

RAYNER ROMPS HOME TO FIRST TITLE

It was a strong and steady technical run that won the first **Inter-Service Women's Championship** for **Mel Rayner**. It is difficult to fault her run looking at her splits and graph. She had a faultless performance and managed to take 5 minutes out of the opposition over the arduous 10km course that tested all the girls' stamina to the full.

Without the missing **Rachel Ellis** it was up to **Sadie Burrows** to lead the RAF challenge against the Army's finest,. But after a steady start **Sadie** had an awful 3rd control and from then on was always hoping for a **Rayner** mistake to let her back in with a shout. In fact it was **Woo Allen** who was in second place up to half way before fading enough to let **Sadie** past. The new girls, **Sarah Clifford** and **Sally McClellan** performed magnificently under the pressure of this big event to finish in 4th and 5th places respectively. A really steady run by **Sarah** was closely followed in, two minutes behind, by **Sally**. Minus her two mistakes and Sal would have even been in with a shout of a podium place: if only!!

W21L 9.5Km

1	Maj	Mel	Rayner	01:09:45
2		Sadie	Burrows	01:14:28
3	Maj	Woo	Allen	01:18:07
4	Capt	Sarah	Clifford	01:23:53
5	Maj	Sally	McClellan	01:25:46
6		Mia	Armstrong	01:45:23
7	Maj	Rowena	Griffiths	01:49:30
8	Lt Col	Carol	Prosser	01:54:11
9		Jen	Collins	02:24:30

