



2014/15 CLUB STANDARDS

JOE MAYNE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
24:11	38:40	49:13			4,17:22
SILVER	SILVER	SILVER			BRONZE

VLADIMIR LAPTIKHOVSKY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	37:55	50:19	1,22:02	1,53,23	4,33:19
	SILVER	SILVER	SILVER	SILVER	BRONZE

CHRIS PIMLOTT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	29:43				
	DIAMOND				

RICHARD AUKLAND

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	31:26	40.15		1,32:06	
	GOLD	GOLD		GOLD	

BILL KINGABY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:33	34:14	42:54	1,11:54	1,37:46	
DIAMOND	DIAMOND	DIAMOND	DIAMOND	DIAMOND	

PAUL GRANT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	39:45			2,01:17	
	SILVER			BRONZE	

BECKY LANGFORD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		52:05		1,46:31	4,23:53
		SILVER		SILVER	BRONZE

STUART SMITH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	43:36	55:05		2,08:17	
	SILVER	SILVER		BRONZE	

MAXINE HUNT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
				2,25:27	
				BRONZE	

DAVID MOWER

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:40	35:35	44:15	1,16:51	1,42:06	4,12:24
DIAMOND	DIAMOND	DIAMOND	GOLD	GOLD	SILVER

PAUL HARROD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
				1,52:23	4,29:39
					BRONZE

COLIN MAXWELL

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
24:46	38:07	48:59			
SILVER	SILVER	SILVER			

CAREN ELVIN

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	39:58		1,20:42		
	SILVER		SILVER		

DAVID GOOSEY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	39:19			1,55:28	
	SILVER				

PATRICIA TUTTLE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	41:54				
	GOLD				

JANE HUNT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
26:57	48:11	57.51			
SILVER	BRONZE	SILVER			

WAYNE FREEMAN

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:27					
GOLD					

STEPHEN GIBBS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:20	37:12	47:32			
GOLD	SILVER	SILVER			

TIM EARL

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:02	32:35	41:48		1,31:08	3,15:21
SILVER	GOLD	SILVER		GOLD	SILVER

DUNCAN CARTER

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		47:33	1,22:45	1,52:48	
		SILVER	BRONZE	BRONZE	

TRACY MAYNE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
38:52					

ALAN FAIRS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
25:23					
BRONZE					

VICKI FAIRS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
					6,49:24

LOUISE ADAMSON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
27:15		51:38	1,28:33		
SILVER		GOLD	GOLD		

LOUISE RICHES

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	44:17			1,57:53	
	BRONZE			BRONZE	

ALAN VARLE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		51:38	1,24:42		
		GOLD	GOLD		

ALAN RICHARDSON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
				2,14:38	
				BRONZE	

ANGELA MOWER

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
34:42					
BRONZE					

ROSE NICHOLSON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:14				1,24:35	
GOLD				DIAMOND	

SUZY KNIGHTS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
26:20	41.45	57:40			
BRONZE	BRONZE	BRONZE			

ROB KNIGHTS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
23:12	37.05	51.59			
BRONZE	SILVER	BRONZE			

LISA JOYCE

5K	5 MILE	10K	10 MILE	20 MILES	MARATHON
		49.44	1,22:46	3,13:00	
		SILVER	SILVER	BRONZE	

CHRIS PIMLOTT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	29:43				
	DIAMOND				

CLAIRE BERAUD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	43:12				
	BRONZE				

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON