



2012/13 CLUB STANDARDS

TIM EARL

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	31:30	39:26			3,07:30
	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
22:59	38:16	49:21			
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	SILVER		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
26:38	43:50	54:47		2,23.50	
SILVER	SILVER	SILVER		BRONZE	

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	43:59		1,37.25	
DIAMOND	DIAMOND	DIAMOND		DIAMOND	

KEVIN BOOTH

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

STEPHEN GIBBS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:17	37:00				
SILVER	SILVER				

AILSA MACDONALD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	38:26	48:40			
	SILVER	SILVER			

STUART SMITH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	43:43	56:21			
	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			
	SILVER	SILVER			

PAUL HARROD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
24:09	41:14				
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
31:48					

MARK NUSSEY

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

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON