

Race Level at Brabyns Park approx 0.58

DIV "C" MENS K1 (5 promoted)

1	R Green u21	Leeds Uni	16.44
2	D Green	Cambridge	16.45
3	M Black ul8	Manchester	16.56
4	S Marnell u21	Preston Brk	17.04
5	N Kelly	Manchester	17.20
6	G Dickinson	Manchester	17.31
7	P Davies	UMIST	17.37
8	A Lord ul8	Manchester	17.38
9	A Oxley	UMIST	17.43
10	P Young	West Cumbria	17.52
11=	C Bailey	Rona Raiders	17.53
11=	C Booth	L'pool Uni	17.53
13	P Renshaw ul8	Manchester	17.56
14	S Thompson ul8	Sheffield	17.58
15	C Pinder	Leeds Uni	18.02
16	M Renshaw ul6	Manchester	18.04
17	D Royle	Accrington	18.22
18	C Hindley	Ind.	18.31
19	M Harvey	L'pool Uni	18.38
20	E Jones ul4	Accrington	18.51
21	D Gregory (V)	Rona Raiders	19.04
22	D Howe	UMIST	19.06
23	D Feord	UMIST	19.16
24	C Jones	Poynton	19.49
25	J Sutton ul8	Manchester	20.32
26	I Johnson	Charnwood	20.45
27	J Christie	-	21.04
28	P Robinson (V)	Manchester	22.04

DIV "C" LADIES K1 (1 promoted)

1	J Cawthray	Manchester	18.44
2	L Utal	Midland	20.52
DNF	R Gregory	Ind.	DNF

DIV "C" C2 (1 promoted)

1	Purssell/Snodin	Notts/Mid	21.03
2	Rhodes/Bradshaw	UMIST	22.41
3	Leigh/Buchanan	Manchester	22.51
4	Lipscombe/Garry	Rona Rs	23.28

DIV "C" C1 (0 promoted)

1	S Gelder	UMIST	23.40
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OPEN

1	DRH Taylor	Notts KC	13.37
2	D Kay	Leeds	13.48
3	N Morley (V)	Leeds	14.16
4	J Morris	Bury St E	14.33
5	J Graveling	Leeds	14.40
6	A Heaume	Viking	14.44
7	M Smith	Leeds	14.54
8	J Royle u21	Accrington	15.13
9	K Worsley	Viking	15.17
10	P Dingsdale (V)	Bath	15.19
11	N Royle u21	Swansea Uni	15.29
12	P Kelly ("B")	Manchester	15.52
13	M Wood	Northwich	16.07
14	P Oldfield u21	Manchester	16.38
15	M Chambers	Manchester	16.51
16	S Chorley (V)	Chester	16.55
17	R Scholey (V)	Chester	17.27
18	P Turner u21	Chorley	17.30
19	D Dugate (V)	Rona Raiders	17.46
20	H Pashley (V)	Sheffield	17.50
21	Haughton/Ford	Leeds	18.58
22	Haughton ul4L	Leeds	21.31

Thanks to : Julia (Entries) Eddie, Helen & Judy (Start)
Hazel & Mike (Finish) Steve & Tim (Marshalling)

Official Weekend Mileage (for Competition!) :

Saturday : 14 miles

Sunday : 8 miles

Saturday AM : Timed Run from
Marple Bridge (Level approx 0.69)

1 DRH Taylor	14.32	0
2 D Kay	14.37	+5
3 J Lyons	15.09	+37
4 J Parker	15.10	+38
5 N Morley	15.19	+47
6 A Heaume	15.28	+56
7 J Morris	15.33	+61
8 J Graveling	15.38	+66
9 K Worsley	15.46	+74
10 J Royle u21	16.17	+105
11 P Turner u21	16.23	+111
12 N Stevenson	16.58	+146

Sunday AM : Race Run from
first Weir (Level approx 0.58)

1 DRH Taylor	13.37	0
2 D Kay	13.48	+11
3 N Morley (V)	14.16	+39
4 J Morris	14.33	+56
5 J Graveling	14.40	+63
6 A Heaume	14.44	+67
7 M Smith	14.54	+77
8 J Royle u21	15.13	+96
9 K Worsley	15.17	+100

Saturday PM : Pairs "Team" Run

	Split	Finish	
1 Kay/Lyons	9.51	15.01	0 - Compare Sat AM time
2 Parker/Taylor	10.16	15.44	+43
3 Heaume/Morley	10.23	15.56	+55
4 Graveling/ Morris/Worsley	10.50	16.40	+99
5 Royle/ Stevenson/Turner	11.40	17.54	+173

Sunday PM : Team Run

1 Kay/Morris/Taylor	14.46	0 - Compare Sun AM time
2 Graveling/Morley/Smith	15.14	+28
3 Heaume/Royle/Worsley	15.52	+66

COMMENTS

Good hard work and team spirit all round - but a worrying lack of endurance shown in afternoon performances (except as noted above) - remember how many intensive river runs are involved in the preparation for a continental race.

The upstream paddling on Saturday seemed beneficial hard work. Perhaps you can include it in your own sessions (eg when training at non-Div "A" races).

NEXT TRAINING WEEKEND

Holme Pierrepont : Meet at 10am prompt Saturday in the waterside car park.
Sat Lunch -> Sun Lunch incl Accommodation provided free for the 10 squad members, so please let me know immediately if you are not coming.

For others : £21 is the all-in meals/accom/access charge. I must know at the USK if you want to be booked in. Use of the facilities only (without meals/accom) will cost £4.