





BASEBALL'S FINAL 4 NATIONAL CHAMPIONSHIPS

HND



SOFTBALL 'A' NATIONALS CHAMPIONSHIPS













WELCOME

WELCOME TO THE BRITISH SOFTBALL FEDERATION 'A' NATIONALS AND THE BRITISH BASEBALL FINAL 4 NATIONAL CHAMPIONSHIPS

The event this year will be a repeat of last year's successful combination of the Softball A-Nationals and British Baseball's Final 4 National Championship. Last year's inaugural combined event gave the top softball teams and the regular season top baseball teams in each division a chance to be exposed to their counterparts in the other sport and to be a part of the largest ever baseball and softball spectator event staged in the UK!

This weekend will provide an opportunity for spectators to see the highest level of play in both sports, and for participants to see the other sport alongside their own.

It is about celebrating the pinnacle of play in both softball and baseball in this country. Last weekend, baseball's regular season ended and postseason began, with league games and playoffs confirming the Final 4 qualifiers from each division. This weekend National Champions will be decided at three tiers: National League, Premier Division and Division 1. National Champions will also be crowned in the highest level of co-ed softball, the A-Nationals. This event marks the fruition of our intention to enhance the Nationals.

Looking ahead, there are a number of other events coming up to round off the 2006 season: the 'B' and 'C' Softball Nationals in Keele on September 9-10, the Youth Baseball Final 4 in Manchester on September 16-17 and the Softball World Series at BA's Concorde Ground also on September 16-17.

Finally, a word of thanks to the Croydon Pirates for hosting the event and for providing a venue that allows us to showcase both sports together. We very much hope you enjoy a great weekend of softball and baseball.

Yours

Jenny Fromer Joint CEO BaseballSoftballUK

Jennife / Frame/

John Boyd Joint CEO BaseballSoftballUK

CONTENTS

Baseball Schedule	4
Softball Schedule	5
Previous Baseball Champions	6
Previous 'A' Nationals Champions	7
Baseball Standings	8
Participating Baseball Teams	10
Participating Softball Teams	21
Thanks	25
BSUK Contact Information	26
Site Plan	27

BASEBALL SCHEDULE

SATURDAY

	FIELD 1	FIELD 2
09:00	National League Semi-Final Richmond 1 @ Bracknell	Division One Semi-Final Northampton @ Southampton
11:30	National League Semi-Final Croydon @ Menwith Hill	Premier Division Semi-Final Cambridge @ Halton
14:00	National League FINAL - Gm1	Premier Division Semi-Final Birmingham @ Richmond 2
16:30	Division One Semi-Final Burgess Hill @ Strathclyde	

SUNDAY

	Field 1	Field 2
10:00	National League FINAL - Gm2	National League 3rd/4th Playoff
13:00	DMston One FINAL	Premier DMsion 3rd/4th Playoff
16:00	National League FINAL - Gm3* * If necessary	Premier Division FINAL

NOTES:

- All games during the Final 4 weekend will be 7 innings.
- BSUK reserves the right to move games if play is affected by light or weather.
- Late games scheduled for Saturday may have to be completed on Sunday if affected by loss of light.
- If schedule has to be adjusted, the PREMIER DIVISION 3rd/4th PLAYOFF and NL 3rd/4th PLAYOFF may be cancelled (in that order).

SOFTBALL SCHEDULE

SATURDAY

Group A	Group B	Group C
Slammers	Dragons	BT-B
BT-T	Niners	LNZ
Chromies	Marvels	Pioneers
Meteors	Bluesox	Mariners
HOO		

The top 3 teams in group A, and the top two teams in groups B and C go through to the Cup on Sunday.

They are joined by the winner of the Wildcard decider between the 3rd placed teams in groups B & C.

The remaining 5 teams will compete for the Plate.

	Plich 1	Pitch 2	Plich 3	Pitch 4
09:00	Dragons v Niners	Marvels v Bluesox	Chromles v H2O	Slammers v Meteors
10:15	LNZ v Mariners	BT-B v Ploneers	Chromles v Meteors	Slammers v BT-T
11:30	H2O v BT-T	Pioneers v Mariners	Niners v Bluesox	Dragons v Marvels
12:45	Slammers v Chromles	Metors v H2O	Dragons v Bluesox	BT-B v LNZ
14:00	Niners v Marvels	BT-T v Meteors	BT-B v Mariners	LNZ v Ploneers
15:15	1st B v 4th C	2nd B v 3rd C	3rd B v 2nd C	4th B v 1st C
16:30	3rd B v 3rd C*	Slammers v H2O		BT-T v Chromles

^{*}Wildcard decider

SUNDAY

CUP		CUP		PLATE	1
D1	(1st Grp A)	EI	(2nd Grp A)	FI	(4th Grp A)
D2	(2nd Grp B)	E2	(1st Grp B)	F2	(5th Grp A)
D3	(2nd Grp C)	E3	(1st Grp C)	F3	(4th Grp B)
D4	(3rd Grp A)	E4	(WC winner)	F4	(4th Grp C)
				F5	(WC loser)

	Pitch 1	Pitch 2	Pitch 3	Pitch 4
09:00	D1 v D2	D3 v D4	F1 vF4	F3 v F5
10:15	E3 v E4	E1 vE2	F1 vF2	F3vF4
11:30	E1 v E4	D1 vD3	D2 v D4	F2vF5
12:45	E2 v E3	D1 vD4	F1 vF3	F4vF5
14:00	E2 v E4	E1 vE3	D2 v D3	F2vF4
15:15	1st D v 2nd E	1st Ev 2nd D	F1 vF5	F2vF3
17:00	CUP FINAL		PLATE FINAL	

PREVIOUS BASEBALL CHAMPIONS

2005Croydon Pirates1969Watford-Sun Ro2004Croydon Pirates1968Hull Aces2003Windsor Bears1967Liverpool Yanke2002Brighton Buccaneers1966Stretford Saints2001Brighton Buccaneers1965Hull Aces2000London Warriors1964Hull Aces1999Brighton Buccaneers1963East Hull Aces1998Menwith Hill Patriots1962Liverpool Tigers	ees
2003 Windsor Bears 1967 Liverpool Yanke 2002 Brighton Buccaneers 1966 Stretford Saints 2001 Brighton Buccaneers 1965 Hull Aces 2000 London Warriors 1964 Hull Aces 1999 Brighton Buccaneers 1963 East Hull Aces 1998 Menwith Hill Patriots 1962 Liverpool Tigers	
2002Brighton Buccaneers1966Stretford Saints2001Brighton Buccaneers1965Hull Aces2000London Warriors1964Hull Aces1999Brighton Buccaneers1963East Hull Aces1998Menwith Hill Patriots1962Liverpool Tigers	
2001 Brighton Buccaneers 1965 Hull Aces 2000 London Warriors 1964 Hull Aces 1999 Brighton Buccaneers 1963 East Hull Aces 1998 Menwith Hill Patriots 1962 Liverpool Tigers	
2000 London Warriors 1964 Hull Aces 1999 Brighton Buccaneers 1963 East Hull Aces 1998 Menwith Hill Patriots 1962 Liverpool Tigers	
 1999 Brighton Buccaneers 1998 Menwith Hill Patriots 1962 Liverpool Tigers 	
1998 Menwith Hill Patriots 1962 Liverpool Tigers	
1997 London Warriors 1961 Liverpool Tigers	
1996 Menwith Hill Patriots 1960 Thames Board	Mills
1995 Humberside Mets 1959 Thames Board	Mills
1994 Humberside Mets 1951 Burtonwood Be	es
1993 Humberside Mets 1950 Burtonwood Be	es
1992 Leeds City Royals 1949 Hornsey Red Sc	X
1991 Enfield Spartans 1948 Liverpool Robin	S
1990 Enfield Spartans 1939 Halifax	
1989 London Warriors 1938 Rochdale Grey	S
1988 Cobham Yankees 1937 Hull	
1987 Cobham Yankees 1936 White City Lond	lon
1986 Cobham Yankees 1935 New London	
1985 Hull Mets 1934 Hatfield Liverpo	loc
1984 Croydon Blue Jays 1911 Leyton	
1983 Cobham Yankees 1910 Brentford	
1982 London Warriors 1909 Clapton Orient	
1981 London Warriors 1908 Tottenham Hot	spur
1980 Liverpool Trojans 1907 Clapton Orient	***********
1979 Golders Green Sox 1906 Tottenham Hot	spur
1978 Liverpool Trojans 1899 Nottingham Fo	
1977 Golders Green Sox 1898 Derby	
1976 Liverpool Trojans 1897 Derby	
1975 Liverpool Tigers 1896 Wallsend-On-Ty	ne
1974 Nottingham Lions 1895 Derby	
1973 Burtonwood Yanks 1894 Thespian London	on
1972 Hull Aces 1893 Thespian London	
1971 Liverpool Tigers 1892 Middlesboroug	
1970 Hull Royals 1890 Preston North E	

PREVIOUS 'A' NATIONAL CHAMPIONS

2005	Slammers
2004	Chromies
2003	Stingrays
2002	Pioneers
2001	Baker Tomkins
2000	Baker Tomkins
1999	Baker Tomkins
1998	Baker Tomkins
1997	Superchrome
1996	Windsor Dodgers
1995	Genies
1994	Slammers
1993	Isherwood
1992	Slammers
1991	Meteors I
1990	Sliders
1989	Pirates
1988	LNZ
1987	Pirates

BASEBALL LEAGUE STANDINGS

NATIONAL LEAGUE (N)	W	L	F	Α	W%	GB
Menwith Hill Patriots	21	5	300	105	.808	4
Liverpool Trojans	16	9	215	165	.640	41/2
Manchester Eagles	15	11	208	164	.577	6
Edinburgh Diamond Devils	14	11	179	182	.560	61/2
NATIONAL LEAGUE (S)	w	L	F	Α	W%	GB
Croydon Pirates	22	5	273	83	.815	20
Richmond Flames	21	6	259	76	.778	1
Bracknell Blazers	12	11	145	177	.522	8
Brighton Buccaneers	9	14	125	176	.391	11
PREMIER DIVISION (N)	w	L	F	Α	W%	GB
Halton Jaguars	13	9	233	205	.591	-
Sheffield Bladerunners	7	14	171	224	.333	51/2
Manchester A's	7	15	143	210	.318	6
Glasgow Stars	0	22	15	201	.000	13
PREMIER DIVISION (S)	W	L	F	Α	w%	GB
Richmond Knights	11	9	156	156	.550	
Cambridge Monarchs	11	9	146	119	.550	-
Sidewinders	10	10	151	154	.500	1
Essex Arrows	9	11	152	163	.450	2
Windsor Bears	9	11	142	171	.450	2
Croydon Pirates 2	9	11	146	173	.450	2
Oxford Kings	9	11	147	136	.450	2
Herts Falcons	5	15	117	220	.250	6
Shropshire Panthers	1	19	97	252	.050	10

BASEBALL LEAGUE STANDINGS

MIDLANDS DIVISION	W	L	F	Α	W%	GB
Birmingham Maple Leafs	11	1	186	102	.917	
Northampton Baseball Club	8	5	182	143	.615	31/2
BaseballMK Hurricanes	7	6	149	116	.538	41/2
Birmingham Bulldogs	1	11	89	209	.083	10
Solihull Storm	0	4	0	36	.000	7
DIVISION 1 (N)	w	L	F	Α	w%	GB
Strathclyde Falcons	14	2	176	70	.875	-
Humber Pilots	13	3	164	88	.813	1
Bolton Blaze	7	7	161	178	.500	6
Barnsley Strikers	0	11	70	145	.000	111/2
Edinburgh Diamond Devils 2	0	14	18	116	.000	13
DMSION 1 (S)	w	L	F	Α	w%	GB
Southampton Mustangs	10	2	213	125	.833	
Burgess Hill	9	3	162	123	.750	1
Bournemouth Sharks	8	4	187	79	.667	2
Herts Falcons 2	2	10	132	193	.167	8
Richmond Dragons	1	11	111	285	.083	9
DIVISION 2 (S)	w	L	F	Α	W%	GB
Bracknell Blazers 2	10	1	197	108	.909	•
Guildford Mavericks	8	3	275	142	.727	2
Braintree Rays	8	4	203	163	.667	21/2
Croydon Pirates 3	7	5	225	205	.583	31/2
Southampton Mustangs 2	3	3	79	110	.500	41/2
Richmond Riverdogs	2	10	150	268	.167	81/2
Brentwood Stags	0	12	72	205	.000	101/2

BASEBALL TEAMS

BIRMINGHAM MAPLE LEAFS

DMsion: Formed: Midlands 2003

The Birmingham Maple Leafs of Marston Green was formed in 2003, following a tradition of Birmingham baseball which dates back to 1938.

The Maple Leafs successfully defended their 2005 Midlands division title this season, losing only one game.

KEY PLAYERS:

Andre Yan Nicholas - Dominican stugger who leads the Maple Leafs in homeruns and demonstrates astounding power to all fields while providing an effortless and flamboyant glove at second base.

James Moran - This fleet of foot centre fielder who leads the Maple Leafs in steals and outfield assists can often be found at the top of the order setting the table for prolific power hitters behind him.

David Hughes - In testament to the 2006 Maple Leafs offensive/defensive growth, the 2005 Final 4 shortstop and cleanup hitter now finds himself running the outfield and driving in runs with consistency at the back end of the lineup.

BRACKNELL BLAZERS

DMsion:

National League (S)

Formed: 1

Bracknell make a return to the Final 4 after an absence in the past two years, having qualified automatically by winning the 'eligibility' part of the division (meeting certain requirements based on youth and national programme participation). The squad is young and boasts the highest number of Great Bittain players in one team. Blazers' Rob Rance has alms to reach the final but knows that it will take a great performance against the other teams which came out with big winning records in the regular season, especially as his squad is struggling due to injuries and younger players returning to studies in the States.

KEY PLAYERS

Rodd! Liebenberg -This is Roddi's second year with Bracknell and his past experience in the game has proven vital with the young squad. Roddi has a solid glove and bat and is a big homerun hitter. When he steps up to the plate there is always a chance the ball is gonna go on a 400 feet trip.

Mike Clarke - Mike is one of GB's up and coming talents. He has made a solid impact to the team this year and has matured to a level that is highly noticable in his game. Mike is due to leave for high school in the states after the finals and Bracknell wish him all the best.

Henry Collins - Henry came back to Bracknell this year after a two-year absence. His hard work and determination has seen him become the starting pitcher who has challenged all he has faced.

BASEBALL TEAMS

BURGESS HILL

Division: Formed: One (S) 2004

First formed in 1975, Burgess Hill concentrated on its youth team from 1992, when the senior team folded.

Over the last seven years the youth sides have played in six national final fournaments and many of their players have represented Great Britain.

This new senior team joined the league last year, finishing second in the division in 2006, and the relatively young side includes ten players who have come through the youth system.

KEY PLAYERS:

Gary Davison - This 17-year-old starting pitcher, joined Burgess Hill aged ten. He has worked hard to become one of the top pitchers in Division 1 South. Along with this, good hitting has made him a regular in the GB set up.

Chris Nisbet - The 17-year-old shortstop has been playing for Burgess Hill for almost ten years. A very good fielder and one of their most consistant hitters. Also a regular in the GB youth setup.

Carlos Hernandez - Rightfielder, Carlos is in his second season with Burgess Hill. His style and positive attitude has made him very popular within the young team. He is the big hitting team leader on the ballbark.

CAMBRIDGE MONARCHS

Division: Formed: Premier (S) 1980s

The Cambridge Monarchs have been around since the 1980s, their home field now located at RAF Feltwell as the team consists mainly of American servicemen from alribases.

They have had yet another successful season in the division, maintaining a position at or near the top for most of the season, although the division was particularly close this year. The Monarchs, 2004 Premier Division Champions and always favoured in the postseason, lost to Craydon Pirates 2 in the final last year with a depieted, eight-man team and will want to return to championship ways. Aside from division rivals Richmond Knights, they face unifamiliar opposition in Birmingham Maple Leafs and Halton Jaguars, who both make the step up from the Division 1 level.

BASEBALL TEAMS

CROYDON PIRATES

Division:

National League (S)

Formed: 1981

Croydon are going for three Final 4 titles in a row, and looking good for It. This was the first time they reached the Final 4 after winning the division (the NL South 'Open' Division) - although they faced stiff competition from a rejuvenated Richmond Flames - and they took a 12-game winning streak into the playoffs against Manchester.

Pirates have winning records against all their NL apponents in '06 and have won every one of their Final 4 games in their previous two Championship years - but the postseason has also proved that it is not always the best team over the regular season which ultimately triumphs.

KEY PLAYERS:

Adam Lemke - The Australian pitcher/outfielder is in his first year for the club, and has become one of the Pirates' top pitchers. He pitched a perfect game in less than 70 pitches against Brighton earlier this year. He was named MVP in this year's London Tournament in which he was the winning pitcher in the final.

Rhys Dban - Australian pitcher/first baseman, is in his third season for the club having come from Perth where he played A-Grade baseball. With a batting average of .383 and a slugging average of .633, he has weighed in with numerous home runs, including a grand slam. A very strong team motivator.

Ben Percy - Australian pitcher/short stop in his second season for the club, Ben is one of the Pirates' most feared pitchers in the legaue, being invincible on the mound this year. Ben has also had a great season with the glove and bat and at present has a .373 batting average.

HALTON JAGUARS

Division:

Premier (N)

Formed:

2000

Halton Jaquais grew out of the lunior section of what is now Halton Baseball Club. The Jags Joined the BBF Leagues in 2000 and have reached the Final 4 three years in a row, twice in DMsion 1 and now in the higher Premier DMsIon category. Playing National League North teams in 'interleague' this year has given the Jaas a taste of play at higher level but, given that the Premier Division North is In Its first season, Manager John Mills knows that the teams from the more established southern division will provide another learning curve.

KEY PLAYERS:

Rob Mills - Pitcher. With a record of 8 wins and 4 losses this season, Rob has been the core of the Jaas pitchina staff. This was not intended but as injury or suspension hit the Jaas bullpen early in the season he kept the team in contention week after week.

Nick Bustin - Centre fielder. Nick is at the care of the Halton defence. As centre fielder he has great range and speed and his ability to hit the catcher's mitt from far out has prevented several runs this season. Nick is one of the team's leading hitters and his heads-up base running makes a great contribution to the Jags offence.

Harry Mills - Catcher and pitcher. Harry is the sort of catcher that makes most pitchers look good. He has an encyclopaedic knowledge of how to get out batters that he has previously encountered. In addition he has hit well this season and, when needed, has stepped up to the other end of the battery and pitched well.

BASEBALL TEAMS

MENWITH HILL PATRIOTS Dyston: Formed:

National League (N)

A US air base in Harrogate. North Yorkshire, Menwith Hill's baseball team has a tradition of making the postseason in the last decade. A collection of titles in the latter '90s was followed up with victory in the first Premier Division (second tier) Final 4 in 2002. Since then, a national title has evaded the Patriots, although they have reached either the first or second-tier Final 4 in five of the competition's eight years. This year they return to the top level, having dominated the NL North.

KEY PLAYERS

Adam Dove - One of the team's great all-ground contributors, Adam has been on the team for the past three years but will be leaving soon to return to the states. A player to be counted on, having played in 23 of 26 league games, Dove led the team in many of the batting categories as well as a 7-3 record as a pitcher.

Eric Cortina - Starting pitcher, Eric has been with the team for the past three years and also will be leaving before the end of the year. Finishing with a 5-1 record and 3.37 ERA, his only loss coming at the hands of Manchester Eagles during the last weekend of the season. This was a 3-2 defeat in which he threw a four-hitter while striking out 11 and walking one batter.

Nick Rivet - Newcomer Nick met Menwith's need for catchers during the offseason and has demonstrated all the skills needed for a demanding position. Rivet finished with a team-leading five home runs, plus 22 hits in 14 games and 12 stolen bases.

MARTHAMPTON

Division:

Midlands

2006 Formed:

An amalgamation of midlands players moulded into a new team for this season, Northampton battled it out in a competitive Midlands division for second place and a spot in their first Final 4.

BASEBALL TEAMS

RICHMOND FLAMES

Division:

National League (S)

Formed: 1992

Part of the largest baseball club in the country, which has four league teams, the Flames have represented Richmond Baseball Club in the National League since 2004. They had a turn-around season in 2006, not only finishing above .500 for the first time but logging an impressive 21-6 record and went into the Bank Hollday weekend playoffs on an eight-game winning streak.

KEY PLAYERS

Maurtzio Mosca - An ageless wonder, one of the league leaders in runs scored and a clubhouse favorite, the veteran that leads by example.

Ed Tucker - A newcomer to the UK baseball scene, Ed has had a tremendous impact in both offence and defence. As well as knocking in a lot of RBI's Ed has also produced dominating pitching performances.

Martin Visser - A clutch player, overcoming an injury-plagued early season, Martin's resurgence has bolstered the team's offensive production.

RICHMOND KNIGHTS

Division: Formed: Premier (S) 2000

The second team of the large Richmond Baseball Club, the Knights secured their place in the Final 4 in a crunchgame against Essex Arrows on the final day of the regular season. Both teams could qualify for the one spot and after Essex had won the first game of the double header, Richmond needed to win the following game to remain in second place in the division. The go-ahead, winning run was scored in the bottom of the penultimate inning.

BASEBALL TEAMS

SOUTHAMPTON MUSTANGS DMsion: One (S) 1997

With a history of games against fellow university baseball teams, the Mustangs have added to their victories in both this year's university competitions with success in the BBF Leagues. Consequently, they are looking forward to making their first Final 4 appearance.

KEY PLAYERS

Chuck Truelson - Joined the club at the end of last season and started this year by hitting a grand stam in the first game of the season. Leads the team in virtually every category, including wins. Seems a bit of a legend, having driven straight from work to Herts and helped the Mustanas score 24 unanswered runs to overturn a 12-run deficit.

David "Ziggy" Zikmunda - Originally from the Czech Republic, Ziggy joined the team for the year but will miss the Final 4 as he's gone back to help his home team push for promotion. A Shirley Temple look-a-like with lovely curty red hair, he refused to wash his uniform as long as Mustangs were winning. A good player who can play all over the park and a great lead-off man, who caused chaos on the bases.

Phil Johnson - A long-standing player on the team, Phil is a solid shortstop with a powerful bat. Always playing with a smile, Phil has run the club and been part of the club since almost the very beginning.

STRATHCLYDE FALCONS

Division: Formed: One (N) 2003

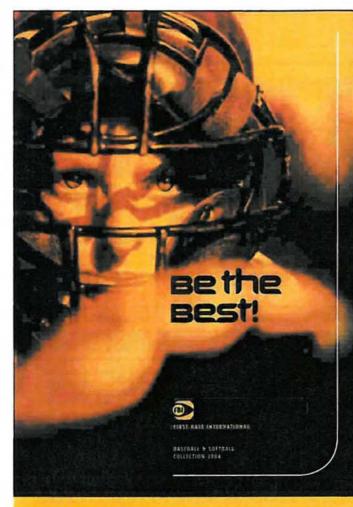
Formed from the remnants of the Paisley Pythons (a fledgling friendly-playing side), the Falcons entered the BBF Leagues in 2004. This season Head Coach John MacNeil has led a mixture of experienced and young players to a very successful season. Thanks to the help of other senior players, particularly Ohlo native Barry Williams, John has found his first season in charge "great fun and almost stress free". Travelling a long distance, the Scottish side is looking for every single player to put in their best performances of the season in the team's first Final 4.

KEY PLAYERS

Lewie Gerber - The starting pitcher hails from South Africa and his pitching performances since arriving at the club have been nothing less than brilliant. He once had a perfect game going into the sixth inning of a seven inning game (v Barnsley last year).

Marc Irvine - 16-year-old first baseman Marc Is a rising star of the game in the North. Drafted in from the Ospreys Youth Team, Marc has proved invaluable time and again with his near flawless glove work.

Stuart 'Sosa' Cheyne - (Centre-Field, Short-Stop, Catcher) - An absolute stalwart of Falcons Baseball, Sosa is a lead-off hitter with blistering pace. Safe hands and a great throwing arm make him an ideal centre-fielder, but he can also fill in at short stop and catcher.



FBI is the exclusive distributor of Rawlings products in the UK.

STARTER KITS

BATS

PROTECTIVES

BASES

GLOVES

BALLS

MITTS

BAGS

FIELD EQUIPMENT

APPAREL

JUGS MACHINES
AND SCREENS

ACCTCCODITC

ACCESSORIES

GIFT IDEAS

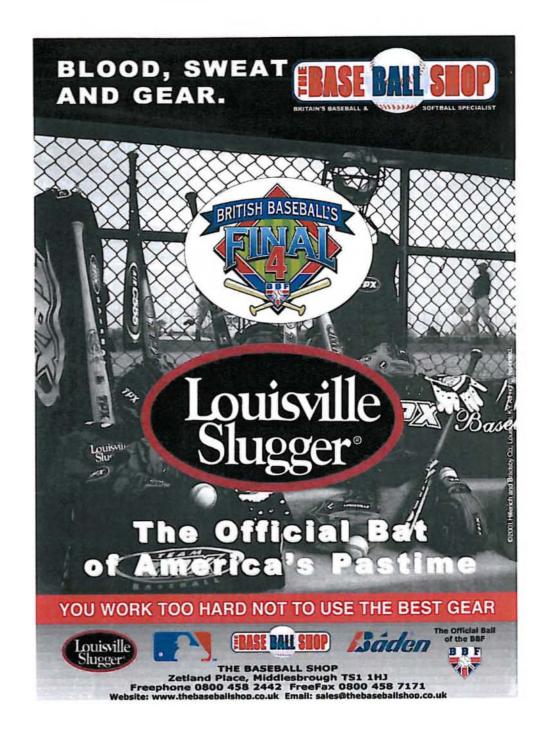
PLEASE VISIT OUR NEW AND IMPROVED WEBSITE www.RawlingsDirect.co.uk

Take advantage of our monthly offers, or register your name for regular offers and updates and be sure to check out our unique GLOVE SHACK to build and design your own glove, customise your glove or simply have your name embroidered on your glove! Great gift ideas!

Fresh website with brand new products available at the end of April. Please check regularly or call 08702 415 193 for orders. You can email

sales@fbi-uk.com

for further details or enquiries.



































































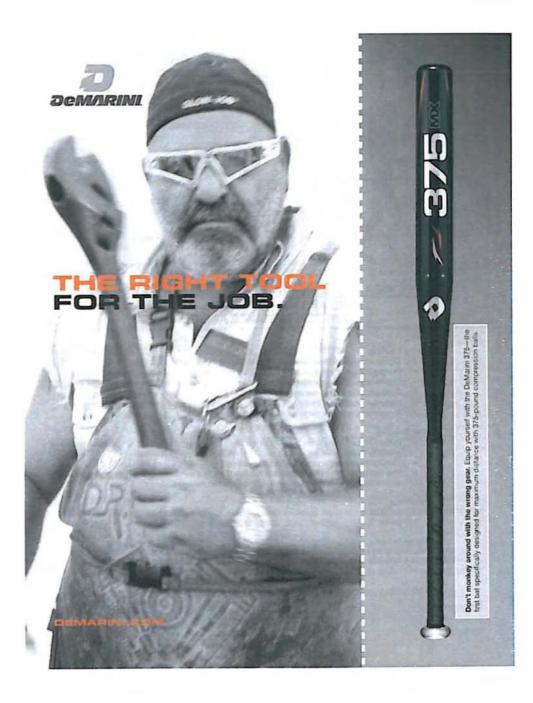
publish thousands of books, videos, software and distance education courses on every aspect of physical activity.

You can order and find out more about any of our products online at humankments.com or call 0113 255 5665 for a FREE brochure.

Human Kinetics Europe Ltd > 107 bradford road / stanningley / leeds / uk t +44 (0) 113 255 5865 e hk@hkeurope.com

30-day money back guarantee on every book













WHY WEAR LINEBREAK IN BASEBALL AND SOFTBALL? THERE ARE MANY REASONS TO ENHANCE YOUR PERFORMANCE AND RECOVERY

During Training:

- . Tights increase blood flow reducing the build up of lactic acid
- . During Sprint or Hill sessions tights give extra support and power to legs
- . Tights reduce muscle vibration which is a cause of muscle tearing & soreness
- . They actually keep your muscles cool in the heat and warm in the cold
- Reduced chaffing items are designed to move with you offering complete comfort
- Regulates body temperature to enhance performance

After Training:

- Put on immediately after training or a match the tights help get rid of the lactic acid and waste product build up in the muscles – making your legs fresher
- . The tights reduce muscle and joint swelling
- The tights help to reduce Creatine Kinase. This is a debilitating bi-product of contact sports and causes soreness and stiffness in the muscles.

Travelling:

 An ideal aid to recovery when driving home, flying abroad or on the bus home from a game

And so to bed...

LineBreak should be kept on after training for at least 4 hours but why not for the rest of the day? You will get more benefits the longer they stay on & will wake up fresher and ready to go the following day

FOR MORE INFORMATION SPEAK TO HELEN AT THE LINEBREAK SHOP





SOFTBALL TEAMS

BRISTOL BLUESOX

This composite team, which entered A-grade competition last year, is mainly made up of Bristol players, including a number of past and present GB players. At last year's Nationals, they reached the Plate semi-finals.

137

BT is no stranger to the Nationals having won titles in four consecutive years from 1998-2001.

Last year the strong Baker Tomkins club introduced the set-up of having two A-grade teams in tournaments – the BT Bs and BT Ts. B's went as far as the Cup semi-finals, losing to the eventual champions, Slammers, in a very close game. Having won the overall Grand Slam title in 2005, the B's won Grand Slam I this season and finished third in the other two GS tournaments.

CHROMIES

Formed: 1988

Starting out life as Superchrome in the London Design League, the team also enjoyed success in the London Advertising League and the Greater London Mixed League. Coached and managed by Rocket and Dougie, the Chromies' high points include going undefeated in both the 1997 Regionals and National Championships, and winning the Nationals for a second time in 2004. Famed for playing hard both on and off the pitch, the Chromies are apparently "the team that no-one wants to play on a Saturday, but everyone wants to play on a Sunday morning", says Jake Palmer. On their chances of a third victory, he adds "Maybe we will all stay in the Saturday night to make sure it's us."

KEY PLAYERS

Mike Stewart - Mike joined this year from LNZ and has dazzled the whole team with his play. His bat is one of the most potent in British softball and he has bought solidity to the Chromles infield that gives the whole team confidence.

Sara 'Dizzy' Vertigan-Since joining the Chromies, Dizzy has improved both her confidence and playing ability. This year she has been one of the few ever-present ladies and has turned into a base-hitting machine, especially in clutch moments of the game.

Gary Crock- Is this farewell to one of the longest-serving players on the Chromies roster? With his playing ability and his work in coaching the GB team, Gary could in be in line as a future BSF Hall of Famer. The Chromies hope to win the Nationals as a wedding gift to Gary and Delphine, who tied the knot on August 19.

SOFTBALL TEAMS

DRAGONS

Formed:

1996

The team plays A-grade level at eight or nine weekend tournaments a season in London and the south. Occasionally they travel further afield to play, and have entered tournaments in Jersey, Dublin and Amsterdam.

Last year the Dragons were runners-up in the A-Nationals Cup Final, losing to Slammers.

H20

Formed:

2006

A new team on the block - "full of youth, energy, good looks and gingers." Formed by Steve Patterson and Lee Cornwall, their exceptional organisational abilities have bonded this team to become a force to be reckoned with. From the off, there was brand new kit, a complete knowledge of who was entering what tournaments, and an e-mail banter second to none. Ginger people are just unlucky in life.

KEY PLAYERS

Names to look out for include Steve Ashton, possibly the most confident left fielder you may come across, the Ball sisters who everyone in softball knows about, and Drew too old Hennessy who has been a revelation with the bat for them this season.

H20 has five players aged 22 or younger. Says Roger Grooms, "The futures bright, the futures H20.*

Formed:

1988

London New Zealand won the Nationals in their first year but have only made the final once since then, way back in 1992. In the last two years they have made it as far as the semi-finals and would like to improve on that this season, aside from having a good time in general.

KEY PLAYERS

Rodney Pelletler, Mark Kerr and Michelle Robertson. Aside from their skill and invaluable contributions on the field, with very tight numbers this year LNZ has needed them all to stay injury free.

SOFTBALL TEAMS

MARINERS

The Solent League composite team made the step up from C-grade ball in 2004 and this is their third appearance at the A-Nationals. Last year the Mariners were runners-up in the Plate final but looking at this year's opposition led Nigel Davies to comment that avoiding the wooden spoon will be the main aim. However, as always they'll be looking forward to mixing it with all of the teams.

KEY PLAYERS

Johnny 'Longtime' Heather - If he doesn't have to slide/tumble/dive, then it's not worth catchina!

Steve 'Bruce' Stink - "I'm only playing infield if it's nearer the bar!"

Nicky 'Licky' Puckett - If you're lucky she'll only hit it over your head a little bit!

Helen 'Pez' Perriam - The hobbit of the Infieldshire!

MARVELS

Formed:

2005

The Marvels is a composite league team from the Manchester Softball League, with the aim to give Manchester's most talented players the opportunity to challenge themselves against the very best, and a platform for gifted young players to reach their full potential.

Their first year wasn't a bad start, winning the A-Nationals Plate in 2005.

Formed:

1988

The Meteors are one of London's longest running softball teams. Frequently winning the London league, the GLMSL, over the last twenty-odd years, they have only won one A-Nationals tournament, in 1991

SOFTBALL TEAMS

niners

Formed:

1990

Formerly the 69ers, the team started in the Design League, playing recreationally, then over time progressed to a more competitive point. Niners have reached plenty of Nationals but have yet to win the thing. This season they won GrandSlam III.

PIONEERS

Formed:

1992

After conquering Kent softball, the Pioneers decided to concentrate on the tournament circuit, finding their home playing A-grade. With their mix of youth and experience they hope to recapture the National title they won in 2002. Pioneers' Liz Keaveney believes they are among the strongest contenders for this year's trophy.

KEY PLAYERS

Ramon Razor Alexander - This is Razor's first season with the tearn and has proved to be a vital addition, his big hitting and safe glove have had the tearn calling him superman.

Hannah 'Dave' King - Another new addition, she's proper hard and dominates the outfield... just ask Tom and Ple!

Mother Pearl Bramhall - Pearl is the backbone of the Ploneers and without her they'd be lost. A real team player who's decided to go yard this season.

SLAMMERS

Formed:

1990

The Slammers originated as an all-star team formed from the best of the London Advertising League. Says Bruce Saunders, "Just about anyone and everyone has donned a Slammers shirt at some point in their career - only the nutters and diehards remain."

Slammers were A-Nationals Champions last year and aren't too keen on handing the trophy back.

KEY PLAYERS

The team thanks all their players who have travelled literally thousands of miles from all over the UK and Eire to be a Slammer. And 'Roof' for her unlimited supplies of 'sweetles'! In particular, they highlight Tom Kelly who is finally retiring after 12 years with the team the Slammers thank him for all he's achieved with them and given to the game overall.

THANKS

BaseballSoftballUK Staff for organising the event - John Boyd, Tim Stride, Sophle Hewitt, Donald Morris-Vincent, Tom Gillespie, Pawel Rogalinski, and Jenny Fromer.

Thanks also goes to all those who have contributed their time to help with the organisation over the weekend.

Liz Graham, Lesley Morisetti and the British Softball Federation for organising the A Nationals.

Tony Fitzpatrick, Dave Ward and the Croydon Pirates Baseball Club – for hosting the event and providing support. Special thanks to Tony Fitzpatrick and Andrew Hewitt for aiding with this year's set up.

ABUA-GB and The Scorers' Association (Joe Gray, Michael Orpen-Pairner and Brian Holland) – for providing all baseball event officials.

Bittish Association of Softball Umpires for umpiring the A Nationals.

Ted Gerard Thesingh - for being Technical Commissioner for the F4s.

Ransome Sporting Goods - for providing the baseballs for the Final 4.

John Abrams and Susan Mahood - for providing First Aid cover.

Natalle Fox and Jax Sesstein - for catering the event.

Soody Ahmad - the official photographer.

Simon Gordon - for additional photography and for designing the programme.

Sutton Council - for their support of the event.

BSUK INFORMATION

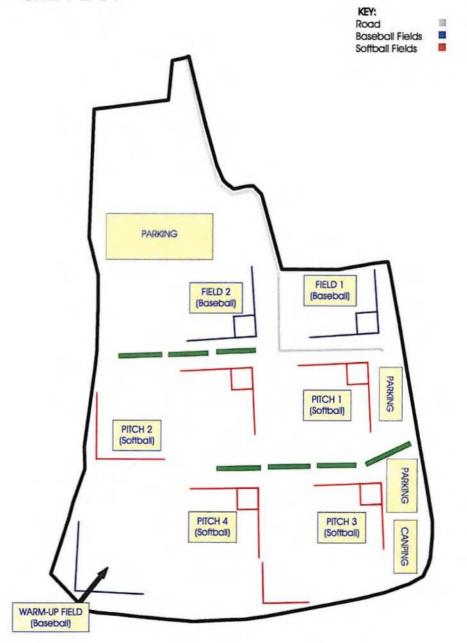
BaseballSoftball*UK*Ariel House
74a Charlotte Street
London W1T 4QJ

T: 020 7453 7055 (option 2)

info@BaseballSoftballUK.com



SITE PLAN









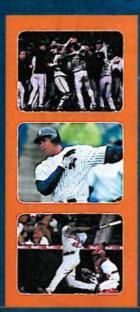






THE HOME OF NORTH AMERICAN SPORTS





Get unrivalled coverage all season long including:

OVER 275 games a season

LIVE coverage of the Playoffs

LIVE coverage of the World Series

LIVE coverage of the MLB All-Star Game

PLUS get the latest news from This Week in Baseball

NASN - the home of live Major League Baseball

JOIN NASN call 08708 50 30 30 OR VISIT www.nasn.com

