

ROMSEY

ROAD RUNNERS

MINUTES OF ANNUAL GENERAL MEETING

Date **07 November 2012**
 Time **19.30**
 Location **Crosfield Hall**

Present Mark Adams, Paul Bradley, Christopher Brown, Janet Burnage, Paul Burnage, Gill Callus, Wendy Couper, Di Cross, Steve Davies, Wendy George, Heidi Godfrey, Matt Hammerton, Florence Hearn, Amanda Hull, Jimmy Hunt, Penny Jennings, Karen Keane, Derek Kelly, Bruce Maddick, David Nixon, Frank Ourique, David Page, Ruth Page, Ian Ralph, Greg Roulston, Liz Slade, Jo Weguilin, Hannah White, George Wysocki

Apologies Peter Hartley, Emily Slade, Jo Slade

1. MINUTES OF THE LAST MEETING AND MATTERS ARISING

The minutes of the meeting of 9th November 2011 were accepted as a true record. Progress against actions recorded below.

ACTIONS - AGM 2011		
Agenda Item	Action	Who (initials)
Treasurer Report	Review subscription fees prior to 2012 AGM. <i>See Treasurers Report.</i>	Committee
Social Secretary Report	Investigate suitable destinations for a club trip. <i>See Social Secretary Report.</i>	DC/KK
Beer Race Report	Update Key Dates Calendar 2012 to include the date of the Beer Race. <i>Feature in the newsletter and on the website.</i>	AH/AL/HW
Session Timings	Gauge with members whether they would prefer a 6.20 meet time, with a 6.30 start, or a 6.30 meet time, with a 6.40 start. <i>Members were consulted and it was agreed that there would be no change to the start time.</i>	PB
Pentathlon	Update the Club Constitution to include the amendment to the Pentathlon.	JC
Team Events	Feature an advert in the newsletter for volunteers to be Team Captains.	HW
	Include team results as well as individual results when reporting on races.	HW/AL
Circuit Training	Promote circuit training more on the website and in the newsletter.	HW/AL
Elections for Office	Discuss Press Secretary vacancy. <i>Post filled by Anni Tomlinson.</i>	Committee

2. REPORTS FROM COMMITTEE MEMBERS

CHAIRMAN – report prepared by PAUL BRADLEY

There have been many highlights with the Romsey Road Runners over this last year but most of them are being covered by the other Committee member's reports.

A big thank you to all of the Committee who make the club run smoothly so that everyone else can just enjoy the running and events with the club. In addition there are many others who make varying degrees of contribution, I must mention a few of them.

Derek Kelly and the Beer Race Committee – Hannah White, Janet Burnage, Jim Wright and Chris Lane

David Page – manages our Google Groups and organises the marshals for the RR10 and CC6 races.

Mark Adams – for the circuit training on Fridays.

I would also like to thank Paul Hammond of Eastleigh who takes literally thousands of photos for the benefit of the local clubs of the RR10s and CC6 races. I always enjoy looking through them to see my pained expressions, or fake smiles when I realise there is a camera pointing at me.

We always have a fantastic turn out of club members to help out at the varying events, probably 35% of our club turned up to help at the last CC6 whereas only 0.25% of the Southampton Running Club bothered.

There is a great diversity of members in the club from those that win races to those that don't ever race but enjoy just being out running with friends. Thank you to everyone who turns up for training, and makes it such an enjoyable and sociable experience, far more than just going out for a run.

Few people like dramatic change but a gradual evolution of what and how we do things within the club is likely to benefit everyone. The club belongs to its members and it is always useful to obtain feedback about what people consider to be both good and bad, and of course suggestions for improvements. Please let myself or any of the Committee know your views.

I am prepared to stand as Chairman for another year but will not oppose anyone who would like to take over the role.

TREASURER – report prepared by LIZ SLADE

The accounts presented to you tonight are for the club's financial year 1 October 2011 to 30 September 2012. They have been audited by Simon Bradley and I would like to thank him for providing this service once again.

As well as the summary of income and expenditure, I have included details of all transactions for both the Nat West and cash accounts.

The reason for the difference in expenditure for the Beer Race compared to 2010/11 is due mainly to the £600.00 donation to charity in 2010/11 and £0.00 in 2011/12. However, the Committee has now agreed to donate £250.00 to Romsey Stroke Club and this will appear on next year's accounts.

Subscriptions to England Athletics will be discussed under item 5 of the agenda. However, with regard to the club's membership fees, it was agreed by the Committee, to keep this at £15.00 for 2013 but to review this before the next AGM.

Finally, I am willing to stand as Treasurer again next year, unless anyone else would like to take on the role. However, if returned unopposed, I will be standing down a year from now at the next AGM.

NEWSLETTER EDITOR – report prepared by HEIDI GODFREY

A massive thank you to the main contributors, without whom I would struggle to fill each issue. The last edition was particularly successful, reaching 20 pages. Over the year, I have tried to include some race experiences, information snippets and light hearted humour. I have received constructive feedback from a number of members which has been dealt with and implemented accordingly.

Electronic and physical distribution of the newsletter has gone well. All printed copies that haven't been picked up on club nights have been hand delivered or posted. Thank you to Ali for uploading the electronic version of the newsletter onto the website.

I have loved every minute working on the last eight issues of the newsletter, but unfortunately my time as Newsletter Editor must come to an end. I really hope someone will take on this role, as the newsletter is the club's primary communication to its members. I am more than happy to offer my full support and advice to the new recruit!

PRESS SECRETARY – report prepared by ANNI TOMLINSON

I am happy to stay on as Press Secretary for a further year. Please continue to send on details of races and photos (small size) via email.

Comments:

It was noted that the publishing of articles and pictures in the Romsey Advertiser is out of Anni's control, and Halterworth Harriers often end up having more pictures featured, regardless of whether RRR also submits a photo.

Derek Kelly noted that next year he would submit all sponsor details to feature in the Beer Race article.

MEMBERSHIP SECRETARY – report prepared by STEVE DAVIES

It has been a good year and as far as I am aware Romsey Road Runners now has the largest membership total. It may be down to the Olympic games feel good factor, and if so long may it continue. We now have 119 members (66 male and 53 female) with another 3 promising to join.

I have enjoyed this role and being on the Committee but I feel it's time now to hand over to someone else. Therefore I am stepping down as Membership Secretary.

SOCIAL SECRETARIES – report prepared by DI CROSS and KAREN KEANE

Three became two this year, when Lesley Stone moved to Essex so she and Keith could live nearer their family. We would like to thank her for helping us fulfil the role of Social Secretary over the past two years.

As we approach our third year in the role, we are looking forward to the annual awards night, which will be taking place on Friday 16 November at the White Horse Hotel in Romsey. We are delighted so many of you will be there and hope to repeat the success of last year's event. Almost 60 people attended in 2011, and the hotel provided an excellent meal while party band May Contain Nuts packed the dance floor. This year, we have had to book a DJ due to a change in the hotel's music policy, but we are confident that there will be no reduction in the fun factor on the night.

After a run from Di's house in Whiteparish on Christmas Eve, we celebrated the New Year once again with a morning run – expertly organised by David Page – from the Bear & Ragged Staff with lunch to follow. There were also two home runs this year; thanks to Paul and Kitty for hosting the first in July in Wellow – assisted by Tam, Linda and Steve – and Di and Mark for the second in August. There was also a 'red, white and blue' Jubilee run from Whiteparish. These runs are great fun, and easy to organise. We are keen to encourage more such events for 2013, so do please ask for details if you would be interested in

hosting one.

Our pre-London Marathon Pasta Party moved to The Sun Inn this year. Loads of food, a David Nixon quiz and a 'They've Got Legs – and They Know How to Use Them' picture round made for a most amusing evening (though how anyone could mistake Di's legs for Andrew's....). Attended by 60 club members, it was a fitting send-off for our runners, who did us proud on the day.

The club hosted the Beer Race on 17 June, with a BBQ afterwards to thank members for marshalling and helping out. The weather was much kinder this year, and we were ably assisted by Pete Slade behind the grill. Many, many thanks to him for helping, and everyone else who washed-up, made teas, etc. The club then hosted the RR10 at Janesmoor Pond, followed once again by an impressive dash by marshals to the Sir Walter Tyrrell for refreshments and a good chat.

As we said to start, there are now just two of us sharing the role. We would be delighted if another club member felt able to join us. This is a fun role and, as this may be our final year, it would be a good opportunity for someone to shadow us. Thank you to everyone who has helped us during the year, and do please support the club's social events. It's a great way to get to know other club members – and fun!

The weekend away in Eastbourne was successful, with 14 runners taking part in the events. The next weekend away will be in May, further details to follow.

A farewell run was held for Keith Stone from the Bear and Ragged Staff, attended by 11 members.

The club is interested in entering some teams in the 24 hour Thunder Run in July next year; get in touch if you are interested in taking part.

KITMASTER – report prepared by GREG ROULSTON

It's been another busy year: -

The Ronhill running vests with the stunningly clear new logo (cost £14), have proved very popular, with a total of 26 sold since this time last year.

I understand that a small number of members, who will remain nameless, found the fabric of these new vests a little abrasive in the 'nipple area', so I contacted 'our' suppliers who are sending me some other samples of vest for testing by one of these sensitive types.

3 of the old style, 'unreadable logo' vests were sold off for a bargain £6 each. I now have only a very limited number of sizes left.

The Club Hoodies (cost £20) were popular too, with a total of 18 sold.

The Fluorescent Gilets (cost £20) have been purchased by only 7 club members. I have recently ordered a fluorescent gilet with extended sleeves (cost £25) which retains its snug fit, for one member but if some members would prefer a looser fit then I could purchase some fluorescent jackets, which would cost an additional £2.50 more.

The webbed florescent tops (cost £7), which I purchase from 'Up And Running' in Chandlers Ford, unfortunately now only come in Small/Medium & Medium/Large sizes and a total of 3 were sold.

The smart new, summer weight, track tops (cost £32) although a hit at the 'Fashion Show' have been slow to sell (only 3!), hopefully as the barmy weather returns the sales of these will pick up.

And finally 7 old style tee shirts were sold off for the ridiculous price of only £4 each.

Another item that members could consider buying is a lightweight wind and water resistant 'Team Allen' jacket, which can be purchased from 'Fastrax on line'. They would come in club colours, a royal blue jacket with Romsey Road Runners in gold letters on the left chest and would cost, with the usual club discount, approximately £30.

WEBMASTER

It was reported that Ali Longworth will be standing down as webmaster.

SESSION LEADER – report prepared by HEIDI GODFREY

In January 2012 the Session Team announced its new and improved training sessions. Our main focus was to lead a variety of distances with a mix of effort distances and speeds. All new sessions were arranged with thought and safety using routes on footpaths with street lights and pedestrian crossings. A tempo run was introduced into our Thursday night training to help develop our anaerobic or lactate threshold, critical for running faster. These training nights proved to be very popular so we have scheduled them onto a three weekly rota.

As the majority of training sessions are now attracting approximately 50 members, safety has to come first when we are in such a large group. For this reason we introduced two training sessions on a Monday night. Groups 1 and 2 head off to run one route and groups 3 and 4 another. I will be moving runners in group 3 up to group 2 if necessary.

As in previous years the summer months saw us back out enjoying the undulating lanes of Braishfield. The usual 1km efforts were sustained with the monthly 5km time trial arranged around the RR10 races. Congratulations to David Nixon for winning the Handicap trophy this year.

Mountbatten Track was used for our speed and endurance training during the summer. Each session is designed to help us manage that finishing sprint at the end of a race (Keith Stone will be proud). An alternative recovery run was scheduled after an RR10 for those whose legs couldn't endure a hard speed session.

We would like to thank everybody for participating in the training sessions, which are enjoyable and fun for us, and hopefully improving your running as well.

(Heidi Godfrey, Matt Hammerton, Ian Ralph, Steve Davies, Paul Slaughter, Hannah White and Amanda Hull)

FIXTURES SECRETARY – report prepared by PAUL BURNAGE

Mile of Miles – 11 July 2012

Local running clubs fielded a total of 17 teams – Romsey Road Runners put in two teams, one of which had a winning time of 54.39. The other team came seventh with a time of 60.27.

I would like to pass my thanks on to the Team Captains – Greg Roulston and Lynda Brown. As Romsey won the event we have to host this in 2013.

RR10 – 18 July 2012

Again I had the assistance of David Page who took on the role of Chief Marshal. As in past years we hosted this race with Wessex and the two clubs worked well together to put on a very successful event, which was rather muddy in places due to the wet summer we were experiencing. Our route has a reputation for being tough, and this year was certainly no exception. My thanks go out to all those who turned out on what started off as very wet evening to marshal etc.

Test Way Relay – 8 September 2012

Romsey Road Runners were able to put out two teams – a men's and a women's team – there was a field of 13 teams overall. The men's team finished tenth in a time of 5 hours 49 minutes and the women's team finished third in a time of 6 hours 17 minutes. Thanks to Team Captains (Wendy Couper and Paul Burnage) and route marshals who recorded times at Middleton Farm.

CC6 – 7 October 2012

Again David Page assisted in the post of Chief Marshal with Hannah White as Section Leader. We were supposed to share the hosting of this event with Southampton AC, but as in past years, we had little help, so my thanks go out to Romsey Road Runners and the support they gave to this event by turning out to marshal a very wet and muddy course. Representation will be made to the CC6 committee about the lack of support received from Southampton, requesting that they be dropped from the CC6 league as they have no interest in hosting a CC6 race, which as we know, is part of the deal, although they are happy to field runners.

I will be standing down as Fixtures Secretary this year.

3. BRAISHFIELD BEER RACE REPORT

This year the weather for race day was dry and sunny and this was reflected in the number of entries, a total of 272. Our best entry record is 280 in 2010 so we seem to be achieving fairly consistent numbers each year.

Final figures:

272 total entries

238 finishers

180 pre entered

92 entered on the day

135 were attached

137 unattached

Once again we were well supported by our sponsors and hope that they will continue for the 2013 race. The actual race date is still to be decided but will be in the early part of June as normal.

We made over £1,000 profit, which will boost Club funds and enable us to purchase additional equipment and make donations to charities if agreed. The format for our race seems to work well and is different to so many others with the reward of cake and beer for finishing. Based on the number of race entries we have had over the last couple of years, we feel that we are reaching the maximum for this event and that we should contain it to around 350 max for the future. This takes into account our race venue, the required facilities, management and resources.

The UKA are making more changes to the membership and affiliation fees. The good news is that for affiliated Clubs such as ours there will be a new set fee of £25 for the UKA Road Race licence. This will rise in step increments to £30 in 2017 (at present we usually pay around £75 for our race, based on the number of entries). The idea behind this deliberate pricing structure is to support the local road running community and to allow us to retain more of the funds raised through the road races. Larger organisations will pay considerably more to hold running events in the future.

We now need to have a UKA qualified 'authorised person' to oversee our race day organisation and the requirement for a race referee is not a necessity. However we on the Race committee feel that for the small cost involved in having an 'official referee' and 'timekeeper', it reduces Race Day issues and disputes. We have already established a successful process, which satisfies the UKA, Local Council's Safety Advisory Group, and the Police.

The 'Beer Race' is Romsey Road Runners chance to contribute to the running community and our Club need the support of all our members on race day to carry out the various duties required to ensure that all entrants have a safe and enjoyable day.

I know that I have already thanked the race committee and most of the club members that gave their time to help, marshal, and provide cakes for the 2012 event, without your support the event would not be the success it is. But for those I might have missed, thank you, and lets have another successful event next year.

Derek Kelly, Race Director

4. CHANGES TO ENGLAND ATHLETICS MEMBERSHIP FEES

It was announced that England Athletics (EA) membership fees are to be raised to £10 per person in 2013/14. There will be no change to the club affiliation fee. All information regarding this change is available on the EA website: www.englandathletics.org/membership2013

Club members were reminded that the EA membership fee is optional. The Committee agreed to make it clearer to new and existing members on the website and other membership information, that membership is split and EA affiliation is optional.

It was noted that the main direct benefit of individual EA membership is money off race entry fees, sometimes up to £5 for larger races. It was noted however that this only applies to EA affiliated races. Derek Kelly also highlighted the positive support offered by EA for club races.

ACTION: Committee – ensure all new and existing members are aware that EA membership is optional.

5. REMOVAL OF CC6 SPEED RESTRICTION

Following difficulties encountered last season in enforcing the 'fast' runner restriction rules, it was decided at the CC6 AGM to remove the ruling for the 2012/13 season and open the league to all runners from the member clubs. A review is to take place at the end of the season to see what, if any, impact the removal causes and a decision will then be made at the 2013/14 AGM to decide if the rule change is to continue.

The Committee discussed this rule change at its last Committee meeting and expressed disappointment that it had been implemented without consulting clubs, as it represents a major alteration to the ethos of the league. Club members were asked for their views on the rule change.

Members acknowledged the difficulty in enforcing the rule, especially as not all runners may run in qualifying races to meet the time restriction. If the rule is reinstated, it was suggested that they extrapolate the speed restriction to cover all race distances. It was also felt that more responsibility should be placed on the competing clubs to self-enforce this rule, as well as on the clubs hosting the race to enforce the rule if they notice a fast runner.

Di noted that a key draw of the CC6 league is that it allows different runners to win. This also means that different runners will have the opportunity to win the club winter cross country award. Concern was raised that removing the restriction will turn the CC6 series into a winter version of the RR10, with the same winners. Concern was also expressed that the venues may not be able to cope with the increased numbers that the rule change may attract.

Julia queried whether the main objection is congestion in car parks and on the courses, or political reasons. She expressed general support for the rule change, noting her view that a race series should not exclude people.

All agreed that it would be useful to establish a club view on the issue so that it could be fed back to the CC6 Committee. Di proposed that the club ask that the fast runner restriction be reinstated for the 2013/14 series. This was seconded by David Page. A vote was then held and all except Julia voted in favour of the proposal.

Anni T suggested that this view be presented to the CC6 Committee alongside a suggestion that the speed restriction be reviewed, with options, in consultation with all clubs that take part in the series. There was general agreement for adopting this approach.

ACTION: Committee – write to the CC6 Committee to express the view of the club on the rule change.

6. AFFILIATION TO BRITISH TRIATHLON FEDERATION

Paul Bradley presented a proposal for Romsey Road Runners to affiliate to the British Triathlon Federation (BTF) for a trial period of one year. This should be reviewed at the AGM in 2013 and a decision made if the affiliation should continue. There would be no change to the name of the club, the purpose of the club or its constitution.

There are a significant number of Romsey Road Runners that enter triathlon races and train for these events, often with other members of the club. Should there be an accident while members are training in any way other than athletics, the club could be liable and the club is not currently covered for this under UKA insurance.

Listed below are the potential advantages and disadvantages to the club affiliating to BTF. Full details of the insurance and benefits provided by BTF affiliation is available on the website:
<http://www.britishtriathlon.org/england/membership/club-insurance>.

Advantages

The club has insurance cover for members participating in non-athletics training
May attract new members (club members will pay a reduced fee for individual membership)
May help retain old members
The club receives £5 back for every member who joins Triathlon England
Non running training could be recognised within the training schedule and co-ordinated

Disadvantages

Annual fee to the club (currently £105)
Some members may consider that triathlon could divert interest and resource from the primary aim of running

Comments were welcomed on the proposal.

Concern was expressed regarding a suggestion that circuit training is not covered under UKA insurance. David Nixon and Mark Adams both believed that this is not the case and that the club is covered under UKA insurance. Di Cross suggested that the extent of insurance coverage with UKA is clarified before any action is taken.

David Nixon presented four options based on the proposal: 1) the club does not affiliate and no action is taken; 2) interested members could join a local triathlon club; 3) interested members could set up their own triathlon club; 4) the club affiliates to BTF as proposed. If this is agreed it was suggested that the cost of affiliation is shared between the interested members.

Concern was expressed that cycle rides advertised through the google group could make the club liable in the event of a claim. This was queried, with many members feeling that the cycling sessions (or walks) that have taken place in the past are social outings and that members should take personal responsibility. Janet noted that she had taken out personal liability insurance costing just £10.

Paul Bradley noted that club cycling sessions are happening with increasing frequency and whilst the insurance may never be needed, it would be essential in the event of a claim. Anna Duigan agreed that this risk needs to be managed and whilst she is never going to do a triathlon, she expressed support for the club affiliating to BTF from an insurance point of view, noting that it would only work out at £1 per member.

Paul clarified that affiliation will not mean that the club will be expected to lead swim and cycle sessions and it was agreed that if alternative sessions are arranged that these are not organised on main club nights and should not detract from running, which will remain the main purpose of the club.

Derek Kelly offered support for the proposal, noting that it will not result in any cost to club members as enough profit is made from the Beer Race to cover the cost of affiliation.

Matt Hammerton also offered support for the proposal noting that membership to Southampton Triathlon Club is very expensive and that the area around Romsey is missing a Triathlon Club. It is therefore felt that it may help attract new members, there will also be a significant proportion of members taking part in triathlons that they can train with.

It was proposed that a vote be held to determine whether the club should affiliate for a trial period of one year, during which time the Committee will monitor the adverse and beneficial effects on training and membership. It was also proposed that during this time clarification on the detail of the insurance provided by EA should be sought.

The vote resulted in 20 members in support of the proposal and 7 against. The proposal was therefore carried by majority.

ACTION: Committee – affiliate to British Triathlon Federation for a period of one year.

ACTION: Committee – review the effects of BTF affiliation on club training and membership and report back at the AGM in 2013.

ACTION: Committee – seek clarification on the detail of the insurance provided by UKA.

7. OVER 50'S PENTATHLON

Greg Roulston presented a proposal to introduce an Over 50's Pentathlon award. This will involve a change to the club constitution as indicated below:

Pentathlon

Scoring for this is based on a points system for men's and women's performances in 5 of the 6 race distances that are officially recognised and permitted; 5km, 5 miles, 10km, 10 miles, half marathon and marathon within the UK. The 5km club handicap time trial race is included. Members are allocated points for their best time within RRR over each distance (40 points for fastest, then 37, 34, 32, 30, 29 and then reducing by 1 point for each position). The Pentathlon Award can only be awarded to a first claim member.

Pentathlon Veterans Trophy

This is an extension of the Pentathlon competition but is a single award for men and women that are aged 50 or over on 1st October in the year of the competition. An extract from the results from the main pentathlon of all eligible members are copied to separate tables, one for men and one for women.

Members are allocated points for their best time over each distance in the same way as the main pentathlon award (40 points for fastest, then 37, 34, 32, 30, 29 and then reducing by 1 point for each position). The man or woman with the greatest number of points is awarded the trophy. In the event of a tie for first place the person who is the oldest is awarded the trophy.

The Pentathlon Award can only be awarded to a first claim member.

A vote was held and it was unanimously agreed that the Veterans Pentathlon be adopted.

ACTION: Committee – amend club constitution to include the Veterans Pentathlon.

8. LONDON MARATHON DRAW

As only one member (Mark Adams) had applied for a Club place in the London Marathon, this was automatically awarded.

It was suggested that the second place be awarded to Jimmy Hunt as he had missed out on a club place in the previous two years. A vote was held and this was unanimously agreed by all club and Committee members present.

9. ELECTIONS FOR OFFICE

Committee Position	Name	Outcome
Chairman	Paul Bradley	Re-elected unopposed
Secretary	Amanda Hull	Re-elected unopposed
Session Leader Session Team	Heidi Godfrey Gill Callus, Steve Davies, Matt Hammerton, Amanda Hull, Ian Ralph, Paul Slaughter, Hannah White	Re-elected unopposed
Membership Secretary	David Nixon	Proposed by Heidi Godfrey Seconded by Janet Burnage
Treasurer	Liz Slade	Re-elected unopposed
Press Secretary	Anni Tomlinson	Re-elected unopposed
Kit Secretary	Lynda Brown	Proposed by Paul Bradley Seconded by Janet Burnage
Fixtures Secretary	Hannah White	Proposed by Paul Burnage Seconded by Janet Burnage
Social Secretary	Di Cross, Karen Keane	Re-elected unopposed
Newsletter Editor		Post vacant
Webmaster		Post vacant
Beer Race Director	Derek Kelly	Agreed to continue in this role

ACTION: Committee - encourage club members to take on the vacant Committee positions.

10. AOB

On behalf of all club members, Derek Kelly expressed his thanks to all on the Committee for what they do to keep the club running.

Date of next AGM: Wednesday 6th November 2013

Award Winners 2012 – announced at the Awards Evening on 16th November.

<i>Winter Cross Country (M)</i>	<i>Mark Adams</i>
<i>Winter Cross Country (F)</i>	<i>Anni Dawes</i>
<i>RR10 (M)</i>	<i>Matt Hammerton</i>
<i>RR10 (F)</i>	<i>Amanda Hull</i>
<i>Pentathlon (M)</i>	<i>Ali Longworth</i>
<i>Pentathlon (F)</i>	<i>Amanda Hull</i>
<i>Pentathlon (V50)</i>	<i>Liz Slade</i>
<i>Sally Sillence</i>	<i>Tam Ryan</i>
<i>5km Time Trial</i>	<i>David Nixon</i>
<i>Chairman's Award</i>	<i>David Page</i>
<i>RRR of the Year</i>	<i>Heidi Godfrey</i>