



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
20:05	33:24				
SILVER	SILVER				

ALAN RICHARDSON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
24:27		50:37	1,24:54	2,00:32	4,58:41
GOLD		GOLD	GOLD	SILVER	BRONZE

BILL KINGABY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	34:23	45:05	1,12:19	1,42:57	
	DIAMOND	DIAMOND	DIAMOND	GOLD	

AILSA MACDONALD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:43	36:22	45:34		1,44:53	4,05:05
SILVER	GOLD	GOLD		SLIVER	BRONZE

WAYNE FREEMAN

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:14	35:01	43:13	1,15:54	1,56:07	
GOLD	GOLD	GOLD	GOLD	SILVER	

PAUL HARROD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
23:22	37:14	46:08	1,24:33	2,04:08	
SILVER	SILVER	GOLD	SLIVER	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	1,19:02	1,46:37	4,03:07
GOLD	GOLD	GOLD	GOLD	GOLD	SILVER

LISA KNIGHTS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:05		45:34	1,15:27	1,40:26	3,30:27
GOLD		GOLD	GOLD	GOLD	GOLD

TIM EARL

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:19	33:39	42:29	1,09:48	1,31:28	
SLIVER	SILVER	SILVER	SLIVER	GOLD	

RICHARD AUKLAND

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	34:34	41.57	1,09:16	1,33:46	
	SILVER	GOLD	GOLD	GOLD	

STEPHEN GIBBS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
22:08	35:07	45:15		1,53:49	
SILVER	GOLD	GOLD		BRONZE	

JOE MAYNE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
23:25	37:41	47:55	1,20:14	1,47:59	
SILVER	SILVER	SILVER	SLIVER	SLIVER	

PATRICA 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	

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			
GOLD		GOLD			

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			
BRONZE		BRONZE			

DAVID GOOSEY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	43:58	53:39	1,25:34	2.06:54	
	BRONZE	BRONZE	BRONZE	BRONZE	

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			
		GOLD			

TRACY MAYNE

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

VLADIMIR LAPTIKHOVSKY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
				1,51:35	
				SILVER	

ROSE NICHOLSON

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
19:02					
DIAMOND					

DEMISE GOLDSMITH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
				2,31:01	

KEVIN BOOTH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		48:10			
		SLIVER			

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON