

## NSL Event Selly Park, 8<sup>th</sup> January 2009

### Long Course 9km

1.	Richard Dearden	59:40
2.	John Embrey	61:11
3.	Chris Embrey	66:25
4.	Brian Hughes	111:37 (walking wounded)

### Medium Course 6.5km

1.	Peter Langmaid	55:02
2.	Adrian Bailey	61:05
3.	Russ Fauset	62:32
4.	Steve and Chris James	65:38
5.	Colin Spears	67:08
6.	Robert Vickers	71:23

### Short Course 4.6km

1.	Jacky Embrey	51:08
2.	Melanie and Mark James	52:44

Thanks goodness the weather was not quite so cold so there was only a little ice. A good turn out. The long and medium courses ventured into a new part of the map and some route choice legs there caught out some on the long course in particular. I am glad Chris E. didn't jump the canal which he was tempted to do! It was good to see the James family who all put in good times for their first attempt at 'O'.

Next event John E. at The Weoleys.