



# The Valleys HUNDRED

Long Distance Walkers Association

## *Report and Results*

# Valleys 100

## Report and Results

When I was 10 years old and an altar boy at St Martin's Church in Haverfordwest, I knew my unholy thoughts would catch up with me. And it appears a higher authority saved their wrath until the weekend of the Valleys 100. They got me, and for those who suffered in the rain, rain and more rain, I am truly sorry!!!

In the summer of 2009 I knew that I wanted to organise a Long Distance Walkers Association hundred mile walk. I had played with the idea for several years but was never quite sure as to where I would base it. The Brecon Beacons seemed to be the obvious location, and whilst there had been a hundred there in 1989, it is an area that is very well known to many people, and I wanted a hundred that I was to be associated with, to be an event that would take people to an area that would be relatively unknown. I considered Pembrokeshire (the county in which I was raised), Monmouthshire and the Gower. But, my heart and head knew that The Valleys was to be the place.

In 2000 I had moved back to South Wales having lived in England for twelve years, and on walking with the South Wales LDWA group, was introduced to areas of exquisite beauty that I had never known existed. When I was brought up, the valleys were an industrial area. Spoiled by man in the pursuit of black gold they had suffered. But following years of regeneration and the landscaping of spoil tips, walking in areas that were previously only names I had heard of made me realise how beautiful the region was and how neglected it was with regards to attention by walking groups other than the South Wales LDWA. It became my favourite walking location due to its inspirational views and I wanted to share it with the LDWA via the annual hundred mile walk.

The route that I originally had in my mind took in the Ogmore valley to the far west as well as descending into and then climbing back out of the Rhondda, but with a height ascent overall of something close to 25,000 feet, it was a non-starter, and so compromises were reached! The missing link for me was showing people the Rhondda without having to lose nearly 1500 feet just to go to a checkpoint, and in 2008, whilst on a walk led by Gwyn Matthews, the final piece of the jigsaw was identified. That moment came when leaning against the trig point on Ynyshir Hill which in time was to become the section between Pontypridd and Llanwonno. The Rhondda could be visited, seen and admired, yet from a height that did not involve a massive descent.

most of Thursday and Friday to ensure that the route was to become a quagmire for

John Cunnane, the South Wales LDWA chairman and Gwyn Matthews were to become key allies in canvassing support to run a hundred. Everyone will know that it's not for the faint hearted, and we couldn't go into this game without a determined group that would support me with my vision.

I am very grateful that Chris and Shirley Hume, Andrew Clabon, Gerry Jackson, Hugh Woodford, Claire Murray, Phil Mitchell, Gwyn and John all agreed to support the bid to host the 100 and become the event committee. I was given the go ahead to approach Gail Elrick on behalf of the South Wales group.

We learned in early 2010 that the National Executive Committee had offered the South Wales LDWA group the opportunity to host the 2014 hundred and the first Valleys hundred committee meeting took place on 11<sup>th</sup> May 2010. At that meeting the various roles were allocated and because I'd put my head above the parapet, I was nominated as chairman and organiser!

So, four years of work commenced by our committee in order to make our hundred a memorable one, and as well as having an overall strategy, we were to consider the finer details that would make a difference to the hundred customer.

We wanted to ensure that our 100 would provide the customer with lots of information in advance of the event, including the menus at each checkpoint.

We wanted the customer to be excited at the prospect of entering our event because of a visual feast that we were able to offer via many photographs of each section. We wanted to provide on-line mapping to our customers so that they could view the definitive route without guessing as to where the route was to go based on an interpretation of a route description.

We wanted to be absolutely clear on what the distance and height ascent of the event was, and it was interesting to note the observations by some that it was a 100 with excessive climbing. There have been other 100's that have had more climbing.

We wanted to interact with our customers and answer any questions that may have been a source of anxiety, and we did this by our on-line forum.

The event was to become memorable though, not necessarily because of our efforts, but because of the weather conditions that seemed to focus solely on the valleys during the Spring Bank Holiday weekend. I think we calculated that it rained solidly for 24 hours with heavy showers continuing late into Sunday preceded by rain for

Finally, Good Luck to East Lancashire LDWA to whom we now hand the care of the

most of its length. We were so disappointed as you might imagine, and with the vast numbers of people retiring on that first night, I had many reservations as I honestly considered whether anyone would be able to complete the route. It was with some relief that we welcomed our first entrant back and some emotion was clearly visible in our walk HQ!

We are aware that during the event, we took some decisions that were to affect certain entrants. We don't shy away from our position. The weather conspired against us, and due to our event being a mountainous route with much exposure, it was necessary for us to ensure that entrants were suitably equipped. Our rules were clear, and we had even fielded questions on our event forum about whether certain equipment would be acceptable. In the end, we had to disqualify people who did not have survival bags and one of them didn't even have a compass.

We also had issues with people being timed out. We were bitterly disappointed that people found themselves in this position and did what we could to give them a chance of success. We extended the checkpoint closing times by fifteen minutes in the latter stages of the walk, but unfortunately, people had to retire. We recognised that people would be upset and even angry about our decision, but the event is a 48 hour challenge event and we have a duty of care to our marshals as well as the walkers. Our biggest disappointment was invoking the rule at the 90 mile checkpoint, but the decision was justified. Most entrants in the latter stages of the event took five hours to return to Walk HQ from Llanellen, and the canal part of the route was not as easy as people expected. Anyone arriving after the cut off time was unlikely to get back in time.

Was it worth it? Of course it was.

The last four years have been a labour of love for me. I had a great team around me with magnificent experience. I was able to draw upon their expertise and knowledge and I am eternally grateful that they helped make my vision a reality. It was a proud moment for me to give my short speech at the start of the event and I am personally grateful to John Harris, our paralympian guest who summed up eloquently what a personal physical challenge means. The fact that only just over 50% of the entrants made it back disappoints me. I have no pleasure in that fact, but am comfortable that the weather undermined us and not our route or lack of planning. I had hoped that the event would have been memorable because of the views, the Welsh 'hwyl', and our attention to detail. In the end, it was memorable, and perhaps because of some of the above, but probably more so for arguably being the wettest hundred ever!

hundred to for 2015.

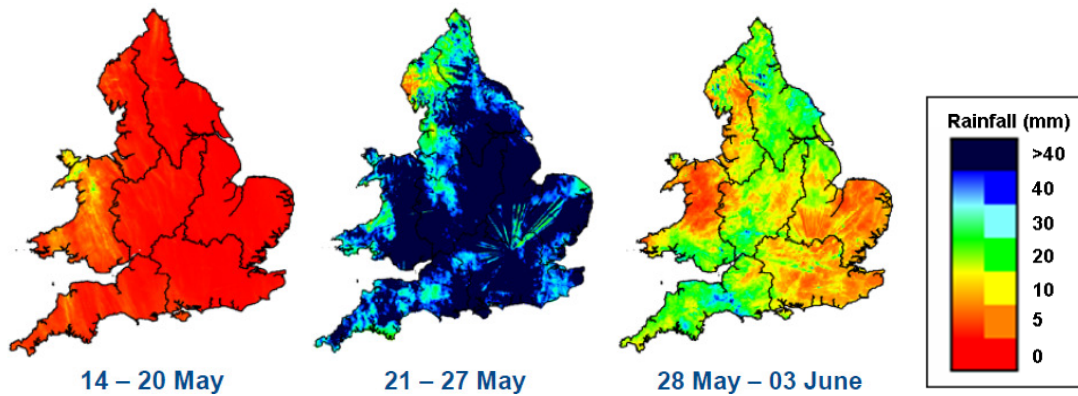
David Morgan  
Chairman – Valleys 100

## The Weather!

Horrible.

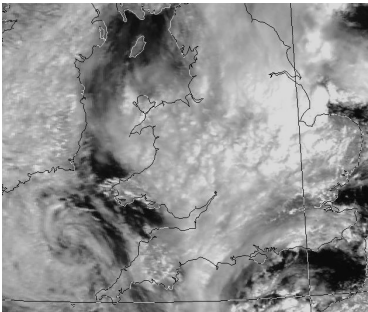
The weekly rainfall totals (on the maps below) show the week before the event was dry and the week after was OK. BUT the week of the event was horribly wet – the black & blue area on the middle map.

### Weekly Rainfall Totals (England and Wales)



### The Satellite Picture

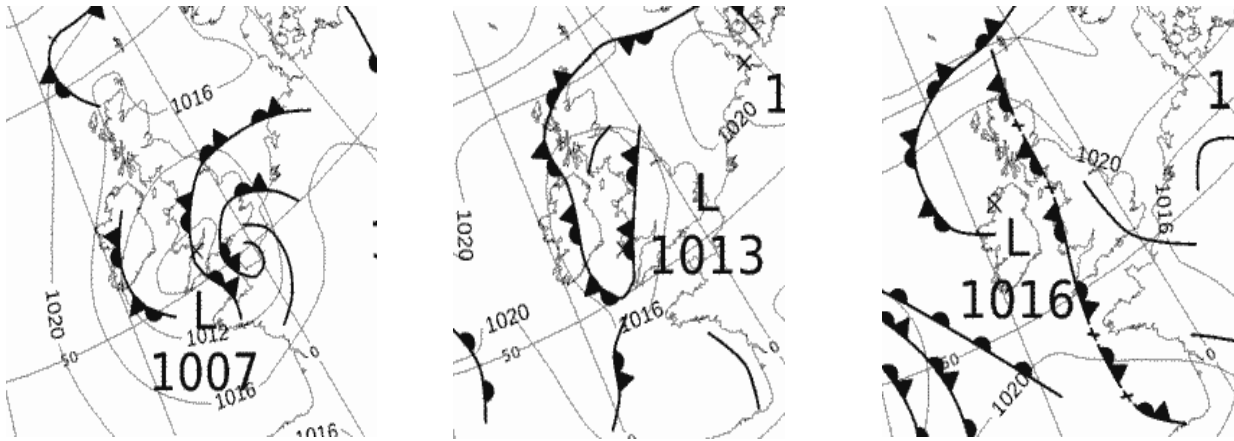
At the start of the event the satellite showed thick cloud – extending up to at least 10,000ft - over Wales:



## The Weather Charts

At the start of the event a low pressure area (a depression!) was centred just off the South Wales coast – the left-hand chart below. The low pressure and the accompanying weather fronts gave lots of rain. Tredegar had an inch on Sat/Sun.

The low pressure slowly began to fill – but only very slowly (middle chart) and was still centred over South West Wales. It wasn't until Monday that the centre drifted to N Ireland and we began to see blue sky through breaks in the cloud – the first time for several days.



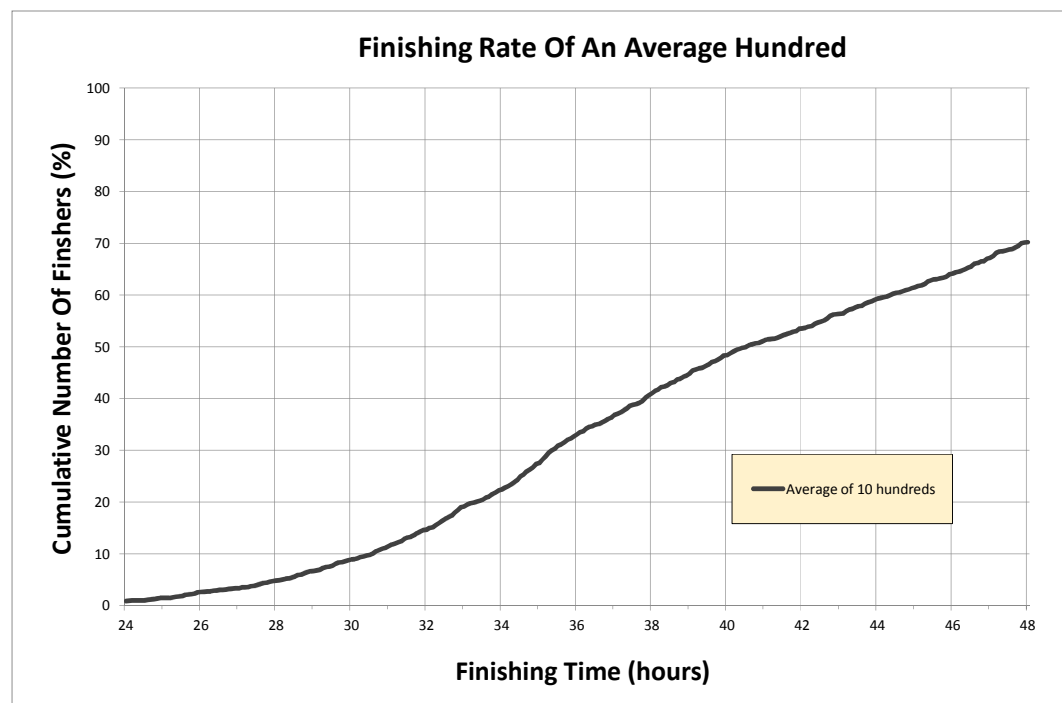
Simply horrible. But, it could've been worse – there wasn't much wind. (and last Christmas Tredegar had two inches of rain)

Still horrible!!

Chris Hume

## How tough was the Valleys 100?

Many people have stated that the Valleys 100 was one of the toughest hundreds to have been held because of the amount of ascent and the atrocious weather. The finishing rate at 52.9% is certainly comparable with that of the Yorkshire Dales 100 in 1985 (51.4%) which is generally agreed to have been one of the most difficult previous hundreds so it is certainly up there amongst the hardest. However just comparing completions is only part of the story; doing that ignores the time taken to complete the event by those who actually finished. In an attempt to include this aspect we have plotted graphs of cumulative number of finishers (as a percentage of starters) against times to complete a hundred over the 24 to 48 hours period. For example the following graph shows such a curve for the average of 10 hundreds<sup>1</sup>. The left hand end starts with the percentage of starters who finished in less than 24 hours; the right hand end is the percentage of starters who finished.



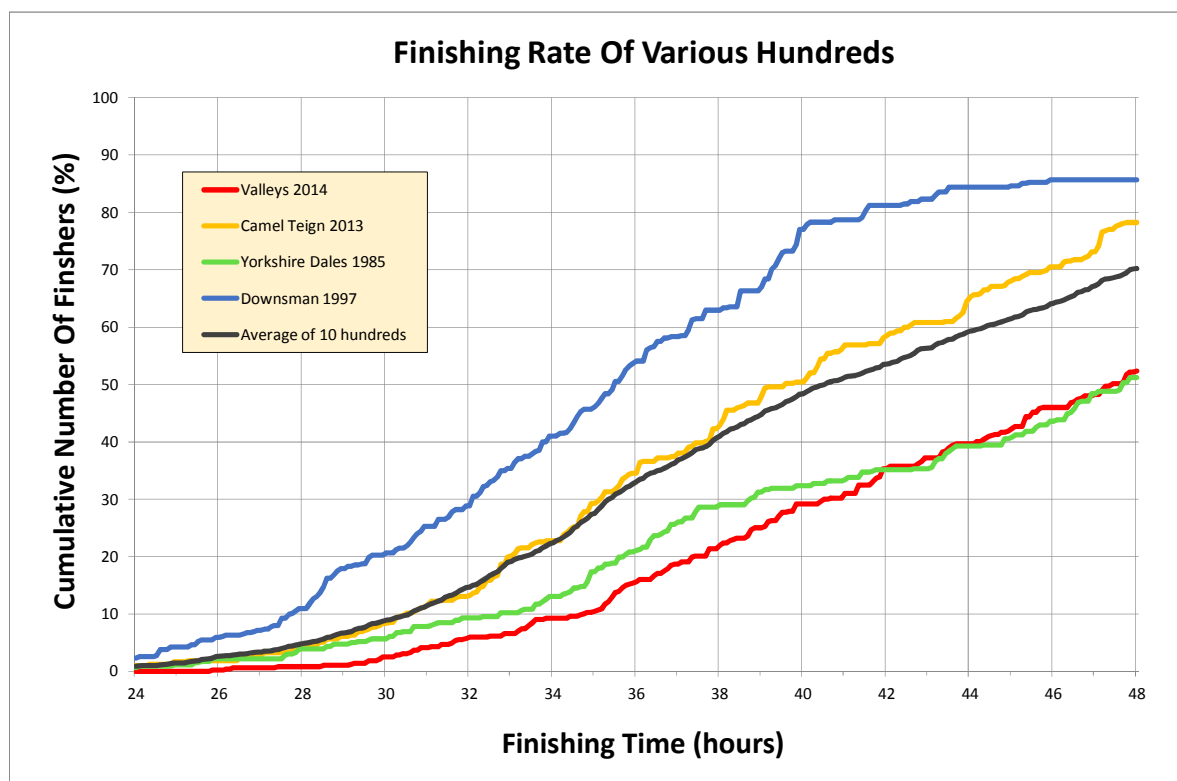
Several factors affect the difficulty of a hundred; these include extra distance, weather, amount of ascent and difficulty of navigation. If any of these is worse or higher than average for a particular event, making it a tougher event, it will increase event finishing times<sup>2</sup>. Therefore the graph for a more difficult event will be below the average graph with the most difficult lowest of all. Similarly the graph for an easier event will be above the average.

<sup>1</sup> The 10 hundreds contributing to the average were: Valleys, Camel Teign, Yorkshire Dales, Downsman 1997, London Games, Housman, Exmoor, Cleveland 1993, Invicta and Lancastrian,. These were used for no better reason than the results were to hand in electronic form.

<sup>2</sup> Another factor, which has not been included, that also tends to increase finishing times is the fact that the average age of entrants has been increasing over the years.

To compare the Valleys 100 with other events we have plotted finishing graphs for these events on the same diagram as the Valleys 100 and the average hundred:

- The 1985 Yorkshire Dales 100 – another tough event
- The 2013 Camel Teign 100 – a recent hundred
- The 1997 Downsman 100 – a relatively easy event (not that any hundred is easy)



As can be seen the graph for the Valleys 100 is lower overall than those for the other three events, in particular it is significantly lower than that for the Yorkshire Dales for most of the time. If the above proposal about difficulty is accepted this leads to the conclusion that the Valleys 100 was the toughest of those four events.

This analysis will be continued, as time permits, to arrive at a relative difficulty table for all hundreds.

Gerry Jackson



## Route

Since my early thoughts on a route around the South Wales valleys that had originally taken in the Ogmore Valley to the west, I had modified my original idea and produced a route at the first Valleys 100 meeting for all to look at.

A debate did ensue as to where we should be headed, and some argued that we should be heading into the Brecon Beacons National Park where it could be argued that our best scenery was to be found. Others argued that we could make a route that would have a mix of both valleys and the Beacons. I was pleased though that the majority went with my proposal to hold the event in the geographical area known as The Valleys and so the proposed route was accepted.

The route did have several tweaks over the next four years and one of the first amendments was to reduce the canal walking at the end by 5 miles. There were some very concerned committee members who couldn't face the prospect of 9 miles of canal, albeit broken up by the checkpoint at Goytre, and so an alternative was explored. The alternative of course was to take you up to Folly Tower by the Roman Road. The views at the top are glorious, but I was always doubtful as to whether you would ever appreciate them, and I am sure that my name was being cursed as you stumbled up that stony track! In the end, the decision was fortuitous, as the Folly Tower became closely associated with the event and was to feature on your certificate.

The valleys are a unique area, and maps may show us paths, but local knowledge can provide paths that don't necessarily exist on maps yet are considered by the landowners and locals alike to be legal. Gerry Jackson and Gwyn Matthews assisted me with identifying the best paths to take in various locations and most of this work was completed within a year of being given the go-ahead for the event.

One of the best finds of this nature was the 'Residual Railway Line' that you followed when leaving Abercynon. It stayed high above the A472 and removed the need for us to follow a lengthy stretch of tarmac on another railway line that was now a cycle track. Part of the residual railway line is on open access but not for its complete length. However, the route was walked on a daily basis by locals and had a stile at one end. Once we established that de facto access applied, we sent you along the track, and you walked on short cropped grass instead of tarmac!

But, we did have several issues along the way, and whilst the core of the route remained the same with checkpoints identified at a very early stage in the planning, we did have to tweak the route.

One of the early issues identified was the amount of tarmac that we would be asking entrants to walk along. When I first designed the route, many of the disused railway tracks were gravel tracks with grassy verges, but as the local authorities invested in the network in conjunction with Sustrans, so more and more tarmac was laid.

We also had a real pinch point near Nelson with the route nearly becoming a figure of eight, and so with Gwyn Matthews, I explored various options. Consequently we met with a landowner who provided permission for the event to come across his land for the duration of the event. Because of our fear of those who reconnoitre the event potentially undermining our permission we withheld that section until just before the event and provided an alternative route to follow in the meantime.

Having sorted out that part of the route, we then reviewed our preferred route across Bent Iron Hill on the approach to Butetown. The Rhymney Valley Ridgeway crosses this hill but does not exist on the ground and so locals walk a different route. Unfortunately, this isn't strictly legal. One day I was on the hill looking at the options when I met a lady who was employed by Miller Argent. I learned that the whole mountain was subject to a planning application by Miller Argent that would turn it into an opencast mine for 15 years. So, our 100 would have a section that would completely disappear in the future as the mountain was removed!! As I type, the planning application is still being considered and is facing huge local opposition.

However, the chance meeting on the hillside worked to our advantage. We were now interested stakeholders and the LDWA was invited to meet Miller Argent who was applying to move the mountain. Gwyn Matthews and I went to their offices at Fochriw one evening and were reassured that the mountain was still to be there in 2014 and that our planned route across the open access land would be honoured. And, to cap it all, because Miller Argent wanted to work with the community, they would lend us two minibuses free of charge including fuel for the duration of our event!!

And so back to the tricky issue with the Rhymney Valley Ridgeway! All the locals we spoke to said that the land was owned by a fierce woman and that there was no way we would get permission to cross her land. So, I rang Caerphilly Council Rights Of Way Officer who set up a meeting with the landowner. In the end, Lorraine Howells was one of the nicest people one could hope to meet. She and her farmhand, Lee Pritchard could not do enough for us. They offered to remove the stock from the fields and to leave gates open. In the end, they supplied the event with the faggots via their co-operative farming concern. Lovely people and a classic example of the many lovely people that I met whilst planning the route.



To 'Treegate'! In February prior to the event, the southern part of the UK was hit by winter storms. Not only did it rain but the wind also brought down trees, and several came down across our route. We needed to urgently identify what sections were affected and I put an SOS out to the South Wales LDWA group as I knew I couldn't check the whole route in a short period of time. Within a week, the whole route had been walked and we had identified our problematic areas. Emails were fired off to various Rights of Way officers and in no time, the route was cleared. Another example of how the local agencies wanted our event to succeed!

Caerphilly Council's Rights of Way officer, Andy Powell finally fitted a bridge on Section 6 between Abercynon and Gelligaer over a very small stream. I had been quite relaxed about the bridge not going in as the stream was just a small leap from bank to bank for those of us who are 6'4" and for those who are shorter, a slightly larger leap! However, having experienced 72 hours of rain in the week before the event and for that rain to then continue all day and night on Saturday, the small stream had become a raging torrent? Never has a more important piece of infrastructure been placed in the South Wales valleys, as the alternative would have been several miles of road walking!

And, in the end, the route that I designed with a little help from my friends was to be 100.2 miles long with 15,361 feet of ascent. It was always going to be a more challenging route based on the recent trend of hundred routes staying close to or less than 13,000 feet of climbing. Many may disagree with me, but an additional 2000 feet of climbing over 100 miles is negligible, and the ascents that were chosen were steady and should have provided far reaching views. That it rained in the way that it did completely undermined the impact of its visual splendour, and I know that it will have become a trudge for many entrants as they dodged lake sized puddles and slipped and slid along muddy paths. If you finished, you'll probably be proud of your achievement, and if you didn't, you'll undoubtedly be bitterly disappointed. I hope that all of you did get to see something of our Welsh valleys and that despite the weather you could appreciate why we had brought you to this relatively unknown part of our area.

Should anyone wish to return to South Wales and walk the Valleys 100 over several days, or indeed to walk any of the social walks or challenge walks held by the South Wales LDWA over the last three years, then all you need to do is to visit our database of walks, most of which contain photographs and gpx files that will enable you to plan your trip accordingly. Details can be found by browsing the walks programme section of the South Wales LDWA website and looking at our previous walks.

David Morgan

## Checkpoints

Our route of 100 miles across the ridges and through the valleys of south-east Wales was made feasible by the availability of community halls in most of the settlements.

Many of the halls have been constructed from new or have been refurbished in the last 8/9 years and were easily identified and the owners' cooperation obtained early on.

Inevitably several outside checkpoints would be needed to complete the network and with the agreement of landowners & with the invaluable help of Torfaen Scouts and Magor Scouts suitable sites were earmarked and equipped.

Hopes for a breakfast stop on one site were abandoned after several problems arose with property owners and the compromise of a split baggage stop and breakfast stop was adopted as the best practical option.

Just 3 months before the event, news came through that the Abercynon Social Hall checkpoint building had been awarded a grant for refurbishment with work starting immediately.

Given the major doubts over that hall's availability for the event, Moriah Hall was identified as an alternative by V100 committee member Gwyn Matthews and proved a satisfactory solution on the day.

All the groups who manned the 17 checkpoints did a marvellous job in supporting the walkers. The South Wales Group would like to thank all volunteers who acted with so much kindness, enthusiasm and fortitude in the appalling conditions.

Those on earlier checkpoints were luckiest as their opening times were limited, but later checkpoints were often open for 15 hours or more, putting immense pressure on individuals who had voluntarily given up a weekend. Those at the outside checkpoints at Cwmcarn, Llanwonno, Pen-y-fan Pond and Keeper's Pond & Folly Tower had to be at their most resilient to survive the dire weather experienced and to maintain a positive attitude throughout. We would also like to thank the cleaning efforts of all groups who coped manfully and womanfully with this demanding and onerous task when you just feel like packing up and leaving.

Finally, the prize for the earliest alcoholic drink of the day goes to the group at Goytre Scout Hut who opened a bottle of beer at 7.40am on the Monday morning. Congratulations !.....and thank you everyone for your great humour and competence in what was a very demanding weekend.

I would like to thank the following people who assisted me in undertaking the role as checkpoint co-ordinator.

Each and every member of the Valleys 100 committee especially Gwyn Matthews, Martyn Walters and Gareth Davies of Torfaen Scouts, Gary Lucas of Magor Scouts, the owners and caretakers of all the checkpoint halls, Kathryn Stowers and Matthew Yates of Bedwellty House, Chris Dawkins and Lisa Watson of Portable Toilets Ltd, Darran Salvage of Rhondda Cynon Taff CBC, Tony Pickstock of Caerphilly CBC, Chris Prosser of Blaenau Gwent CBC, Dave & Carl Jones of Monmouthshire CBC, Wayne Ralph of Torfaen CBC, James Bower of Pen y Fan Pond Country Park and finally my wife, Margaret.

John Cunnane

### **Catering**

Question: Which job did nobody want on the committee?

Answer: Catering Manager.

Question: Which job did I get?

Answer: Catering Manager.

Well somebody had to do it.

The breakfast checkpoint became a headache a while ago and as you know we ended up with two venues. The only other checkpoint we had real problems with was Abercynon. Originally we had planned to have jacket potatoes as part of the menu. With the change of venue and us not being totally sure of what facilities would be available we dropped the spuds. Well everybody did except my food planner which still ordered 75kg! Potato anybody?

If you had the faggots as your finish meal you might like to know that the contents of the faggots were once walking the fields you passed through on your descent into Bute Town. You can't get much more local produce than that.

I am especially grateful to the girls from the group who worked tirelessly in the kitchen over the week-end. I tried to make sure it was not an all female affair but every time I put my head in I was told to get out! Thanks must also go to Sam and Kelly from the school kitchen who turned out to be angels from heaven.

Have you ever wondered what the weight of food for the complete event was? No I don't expect you have. But, if you have, the nett weight was a little over 4 tonnes. So add on the weight of the jars, tins and packets and I guess the gross weight we were distributing was approaching 4.5 tonnes.

Tesco.com were one of our main food suppliers. I was particularly disappointed by the service they provided and would hesitate to use them again. They failed to provide the required quantities even though over two weeks before delivery date I was told sufficient stock would be assembled to meet my £2800 order. We ended up on the Friday evening before the event with a £450 shortfall.

I now know why nobody wanted the job of Catering Manager.

Andrew Clabon

### **Walk HQ**

Last time I organised a hundred [1989 Brecon Beacons], force of circumstances meant that Chris and I ended up between us being Organiser, Entry Secretary [no online entries], checkpoint catering [4 chest freezers full of homemade cakes] and Treasurer. This time we decided to play safe and go for Treasurer and HQ roles. We never learn – the obvious answer would have been to completely blank Dave Morgan when he sidled up to us at the end of the Bath Beat\*\* and dangled the [admittedly very tempting] carrot in front of us of joining the South Wales group in organising another South Wales 100. I know I'm getting on a bit now, but surely my memory isn't getting so bad that I agreed with alacrity?

Fast forward 4 years and here we go again, a weekend of endless small problems to sort, things going wrong [some predictable and some less so], sleep deprivation and a progression from 'we are never going to manage this' to 'we seem to have survived.' Four years of planning culminating in 72 hours of manic activity followed by 25 years of vowing 'never again!

On the Thursday before the event there was a river of water running through the building where we had registration and the hum of the dehumidifiers was ever present over the weekend. Luckily we were not parking on grass or I suspect we could have added arm wrestling cars out of deep mud to our collective CVs. Setting up on Friday night was moderately calm, with time to think about the best layouts, but also time to worry about the weather. It is a fact of life that no venue is ever perfect as the HQ for a hundred, just some are more perfect than others - so although we couldn't get all the cars parked on site we did have a generous amount of room at registration so that people could sit in the dry before heading off, plus a large dining area for chatting to friends afterwards. The short walk to showers and sleeping was sadly outside, which given the weather wasn't ideal, but not disastrous. So what did we have to deal with? Power sockets shorting out in the sports hall [too many tea urns], some incorrect food collection / distribution for the checkpoints – OK who thought raw celery but no bread was a good idea for the breakfast point??

Bucket drop tickets found lying randomly on the road, one hospital emergency needing transport, the showers being too hot, the showers being too cold, having to call in the caretaker followed by contractors to try and sort the hot water system, while one of our team was out buying every washing up bowl in the Valleys [a few very puzzled stock controllers the following week I suspect]. We boiled water in a tea urn so that we could at least supply hot water for washing feet in said bowls – which proved very popular even when the showers came back on.

Meanwhile we were trying to decode messages coming through from Raynet – the most confusing being one that [allegedly] told us the checkpoint at Folly Tower [marquee on top of hill 2.5 miles from the finish] had run out of bread and bacon. This was hardly surprising since they hadn't got any to start with and had no cooking facilities. We finally decided that this was an old message asking for more bread and bacon at Cwmavon [81 miles] which had closed 6 hours earlier!

Reuniting people with bags, relatives, lost property, cars, sanity etc was a continuous exercise but more spread out due to the number of early retirements. We never really had a big rush of people at the finish and the catering team kept everyone well fed and watered. The baggage, as always, worked like a well-oiled machine and we didn't have too many problems with over-large, over-heavy items. I think the speed at which baggage from breakfast made its way back to the hall was appreciated by many of the early retirees.

Sadly the event will be remembered mainly for the weather, but on a personal level I met and worked with some fantastic people at West Monmouth School and can't end this report without thanking them. Michelle Jones for her prompt, helpful and courteous responses to my increasingly agitated requests in the weeks leading up to the event, Mr Jackson the Headmaster for his generosity and support, Adrian, the caretaker, for spending Sunday morning trying to sort out the hot water system plus Sam and Kelly for their amazing efforts in the kitchen on our behalf. Finally what can I say about Deb Harvey and John Harris? John started the event and many of you have commented on his inspirational words, but he also came down and chatted to organisers and entrants during the event. Deb has to get an extra special mention - she is Mr Jackson's PA but, as she lives at the edge of the site, she had the keys and responsibility for the site over the weekend. I was expecting her to lock up at the end and help us if we couldn't find things – not climb up into the roof space of the sports hall complex to try and fix the hot water system single handed on Saturday evening!

And so another hundred is consigned to the dustbin of history, while the circus moves on to Lancashire. As a participant I have always appreciated the effort that

goes in to any event and the Valleys 100 acted as a useful refresher in that respect. So next time you think things could have been done differently you know the solution.....

\*\* Those of you who know Dave will realise that it would be physically impossible for him to 'sidle' anywhere, but I'm sure you get my drift!

Shirley Hume

## Entries

The entries secretary becomes the single point of contact (SPOC) for (pre ballot) would be entrants and (post ballot) entrants. If you ever consider doing this job in the future for the annual hundred.....Good Luck!

This was by far the most time consuming job that I had to do, despite using SI Entries as our on-line provider. I have to say that SI were absolutely superb and made my life so much easier. Thankfully the vast majority of entrants entered on-line. Of the 533 registered entrants, 466 entered on-line which did save me considerable time.

Of the remaining entrants who entered by post, only 17 insisted on doing everything by post as the remaining 50 provided email addresses but didn't want to pay on-line. I could live with the ratio that I was dealt!

One thing that I noted was the inefficiency of Royal Mail, and I am very grateful for that inefficiency. I'm still using un-franked stamps and think that I have a sufficient supply for the remainder of 2014!

So, why was the role busy? Well, because I checked EVERY claimed qualifying walk. And, I turned many, many people away who had not completed a qualifying event. I felt sorry for some applicants as they effectively begged to be allowed to enter the event, and I am quite sure that the 50 mile qualification criterion is correct. Without it, the event would be over subscribed. I didn't keep a record of failed applications, but would conservatively say that they were close to a hundred. I did smile at some of the applications where the applicant would think that a 30 mile walk done with their mate in the rain in 2006 would be acceptable.

And I checked the membership status of EVERY entrant and identified several who claimed to be members but who had allowed their membership to lapse. They soon re-joined! I am very grateful to Steph Carter for his assistance in providing the LDWA

membership history of certain applicants. He made my life a lot easier. I'm also grateful to Keith Warman, the Hundreds' recorder who was able to definitively tell me how many hundreds people had actually completed. I was surprised at the inaccuracy of so many applications, but the number is based on the official LDWA hundreds and Keith was able to provide that information very efficiently.

As SPOC I received many, many, questions that could have been answered by a little internet research. It seems to me that it is very easy to fire off an email or make a phone call to the entries secretary without first pausing and thinking, 'How can I obtain this information myself?'

A little personal responsibility is what is needed!

And whilst I may bemoan the number of enquiries I received, I am very grateful to the Valleys 100 forum that Gerry Jackson created as this was the place to pose questions that would be answered in due course. And, the forum was well used as Gerry will refer to in his report, and must have saved me a lot of work.

And considerable entertainment was enjoyed with some questions posed to me, but I'll just share my favourite.

'Do you cut the crusts off the sandwiches?'

Mrs M is now very grateful that she is no longer acting as my secretary, as many calls were made when I was working, and despite being told that I wasn't at home, people would still try and squeeze information from her!

So, thank-you to Annette Merchant who shared her experiences of the role from 2013 as entries secretary with Ivor's Dream and a massive 'Good Luck' to Julia Greenwood who takes over for 2015 with the Red Rose 100!

Finally, you may be interested to learn that the average age of entrants to the Valleys 100 was 55.74, a reduction from 2013's average of 55.89.

David Morgan

### **FATCATS**

You may have noticed that when you arrived at most checkpoints your time was recorded on a computer by an excel spreadsheet we called FATCATS (Finish arrival time and Checkpoint arrival time system).

FATCATS was developed by the South Wales Group to record times accurately, avoid trying to read bad handwriting on time sheets, produce certificates quickly and produce the results sheets without the need for extensive input which is prone to

error. Having spent many hours creating and trialling it we were extremely pleased that all indoor checkpoints were willing to bring a laptop to the event and run FATCATS. We were even more pleased that CP4 which was outdoors also brought one.

The system ran at the checkpoints generally as intended and subject to an internet connection we were able to upload the entrant arrival times as we closed the checkpoints. Thank you all operators, you deserve a special badge.

It was a pity that at the finish most people were unable to get a phone signal to review the times we had uploaded but we had provided a laptop for people to inspect progress and this proved very popular.

Thank you to those of you who have provided us with user feedback it will certainly give us food for thought. One feedback item might ensure that the 'number of entrants yet to arrive' never read minus 23! It did once I can assure you.

Andrew Clabon

### **Website, Forum & On-Line Shop**

The web-site was created using the LDWA's template for 100 mile events and the content was supplied by several members of the committee. The template was a great help in creating the basic site but some innovations, compared to previous hundreds, required links to the South Wales web-site. The innovations were:

1. Display of the Valleys 100 route on a 1:50000 OS map to enable entrants to mark up their own maps accurately; we gave the grid reference for purchase of an event centred map. Had we provided the alternative of a special event map it would have been inaccurate due to late changes forced upon us.
2. A forum dedicated to the event – with 202 registered members posting a total of 529 messages in 92 topics this proved a success and helped to greatly reduce the number of telephone queries received by the chairman.
3. An on-line shop for selling merchandise – this was used by the vast majority of buyers compared to orders via a paper form and was therefore popular. It made ordering items easier for both the purchasers and organisers.

Gerry Jackson

## Community Liaison and Media

Community liaison was an important role to ensure the smooth running of both the marshals' and the main event.

Information letter: this was delivered approximately one week before the main event, to all houses the route would pass either at the start or during night sections. We also made visits in person, to landowners whose land the route would cross as well as contacting footpath officers and local authority tourism officers. This ensured the walk was welcomed by all communities and people had the opportunity to raise any concerns. My especial thanks to David Morgan and Gwyn Matthews who visited many of the farmers on route.

Youth and Community groups: although the Duke of Edinburgh scheme was contacted both by email and in person, little interest was shown. The Scout movement was more proactive, in supplying and erecting marquees for two outside checkpoints, many thanks to Magor and Torfaen scouts. Their commitment and enthusiasm was a credit to the Scouting movement.

Schools: all local schools on the route were contacted and a scheme of work for Key Stage 2/3, based on The Valleys Hundred was made available on our website.

Newsletter: this outlined the event and was sent to all libraries, information centres, leisure centres and country parks for display. Although this took a while to write, it was time well spent as this document was the basis for all press releases.

Media: approximately one week before the main event, a press release was sent to all local and Welsh media outlets, including radio, television, newspapers and online news sites. We were lucky enough to make a national magazine, Welsh television news, local magazine and a Welsh online news site.

The enthusiasm and support we had from the valleys communities was fantastic, this was, in part because of community liaison. Problems did not arise because communities were informed and consulted on the event as the planning progressed. No one could say they were unaware of the event taking place!

Claire Murray

## External Liaison

Working in Local Government, the External Liaison role seemed to be the most natural choice for me on the Committee. It certainly helped when dealing with my Torfaen CBC colleagues on securing the use of additional car parking and the Folly Tower checkpoint.

Thanks go to Rich Morgan and Stephen Jarrett for allowing us the use of Old Mill car park and keeping it open for us over the whole weekend. Without this we wouldn't have had enough spaces to accommodate all vehicles. Lauren Gregory granted permission to use the Folly Tower car park as the final checkpoint and loaned us a key to the barrier. Unfortunately, despite Claire's best efforts, we were not able to have the Folly Tower lit up overnight during the event.

I wrote to the Tourism Officers of all 5 boroughs, asking them to nominate and write brief information for the event website about the 5 top tourist attractions within their borough. Kevin Ford, son of one of my close friends, came up trumps for Monmouthshire, while I sorted out the remaining 4 boroughs myself.

Of the 5 Rights of Way Officers, by far the most involved was Andy Powell as most of the problems we needed resolving were within Caerphilly. He and Stefan Denbury were life-savers, installing footbridges, albeit at the very last minute, across a stream near Nelson on the Abercynon-Gelligaer section. Under normal conditions most people could have jumped across the stream without getting wet. After 4 days of continuous and torrential rain the stream was twice its normal width and fast flowing. Without the footbridges the route would have had to have been changed, taking entrants along fast, busy roads and lanes. I think this was one of the most important items of countryside furniture Andy and Stefan will ever install.

Road safety was an important issue as there were a number of road sections, including potentially dangerous road crossings near Maesycwmer and Goytre, both of which needed marshalling. Dave Matthews, Safety Advisory Officer with Gwent Police, was of great help, providing me with contacts and introductions to Bob Campbell and Bob Crimp, SAG representatives for Caerphilly and Torfaen.

And in order to help you cross Gelligaer Common and Bent Iron Hill safely, Heather and I cut 150 hazel, holly & willow rods to use in flagging sections of the walk. Their ends were painted white to aid visibility in the dark. We also carried out vegetation control and woodland management on a couple of sections of the route, as well as stapling chicken wire on a footbridge on Section 2 following an observation by an entrant whilst walking the route.

Tourism:  
Amy Sullivan, Torfaen  
Kevin Ford, Monmouthshire  
Ceri Lloyd, Rhondda Cynon Taff  
Alyson Tippings, Blaenau Gwent  
Sally Walters, Caerphilly  
Rights of Way:  
Andy Powell & Stefan Denbury, Caerphilly  
Mark Panniers, Torfaen  
Stacey Humber, Rhondda Cynon Taff  
Keith Rogers, Blaenau Gwent  
Ruth Rourke, Monmouthshire

Old Mill car park:  
Rich Morgan & Stephen Jarrett

Folly Tower car park:  
Lauren Gregory

Safety Advisory Groups (SAG):  
Dave Matthews, Gwent Police  
Bob Campbell, Caerphilly  
Bob Crimp, Torfaen

Lastly, and very importantly:  
Heather Holmes (HRH)

Hugh Woodford

### **Treasurers Report**

I used to be a weather forecaster and then I became an accountant. A little known fact is that weather forecasting is very similar to budgeting. Check to see what happened in the past, adjust for current conditions, add a healthy dose of ambiguity to confuse the recipients and sound sublimely confident. By the time it is obvious you have got it wrong, with any luck everyone will have forgotten what you said in the first place [unless of course you get particularly unlucky like Michael Fish]. So here is what happened on the finance side in a nutshell:

We prepared a budget [see above]  
You, the entrants, paid us money  
We, the organisers, paid for 'stuff' to put the event on

At some point the accounts will be finalised – at which point I either disappear on a round the world trip, missing next year's hundred, or the bailiffs arrive to repossess our belongings

If you see me in Lancashire you can assume the former didn't happen.

If Chris is still speaking to me you can assume the latter didn't happen.

Shirley Hume  
[dodgy weather forecaster and even dodgier bean counter]

### **Transport**

My transport team were highly trained and totally dedicated. We did not put a foot wrong the whole weekend. (I wish!!!)

Thanks must be given to Miller Argent for supplying two minibuses free of charge, to Sergeants Brothers Printers Ltd for supplying a Ford Transit van free of charge and to Malcolm Hunt Agricultural Engineers for supplying a Toyota Pick Up free of charge.

Saturday morning started as planned. One mini bus was used to bring the walkers up from the Mill Lane car park to the school (HQ), until the start of the walkers' event at 10am. This task was then taken on by the other mini bus until 2pm.

The food van, the mini bus and the Toyota pick up were then involved in delivering the food and equipment to the early CPs. It was our intention, after 2pm, to also use the other mini bus for this task. But this was not to be!

Walkers started retiring at CP1, then CP2, and more at CP3. By now both buses and Malcolm's pick up were becoming involved in returning walkers to HQ.

It was now early Saturday evening. Angie and Mel on the food van were more than ready to stand down, as was Malcolm. We gratefully took up the offer from Ian Sykes and his team, to use the baggage van to deliver the supplies to the breakfast CP, at Tredegar. Thank you baggage team, your help was very much appreciated.

At last a breathing space, time to prepare everything ready for Angie and Mel's return in the morning, so that the few final CPs which were to open on Sunday morning could be supplied.

The mini buses carried on with the task of returning retired walkers back to HQ. By

the early hours of Sunday morning, the mini buses were picking up walkers from CP5 in Abercynon, CP6 in Gelligaer, CP7 in Deri, CP8 in Butetown and CPs 9a & 9b, the breakfast CPs at Tredegar.

10am Sunday morning. 24 hours still to go!!! All CPs along the final part of the 100 mile route were now fully supplied with provisions and equipment. But no time to relax as should be the case normally!! Not only were people dropping out at every CP before breakfast, they were now also dropping out at every CP after breakfast!!

Transport now had another added responsibly. Many walkers needed to be taken back to their cars in the lower car park, back to the railway station, and also back to their hotels.

I was so thankful that I had a good team on transport with me. These were incredibly adverse conditions, but it didn't deter Team Transport, they just got on with it. Thank you Team!!

Gwyn Matthews

### **Baggage**

Thank you to the Baggage Team. Like so many groups in previous years, we were very grateful to have the 4 members of this dedicated team with us on the Valleys 100. They did their usual professional job. The team were joined by an old friend of Ian's from the past, Mog the Post from Merthyr Tydfil, who lent a helping hand and enjoyed the opportunity.

Gwyn Matthews

### **Raynet**

Raynet provided communications between the checkpoints and the walk HQ which was extremely useful when identifying what had happened to walkers who were expected but missing at checkpoint closing time. Usually it was because they had retired earlier! Raynet also provided sweepers to accompany LDWA sweepers which was particularly useful when one entrant was very late at one checkpoint.

Raynet teams came from all over the country: North West Hampshire, Powys, West Glamorgan, Pembrokeshire, North Wiltshire, Epping Forest, North Yorkshire, Richmond & Keithley, Cleveland, North Dyfed, Gloucester, Bristol & North Somerset, Shropshire, Gwent & South Wales.

Many, many thanks for their efforts.

Gerry Jackson

### **Merchandise**

Running my own printing company, the role of merchandise suited me well. I would like to mention that the work Gerry Jackson put into the online shop helped tremendously to which he deserves large credit.

From the start, our first challenge was our logo: Where were we? The Welsh Valleys and nothing more iconic than our dragon sprang to mind. With an idea of what it was to be used on, I kept it simple and received great feedback from many on its design.

The next step was merchandise and with the committee we came up with a couple of new products over the traditional sweatshirt and T-Shirts. These included a key fob, fridge magnet, umbrella and the modern day 'Hoodie'.

Step three was to see how the logo looked on the clothing. Through my local contacts we were able to order some garments and see how the clothing looked. Then with the help of models Joanne Johnstone (who can be booked through her agent) and Andrew Campbell we ventured up to the route's final landmark of Folly Tower for a modelling photo shoot. And although a lot drier on our visit I can assure you it was a lot colder! The images were then used on the on-line shop to show what our garments looked like!

This stage done and it was over to Gerry Jackson to implement these in the websites shop. Credit must also go to Andrew Clabon who sourced the tankards and did the worked needed here.

Apart from the smaller jobs my work was done for a while.

We agreed on the orders to be placed twice, before and after the event, keeping costs down by ordering in batches. It's clear that many still hold superstitious values and orders were as high after the event as before.

An after sight is that a few extra items could have been purchased before, to be sold at the event as I was asked several times if I had items to be purchased with me. Something for people with responsibility for merchandise to consider in the future.

Phil Mitchell



## Congratulations!

To those entrants who were hoping to complete the Valleys 100 and thus meet a personal achievement with the number of 100's completed.

<b>30 100s</b>	Ken Falconer	Marshals' Walk
<b>20 100s</b>	Chris Chorley	Marshals' Walk
	Mike Childs	Marshals' Walk
	Tony Roberts	
	Alan Hindmarsh	
	John White	
	Albert Bowes	
<b>10 100s</b>	John Owen	
	Michelle Armour	
	Julie Gardner	
	Peter Beddows	
	Sean Flynn	
	Peter Ibison	
	Sean McCartney	
	Tony Willey	
	Lesley Wolsey	

Following the Valleys 100 marshals' walk and the main event, the numbers of people who have reached landmark 100s are as follows.

**10 100s = 402**

**20 100s = 68**

**30 100s = 10**

**40 100s = 1**

## The Double Hundred

We can't let this report be published without commenting on Rod Hollands' remarkable achievement. Rod is a South Wales LDWA member, and under normal circumstances would have been helping as a volunteer as part of the South Wales team. He sought permission at an early stage to be allowed to have a go at walking the Valleys 100 route as a Double Hundred, and due to the exciting prospect of

being the first known person to complete a 200 mile walk based on the annual '100', the South Wales LDWA committee were happy to accede to his request!

Rod received tremendous support from his group and several members walked with him on his first loop. He was accompanied throughout his first loop and I am aware that Rod found the support extremely helpful. Huw James and Claire Murray accompanied Rod from Pontypool on the Thursday morning commencing at 10am in the rain. Claire left Rod and Huw when she got to Risca as she lives nearby, but Huw continued on in the rain with Rod to Pontypridd.

Gwyn Matthews and I cooked a large pasta meal for Rod to enjoy and then I walked with Rod onwards into the first night section from Pontypridd. The weather cleared and wonderful views of the Rhondda were experienced at night. We enjoyed a drink in the Brynffynon Hotel before descending to Abercynon where John Tinelli took over responsibility for Rod as it started to pour with rain during the night.

At Tredegar, another South Wales LDWA member, Trevor White cooked a large breakfast for Rod and John and as he lived on the Valleys 100 route, they didn't have to divert at all. John accompanied Rod until Mynydd Carn y Cefn where Bruce Kennedy and Sue Wells then joined Rod for his final 30 miles of his first loop. They walked with him through more wet weather on the Friday night, returning to Pontypool to be welcomed back by myself on the Saturday morning.

Cheryl Llewellyn then cooked Rod another meal at West Monmouth School and he then joined the remainder of the entrants to start all over again!

It was an emotional moment when Rod walked through the HQ door having walked 200 miles in what can only be described as arduous conditions. Rod has written an article that will be published in a future Strider magazine and many of us in the South Wales LDWA are very proud of what Rod achieved. An inspirational venture that will be talked about for years.

David Morgan

### **And this is what some of you thought...**

Just wanted to say thank you to you, your group members and your countless marshals for providing the best bank holiday experience in the UK this weekend. An event destined to become legend within the LDWA.

Apart from one small field, I have never had so much fun in the mud nor finished a 100 with such beautiful feet. It can only have been due to the liberal application of best quality Welsh hillside, churned to smooth perfection by a thousand delicately clad feet, after being copiously watered by pure Welsh rainwater. Combined with constant overhead coolant at exactly the right temperature and pressure, my whole body was in perfect tune with nature. As a result – I could DRIVE myself home!

*Like most entrants, I can think of a couple of minor things I would have preferred (in addition to drier weather), but these are insignificant compared with all the excellent aspects of the weekend. Being greeted in person at the finish by the organiser was a marvellous touch. A personal highlight was not only to make my first visit the town my Dad was born in (91 years ago), but shortly after the Trallwn CP to realise I was going past the house where he was born (in The Parade). Many thanks for a lovely taste of your part of the world.*

I'm disappointed not to have completed The Valleys but had a great time and felt I had to thank you and your team for organising a brilliant event.

That was the real thing! Something to remember for a long long time. Thanks to the marshals at that fast road crossing - a really tough job, well done. The small square reflective stickers on the fence posts - wonderful! The cheery glow stick pointer to CP4 - a life saver!

*Thank you and all your team and supporters from other groups for all your hard work in preparing and running this event. From what I could see of the route on Sunday, it looked wonderful with lots of high level walking and good views. Just a pity that I could not see more of it on Saturday as well! The flagging was much appreciated especially the boggy area between Gelligaer and Deri - does it ever dry out? Watching the rain come down and down and down must have been as depressing for you as it was for us. Yet at each CP, the people could not have been more friendly and supportive.*

I would like to thank you and everyone else involved, for the fantastic efforts you have made to organize the 100, not only over the weekend but in the years leading up to. Over the years I have come to understand the tremendous organizational effort involved, and the jobs I do over the weekend give me a good insight into some of the hard work that goes on. We all feel sorry for the what the entrants had to put up with from the weather, but I am sure it was equally upsetting for all the

organizers to see the event so badly affected by the weather.

*It was my first, the weather made some of the parts very tough, but the route instructions were excellent and the checkpoint volunteers were brilliant. I wouldn't have completed it without their help. Despite the weather and especially what it did to some of the terrain and the fact that there was such an unusually high attrition rate, I feel it was a worthwhile event and something I feel immensely proud of completing. When the weather cleared enough, some of the views were spectacular and something that I didn't expect, especially as I have walked a lot in Brecon and the Black Mountains and had never considered walking in that area. There are some parts I will revisit. The sunrise on Monday morning was a very welcoming sight.*

I wanted to congratulate South Wales LDWA on a fantastic event - challenging course and fairly challenging weather, the welcome at the start/finish and at all checkpoints was delightful. Despite succumbing to a foolish training injury at 80 miles, it was a hugely enjoyable day out. What was hugely appreciated was the over and above efforts you went to in marking the course - as I'd recce'd the course a few times I barely needed my route description or maps!

*Thanks to you and your group for organising such a memorable event. The route description was excellent; the poles that guided us over the wet bits and the reflective squares were brilliant. All the marshals were so cheerful and helpful. It was great to have so much fresh fruit on the checkpoints. Such a pity about the weather spoiling the views, but the soft going did wonders for my knees. Thanks again for the years of effort - really appreciated.*

Just wanted to congratulate the South Wales Group for putting on the Valleys 100. It was a magnificent route with so many breath-taking views when I recce'd it; it was such a shame that the weather deprived us of these on the event (though you could see some on the certificate!). It was always going to be tough one even in ideal conditions. A lot of work had obviously gone into making the way as user-friendly as possible. Those little reflective squares on stiles for example, were fantastic at night yet completely unobtrusive in the daylight ; occasionally a stile you were aiming for would get up and walk away and you realized it had been a sheep looking at you sideways but mostly it worked well! The checkpoint marshals were all very welcoming and the food was good with plenty of savoury options. And when, at 80 miles unable to eat, I thought I just couldn't go any further and would have to retire, I was resurrected by the Devon and Cornwall group with Coca-cola and jelly babies strong and warm hearted. And I did make it to the finish.

*Just wanted to say 'Well Done' for organising the Valleys 100. It couldn't have been any harder to look after everybody over the weekend with the terrible weather conditions but you and South Wales LDWA did a fantastic job. We don't think we would have made it round if it wasn't for the help and encouragement from all the Marshals' at all the checkpoints and we felt so proud at the end when we entered the Event Centre to cheers and applause - brilliant. It must have been a real strain for you to watch things unfold over the weekend but at least now you can try to relax and look back on the event.*

Despite the weather and the fact that I ended up in casualty having dropped out at checkpoint 6 with cellulites in my left ankle you put on a great walk. The conditions were appalling but all credit to those who fought their way through. It was my daughter's first and despite losing the "old man" before half way she managed to finish. The groups at the checkpoints were great, keeping peoples spirits up. I know the drop out rate was monstrous but you cannot control the weather. You put on a great event.

*The weather was so disappointing for the organisers and I felt particularly sorry for the marshals at the outdoor checkpoints. The sun might not have come out to play (until Monday morning) but what did shine through was the warmth of the welcome and encouragement I received at the headquarters and all checkpoints. It was a stunning route and the two dawn choruses I enjoyed certainly lifted the spirits. I agree with other comments overheard about the toughness of the route and the weather and (especially) the underfoot conditions made this the most arduous Hundred which I have completed. I am very grateful for the years of hard work put in by your dedicated Group which enabled us to enjoy last weekend. From what I could see, most things seemed to be under control and, as well as offering a Hundred which will not be forgotten for a long time, you have certainly 'furthered the interests of those who enjoy long distance walking.' My thanks go to all those folk who gave up their Bank Holiday weekend to look after us, in whatever capacity. Their unstinting and selfless attitude helps make the LDWA the wonderful organisation which it is. I am also grateful for the marshalling carried out by non-LDWA groups. My commiserations go to those who did not make it to the finish and congratulations to those who stubbornly dug their heels in and completed a tough challenge.*

Thank you to everyone involved in the valleys 100. A remarkable event, toughest thing I've ever done. Checkpoint staff were incredible - unfailingly kind, thoughtful, attentive and cheerful; we'd be nowhere without them. John Harris's speech at the start was perfect - what an incredible man, truly inspirational and so down to earth.

*Many thanks for such a well organised and fantastic walk; shame about the weather but that is not something we can control (yet). All checkpoints were brilliant; everyone really supportive and kind, the food was great. The flagged sections were a great move and the reflective strips reassuring. Thank you. The organisation could not have been better. About the kit check - well done. I have been on a number of challenge walks where the walk details have stated there would be a kit check, and there wasn't. I have been on a couple where the kit check actually took place - at registration, and then watched walkers return the kit that had just been checked to their cars, often in poor weather conditions. Brilliant that you did it; the instructions are quite clear what we were to carry. Maybe you should have checked that people knew how to use the compass ... but I guess that would have taken too long.*

Thank you all so much for your hard work putting on such an excellent event. I'm afraid I was one of the many who was forced to retire due to dreadful blisters! I managed to get to Gelligaer, left the check point but was forced back by the searing pain of tearing skin when I reached the mud! It was such a shame about the weather but at least we will be talking about the Valleys 100 for years to come.

*Thank you and a big thank you to yourself and everybody connected to the organisation and running of the event, a stunning route, great check points with welcoming and encouraging check pointers, great organisation at the start and finish and I loved the Faggots and gravy. Just a shame about the weather that made it extra tough going under foot and contributed to me being timed out as with the benefit of hindsight there was no way I was going to cover the distance required in those conditions.*

It's now nearly 2 weeks since the event, I would like to thank all the organiser's and Marshals for such a great experience in my life. I am missing it now yet during event it was very hard. Especially remember a lady from the support vehicle wishing me luck at Nantyglo late Sunday evening. This was a real help and many thanks to who ever you are. I finished in 46 hrs 43 mins and still can't believe I actually made it. I raised £1,400 for GRWE - Greyhound Rescue West of England which will do so much. John Harris's speech at start was so inspiring, thank you so much John you were so right it has to come from your heart. Giving thought to next years event, not certain but being drawn.

## Marshals' Walk

The event was a success, and we were determined to mirror what would be provided on the main event as much as possible. All the participants seemed to enjoy the event and the marshals indicated that the event was well organised.

The highlights were:

The Food: only catering for fifty people allowed a standard of food that would not be possible on the main event. Freshly made sandwiches and homemade final meals meant that the participants were well fed. We did vary the menu slightly from the main event but in general we supplied the same food. Feedback from the marshals and walkers was invaluable.

The Marshals: the expertise, professionalism and enthusiasm of the "old hands" made the event a success.

Headquarters and Checkpoints: as far as possible we used the same venues as the main event. This meant that the participants had comfortable checkpoints, check all equipment required was available and identify any little glitches. The professionalism of the marshals paved the way and forged invaluable links for the main event.

Results: a computer programme that had previously been used for Where Ravens Dare was, with some improvements, used for the event. This allowed for arrivals at the finish and some checkpoints to be recorded using a computer and for certificates to be printed. It also identified people who had completed 10/20/30/40 events. The marshals' event meant this could be trialled and potential technical problems be identified and resolved before the main event.

Lessons were learnt:

The Food: vegetarians need to be fully catered for. Everyone will eat vegetarian food but vegetarians will not eat meat. In fact the vegetarian options in terms of pizzas and "sausage" rolls seemed more popular. Where we could it seems obvious to provide vegetarian food rather than a vegetarian option that may run out. Allow in the budget to feed the marshals, they will eat anyway.

The Marshals: be prepared to be disappointed. Lots of people who have volunteered well in advance suddenly find they have prior events; people who have committed for the whole weekend suddenly can't cope without a full eight hours sleep each night. Don't despair! The "old hands" come up trumps and save the day. The commitment and work ethic of the seasoned marshallers are a delight.

Headquarters and Checkpoints: broken kettle, inefficient toasters and lack of hot

water are manageable when catering for fifty people, less so for five hundred.

Results: it was perhaps a little naïve of us but unsporting actions were evident and had to be addressed. Vigilant marshals and close scrutiny of tally cards are essential. Even in the rush of the finish, time must be taken to check and verify all paperwork.

Two entrants were identified as deliberately deviating from the route based on the witness testimonies of fellow entrants. The deliberate deviation on the route meant that extra checkpoints had to be included on the main event. Perhaps more importantly, by deviating from the route the two participants jeopardised the main event, as they were not on a footpath and climbed a barbed wire fence. They were called back to the main route by another walker but refused to acknowledge him. We had no alternative but to recommend their disqualification and this was upheld by the National Executive Committee.

However, rather than end this report with an action by just two individuals that highlights the less pleasant side of long distance walking, I would like to conclude by celebrating the action by many individuals that highlights the delight of long distance walking: the cheerful and selfless contributions of the checkpointers and auxiliaries.

Many, many thanks to:

Start:

Registration: Andrew Clabon, Grae Yeandle.

Tea & Toast: Claire Murray.

Check Point Food: Gwyn Matthews, Claire Murray, Jo Johnstone, Beatrice Therin.

Car Parking: Rob Wilkinson, Arny Williams, Hugh Woodford, Alan Warrington.

Baggage at HQ: Julian Pursey, Baggage delivery to Breakfast HQ. Hugh Woodford, Alan Warrington.

Flagging and Self Clips: Rob & Jill Richardson, Andrew Clabon, Hugh Woodford, Alan Warrington, Richard Denby.

CP1 Cwmcarn:  
Rob Wilkinson, John Roberts

CP2 Maesycwmmmer:  
Jo Johnstone, Beatrice Therin, Arny Williams.

CP3 Trallwn:  
Tony Rowley, Susan Wilkinson.

CP4 Llanwonno:  
Richard Rosser, Bob Smith.

CP5 Abercynon:  
Katie Hunt, Jean Bobker, Julian Pursey, Mick Clayton.

CP6 Gelligaer:  
Jane Webb, Julia Dean, Helen Clover.

CP7 Deri:  
Roger Hand, Hugh Woodford, Gwyn Matthews.

CP8 Butetown:  
Philip King, Richard Denby.

CP9 Tredegar:  
Matt Clarke, Tony & Angie Walton, Sahrah Wilding, Phil Stevens, Mavis & Dennis Allport, Aled George, Chris Poole.

CP10 Pen y Fan Pond:  
Deirdre Flegg, Chris Poole.

CP11 Nantyglo:  
Denise & Tim Hughes.

CP12 Cwmavon:  
Hazel Bound, Marian Jewson, Annette & Les Merchant, Rose Wood

CP13 Keeper's Pond:  
Rob Wilkinson, John Roberts, Richard Rosser, Bob Smith, Arny Williams, Gareth Withers.

CP14 Llanellen:  
Tony Rowley, Susan Wilkinson.

CP15 Penperlleni:  
Julian Pursey, Mick Clayton.

Finish:  
Grae Yeandle, Andrew Clabon, Claire Murray, Gill Morgan, Rob Richardson, Jill Richardson, Trevor White, Huw James, Hugh Woodford, Heather Holmes, Gwyn Matthews.

.....and to the many people who turned up and "mucked in", some of them after walking 100 miles!

Claire Murray & Gwyn Matthews

### Marshals' Valleys 100 - 3rd-5th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9	CP10	CP11	CP12	CP13	CP14	CP15	Finish	Total Time
			9.1	18.8	26.7	33.2	38.1	43.6	47.4	53.1	57.2	63.7	71.7	80.5	84.8	90.3	95.8		
1	David Findel-Hawkins	10:00	12:18	14:37	16:40	18:31	19:45	21:28	22:40	00:25	01:33	03:51	06:06	08:32	09:56	11:20	13:01	14:26	28:26
1	Garry Dean	10:00	12:09	14:34	16:40	18:31	19:46	21:27	22:40	00:25	01:33	03:46	05:57	08:32	09:52	11:20	13:01	14:26	28:26
1	Alwyn Nixon	10:00	12:09	14:34	16:40	18:31	19:46	21:28	22:40	00:25	01:33	03:46	05:57	08:32	09:52	11:20	13:01	14:26	28:26
4	Tracy Edwards	14:00	15:50	18:00	20:00	22:00	23:26	01:14	02:35	04:30	05:40	07:55	10:41	13:33	15:15	17:09	18:56	20:40	30:39
5	Shirley Hume	10:00	12:07	14:33	16:40	18:40	19:53	21:36	22:59	01:00	02:15	05:05	07:55	11:07	12:58	15:02	16:57	18:51	32:51
5	Alison Brind	10:00	12:09	14:33	16:40	18:38	19:53	21:36	22:59	01:00	02:15	05:05	07:45	10:49	12:31	14:58	16:57	18:51	32:51
6	Sandra Brown	10:00	12:07	14:30	16:40	18:36	19:58	21:44	23:05	01:15	03:05	05:50	08:27	11:31	13:20	15:53	18:09	19:47	33:47
6	Ken Falconer	10:00	12:07	14:30	16:40	18:36	19:58	21:44	23:05	01:15	03:05	05:50	08:38	11:59	14:05	16:12	18:03	19:47	33:47
9	Malcolm Hunt	10:00	12:18	14:46	17:08	19:22	20:45	23:00	00:38	03:04	04:43	07:26	10:12	13:15	15:12	17:21	19:20	21:17	35:17
9	Merv Nutburn	10:00	12:20	14:46	17:08	19:22	20:45	23:01	00:38	03:04	04:43	07:26	10:12	13:16	15:12	17:21	19:20	21:17	35:17
9	John Cunnane	10:00	12:14	14:34	17:06	19:14	20:38	22:47	00:24	02:53	04:23	07:20	10:04	13:15	15:12	17:21	19:20	21:17	35:17
12	Gary Upstone	14:00	15:50	18:00	20:00	22:00	23:26	01:16	02:37	04:30	05:40	07:55	10:43	15:26	18:29	20:35	23:35	01:43	35:42
13	Roger Michell	10:00	12:17	14:51	17:25	19:43	21:15	23:24	01:02	03:20	04:55	07:41	10:16	13:33	15:27	17:45	19:48	21:50	35:49
13	Michael Abbott	10:00	12:26	15:13	17:40	19:50	21:15	23:23	01:02	03:20	04:55	07:41	10:16	13:29	15:27	17:44	19:48	21:50	35:49
15	Martin Callow	10:00	12:24	15:10	17:40	19:52	21:21	23:24	01:02	03:20	04:55	07:40	10:16	13:31	15:41	18:04	20:09	22:07	36:07
16	Stephanie Le Men	10:00	12:14	14:42	17:00	19:15	20:38	22:47	00:24	02:53	04:23	07:25	10:16	13:55	16:09	18:19	20:25	22:34	36:34
16	Christophe Delogne	10:00	12:14	14:42	17:00	19:15	20:38	22:47	00:24	02:53	04:23	07:25	10:16	13:55	16:09	18:19	20:25	22:34	36:34
18	Madeleine Watson	10:00	12:34	15:10	17:33	19:43	21:15	23:24	01:04	03:20	04:55	07:41	10:50	14:39	16:59	19:11	21:09	23:33	37:32
19	Jacqui Loader	10:00	12:37	15:31	18:29	21:06	22:48	01:08	02:48	05:34	07:03	10:08	13:12	16:48	19:00	21:20	23:35	01:43	39:43
19	Clare Loader	10:00	12:37	15:31	18:29	21:06	22:48	01:08	02:48	05:34	07:03	10:08	13:12	16:49	19:00	21:20	23:35	01:43	39:43
19	Jason Winney	10:00	12:36	15:30	18:28	21:01	22:45	01:05	02:37	05:34	06:59	09:43	13:10	16:47	18:45	21:17	23:35	01:43	39:43
19	John Tinelli	10:00	12:37	15:33	18:30	21:02	22:47	01:09	02:48	05:34	07:03	10:08	13:12	16:55	18:59	21:20	23:35	01:43	39:43
19	Norma Lloyd	10:00	12:37	15:36	18:30	21:06	22:48	01:09	02:48	05:34	07:03	10:08	13:12	16:50	19:02	21:20	23:35	01:43	39:43
19	Bruce Kennedy	10:00	12:38	15:36	18:30	21:06	22:49	02:01	03:54	06:25	07:59	11:06	14:08	17:22	19:18	21:16	23:35	01:43	39:43
19	Judith Fox	10:00	12:37	15:33	18:30	21:04	22:48	01:08	02:48	05:34	07:03	10:08	13:12	16:49	18:59	21:20	23:35	01:43	39:43
26	David Morgan	10:00	12:38	15:32	18:29	21:02	22:47	01:08	02:48	05:34	06:59	10:08	13:10	16:46	18:59	21:16	23:35	01:51	39:50
26	Gerry Jackson	10:00	12:37	15:44	18:35	21:23	23:24	02:02	03:57	06:25	07:59	11:06	14:08	17:22	19:18	21:20	23:35	01:51	39:50
26	Cheryl Llewellyn	10:00	12:40	15:33	18:30	21:04	22:49	01:09	02:48	05:34	07:03	10:08	13:12	16:49	18:59	21:20	23:35	01:51	39:50
29	Chris Hume	10:00	12:28	15:13	17:50	20:04	22:07	00:23	02:05	04:34	06:22	09:05	11:59	16:05	18:26	21:20	23:35	02:45	40:45
30	Al Rodger	10:00	12:17	14:50	17:25	19:43	21:15	00:23	02:05	04:34	06:22	09:05	11:59	16:04	18:26	21:18	23:35	02:45	40:45

### Marshals' Valleys 100 - 3rd-5th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9	CP10	CP11	CP12	CP13	CP14	CP15	Finish	Total Time
			9.1	18.8	26.7	33.2	38.1	43.6	47.4	53.1	57.2	63.7	71.7	80.5	84.8	90.3	95.8	100.3	
31	Bobbie Sauerzapf	10:00	12:35	15:29	18:15	20:56	22:55	01:43	03:41	06:35	08:18	11:16	14:47	19:09	21:13	23:53	02:16	04:28	42:28
31	Chris Chorley	10:00	12:35	15:29	18:15	20:56	22:55	01:43	03:41	06:34	08:18	11:16	14:47	19:09	21:13	23:53	02:16	04:28	42:28
31	Janet Eames	10:00	12:38	15:35	18:30	21:01	22:47	01:09	02:48	05:34	07:10	10:18	13:41	17:42	20:11	22:57	01:36	04:28	42:28
34	Mike Childs	10:00	12:38	15:44	18:35	21:23	23:24	02:02	03:55	06:25	07:59	11:06	14:22	18:03	20:24	23:25	02:12	04:42	42:42
34	Colin Utting	10:00	12:36	15:39	18:35	21:06	22:48	01:09	02:54	05:34	07:14	10:26	13:58	18:01	20:20	23:25	02:12	04:42	42:42
34	Jean Bowers	10:00	12:40	15:40	18:30	21:09	23:10	01:50	03:48	06:36	08:13	11:17	14:25	18:03	20:27	23:25	02:12	04:42	42:42
37	Elton Ellis	10:00	12:37	15:23	17:58	20:18	22:10	00:26	02:07	04:56	06:31	10:18	13:35	17:25	20:02	22:48	02:45	05:11	43:11
37	Martin Lawson	10:00	12:33	15:24	17:58	20:19	22:11	00:26	02:10	04:56	06:32	10:18	13:36	17:25	20:03	22:53	02:45	05:11	43:11
	Peter Schick	10:00	12:26	15:13	17:40	19:49	21:21	23:46	01:20	03:50	05:40	08:25	11:23	15:27	17:55	20:46			
	Leslie Hewitt	10:00	12:37	15:31	18:30	21:04	22:48	01:09	03:41	06:35	08:18	11:16	14:52	19:11	22:20				
	John Elrick	10:00	12:38	15:54	19:07	21:58	00:01	02:52	04:56	07:40	09:28	13:00	16:35	19:35	22:22				
	Isobel Falconer	10:00	12:38	15:54	19:07	21:58	00:01	02:51	04:56	07:40	09:28	13:00	16:35						
	Abigail Elrick	10:00	12:38	15:55	19:07	21:58	00:01	02:52	04:56	07:40	09:28	13:00	16:35						
	Hannah Brown	10:00	12:40	15:42	18:30	21:09	23:10	01:50	03:48	06:36	08:13	11:33							
	Susan Wells	10:00	12:40	15:36	18:30	21:06	22:49	02:01	03:56										
	Heather Holmes	10:00	12:36	15:29	18:40	21:23	23:25	02:02	03:57										
	Janet Pitt-Lewis	10:00	12:32	15:37	18:33	20:57													
	David Williams	10:00	12:37	15:36	18:28														
																		Started	48
																		Retired	10
																		Finished	38
																		% Finished	79



## The Valleys 100 Organising Committee

David Morgan  
Shirley Hume  
Chris Hume  
Phil Mitchell  
Gwyn Matthews

Gerry Jackson  
Andrew Clabon  
Claire Murray

Hugh Woodford  
John Cunnane  
Gail Elrick

Area	Lead	Assisting	Area	Lead	Assisting
Route	David Morgan	Gwyn Matthews, Gerry Jackson, Hugh Woodford, Rob Richardson, Rob Wilkinson, Jason Winney, Grant Wilson, Bruce Kennedy, Sue Wells, John Tinelli & Trevor White	Leaflet Distribution	Claire Murray	Gerry Jackson, Hugh Woodford, Gwyn Matthews, John Tinelli, Norma Lloyd, Trevor White, Grae Yeandle & Jason Winney
Checkpoints	John Cunnane	David Morgan, Gwyn Matthews & Margaret Cunnane	Website	Gerry Jackson	David Morgan, Claire Murray, Andrew Clabon & Hugh Woodford
Transport	Gwyn Matthews		Merchandise	Phil Mitchell	Gerry Jackson
Entries	David Morgan		Results	Andrew Clabon	Grae Yeandle
Walk HQ	Chris & Shirley Hume		Marketing	Claire Murray	
Volunteer Planning	Shirley Hume		Certificates & Badges	Phil Mitchell	
Catering	Andrew Clabon		Local Authority Liaison	Hugh Woodford	
Rubbish Disposal	John Cunnane		Marshals' Walk	Gwyn Matthews & Claire Murray	Grae Yeandle
National Committee Liaison	Gail Elrick		Treasurer	Shirley Hume	

The following pages show the names of both LDWA and non LDWA members who gave up their time during the weekend to help on the Valleys 100 and without whom the event could not have taken place. **We sincerely apologise to anyone we have overlooked.**

<b>Start</b>	<b>West Monmouth School, Pontypool</b>	<b>South Wales LDWA:</b> <b>Registration:</b> Ed Ball, Jo & Paul Bidgood, Gareth Huw James, Norma Lloyd, Jill Richardson, John Roberts & Gareth Withers <b>Information Desk:</b> Dave Williams <b>Teas &amp; Coffees:</b> Ann Nixon, Heather Holmes <b>Catering:</b> Andrew Clabon, Gill Morgan, Daphne & Graham Morgan, Jo & Paul Bidgood, Ed Ball, Trevor White, Ann Nixon, Aranka Pratt, Judith Fox, Isobel Falconer & Peter Schick. Plus Sam and Kelly from West Mon School. <b>Road Marshals:</b> Hugh Woodford, Gill Morgan, Dave Williams, John Roberts, Aranka Pratt, Heather Holmes, Vicky & Guy Barnes & Alison Brind, Judith Fox. <b>Merchandise:</b> Phil Mitchell & Les Mitchell
<b>CP1</b>	<b>Cwmcarn</b>	<b>Islwyn Ramblers:</b> Richard and Anne Beaugie, Simon and Nina Foster, Marion Tamplin, Andrea Price, Mandy Haines, Jill Jones, Pete and Diane Smith, Ken Wiltshire, Terry Wilkins and Fran Quantock.
<b>CP2</b>	<b>Maesycwmmmer</b>	<b>Bath Beat:</b> Philip West, Claire Loader, Stan Johnson, Gill Jones, Jacq Loader, Linda Bushell, Mark and Wendy Constable, Graham and Daphne Morgan, Bob Hope, Pauline Loader and Kate Masters.
<b>CP3</b>	<b>Trallwn</b>	<b>Heart of England LDWA:</b> Christine Stockton, Alan Athey, Dave Powell, Jonathan Hipkiss, Andy and Marian White, Rose Harris, June Maw, Carol Elrick, Dave and Jan Coats, Terry Phelan, Angela Scheider and Guy Vowles.
<b>CP4</b>	<b>Llanwonno</b>	<b>Beds Bucks &amp; Northants LDWA:</b> Norman Corrin, Dave Findel-Hawkins, Merrian Lancaster, Dave and Lynn Yorston, Mike and Sandra Hyland, Alan Leadbetter, Colin and Veronica Scargill, Renee Vroom, Christine Pendlebury, Martin Lawson and Gordon Shaughnessy.
<b>CP5</b>	<b>Abercynon</b>	<b>Northumbria LDWA:</b> Chris McDowell, John Davison, Paul and Diane Smith, Bill Milbourne, John Stewart, Eva Bowes, Carol Stather, Tom Pascoe and Pat Thwaites.
<b>CP6</b>	<b>Gelligaer</b>	<b>Essex &amp; Herts LDWA:</b> Jean and Bill Bowers, Hannah Brown, Linda Fordham, Ann Freeman, Brian Harwood, Georgie and Peter Hogg, Lone and Dennis Jacobs, Renate Romer, Brenda Ryan, Doug Smith, Peter Tremain, Sue and Dave Wingrove.
<b>CP7</b>	<b>Deri</b>	<b>Kent &amp; Bristol West LDWA:</b> Mike Attewell, Martin Brice, Brian Buttifant, Joy Davis, Christine Delogne, Michael Headley, Neil Higham, Stephanie le Man, Fiona and Merv Nutburn, Neal O'rouke, Nick Dockree, Elton Ellis, Geoff Parsons, Dave Street, Bruce Young and Richard Jasper.
<b>CP8</b>	<b>Butetown</b>	<b>Wessex LDWA:</b> Michael and Leslie Godfrey, Kathy and Tim Johnson, Les Hewett, Dave Mayer, Glenys Kirkpatrick, Peter Toghill and Jeff Pike.

<b>CP9A</b>	<b>Bedwellty House, Tredegar (Baggage)</b>	<b>North Yorkshire LDWA:</b> Steph and Mandy Carter, Roger and Caroline Wandless, Cath Stenton, Andy Britton, Simon Leck, Dave Jaques, Penny Baldwin & Denise Smith.
<b>CP9B</b>	<b>Georgetown Community Centre, Tredegar (Breakfast)</b>	<b>East Lancashire LDWA:</b> Peter and Christine Haslam, Viv Lee, Barbara Shelton, Hilary Scott, June Reeder, Chris Greene, Mike Harrington, Andrew Griffin, Jack Griffin, Ian Hamilton, Karen Nash, Nigel West and Julia Greenwood.
<b>CP10</b>	<b>Pen y Fan Pond</b>	<b>Marches LDWA:</b> Roger and Linda Michell, Chris and Jenny Winn, Janet Pitt-Lewis, Jenny Murphy, Gary Dean, Dave Nichols, David Findel-Hawkins and Merrian Lancaster.
<b>CP11</b>	<b>Nantyglo</b>	<b>Staffordshire LDWA:</b> Chris Brown, Glenis Brown, Jack Allen, Denis and Rita Banks, Roger Edwards, Vera Evans, Christine Barber, Rosie Nelstrom, John Barker, Keith Bailey, Denise Hughes, Laura Channon, Neil Robinson, Sue Boyles, Gordon Wright and Janet Eames.
<b>CP12</b>	<b>Cwmavon</b>	<b>Cornwall &amp; Devon LDWA:</b> Terry and Hazel Bound, Paul Whittaker, Roy and Viv Zelionka, Annette Merchant, Denise Searle, Peter Maben, Gill Kingswell, Geoff Shepherd, Ann Evans, Pat Edmunds, Kieran Ryan, Tim Crosby, Barry Oliver and Marian Jewson.
<b>CP13</b>	<b>Keepers Pond</b>	<b>Thames Valley LDWA:</b> Maureen Downes, Gary Upstone, Graham Croucher, Steve Mee, Yvette Burnell, Jane Crawford, Norma Williams, Gill How, Alf and Pam Wheeler.
<b>CP14</b>	<b>Llanellen</b>	<b>London LDWA:</b> Judith and Teresa Griffiths, Nick Marshall, Paul Tilly, Dave Williams, Colin Saunders, Paul Lawrence, Rob Jayne, Roger Swift, Peter Russell and Susanne Waldschmidt.
<b>CP15</b>	<b>Goytre</b>	<b>The Irregulars LDWA:</b> Pam Baird, Davina Harrison, Tony Ford, Colin Firth, Peter Wood, Peter Gardner, Mick Abbott, Ian Smith, John Mosley, Jeff Coulson and Dave Sheldon.
<b>CP16</b>	<b>Folly Tower</b>	<b>Dorset LDWA:</b> Colin Utting, Jane "Hoppy" Hopcraft, Al Rodger, Martin Callow, Deirdre Flegg and Mike Childs.
<b>Finish</b>	<b>West Monmouth School, Pontypool</b>	<b>South Wales LDWA &amp; Guests:</b> Cheryl Llewellyn, Claire Murray, Joanne Johnstone, Judith Fox, Ann Nixon, Jo & Paul Bidgood, Heather Holmes, Norma Lloyd, Jill & Rob Richardson, Aranka Pratt, Tracy Edwards, Grae Yeandle, Gareth Huw James, Trevor White, John Roberts, Charlie Harris, John Tinelli, Ed Ball, Bruce Kennedy, Sue Wells, Dave Williams, Aine Kenny, Daphne & Graham Morgan, Gill Morgan, Isobel & Ken Falconer, Peter Schick, Sandra Brown, Vicky & Guy Barnes, Chris & Shirley Hume, Gareth Withers, Madeleine Watson, Hugh Woodford & David Morgan.
<b>Mystery Checkpoint</b>	<b>South Wales Lead: Shirley Hume</b>	Pam Brown, Christine & Michael Stone, Roger Hand & Peter Schick
<b>Transport</b>	<b>South Wales Lead: Gwyn Matthews</b>	<b>Minibus 1:</b> John Gwatkin, Arny Williams & Peter Cowlyn. <b>Minibus 2:</b> Matt Clarke, Rob Richardson, Alan Coles & Norma Lloyd. <b>Minibus Driver Assistants:</b> Aranka Pratt, Gwyn Matthews, Jill Richardson, Gareth Huw James & Sue Wells. <b>Ford Transit Van:</b> Angela Williams & Mel Royle. <b>Toyota Pick Up:</b> Malcolm Hunt.

<b>Baggage Drop</b>	<b>South Wales Lead: Gerry Jackson</b>	Gerry Jackson, John & Gail Elrick, Ken Falconer, Jason Winney, Peter Schick, Chris Chorley & Bobbie Sauerzapf.
<b>Baggage</b>	<b>Lead: Ian Sykes</b>	John Wood, Edith Sykes, Ruth & Terry Griffiths & Morgan 'Mog The Post' Thomas.
<b>Sweepers</b>	<b>South Wales Lead: Shirley Hume</b>	Ken Falconer / Sandra Brown: John Tinelli / Jason Winney: Chris Chorley / Bobbie Sauerzapf: Gail Elrick / John Elrick: Janet Chapman / Avril Stapleton: Merv Nutburn / Jason Winney.
<b>Sweeper Transport</b>	<b>South Wales Lead: Shirley Hume</b>	Pam Brown.
<b>Opening Checkpoints</b>	<b>South Wales Lead: John Cunnane</b>	Alwyn Nixon, Rob Wilkinson & Siobhan Cunnane.
<b>Closing Checkpoints</b>	<b>South Wales Lead: Andrew Clabon</b>	Gerry Jackson.
<b>Kit Check</b>	<b>South Wales Lead: Paul &amp; Jo Bidgood</b>	Peter Schick, Paul & Jo Bidgood, Gail & John Elrick.
<b>Flagging &amp; Road Signs</b>	<b>South Wales Lead: David Morgan</b>	Hugh Woodford, Dave Williams, Phil Mitchell, Les Mitchell, John Tinelli, Gareth Huw James, David Morgan, Charlie Harris, John Sparshatt, Bruce Kennedy, Gary Upstone & Merv Nutburn.
<b>A469 Road Crossing</b>	<b>South Wales Lead: David Morgan</b>	Gill Morgan, Bruce Kennedy, Tracy Edwards, Ed Ball & Alison Brind.
<b>A4042 Road Crossing</b>	<b>South Wales Lead: Shirley Hume</b>	Tony Wintle (who spent all evening, all night and much of the morning at the crossing!) Peter Schick, Richard Denby, Tracy Edwards, Ken Falconer, Debbie Murphy, Ted Tupling, Heather & Michael Stone, Heather Holmes & Hugh Woodford
<b>Raynet</b>	<b>South Wales Lead: Gerry Jackson</b>	John Moorhouse MW1EON, Beatrice Jebb G6AJF, John Jebb G8YDC, Mike GW4FVG, Keith Foster MW6KPF, Bob GW8VFQ, Lewis MW0LEW, Richard GW8TVX, Jason M0JPB, Roy MW0COB, Andy Sharman G0UWS, Paul M0LOM, Karen M3YST, Evan GW7UNV, Brian G0RHI, Gerald G0UFI, Ted G4NUY, Dave G7VTW, Tony G7NKJ, Andy M0DCD, Bruce GW4XXF, Dave GW8SFT, Paul M6ITU, Paul G6XQO, David Morgan G1PLJ, Mike M0DXV, Chris Hill MW0LLO, Tom Mckintyre 2W0TAX, Dave Mansell GW8SFT, Graham Belt G0SCV, Bill G4DCY, John G8YDC, Mike GW4FVG & David Jacques G7VTW.
<b>The Valleys 100 Video</b>	<b>Lead: John Pennifold</b>	Assisted by Fiona Harrington. John & Fiona kindly videoed their experiences on the Valleys 100. There are two videos available for viewing on YouTube. The first which covers the atmosphere in the hall can be seen at <a href="http://youtu.be/s1NTXT0XruU">http://youtu.be/s1NTXT0XruU</a> and the video of the walk by John can be viewed at <a href="http://youtu.be/g9_o93z8WLQ">http://youtu.be/g9_o93z8WLQ</a>

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
			8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
1	Mike Warrick	13:57	15:28	17:23	19:07	20:42	21:44	23:16	00:25	02:09	03:12	03:26	05:33	07:51	10:23	11:45	13:07	14:22	15:17	15:47	25:50
2	Mark Denby	13:57	15:34	17:25	19:19	21:01	22:31	00:11	01:17	03:12	04:27	04:47	06:35	08:33	10:43	11:59	13:25	14:38	15:38	16:08	26:11
3	Paul Scholte	13:57	15:32	17:22	19:07	20:49	21:51	23:16	00:29	02:08	03:12	04:20	06:22	08:29	11:02	12:12	13:37	14:51	15:46	16:18	26:21
4	Dominic Pascoe	13:57	15:20	17:06	18:40	20:06	21:06	22:59	00:09	01:43	03:05	03:44	05:58	08:01	10:49	12:12	13:47	15:23	16:47	17:22	27:25
5	Julie Gardner	10:03	12:19	14:55	17:11	19:06	20:15	21:53	23:03	00:46	01:57	02:16	04:30	06:39	08:58	10:25	11:49	13:03	14:03	14:34	28:31
6	Martin Kenyon	10:03	12:08	14:30	16:40	18:37	20:00	21:45	23:05	00:47	01:57	02:18	04:30	06:42	09:18	10:36	12:11	13:44	14:40	15:16	29:13
7	Iain Prentice	13:57	15:35	17:30	19:40	21:31	22:56	00:34	01:56	03:49	04:54	05:20	07:25	09:44	12:36	14:09	15:55	17:20	18:25	19:16	29:19
8	Andy Taylor	13:57	15:36	17:25	19:23	21:23	22:53	00:34	01:56	03:49	04:54	05:20	07:25	09:45	12:36	14:10	16:01	17:31	18:46	19:33	29:36
8	Geoff Holburt	13:57	15:35	17:23	19:16	21:00	22:17	00:10	01:29	03:26	04:36	04:48	06:59	09:29	12:21	14:05	15:53	17:33	18:52	19:33	29:36
10	Wendy Thurrell	10:03	12:10	14:34	16:43	18:39	19:54	21:45	23:03	00:46	01:57	02:13	04:30	06:45	09:25	11:03	12:42	14:16	15:20	15:55	29:52
11	Marie Doke	13:57	15:38	17:35	19:40	21:28	22:47	00:30	01:53	03:48	04:55	05:33	07:35	09:58	12:37	14:18	16:12	17:55	19:08	19:54	29:57
11	David Thompson	13:57	15:32	17:30	19:40	21:28	22:47	00:30	01:53	03:49	04:55	05:33	07:35	09:57	12:37	14:18	16:12	17:55	19:08	19:54	29:57
13	Alan Hall	13:57	13:35	17:25	19:19	21:08	22:22	23:58	01:14	03:13	04:30	05:04	07:17	09:44	12:44	14:36	16:44	18:24	19:35	20:17	30:20
13	Sarah Jackson	13:57	15:35	17:26	19:18	21:08	22:22	23:58	01:15	03:12	04:30	05:04	07:17	09:44	12:44	14:36	16:44	18:24	19:35	20:17	30:20
15	Philip Gwilliam	13:57	13:35	17:34	19:26	21:10	22:37	00:29	01:53	03:49	04:55	05:14	07:27	10:03	12:53	14:40	17:02	18:47	19:53	20:25	30:28
16	Stephen Turner	13:57	15:35	17:22	19:05	20:47	21:54	23:40	00:58	02:55	04:07	04:50	06:47	09:20	12:34	14:29	16:37	18:18	19:35	20:33	30:36
17	Fabrice Leistner	13:57	15:36	17:25	19:16	21:01	22:17	00:14	01:32	03:34	04:49	05:37	08:15	10:43	13:36	15:13	17:17	19:02	20:03	20:39	30:42
18	Richard Rosser	10:03	12:16	14:43	16:56	18:57	20:15	22:02	23:15	01:13	02:30	02:47	05:14	07:46	10:29	12:02	13:39	15:16	16:12	16:47	30:44
19	Ian Hull	10:03	12:17	14:43	16:53	18:49	20:11	21:53	23:05	01:03	02:19	02:35	05:00	07:33	10:33	12:04	13:43	15:19	16:22	16:54	30:51
20	Colin Travis	10:03	12:20	14:30	15:49	18:32	19:38	21:45	23:05	00:47	01:57	02:17	04:30	06:54	09:40	11:22	13:11	14:50	15:58	16:55	30:52
21	Simon Pritchard	13:57	15:30	17:33	19:26	21:22	22:36	00:22	01:40	03:40	04:59	05:20	07:28	10:06	13:22	15:11	17:33	19:18	20:33	21:06	31:09
22	Janet Hill	10:03	12:10	14:34	16:47	18:46	20:01	21:49	23:10	01:00	02:13	02:37	05:00	07:30	10:33	12:11	13:58	15:38	16:48	17:26	31:23
22	John Chesher	13:57	15:45	17:58	20:02	22:01	23:25	01:13	02:34	04:30	05:29	05:47	07:47	10:25	13:31	15:27	17:35	19:17	20:37	21:20	31:23
24	Kevin Smith	13:57	15:45	17:50	19:57	21:54	23:16	01:09	02:40	04:48	05:50	06:19	08:34	11:10	14:16	16:10	18:12	19:55	20:57	21:36	31:39
25	Victoria Morris	10:03	12:17	14:45	16:54	19:01	20:18	21:57	23:09	00:50	01:57	02:17	04:30	06:55	09:41	11:35	13:40	15:28	16:49	17:45	31:42
25	Robert Cameron-Wood	13:57	15:41	17:41	19:43	21:30	22:49	00:27	01:48	03:39	04:49	05:14	07:31	10:09	13:26	15:28	17:35	19:34	20:47	21:39	31:42
27	Andrew Boulden	10:03	12:16	14:45	16:56	18:57	20:15	21:54	23:16	01:13	02:29	02:47	05:14	07:49	10:44	12:26	14:23	16:05	17:10	17:52	31:49
28	Jeff Powell Davies	13:57	15:35	17:37	19:40	21:30	22:48	00:31	01:44	03:58	05:09	05:33	08:23	11:07	13:57	15:41	17:49	19:28	20:57	21:53	31:56
29	Matthew Hand	13:57	15:40	17:45		22:05	23:49	02:20	03:34	05:37	06:50	07:14	09:28	11:50	15:07	16:45	18:34	20:17	21:25	21:59	32:02
30	Nick Ham	13:57	13:35	17:48	19:57	21:55	23:17	01:09	02:40	04:48	05:50	06:19	08:35	11:15	14:29	16:19	18:23	20:20	21:40	22:29	32:32
31	Prisca Vis	10:03	12:00	14:30	16:46	18:39	19:59	21:53	23:22	01:25	02:49	03:27	05:59	08:34	11:39	13:24	15:15	17:01	18:06	18:55	32:52
31	Jane Webb	10:03	12:14	14:42	16:54	19:02	20:19	22:08	23:25	01:24	02:49	03:26	05:59	08:34	11:39	13:24	15:15	17:01	18:06	18:55	32:52
33	Tom Griffin	10:03	12:55	15:05	17:21	19:28	20:50	22:57	00:21	02:24	03:38	04:21	06:43	09:09	12:03	13:46	15:31	17:14	18:30	19:16	33:13
33	John Manning	10:03	12:56	15:05	17:25	19:28	20:50	22:56	00:21	02:24	03:37	04:23	06:43	09:09	12:03	13:46	15:30	17:14	18:30	19:16	33:13
35	Sandy Gee	13:57	15:55	18:18	20:38	23:02	00:48	02:47	04:10	06:07	07:16	07:43	09:56	12:35	15:34	17:20	19:23	21:03	22:17	23:16	33:19
35	Steve Spence	13:57	15:45	17:50	19:56	21:55	23:17	02:15	03:50	05:48	06:47	07:38	10:02	12:54	16:03	17:57	19:36	21:15	22:29	23:16	33:19
37	Fiona Cameron	10:03	12:15	14:32	16:41	18:41	19:55	21:55	23:31	01:38	03:19	04:16	06:27	09:02	12:05	13:51	15:57	17:48	18:54	19:33	33:30
37	Jeremy Corke	13:57	15:40	17:41	19:59	22:16	23:42	01:35	03:03	05:09	06:26	06:57	09:19	12:06	15:18	17:12	19:18	21:02	22:25	23:27	33:30

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
37	Kevin Marshall	13:57	8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	33:30
40	Keith Beauchamp	13:57	15:46	17:57	20:06	22:04	23:43	01:35	03:03	05:09	06:25	06:40	09:19	12:07	15:18	17:12	19:19	21:03	22:25	23:27	33:30
40	Sarah Wilde	13:57	15:45	17:55	20:01	21:58	23:17	01:14	02:52	05:01	06:14	07:07	09:38	12:05	15:07	17:10	19:15	21:08	22:33	23:32	33:35
42	Clare Smith	13:57	16:06	18:36	20:52	23:10	00:35	02:34	04:06	06:13	07:25	08:15	10:36	13:10	16:19	18:08	19:57	21:42	22:53	23:36	33:39
42	Neil Smith	13:57	16:05	18:36	20:54	23:10	00:35	02:34	04:06	06:13	07:25	08:15	10:37	13:10	16:18	18:08	19:57	21:42	22:53	23:36	33:39
44	John White	10:03	12:15	14:43	16:59	18:58	20:21	22:27	23:50	02:00	03:17	04:04	06:28	09:06	12:12	13:50	15:55	17:43	18:54	19:43	33:40
45	Neil Bromley	10:03	12:10	14:44	17:04	19:07	20:32	22:27	23:55	02:00	03:14	03:40	05:58	08:39	11:56	13:46	15:59	17:57	19:10	19:54	33:51
46	Graham James	13:57	15:45	17:49	19:53	22:23	00:23	02:41	04:28	06:44	08:05	08:42	10:57	13:27	16:19	18:11	20:02	21:58	23:25	00:23	34:26
47	Tony Lewington	10:03	12:25	14:49	17:10	19:21	20:50	22:56	00:21	02:25	03:39	04:23	06:44	09:20	12:37	14:27	16:34	18:18	19:35	20:33	34:30
48	David Shepherd	10:03	12:10	14:43	17:01	19:02	20:21	22:16	23:44	02:05	03:33	04:10	06:36	09:21	12:37	14:37	17:02	19:05	20:10	20:48	34:45
49	Terence Faulkner	10:03	12:25	15:05	17:19	19:21	20:47	23:02	00:16	02:26	03:40	04:31	06:37	09:13	12:33	14:39	16:46	18:44	19:55	20:50	34:47
50	Christopher Johnson	10:03	12:05	14:30	16:44	18:44	20:14	22:08	23:43	02:05	03:33	04:09	06:32	09:21	12:39	14:46	17:19	19:02	20:15	20:54	34:51
51	Malcolm Dyke	10:03	12:15	14:50	17:04	19:07	20:31	22:33	00:09	02:26	03:59	05:08	07:32	10:18	13:53	15:59	17:44	19:02	20:19	21:04	35:01
52	Bill McDonnell	10:03	12:15	14:45	17:11	19:21	20:50	22:50	00:15	02:28	03:59	04:31	06:59	09:38	12:52	14:44	17:03	19:05	20:26	21:12	35:09
53	Fred Hamond	13:57	15:58	18:18	20:42	23:09	00:48	03:02	04:36	06:40	07:52	08:10	10:45	13:29	16:42	18:35	20:48	22:57	00:22	01:11	35:14
54	Jeff Campbell	10:03	12:00	14:30	16:46	18:44	19:59	21:53	23:22	01:25	02:50	03:27	06:02	09:02	12:29	14:34	17:17	19:07	20:31	21:19	35:16
54	Sharon Sullivan	10:03	12:10	14:30	16:46	18:44	19:59	21:54	23:22	01:25	02:50	03:26	06:02	09:02	12:29	14:35	17:18	19:07	20:29	21:19	35:16
54	Kevin Pearson	10:03	12:10	14:43	17:12	19:19	20:45	22:29	00:12	02:10	03:24	04:21	06:55	09:36	12:59	15:07	17:21	19:15	20:38	21:19	35:16
57	Stephen Hall	13:57	15:47	17:54	20:14	22:39	00:22	02:28	04:54	06:48	08:07	08:42	10:44	13:13	16:22	18:18	20:16	22:18	00:12	01:14	35:17
58	Denise Whyte	10:03	12:10	14:36	16:50	18:50	20:08	21:57	23:23	01:31	02:50	03:08	05:42	08:34	11:57	14:04	16:36	18:34	20:14	21:25	35:22
58	Jon Whyte	10:03	12:10	14:33	16:49	18:50	20:08	21:57	23:23	01:30	02:50	03:08	05:42	08:34	11:57	14:04	16:35	18:34	20:14	21:25	35:22
60	Tony Hill	10:03	12:17	14:49	17:10	19:20	20:50	22:50	00:14	02:41	04:03	04:42	07:25	10:09	13:13	15:11	17:31	19:15	20:38	21:30	35:27
60	Kim Reed	10:03	12:15	14:49	17:06	19:20	20:50	22:51	00:14	02:41	04:03	04:42	07:25	10:09	13:13	15:11	17:32	19:15	20:38	21:30	35:27
60	Ron Doole	10:03	12:30	15:09	17:37	19:52	21:27	23:41	01:06	03:16	04:32	05:06	07:44	10:25	13:39	15:42	17:49	19:28	20:42	21:30	35:27
60	Stephen Watson	10:03	12:30	15:10	17:36	19:52	21:27	23:41	01:06	03:15	04:32	05:06	07:44	10:25	13:39	15:42	17:49	19:29	20:44	21:30	35:27
64	Jacky Reynolds	10:03	12:14	14:32	16:53	18:56	20:21	22:15	23:44	02:04	03:33	04:13	06:36	09:23	12:37	14:37	17:24	19:27	20:44	21:36	35:33
64	David Purdy	10:03	12:25	15:06	17:32	19:56	21:26	23:30	01:00	03:12	04:31	05:04	07:44	10:39	13:59	15:58	18:12	19:55	20:57	21:36	35:33
64	John Cowburn	10:03	12:29	15:06	17:36	19:57	21:26	23:31	01:00	03:14	04:31	05:04	07:45	10:41	14:00	15:59	18:13	19:56	20:57	21:36	35:33
67	Philip Musson	13:57	15:57	18:23	20:45	23:09	00:48	02:41	04:19	06:29	07:50	08:09	10:33	13:10	16:37	18:41	21:00	23:06	00:36	01:32	35:35
68	Andy Reynolds	10:03	12:10	14:30	16:53	18:57	20:14	22:04	23:25	01:39	03:20	03:57	06:37	09:23	12:37	14:37	17:24	19:28	20:50	21:39	35:36
69	Mark Edwards	10:03	12:16	14:49	17:20	19:38	21:06	23:18	01:00	03:22	04:45	05:39	07:56	10:33	13:46	15:45	17:51	19:50	21:05	21:45	35:42
70	Annie Foot	10:03	12:30	15:17	17:51	20:16	21:52	00:04	01:36	03:44	05:04	05:51	08:16	10:52	13:57	15:45	17:51	19:50	21:01	21:46	35:43
70	David J Hooper	10:03	12:25	15:17	17:51	20:16	21:52	00:05	01:36	03:44	05:04	05:51	08:16	10:52	13:55	15:25	17:50	19:50	21:00	21:46	35:43
72	Kingsley Lambert	10:03	12:15	14:33	16:54	18:56	20:21	22:15	23:44	02:05	03:33	04:13	06:38	09:24	12:37	14:43	17:33	19:50	21:10	21:52	35:49
73	Norman Johnson	10:03	12:06	14:29	16:44	18:46	20:05	22:18	23:44	02:04	03:34	04:21	06:44	09:31	13:00	15:07	17:23	19:18	20:52	21:53	35:50
74	Peter Hamson	10:03	12:15	14:44	17:05	19:10	20:35	22:38	00:09	02:12	03:25	04:13	06:58	09:56	13:13	15:12	17:33	19:49	21:05	21:56	35:53
75	John Owen	13:57	15:40	17:45	19:56	22:05	23:49	02:20	04:03	06:13	07:33	07:49	09:59	13:18	16:40	18:48	21:17	23:18	01:00	01:57	36:00
76	Andrew Hastie	10:03	12:20	14:50	17:05	19:08	20:32	22:33	00:09	02:12	03:45	04:28	06:59	09:56	13:28	15:34	17:44	19:44	21:03	22:07	36:04

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
			8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
77	Sean McCartney	10:03	12:14	14:30	16:46	18:52	20:14	22:05	23:23	01:38	03:20	03:57	06:43	09:43	13:03	15:09	17:27	19:45	21:09	22:10	<b>36:07</b>
77	Brian Layton	10:03	12:05	14:30	16:45	18:52	20:14	22:04	23:22	01:38	03:20	03:51	06:43	09:46	13:05	15:09	17:28	19:47	21:15	22:10	<b>36:07</b>
79	Jamal Ashley	10:03	12:16	14:40	16:53	18:56	20:21	22:15	23:43	02:04	03:34	03:59	06:36	09:25	13:13	15:33	18:06	20:11	21:36	22:33	<b>36:30</b>
79	Yassi Ashley	10:03	12:15	14:39	16:53	18:56	20:21	22:15	23:44	02:05	03:33	03:59	06:36	09:25	13:13	15:33	18:06	20:11	21:36	22:33	<b>36:30</b>
79	Christine Benson	10:03	12:15	14:33	16:53	18:56	20:21	22:15	23:44	02:05	03:33	03:59	06:36	09:25	13:13	15:33	18:06	20:11	21:36	22:33	<b>36:30</b>
82	Alan Hindmarsh	10:03	12:11	14:30	16:47	18:49	20:08	22:05	23:31	01:39	03:20	03:52	06:36	09:21	12:44	14:49	17:27	19:42	21:27	22:35	<b>36:32</b>
83	Sean Flynn	10:03	12:21	15:08	17:51	20:14	21:53	00:04	01:38	04:07	05:37	06:27	09:03	11:50	15:13	17:14	19:22	20:36	21:43	22:36	<b>36:33</b>
84	Emma Baker	10:03		14:32	16:53	19:02	20:27	22:42	00:25	02:59	04:32	05:08	07:44	10:42	14:24	16:28	18:38	20:36	21:55	22:44	<b>36:41</b>
84	Celia Hargrave	10:03	12:10	14:33	16:50	19:01	20:27	22:42	00:25	02:58	04:33	05:08	07:44	10:42	14:25	16:28	18:38	20:36	21:56	22:44	<b>36:41</b>
86	Alf Short	10:03	12:21	14:56	17:19	19:40	21:22	23:31	01:03	03:22	04:45	05:28	08:16	11:06	14:34	16:24	18:37	20:25	21:55	22:53	<b>36:50</b>
86	Christine Stratton	10:03	12:15	14:53	17:19	19:32	21:24	23:31	01:03	03:21	04:45	05:23	08:16	11:07	14:34	16:24	18:38	20:25	21:55	22:53	<b>36:50</b>
88	Michael White	10:03	12:25	15:11	17:44	20:02	21:44	23:56	01:27	03:51	05:14	05:51	08:20	11:16	14:34	16:21	18:29	20:21	21:55	22:55	<b>36:52</b>
88	Richard Vaughan	10:03	12:25	15:16	17:43	20:02	21:43	23:56	01:27	03:51	05:14	05:51	08:20	11:16	14:34	16:21	18:29	20:22	21:45	22:55	<b>36:52</b>
88	Peter Wootton	10:03	12:26	15:11	17:44	20:02	21:44	23:56	01:27	03:51	05:14	05:51	08:20	11:17	14:34	16:21	18:30	20:22	21:55	22:55	<b>36:52</b>
91	Steve Clark	10:03	12:25	15:04	17:25	19:43	21:19	23:40	01:22	03:36	05:02	05:21	07:47	10:49	14:09	16:00	18:26	20:31	21:57	23:02	<b>36:59</b>
92	Anne Wade	10:03	12:05	14:30	16:54	18:55	20:29	22:18	23:51	02:12	03:44	04:27	07:00	09:58	13:48	16:05	18:23	20:33	22:07	23:12	<b>37:09</b>
92	Wendy Weremiuk	10:03	12:00	14:30	16:54	18:55	20:29	22:18	23:51	02:13	03:44	04:27	07:00	09:58	13:47	16:06	18:23	20:33	22:07	23:12	<b>37:09</b>
94	David Graham	10:03	12:25	15:06	17:37	19:58	21:31	23:35	01:11	03:21	04:47	05:28	07:54	10:49	14:11	16:19	18:40	20:46	22:15	23:26	<b>37:23</b>
94	Richard Hallett	10:03	12:20	15:06	17:38	19:59	21:32	23:35	01:11	03:22	04:47	05:28	07:54	10:49	14:10	16:21	18:41	20:46	22:18	23:26	<b>37:23</b>
94	Mike Lambie	10:03	12:15	15:06	17:37	19:58	21:32	23:35	01:11	03:21	04:47	05:28	07:54	10:45	14:10	16:19	18:39	20:46	22:11	23:26	<b>37:23</b>
97	John Hazleton	10:03	12:20	14:56	17:19	19:26	20:51	23:00	00:37	03:02	04:47	05:08	07:33	10:25	14:00	16:38	19:08	20:53	22:25	23:28	<b>37:25</b>
98	Matthew Clayton	13:57	13:35	17:41	19:43	21:39	23:11	01:14	02:55	05:09	06:26	06:40	08:53	11:57	16:22	18:52	22:03	00:39	02:17	03:25	<b>37:28</b>
99	Peter Little	10:03	12:20	15:06	17:32	19:50	21:25	23:35	01:16	03:42	05:02	06:05	08:37	11:39	15:06	17:11	19:23	21:21	22:48	23:53	<b>37:50</b>
99	William Dixon	10:03	12:20	15:08	17:50	20:14	21:52	00:04	01:37	04:07	05:36	06:27	09:03	11:50	15:13	17:13	19:28	21:25	23:02	23:53	<b>37:50</b>
99	Anthony Jenner	10:03	12:20	15:07	17:50	20:14	21:53	00:04	01:37	04:07	05:36	06:47	09:02	11:50	15:13	17:13	19:28	21:25	23:00	23:53	<b>37:50</b>
99	Jaqueline Peaks	10:03	12:30	15:09	17:51	20:10	21:40	23:58	01:36	03:45	05:04	06:10	08:50	11:51	15:14	17:26	19:33	21:25	22:48	23:53	<b>37:50</b>
99	Kath Percival	10:03	12:29	15:09	17:51	20:10	21:40	23:58	01:36	03:45	05:02	06:09	08:50	11:51	15:14	17:26	19:33	21:25	22:48	23:53	<b>37:50</b>
99	Jan Williams	10:03	12:25	15:08	17:52	20:14	21:48	00:12	01:44	04:07	05:36	06:27	09:05	11:59	15:32	17:34	19:44	21:44	23:00	23:53	<b>37:50</b>
105	Nondus Banning-Boddy	10:03	12:25	15:16	17:51	20:11	21:49	23:57	01:33	03:48	05:09	05:37	08:16	11:12	15:01	17:07	19:27	21:24	23:00	00:05	<b>38:02</b>
105	Stephanie Warrick	10:03	12:25	15:18	17:51	20:11	21:49	23:57	01:33	03:48	05:09	05:37	08:16	11:12	15:02	17:06	19:27	21:24	23:00	00:05	<b>38:02</b>
105	Lee Coulson	10:03	12:30	15:17	17:51	20:12	21:48	23:58	01:32	03:58	05:09	05:50	08:16	11:12	15:04	17:11	19:27	21:26	23:00	00:05	<b>38:02</b>
108	Ann Bath	10:03	12:20	15:08	17:46	20:10	21:39	23:55	01:44	04:27	05:54	06:09	09:03	11:45	15:08	17:14	19:39	21:22	22:50	00:10	<b>38:07</b>
108	Neil Fennel Fraser	10:03	12:39	15:22	17:52	20:09	21:41	23:56	01:44	04:27	05:55	06:09	09:03	11:45	15:08	17:14	19:40	21:22	22:50	00:10	<b>38:07</b>
110	Andy Carpenter	10:03	12:32	15:25	18:12	20:30	22:34	00:37	02:15	04:42	06:09	06:25	09:14	12:24	15:57	17:37	19:55	21:53	23:25	00:23	<b>38:20</b>
110	Tony Natale	10:03	12:32	15:25	18:12	20:30	22:34	00:37	02:15	04:42	06:09	06:25	09:14	12:24	15:57	17:37	19:55	21:53	23:25	00:23	<b>38:20</b>
112	Sahrah Wilding	10:03	12:05	14:30	16:54	18:59	20:18	22:22	23:51	02:05	03:32	03:57	06:48	09:52	13:36	15:56	18:48	21:03	22:50	00:24	<b>38:21</b>
113	David Whitehead	10:03	12:12	14:33	16:54	19:06	20:32	22:50	00:19	02:56	04:34	05:16	07:59	11:09	15:02	17:06	19:34	21:44	23:20	00:30	<b>38:27</b>
114	Carole Engel	10:03	12:30	15:15	17:46	20:05	21:42	23:58	01:34	04:01	05:19	05:36	08:29	11:23	15:06	17:20	19:49	21:53	23:40	00:46	<b>38:43</b>



## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
			8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
114	Alan Greenwood	10:03	12:25	15:15	17:45	20:05	21:41	23:58	01:34	04:01	05:18	05:35	08:29	11:23	15:06	17:20	19:49	21:53	23:40	00:46	<b>38:43</b>
116	Kathryn Page	10:03	12:30	15:16	17:52	20:13	21:52	00:13	01:46	04:12	05:36	06:22	09:06	11:58	15:33	17:40	20:03	22:10	23:43	00:50	<b>38:47</b>
116	Ralph Warman	10:03	12:25	15:16	17:51	20:11	21:52	00:13	01:47	04:12	05:37	06:21	09:06	11:58	15:32	17:40	20:00	22:10	23:43	00:50	<b>38:47</b>
116	Michael Bushby	10:03	12:29	15:17	17:52	20:11	21:52	00:14	01:46	04:13	05:37	06:21	09:06	11:59	15:33	17:40	20:02	22:11	23:43	00:50	<b>38:47</b>
116	David Gordon	10:03	12:25	15:16	17:51	20:11	21:52	00:13	01:46	04:12	05:37	06:21	09:06	11:58	15:33	17:40	20:03	22:11	23:43	00:50	<b>38:47</b>
120	Phil Champion	10:03	12:50	15:55	18:25	20:58	22:31	00:35	02:12	04:44	06:02	06:25	08:57	11:58	15:38	17:36	20:04	22:07	23:46	00:52	<b>38:49</b>
121	Bradley Gurney	10:03	12:05	14:30	17:01	19:27	21:00	23:38	01:08	03:22	04:45	05:17	08:01	11:27	15:06	17:24	20:07	22:11	23:43	00:58	<b>38:55</b>
121	Mark Hawker	10:03	12:29	15:16	18:08	20:38	22:24	00:54	02:28	04:44	06:05	06:48	09:15	12:08	15:31	17:42	20:06	22:30	00:06	00:58	<b>38:55</b>
123	Alan Warrington	10:03	12:47	15:55	18:40	21:11	22:59	01:17	03:16	05:51	07:16	07:49	10:40	13:36	17:16	19:08	21:18	23:09	00:24	01:11	<b>39:08</b>
124	Bill Lancashire	10:03	12:20	15:08	17:46	20:04	21:40	00:06	01:39		05:03	05:25	08:57	11:51	15:35	17:45	19:59	22:18	00:12	01:14	<b>39:11</b>
125	John Backhouse	10:03	12:30	15:17	17:51	20:16	21:52	00:03	01:38	03:44	05:03	05:48	08:26	11:36	15:29	17:35	19:38	21:58	23:38	01:15	<b>39:12</b>
125	Jed Jackson	10:03	12:20	14:56	17:13	19:25	20:50	22:59	00:36	03:01	04:47	05:47	08:41	11:41	15:17	17:25	19:45	22:16	23:55	01:15	<b>39:12</b>
125	David Wainwright	10:03	12:20	14:57	17:18	19:26	20:51	23:00	00:36	03:02	04:47	05:49	08:41	11:42	15:17	17:25	19:46	22:16	23:55	01:15	<b>39:12</b>
128	Tony Roberts	10:03	12:15	14:43	16:59	19:14	20:36	22:42	00:19	02:58	04:30	05:06	07:38	10:20	13:56	16:06	18:15	20:18	22:53	01:21	<b>39:18</b>
129	Elaine Dee	10:03	12:40	15:37	18:17	20:39	22:22	00:35	02:15	04:37	05:59	06:54	09:52	13:10	16:37	18:41	21:00	23:05	00:36	01:32	<b>39:29</b>
130	Michelle Armour	10:03	12:35	15:31	18:15	20:35	22:13	00:27	02:01	04:24	05:52	06:51	09:33	12:41	16:39	18:52	20:59	23:03	00:34	01:33	<b>39:30</b>
130	Michael Fletcher	10:03	12:39	15:32	18:16	20:36	22:14	00:27	02:01	04:24	05:52	06:51	09:35	12:41	16:36	18:52	21:00	23:03	00:34	01:33	<b>39:30</b>
130	Paul Henderson	10:03	12:38	15:32	18:15	20:36	22:13	00:27	02:01	04:24	05:52	06:51	09:33	12:42	16:36	18:52	21:00	23:03	00:34	01:33	<b>39:30</b>
133	Duncan Baber	13:57	15:55	18:07	20:24	22:56	00:29	02:44	04:20	06:59	08:06	09:16	11:51	14:50	18:26	20:49	23:34	02:29	04:24	05:30	<b>39:33</b>
133	Harry Smith	10:03	12:37	15:38	18:24	20:58	22:40	01:03	02:57	05:23	06:51	07:43	10:21	13:11	16:41	18:48	21:14	23:12	00:38	01:36	<b>39:33</b>
133	Jean Lyon	10:03	12:37	15:35	18:23	20:58	22:40	01:04	02:57	05:23	06:51	07:43	10:21	13:11	16:41	18:48	21:14	23:13	00:38	01:36	<b>39:33</b>
136	Nancy Bunyan	10:03	12:22	14:50	17:20	19:35	21:00	23:15	01:10	03:50	05:23	05:48	08:32	11:47	15:26	17:40	20:26	22:49	00:37	01:48	<b>39:45</b>
137	John Astbury	10:03	12:40	15:33	18:17	20:48	22:34	00:56	02:42	05:12	06:35	07:14	10:00	13:02	16:32	18:24	20:47	23:02	00:42	01:56	<b>39:53</b>
137	Lesley Wolsey	10:03	12:42	15:34	18:17	20:46	22:34	00:56	02:42	05:12	06:35	06:53	09:47	13:10	16:37	18:45	21:01	23:10	00:52	01:56	<b>39:53</b>
137	Dave Roberts	10:03	12:40	15:37	18:17	20:46	22:34	00:56	02:42	05:12	06:36	06:53	09:47	13:10	16:37	18:45	21:01	23:11	00:52	01:56	<b>39:53</b>
137	Nigel Dean	10:03	12:31	15:23	17:59	20:30	22:13	00:27	02:09	04:32	05:54	06:24	09:02	12:00	15:37	18:00	20:41	23:13	01:00	01:56	<b>39:53</b>
141	John Dally	10:03	12:45	15:46	18:34	21:02	22:53	01:28	03:20	05:41	06:59	08:06	10:38	13:27	16:52	19:04	21:17	23:18	01:00	01:57	<b>39:54</b>
141	Douglas Robinson	10:03	12:45	15:45	18:34	21:01	22:53	01:28	03:20	05:41	07:00	07:26	10:38	13:25	16:52	19:03	21:16	23:18	01:00	01:57	<b>39:54</b>
143	Chris Pitt	10:03	12:28	15:06	17:45	20:08	21:43	23:54	01:26	03:51	05:30	06:15	08:45	11:55	15:32	17:56	20:42	23:38	01:20	02:30	<b>40:27</b>
143	Tony Willey	10:03	12:30	15:18	17:52	20:24	21:58	00:12	01:47	04:13	05:29	06:10		11:59	16:09	18:31	21:04	23:47	01:20	02:30	<b>40:27</b>
145	Andrew Killick	10:03	12:51	16:02	19:01	21:46	23:43	02:01	03:46	06:14	07:34	08:22	11:06	14:09	17:41	19:48	22:04	00:17	01:41	02:35	<b>40:32</b>
145	Paul Killick	10:03	12:51	16:02	19:01	21:47	23:42	02:02	03:47	06:14	07:34	08:22	11:06	14:09	17:41	19:48	22:04	00:17	01:41	02:35	<b>40:32</b>
147	Simon Weal	13:57	15:46	18:06	20:34	22:50	00:24	02:32	04:44	07:20	08:27	08:56	11:27	14:45	18:41	21:30	00:26	03:38	05:35	06:38	<b>40:41</b>
148	Elaine Battson	13:57	16:06	18:28	20:54	23:34	01:19	03:36	05:25	07:42	09:06	10:02	12:50	16:11	20:05	22:18	01:13	03:51	05:45	06:58	<b>41:01</b>
148	Jonathan Williams	13:57	16:06	18:28	20:54	23:33	01:18	03:36	05:23	07:42	09:06	09:59	12:50	16:11	20:05	22:18	01:12	03:51	05:45	06:58	<b>41:01</b>
150	Mary Knight	10:03	12:30	15:23	18:07	20:44	22:37	01:21	03:10	05:39	07:04	07:44	10:36	13:34	17:22	19:38	22:13	00:47	02:14	03:06	<b>41:03</b>
150	Peter Tristram	10:03	12:30	15:19	18:08	20:43	22:37	01:21	03:10	05:39	07:04	07:44	10:37	13:35	17:22	19:38	22:14	00:47	02:17	03:06	<b>41:03</b>
152	Andrew Underdown	10:03	12:36	15:25	18:04	20:22	21:56	00:14	01:47	04:28	05:55	06:31	09:08	12:25	16:19	18:36	21:30	00:06	02:23	03:25	<b>41:22</b>

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
152	Stephen Coveney	10:03	12:30	15:08	17:40	20:01	21:29	00:51	02:41	05:23	06:50	07:45	10:25	13:27	16:56	19:09	21:49	00:18	02:14	03:25	41:22
152	Jerzy Matuszewski	10:03	12:25	15:08	17:39	20:01	21:29	00:50	02:41	05:23	06:49	07:45	10:25	13:27	16:57	19:09	21:49	00:18	02:06	03:25	41:22
152	Steve Coey	10:03	12:25	15:14	17:46	19:56	21:48	23:57	01:35	04:01	05:22	06:19	08:55	11:57	16:21	18:52	22:04	00:38	02:17	03:25	41:22
152	Alan Crispin	10:03	12:25	15:14	17:46	20:05	21:40	23:56	01:35	04:00	05:22	06:19	08:55	11:57	16:22	18:52	22:03	00:38	02:17	03:25	41:22
152	Joanna Turner	10:03	12:25	15:14	17:46	20:05	21:40	23:57	01:36	04:00	05:22	06:10	08:55	11:57	16:22	18:52	22:03	00:38	02:17	03:25	41:22
152	Paul Beasley	10:03	12:15	14:43	17:31	20:01	21:29	23:57	01:47	04:27	05:57	06:31	08:56	11:55	16:19	18:34	21:04	23:54	02:14	03:25	41:22
159	John Pennifold	10:03	12:40	15:46	18:40	21:18	23:12	01:48	03:42	05:57	07:25	08:10	10:58	13:57	17:45	20:12	22:43	01:04	02:48	03:45	41:42
159	Derek Reeves	10:03	12:50	16:02	19:30	22:20	00:23	03:21	05:31	07:56	09:07	09:52	12:26	15:06	18:24	20:22	22:43	01:04	02:45	03:45	41:42
159	Megan James	10:03	12:40	15:57	18:40	21:18	23:12	01:48	03:42	06:00	07:25		10:54	13:54	17:45	20:12	22:44	01:05	02:45	03:45	41:42
162	Thomas Wood	10:03	12:37	15:34	18:25	21:04	22:42	01:13	02:57	05:23	06:50	07:45	10:36	13:47	17:58	20:22	22:48	01:04	02:55	03:50	41:47
162	Una Courtney	10:03	12:35	15:34	18:24	21:04	22:42	01:13	02:57	05:18	06:50	07:45	10:35	13:46	17:57	20:21	22:48	01:19	02:51	03:50	41:47
162	Juliet Rowe	10:03	12:30	15:37	18:25	21:04	22:42	01:13	02:57	05:18	06:50	07:45	10:35	13:46	17:57	20:21	22:48	01:20	02:51	03:50	41:47
165	Martyn Greaves	10:03	12:39	15:38	18:25	21:04	22:50	01:23	03:12	05:39	07:08	07:28	10:19	13:41	17:52	20:21	23:03	01:18	02:55	03:58	41:55
166	Peter Beddows	10:03	12:35	15:29	18:15	20:50	22:37	01:03	02:54	05:31	07:05	08:04	10:46	13:53	17:44	20:08	22:43	01:07	02:54	04:00	41:57
166	Brian Fisher	10:03	12:25	15:19	17:59	20:49	22:38	01:03	02:53	05:32	07:05	08:04	10:53	13:53	17:45	20:11	22:44	01:07	02:54	04:00	41:57
166	John Ormerod	10:03	12:40	15:30	18:15	20:51	22:38	01:03	02:53	05:31	07:04	07:58	10:46	13:53	17:44	20:06	22:44	01:07	02:45	04:00	41:57
166	Gordon Teal	10:03	12:35	15:29	18:15	20:49	22:49	01:03	02:53	05:32	07:04	08:04	10:46	13:53	17:44	20:08	22:43	01:07	02:54	04:00	41:57
166	Bill Pritchard	10:03	12:29	15:15	17:59	20:50	22:38	01:03	02:53	05:32	07:08	08:04	10:53	13:53	17:45	20:10	22:44	01:08	02:54	04:00	41:57
166	Tim Storey	10:03	12:35	15:29	18:12	20:49	22:37	01:03	02:54	05:31	07:05	08:04	10:46	13:53	17:44	20:10	22:44	01:08	02:54	04:00	41:57
172	Albert Higgins	10:03	12:55	15:59	18:56	21:45	23:34	02:02	03:41	05:50	07:26	08:26	11:01	13:53	17:45	20:11	22:44	01:18	02:54	04:02	41:59
173	James Mchugh	13:57	15:40	17:49	20:03	22:19	23:57	02:18	04:02	06:27	07:50	08:38	11:08	14:24	19:53	22:24	01:43	04:46	06:40	08:05	42:08
173	Steve Mchugh	13:57	15:41	17:50	20:04	22:19	23:57	02:18	04:02	06:27	07:50	08:39	11:08	14:35	19:53	22:26	01:44	04:49	06:40	08:05	42:08
175	Robert Barclay	10:03	12:44	15:48	18:41	21:06	22:48	01:21	03:20	05:57	07:34	08:26	10:57	14:16	18:05	20:39	23:19	02:04	03:51	04:49	42:46
175	Simon Pipe	10:03	12:46	16:03	18:55	21:25	23:23	01:49	03:33	06:10	07:34	08:38	11:18	14:21	18:07	20:45	23:19	02:04	03:51	04:49	42:46
177	Julia Dean	10:03	12:50	15:57	18:50	21:20	23:06	01:28	03:26	06:12	07:39	08:32	10:49	14:06	18:21	20:54	23:35	02:20	03:58	04:56	42:53
177	Paul Gibbs	10:03	12:50	15:54	18:51	21:20	23:06	01:28	03:26	06:11	07:39	08:32	11:06	14:11	18:20	20:54	23:35	02:20	04:00	04:56	42:53
179	Michael French	10:03	12:40	15:49	18:42	21:14	23:07	01:33	03:29	05:58	07:26	08:19	11:16	14:25	18:07	20:22	23:13	02:07	03:56	04:59	42:56
179	Tim Hughes	10:03	12:45	15:49	18:41	21:13	23:06	01:33	03:28	05:57	07:26	08:19	11:16	14:23	18:06	20:23	23:12	02:07	03:56	04:59	42:56
181	Peter Ibison	10:03	12:40	15:42	18:39	21:12	22:59	01:33	03:33	06:02	07:28	08:27	10:54	13:57	17:40	20:07	22:45	01:40	03:42	05:00	42:57
182	Graham Smith	10:03	12:40	15:46	18:41	21:22	23:12	01:49	03:42	06:10	07:35	08:29	11:13	14:34	18:21	20:46	23:55	02:33	04:24	05:25	43:22
182	Luis Broz	10:03	12:50	15:57	18:34	20:51	22:55	01:34	03:41	06:01	07:28	08:29	11:12	14:35	18:24	20:46	23:55	02:35	04:27	05:25	43:22
182	Luke Bradley	10:03	13:00	16:01	19:03	21:45	23:37	02:02	03:43	06:12	07:38	08:30	11:17	14:45	18:47	21:17	00:23	02:47	04:24	05:25	43:22
182	Alan Nash	10:03	12:35	15:24	18:12	20:47	22:37	01:05	03:09	05:50	07:16	08:06	10:54	14:27	18:46	21:17	00:23	02:48	04:27	05:25	43:22
186	Roderick Hollands	10:03	12:58	16:10	19:32	22:27	00:27	02:42	04:19	06:34	07:54	08:10	11:00	14:16	18:42	21:18	00:14	02:43	04:30	05:27	43:24
187	Andrew Gilbertson	10:03	12:44	15:45	18:41	21:46	23:42	02:02	04:01	06:45	08:15	08:33	11:20	14:36	18:24	20:33	23:35	02:30	04:24	05:30	43:27
188	Andy Weston	10:03	12:15	14:50	17:36	20:09	21:41	00:06	01:54	04:39	06:12	07:27	10:00	13:06	17:01	19:34	22:04	01:18	04:13	05:36	43:33
188	Julian Pursey	10:03	12:30	15:26	18:04	20:32	22:26	00:46	02:39	05:13	06:52	07:39	10:28	13:40	17:40	20:12	23:02	01:56	04:13	05:36	43:33
188	Chris Starnes	10:03	12:35	15:19	17:59	20:32	22:26	00:47	02:39	05:13	06:53	07:39	10:28	13:40	17:39	20:12	23:02	01:56	04:13	05:36	43:33

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
			8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
191	Angela Johnson	10:03	12:20	15:14	17:58	20:38	22:31	01:14	03:11	05:52	07:23	08:16	11:00	14:16	18:43	21:11	00:13	02:43	04:33	05:41	<b>43:38</b>
191	Trevor Brown	10:03		15:14	17:59	20:38	22:31	01:13	03:11	05:52	07:23	08:15	11:00	14:16	18:42	21:11	00:13	02:44	04:33	05:41	<b>43:38</b>
193	Alan Wilde	10:03	12:50	15:53	18:49	21:35	23:42	02:02	03:48	06:16	07:34	09:05	11:30	14:36	18:57	21:25	00:12	03:04	04:50	05:47	<b>43:44</b>
194	Max Cole	10:03	12:35	15:43	18:41	21:16	23:06	01:28	03:09	05:39	07:05	07:58	10:51	14:35	18:53	21:20	00:22	03:13	05:10	06:14	<b>44:11</b>
194	Roger Cole	10:03	12:35	15:43	18:41	21:16	23:06	01:28	03:09	05:39	07:05	07:59	10:51	14:35	18:53	21:20	00:22	03:13	05:10	06:14	<b>44:11</b>
196	Brian Guy	10:03	12:35	15:37	18:33	21:25	23:18	02:01	04:07	06:43	08:13	09:18	12:01	15:17	19:31	21:50	00:58	03:53	05:28	06:26	<b>44:23</b>
196	Linda McCarthy	10:03	12:35	15:34	18:33	21:25	23:18	02:01	04:07	06:43	08:13	09:18	12:01	15:17	19:31	21:50	00:58	03:53	05:28	06:26	<b>44:23</b>
198	Stephen Boyles	10:03	12:37	15:38	18:41	21:13	22:59	01:32	03:24	06:00	07:33	08:23	11:20	14:42	18:59	21:43	00:52	03:41	05:36	06:32	<b>44:29</b>
198	John Widdowson	10:03	12:37	15:38	18:41	21:13	22:59	01:32	03:25	06:00	07:33	08:23	11:19	14:42	18:59	21:43	00:52	03:41	05:37	06:32	<b>44:29</b>
200	Daniel Callan	10:03	12:22	14:57	17:37	20:09	21:54	00:56	02:55	05:59	07:36	08:39	11:27	14:45	18:41	21:30	00:26	03:38	05:35	06:38	<b>44:35</b>
201	Chris Poole	10:03	12:40	15:35	18:17	20:49	22:37	01:04	03:10	05:38	07:00	07:14	09:49	13:13	17:58	20:22	23:05	02:30	04:55	06:39	<b>44:36</b>
202	Pat Richardson	10:03	12:30	15:27	18:28	21:10	23:23	01:43	03:36	06:43	08:15	08:58	11:54	15:27	19:38	21:44	00:52	03:40	05:36	06:52	<b>44:49</b>
202	Michael Richardson	10:03	12:30	15:26	18:26	21:10	23:23	01:42	03:36	06:42	08:16	08:58	11:54	15:28	19:37	21:44	00:52	03:41	05:38	06:52	<b>44:49</b>
204	Paul Norman	10:03	12:47	15:55	18:40	21:12	22:59	01:17	03:17	05:51	07:16	07:49	10:40	13:41	17:16	19:32	22:41	01:55	05:38	07:01	<b>44:58</b>
205	Norman Evans	10:03	12:45	15:59	18:53	21:43	23:35	02:10	04:12	06:49	08:38	09:23	12:25	15:46	19:47	22:23	01:38	04:08	06:00	07:08	<b>45:05</b>
205	David N Hooper	10:03	12:45	15:59	18:51	21:43	23:37	02:12	04:12	06:48	08:38	09:24	12:25	15:46	19:47	22:23	01:38	04:08	05:55	07:08	<b>45:05</b>
207	David Oxley	10:03	12:45	15:50	18:28	20:51	22:37	01:04	02:41	04:54	06:17	07:09	09:49	13:15	17:14	19:29	22:40	01:54	04:55	07:10	<b>45:07</b>
207	Annon 5	10:03	12:45	15:49	18:33	20:51	22:37	01:04	02:41	04:54	06:17	07:09	09:49	13:15	17:14	19:30	22:40	01:54	04:40	07:10	<b>45:07</b>
209	Simon Blackburn	10:03	12:45	15:58	19:01	21:56	23:57	02:38	04:25	06:49	08:10	09:00	12:02	16:45	20:31	22:49	01:44	04:13	06:20	07:25	<b>45:22</b>
209	Gareth Smith	10:03	12:50	15:58	19:01	22:02	23:57	02:37	04:25	06:49	08:10	09:00	12:01	16:45	20:31	22:49	01:44	04:13	06:10	07:25	<b>45:22</b>
209	Albert Bowes	10:03	12:43	15:38	18:33	21:21	23:17	02:01	04:01	06:34	08:03	08:55	11:51	15:10	19:38	22:05	01:35	04:30	06:21	07:25	<b>45:22</b>
209	Victor Lokie	10:03	12:25	15:13	18:07	20:39	23:17	01:51	03:53	06:26	07:49	08:46	11:45	15:10	19:39	22:06	01:35	04:30	06:21	07:25	<b>45:22</b>
209	Kay Rees	10:03	12:36	15:34	18:25	21:09	23:07	02:01	04:02	06:33	08:04	08:55	11:50	15:11	19:38	22:05	01:35	04:30	06:24	07:25	<b>45:22</b>
209	David Firth	10:03	12:30	15:35	18:34	21:21	23:18	02:01	04:02	06:34	08:04	08:55	11:51	15:10	19:39	22:06	01:35	04:31	06:20	07:25	<b>45:22</b>
215	Les Merchant	10:03	12:49	16:00	19:10	21:46	00:04	02:42	05:07	07:50	09:24	09:59	12:33	16:05	19:50	22:44	01:54	04:31	06:21	07:26	<b>45:23</b>
215	Adrian Partridge	10:03	12:45	16:04	19:08	21:44	23:49	02:32	04:39	07:18	08:57	09:37	12:16	15:47	19:49	22:44	01:53	04:31	06:21	07:26	<b>45:23</b>
217	Sean Haynes	10:03	12:50	16:18	19:27	22:12	23:59	02:37	04:44	07:26	08:56	10:00	12:50	16:16	20:34	23:00	02:10	04:53	06:35	07:35	<b>45:32</b>
218	Dora Deaville	10:03	12:36	15:32	18:19	20:57	22:51	01:37	03:53	06:26	08:12	09:15	12:05	15:17	19:42	22:34	01:43	04:46	06:35	07:38	<b>45:35</b>
218	Michael Sandbrook	10:03	12:40	15:58	18:54	21:44	23:49	02:31	04:25	06:48	08:13	09:22	12:06	15:17	19:43	22:34	01:43	04:47	06:35	07:38	<b>45:35</b>
218	Malcolm Walmsley	10:03	12:23	15:08	17:44	20:09	21:49	00:20	02:10	05:13	07:04	07:49	10:51	13:54	19:52	22:25	01:42	04:48	06:35	07:38	<b>45:35</b>
221	Charles Hillier	10:03	12:50	16:18	19:28	22:13	23:59	02:37	04:44	07:26	08:56	10:00	12:51	16:16	20:34	23:00	02:10	04:54	06:25	07:46	<b>45:43</b>
222	Alison Talbot	10:03	12:51	16:05	19:03	22:00	23:53	02:18	04:25	07:02	08:26	09:16	12:05	15:19	19:37	22:24	01:43	04:46	06:40	07:47	<b>45:44</b>
222	Ruth Appleton	10:03	12:51	16:06	19:02	21:59	23:53	02:18	04:24	07:02	08:26	09:16	12:05	15:19	19:37	22:25	01:43	04:47	06:40	07:47	<b>45:44</b>
224	Amy Randall	10:03	12:50	15:59	19:02	21:54	23:58	02:10	04:01	06:34	08:07	08:29	11:38	15:17	19:23	22:05	01:39	04:12	06:24	07:49	<b>45:46</b>
225	Peter Ford	10:03	12:40	15:51	18:54	21:39	23:34	02:11	04:05	06:44	08:27	09:35	12:29	16:05	20:17	23:06	03:08	05:28	07:05	08:31	<b>46:28</b>
225	Adrian Romain Wade	10:03	12:40	15:51	18:54	21:40	23:34	02:10	04:05	06:43	08:27	09:29	12:29	16:05	20:17	23:05	03:07	05:29	07:05	08:31	<b>46:28</b>
227	Ben Cooley	10:03	12:54	16:03	19:01	21:49	00:22	02:55	04:55	07:17	08:27	09:27	12:16	16:08	20:16	23:28	03:40	05:58	07:32	08:33	<b>46:30</b>
227	Vikki Kemp	10:03	12:54	16:01	19:03	21:50	00:00	02:55	04:55	07:17	08:27	09:27	12:16	16:09	20:16	23:29	03:40	05:58	07:32	08:33	<b>46:30</b>

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
			8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
229	Leonard Fallick	10:03	12:55	16:15	19:22	22:22	00:27	03:09	05:01	07:25	08:57	09:18	12:16	15:47	19:50	22:44	01:59	04:59	07:10	08:38	<b>46:35</b>
230	Angela Walton	10:03	12:50	16:08	19:36	22:45	00:44	03:40	05:46	08:24	09:54	11:16	13:50	17:18	21:37	00:41	03:39	05:52	07:30	08:39	<b>46:36</b>
230	Tony Walton	10:03	12:50	16:08	19:37	22:45	00:44	03:40	05:46	08:24	09:53	11:16	13:50	17:18	21:37	00:41	03:39	05:52	07:30	08:39	<b>46:36</b>
232	David Podmore	10:03	12:50	16:19	19:38	22:29	00:43	03:51	06:27	09:29	11:09	12:10	15:03	18:41	22:30	01:05	04:10	06:14	07:45	08:46	<b>46:43</b>
233	Richard Morgan	10:03	12:49	15:52	19:09	22:07	00:11	03:11	05:19	07:59	09:43	10:30	13:36	17:17	21:43	00:46	03:40	06:22	07:50	08:52	<b>46:49</b>
233	Rob Davies	10:03	12:45	15:54	19:10	22:07	00:11	03:11	05:21	08:00	09:44	10:31	13:36	17:17	21:43	00:46	03:41	06:24	07:55	08:52	<b>46:49</b>
235	Kenneth Wiley	10:03	12:55	16:20	19:18	22:28	00:42	03:41	05:59	08:55	10:31	11:11	14:39	18:14	22:38	01:06	04:16	06:25	08:23	09:08	<b>47:05</b>
236	Don Newman	10:03	12:43	16:16	19:17	22:09	23:58	02:37	05:14	07:58	09:23	10:49	13:37	17:04	21:16	00:19	03:57	06:36	08:23	09:14	<b>47:11</b>
237	Robert Attwood	10:03	12:52	16:19	19:32	22:41	00:44	03:35	05:40	08:26	10:01	10:47	14:06	17:38	21:57	01:09	04:12	06:34	08:01	09:15	<b>47:12</b>
237	Richard Plumley	10:03	12:50	16:20	19:32	22:43	00:42	03:35	05:39	08:27	10:01	10:47	14:05	17:38	21:57	01:09	04:13	06:34	08:08	09:15	<b>47:12</b>
237	Charlotte Simmons	10:03	12:50	16:07	19:11	22:05	00:25	03:20	05:40	08:28	10:02	10:33	14:06	17:38	21:57	01:10	04:13	06:34	07:58	09:15	<b>47:12</b>
240	Andrew Brooks	10:03	12:55	16:17	19:39	22:44	01:00	03:50	06:04	08:54	10:31	11:18	14:05	17:38	22:08	01:06	04:14	06:41	08:21	09:22	<b>47:19</b>
240	Hugh McCooey	10:03	12:50	16:17	19:39	22:43	01:00	03:50	06:03	08:54	10:30	11:18	14:05	17:38	22:08	01:05	04:13	06:41	08:21	09:22	<b>47:19</b>
240	Lisa Wright	10:03	12:55	16:17	19:38	22:43	00:59	03:50	06:03	08:54	10:30	11:17	14:05	17:38	22:08	01:05	04:14	06:41	08:21	09:22	<b>47:19</b>
243	Annabel Wood	10:03	12:46	15:53	19:06	22:26	00:23	02:50	05:32	08:24	09:58	11:25	14:35	18:17	22:37	02:00	04:43	07:00	08:32	09:31	<b>47:28</b>
243	Aaron Hookway	10:03	12:46	15:51	19:06	22:26	00:23	02:50	05:32	08:23	09:58	11:25	14:35	18:17	22:38	02:00	04:46	07:01	08:32	09:31	<b>47:28</b>
245	Adrian Hudson	10:03	13:04	16:25	19:31	22:21	00:41	03:38	05:52	08:55	10:39	11:35	14:41	18:14	22:38	01:06	04:15	06:26	08:20	09:44	<b>47:41</b>
246	David Williams	10:03	12:50	16:02	19:01	21:49	00:00	02:43	04:56	07:50	09:29	10:24	13:17	17:07	21:31	00:38	04:13	06:46	08:35	09:49	<b>47:46</b>
246	Mark Van Schalkwyk	10:03	13:09	16:49	20:28	00:08	02:26	05:50	07:37	10:08	11:42	12:21	15:23	19:02	23:32	02:14	04:50	07:01	08:35	09:49	<b>47:46</b>
246	Mark Bertoni	10:03	13:10	16:49	20:29	00:09	02:25	05:51	07:38	10:08	11:42	12:22	15:22	19:02	23:42	02:14	04:50	07:05	08:35	09:49	<b>47:46</b>
246	Jayne Cook	10:03	12:55	16:36	20:19	00:27	03:56	06:06	07:58	10:07	11:42	12:21	15:23	19:02	23:32	02:14	04:50	07:05	08:35	09:49	<b>47:46</b>
246	Julie Brownhill	10:03	12:52	16:08	19:40	23:08	01:17	04:33	06:32	09:06	11:09	11:58	14:53	19:02	23:39	02:07	04:43	07:08	08:41	09:49	<b>47:46</b>
246	Chris Seddon	10:03	12:50	16:09	19:40	23:09	01:17	04:33	06:32	09:06	11:09	11:58	14:53	19:06	23:38	02:07	04:44	07:08	08:42	09:49	<b>47:46</b>
246	Keith Warman	10:03	13:00	16:32	19:40	23:11	01:16	04:33	06:32	09:06	11:52	12:38	15:35	19:06	23:38	02:07	04:43	07:08	08:40	09:49	<b>47:46</b>
253	Annon 2	10:03	12:38	15:38	18:33	21:20	23:25	02:04	04:13	07:04	09:00	10:14	13:24	17:25	22:18	01:16	04:31	06:54	08:30	09:58	<b>47:55</b>
253	Roger Morton	10:03	12:52	15:58	18:54	21:42	23:35	02:10	04:14	07:04	09:00	10:14	13:25	17:25	22:18	01:16	04:32	06:57	08:40	09:58	<b>47:55</b>
255	Roy Varo	10:03	12:55	16:16	19:32	22:36	00:44	03:38	05:52	08:24	10:01	10:47	14:00	17:35	21:57	01:09	04:12	06:46	09:15	10:14	<b>48:11</b>
	Paul Blackburn	10:03	12:50	15:53	18:53	21:49	23:59	02:50	05:40	07:58	09:44	10:00	13:17	17:04	21:48	01:07	04:17				
	Michael Buckley	10:03	12:55	16:06	19:25	22:37	00:41	03:40	05:56	08:54	10:33	11:38	14:54	18:45	22:38	02:24	05:30				
	Stephen Blackshaw	10:03	12:59	16:19	19:49	23:09	01:50	04:41	06:33	09:05	10:45	11:39	14:46	18:45	23:41	02:25	05:30				
	Philip Stevens	10:03	12:56	16:06	19:27	22:39	00:41	03:38	05:57	08:54	10:33	11:37	14:54	18:45	23:48	02:25	05:30				
	Vivien Pike	10:03	12:55	16:19	19:46	23:10	01:49	04:41	06:33	09:06	10:45	11:39	14:46	18:45	23:41	02:25	05:59				
	Katie Hunt	10:03		15:48	18:28	21:00	22:49	01:21	03:11	05:39	07:08	07:27		13:41	17:54	20:34					
	Mike Pursey	10:03	12:50	16:14	19:31	22:37	00:42	03:42	05:59	08:55	10:42	11:25	15:11		00:20	03:16					
	Alan Stewart	10:03	12:55	16:31	20:07	23:42	01:57	05:35	07:39	10:08	11:48	12:28	15:28		00:20	03:16					
	John Esslemont	10:03	12:40	15:55	19:10	22:21	00:40	03:38	05:39	08:31	11:05	11:23	14:39	18:35	00:03	03:50					
	Marla Howard-Cutts	10:03	12:10	14:32	16:53	18:55	20:21	22:15	23:43	02:04	03:33	03:52	06:38	09:24	12:45						
	Steve Curry	13:57	15:30	17:21	19:05	20:46	21:53	23:39	00:58	02:55	04:07	04:50	06:47	09:20	12:53						

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
	John Bell	10:03	12:34	15:15	17:50	20:16	21:52	00:03	01:38	03:44	05:03	05:48	08:26	11:36	15:29						
	Dawn Comerie	10:03	12:25	15:14	18:04	20:14	21:53	00:03	01:38	04:07	05:37	06:27	09:03	11:59	15:37						
	Martin Bingle	10:03	12:35	15:26	18:15	20:36	22:14	00:27	02:01	04:25	05:52	06:51	09:33	12:41	16:40						
	Mark Evans	13:57	15:45	18:00	20:03	22:23	00:22	02:50	04:20	06:10	07:33	07:59	10:37	13:15	17:00						
	Paul Baker	10:03	12:28	15:09	17:52	20:36	22:24	00:50	02:40	05:12	06:35	07:21	09:50	13:18	17:39						
	Paul Keech	10:03	12:38	15:37	18:16	20:50	22:39	01:14	03:11	05:41	07:05	07:58	11:05	14:24	18:24						
	Graham Busch	10:03	12:35	15:37	18:17	20:50	22:39	01:14	03:11	05:41	07:06	08:16	11:06	14:24	18:24						
	Aled George	10:03	12:30	15:26	18:08	20:51	22:37	01:17	03:10	05:44	07:16	08:11	11:01	14:27	19:13						
	Wyn George	10:03	12:30	15:26	18:12	20:51	22:39	01:04	03:10	05:44	07:16	08:12	11:01	14:27	19:14						
	Graham Missing	10:03	12:22	15:11	18:00	20:56	22:50	01:50	03:41	06:09	07:35	08:29	11:18	15:29	21:03						
	Jane Bates	10:03	12:44	16:07	19:25	22:41	01:00	03:50	05:55	08:55	10:46	11:23	14:48	19:31	21:39						
	Haydn Baker	10:03	12:15	15:01	17:44	20:12	22:04	00:14	02:39	05:37	07:48	09:01	12:20	16:38	22:18						
	John Walker	10:03	12:40	15:36	18:33	21:20	23:25	02:04	04:14	07:04	08:57	09:56	12:51	17:04	22:25						
	Sheena Findlay	10:03	12:48	15:56	19:17	22:12	00:25	03:34	05:53	08:26	09:57	10:54	14:01	17:38	22:25						
	Mark Taylor	10:03	12:50	16:10	19:28	22:28	00:42	03:53	05:53	08:26	09:57	10:54	14:01	17:38	22:25						
	Beatrice Therin	10:03	12:48	15:56	19:17	22:12	00:25	03:34	05:53	08:26	09:57	10:54	14:01	17:38	22:25						
	Elaine Oddie	10:03	12:55	16:31	20:14	23:43	01:57	05:35	07:39	10:08	11:48	12:28	15:29	19:11	00:26						
	Gerald Davies	10:03	12:55	16:20	19:37	22:44	00:49	03:57	06:16	09:02	10:45	11:46	15:01	19:15	00:27						
	Stuart Gregory	13:57	13:25	17:22	19:08	20:49	21:54	23:53	00:54	02:38	03:56	04:05	06:39	09:04							
	Tim Doyle	10:03	12:00	14:30	16:46	18:44	19:59	21:54	23:22	01:25	02:49	03:27	06:04	09:05							
	Stephen Mayne	10:03	12:57	15:06	17:25	19:28	20:50	22:56	00:20	02:24	03:39	04:21	06:59	10:05							
	Phil Butler	10:03	12:04	14:30	16:44	18:49	20:15	22:16	23:44	02:05	03:44	04:31	07:13	10:22							
	Phil Clarke	10:03	12:00	14:30	16:45	18:49	20:15	22:16	23:44	02:05	03:44	04:31	07:13	10:22							
	Trevor Searle	10:03	12:15	14:36	17:05	19:09	20:41	22:51	00:24	02:57	04:31	05:23	07:54	10:50							
	Alec White	10:03	12:18	14:36	17:05	19:08	20:40	22:51	00:24	02:57	04:31	05:23	07:54	10:50							
	David Bradley	10:03	12:15	14:45	17:05	19:12	20:41	22:51	00:24	02:57	04:33	05:04	07:42	10:59							
	Ian Waites	10:03	12:00	15:11	17:44	20:02	21:44	23:56	01:27	03:51	05:14	05:50	08:20	11:17							
	Lorraine Brammer	10:03	12:36	15:23	18:04	20:17	21:46	23:59	01:36	03:46	05:05	06:01	08:26	11:39							
	Mike Phelan	10:03	12:20	15:06	17:31	19:50	21:25	23:35	01:15	03:42	05:02	06:04	08:37	11:39							
	Jon Damrel	10:03	12:30	15:19	17:56	20:22	21:58	00:14	01:54	04:39	06:11	07:14	09:41	12:30							
	David Bond	10:03	12:35	15:22	17:59	20:17	21:46	00:20	02:01	05:12	06:34	07:25	09:47	12:47							
	Mick Cochrane	13:57	15:46	17:50	19:57	22:00	23:18	01:35	03:03	05:18	06:50	07:38	10:02	13:00							
	Frank Tonge	10:03	12:35	15:34	18:17	21:00	22:50	00:56	02:42	05:13	06:35	07:34	10:02	13:02							
	Gwyneth Littlejohn	10:03	12:41	15:49	18:47	21:23	23:12	01:33	03:29	06:01	07:24	07:54	10:40	14:05							
	Armored Young	10:03	12:40	15:47	18:39	21:12	22:59	01:32	03:32	06:01	07:28	08:23	11:01	14:29							
	Cass Chisholm	13:57	15:53	18:06	20:17	22:37	00:01	02:15	03:57	06:43	08:10	08:46	11:00	14:33							
	Sara Dyer	10:03	12:29	15:18	18:08	20:38	22:24	00:54	02:43	05:14	06:52	08:06	10:58	14:41							
	Philip Friede	10:03	12:35	15:39	18:39	21:07	23:01	01:33	03:35	06:15	07:44	08:44	11:47	15:23							

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
	Dee Brockway	10:03	8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
	James Catchpole	10:03	12:35	15:39	18:39	21:06	23:01	01:33	03:35	06:15	07:44	08:43	11:47	15:24							
	Teresa Brooker	10:03	12:25	15:09	17:51	20:36	22:24	00:50	02:40	07:17	08:57	10:14	13:16	17:05							
	David Kirk	10:03	12:40	15:53	18:54	21:45	00:01	02:55	05:52	08:25	09:53	11:35	14:00	17:35							
	Victoria Weal	10:03	12:50	16:07	19:10	22:05	00:24	03:20	05:40	08:28	10:02	10:33	14:06	17:38							
	George Foot	10:03	13:01	16:09	19:13	22:11	00:23	03:00	05:06	08:01	10:36	10:54	14:00	17:55							
	Terry Griffiths	10:03	12:55	16:10	19:21	22:28	00:40	03:41	06:00	08:53	10:31	11:40	14:45	18:23							
	Mike Newbitt	10:03	13:03	16:03	19:13	21:59	00:23	03:34	05:51	08:41	10:26	11:26	14:42	18:28							
	John Willer	10:03	13:03	16:01	19:11	21:59	00:23	03:34	05:51	08:41	10:26	11:26	14:42	18:28							
	Hilary Bell	10:03	13:07	16:36	19:49	22:39	00:53	03:46	06:16	09:02	10:42	10:59	14:23	18:45							
	John Howarth	10:03	13:07	16:35	19:49	22:38	00:53	03:37	06:16	09:02	10:42	10:59	14:23	18:45							
	Rob Foster	10:03	12:44	16:06	19:25	22:41	01:00	03:50	05:55	08:55	10:45	11:23	14:48	19:31							
	Patricia Seabrook	10:03	12:55	16:18	19:37	22:59	01:14	04:34	06:47	09:41	11:19	12:10	15:33	19:52							
	Kathy Tytler	10:03	12:55	16:18	19:37	22:59	01:13	04:34	06:47	09:41	11:19	12:10	15:33	19:52							
	Nick Hooper	10:03	12:50	16:13	19:30	22:42	00:43	04:11	06:28	09:28	11:10	12:17	15:34	20:14							
	Barbara Stephens	10:03	12:50	16:13	19:29	22:42	00:43	04:11	06:27	09:28	11:10	12:17	15:34	20:14							
	Peter Jull	10:03	12:40	15:48	19:00	21:55	00:15	03:09	06:10	09:11	10:57	11:39	15:18	20:29							
	Mark Looker	10:03	12:15	14:50	17:05	19:21	20:50	23:35	01:07	03:22	04:47	05:46	08:17								
	Jonathan Derwanz	10:03	12:40	15:37	18:17	20:38	22:22	00:35	02:14	04:37	06:00	06:54	08:52								
	Cyril Williams	10:03	12:45	15:43	18:38	21:15	23:07	01:38	03:53	06:26	07:56	08:25	08:53								
	Richard Newall	10:03	12:40	15:49	18:41	21:07	22:59	01:14	02:57	05:23	06:50	07:49	10:36								
	John Highton	10:03	12:20	15:13	18:07	20:39	23:17	01:51	03:53	06:27	07:49	08:46	11:44								
	John Robson	10:03	12:40	15:52	18:54	21:40	23:34	02:10	04:05	06:43	08:27	09:29	12:52								
	Gavin Chatfield	10:03	12:40	15:50	18:42	21:39	00:09	03:00	04:59	07:57	09:45	10:54	14:23								
	Annon 4	10:03	13:04	16:25	19:31	22:21	00:40	03:38	05:52	08:55	10:39	11:35	14:42								
	David Evans	10:03	12:59	16:23	19:30	22:26	00:48	03:56	06:11	09:11	10:57	11:37	15:03								
	Richard Haynes	10:03	12:50	16:04	19:07	22:10	00:24	03:56	06:38	09:41	11:20	12:35	15:56								
	Thomas Sellers	10:03	12:59	16:25	19:33	22:26	00:25	03:35	06:03	09:07	11:27	12:15	15:59								
	Graham Stainsby	10:03	12:15	14:45	17:01	19:08	20:31	22:33	00:09	02:26	03:59	05:15									
	Michael Elwell	10:03	12:14	14:36	16:56	19:08	20:41	22:50	00:21	02:56	04:35	05:46									
	Sam Wainwright	10:03	12:20	14:56	17:18	19:26	20:51	23:00	00:36	03:02	04:47	05:48									
	Stephen Edwards	10:03	12:36	15:18	17:46	20:00	21:32	23:35	01:25	03:49	05:22	06:16									
	Ian Hodge	13:57	15:45	17:49	19:53	21:51	23:21	01:20	02:55	05:20	06:36	07:06									
	Andrew Miller	10:03	12:35	15:34	18:18	20:48	22:35	01:04	02:54	05:26	07:05	07:48									
	Ian Graves	10:03	12:38	15:35	18:18	20:48	22:35	01:04	02:54	05:26	07:06	07:48									
	Mark Cottam	10:03	12:32	15:22	18:04	20:44	22:50	01:17	03:10	05:39	07:07	07:57									
	Jared Robinson	10:03	12:48	15:50	18:44	21:25	23:23	01:49	03:33	06:10	07:35	08:06									
	Jonathan Bateman	14:30	16:18	18:13	20:15	22:37	00:22	02:33	04:12	06:32	07:53	08:26									

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
	Brin Bunker	10:03	8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
	Jerome Timbrell	13:57	15:44	17:55	20:14	22:39	00:22	02:28	04:08	06:41	08:06	08:32									
	Glyn Dimmock	10:03	12:23	15:19	18:18	21:05	22:55	02:02	03:53	06:35	09:31	08:32									
	Nicola Ghent	10:03	12:35	15:37	18:25	21:09	23:07	02:04	04:01	06:34	08:04	08:38									
	Roy Ramsay	10:03	12:35	15:37	18:25	21:09	23:07	02:04	04:01	06:34	08:04	08:38									
	Nils Hofmann	13:57	15:50	18:23	20:44	23:20	01:13	03:31	05:24	07:42	09:07	09:24									
	Kerry Booth	13:57	15:58	18:23	20:43	23:20	01:13	03:31	05:26	07:42	09:07	09:24									
	Peter Bruniges	10:03	12:40	15:58	18:53	21:44	23:49	02:31	04:25	06:48	08:12	09:26									
	Suzanne Partridge	10:03	12:45	16:04	19:09	21:44	23:49	02:32	04:39	07:18	08:57	09:37									
	Andy Todd	10:03	12:43	15:45	18:45	21:28	23:18	02:00	04:00	07:05	09:09	09:57									
	Steve Hudson	10:03	12:40	15:37	18:12	20:57	23:07	02:01	04:19	07:25	08:57	10:14									
	Alen Bothwell	10:03	12:50	16:02	19:30	22:21	00:23	03:21	05:30	08:31	10:02	10:26									
	John Stenton	10:03	12:35	15:40	18:49	21:44	23:54	02:40	04:55	07:44	09:23	10:34									
	Steve Allen	13:57	16:06	18:38	21:04	23:45	01:46	04:10	05:54	08:25	10:05	10:39									
	Manfred Engler	10:03	12:28	15:22	18:39	21:40	23:54	02:40	04:54	07:46	09:47	10:42									
	John Dutson	10:03	12:39	15:39	18:39	21:39	23:54	02:41	04:55	07:46	09:47	10:42									
	Philip King	10:03	12:55	16:07	19:39	22:43	00:56	04:04	06:38	09:34	11:09	12:35									
	Clare Staff	10:03	12:56	16:07	19:40	22:43	00:55	04:04	06:37	09:34	11:10	12:35									
	Jean Bobker	10:03	12:55	16:25	19:45	23:01	01:22	05:52	08:00	10:39	12:25	12:55									
	Melvyn Walker	10:03	12:55	16:25	19:45	23:01	01:22	05:52	08:00	10:39	12:25	12:55									
	Paul Lovelock	10:03	13:01	17:27	20:59	00:27	03:18	06:06	08:01	10:56	12:33	12:55									
	Michael Scanlon	10:03	12:41	15:58	19:25	22:58	02:28	06:07	08:01	10:56	12:33	12:56									
	Tony Francis	10:03	13:07	16:55	20:44	00:29	03:18	06:06	08:01	10:56	12:36	12:56									
	Eddie Winslow	13:57	15:30	17:22	19:14	21:11	22:22	00:00	01:14	03:15	04:30										
	Gary Attewell	13:57	15:36	17:24	19:16	21:01	22:17	00:11	01:29	03:26	04:36										
	Richard Vooght	10:03	12:20	14:56	17:18	19:26	20:51	23:00	00:37	03:02	04:47										
	Sarah Warner	10:03	12:37	15:21	17:51	20:10	21:32	23:58	01:26	03:43	05:06										
	Kevin Walker	10:03	12:25	15:14	17:41	20:05	21:32	23:35	01:11	03:50	05:22										
	Jennifer Mills	10:03	12:20	15:08	17:50	20:09	21:39	23:55	01:44	04:27	05:55										
	David Walker	10:03	12:19	14:57	17:12	19:16	21:25	23:31	01:33	04:08	06:01										
	Jane Guest	10:03	12:45	15:46	18:35	21:02	22:53	01:28	03:20	05:40	07:00										
	Jonathan Venning	10:03	12:40	15:37	18:17	20:50	22:38	01:14	03:09	05:41	07:06										
	Rosie Cranmer	10:03	12:22	14:57	17:37	20:09	21:54	00:56	02:55	05:59	07:39										
	Rhys Pippard	13:57	15:50	18:06	20:17	22:37	00:01	02:15	03:59	06:44	08:10										
	Folkert Jongepier	10:03	12:45	15:52	18:55	21:35	23:43	02:09	04:14	07:12	08:57										
	Paul Elliott	13:57	16:05	16:06	20:40	23:03	01:27	03:41	05:21	07:25	09:00										
	Roger Nuttall	10:03	12:50	15:59	19:01	21:50	00:00	02:40	04:54	07:50	09:29										
	Adrian Gosling	10:03	12:50	15:59	19:01	21:49	00:00	02:43	04:55	07:51	09:29										



## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
	Peter Byrne	10:03	8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
	Robert Holdsworth	10:03	12:19	14:57	17:58	20:24	21:56	00:12	01:52	04:41											
	Kevin O'Hara	10:03	12:20	15:08	17:44	20:10	21:49	00:20	02:10	05:15											
	Anne-Marie Grindley	10:03	12:32	15:59	18:54	21:41	23:57	02:18	04:19	07:12											
	Robert Steer	13:57	15:45	18:06	20:34	22:50	00:25	02:32	04:44	07:19											
	Robert Cullen	13:57	16:05	18:32	21:01	23:26	01:19	03:21	05:11	07:44											
	Beryl Skog	10:03	12:41	15:45	19:03	21:45	23:54	02:43	05:07	08:01											
	Andy Dobney	10:03	12:59	16:19	19:49	23:10	01:49	04:41	06:33	09:05											
	Dominique Drewe	10:03	12:49	16:06	19:35	22:45	01:17	04:32	06:53	09:33											
	John Marshall	10:03	12:34	15:33	18:45	21:45	00:00	04:39	06:36	09:34											
	Kim Johnston	10:03	13:00	16:30	19:50	23:03	01:17	04:34	06:48	09:41											
	Iain Connell	10:03	12:46	16:18	19:53	23:01	01:57	04:47	06:36	09:50											
	Sue England	10:03	13:00	16:30	19:51	23:10	01:22	05:52	08:01	10:40											
	Arthur Metcalfe	10:03	13:00	16:58	20:45	00:27	03:18	06:07	08:02	10:58											
	Tom Bennett	10:03	12:25	15:07	17:37	19:50	21:25	23:35	01:16												
	Jonathan Little	10:03	12:25	15:15	17:50	20:12	21:49	00:05	02:07												
	John Taylor	13:57	15:35	17:37	19:40	21:34	23:00	00:58	02:40												
	Noel Hogan	13:57	15:37	17:37	19:40	21:34	23:00	00:58	02:40												
	Sandy Mackenzie	13:57	15:37	17:37	19:40	21:34	23:00	00:58	02:41												
	David Chesher	13:57	15:45	17:58	20:03	22:01	23:25	01:14	03:10												
	Barry Olver	10:03	12:35	15:34	18:33	21:26	23:35	02:10	04:12												
	Ruud Zwart	10:03	12:41	15:37	18:54	21:42	23:42	02:09	04:19												
	Jacob Wals	10:03	12:35	15:35	18:55	21:35	23:42	02:10	04:20												
	Melissa Butcher	10:03	12:20	15:11	18:04	20:31	22:30	01:27	04:28												
	Alex Weal	13:57	15:45	18:06	20:34	22:49	00:24	02:32	04:44												
	Annon 1	10:03	12:25	15:25	18:25	21:11	23:23	02:52	05:21												
	Leigh Simmonds	10:03	12:37	15:21	17:51	20:10	21:32	23:59													
	Andrew Shakeshaft	10:03	12:32	15:12	17:41	20:11	21:49	00:27													
	Darren Coates	13:57	15:40	17:39	19:40	21:34	23:00	01:08													
	Gavin Rennie	13:57	15:38	17:40	19:59	22:16	23:42	01:36													
	Caroline Wood	10:03	12:25	15:24	18:17	20:57	22:50	01:37													
	Anthony Hammond	10:03	12:30	15:20	18:18	21:00	22:55	01:50													
	Rebecca Lawrence	10:03	12:30	15:19	18:18	21:00	22:55	01:51													
	Susan Wilkinson	10:03	12:34	15:37	18:39	21:56	23:57	02:32													
	Zoe Owen	13:57	15:50	18:03	20:18	22:36	00:01	02:34													
	Jim Tinnion	13:57	15:50	18:03	20:19	22:36	00:01	02:34													
	Graham Bayes	10:03	12:50	16:01	19:03	21:49	00:00	02:55													
	Brian Page	10:03	12:50	16:00	19:18	22:11	00:09	02:55													

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
	Paul McLaughlin	10:03	8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
	Viv Gelder	10:03	12:43	15:43	19:01	21:35	23:35	03:00													
	Martin Burnell	10:03	12:52	16:03	19:06	22:09	00:24	03:27													
	Geoffrey van Heusden	10:03	12:52	16:02	19:06	22:09	00:24	03:27													
	William Barr	10:03	12:55	16:08	19:10	22:11	00:27	03:31													
	Catherine Marsden	10:03	12:50	16:08	19:29	22:28	00:42	03:53													
	Ron Voyce	10:03	13:04	16:31	19:49	23:02	01:17	04:19													
	Christine Usher	10:03	12:55	16:10	19:17	22:58	01:13	04:34													
	Robert Powell	10:03	12:45	15:53	18:45	21:46	00:05	04:47													
	Joanna Bertoni	10:03	13:10	16:48	20:29	00:09	02:26	05:50													
	Annon 3	10:03	13:09	16:55	20:44	00:29	03:18	06:06													
	Lindsey Stewart	10:03	12:20	15:01	17:25	19:32	21:10														
	Marcus Philpott	10:03	12:25	15:17	18:00	20:59	22:50														
	Nick Skidmore	10:03	12:28	15:43	18:26	21:00	22:58														
	Gill Harwood	10:03	12:40	15:56	18:53	21:44	23:50														
	Andrew Heald	13:57	15:55	18:10	20:17	22:18	23:53														
	Ian Taylor	10:03	12:43	15:58	19:03	22:09	00:09														
	Chris Lloyd	10:03	12:51	16:02	19:07	22:09	00:24														
	David Hood	10:03	12:55	16:06	19:26	22:39	00:42														
	Eileen Greenwood	10:03	12:50	16:23	19:50	23:45	02:19														
	Anne Mograby	10:03	12:55	16:25	19:50	23:45	02:20														
	Paul Willis	10:03	12:57	16:25	19:50	23:45	02:20														
	Jennifer Howland	13:57	16:05	18:32	21:17	00:26	03:54														
	Susan Clements	10:03	12:55	16:36	20:23	00:27	03:57														
	Andrew Forrester	10:03	12:25	15:22	18:15	20:52															
	Jennifer Smith	10:03	12:40	15:49	18:41	21:07															
	Albertus van Ginkel	10:03	12:50	15:52	18:56	21:46															
	Robert Myers	10:03	12:48	15:52	18:49	21:48															
	Sue Heron	10:03	12:45	15:59	19:05	21:51															
	Wayne Radley	10:03	12:45	15:57	19:04	21:51															
	David Holland	10:03	12:40	15:58	19:02	21:53															
	Chris Braund	10:03	12:45	16:00	19:01	21:54															
	Gerry Garland	10:03	12:55	16:03	19:17	22:10															
	Steve Garlick	13:57	15:36	17:41	20:03	22:11															
	Les Lepper	10:03	12:55	16:01	19:07	22:19															
	Thomas Giles	10:03	12:45	15:53	19:09	22:28															
	Brian Adcock	10:03	12:56	16:15	19:25	22:37															
	Jane Audsley	10:03	12:56	16:16	19:25	22:38															

## VALLEYS 100 - 24th-26th May 2014 - Results

Pos.	Name	Start Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9A	CP9B	CP10	CP11	CP12	CP13	CP14	CP15	CP16	Finish	Total Time
	John Hughes	10:03	8.3	18.3	25.9	32.4	37.3	42.8	46.6	52.3	55.7	56.4	62.9	70.9	79.9	84.0	89.5	95.0	98.1	100.2	
	Tom Hughes	10:03	12:55	16:18	19:31	22:38															
	Keith Hewitt	10:03	12:59	16:20	19:28	23:20															
	Roger Osgood	13:57	16:12	18:55	22:02	01:40															
	Paul Reynolds	10:03	12:25	15:20	17:56																
	Rob Lowe	10:03	12:29	15:15	17:59																
	Dave Sheppard	10:03	12:35	15:29	18:15																
	John Hurst	10:03	12:48	15:53	19:01																
	Vincent Thwaites	10:03	12:57	16:03	19:06																
	Paul Bobby	10:03	12:48	16:01	19:08																
	Terry Ames	10:03	12:51	16:00	19:27																
	Ann Atkinson	10:03	12:55	16:16	19:36																
	Peter Richards	10:03	12:47	16:04	19:43																
	David Davidson	10:03	12:47	16:06	19:45																
	John Jocys	10:03	12:55	16:36	19:49																
	Dean Shears	13:57	15:48	18:04	20:18																
	Richard Denby	10:03	12:55	16:47	20:47																
	Helen Cavanagh	10:03	12:55	16:58	20:47																
	Alison Osborne	10:03	12:30	14:57																	
	Michael Lamb	10:03	12:23	15:17																	
	Hilary Farren	10:03	12:47	15:56																	
	Tony Rowley	10:00	12:35	16:14																	
	Bob Kelly	10:03	12:52	16:18																	
	Annon 6	10:03	13:09																		
	Brian Bolton	10:03	14:05																		
	Marian Jewson	10:03	14:05																		

Started 482

Retired 227

Finished 255

% Finished 52.9

