24

DATE **19/06/97** COURSE **U30/10**

Conditions **Cool moderate northerly**

<i>Name</i>	<i>Club</i>	<i>Time</i>
C ABSOLOM	YCC	23.03
P KENCH	YCC	23.27
D WALTERS	YCC	24.08
N ARMSTRONG	YCC	24.40
J SHARP	YCC	24.43
D NOTLEY	YCC	24.57
R PORADA	CHARD	25.12
J HINDS	YCC	25.29
C FENDT	YCC	25.38
R NUTT	YCC	25.44
N BOXALL	YCC	25.45
M BAILEY	YCC	27.00
M GERMAN	CHARD	27.19
L BLACKWELL	VCC	27.23
T WHITE	YCC	27.46
G STAYNER	YCC	28.00
O TABOR	YCC	30.14

DATE **26/06/97** No event

DISTANCE **10**

DATE **03/07/97** COURSE **MAPPERTON**

CONDITIONS **MILD MODERATE WESTERLY**

<i>Name</i>	<i>Club</i>	<i>Time</i>
G. FOURACRE	MENDIP CC	22.39
P. KENCH	YCC	22.45
C. ABSOLOM	YCC	22.52
D. NORTHCOTT	YCC	23.16
A. MEAD	VCC	23.43
N. ARMSTRONG	YCC	24.51
G. LACKFORD	VCC	25.10
D. NOTLEY	YCC	26.32
J. FAZAKERLEY	TRURO CC	26.46

DATE **10/07/97** COURSE **U30/10**

CONDITIONS **WARM SLIGHT WESTERLY**

<i>Name</i>	<i>Club</i>	<i>Time</i>
C ABSOLOM	YCC	22.25
D BIDGOOD	CHARD	22.50
D WALTERS	YCC	22.56
N ARMSTRONG	YCC	23.32
G LACKFORD	VCC	23.44
D EDMONDS	YCC	23.50
A LAWRENCE	CHARD	23.52
D NOTLEY	YCC	23.56
J TROUT	CHARD	25.04
C BURTON	EXETER	25.16
S TAYLOR	25.28	
M GERMAN	CHARD	25.35
T WHITE	YCC	26.06
D PRINCE	PRIVATE	26.24
D HAMMETT	YCC	29.28
O TABOR	YCC	29.46
R CLINT	SID VALLEY	31.11
M RHYS	DNF	

DATE **17/07/97** COURSE **U30/10**

CONDITIONS **STRONG NORTHERLY**

<i>Name</i>	<i>Club</i>	<i>Time</i>
G. FOURACRE	MENDIP CC	22.55
C ABSOLOM	YCC	23.09
P. KENCH	YCC	23.10
D. BIDGOOD	CHARD	24.25
D. WALTERS	YCC	25.11
N. ARMSTRONG	YCC	25.20
P. PORADA	CHARD	25.31
T. REEVES	AVON & SOM	25.31
D. NOTLEY	YCC	25.45
D. EDMONDS	YCC	25.48
D. PRINCE	WELLS	26.03
M. USHER	MENDIP	26.17
J. FERZAKERLEY	TRURO	26.56
R. HAVILL	VCC	27.40
M. GERMAN	CHARD	27.56
T. WHITE	YCC	28.16
S. WOOD	YCC	28.24
O. TABOR	YCC	30.43

DATE **24/07/97** COURSE **U30/10**

CONDITIONS **WARM NORTH WESTERLY**

<i>Name</i>	<i>Club</i>	<i>Time</i>
D RUSSELL	MENDIP	56.53
G FOURACRE	MENDIP	57.23
C ABSOLOM	YCC	57.50
P KENCH	YCC	57.56
R PORADA	CHARD	1.02.52
D WALTERS	YCC	1.03.41

D NOTLEY	YCC	1.05.02
J FAZAKERLEY	TRURO	1.07.15
A LAWRENCE	CHARD	1.07.18
C WILLIAMS	YCC	1.09.47
M GERMAN	CHARD	1.11.21
O TABOR	YCC	1.16.17

DATE **31/07/97** COURSE **U30/10**

CONDITIONS **FRESH NORTH WESTERLY**

<i>Name</i>	<i>Club</i>	<i>Time</i>
P KENCH	YCC	22.47
C ABSOLOM	YCC	23.22
N ARMSTRONG	YCC	25.01
D WALTERS	YCC	25.12
M CHUBB	CHARD	25.54
D NOTLEY	YCC	25.55
C BURTON	EXETER	26.23
C WILLIAMS	YCC	27.19
M GERMAN	CHARD	28.13
C BURTON	PRIVATE	28.59
O TABOR	YCC	29.50

DATE **07/08/97** COURSE **U30/10**

CONDITIONS **STILL, VERY HUMID**

<i>Name</i>	<i>Club</i>	<i>Time</i>
D RUSSELL	MENDIP	21.14
P KENCH	YCC	21.15
G FOURACRE	MENDIP	22.15
D WALTERS	YCC	23.12
N ARMSTRONG	YCC	23.17
G LACKFORD	CAMELOT	24.07
D PRINCE	MENDIP	24.20
C WILLIAMS	YCC	24.59
J FAZAKERLEY	TRURO	25.10
M TETLEY	YCC	25.25
R HAVILL	VCC	25.28
M LAW	VCC	26.14
S PENNY	YCC	27.48

J SAUNDERS	VCC	DNS
D NORTHCOTT	YCC	DNF

DATE **14/08/97** COURSE **U30/10**

CONDITIONS **WARM SLIGHT WESTERLY**

<i>Name</i>	<i>Club</i>	<i>Time</i>
G FOURACRE	MENDIP	21.53
P KENCH	YCC	21.56
C ABSOLOM	YCC	21.59
T COLLIER	EXETER	22.23
D WALTERS	YCC	23.34
N ARMSTRONG	YCC	24.03
J SAUNDERS	CAMELOT	24.11
G LACKFORD	CAMELOT	24.15
D EDMONDS	YCC	24.19

D PRINCE	MENDIP	24.23
D NOTLEY	YCC	24.30
T REEVES	Avon/Som Pol	24.44
C FENDT	YCC	24.58
J FAZAKERLEY	TRURO	25.05
S TAYLOR	EXETER TRI	25.07
M USHER	MENDIP	25.11
C BURTON	EXETER	25.14
C WILLIAMS	YCC	25.44
M TETLEY	YCC	25.56
R HAVILL	VCC	26.00
M GERMAN	CHARD	26.21
J COLLIER	EXETER	27.14
M PILE	EXETER TRI	27.47
C PILE	EXETER TRI	27.41
G STAYNER	YCC	28.10
R CLINT	SYD VALLEY	30.48

DATE **21/08/97** COURSE **U30/10**

CONDITIONS **WARM/WET SLIGHT WEST**

<i>Name</i>	<i>Club</i>	<i>Time</i>
T COLLIER	EXETER	21.43
C ABSOLOM	YCC	22.13
R KILVINGTON	YCC	22.34
D WALTERS	YCC	23.37
N ARMSTRONG	YCC	23.47
D NOTLEY	YCC	23.55
C BURTON	EXETER	24.33
N BOXALL	YCC	24.44
S TAYLOR	EXETER TRI	25.13
J COLLIER	EXETER	26.53
N RICHARDS	POLY CC	27.32

DATE **28/08/97** COURSE **U30/10**

CONDITIONS

<i>Name</i>	<i>Club</i>	<i>Time</i>
D RUSSELL	MENDIP	23.17
T COLLIER	EXETER	23.58
N ARMSTRONG	YCC	25.50
N BOXALL	YCC	26.57
M USHER	MENDIP	26.59
D NOTLEY	YCC	27.01
R HAVILL	VCC	28.58
M GERMAN	CHARD	29.00
J COLLIER	EXETER	29.12
C WILLIAMS	YCC	29.31
B HARRISON	CRABWOOD	30.51
O TABOR	YCC	31.18