

# MASTER TIMES



November / December 2016

Volume 49 Issue

A MESSAGE FROM THE BOARD BY JENNIFER FORKER

Greetings, running pals.

The Board cordially invites you to the CMRA Annual Meeting and Banquet on **Saturday, January 21, 2017**. The evening begins at 6:30 p.m. with a cash bar; the buffet dinner follows promptly at 7:00. A wonderful program will follow, including our annual meeting, where we'll vote in new Board officers and share Board news. We'll also hear from our guest speaker, who isn't a guest at all but longtime member and fierce runner Jim Romero. Even if you know Jim – and how he ran 70 miles on his 70<sup>th</sup> birthday – there's probably a Jim running tale you've not heard. We look forward to hearing from Jim and visiting with one another at our 2017 banquet.

To keep this night affordable for as many CMRA members as possible, we're continuing to hold the event at: **The Arvada Center for the Arts and Humanities, 6901 Wadsworth Blvd, Arvada, CO 80003; phone: (720) 898-7200.**

This allows the Board to keep the cost per person at \$25 and provide an outstanding dinner spread to feed both vegetarians and meat lovers alike. If you've attended CMRA's banquet during the past few years, you know how good this meal is. You also know how fun this night is!

Last year, we asked guests to RSVP and pay in advance at our RunSignUp.com site. This is a very important step that alleviates a lot of hassles for your volunteer-led Board. Please do not delay in RSVPing. Once the event sign up is closed, it's closed, and we won't be able to accept new RSVPs!

The Board voted at its November meeting to pay for the user fee associated with the RunSignUp.com reservation site, so you'll only have to pay the \$25/person to attend this annual CMRA event.

We may have a few hijinks planned, so don't miss out on this fun evening!

Here is the Banquet RSVP link :

<https://runsignup.com/Race/CO/Arvada/CMRAAnnualMembershipBanquet>



## MEMBERSHIP RENEWALS

Several Board members recently received a RunSignUp.com reminder to renew our CMRA memberships for 2017 – what a great feature we now have. If you joined or renewed your membership at around this time last year, please remember to renew it soon! We thank you for your membership, without which CMRA couldn't provide our outstanding monthly races. Competitor Magazine once described CMRA as “the best unknown running club in town,” and we'd have to agree! We're small but we're mighty (and with about 300 members, we're not that small)!

## 2017 RACE SCHEDULE

We're calling it a preliminary schedule in case a date needs to change for permitting purposes, but the Board has released the club's 2017 racing schedule. We have several new race directors on board for the 2017

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racing season. Thank you to everyone who volunteers their time to make this club so successful. We can't hold races without our awesome volunteers. (Go to [www.comastersrun.org](http://www.comastersrun.org) to view the 2017 race schedule.)

## IN OTHER NEWS ...

Finally, a hearty thank you is extended to all our members who've dragged their friends to a monthly race or into our Facebook group. Hopefully, some of these "newbies" will officially join the club.

Meanwhile, all the attention has allowed CMRA to reach the 1,000 "members" mark on Facebook! That's a big achievement that helps the club spread its news far and wide. Thank you for sharing the love of the club and please keep it up! Please use the CMRA Facebook page to post *your* running news and photos.

If you'd like to share your love of this club in person, please pick up a stack of CMRA business cards at any of our monthly races. The cards are at race registration (if you don't see them, please ask). We have hundreds of cards, and we can buy more.

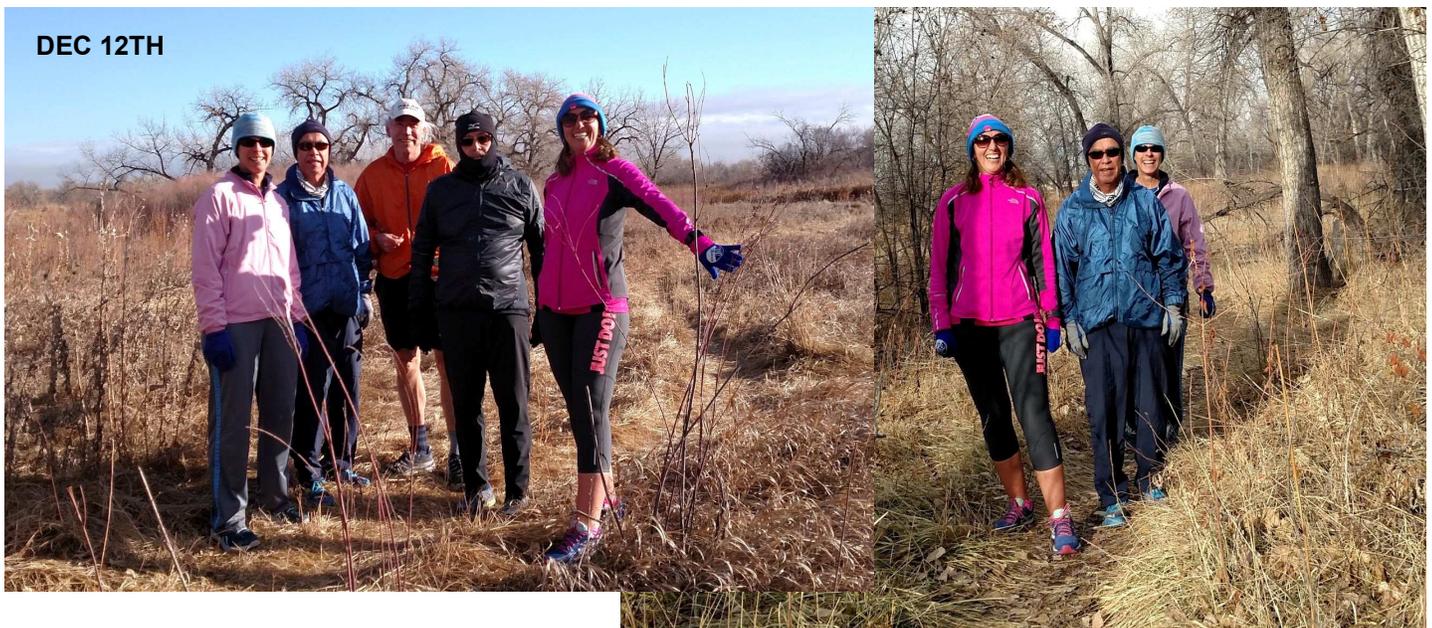
The Board thanks you for joining us during another stellar running year, and we look forward to seeing you at our 2017 monthly races and at our Jan. 21 banquet.

Run well. Be well.



# HAPPY NEW YEAR

## PICTURE PAGES



THANKS TO CONI FOR THE PICTURES SEE MORE ON OUR FACEBOOK PAGE :-  
<https://www.facebook.com/groups/118401460391/>

Once you are over the hill, you pick up speed



## The Pelican Brief (Constance Ahrnsbrak)

- 11/6  
**New York City Marathon:** Todd Shaklee 4:52.
- 11/19  
**Brighton Turkey Trot 5K:** Rich Martinez 24:38 (1). Bill Faulkner 26:28 (1). Patricia Tolleson 34:16 (3).
- 11/20  
**Officer Down 5K, WP:** Jay Dee Trujillo 25:51 (2). Constance Ahrnsbrak 29:31 (1).
- 11/24  
**Broomfield Turkey Trot 10K:** Bill Faulkner 53:40 (1). Lonnie Max Stafford 58:04. Pat Tolleson 1:16.  
**FTC 4-mile Turkey Trot:** J Gutierrez 39:21.  
**Gobble Wobble 5K, Clement Park:** Thomas Chambers 28:16 (1). Scott McFarlane 29:03. Jeff Hesse 30:32.  
 Ross Westley 34:30. Terry McFarlane 34:45. 6yr old Lilly Miller 57:33. Jennifer McFarlane 57:35. Troy Miller 57:36.
- 11/26  
**Leftover Turkey Trot 5K, Longmont:** J Gutierrez 30:27. Laura McCoy 43:54 (3/W).
- 12/3  
**FaLa La Half, Westminster:** Janet Sandoval 2:11 (2). Colder Boulder 5K: Todd Shaklee 27:17. Nicole Shaklee 30:40.
- 12/4  
**Rudolf 5K, City Park:** Stacy Totherow 24:37 (1). Rich Martinez 25:16 (3). Constance Ahrnsbrak 30:09 (1).  
 J Gutierrez 30:57. Earl Beam 35:14.
- 12/11  
**Jingle Bell 5K, Wash Park:** Tom Chambers 28:01 (1).  
**Superior Stocking 5K:** Lisa Atencio 27:41. Nicole Shaklee 32:17.  
**Christmas Carol Classic 10K, CP:** Michael Abbott 1:00.

Visit us on the web at [www.comastersrun.org](http://www.comastersrun.org)

## OCTOBER 8<sup>TH</sup> STONE HOUSE TRIPLE CROSS RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Johnny Ramos	M	1:00:36	40
2	Jeremy Johnson	M	1:01:16	41
3	Brandon Rockwood	M	1:02:20	20
4	Jason Smith	M	1:02:40	45
5	Shaun Schafer	M	1:04:16	48
6	Scott Hogg	M	1:04:20	48
7	<i>Toni Brenzikofer</i>	F	1:04:46	38
8	Sam Simkin	M	1:06:16	43
9	<i>Julie George</i>	F	1:06:19	46
10	David Rothenburger	M	1:07:12	48
11	Colby Smith	M	1:07:32	39
12	Robert Kanieski	M	1:08:05	39
13	<i>Annika Eberle</i>	F	1:10:30	29
14	Tim Lewis	M	1:10:32	44
15	Cam McWilliam	M	1:11:59	35
16	James Howe	M	1:12:49	52
17	Dan Shaw	M	1:13:53	57
18	Robert Caillouette	M	1:13:56	61
19	Brett Allendorf	M	1:15:47	47
20	<i>Jessica Currat</i>	F	1:18:26	31
21	Jim Bosik	M	1:18:56	66
22	<i>Miroslava Gores</i>	F	1:20:29	40
23	Isaac Vanwestrienen	M	1:23:04	12
24	Michael Keyes	M	1:23:30	70
25	Rich Martinez	M	1:24:10	69
26	Neil Thomson	M	1:24:23	60
27	<i>Carolyn Hicks</i>	F	1:25:49	59
28	Bill Faulkner	M	1:25:55	75
29	Ed Youngberg	M	1:28:42	73
30	<i>Lisa Brocard</i>	F	1:29:02	44
31	Bruce Wilson	M	1:29:48	53
32	Tom Chambers	M	1:30:17	73
33	<i>Sara Foster</i>	F	1:31:30	41
34	Wayne Stewart	M	1:31:53	70
35	Robert Romero	M	1:32:07	70
36	<i>Claradene Stewart</i>	F	1:33:42	67
37	<i>Jennifer Forker</i>	F	1:33:56	50
38	<i>Renee Botta</i>	F	1:34:43	51
39	<i>Siri Lewis</i>	F	1:35:40	42
40	<i>Jennifer Pearce</i>	F	1:37:26	53
41	<i>Jackie Kus</i>	F	1:37:27	34

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42	<i>Melissa Okelly</i>	F	1:37:29	42
43	Michael Blanchette	M	1:38:40	59
44	Nate Hero	M	1:39:25	38
45	<i>Julie Carroll</i>	F	1:39:25	43
46	<i>Lisa Wilson</i>	F	1:39:48	51
47	<i>Danielle Carroll</i>	F	1:40:39	40
48	<i>Tina Akin</i>	F	1:43:41	55
49	<i>Sarah Howe</i>	F	1:43:49	52
50	<i>Francie Kinney</i>	F	1:46:49	34
51	<i>Emily Clary</i>	F	1:47:04	40
52	<i>Stephanie Morrison</i>	F	1:49:48	34
53	<i>Jennifer Jorschumb</i>	F	1:54:56	34
54	Gabe Sisneros	M	1:55:44	78
55	<i>Patricia Tolleson</i>	F	2:01:00	67
56	<i>Christi Norfleet</i>	F	2:16:13	40
57	<i>Anaka Norfleet</i>	F	2:16:14	42
<b>Racewalkers (5K)</b>				
1	<i>Patricia Jones</i>	F	36:22	64
2	Kenneth Simons	M	40:15	79
3	Scott McFarlane	M	40:22	65
4	Ed Gussie	M	43:38	75

### OCTOBER 8<sup>TH</sup> STONE HOUSE TRIPLE CROSS RACE RESULTS BY AGE GROUP

Place	Name	Time	Name	Time
	Men		Women	
<b>Overall</b>				
1	Johnny Ramos	1:00:36	Toni Brenzikofer	1:04:46
<b>75-79</b>				
1	Bill Faulkner	1:25:55		
2	Gabe Sisneros	1:55:44		
<b>70-74</b>				
1	Michael Keyes	1:23:30		
2	Ed Youngberg	1:28:42		
3	Tom Chambers	1:30:17		
4	Wayne Stewart	1:31:53		
5	Robert Romero	1:32:07		
<b>65-69</b>				
1	Jim Bosik	1:18:56	Claradene Stewart	1:33:42
2	Rich Martinez	1:24:10	Patricia Tolleson	2:01:00
<b>60-64</b>				
1	Robert Caillouette	1:13:56		
2	Neil Thomson	1:24:23		
<b>55-59</b>				

1	Dan Shaw	1:13:53	Carolyn Hicks	1:25:49
2	Michael Blanchette	1:38:40	Tina Akin	1:43:41
<b>50-54</b>				
1	James Howe	1:12:49	Jennifer Forker	1:33:56
2	Bruce Wilson	1:29:48	Renee Botta	1:34:43
3			Jennifer Pearce	1:37:26
4			Lisa Wilson	1:39:48
5			Sarah Howe	1:43:49
<b>45-49</b>				
1	Jason Smith	1:02:40	Julie George	1:06:19
2	Shaun Schafer	1:04:16		
3	Scott Hogg	1:04:20		
4	David Rothenburger	1:07:12		
5	Brett Allendorf	1:15:47		
<b>40-44</b>				
1	Jeremy Johnson	1:01:16	Miroslava Gores	1:20:29
2	Sam Simkin	1:06:16	Lisa Brocard	1:29:02
3	Tim Lewis	1:10:32	Sara Foster	1:31:30
4			Siri Lewis	1:35:40
5			Melissa Okelly	1:37:29
<b>35-39</b>				
1	Colby Smith	1:07:32		
2	Robert Kanieski	1:08:05		
3	Cam McWilliam	1:11:59		
4	Nate Hero	1:39:25		
<b>19-34</b>				
1	Brandon Rockwood	1:02:20	Annika Eberle	1:10:30
2			Jessica Currat	1:18:26
3			Jackie Kus	1:37:27
4			Francie Kinney	1:46:49
5			Stephanie Morrison	1:49:48
<b>13 and Under</b>				
1	Isaac Vanwestrienen	1:23:04		

Not long ago, in a park not too far away ...

A group of about 60 runners and a handful of volunteers gathered to test themselves against the longest and arguably more ridiculous race on the CMRA calendar. The weather was marvelous - clear sunny sky and just cool enough to be "good running temps." The course was marked with 197 orange flags, many feet of orange tape, and some rather bright orange chalk. At 8:59AM the race director dropped the remaining 3 orange flags to start the event and the stampede took off down the path.

About 33 minutes later, the first runner came back to the finish line. This was young Matthew who turned around at the 5k Mark. Our racewalkers came in next - Patricia Jones managed to chick the field to finish in 36:22 while Ken and Scott battled it out (2nd and 3rd over respectively) and Ed rounded out the field.

A few minutes later Johnny Ramos in his orange singlet came into view. He was moving quickly and looking strong. While Johnny is usually known for his pacing work, it was really nice to see him open it up and kick it in

Once you are over the hill, you pick up speed

for the win in 1:00:36. Jeremy Johnson, with his spectacular mustache, was not far behind trying to make a fight out of it.

Toni Brenzikofer won the womens race with a commanding finish of 1:04:46 with Julie George giving chase. The day was filled with several personal bests. I will recount two, but I know there are many more. Francie Kinney beat her time from last year by about 12 minutes. Isaac VanWestrienen, age 12, finished in 1:23:04, 23rd overall (18th male) and this was not only his longest race, but his longest run ever. by Matthew Rutledge

### NOVEMBER 19<sup>TH</sup> HILDEBRAND RANCH 6.6M RACE RESULTS

PLACE	NAME	SEX	TIME	AGE
1	Jonathan Huie	M	40:10	36
2	Andrew Biglow	M	41:36	45
3	George Forbes	M	45:11	47
4	Connor Ellertson	M	46:51	17
5	Johnny Ramos	M	47:23	40
6	Jeremy Johnson	M	47:30	42
7	Eric Patterson	M	47:48	52
8	Chris Coulston	M	47:54	48
9	Brandon Rockwood	M	48:18	20
10	Adrian Villagrana	M	49:25	17
11	Brian Fisher	M	49:34	50
12	Kevin Baker	M	49:57	43
13	David Rothenburger	M	50:19	48
14	Scott Hogg	M	50:25	48
15	<i>Jitka O'Farrell</i>	F	52:14	38
16	Michael Brenner	M	52:24	58
17	<i>Annika Eberle</i>	F	53:08	29
18	Tim Lewis	M	53:10	44
19	Robert Kanieski	M	55:14	39
20	Ryan Dunning	M	56:01	17
21	John Brackney	M	56:05	50
22	Terry Rousey	M	56:29	46
23	Cam McWilliam	M	57:26	35
24	Brett Allendorf	M	57:57	47
25	Dan Shaw	M	58:09	57
26	<i>Kim Grant</i>	F	58:54	57
27	Nathan Dunning	M	59:57	19
28	<i>Elena Alarcon</i>	F	1:01:08	39
29	<i>Mirka Gores</i>	F	1:02:06	40
30	Jim Bosik	M	1:02:39	66
31	Scott Foster	M	1:05:06	55
32	<i>Sara Wynne Bosik</i>	F	1:05:26	32
33	Neil Thomson	M	1:06:01	60
34	<i>Lisa Atencio</i>	F	1:06:03	51

35	<i>Amy Zader</i>	F	1:06:11	38
36	<i>Sara Foster</i>	F	1:06:13	41
37	Mark Hasseman	M	1:06:37	61
38	Todd Shaklee	M	1:06:42	47
39	Wayne Stewart	M	1:07:24	70
40	<i>Lisa Brocard</i>	F	1:07:49	44
41	Michael Keyes	M	1:08:25	70
42	John Shea	M	1:08:29	59
43	<i>Marla MacGill</i>	F	1:08:33	45
44	<i>Heidi Somer</i>	F	1:08:50	55
45	Ed Youngberg	M	1:08:52	73
46	Tom Chambers	M	1:08:57	73
47	<i>Elizabeth Kinsey</i>	F	1:09:08	51
48	Isaac Vanwestrienen	M	1:09:51	12
49	Scott McFarlane	M	1:10:40	65
50	<i>Kim Massey</i>	F	1:11:34	58
51	George Huner	M	1:11:44	63
52	<i>Claradene Stewart</i>	F	1:11:59	67
53	<i>Anne-Marie Schmidt</i>	F	1:12:09	58
54	<i>Lori Perrow</i>	F	1:12:47	44
55	<i>Maria Terry</i>	F	1:13:07	61
56	<i>Jennifer Yeatts</i>	F	1:13:33	47
57	<i>Donna Sakdol</i>	F	1:14:48	52
58	<i>Sylvia Martinez</i>	F	1:14:51	33
59	<i>Siri Lewis</i>	F	1:15:01	42
60	Chris Corbin	M	1:15:10	38
61	<i>Nicole Shaklee</i>	F	1:15:48	53
62	<i>Denae Vanwestrienen</i>	F	1:16:00	39
63	Gerry Callejo	M	1:16:01	53
64	<i>Melissa Okelly</i>	F	1:16:05	42
65	<i>Stephanie Morrison</i>	F	1:16:46	34
66	<i>Kelly Barnes</i>	F	1:20:42	35
67	Michael May	M	1:24:07	51
68	<i>Joann Weaver</i>	F	1:25:02	56
69	<i>Jennifer Jorschumb</i>	F	1:25:24	34
70	Gabe Sisneros	M	1:25:40	78
71	<i>Francie Kinney</i>	F	1:25:41	34
72	John Perez	M	1:26:15	66
73	<i>Heather Huntoon</i>	F	1:31:16	48
74	Todd Dunning	M	1:32:14	52
75	Tom Duran	M	1:38:32	69
76	<i>Tina Akin</i>	F	1:38:58	55
77	<i>Mindy Bradford</i>	F	1:44:43	56

Once you are over the hill, you pick up speed

78	<i>Kelley Malzowski</i>	F	1:45:43	38
79	Matthew Rutledge	M	1:45:44	40
<b>Racewalkers (5K)</b>				
1	<i>Patricia Jones</i>	F	36:41	65
2	Kenneth Simons	M	39:40	79
3	<i>Lu Shaw</i>	F	1:00:08	58

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1	Gabe Sisneros	1:25:40		
<b>70-74</b>				
1	Wayne Stewart	1:07:24		
2	Michael Keyes	1:08:25		
3	Ed Youngberg	1:08:52		
4	Tom Chambers	1:08:57		
<b>65-69</b>				
1	Jim Bosik	1:02:39	Claradene Stewart	1:11:59
2	Scott McFarlane	1:10:40		
3	John Perez	1:26:15		
4	Tom Duran	1:38:32		
<b>60-64</b>				
1	Neil Thomson	1:06:01	Maria Terry	1:13:07
2	Mark Hasseman	1:06:37		
3	George Huner	1:11:44		
<b>55-59</b>				
1	Michael Brenner	52:24	Kim Grant	58:54
2	Dan Shaw	58:09	Heidi Somer	1:08:50
3	Scott Foster	1:05:06	Kim Massey	1:11:34
4	John Shea	1:08:29	Anne-Marie Schmidt	1:12:09
5			Joann Weaver	1:25:02
<b>50-54</b>				
1	Eric Patterson	47:48	Lisa Atencio	1:06:03
2	Brian Fisher	49:34	Elizabeth Kinsey	1:09:08
3	John Brackney	56:05	Donna Sakdol	1:14:48
4	Gerry Callejo	1:16:01	Nicole Shaklee	1:15:48
5	Michael May	1:24:07		
<b>45-49</b>				
1	Andrew Biglow	41:36	Marla MacGill	1:08:33
2	George Forbes	45:11	Jennifer Yeatts	1:13:33

3	Chris Coulston	47:54	Heather Huntoon	1:31:16
4	David Rothenburger	50:19		
5	Scott Hogg	50:25		
<b>40-44</b>				
1	Johnny Ramos	47:23	Mirka Gores	1:02:06
2	Jeremy Johnson	47:30	Sara Foster	1:06:13
3	Kevin Baker	49:57	Lisa Brocard	1:07:49
4	Tim Lewis	53:10	Lori Perrow	1:12:47
5	Matthew Rutledge	1:45:44	Siri Lewis	1:15:01
<b>35-39</b>				
1	Robert Kanieski	55:14	Elena Alarcon	1:01:08
2	Cam McWilliam	57:26	Amy Zader	1:06:11
3	Chris Corbin	1:15:10	Denae Vanwestrienen	1:16:00
4			Kelly Barnes	1:20:42
5			Kelley Malzowski	1:45:43
<b>19-34</b>				
1	Brandon Rockwood	48:18	Annika Eberle	53:08
2	Nathan Dunning	59:57	Sara Wynne Bosik	1:05:26
3			Sylvia Martinez	1:14:51
4			Stephanie Morrison	1:16:46
5			Jennifer Jorschumb	1:25:24
<b>14-18 (High School)</b>				
1	Connor Ellertson	46:51		
2	Adrian Villagrana	49:25		
3	Ryan Dunning	56:01		
<b>13 and Under</b>				
1	Isaac Vanwestrienen	1:09:51		

CMRA's 2016 Veteran's Run was held on Saturday November, 19 at Hildebrand Ranch Open Space Park in Littleton. Special appreciation to Jefferson County Open Space and South Suburban Parks and Recreation Department for allowing the club to once again run its November race on their lovely trails.

The chilly morning temperatures and sloppy trail conditions due to recent snow did not keep our runners and race-walkers from getting their monthly dose of CMRA fun! 79 runners and 3 walkers competed on the 6.6 mile rolling looped course. In the end it was Jonathan Huie making a triumphant return to CMRA races by clocking a course record time of 40:10. The podium was rounded out by Andrew Biglow (41:36) and George Forbes (45:11).

Like all CMRA races, we couldn't have had a race without the wonderful and gracious volunteers from the registration table to the finish line and awards. Every step of the process on race day is brought to you by volunteer sweat and dedication. Thank you very much to each of the volunteers at this year's Hildebrand Ranch Veteran's Run! We couldn't have done it without you.

by Ben Bergstrand

Once you are over the hill, you pick up speed

## 2017 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 15 minutes before the race time. Race cost is \$10 for non-members with no charge for members. There are no T-Shirts but there are drawings for door prizes as well as prizes for the top 3 male and female racewalkers and 5-year age groupings for runners. The course for Racewalkers will be the same as that of the Runners for distances of up to 5 miles. If the running course is over 5 miles the racewalker course will be 5 Kilometers. Racewalkers will begin 15 minutes earlier than the runners.

Date	DOW	Time	Location	Name	Director(s)
Jan 7	(Sat)	10 AM	<a href="#">Lake Arbor</a>	Lake Arbor 5K	Ed Youngberg / Ken Randall
Feb 11	(Sat)	10 AM	<a href="#">Roadrunner Sports, Westminster</a>	Forty Furlongs (5M)	Jason Myers / Rob Fisher
Mar 25	(Sat)	9 AM	<a href="#">Platte River Bar &amp; Grill</a>	Spring Spree 10K	John Perez
Apr 22	(Sat)	9 AM	<a href="#">Runners High</a>	Runners' High	Lisa Atencio / Jennifer Jorschumb
May 13	(Sat)	8 AM	<a href="#">Central Park XC</a>	Central Park 6K XC	Dan Shaw / Michael Blanchette
May 13	(Sat)	8 AM	<a href="#">Middle School Race</a>	Colorado Middle School Runner Challenge 3K	Rob Fisher / Bruce Kirschner
Jun 10	(Sat)	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race 5.1M	Tom Duran / Lisa Atencio
Jul 8	(Sat)	8 AM	<a href="#">White Ranch Park</a>	White Ranch Trail Run	Kevin Snyder / ?
Aug 2	(Wed)	6:30 PM	<a href="#">Fairmount Park, Golden</a>	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast & potluck	Jennifer Forker / Monica Ryan
Sep 23	(Sat)	8 AM	<a href="#">Highlands Ranch</a>	The Highlands Ranch Race	Melissa Wood / ?
Oct 7	(Sat)	9 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail 8.8M Results -->	Matthew Rutledge / DeNae VanWestrienen
Nov 11	(Sat)	10 AM	<a href="#">Hildebrand Ranch Park</a>	Veterans run 6.6M	?
Dec 2	(Sat)	10 AM	<a href="#">Bluff Lake Nature Center</a>	Sand Creek 5M	Rob Fisher / ?

If you have any items, photos or articles for the next newsletter (don't be shy), please give/send them to:- Ian Monk (email: [icm-13@hotmail.com](mailto:icm-13@hotmail.com)) or Jane Harbert ([tace\\_tigger@hotmail.com](mailto:tace_tigger@hotmail.com)) before 20<sup>th</sup> January 2017. If sending an email, please add CMRA to the title so we know it's not spam.

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