The last of the day's heavy showers blew away whilst I was setting up the clocks, to leave a pleasant sunny evening albeit with muddy paths, which were slippery enough to require care on the descents. With no major football matches to draw runners to their televisions rather than the hills, this year produced a reasonable turn-out. It was nice to welcome some newcomers for their first attempts at the challenge.

Barry Parkinson can relax for another year, since his 1984 record of 18.59 was not breached by this year's winner, Richard Dearden. But I think if Richard can keep up his training and polish his route choice a little more before the years catch with him too...well, we shall see. Before the race I was asked what the Ladies record stood at, and I had to look back through the records to find out. I thought the honour went to Joan Clarke in 1995 with 26.07, but it seems that this year it passed to Rachel White, by just 2 seconds. Congratulations, Rachel!

1.	Richard Dearden	M35	20.39
2.	Dave Nevell	M45	22.44
3.	John Embrey	M45	24.02
4.	Rachel White	W21	26.05
5.	Barry Parkinson	M50	26.59
6.	Mike Baggott	M55	27.22
7.	Phil Presland	M40	29.10
8.	Jackson McCann	M21	31.58
9.	Matthew Evans	M20	33.04
10.	Robert Vickers	M65	33.06
11.	Barry McGowan	M60	33.37
12.	Luke Smith	M20	33.48
13.	Charlie Nelson	M55	34.08
14.	Judith Evans	W50	34.14
15.	Peter Langmaid	M35	34.19
16.	Paul Hammond	M45	37.31
17.	Nigel Cousins	M55	45.07