



## 2013/14 CLUB STANDARDS

### JAMES GOOCH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
25:50	43:17				
BRONZE	BRONZE				

### JON COMYN

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:15	33:24				
SILVER	SILVER				

### ALAN RICHARDSON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
25:03		50:37		2,00:32	4,58:41
GOLD		GOLD		SILVER	BRONZE

### BILL KINGABY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	34:23	45:05		1,42:57	
	DIAMOND	DIAMOND		GOLD	

### AILSA MACDONALD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:43	36:22	45:34		1,54:46	4,05:05
SILVER	GOLD	SILVER		BRONZE	BRONZE

**WAYNE FREEMAN**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:14	35:01	47:00		1,56:07	
GOLD	GOLD	GOLD		SILVER	

**PAUL HARROD**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
23:22	37:14	46:08		2,04:08	
SILVER	SILVER	GOLD		BRONZE	

**STUART SMITH**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	43:04	56:35		2,17:50	
	SILVER	BRONZE		BRONZE	

**DAVID MOWER**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:18	36:07	48:09		1,51:46	4,03:07
GOLD	GOLD	GOLD		SILVER	SILVER

**LISA KNIGHTS**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:05		45:34		1,46:17	3,30:27
GOLD		GOLD		SILVER	GOLD

**TIM EARL**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	33:39	42:29		1,45:16	
	SILVER	SILVER		BRONZE	

**RICHARD AUKLAND**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	34:34	41:57			
	SILVER	GOLD			

**STEPHEN GIBBS**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:08	35:07	45:15			
SILVER	GOLD	GOLD			

**JOE MAYNE**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
23:25	37:41	47:55			
SILVER	SILVER	SILVER			

**PATRICIA TUTTLE**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	42:51	54:47		2.01:29	
	GOLD	GOLD		SILVER	

**KALY GOOCH**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
26:53	43:29				
SILVER	SILVER				

**MARK NUSSEY**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	34:19	43:45		1.44:06	
	GOLD	GOLD		SILVER	

**PHILIP LANE**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	34:36				
	GOLD				

**PAULA LAMBERT**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	40:37	51:42		1.53:38	
	SILVER	SILVER		SILVER	

**ANGELA MOWER**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
31:28	52:58			2.35:27	
BRONZE	BRONZE			BRONZE	

**ROSIE GRIEVE**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
29:18		59:18			
		BRONZE			

**WARREN HYTCH**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
23:19					
BRONZE					

**CHRIS PIMLOTT**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		39:01			
		GOLD			

**ALAN FAIRS**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:23		43:42			
<b>GOLD</b>		<b>GOLD</b>			

**CRAIG DRAKE**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	42:51	54:57			

**DAVID PIMLOTT**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
29:29		1,04:44			
<b>BRONZE</b>		<b>BRONZE</b>			

**DAVID GOOSEY**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	43:58	53:39		2.06:54	
	<b>BRONZE</b>	<b>BRONZE</b>		<b>BRONZE</b>	

**VICKI FAIRS**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
41:39					

**NIGEL HERROD**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		48:12			
		<b>GOLD</b>			

**TRACY MAYNE**

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
				2.41:36	

<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10 MILE</b>	<b>½ MARATHON</b>	<b>MARATHON</b>

<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10 MILE</b>	<b>½ MARATHON</b>	<b>MARATHON</b>

<b>5K</b>	<b>5 MILE</b>	<b>10K</b>	<b>10 MILE</b>	<b>½ MARATHON</b>	<b>MARATHON</b>