



## 2015/16 CLUB STANDARDS

### ROB MILNER

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
	<b>20.51</b>	<b>37.05</b>	<b>46.22</b>	<b>1,15.51</b>	<b>1,39.45</b>	
	SILVER	SILVER	SILVER	SILVER	SILVER	

### TRACEY PEAK

	<b>5K</b>					
	<b>31.02</b>					

### ROB KNIGHTS

	<b>5K</b>	<b>5 MILES</b>	<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
	<b>21.26</b>	<b>37.05</b>	<b>45.26</b>	<b>1,18.12</b>	<b>1,47.05</b>	
	SILVER	BRONZE	SILVER	BRONZE	BRONZE	

### DONNA MILNER

	<b>5K</b>					
	<b>30.30</b>					

### LISA JOYCE

	<b>5K</b>	<b>10K</b>	<b>20M</b>	<b>10M</b>	<b>½ MAR</b>	<b>MARATHON</b>
	<b>23.53</b>	<b>50.56</b>	<b>3,09.32</b>	<b>1,27.15</b>	<b>2.21.46</b>	<b>4.34.18</b>
	SILVER	SILVER	BRONZE	SILVER		BRONZE

### CHRIS PIMLOT

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>		<b>½ MAR</b>	
	<b>19.09</b>	<b>31.17</b>	<b>39.08</b>		<b>1.27.49</b>	
	GOLD	GOLD	GOLD		GOLD	

**RICHARD AUKLAND**

				<b>10M</b>	<b>½ MAR</b>	
				<b>1,07.38</b>	<b>1.30.56</b>	
				<b>GOLD</b>	<b>GOLD</b>	

**PETER ROGERS**

			<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
			<b>39.48</b>	<b>1,07.58</b>	<b>1.32.08</b>	
			<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	

**BILL KINGABY**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10 MILE</b>	<b>½ MAR</b>	
	<b>20.46</b>	<b>34.06</b>	<b>42.34</b>	<b>1,12.17</b>	<b>1.37.41</b>	
	<b>DIAMOND</b>	<b>DIAMOND</b>	<b>DIAMOND</b>	<b>DIAMOND</b>	<b>DIAMOND</b>	

**ALAN RICHARDSON**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10 MILE</b>	<b>½ MAR</b>	<b>20M</b>
	<b>24.40</b>	<b>40.21</b>	<b>60.09</b>	<b>1,27.40</b>	<b>1,58.52</b>	<b>3,45.53</b>
	<b>GOLD</b>	<b>GOLD</b>	<b>SILVER</b>	<b>GOLD</b>	<b>GOLD</b>	<b>BRONZE</b>

**STUART SMITH**

	<b>5K</b>	<b>5MILE</b>	<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
	<b>27.06</b>	<b>44.48</b>	<b>54.11</b>	<b>1,32.05</b>	<b>2.03.42</b>	
	<b>SILVER</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>SILVER</b>	<b>BRONZE</b>	

**TIM EARL**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
	<b>19.54</b>	<b>32.43</b>	<b>40.59</b>	<b>1,06.42</b>	<b>1,28.17</b>	
	<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	

**WAYNE FREEMAN**

	<b>5K</b>		<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	<b>20M</b>
	<b>20.48</b>		<b>43.17</b>	<b>1,10.57</b>	<b>1,35.19</b>	<b>2,53.05</b>
	<b>DIAMOND</b>		<b>DIAMOND</b>	<b>DIAMOND</b>	<b>DIAMOND</b>	<b>SILVER</b>

**MIKE QUANTRILL**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
	<b>20.51</b>	<b>36.11</b>	<b>43.38</b>	<b>1,12.32</b>	<b>1,36.43</b>	
	<b>GOLD</b>	<b>SILVER</b>	<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	

**DAVID MOWER**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10 MILE</b>	<b>½ MAR</b>	<b>MARATHON</b>
	<b>20.51</b>	<b>35.38</b>	<b>43.48</b>	<b>1.15.42</b>	<b>1.39.39</b>	<b>3.47.23</b>
	<b>DIAMOND</b>	<b>DIAMOND</b>	<b>DIAMOND</b>	<b>GOLD</b>	<b>DIAMOND</b>	<b>GOLD</b>

**NIGEL HERROD**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>			
	<b>20.07</b>	<b>33.58</b>	<b>42.29</b>			
	<b>DIAMOND</b>	<b>DIAMOND</b>	<b>DIAMOND</b>			

**REBECCA LANGFORD**

		<b>5 MILE</b>	<b>10K</b>	<b>10 MILE</b>	<b>½ MAR</b>	<b>20M</b>
		<b>41.50</b>	<b>50.26</b>	<b>1.24.03</b>	<b>1,53.16</b>	<b>2,52.44</b>
		SILVER	SILVER	SILVER	SILVER	SILVER

**STEVE GIBBS**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>			
	<b>22.15</b>	<b>36.59</b>	<b>46.10</b>			
	<b>GOLD</b>	SILVER	<b>GOLD</b>			

**SUZY KNIGHTS**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
	<b>25.46</b>	<b>43.21</b>	<b>52.19</b>	<b>1,32.55</b>	<b>2,09.51</b>	
	<b>BRONZE</b>	<b>BRONZE</b>	<b>BRONZE</b>	<b>BRONZE</b>	<b>BRONZE</b>	

**KYLIE RAFFERTY**

	<b>5K</b>					
	<b>25.26</b>					
	<b>BRONZE</b>					

**CHERYL GOYMER**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>		<b>½ MAR</b>	
	<b>26.46</b>	<b>47.20</b>	<b>58.09</b>		<b>2,13.03</b>	
	SILVER	SILVER	SILVER		SILVER	

**PETER ANDREWS**

<b>1500M</b>	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
<b>5.44</b>	<b>23.09</b>	<b>36.58</b>	<b>46.52</b>	<b>1,23.15</b>	<b>1,54.03</b>	
<b>GOLD</b>	SILVER	SILVER	SILVER	<b>BRONZE</b>	<b>BRONZE</b>	

**ALAN FAIRS**

<b>800M</b>	<b>1500M</b>	<b>5K</b>				
<b>3.07</b>	<b>6.16</b>	<b>22.23</b>				
<b>SILVER</b>	<b>SILVER</b>	<b>SILVER</b>				

**JOE MAYNE**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>		<b>½ MAR</b>	<b>20M</b>
	<b>25.00</b>	<b>39.55</b>	<b>49.07</b>		<b>2,00.45</b>	<b>3,02.34</b>
	<b>SILVER</b>	<b>SILVER</b>	<b>SILVER</b>		<b>BRONZE</b>	<b>BRONZE</b>

**DAVID GOOSEY**

		<b>5 MILE</b>		<b>10M</b>		<b>20M</b>
		<b>38.14</b>		<b>1,26.57</b>		<b>3,13.58</b>
		<b>SILVER</b>		<b>BRONZE</b>		<b>BRONZE</b>

**KARLE HOWARD**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>		<b>½ MAR</b>	
	<b>23.48</b>	<b>39.44</b>	<b>54.32</b>		<b>2,04.46</b>	
	<b>SILVER</b>	<b>BRONZE</b>	<b>BRONZE</b>		<b>BRONZE</b>	

**PATRICA TUTTLE**

		<b>5 MILE</b>				<b>20M</b>
		<b>42.35</b>				<b>3,13.58</b>
		<b>GOLD</b>				<b>GOLD</b>

**JANE HUNT**

	<b>5K</b>					
	<b>30.58</b>					
	<b>BRONZE</b>					

**PAUL GRANT**

			<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
			<b>45.08</b>	<b>1,14.47</b>	<b>1,41.23</b>	
			<b>SILVER</b>	<b>GOLD</b>	<b>SILVER</b>	

**LOUISE ADAMSON**

	<b>5K</b>		<b>10K</b>	<b>10M</b>		
	<b>25.07</b>		<b>52.09</b>	<b>1,29.00</b>		
	<b>GOLD</b>		<b>GOLD</b>	<b>GOLD</b>		

**JAMES COUSINS**

	5K		10K			
	20.11		41.15			
	<b>GOLD</b>		<b>GOLD</b>			

**JAMES GOOCH**

	5K		10K			
	28.24		58.33			

**MICHAELA GOOCH**

		5M	10K			
		48.24	1.00.54			
		<b>BRONZE</b>				

**NINA HOPSON-POPE**

			10K	10M	½ MAR	
			1,01.12	1,38.33	2,10.28	
				<b>BRONZE</b>	<b>BRONZE</b>	

**ROSE NICHOLSON**

	5K	5M	10K	10M	½ MAR	MARATHON
	19.14	30.38	37.42	1,01.33	1.21.47	2.49.45
	<b>DIAMOND</b>	<b>DIAMOND</b>	<b>DIAMOND</b>	<b>PLATINUM</b>	<b>PLATINUM</b>	<b>PLATINUM</b>

**JO FISK**

	5K		10K	10M	½ MAR	
	26.38		56.38	1,31.02	2,03.23	
	<b>SILVER</b>		<b>BRONZE</b>	<b>SILVER</b>	<b>BRONZE</b>	

**GARY ELVIN**

100M	200M	5K				
13.2	27.0	28.24				

**LLOYD SCRIVEN**

	5K		10K	10M	½ MAR	
	20.43		40.08	1,05.17	1,24.58	
	<b>GOLD</b>		<b>GOLD</b>	<b>GOLD</b>	<b>DIAMOND</b>	

**JAY BUTCHER**

	<b>5K</b>					
	<b>24.30</b>					
	<b>SILVER</b>					

**PAUL BROWN**

			<b>10K</b>			
			<b>46.30</b>			
			<b>SILVER</b>			

**ALAN VARLE**

	<b>5K</b>		<b>10K</b>	<b>10M</b>		
	<b>25.15</b>		<b>52.14</b>	<b>1,31.09</b>		
	<b>GOLD</b>		<b>GOLD</b>	<b>GOLD</b>		

**PAUL HARROD**

	<b>5K</b>		<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
	<b>22.57</b>		<b>48.48</b>	<b>1,23.02</b>	<b>1.58.55</b>	
	<b>GOLD</b>		<b>SILVER</b>	<b>SILVER</b>	<b>BRONZE</b>	

**YVETTE HAMMONDS**

<b>1500M</b>						
<b>7.02</b>						
<b>GOLD</b>						

**ANGELA MOWER**

	<b>5K</b>	<b>5M</b>	<b>10K</b>			
	<b>31.42</b>	<b>55.13</b>	<b>1,06.39</b>			
	<b>SILVER</b>	<b>BRONZE</b>	<b>BRONZE</b>			

**MATT BALDRY**

	<b>5K</b>		<b>10K</b>	<b>10M</b>		
	<b>22.13</b>		<b>45.18</b>	<b>1,17.50</b>		
	<b>SILVER</b>		<b>SILVER</b>	<b>SILVER</b>		

**VICKY WOOD**

	<b>5K</b>		<b>10K</b>			
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	<b>27.24</b>		<b>58.09</b>			
	<b>BRONZE</b>		<b>BRONZE</b>			

**SARAH PHILLIPS**

	<b>5K</b>		<b>10K</b>			
	<b>26.29</b>		<b>57.47</b>			
	<b>SILVER</b>		<b>BRONZE</b>			

**CARRIE GIBBS**

	<b>5K</b>					
	<b>30.03</b>					
	<b>BRONZE</b>					

**MICHAEL BIRD**

	<b>5K</b>		<b>10K</b>			
	<b>30.47</b>		<b>1,17.25</b>			

**CATHERINE FISHER**

	<b>5K</b>					
	<b>35.46</b>					

**ANGIE JEFFS**

	<b>5K</b>					
	<b>40.37</b>					

**STUART SPURGEON**

	<b>5K</b>		<b>10K</b>	<b>10M</b>		
	<b>22.21</b>		<b>47.37</b>	<b>1,18.35</b>		
	<b>SILVER</b>		<b>SILVER</b>	<b>SILVER</b>		

**JAMES DRAKE**

			<b>10K</b>	<b>10M</b>		
			<b>38.39</b>	<b>1,06.27</b>		
			<b>GOLD</b>	<b>GOLD</b>		

**KYLE BOWLES**

			<b>10K</b>		<b>½ MAR</b>	
			<b>40.07</b>		<b>1,28.48</b>	
			<b>GOLD</b>		<b>GOLD</b>	

**STEVE CARRUTHERS**

			<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
			<b>43.03</b>	<b>1,08.56</b>	<b>1,33.42</b>	
			<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	

**SAM JACKS**

	<b>5K</b>		<b>10K</b>			
	<b>20.05</b>		<b>43.21</b>			
	<b>GOLD</b>		<b>GOLD</b>			

**PAUL HARVEY**

			<b>10K</b>			
			<b>47.45</b>			
			<b>GOLD</b>			

**DUNCAN CARTER**

	<b>5K</b>		<b>10K</b>	<b>10M</b>		
	<b>22.49</b>		<b>48.57</b>	<b>1,21.32</b>		
	<b>SILVER</b>		<b>SILVER</b>	<b>SILVER</b>		

**PAUL PEEK**

	<b>5K</b>		<b>10K</b>	<b>10M</b>	<b>20M</b>	
	<b>23.00</b>		<b>51.12</b>	<b>1,28.29</b>	<b>3,02.35</b>	
	<b>GOLD</b>		<b>SILVER</b>	<b>SILVER</b>	<b>SILVER</b>	

**VICKY ARCHARD**

	<b>5K</b>		<b>10K</b>	<b>10M</b>	<b>½ MAR</b>	
	<b>24.23</b>		<b>55.13</b>	<b>1,25.27</b>	<b>2,04.22</b>	
	<b>SILVER</b>		<b>BRONZE</b>	<b>SILVER</b>	<b>BRONZE</b>	



**MARK SMITH**

	<b>5K</b>			<b>10M</b>	<b>½ MAR</b>	
	<b>21.37</b>			<b>1,17.27</b>	<b>1,39.06</b>	
	<b>SILVER</b>			<b>SILVER</b>	<b>SILVER</b>	

**KARIM OUADDANE**

				<b>10M</b>	<b>½ MAR</b>	
				<b>1,05.28</b>	<b>1,28.41</b>	
				<b>DIAMOND</b>	<b>DIAMOND</b>	

**KAREN HAMILTON**

				<b>10M</b>	<b>½ MAR</b>	
				<b>1,49.18</b>	<b>2,09.56</b>	
					<b>BRONZE</b>	

**CHRIS BRADFORD**

	<b>5K</b>			<b>10M</b>		
	<b>19.35</b>			<b>1,13.39</b>		
	<b>GOLD</b>			<b>SILVER</b>		

**CAREN ELVIN**

				<b>10M</b>	<b>½ MAR</b>	
				<b>1,23.15</b>	<b>1,54.03</b>	
				<b>SILVER</b>	<b>SILVER</b>	

**VLADIMIR LAPTIKHOVSKY**

	<b>5K</b>	<b>10K</b>		<b>10M</b>		<b>MAR</b>
	<b>23.46</b>	<b>50.53</b>		<b>1,23.46</b>		<b>4.34.09</b>
	<b>SILVER</b>	<b>SILVER</b>		<b>SILVER</b>		<b>BRONZE</b>

**MARK COLMAN**

	<b>5K</b>			<b>10M</b>		
	<b>24.22</b>			<b>1,35.24</b>		
	<b>BRONZE</b>					

**LISA KNIGHTS**

				<b>10M</b>	<b>20M</b>	<b>½ MAR</b>
				<b>1,16.20</b>	<b>2,40.05</b>	<b>1,42.33</b>
				<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>

**JAYNE RICHARDSON**

	<b>5K</b>	<b>5M</b>		<b>10M</b>	<b>20M</b>	
	<b>28.08</b>	<b>48.41</b>		<b>1,40.21</b>	<b>3,45.53</b>	
	<b>SILVER</b>	<b>BRONZE</b>		<b>BRONZE</b>	<b>BRONZE</b>	

**TRACIE ASHFORD**

	<b>5K</b>					
	<b>27.47</b>					
	<b>BRONZE</b>					

**LAURA HEAD**

	<b>5K</b>					
	<b>33.51</b>					
	<b>BRONZE</b>					

**LISA WILSON**

	<b>5K</b>					
	<b>27.13</b>					
	<b>SILVER</b>					

**GEMMA ALDRED**

	<b>5K</b>					
	<b>33.53</b>					

**MICHAEL ILLINGWORTH**


**GAVIN HAMILTON**

	<b>5K</b>			<b>10M</b>		
	<b>28.36</b>			<b>1,49.05</b>		

**CATHERINE FISHER**

	<b>5K</b>					
	<b>33.10</b>					

**WAYNE O'NEILL**

	<b>5K</b>					
	<b>30.37</b>					

**GERARD GIBSON**

	<b>5K</b>					
	<b>28.07</b>					

**LINDSAY HOWLETT**

					<b>20M</b>	
					<b>3,02.35</b>	
					<b>SILVER</b>	

**PHILLIP WORLEDGE**

					<b>½ MAR</b>	
					<b>2,12.46</b>	

**DANIEL HARRIS**

	<b>5K</b>					
	<b>19.34</b>					
	<b>GOLD</b>					

**RACHEL HOGG**

	<b>5K</b>					
	<b>34.23</b>					

**KATHERINE MOORE**

	<b>5K</b>					
	<b>30.42</b>					
	<b>BRONZE</b>					

**REBBECA HARRIS**

	<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>½ MAR</b>		
	<b>24.03</b>	<b>39.27</b>	<b>51.32</b>	<b>1,53.59</b>		
	<b>SILVER</b>	<b>SILVER</b>	<b>SILVER</b>	<b>SILVER</b>		