

**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** | **48:56** |  |  |  |
| **SILVER** | **SILVER** | **SILVER** |  |  |  |

**DAVID MOWER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **5K** | **5 MILE** | **10K** | **10 MILE** | **½ MARATHON** | **MARATHON** |
| **22:39** | **38:27** | **48:49** |  | **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** | **43:44** |  | **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** |  |  | **1,45:06** |  |
|  | **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** |
| **22:08** | **41:14** | **50:47** |  |  |  |
| **GOLD** | **SILVER** | **SILVER** |  |  |  |

**JONATHON COMYN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **5K** | **5 MILE** | **10K** | **10 MILE** | **½ MARATHON** | **MARATHON** |
|  | **34:15** |  |  |  |  |
|  | **SILVER** |  |  |  |  |

**TRACY MAYNE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **5K** | **5 MILE** | **10K** | **10 MILE** | **½ MARATHON** | **MARATHON** |
| **31:34** |  |  |  |  |  |
|  |  |  |  |  |  |

**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** |  |  |  |  |  |
| **BRONZE** |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **5K** | **5 MILE** | **10K** | **10 MILE** | **½ MARATHON** | **MARATHON** |
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| --- | --- | --- | --- | --- | --- |
| **5K** | **5 MILE** | **10K** | **10 MILE** | **½ MARATHON** | **MARATHON** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |