

## **FVO Committee 2005**

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16 Upper Glen Road, Bridge of Allan, FK9 4PX  
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### **WEDNESDAY EVENING EVENT CO-ORDINATOR - Neil Kitchen**

Tel: 01786 824595

### **EQUIPMENT STORE - Maureen Brown**

21 Alexander Drive, Alloa, FK10 2DQ  
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## **Forth Valley Orienteers**

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# **Forth Columnist**

**Issue 174**

**May/Jun 2006**



*Craig Thomson, at speed, on the run in at the British.*

*Photo by Mark Thomson*

**Copy date for next issue  
is Saturday 1st July**

## Editorial

First of all an apology, again! The text in the last two issues seemed to change dramatically, but only for some issues! We think it is a problem with Gary's printer and hopefully it will not happen again.

April was another hectic month with the British, JK, JOK sprint and Graythwaite. Nice to see so many club members at these events with some excellent results.

Contributions have been very thin on the ground this time. Please can you get your articles in early next issue as we are in Sweden from the 9th July, so not too long after copy date! Included with this newsletter is a copy of the new FVO Information leaflet. If you would like any further copies please contact Gary Longhurst.

Hope to see you at the Scottish Champs or the Harvester. Remember to get your name to Jon if you want to run in the relays.

*Mark Thomson*

On the JK run in!

*Photo by Will Hensman*



Please send articles, pictures or gossip bits to:

Mark Thomson  
55 Hawton Crescent  
Wollaton Park  
Nottingham  
NG8 1DD

markthomson55@yahoo.co.uk

We're on the web.

Check out [www.fvo.org.uk](http://www.fvo.org.uk)

11th SOA RR Regional Event & SOL 5. Teviothead, Hawick. NT404053.

Organiser: Robin Sloan, 0189 682 2548. [ROBIN\\_SLOAN@ROSEISLE.DEMON.CO.UK](mailto:ROBIN_SLOAN@ROSEISLE.DEMON.CO.UK)

Entries: Lindsey Knox, Riversdale, Slitrig Crescent, Hawick, Roxburghshire, TD9 0EN, 01450 377383. [lknox46426@aol.com](mailto:lknox46426@aol.com) CD: 26/05/06. £8.50/£3.50. Lim EOD +£1.00/£1.00.

Chq: Roxburgh Reivers. EPS-SI. Parking and camping same as for Harvester Relays. Harvester will start in daylight to allow later leg runners more time before League race. Please specify E/M/L start time when entering. Dogs on leads in car park and camping fields only. Parking £1.00. [www.roxburghreivers.org.uk/](http://www.roxburghreivers.org.uk/)

13th SOA TAY Local Event. Crombie Country Park, near Monikie. NO528402.

David Sloan, 01383738631 [adixon@watt64.freemove.co.uk](mailto:adixon@watt64.freemove.co.uk) Starts 1730-1900

14th SOA FVO Local Event. Gartmorn, Alloa. NS911940.

Neil Kitching, 01786 824595. Starts 5 to 7pm. £2 adults, £1 children.

15th SOA TNS Local Event. Corstorphine Hill, Edinburgh.

Andrew Brown, 0131 466 4378 [brooner@euoclegends.co.uk](mailto:brooner@euoclegends.co.uk) Mass Start 19:00.

17th SOA ESOC Local Event. Corstorphine Hill, Edinburgh. NT202747.

Janet Clark, 0131 225 7771 [janetclr@aol.com](mailto:janetclr@aol.com)

18th SOA TAY Local Event. The Hermitage, South Craig Vinean, Dunkeld. NO012422.

David Sloan, 01383738631. [adixon@watt64.freemove.co.uk](mailto:adixon@watt64.freemove.co.uk) £4.00/£2.00. Start 11-12.30, White, orange, green and blue/brown courses only. [www.taysideorientees.org.uk/](http://www.taysideorientees.org.uk/)

24th SOA ELO Local Event & BBQ. Hedderwick Hill. NT364679.

Trina Rogerson, 01368 864922

25th SOA INVOC Club Championships. Rogie, Contin. NH443592.

Ake Inghammar, 01463 782424 [www.invoc.org.uk](http://www.invoc.org.uk).

25th SOA MAROC Local Event. Bellwood, Aboyne. NO537987.

Steve Spencer, 01330 823566 [spencers\\_banchory@btinternet.com](mailto:spencers_banchory@btinternet.com)

27th SOA BASOC Local Evening Event. Dalnavert (Inshriach North), Feshiebridge.

NH852047. Mike Atherton, 01540 661069 [mike@atherton.go-plus.net](mailto:mike@atherton.go-plus.net)

28th SOA ESOC Local Event. Glentress, Peebles. NT284397.

Janet Clark, 0131 225 7771 [janetclr@aol.com](mailto:janetclr@aol.com) Start times 6 - 7.30pm £2/£1, Starts: Buzzard's Nest car park.

3rd SOA TNS Edinburgh Sprint Series. Edinburgh Parks, Edinburgh. NT258740. Stewart Caithness, 0131 3375495. wattok@nopesport.com £9.00/£6.00. SI hire 50p. EPS-SI. Dogs on leads in car parks. 3 Races, New Format, 1 Great Days Racing! for more information and to enter visit website. [www.edinburghsprintseries.co.uk](http://www.edinburghsprintseries.co.uk)

4th SOA ESOC Long-O. Pentland Hills Regional Park, Edinburgh.  
Organiser: Margaret Dalglish, 01968 675737. Margaret@dalglishfamily.net  
Entries: Ron Nolan, 17 Viewfield Road, Juniper Green, Edinburgh, EH14 5BE, 0131 453 1497. ron.nolan@hulley.co.uk CD: unknown. Fees TBA. Chq: ESOC. No dogs.

4th SOA MAROC District Event. Corsedarder, Finzean, Banchory. NO597939.  
Jane Elder, 01330 822966. bobelder@mail.com £4.00/£2.50. EPS-Emit.

5th SOA AYROC Local Event. Eglinton Country Park, Kilwinning. NS319418.  
Theresa Perry, 01292 443719 tptheresa@hotmail.com

6th SOA INVOC Local Evening Event. Venue to be decided, Inverness Area.  
Iain Shepherd, 01463 871289 springbank@btinternet.com [www.invoc.org.uk](http://www.invoc.org.uk).

6th SOA GRAMP Summer Evening Series Event. Newmillhill, Aberdeen. NJ818011.  
Peter Lawrence, 01569 766866 Peter.Lawrence@sita.co.uk Start times 6:30-7:30pm  
[www.grampoc.com](http://www.grampoc.com).

7th SOA FVO Local Event. Bantaskine, Falkirk. NS871789.  
Neil Kitching, 01786 824595. Starts 5 to 7pm. £2 adults, £1 children.

10th SOA SOLWAY Scottish Sprint Championships & UK Cup Sprint Race. Barhill Plantation, Dalbeattie, Dumfries. NX834615. Organiser and entries: Helen O'Donoghue, Maidenholm House, Barrhill Road, Dalbeattie, Kirkcudbrightshire, DG5 4HT, 01556 610235. thai.od@dsl.pipex.com CD: 02/06/06. £6.50/£3.50. No EOD. Chq: Solway Orienteers. EPS-SI. Mid-late afternoon start times (1430 - 1630) allowing onward travel to the Harvester. Also Light Green course - £4.00/£3.00. Dogs in car park only. [www.thai.od.dsl.pipex.com/events.htm](http://www.thai.od.dsl.pipex.com/events.htm)

10th SOA RR Harvester Trophy Relays. Teviothead, Hawick. NT404053.  
Organiser: Robin Sloan, 0189 682 2548. ROBIN\_SLOAN@ROSETSLE.DEMON.CO.UK  
Entries: Lindsey Knox, Riversdale, Slitrig Crescent, Hawick, Roxburghshire, TD9 0EN, 01450 377383. lknox46426@aol.com CD: 26/05/06. Class A (7 laps) £70, Class B (5 laps) £50, junior teams on B, £25. No EOD. Chq: Roxburgh Reivers. EPS-SI. Club Secretaries please download entry form from RR website or contact organiser. Parking and camping also suitable for Scottish League race on Sunday 11th June. Harvester will start before midnight in daylight, League Race start times from 11.00am. Dogs in car park and camping fields only on leads. Parking £1.00. [www.roxburghreivers.org.uk/](http://www.roxburghreivers.org.uk/)

## President's Piece

The orienteering season has certainly got underway again, with events on most weekends and the Wednesday evening events having started again.

A number of us went to the British Champs in West Sussex and the JK in Yorkshire last month; and there were a number of successes both for individuals and in the relays - more on this in Jon's piece. I enjoyed running on new areas and the socialising that went on during and after the events.

We have also just organised a very successful short race at Gannavan, near Oban, in conjunction with a SOL and the FCC final - thanks to David Nicol for organising, Marcus for planning and to everyone in FVO who helped. The meal afterwards that most people attended was also very enjoyable.

It will soon be the weekend of the Scottish Champs, followed a couple of weeks later by the Harvester relay, which this year is in Scotland. Hopefully we will get a good turnout for both of these and some good results.

The Weds evening events continue, with a new area, Bantaskine, being used on 7<sup>th</sup> June and the final event the following week, at Gartmorn Dam, including the usual BBQ before the summer break.

Included with this newsletter is a copy of the poster for the evening events. Please help to publicise these, putting copies to on notice boards at your place of work, local library, sports club etc. If you think an event would be suitable for a group of non-orienteering friends or work colleagues, why not encourage them to come along. If you want help to show them what to do or to take a group round a course just ask and we can organise some 'coaches' to be on hand.

*Gary Longhurst*



Louise at the British Relay

*Photo: Karen Thomson*



## Club Captain's chat

*Jon has been very busy lately so his latest Club Captains chat is a little shorter than usual. Ed*

Hasty chat from me this time as you are all keeping me far too busy signing up to the Scottish Relays and the Harvester!

Particular thanks to everyone who ran in the large numbers of FVO relay teams at the British and JK relays - British Champs prize winners in M40+ (Gary Longhurst, Steve Barrett and Duncan Francis) and M14- (Jack Barrett, Craig Thomson and Abi Longhurst) in particular! Photos on the FVO website showing Abi on the podium surrounded by boy.....

Things are looking good for the Scottish Relays too - we already have eleven teams entered and several of you have signed up since the closing date(!). These are following the same complicated handicap system as last year so no late drop outs please, it will probably cause me to make multiple team changes!

Things are also looking fairly healthy on the Harvester front, but I still need a couple more people to sign up to help me complete a fourth FVO team (A course teams are seven people, B course and women's teams are five people). So please get in touch and let me know you would like a run - doing so will make sure all the people who have signed up so far definitely get a run.....

Advance warning also for the 11-person relay on September 9th at Achlean Forest near Aviemore. This is combined with a SOL the next day at Loch Vaa so should be a fantastic weekend of orienteering. The Sunday also one-day international cricket between Pakistan and England in Birmingham, and I have a ticket - a dilemma approaching I think! *Let me think, Loch Vaa, fantastic scenery, superb woodlands, brilliant orienteering or watching England loose at cricket in Birmingham! No contest, Jon, sell your ticket! Ed*

We still also have space for people to sign up for the Compass Sport Cup final on the weekend of 14/15 October near Newbury. Lots of you have signed up already and it is looking like a great club weekend, but the more people the better so please get your name down if you have not already. Still plenty of cheap flights to Southampton available!

24th SOA TNS Local Event. Holyrood Park, Edinburgh. NT280731. Andrew Brown, 0131 466 4378 brooner@euoclegends.co.uk Dunsappie Loch Car Park, Mass Start 19:00.

25th SOA TINTO Local Event. Altarstone, Broughton. NT154366. Blair Young, 01555 661955 Club Event, Starts from 1800 hours.

27th-28th SOA NATIONAL EVENT & SCOTTISH CHAMPIONSHIPS & UK CUP  
27th - NATIONAL EVENT & Scottish Individual Championship. Glen Dye, Banchory. NO662907. Organiser: Andy Oliver, 01561 378902. andyolvr@aol.com  
28th - Scottish Relay Championships. Bogendreip, Banchory. NO662907. Organiser: Chris Low, 01330 825087. chrisj.low@btopenworld.com www.grampoc.com  
Entries: Jon Musgrave, Gardens Cottage, Dess, Aboyne, Aberdeenshire, AB34 5BA, 013398 84447. jon@big-jon.demon.co.uk CD: 07/05/06. Individual: £12.00/£5.00. Late entries & Lim EOD +£5.00. Special entry form for Relays: £21.00/£12.00 per team, Individual runs (ad hoc) £8.00/£4.00. Chq: MAROC. EPS-Emit. String course. Lim CC courses on Day 1 only - W, Y, O & LG - £5.00/£3.00. Day 1 Starts 1200 - 1500. Dogs on lead in car park only.

27th SOA SOA SOA AGM. Banchory Scout Hall.  
o5p Melvyn Perry secretary@scottish-orienteering.org 16:00 or so after Scottish Champs.

30th SOA BASOC Local Evening Event. Moor of Alvie & Speybank, Aviemore. NH831057.  
o5 Mike Atherton, 01540 661069 mike@atherton.go-plus.net NEW EXTENSION.

30th SOA TAY Local Event. Newtyle Hill, Near Dunkeld. NO055411. David Sloan, 01383738631 adixon@watt64.freemove.co.uk Starts 1730-1900

31st SOA FVO Local Event. Abbey Craig, Bridge of Allan. NS808958.  
o5 Neil Kitching, 01786 824595. Starts 5 to 7pm. £2 adults, £1 children.

## June

1st SOA TNS Local Event. Blackford Hill and The Hermitage, Edinburgh.  
Andrew Brown, 0131 466 4378 brooner@euoclegends.co.uk Mass Start 19:00.

2nd SOA STAG Scottish Schools' Festival. Scone Palace, Perth. NO115264.  
Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk  
Entries: Lorna Young, 7 St Ninians Lanark ML11 8HX, 01555 661955. CD: 31/05/06. Junior £2.00 School Affiliation £5.00. No EOD. Chq: SSOA. EPS-SI.

## What's On May/Jun 2006

### May

14th SOA CLYDE Regional Event & SOL 3. Dunrod Hill, Greenock. NS247722. Organiser: Donald Petrie, 01505 613094. donald@scottish-orienteering.org  
 Entries: Steve & Rachel Wilson, 64 Bailie Drive, Bearsden, Glasgow, G61 3AQ, 0141 942 9907. r.m.wilson@ukgateway.net CB: 30/04/06. £8/£3 Lim EOD+£1.00 Chq: Clydeside Orienteers. EPS-SI. String course, Lim CC courses. Dogs on leads.

16th SOA ECKO Local Event. Glendaruel, near Dunoon. NS017817.  
 Lynne Walker, 01369 702607 info@ecko.org.uk EPS-SI. yellow & red/green courses; starts 18:00-19:00; £2.50/£2; www.ecko.org.uk.

16th SOA TAY Local Event. Knock of Crieff, Crieff. NN864226.  
 David Sloan, 01383738631 adixon@watt64.freemove.co.uk Reg 5.30-7pm. Courses white/yellow, orange/light green and green.

17th SOA FVO Local Event. Dollar Bank, Dollar. NS963994.  
 Neil Kitching, 01786 824595. Starts 5 to 7pm. £2 adults, £1 children.

17th SOA TNS Local Event. The Meadows and Newington, Edinburgh. NT259727.  
 Andrew Brown, 0131 466 4378 brooner@euoclegends.co.uk Mass Start 19:00.

18th SOA TINTO Local Event. Happendon Wood, Douglas. NS855335.  
 Lambert Allan, 01899 308029 Club Event, Starts from 1800 hours.

20th SOA TAY Local Event. Kinnoull Hill, Perth. NO145236.  
 David Sloan, 01383738631. adixon@watt64.freemove.co.uk £4.00/£2.00. Starts 11-12.30. White, orange, green and blue/brown courses only.

20th SOA ELO Local Event. Gullane Bents, Gullane. NT479831.  
 Trina Rogerson, 01368 864922

22nd SOA AYROC Local Event. Rozelle Park, Ayr. NS337192.  
 Theresa Perry, 01292 443719 tptheresa@hotmail.com

23rd SOA ECKO Local Event. Inverawe, near Oban. NN021316.  
 Niall Urquhart, 07776 237646 EPS-SI. yellow & red/green courses; starts 18:00-19:00; £2.50/£2; www.ecko.org.uk.

24th SOA FVO Local Event. Minewoods, Bridge of Allan. NS789980.  
 Neil Kitching, 01786 824595. Starts 5 to 7pm. £2 adults, £1 children.

Finally, congratulations and well done to Stuart Thomson on his selection for one of the summer tours for the GB Start Squad. Must be nearly time to step up into one of the FVO Men's Open teams and give all the M35s a rest!

Jon  
 jon.cross@tinyworld.co.uk  
 07803 796773



Amy on the run in at the British Relay. Photo Karen Thomson

Steve and Kirsty at JK relay Photo Will Hensman



## British Champion

Congratulations to the following especially Brian on his forth title (see below) and a copy of the article from the Orienteer magazine.

M12A

4 Craig Thomson

W14A

2 Abigail Longhurst

W16B

1 Amy Barrett

M35L

4 Jason Inman

M55L

1 Brian Bullen

I've won a British title 4 times now! These were the then 'Intermediate' and 'Junior' titles in 1968. I had to wait a long 10 years for the senior title to fall my way in June 1978, and after than an even longer 28 years for a vets title!

The 'Intermediate' title was the first year for 'The Climber' trophy (now M20) (donated by the magazine of that title) and I was presented it by the late A. Harry Griffin (if my memory is right and/or if I can find the copy of the climber which had an article about the event).

The Climber trophy is an elegant one - the outline of a swift within a circular compass-points type frame - someone had put some thought into it!

My victory at Tentsmuir in 1978 was slightly marred by my main rival being disbarred from entering by BOF in a dispute about membership, *some things never change then Ed* and also by the race being moved from The Trossachs (as the controller thought the Trossachs would be too tough for most competitors- of course he was right at that time). Anyway I got to beat Gareth Bryan-Jones and to run a reasonably swift time (for those times). I knew I had run hard, as I could only manage to jog in from the last control and I was tired all the following week. It remains one of the cleanest (and fastest) runs I've ever had.

One thing that comes to mind - is that I travelled up to Tentsmuir on the

He flies through the air  
With the greatest of Ease  
He fell off his Bike  
And onto his Knees

His knees weren't bad  
Compared to his arms  
But now with the plasters  
He can't scratch his charms!

While he lay on the track  
Waiting help to appear  
Uppermost in his mind  
Was the state of his gear!

Two guys came to help  
Him back to the car  
And raced him to Stirling  
(It wasn't too far)

He sat in the ward  
Dripping blood on the floor  
And stayed sitting there  
For three hours or more

Eventually though  
He got back home  
Got his wounds scrubbed  
clean (with hardly a moan)

So if you go biking  
Remember this tale  
As you try a big jump  
And skywards you sail

No matter how high you get  
from the ground  
At some point it hurts  
When you come back down!

# GET WELL SOON!

Sandy & Elizabeth





## Get Well Soon Will

An ode or two to Will, the first one from Craig the second from Sandy and Elizabeth. *Hope you back up and running soon! Ed*

If you go cycling with a guy called Will  
you better watch out when you come down a steep hill  
If you brake too hard off you will fly  
over the handle bars towards the sky

You will hit, very hard, as you fall, the ground  
lie there for ages until you are found  
broken both arms, cut and bloodied knees  
at least you don't have to change, those smelly nappies!!

Craig



Thursday and stayed at Falkland Youth Hostel. With another of my rivals, we had a 'pre-victory' celebration pint or two on the Friday night as we knew one of us could win, and there would be an opportunity to celebrate on the Sunday!

Brian

## WILLIAM YOUNGER BRITISH CHAMPIONSHIPS

### Tentsmuir Forest, Fife 11th June

Report by Arthur Vince

Some planners used to believe — a few still do — that the longer the course the better value for the entry fee. These championships certainly gave, by that reckoning, value for money, with longer courses and winning times than we are accustomed to in many classes.

The fern had a lot to do with the times achieved; had the event taken place a month or even two weeks earlier they would have been faster. As it was it was often faster to run on paths and tracks rather than take the direct route. And for (short) juniors the fern seriously reduced the visibility of the control flags. However, many juniors, the M15s for example, were pleased to have a course long enough to test their stamina as well as their navigation.

Bill Aitken's small and hardworking team created an excellent competition with an efficient and friendly organisation, but one point of the organisation puzzled me. There were several small — very small — B classes. W10B and M10B had one competitor each, and M11B only three. Whatever one may think about the provision of B classes at championships, this was surely ridiculous and provided no meaningful competition for the competitors concerned, just as there seemed little point in an M21D class with 11 competitors.

One of the points made in defence of an unrestricted championship is that it is then possible to compare one's performance directly with that of the champion. This is only possible if one runs the same course. In M21 the number of competitors make this impossible but in most other age classes it is possible, and would make the planner's life a lot easier.

Orienteering is unique in that it provides so many age classes for competition, and is presented as such to the public. Long may this remain so. However, it is worth pointing out that in the press session before the main prizegiving the only winners of interest seemed to be those of W19A and M21A. Chris Hirst of Eborienteers, 5th in M21A, was presented with the William Younger Cup for his outstanding performance in the William Younger British Relay Championships in April.

#### PRINCIPAL OFFICIALS

Co-ordinator — Bill Aitken  
Mappers — Allan Cooper, Joe Sherriff, Steve Terry  
Planners — Ed Harvey, Fiona Jolly, Colin Tyre  
Controllers — Martin Bibby and Tony Pennick, NWOA

RESULTS			
M21A	17.3km	30 controls	
1.	B Bullen	CH	53 98.49
2.	M Down	WCH	54 101.29
3.	G Bryan Jones	FVO	58 106.45
4.	I Rochford	BOK	59 110.56
5.	C Hirst	EBOR	60 112.39
6.	P Haines	AIRT	65 113.34
7.	R Plumb	CH	61 115.09
8.	T Goffe	WRE	63 117.27
10.	J Williams	CLOK	62 118.23
W19A	10.9km	16 controls	
1.	J Pearson	WRE	48 74.52
2.	S Parkin	EPOC	51 77.09
3.	C McNeill	INT	49 79.10
4.	R Coates	CO	56 86.08
5.	A Stewart	GUOC	52 87.30
6.	K Etherden	MDOC	58 90.02
W10A	2.3km	6 controls	
1.	J Farmer	OD	32 08
2.	K Inch	WFO	46 01
W11A	2.9km	7 controls	
1.	L Schofield	WCOC	30.07
2.	S Braggins	WAOC	31.30
3.	Y Hague	ROC	32.34
W13A	3.4km	8 controls	
1.	M Robertson	CUN	27.28
2.	A Heyworth	INT	31.25
3.	S Thomas	SN	33.36
W15A	4.6km	9 controls	
1.	E Dunn	WCH	37.10
2.	H McNee	CUN	41.16
3.	A Pilling	PFO	43.23
W17A	8.2km	11 controls	
1.	J Robson	SOC	72.44
2.	V Mason	MDOC	75.31
3.	P Webb	SN	78.45
W19B	6.3km	15 controls	
1.	A Hamilton	QUBOC	61.57
2.	G P Thomlinson	SOC	63.06
3.	J Holmes	MDOC	70.22
W35A	8.2km	11 controls	
1.	E Hale	WCH	65.59
2.	L Mills	WFO	71.35
3.	J Thompson	WIM	72.57
W43	5.6km	12 controls	
1.	J Tennant	DVO	52.13
2.	V Johnston	BI	65.18
3.	I Munro	SROC	67.39
W50	4.9km	10 controls	
1.	P Rye	SLOW	59.06
2.	J Wates	LOC	61.05
3.	J Wingham	SROC	63.49
W56	4.9km	10 controls	
1.	I Collett	SROC	53.37
M10A	2.9km	7 controls	
1.	I J Suddaby	BL	25.26
2.	D Cornish	SROC	38.29
M11A	3.4km	8 controls	
1.	S Palmer	WCH	25.39
2.	N Pilling	PFO	28.59
3.	D A Peel	WCH	30.77
M13A	4.8km	10 controls	
1.	D A Thompson	TVOC	36.12
2.	R Sharp	WCH	40.59
3.	S Poole	EYOC	41.43
M15A	8.7km	15 controls	
1.	C McIntyre	BOK	60.36
2.	D Chesewright	ROC	64.13
3.	R W Baker	TVOC	65.51



Jenny Pearson and Brian Bullen, W19 and M21 champions (Morris Conlan)

