National League Finals

Front Cover: Pam Prosser Federation Secretary and Treasurer, retiring after 30 years loyal service to the Federation.
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[Image of Make-A-Wish]

www.make-a-wish.org.uk

*The Federation of Great Britain’s chosen charity.*
Welcome to the Tug of War Federation of Great Britain.

The Federation, the title by which our organisation is more commonly known, was founded in 1984, with the aim of promoting the sport of tug of war at all levels.

Our unity emblem serves to remind us that all teams are of equal status, both on the field of competition and on the Federation Council, the ruling body of our organisation.

The Federation Council is made up of team representatives and individual members, which convenes at regular intervals thus enabling any changes to rules and the like to be implemented relatively quickly. Moreover, as changes are at the suggestion of member teams, we receive a clear indication of the direction in which our membership would like the sport to progress. Whilst at the same time suggestions for radical changes are tempered by experience.

The participation of teams at all levels of the sport has helped to make the Federation what it is today - a forward thinking, but caring organisation wholly dedicated to the furtherance of tug of war for the benefit of all its members. To this end The Federation is proud of the part it has played in the furtherance of the sport in its various forms, most notably the introduction of the 4 x 4 mixed competition in 1992. The 4 x 4 is a competition comprised of teams of four male and female competitors able to compete on an equal footing and thus opening the sport further to all genders. Ladies tug of war has not taken off in Great Britain in the way it has in continental countries, however the Federation perceives much potential in this area and is actively pursuing ideas that will further female tug of war. The 4 x 4 was one such idea, which has now grown to become a part of the World and European Tug of War Championships.

The Federation has always sought to put our sport back in the public eye and has never forgotten the roots of our sport. Many years ago our sport was seen widely at shows, fairs and humble village fetes. But as time, and the sport, progressed organised tug of war moved away from its roots to events dedicated solely to our sport, where the public became outnumbered by the ardent tug of war follower. In an endeavour to reverse this trend, competitions organised by the Federation are, whenever possible, held in conjunction with shows and fetes throughout the country. This not only affords the general public the opportunity to see what tug of war is all about, but it also allows the pullers to invite their family and friends to venues that have something more than tug of war on offer.

Finally, if you are reading this foreword but are not a member of the Federation, please remember that you will be welcome to compete at any of the open events published in the diary section of this handbook.

If you wish to join the Federation could not be easier - simply apply to the Secretary.

**Membership fees:**
£50 per team before end of March (£75 thereafter)
£15 per individual

**Pulling fees:**
Standard Competitions
£7.50 per affiliated team per weight
£10 per non-affiliated team per weight

**National Championships Pulling fees:**
£10 per affiliated team per weight
£15 per non-affiliated team per weight
THE TUG OF WAR FEDERATION OF GREAT BRITAIN (Founded 1984) OFFICERS 2016

President: D. Ling  
12 Albany Road  
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18 Holly Road  
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Child Protection Officers

James Gardner  
34 Arden Road  
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THE TUG OF WAR FEDERATION OF GREAT BRITAIN
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YORK TOWC – Champions of Champions Winners 2015
TUG OF WAR FEDERATION JUDGES

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12 Albany Road, Southtown, Gt. Yarmouth, Norfolk NR31 0EW
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Mrs E L McCracken
73 Welsh Road West, Southam, Warwickshire, CV47 0JP
07553 040400

INTERESTED IN JUDGING OR RECORDING? If you think that you have some time, and you would like to offer your services to The Federation, as a Probationary Judge or Timekeeper/Recorder, then please contact the Secretary or the Chairman. You will be made most welcome.
The Tug of War Federation

CHILD PROTECTION POLICY

Introduction In today’s society it is important for all groups and organisations with children or young people involved in their activities to have a child protection policy. Whilst the Tug of War Federation is not an organisation for children and young persons specifically, it does have many amongst its membership and taking part in general activities, therefore the Federation must see that they are legally and lawfully protected.

The Tug of War Federation of Great Britain has a child protection policy, with which all members should be fully conversant, a copy of this policy is available from the Federation Secretary upon request. The Tug of War Federation has two designated details below:

Child Protection Officers:
James Gardner, 34 Arden Road, Barton under Needwood, Staffs DE13 8LE  Tel: 07821058762
Heather Letts, The Cottage, Cold Brayfield, Olney MK46 4HS  Tel: 01234 888843

If a CPO is not present at any particular event that is run or organised by the Federation, then the Chief Judge, or Senior Official present, will be acting as child protection officer for that day. The child protection policy is designed to cover all aspects of protection for children and young persons. It is not merely enough for the Federation to consider only harm or injury that a child or young person may experience whilst training for or competing in the arduous sport of tug of war indeed, the policy laid out hereafter covers all the types of ‘protection’ that are required.

The Tug of War Federation of Great Britain Child Protection Policy Statement

Every child or young person, (defined as any person under the age of 18), who undertakes any involvement with the Tug of War Federation of Great Britain (hereafter referred to as the TOWFGB) should be able to take part in an enjoyable and safe environment and be protected from any sort of abuse, injury or harm. This is the responsibility of every adult involved in the TOWFGB. The TOWFGB recognises its responsibilities to safeguard the welfare of all children and young people by protecting them from physical, sexual or emotional harm and from neglect or bullying. It is determined to meet its obligation to ensure that those tug of war clubs and organisations who are registered with the TOWFGB, provide training, competition and instruction facilities for children and young people with the highest possible standard of care. These procedures apply to anyone involved in the TOWFGB whether in a paid or voluntary capacity. For example, volunteers in clubs, coaches, officials of the TOWFGB, individual members and club officials.
RULES OF COMPETITION

Competition
1. Two types of competition shall be recognised: points competitions and knockout competitions.

The Draw
2 (a) The draw for each competition will be made in the presence of one representative from each team involved and all teams are to be ready to compete at the time the draw is made.
(b) Only official Federation draw sheets shall be used and the order of the draw on the sheet shall not be changed.
(c) Only one draw shall be made provided all participating teams are included.

Heats
3 (a) All heats should be won by pulls out of three.
(b) Coaches will toss for choice of ends at the start of each heat.
(c) Teams will change ends after a reasonable rest on the completion of each pull. In the event of the match going to three pulls, coaches will toss for choice of third end. (d) Under certain circumstances and upon agreement between the judges and majority of coaches, pulls may be decided over two ends.

Dress
4. Teams should be properly dressed for competition, i.e. appropriate shirts, shorts, stockings and the approved footwear. Track suits may be worn. At the weigh-in shorts will be the minimum requirement.

Boots
5. The boots of an established team or puller should not be faked in any way. The soles shall be perfectly flush with no studs or toe tips. The heels may be plated provided they are flush on the bottom and stay within the confines of the heels on the sides. (An established team or puller shall be one which has competed in no less than four Federation controlled events).

Markings
6. One line shall be marked on the ground at right angles to the centre tape or mark.

7 (a) For outdoor competitions five tapes or markings shall be fixed to the rope:
(i) a red tape or mark at the centre.
(ii) two white tapes or markings 4 metres each side of the centre mark.
(iii) two blue tapes or markings 5 metres each side of the centre mark.
(b) For indoor competitions three tapes or markings shall be fixed to the rope:
(i) a red tape or mark at the centre.
(ii) two white tapes or markings 2 metres each side of the centre mark.

Grip
8 (a) No puller shall grip the rope between the blue and white tapes in outdoor competitions, or the white or red tapes in indoor competitions. The grip of the first puller shall be within 12 inches of the outer tape or mark.
(b) Pullers shall hold the rope with both bare hands by the ordinary grip.
(c) The Anchor man shall pass the rope under one armpit, diagonally across the back, over the opposite shoulder from the rear to the front, then backward and the remaining slack shall be free. Alternatively, the rope may pass under one armpit, across the back, under the opposite armpit, over the top of the shoulder and the remaining slack shall be free. In both cases the standing part of the rope shall be gripped with both bare hands extended forward, and the remaining slack rope should hang free on the anchorman's left side!

Teams
9 (a) At the commencement of a competition a team shall normally consist of eight pullers but may weigh in with seven if unable to make the weight. Mixed teams are permitted and juveniles may participate providing a disclaimer has been signed by a parent or legal guardian.
(b) If a team loses a puller through injury, he may be substituted by another puller of equal or less weight in other competitions on the same day. The injured puller may not return in that day's competitions.
(c) Each team may have a coach to direct their pulling.
(d) A team which fails to field a team of the agreed number in the first round of competition shall be disqualified from taking part in the remainder of that particular weight.

Starting the Competition
10 When the judge has received the signal from the two coaches that the teams are ready he shall give the teams the following verbal and visual commands.
(a) "Pick up the rope" at the same time extending the arms forward and horizontally. Loose earth may be removed before the start but no indents of any kind shall be made in the ground. The rope shall be held with both hands.
(b) "Take the strain" at the same time the judge will raise his hands above his head. Sufficient strain shall be put on the rope to ensure it is taut. Each puller may establish one foothold with the heel or side of the extended boot.
(c) When the rope is steady with the centre mark over the ground line, the Judge must make it quite clear by exposing the palm of his hands, with the added word "steady" that he is about to signal the start.
(d) After a slight pause, the word "Pull" at the same time flinging both hands downwards.

Infringements
11 (a) No part of the body shall touch the ground other than the feet. Both feet shall be forward of the knees.
(b) Lifting backwards and dropping to the ground is a cautionable offence. After slipping a reasonable time will be given to return to the normal pulling position.
(c) Both hands shall be on the rope at all times. Resting one hand on the ground, or pushing along the ground while pulling is also a cautionable offence.
(d) The rope shall not be bent over the leg nor shall the hand or arm be rested on the leg. The rope shall not be bent over or around any part of the body (except the anchorman). Any hold, other than with the hands, which prevent the free movement of the rope, is a lock.
(e) Propping - holding the rope in a position where it does not pass between the waist and the armpit.
(f) Climbing the rope - passing the rope through the hands.
(g) There shall be no conduct by word or act which is likely to bring the sport into disrepute.
(h) No member of any team, including the coach, may address any remark to the Judge during a pull (Advice sought from a Judge can only be obtained through the coach).
(i) The function of the trainer is to attend to the requirements of the team between and after pulls. During the pull he shall take up a position well clear of both teams. He must not speak to his team during a pull. There shall only be one coach.
(j) The use of water for any purpose will be prohibited within the immediate vicinity of the rope and pulling strip.
(k) Any competitor abusing or swearing at the Judge during or after a pull or in the arena, will render his team to be disqualified for the remainder of that particular weight.
(l) During the competition the team must not pull out of the chocks, tracks or ground markings – this is known as sidestepping, and is often attempted in order to gain better pulling ground and therefore an unfair advantage.

Winning a Pull
12. A pull shall be won when one of the white tapes or markings is pulled over the ground line. This will be signalled by the Judge blowing his whistle and pointing in the direction of the winning team.

Cautions
13 (a) For any infringements of the Rules during a pull the Judge shall, in addition to naming the team, call "First caution" clearly pointing with one finger, or "Final caution" clearly pointing with two fingers, in the direction of the offending team.
(b) A team will be guilty of an infringement even though only one member offends.
(c) Only two cautions may be given to a team prior to disqualification in any one pull. However, a Judge has the power to disqualify a team without caution which he deems guilty of ungentlemanly conduct, by word of mouth or act, which is likely to bring the sport into disrepute.
No Pull
14 (a) If a team pulls the white tape or marking over the ground line while committing an offence, the Judge will blow his whistle and point to the ground line and declare a "No Pull". The pull will be retaken immediately, no rest period or welfare to the competitors being permitted. (b) In the event of both teams being equally guilty of infringements the Judge may declare a "No Pull". The pull will be retaken immediately, no rest periods or welfare to the competitors being permitted.

Use of Tack
15. Tack may be applied to the hands only. In wet weather sawdust may be used. The coach or trainer may wipe clean a muddy rope but no cloth or other aid whatsoever may be used to assist the grip during a pull. Injuries to the hands should be notified to the Judge and only tape strapping should be used.

Weighing and Stamping
16. When weighing-in at a specific weight no over-weight allowance will be given. The Weigh-master's ruling shall be final on the day. Teams must be stamped for all weights except for catchweight, unless A & B teams are entered. In a catchweight competition any club intending to enter two teams must declare each team for stamping prior to the draw.

Borrowing
17. Borrowing will be permitted except at Federation Championships.

Rest Periods
18. Teams may be allowed six minutes rest between rounds and between competitions.

FEDERATION NATIONAL CHAMPIONSHIPS
19 (a) Only pulling members who have been registered with a club for at least three weeks will be eligible to pull for the club, and no puller can be a registered member of more than one club. (b) A copy of the Register of Pullers is to be available for inspection by anyone wishing to see it. (c) No borrowing of pullers will be permitted. (d) Where accurate practice scales are available, only three attempts at weighing-in will be permitted. (e) Federation Championships to be open to all fully paid up Federation registered teams. (f) Clubs will be allowed to enter more than one team in a weight, so long as all pullers meet the criteria for Championship's day.

FEDERATION INTER COUNTIES CHAMPIONSHIPS
20. Each County may enter a maximum of two registered teams in each weight. 21. Teams representing their County can borrow pullers, so long as they come from another registered team within that same County.
THE TUG OF WAR FEDERATION OF GREAT BRITAIN
Fixture List 2016

**May 8th**
**Triple F TOWC**
(National League 1)
Osbornes Fencing, North Crawley Road, Newport Pagnall, Milton Keynes MK16 9HG
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200.

**May 22nd**
**LCS TOWC**
(National League 2)
Burntwood Rugby Club The Sportsway, Burntwood, Staffordshire WS7 3PH
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200.

**June 5th**
**Shires TOWC**
(National League 3)
Priors Marston Warwickshire CV47 7RP
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200.

**June 19th**
**Shires TOWC**
(National League 4)
Priors Marston Warwickshire CV47 7RP
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200.

**July 3rd**
**Triple F TOWC**
(National League 5)
Osbornes Fencing, North Crawley Road, Newport Pagnall, Milton Keynes MK16 9HG
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200.

**July 17th**
**Olney TOWC**
Open Competition
Venue address to be confirmed
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200.

**July 31st**
**Heckington Show**
(Federation Inter-Counties Championships)
Heckington, Sleaford, Lincs, NG34 9JF.
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200
TICKETS REQUIRED Contact: Mr D. Ling 01493 300223 / 07881 490313

**August 7th**
**LCS TOWC**
(National League 6)
Burntwood Rugby Club The Sportsway, Burntwood, Staffordshire WS7 3PH
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200.

**August 28th**
**Triple F TOWC**
(Federation Championships)
Osbornes Fencing, North Crawley Road, Newport Pagnall, Milton Keynes MK16 9HG
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200.

**September 11th**
**Pebworth Show**
(Federation National League Finals)
The Close, Chapel Road, Pebworth, Stratford upon Avon, Warwickshire. CV37 8XH
450kg, 480kg, 525kg, CW, 465kg 3x3, 420kg ladies/youth £7.50 P.W. W.I. 1100, F.P. 1200
FEDERATION NATIONAL CHAMPIONSHIPS

YORK TOWC – 525 Kilos Champions

SHIRES TOWC – 525 Kilos Silver Medalists
OLNEY TOWC – 525 Kilos Bronze Medalists

DIESEL POWER TOWC – 480 Kilos Champions
LCS TOWC – 480 Kilos Silver Medalists

YORK TOWC – 480 Kilos Bronze Medalists
YORK TOWC – 465 Kilos 3 + 3 Champions

LCS TOWC - 465 Kilos 3 + 3 Silver Medialists
# ROSTER OF AFFILIATED CLUBS

<table>
<thead>
<tr>
<th>Club Name</th>
<th>Contact Person</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diesel Power TOWC</td>
<td>Mr. J. Meakin</td>
<td>10 Northlands, Woore, Crewe, Cheshire. CW3 9SH</td>
<td>07775 643879</td>
</tr>
<tr>
<td>LCS TOWC</td>
<td>Mr. Shaun Jose</td>
<td>3 Fort Crescent, Wallsall Wood, West Mids. WS9 9JU</td>
<td>07974 058140</td>
</tr>
<tr>
<td>Shires TOWC</td>
<td>Mrs. E L McCracken</td>
<td>73 Welsh Road West, Southam, Warwickshire, CV47 0JP</td>
<td>07553 040400</td>
</tr>
<tr>
<td>Triple F TOWC</td>
<td>Mr. Chris Pollard</td>
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</tr>
<tr>
<td>United Farmers TOWC</td>
<td>Mr. P. E. Lambert</td>
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</tr>
<tr>
<td>Woodton TOWC</td>
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<td></td>
</tr>
<tr>
<td>York TOWC</td>
<td>Mr. Neil Hudson</td>
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</tr>
</tbody>
</table>
INDIVIDUAL MEMBERS
(Not including Judges, Time Keeper/Recorders and Life Members)

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07821058762

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01283 713464

Mr Ian Ling
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Mr W. McCraken
73 Welsh Road West, Southam, Warwickshire, CV47 0JP
07775 643879

Mr J. Meakin
10 Northlands, Woore, Crewe, Cheshire. CW3 9SH
07775 643879

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07850300711

Mr Martin Tarbard
154 Carter Drive, Collier Row, Romford, Essex, RM5 2TU
01708 744946

OLNEY TOWC – 465 Kilos 3 +3 Bronze Medalists
TRIPLE F TOWC – Competing at Federation National Championships

OLNEY TOWC - Competing at Federation National Championships
LCS TOWC – Competing at National League Finals

SHIRES TOWC - Competing at National League Finals
FEDERATION CHAMPIONSHIPS RESULTS

1984 Shipston on Stour, Warwickshire
600 Kilos: Groundhogs, Northleach, Glos.
640 Kilos: Rams, Shipston on Stour, Warks.
Catchweight: Plentys, Newbury, Berks

1985 Northleach, Gloucestershire
600 Kilos: Rams, Shipston on Stour, Warks
640 Kilos: Rams, Shipston on Stour, Warks
Catchweight: Plough, Kingham, Glos.

1986 Witney, Oxfordshire
600 Kilos: Rams, Shipston on Stour, Warks
680 Kilos: Chearsley, Aylesbury, Bucks.
Catchweight: Chearsley, Aylesbury, Bucks

1987 Priors Marston, Warwickshire
600 Kilos: Priors, Priors Marston, Warks.
680 Kilos: Pirelli, Burton on Trent, Staffs.
Catchweight: Xerox, Stretton on Fosse, Warks.

1988 Kenilworth, Warwickshire
600 Kilos: Shrewsbury Arms, Uttoxeter, Staffs
640 Kilos: Shrewsbury Arms, Uttoxeter, Staffs
680 Kilos: Everards, Southam, Warwicks.
Catchweight: West Mids. Police, Birmingham

1989 Stoneleigh, Warwickshire
600 Kilos: Lodden Valley, Bas'gstoke, Hants
680 Kilos: Everards, Southam, Warwicks.
Catchweight: Holland, Barton u Needwood, Staffs

1990 Stoneleigh, Warwickshire
600 Kilos: Meakes Cranes, High W'ombe, Bucks
640 Kilos: Sher E Punjab , Warley, West Mids.
680 Kilos: Reedham, Norfolk
Catchweight: Sher E Punjab , Warley, West Mids

1991 Stoneleigh, Warwickshire
600 Kilos: Hayes Manor, Bledow Ridge, Bucks.
Catchweight: Holland, Barton u Needwood, Staffs

1993 Stoneleigh, Warwickshire
600 Kilos: Daventry Vikings, Daventry,N'thants
640 Kilos: E.B.C., Bedford, Beds.
Catchweight: Wigston, Leicestershire

1994 Stoneleigh, Warwickshire
600 Kilos: Sher E Punjab, Warley, West Mids.
640 Kilos: E.B.C., Bedford, Beds.
680 Kilos: Aldridge, Staffs.
Catchweight: Wigston, Leicestershire

1995 Stoneleigh, Warwickshire
620 4 + 4: Holland, Staffs.
600 Kilos: E.B.C., Bedford, Beds.
640 Kilos: E.B.C., Bedford, Beds.
680 Kilos: E.B.C., Bedford, Beds.
Catchweight: Wigston, Leicestershire

1996 Stoneleigh, Warwickshire
620 4 + 4: Kempston, Beds.
600 Kilos: Sleaford, Lincs.
640 Kilos: Kempston, Beds.
680 Kilos: Kempston, Beds.
Catchweight: Holland, Staffs.

1997 Barton under Needwood, Staffordshire
4 + 4: Kempston, Beds.
600 Kilos: Astley and Tyldsley, Lancs.
640 Kilos: Kempston, Beds.
680 Kilos: Holland, Staffs.
Catchweight: Wigston, Leics.

1998 Stoneleigh, Warwickshire
620 4 + 4: Kempston, Beds.
600 Kilos: Seaford, Lincs.
640 Kilos: Kempston, Beds.
680 Kilos: Kempston, Beds.
Catchweight: Holland, Staffs.

1999 Stoneleigh, Warwickshire
620 4 + 4: Kempston, Beds.
600 Kilos: Southam, Warwicks.
640 Kilos: Kempston, Beds.
680 Kilos: Brickmakers, West Midlands
Catchweight: Holland, Staffs.

2000 Stoneleigh, Warwickshire
620 4 + 4: Holland, Staffs.
600 Kilos: Hanging Bridge, Derbys.
640 Kilos: Hanging Bridge, Derbys.
680 Kilos: Brickmakers, West Midlands.
Catchweight: Brickmakers, West Midlands
Federation Championships Results continued

**2001 Stoneleigh, Warwickshire**

- **620 4+4:** Holland, Staffs.
- **600 Kilos:** Denford, Staffs.
- **640 Kilos:** Invicta, Kent
- **680 Kilos:** Invicta, Kent
- **Catchweight:** Brickmakers, West Midlands

**2002 Stoneleigh, Warwickshire**

- **620 4+4:** Kempston, Beds.
- **600 Kilos:** Totham Bull, Essex
- **640 Kilos:** Hanging Bridge, Derbys.
- **680 Kilos:** Totham Bull, Essex
- **Catchweight:** Brickmakers, West Midlands

**2003 Stoneleigh, Warwickshire**

- **620 4+4:** Denford, Staffs.
- **600 Kilos, Staffs.**
- **640 Kilos:** Denford, Staffs.
- **680 Kilos:** Denford, Staffs.
- **Catchweight:** Thorne, Yorks.

**2004 Stoneleigh, Warwickshire**

- **620 4+4:** Denford, Staffs.
- **600 Kilos:** Hanging Bridge, Staffs.
- **640 Kilos:** Hanging Bridge, Staffs.
- **680 Kilos:** Denford, Staffs.
- **Catchweight:** Thorne, Yorks.

**2005 Moor Green, Nottinghamshire**

- **660 4+4:** Holland, Staffs.
- **600 Kilos:** Triple F, Bucks.
- **680 Kilos:** Thorne, Yorks.
- **600 4+4:** Leek, Staffs.
- **640 Kilos:** Leek, Staffs.
- **Catchweight:** Two Dales, Derbys

**2006 Barton under Needwood, Staffordshire**

- **720 Kilos:** Holland, Staffs.
- **660 4+4:** Leek, Staffs.
- **600 Kilos:** Two Dales, Derbys.
- **680 Kilos:** Leek, Staffs.
- **600 4+4:** Leek, Staffs.
- **640 Kilos:** Leek, Staffs.
- **Catchweight:** Holland, Staffs.

**2007 Two Dales, Derbyshire**

- **720 Kilos:** Holland, Staffs.
- **660 4+4:** Leek, Staffs.
- **600 Kilos:** Two Dales, Derbys.
- **680 Kilos:** Two Dales, Derbys.
- **600 4+4:** Leek, Staffs.
- **640 Kilos:** Two Dales, Derbys.
- **Catchweight:** Holland, Staffs.

**2008 Earls Barton, Northants**

- **720 Kilos:** Holland, Staffs
- **660 4+4:** Leek, Staffs
- **600 Kilos:** Two Dales, Derbys
- **680 Kilos:** Two Dales, Derbys
- **600 4+4:** Leek, Staffs
- **640 Kilos:** Two Dales, Derbys
- **Catchweight:** Holland, Staffs

**2009 Earls Barton, Northants**

- **720 Kilos:** Holland, Staffs
- **660 4+4:** Leek, Staffs
- **600 Kilos:** Two Dales, Derbys
- **680 Kilos:** Two Dales, Derbys
- **600 4+4:** 1066, Sussex
- **640 Kilos:** Two Dales, Derbys
- **Catchweight:** Two Dales, Derbys

**2010 Newport Pagnall, Bucks**

- **720 Kilos:** Holland, Staffs
- **660 4+4:** Holland, Staffs
- **600 Kilos:** Two Dales, Derbys
- **680 Kilos:** Two Dales, Derbys
- **600 4+4:** 1066, Sussex
- **640 Kilos:** Two Dales, Derbys
- **Catchweight:** Holland, Staffs

**2011 Barton under Needwood, Staffordshire**

- **720 Kilos:** Two Dales, Derbys
- **660 4+4:** Holland, Staffs
- **600 Kilos:** Two Dales, Derbys
- **680 Kilos:** Two Dales, Derbys
- **600 4+4:** Leek, Staffs
- **640 Kilos:** Two Dales, Derbys
- **Catchweight:** Two Dales, Derbys

**2012 Lutterworth, Leicestershire**

- **720 Kilos:** Totham Bull, Essex
- **660 4+4:** 1066, Sussex
- **600 Kilos:** Totham Bull, Essex
- **680 Kilos:** Holland, Staffs
- **600 4+4:** Totham Bull, Essex
- **640 Kilos:** Holland, Staffs
- **Catchweight:** Holland, Staffs

**2013 Chelmsford, Essex**

- **720 Kilos:** Totham Bull, Essex
- **660 4+4:** York, Yorks
- **600 Kilos:** Totham Bull, Essex
- **680 Kilos:** Holland, Staffs
- **600 4+4:** York, Yorks
- **640 Kilos:** Totham Bull, Essex
- **Catchweight:** Totham Bull, Essex
Federation Championships Results continued

2014 Burntwood, Staffs.
450 Kilos: York, Yorks.
480 Kilos: York, Yorks.
525 Kilos: York, Yorks.
Catchweight: York, Yorks.
465 3x3: Shires, Warks

2015 Shires, Warwickshire
450 kilos: York, Yorks.
480 kilos: Diesel Power, Cheshire
525 kilos: York, Yorks.
465 3+3: York, Yorks.
Catchweight: York, Yorks.

OLNEY TOWC & YORK TOWC – Competing at Triple F National League Competition

DIESEL POWER TOWC - Competing at Federation National Championships
<table>
<thead>
<tr>
<th>Year</th>
<th>Location, County</th>
<th>600 Kilos</th>
<th>640 Kilos</th>
<th>680 Kilos</th>
<th>Catchweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1992</td>
<td>Briston, Norfolk</td>
<td>Daventry Vikings, Northants.</td>
<td>Reedham, Norfolk</td>
<td>Reedham, Norfolk</td>
<td>Holland, Staffs</td>
</tr>
</tbody>
</table>
Inter-County Championship Results continued

2008 Bungay, Norfolk
720 Kilos: Holland, Staffs.
660 4+4: Holland, Staffs.
600 Kilos: Cambridge, Cambs.
680 Kilos: Holland, Staffs.
600 4+4: Holland, Staffs.
640 Kilos: Triple F, Bucks.
Catchweight: Holland, Staffs.

2009 Bungay, Norfolk
720 Kilos: Holland, Staffs.
660 4+4: 1066, Sussex.
600 Kilos: Holland, Staffs.
680 Kilos: Holland, Staffs.
600 4+4: Holland, Staffs.
640 Kilos: Holland, Staffs.
Catchweight: Holland, Staffs.

2010 Bungay, Norfolk
720 Kilos: Holland, Staffs.
660 4+4: Holland, Staffs.
600 Kilos: Totham Bull, Essex.
680 Kilos: Totham Bull, Essex.
600 4+4: Holland, Staffs.
640 Kilos: Holland, Staffs.
Catchweight: Holland, Staffs.

2011 Bungay, Norfolk
720 Kilos: Holland, Staffs.
660 4+4: Holland, Staffs.
600 Kilos: Totham Bull, Essex.
680 Kilos: Totham Bull, Essex.
600 4+4: Holland, Staffs.
640 Kilos: Holland, Staffs.
Catchweight: Holland, Staffs.

2012 Bungay, Norfolk.
720 Kilos: Holland, Staffs.
660 4+4: 1066, Sussex.
600 Kilos: Holland, Staffs.
680 Kilos: Holland, Staffs.
600 4+4: 1066, Sussex.
640 Kilos: Holland, Staffs.
Catchweight: Holland, Staffs.

2013 Heckington, Lincs.
720 Kilos: York, Yorks.
660 4+4: York, Yorks.
600 Kilos: York, Yorks.
680 Kilos: York, Yorks.
600 4+4: York, Yorks.
640 Kilos: York, Yorks.
Catchweight: Woodton, Norfolk.

2014 Heckington, Lincs.
450 Kilos: York, Yorks.
480 Kilos: York, Yorks.
525 Kilos: Shires, Warks.
Catchweight: Triple F, Bucks.
465 3x3: York, Yorks.

2015 Heckington, Lincs.
450 Kilos: LCS, Staffs.
480 Kilos: Conningsby YF, Lincs.
525 Kilos: Triple F, Bucks.
Catchweight: Triple F, Bucks.
465 3+3: RAF Scampton, Lincs.

NATIONAL LEAGUE WINNERS

640 Kilos: Southam, Warks.
720 Kilos: Southam, Warks.

620 4+4: Cross Keys, Beds.
640 Kilos: Holland, Staffs.
720 Kilos: Cross Keys, Beds.

1993 600 Kilos: Daventry, Northants.
620 4+4: Cross Keys, Beds.
640 Kilos: Cross Keys, Beds.
720 Kilos: Daventry, Northants.
460 Ladies: Bedford Ladies, Beds.

620 4+4: Kempston, Beds.
640 Kilos: Kempston, Beds.
720 Kilos: Kempston, Beds.
460 Ladies: Bedford Ladies, Beds.

620 4+4: Kempston, Beds.
640 Kilos: Kempston, Beds.
Catchweight: Holland, Staffs.

1996 600 Kilos: Sleaford, Lincs.
620 4+4: Kempston, Beds.
640 Kilos: Kempston, Beds.
680 Kilos: Kempston, Beds.
Catchweight: Holland, Staffs.

1997 600 Kilos: Sleaford, Lincs.
620 4+4: Holland, Staffs.
640 Kilos: Holland, Staffs.
80 Kilos: Holland, Staffs.
640 Kilos: Holland, Staffs.

620 4+4: Kempston, Beds.
640 Kilos: Kempston, Beds.
680 Kilos: Kempston, Beds.
Catchweight: Holland, Staffs.
National League Winners continued

1999  600 Kilos: Kempston, Beds.
620 4 + 4: Kempston, Beds.
640 Kilos: Kempston, Beds.
680 Kilos: Holland, Staffs.
Catchweight: Holland, Staffs.

600 Kilos: Sleaford, Lincs.
620 4 + 4: Holland, Staffs.
640 Kilos: Kempston, Beds.
680 Kilos: Kempston, Beds.
Catchweight: Holland, Staffs.

2001  560 Kilos: Hanging Bridge, Derbys.
620 4 + 4: Holland, Staffs.
640 Kilos: Kempston, Beds.
680 Kilos: Kempston, Beds.
Catchweight: Holland, Staffs.

2002  600 Kilos: Clickem Inn, Lincs.
620 4 + 4: Holland, Staffs.
640 Kilos: Woodton, Norfolk
680 Kilos: Holland, Staffs.
Catchweight: Holland, Staffs.

600 Kilos: Denford, Staffs.
640 Kilos: Denford, Staffs.
680 Kilos: Denford, Staffs.
Catchweight: Holland, Staffs

2004  620 4 + 4: Denford, Staffs.
600 Kilos: Denford, Staffs.
640 Kilos: Denford, Staffs.
680 Kilos: Denford, Staffs.
Catchweight: Holland, Staffs

600 Kilos: Holland, Staffs.
680 Kilos: Two Dales, Derbys.
600 4 + 4: Triple F, Bucks.
640 Kilos: Two Dales, Derbys.
Catchweight: Holland, Staffs.

2006  660 4+4: Holland, Staffs.
600 Kilos: Leek, Staffs.
680 Kilos: Two Dales, Derbys.
600 4+4: Leek, Staffs.
640 Kilos: Two Dales, Derbys.
Catchweight: Holland, Staffs.

2007  660 4+4: Leek, Staffs.
600 Kilos: Two Dales, Derbys.
680 Kilos: Two Dales, Derbys.
600 4+4: Leek, Staffs.
640 Kilos: Two Dales, Derbys.
Catchweight: Holland, Staffs.

660 4+4: Holland, Staffs.
600 Kilos: Two Dales, Derbys.
680 Kilos: Two Dales, Derbys.
640 Kilos: Two Dales, Derbys.
Catchweight: Holland, Staffs.

2009  720 Kilos: Holland, Staffs.
660 4+4: Holland, Staffs.
600 Kilos: Holland, Staffs.
680 Kilos: Holland, Staffs.
640 Kilos: Holland, Staffs.
Catchweight: Holland, Staffs.

2010  720 Kilos: Gilmorton, Leics.
660 4+4: York, Yorks.
600 Kilos: York, Yorks.
680 Kilos: Gilmorton, Leics.
640 Kilos: Lutterworth, Leics = York, Yorks.
Catchweight: Holland, Staffs.

2011  720 Kilos: York, Yorks.
660 4+4 York, Yorks.
600 Kilos: Whittlesey, Cambs.
680 Kilos: Lutterworth, Leics.
640 Kilos: Lutterworth, Leics = Whittlesey, Cambs.

2012  720 Kilos: Gilmorton, Leics.
660 4+4 York, Yorks.
600 Kilos: York, Yorks.
680 Kilos: Gilmorton, Leics.
640 Kilos: York, Yorks.
Catchweight: York, Yorks.

2013  720 Kilos: Holland, Staffs.
660 4+4 Holland, Staffs.
600 Kilos: Holland, Staffs.
680 Kilos: Holland, Staffs.
640 Kilos: Holland, Staffs.
Catchweight: Holland, Staffs.

2014  450 Kilos: LCS, West Mids.
480 Kilos: LCS, West Mids.
525 Kilos: LCS, West Mids.
465 3x3: Shires, Warks.
National League Winners continued

2015 450 kilos: LCS
480 Kilos: LCS
525 kilos: Shires A
Catchweight: Shires A
465 3+3 Winners: LCS

CHAMPIONS TROPHY WINNERS.
1996 Holland, Staffordshire.
1997 Holland, Staffordshire.
1998 Kempston, Bedfordshire.
1999 Holland, Staffordshire.
2000 Holland, Staffordshire.
2001 Holland, Staffordshire.
2002 Holland, Staffordshire.
2003 Denford, Staffordshire
2004 Denford, Staffordshire
2005 Holland, Staffordshire
2006 Holland, Staffordshire
2007 Holland, Staffordshire
2008 Holland, Staffordshire
2009 Holland, Staffordshire
2010 Holland, Staffordshire
2011 Holland Staffordshire
2012 Holland, Staffordshire.
2013 York, Yorkshire.
2014 LCS, West Mids.
2015 LCS, West Mids.

Officials on Federation National Championships Day
A GUIDE TO ORGANISING A COMPETITION

The following is meant as a general guide for teams or organisations who have never hosted a Tug of War event.

Preparation
1. Start making arrangements well in advance and don’t rush things.

Date and Venue
2. Select a suitable date and venue. Decide on the weights, time of weigh-in, time of first pull, entry fee per weight and to whom entries should be sent. If the competition is to be an annual event, have details printed in the yearly handbook or if arrangements cannot be made in time for this to be done, arrange for details to be included on the Federation Website.

Ropes
3. Arrange for the use of Tug of War ropes, remember Tug of War teams can be unpredictable, you may get a lot of teams and on the other hand you may get very few, but nonetheless it is necessary to arrange for sufficient ropes.

Officials
4. Invite sufficient Judges and Timekeeper/Recorders to control the event, do this as soon as possible as at certain times of the year Officials can be in great demand.

Changing Facilities and Scales
5. Arrange adequate changing facilities adjacent to the pulling area with space for the weighing of competitors. Arrange for the use of an accurate set of scales capable of weighing 8 men at one time. This type of scale can be hired from the Tug of War Federation.

Toilet Facilities
6. Arrange toilet facilities, both male and female. This is a facility that is usually lacking at Tug of War competitions, so take a little care over this matter.

Refreshments
7. Arrange refreshments. This is where the wives and girlfriends of club members come into their own and usually the result is a healthy profit for club funds. Don’t be too ambitious to start with; better to sell out than have a lot of food left over. A good way of estimating your requirements for ordering supplies is to work on the figure of 12 persons per team and with a little careful checking at other competitions it can be gauged how many teams are likely to attend your event.

Awards
8. If you plan on having rose bowls or cups as perpetual challenge trophies it is a good idea to have a plinth band fitted, then the names of the winners can be engraved on the band and not on the trophy itself. Plinth bands are not all that expensive and they last for many years. Another bit of advice, don’t have the words Tug of War engraved on the trophy. Should anything happen and the competition is discontinued, the trophy can also be used for something else without the need for costly refurbishment.
9. If you purchase individual awards for the members of the winning and runner-up teams, remember to have them engraved. It is surprising how much more the team members appreciate the awards when this is done.

10. On the day of the competition display the awards, preferably near the Timekeeper/Recorder's table so that an eye can be kept on them.

11. If you have managed to obtain sponsorship, don't forget to invite a representative from the sponsors to present the awards.

**Raffle**
12. Arrange a raffle on the day of the event. For a small outlay you can sometimes make a quite handsome profit.

**Arena**
13. Select a flat and level grassy area a minimum of approx 50 m x 14 m (55 yds x 15 yds) for a single rope and suitably widened if more than one rope is used.

14. Enclose the area with stakes and ropes to prevent the encroachment of spectators into the pulling area. If you can arrange some sort of seating around the arena, such as bales of straw, the competitors and spectators will appreciate it.

15. If cars are allowed on the field to park around the arena, ensure they are parked at least 10 feet back from the ropes which will ensure that spectators have room to watch the sport.

16. If possible supply some form of ground marking material (whitewash, aerosol line marker or marker pegs). Leave the marking of the ropes to the Officials.

17. Supply some form of cover/tent for the Timekeeper/Recorders in the event of inclement weather and also a table and chairs.

**Signposting**
18. Finally, if you want the teams to arrive on time, make sure that signs are erected to the venue. This is something which all too often is not done, which results in teams going round in circles trying to find the venue and finally arriving too late to weigh-in for the first weight of the day, and you have lost the entry fee for one weight.
ITEMS FOR SALE

1. Gum Resin (for “Tacky”)
   Available at **COST** price from:
   Dave Ling
   12 Albany Road
   Souhtown,
   Gt. Yarmouth
   Norfolk
   NR31 0EW
   Tel: 01493 300223 or 07881 490313

2. The following items may be purchased through the Federation:
   Blazer badges: £2.50 each.  Federation Pin Badges: £1.60 each.

3. Scales and The P.A System, may be borrowed by Affiliated Clubs or Members through the Federation Officers. (Though a transportation charge may be incurred if you are unable to collect yourself.)

   These items may also be hired by non-affiliated clubs and organisations at a moderate charge. For details contact the Federation Secretary (hire will be dependent upon availability).

Tony Gray receives the Federation Chairmans Badge of Office from President Dave Ling
RAF SCAMPTON – Getting ready to compete at York TOWC Open Competition

CONNINGSBY YOUNG FARMERS TOWC - Competing at York TOWC Open Competition
LCS TOWC – Heckington Show

TRIPLE F TOWC – Heckington Show