



## 2012/13 CLUB STANDARDS

### TIM EARL

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
19:08	31:30	39:26	1,11:22		3,07:30
<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	SILVER		<b>GOLD</b>

### ALAN FAIRS

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

### JOE MAYNE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:41	38:16	47:26		1,50:10	
SILVER	SILVER	SILVER		SILVER	

### DAVID MOWER

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:39	38:27	47:14	1,18:36	1,47:34	
<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	<b>GOLD</b>	

### 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	1,11:32	1,37.25	
DIAMOND	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	48:16		1,48:17	
SILVER	SILVER	SILVER		SILVER	

**STUART SMITH**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	43:43	55:41	1,34:27		
	BRONZE	BRONZE	BRONZE		

**LEE COUSENS**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	33:09	41:49		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	45:46			
GOLD	SILVER	GOLD			

**JONATHON COMYN**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:29	34:15	44:25			
SILVER	SILVER	SILVER			

**TRACY MAYNE**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
29:26		1,06:12	1,49:14		
BRONZE					

**MARK NUSSEY**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:16		46:01		1,37:30	
SILVER		SILVER		SILVER	

**MICHAELA GOOCH**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
28:01		56:18			
BRONZE		SILVER			

**DONNA BOGGIS**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
27:56		1,00:21	1,37:14		
BRONZE		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		1,06:36		
GOLD	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			

**LISA KNIGHTS**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
			1,17:13	1,51:46	
			GOLD	SILVER	

**WAYNE FREEMAN**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:53		46:55	1,17:04		
GOLD		GOLD	GOLD		

**SEAMUS WRIGLEY**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		43:13			
		SILVER			

**SHELLEY HAVERSON**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		59:15			
		BRONZE			

**EMMA LOCKER**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
			<b>1,24:49</b>		
			<b>SILVER</b>		

**DENISE GOLDSMITH**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
				<b>2,28:59</b>	

**ALAN RICHARDSON**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
			<b>1,27:02</b>		
			<b>GOLD</b>		