



2012/13 CLUB STANDARDS

TIM EARL

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
19:08	31:30	39:26			3,07:30
GOLD	GOLD	GOLD			GOLD

ALAN FAIRS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:24	33:39	43:52			3,45:36
GOLD	GOLD	SILVER			SILVER

JOE MAYNE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:41	38:16	47:26			
SILVER	SILVER	SILVER			

DAVID MOWER

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:39	38:27	47:14		1,51:48	
GOLD	GOLD	GOLD		SILVER	

NIGEL HERROD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		50:46			
		SILVER			

DAVID PIMLOTT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
26:04	43:50	54:45		1,58.11	
SILVER	SILVER	SILVER		SILVER	

ANGELA MOWER

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
32:09	53:22	1,05:14		2,29:08	
BRONZE	BRONZE	BRONZE		BRONZE	

BILL KINGABY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:52	34:18	43:30		1,37.25	
DIAMOND	DIAMOND	DIAMOND		DIAMOND	

KEVIN BOOTH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:36	35.05	44:57			4,13:00
GOLD	GOLD	GOLD			BRONZE

STEPHEN GIBBS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:19	37:00	46:18			
GOLD	SILVER	SILVER			

AILSA MACDONALD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
23:06	38:26	48:40		1,54:52	
SILVER	SILVER	SILVER		BRONZE	

STUART SMITH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	43:43	55:41			
	BRONZE	BRONZE			

LEE COUSENS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	33:09	42:49		1,45:06	
	GOLD	GOLD		SILVER	

PAULA LAMBERT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	41:30	50:02		1,48:29	
	SILVER	SILVER		SILVER	

PAUL HARROD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:25	41:14	50:47			
GOLD	SILVER	SILVER			

JONATHON COMYN

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	34:15	44:25			
	SILVER	SILVER			

TRACY MAYNE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
31:34		1,06:12			

MARK NUSSEY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		46:01			
		SILVER			

MICHAELA GOOCH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		56:18			
		SILVER			

DONNA BOGGIS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
27:56		1,00:21			
BRONZE		BRONZE			

ROSIE GRIEVE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
30:06		1,00:41			
		BRONZE			

CHRIS PIMLOTT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
19:09	31:32				
GOLD	GOLD				

WARREN HYTCH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
25:28					
BRONZE					

RICHARD AUCKLAND

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
23:22					
SILVER					

CATHY AUCKLAND

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
28:10		53:48			
BRONZE		BRONZE			

DAVID GOOSEY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		1,02;50			

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON