

SS16 Llanymynech Limeworks . August 9th

Using the usual stakes and control boxes in this area is very difficult in the summer due to the rock - hard ground. Well it is a quarry ! Actually its just as spiky and rocky in the winter, but for full events we have more time to hang flags Ground markers can be tricky to find, trickier if we misplace some of them . Apologies for control 110 - you all went to the right place and 114 where I'd put the circle on the wrong tree, well spotted Dave+ co

Car parking is also an issue at this site - we forgot to put a reminder notice in the lower car park (which we are not allowed to use) so well done to those that applied common sense and found the other one (we werent supposed to park there either) Extra Brownie points to those that checked that club website as advised and so parked correctly at the school.

No brownie points to the coach (me), who walked off with the timing watch late on to assist some novices So we'll just list scores rather than penalties this week. (which will please some more than others !) For those that wish to come back to explore the site further, permanent course maps of both the lower Heritage site and upper area are available. This may well be the last itme we use the area for a summer training session rather than a winter event as its a bit far to travel for most club members, hence the low turnout. Thanks to those that did come

Yellow course		Club	Controls
Kirsty Randall	W21	-	5
Barry Brown		-	11
Callum Brown	M10	-	11
Saskia Jones	W12	DEE	12
Douglas Stammers		-	12
Lyn Jones		DEE	12
Patrick Stammers		-	11
Nina Jones		DEE	11
Betsy Stammers		-	11
Liz Riley	W65	WRE	11
Sarah, Martin+Rachel	W21,M40	WRE	11
Charlene+ Bella	W21+W5	-	9
Gwyn+ Henry		-	some

45 Minute Score

Dave Gittus	M70	WRE	9
Dave Randall	M55	WRE	16
Kitty Jones	W14	DEE	13
Paul Jones	M40	DEE	29
John Bennison		COBOC	13
Derek Parke	M55	WRE	13
John Riley	M70	WRE	10
Roddy Pratt	M50	-	13
Jenny Matthews	W20	WRE	11
Leah Gardner	W20	-	11
Enric Tardiq	(guest)		11
Richard Bishop		-	7
Mike Woods	M50	DEE	27
Roy Lindsell	M65	WRE	13

31 runners