

January 5K Time Trial 2016

Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
1	Rob Byrne	17:04	PB		29	Jenny Shilling	26:25	
2	Terry Arnott	19:13			30	Tracy Wales	26:25	
3	Dan Belben	19:19			31	Mike Barker	26:32	
4	Jason Grygiel	20:12			32	Rory Fall	26:42	Guest
5	Bryn Whitehouse	20:43	PB		33	Mike Kearney	26:56	
6	Josh Belben	20:55	Guest		34	Ken Eaden	27:15	
7	Tim Durant	21:52			35	Mike Stares	27:18	
8	Paul Williams	21:53			36	Caroline Oakes	27:19	
9	Alan Burgess	21:59			37	Liz Elshaw	27:20	
10	Lloyd Durham	22:36			38	Lorna Harper	27:28	Guest
11	Stuart Outen	22:46	1st Timer		39	Vicky Gorton	27:48	
12	Phil Beed	22:48	PB		40	Ray Bernice	27:50	
13	Terry Moore	23:07			41	Kev Robinson	27:51	
14	Voytek Rutkowski	23:11	1st Timer		42	Kerry Arnott	27:51	
15	Gill Dowling	23:19			43	Marie O'Rourke	28:04	
16	Ben Jarvis	23:19			44	Ann Marie Staples	28:04	
17	Nick McBeath	23:42			45	Colin Middleton	29:22	
18	Dan Thompson	23:52	Guest		46	Richard Pelley	30:17	Guest
19	James Wales	24:38	Guest		47	Jenner Moore	31:55	
20	Darren Eynon	24:42			48	Shona Rust	31:58	
21	Jenna Knight	24:48			49	Jo Harvey	32:03	
22	Dave Croft	24:59			50	Denise Little	33:10	
23	Keith Elshaw	25:11			51	Emma Kedzierski	33:30	1st Timer
24	Pete Lindley	25:26			52	Phillipa Clark	33:39	
25	Dave Little	25:50			53	Sue Barratt	33:39	
26	Nicky White	25:56			54	Laura Bishop	35:07	
27	Kev White	25:58			55	Julia Roiz-De-Sa	35:07	
28	Steve Silverlock	26:10			56	Barry Larse	40:17	Guest

February 5K Time trial results 2016									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Rob Byrne	17:23			22	Lara Durham-Dent	25:52	Guest	
2	Terry Arnott	19:02	PB		23	Wes Clift	25:54	Guest	
3	Dan Belben	19:07	PB		24	Johanna Ross	25:56	PB	
4	Jason Grygiel	19:16			25	Ben Jarvis	25:57		
5	Simon Gregg	19:28	Guest		26	Kerry Arnott	26:21		
6	Kev White	19:43			27	Gill Dowling	26:58		
7	Andy Johnson	21:30			28	Tracy Slade	26:59	PB	
8	Paul Williams	21:38			29	Kate Smyth	27:34		
9	Alan Burgess	21:43			30	Henry Gunner	27:35	1st Timer	
10	Mason White	22:16			31	Rory Fall	28:05	Guest	
11	Dan Thompson	23:00	Guest		32	Mike Stares	28:16		
12	Terry Moore	23:21			33	Mike Kearney	28:26		
13	Jenna Knight	23:25			34	Helen Williams	28:30	Guest	
14	Dave Croft	24:32			35	David Baker	28:34		
15	Connor Wells	25:00	Guest		36	Jenner Moore	29:22		
16	Brian Fisher	25:15			37	Chris Nation	29:33		
17	Steve Silverlock	25:35			38	Deborah Birch	29:41		
18	Kayleigh Daniels	25:42	PB		39	Dave Kirby	32:59		
19	Debra Talbot	25:43	PB		40	Andrea Kitchen	34:44	1st Timer	
20	Kev Robinson	25:44	PB		41	Amber Schothorst	34:44		
21	Claire Bates	25:48	Guest		42	Sarah Down, Sid Smith		1 Lap only	
That was a cold, strong westerly breeze, not nice to stand around in so all the more reason to once again thank our officials:- Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Gary Francis - Recorder, Terry Weston - Numbers. There were Supporters:- Mike Welsted, Nicky White, Adam Walters and Ken Eaden (on his bike). On the other hand it was great to feel the breeze on your back along Stokes Bay road, which along with Ben Jarvis's great pace making efforts must have contributed significantly to all those PB's									

April 5K Time Trier 2016									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Terry Arnott	18:43	PB		33	Mandy Grant	28:22	Guest	
2	Ben Jarvis	18:46	PB		34	Adam Walters	28:28		
3	Thomas Bates	18:52	PB		35	Sarah Newman	28:31	PB	
4	Dan Belben	18:52	PB		36	Katerina Jurd	28:33		
5	Steve Blake	20:24	Guest		37	Samantha Moore	29:14	PB	
6	Simon Gregg	20:33	1st Timer		38	Christina Nation	29:35		
7	Paul William	21:48			39	Ellen Williams	29:46	Guest	
8	Colin Gardner	22:18			40	Fleur Giles	30:09	1st Timer	
9	Nick McBeath	22:29			41	Shona Rust	30:19		
10	Martin Barnes	23:21			42	Lorraine Hamp	30:21	1st Timer	
11	Gill Dowling	23:39			43	Alan Burgess	30:21		
12	Rachel Davies	24:39			44	Chris Baker	30:38	1st Timer	
13	Dave Croft	24:45			45	Richard Smith	30:54	1st Timer	
14	Yvette Eastman	24:55	PB		46	Amanda Morby	31:48	1st Timer	
15	Jane Cockayne	25:21	1st Timer		47	Laura Marsden	32:48	PB	
16	Clair Bates	25:33			48	Laura Bishop	33:16		
17	Fiona Tomlinson	25:41			49	Ann Adams	33:29	1st Timer	
18	Dean Conway	25:49	1st Timer		50	Vicky Walsh	33:30	1st Timer	
19	Ashley Crozier	25:53	Guest		51	Sue Barrett	33:31		
20	Hayley Sparshott	26:01	1st Timer		52	Sharon Noble	33:34	PB	
21	Rory Fall	26:20	Guest		53	Mike Kearney	33:54		
22	Lora Woodhams	26:24	1st Timer		54	Sarah Williams	34:00	1st Timer	
23	Nicola Colebourne	26:32	1st Timer		55	Kayleigh Breen	34:01	1st Timer	
24	Mike Stares	26:36			56	Julie Conway	34:41	1st Timer	
25	Claire Tallack	26:37	1st Timer		57	Deb Humphreys	35:43	Guest	
26	Steve Wood	26:40	1st Timer		58	Lorraine Down	36:51	PB	
27	David Baker	26:42			59	Debbie Atkinson	36:52	1st Timer	
28	Steve Silverlock	26:57			60	Angie Elshaw	36:57		
29	Sarah Bishop	27:00	PB		61	Mike Bowers	37:11	1st Timer	
30	Keith Elshaw	27:00			62	Paul Street	37:13		
31	Kerry Down	27:12	PB		63	Louise Millson	37:20		
32	Melissa Pink	27:25			64	Sid Smith	37:22		
What a fantastic turn out for the first Summer Time Trial of the season. The weather laid on was almost perfect, not too hot, not too cold, led to many P B's, so we'll done to both old and new runners. Our brilliant officials always deserve our thanks; Liz Redpath - starter and timer, Janet (I almost know what I'm doing) Lindley- Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder. The Supporters, Mike Welsted, Pete Lindley, Kate Smyth plus Son, Colin & Karen Middleton plus Family, Ken Eaden (on his bike), think I also saw John Jeffs?									

	July 10K Time Trial 2016								
	Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
	1	Rob Byrne	35:58			33	Caroline Oakes	64:18	
	2	Chris Buxton	39:36			34	Kerry Arnott	64:10	
	3	Tom Barnard	40:32	Guest		35	Ashley Crozier	66:47	1st Timer
	4	Richard Oakes	40:54			36	Sarah Down	67:47	
	5	Terry Arnott	41:23			38	Kayleigh Breen	68:04	1st Timer
	6	Jayson Grygeil	41:45			39	Viv Breen	68:05	1st Timer
	7	Josh Belben	46:49	Guest PB		40	Johanna Ross	68:39	
	8	Kathryn Wealthy	47:04			41	Andrea Licandro	68:39	Guest
	9	Simon Gregg	47:41	1st Timer		42	Jo Hopkins	68:40	
	10	Dan Roiz de Sa	48:05	1st Timer		43	Dave Kirby	75:20	
	11	Martyn Law	48:10	Guest		44	Debbie Humphries	80:23	1st Timer
	12	Darren Eynon	48:23			45	Lee Westwood	80:23	
	13	Gill Dowling	48:29						
	14	Alan Burgess	49:13						
	15	Tracey Wales	49:50						
	16	Terry Moore	50:33						
	17	James Heath	51:39						
	18	Vicky Windsor	52:07	Guest					
	19	Jane Cockayne	52:10	PB					
	20	Mick Stares	54:28						
	21	Fiona Tomlinson	54:42						
	22	Nicky Finnemore	57:46	PB					
	23	Rory Fall	59:33						
	24	Ken Eaden	60:03						
	25	John Jeffs	60:52						
	26	David Wright	61:06						
	27	Sheena Ball	61:13	1st Timer					
	28	Ann Marie Stables	62:38	PB					
	29	David Brace	63:39						
	30	David Baker	63:02						
	31	Lyn Jones	63:37	1st Timer					
	32	Pete Robinson	64:04						
	Janet Lindley - Starter/Timer; Pete Lindley - Timer; Terry Weston - Numbers; Gary Francis - Recorder; Supporters/marshalls: Auz Gray, Miranda Carrick, Amber Schothorst, Lisa Hennen, Martyn Barnes, Sarah Bishop, Hayleigh Sparshott, Claire Tallack, Laura Colebourne, Nick Carter, Mick Kearney, Kevin White.								

August 5K Time Trial 2016									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Rob Byrne	17:16			24	Terry Moore	25:35		
2	Tom Barnard	17:30	Guest		25	Lee Westwood	25:35		
3	Chris Buxton	18:30			26	Steve Silverlock	25:42		
4	Terry Arnott	18:37	PB		27	Laura Woodhams	25:44		
5	Tom Bates	18:56			28	Tony Peelo	25:51	Guest	
6	Kev White	19:15			29	Sarah Newman	25:56	PB	
7	Jamie Haynes	19:20	1st Timer		30	Mike Stares	26:09		
8	Dan Belben	19:23			31	Mike Barker	26:23		
9	Ben Jarvis	20:27			32	Colin Middleton	26:26		
10	Josh Belben	20:48			33	Ashley Crozier	26:44	1st Timer	
11	Paul Williams	20:58			34	Dave Brace	26:49		
12	Colin Gardner	21:31			35	Fleur Giles	27:50	PB	
13	Nick Carter	21:32			36	Pete Lindley	27:57		
14	Alan Burgess	21:57			37	Adam Mundell	28:12		
15	Ray Bernice	22:18			38	Lara Durham-Dent	28:13		
16	Daniel Tompson	22:22	PB		39	Kim Carter	28:16		
17	Nick MacBeath	22:48			40	Richard Smith	29:30	PB	
18	Martyn Barnes	23:08			41	Gayle Dudley	31:18	Guest	
19	Dean Conway	24:26			42	Dave Kirby	33:47		
20	Dave Croft	24:51			43	Shona Rust	34:12		
21	Jane Cockayne	25:16	1st Lady		44	Julie Conway	35:43		
22	Tracy Slade	25:19	PB		45	Sid Smith	35:45		
23	Fiona Tomlinson	25:25							
WHAT HAPPENED TO SUMMER?? Perhaps the only advantage to that weather on the night, was that drizzle helped to keep you cool and the wind mostly blew you along the esplanade. As always our thanks to our officials, in particular Kerry Irwin-Hall, who took on the recording job for the first time. The usual crew, Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers. Nice to see Mike Welsted Marshaling on the sea front, Hayley Sparshott taking photos and supporters, Karen Middleton and Kerry Arnott									

	5 Mile Time Trail results September 2016								
	Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
	1	Tom Barnard	30:32	Guest		31	Caroline Oakes	44:37	
	2	Chris Buxton	31:01			32	Laura Woodhams	44:48	
	3	Terry Arnott	31:46			33	Caroline McGuigan	44:50	1st Timer
	4	Dan Belben	31:53	PB		34	Fleur Giles	45:10	PB
	5	Jason Grygiel	32:16			35	Catherine Stock	46:16	
	6	Colin Chambers	32:38	Guest		36	Steve Silverlock	46:17	1st Timer
	7	Alan Burgess	34:49			37	Steve Calder	46:17	1st Timer
	8	Ben Jarvis	34:55			38	Richard Pelley	46:35	Guest
	9	Simon Gregg	34:56	1st Timer		39	Matt Jarvis	46:37	1st Timer
	10	Paul Williams	35:18	PB		40	Camille Ainsworth	46:53	1st Timer
	11	Nick Carter	35:43			41	Nicky Finnemore	47:13	
	12	Ian Pugh	36:02			42	Lizzie Elshaw	47:19	
	13	Josh Belben	36:14	Guest		43	Colin Middleton	47:19	
	14	Gill Dowling	36:26	PB		44	Melissa Pink	48:24	
	15	Nick McBeath	36:47			45	Richard Smith	48:32	
	16	Katherine Wealthy	37:11			46	David Baker	49:35	
	17	Dave Little	39:47			47	Mike Kearney	50:27	
	18	John Barrett	40:45			48	Debbie Atkinson	50:39	PB
	19	Dave Croft	40:55			49	Lorraine Down	53:21	PB
	20	Brian Fisher	41:45			50	Linda Ball	53:24	1st Timer
	21	Rachel Davies	41:55			51	Pete Robinson	53:49	
	22	Mike Stares	42:10			52	Sid Smith	54:01	
	23	Darren Eynon	42:52	PB		53	Liz Redpath	54:02	
	24	Kirsten Maw	42:52			54	Karen Morby	54:28	1st Timer
	25	David Kitching	42:53	1st Timer		55	Nicky Hayward	54:34	1st Timer
	26	Jane Cockayne	43:09			56	Levi Hughes	54:35	
	27	Richard Oakes	43:27			57	Jackie Bradie	54:58	PB
	28	Rikki Hatherly	43:28			58	Terry Ash	54:59	
	29	Lara Durham-Dent	44:04	1st Timer		59	Kim Carter	55:00	
	30	Mike Barker	44:48						

	October 5K Time Trial								
	Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
	1	Rob Byrne	17:29			26	Keith Elshaw	26:59	
	2	Tom Barnard	18:19			27	Matt Jarvis	27:22	1st Timer
	3	Dan Belben	19:41			28	Caroline Oakes	27:26	
	4	Terry Arnott	19:48			29	Deborah Birch	27:36	
	5	Colin Chalmers	19:53	1st Timer		30	Kim Carter	27:50	
	6	Bryn Whitehouse	20:34			31	Levi Hughes	28:35	
	7	Nick Carter	21:30			32	Nicky Finnemore	28:38	PB
	8	Alan Burgess	21:33			33	Richard Smith	28:48	PB
	9	Gill Dowling	22:25	1st Lady		34	Hayley Baird	29:05	PB
	10	Ben Jarvis	22:26			35	Jo Hopkins	29:37	
	11	Robin Maloney	23:31	1st Timer		36	Sarah Newman	29:37	
	12	Nick MacBeath	24:20			37	Karen Morby	30:01	
	13	Dan Thompson	24:41			38	Lorraine Down	30:05	PB
	14	Darren Eynon	24:43			39	Dave Kirby	30:56	
	15	Steve Caulder	24:45	PB		40	Andy Brown	31:06	PB
	16	Mel Maloney	25:01	1st Timer		41	Nicky Hayward	31:32	PB
	17	Dave Croft	25:38			42	Mike Kearney	32:07	
	18	Guy Sheppard	25:47			43	Jackie Brady	33:10	PB
	19	Fiona Tomlinson	25:49			44	Mel Bagwell	34:08	Guest
	20	Dave Kitching	26:18			45	Vicky Gordon	34:09	
	21	Mike Barker	26:21			46	Karen Harding	36:35	PB
	22	Steve Squires	26:24			47	Sid Smith	36:36	
	23	Lee Westwood	26:33			48	Caroline Harms	38:06	1st Timer
	24	Kerry Arnott	26:37			49	Catherine Rogers	38:07	PB
	25	Mike Stares	26:44						
	Who ordered that South Easterly wind? Really hit you as you turned to go along Stokes Bay road and slowed you down the whole length(that's my excuse anyway). Despite the conditions there is a good splattering of PB's, so well done all. The officials did there usual brilliant job, so thanks to :- Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Sue Barrett - Numbers, Gary Francis - Recorder. Piles of Supporters, Mike Welsted, Auz Grey, Pete Lindley, Kerry Irwin, Kev White, Nicky (I'm being sensible) White, Ken Eaden, Hayley Sparshott, Steve Wood, Tracy Johnson, Tracy Slade Angie Elshaw on her bike.								

	November 5k Time trial								
	Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
	1	Rob Byrne	17:43			26	Matt Jarvis	28:08	
	2	Terry Arnott	18:24	PB		27	Christine Nation	28:18	
	3	Michael Percival	18:49	1st Timer		28	Mike Kearney	28:42	
	4	Dan Belben	19:16			29	Lorraine Down	28:53	PB
	5	Ken White	19:17			30	Keith Elshaw	28:54	
	6	Bryn Whitehorse	19:31	PB		31	Richard Smith	28:54	
	7	Paul Williams	20:52			32	David Baker	29:02	
	8	Nick Carter	21:12			33	Andy Brown	29:07	PB
	9	Alan Burgess	21:25			34	Karen Morby	29:11	PB
	10	Tim Durant	22:14			35	Tracy Slade	29:12	
	11	Robin Maloney	22:57	PB		36	Kieran Slade	29:12	Guest
	12	Nick MacBeath	22:57			37	Pete Robinson	29:35	
	13	Gill Dowling	23:54			38	Andrew Bryant	29:36	PB
	14	Danial Thompson	23:54			39	Lorna Harper	29:41	
	15	Yvette Eastman	24:34	PB		40	Kate Smyth	29:47	
	16	Mel Maloney	24:38	PB		41	Jackie Brady	31:02	PB
	17	Fiona Tomlinson	25:14			42	Nicky Hayward	31:07	PB
	18	David Kitchen	26:37			43	Nikki Leech	32:12	
	19	Levi Hughes	26:41			44	Julie Conway	34:14	PB
	20	Kerry Arnott	26:52			45	Caroline Harms	36:21	
	21	Rory Fall	27:00			46	Karen Harding	36:22	PB
	22	Caroline Oakes	27:01			47	Sue Barrett	36:27	
	23	Fleur Giles	27:10	PB		48	Jennifer Parker-Lummie	37:00	1st Timer
	24	Mike Stares	27:30			49	Steve Crook	37:02	
	25	Colin Middleton	27:45				Dave Croft		1 Lap
	Almost perfect conditions once again, not to Hot, not to Cold, not to Windy, Goldilocks could not have asked for more. As always our officials did a splendid job, so once again, Many Many thanks to :- Liz Redpath- Starter & Timer, Janet Lindley - Back-up Timer, Terry Weston - Numbers, Gary Francis - Recorder. Supporters, Brian Fisher, Nikki White, Pete Lindley, Dave Kirby, Kerry Irwin-Hall, Lee Westwood								

Helpers Half November 2016									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Terry Arnott	01:28:22			27	Julia Roiz Da Sa	02:07:41		
2	Steve Crook	01:30:19	PB		28	Phil Moran	02:09:00	First Half	
3	Bryn Whitehouse	01:35:42			29	Kim Carter	02:09:03		
4	Su Baldock	01:45:30	First Half		30	Wesley Clift	02:09:44	First Half	
5	Kathryn Wealthy	01:46:22	First Half		31	David Brace	02:12:23		
6	Ray Bernice	01:49:21			32	Kirsten Maw	02:12:23		
7	Rachael Davies	01:50:13	PB		33	Laura Woodhams	02:12:23		
8	Paul Street	01:52:22			34	Mike Barker	02:18:56		
9	Eric Macgurk	01:52:22	PB		35	Pat Lapworth	02:24:23		
10	Ian Pugh	01:52:56			36	Martyn Rowell	02:24:24		
11	Kevin White	01:52:57			37	Sue Barratt	02:24:29		
12	Gill Dowling	01:53:29			38	Chris Nation	02:28:17		
13	Yvette Eastman	01:53:30	PB		39	Ann-Marie Stables	02:28:17		
14	Dave Croft	01:54:16			40	Steve Wood	02:34:27	First Half	
15	Lisa Hennan	01:55:53			41	Caroline Oakes	02:39:21		
16	Tracy Slade	01:56:06	PB		42	Sarah Down	02:39:21		
17	Jane Cockayne	01:57:04			43	Sarah Bishop	02:39:45		
18	Fiona Tomlinson	01:58:06			44	Claire Tallack	02:39:45		
19	Catherine Stock	02:01:56			45	Sarah Newman	02:40:14		
20	Steve Silverlock	02:01:56	First Half		46	Jo Hopkins	02:40:15		
21	Katrina Jurd	02:01:56	PB		47	Sue Barker	02:43:01		
22	Colin Gardner	02:02:06			48	Sue Tingley	02:43:01		
23	Jenny Shilling	02:04:35			49	Janet Lindley	03:07:00	First half for years!	
24	Steve Calder	02:04:35	First Half		50	Louise Millson	03:07:00		
25	Andrea Edwards	02:05:29			51	Denise Francis	03:07:00		
26	Lee Westwood	02:07:07			52				
After some very bad weather earlier in the day, we were very lucky to have fairly benign conditions for this event, especially if you considered what transpired last year. Many thanks to all the marshals for their effort and time. In particular Liz Redpath - Starter and Timer, Brian Fisher - Recorder.									

December 5K Time trial results									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Terry Arnott	18:30			24	Darren Eynon	28:21		
2	Mike Percival	18:49	Equal PB		25	Kate Smyth	28:23		
3	Ben Jarvis	19:09			26	Lorna Harper	28:26		
4	Kevin White	19:14			27	Mike Kearney	28:32		
5	Paul Williams	21:16			28	Amy Wadhams	29:14	Guest	
6	Gill Dowling	21:20	PB		29	Ken Eaden	29:38		
7	Richard Wiltshire	21:53	1st Timer		30	Andy Brown	29:43		
8	Kathryn Wealthy	22:36			31	Sheena Ball	30:02		
9	Danial Thompson	23:06			32	Nikky Leech	30:02		
10	Yvette Eastman	24:28	PB		33	Jenner Moore	30:32		
11	Dave Croft	25:37			34	Karen Mavby	30:41	Guest	
12	Rory Fall	25:41			35	Lorraine Down	30:42		
13	Jenny Shilling	25:55			36	Camille Ainsworth	31:04		
14	Dave Kitching	26:17			37	Hayley Baird	31:04		
15	Mike Stares	26:18			38	Shannon Brown	32:06	Guest	
16	Terry Moore	26:33			39	Danielle Henry	32:07	Guest	
17	Fleur Giles	26:40	PB		40	Rob Byrne	32:35		
18	Lara Durham-Dent	26:40			41	Melanie Bagwell	34:32	1st Timer	
19	Steve Squires	26:42			42	Kier Bagwell	34:35		
20	Ann Marie Stables	27:29			43	Jennifer Parker-Lummie	35:30	PB	
21	Keith Elshaw	27:39			44	Debbie Humphreys	35:43	PB	
22	Sue Barratt	27:47			45	Steve Crook	35:47		
23	Lisa Maria Hennan	27:48			46	Sid Smith	35:47		
Different set of conditions from those of last month but just as good for running, calm and warm (for a winters night). Surprisingly few PB's considering these conditions, although Gill Dowling's should be mentioned as being a bit special(Gold Standard?). HUGE THANKS as always to all our officials and supporters, Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder, Emma Louise Robinson, Nikki White									