



2011/12 CLUB STANDARDS

BILL KINGABY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:55	33:53	44:06			
DIAMOND	DIAMOND	DIAMOND			

TRACY MAYNE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
32:56		1:02:33	1:54:10		
		BRONZE			

NIGEL HERROD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:58	35:41	46:01	1:16:54	1:45:50	
GOLD	GOLD	GOLD	GOLD	SILVER	

TIM GROOMBRIDGE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		42:15		1:38:14	
		GOLD		SILVER	

CHRIS PIMLOTT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
18:21	31.05	38.40			3:25:51
GOLD	GOLD	GOLD			SILVER

ALAN FAIRS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
20:33	33:42	43:33		1:37:56	
GOLD	GOLD	SILVER		SILVER	

STEPH PIMLOTT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	43:40	1:01:04		2:13:11	
	BRONZE				

STUART SMITH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	44:07	57:38		2:16:00	
	BRONZE	BRONZE		BRONZE	

SEAMUS WRIGLEY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		47:44			
		BRONZE			

DALE DEPASQUALE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
26:28	45:41	59:05			
BRONZE					

GLENN DOY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		46:10			
		GOLD			

STEPHEN GIBBS

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		46:11	1:18:01		
		SILVER	SILVER		

DAVID PYRCE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	41:32	52:51			
	GOLD	GOLD			

TIM EARL

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
19:01	30:59	41:16		1:27:30	3:09:29
GOLD	GOLD	GOLD		GOLD	GOLD

KEVIN BOOTH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
21:16	36:24	45:23		1:44:50	
GOLD	SILVER	GOLD		SILVER	

PAULA LAMBERT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	39:21	52:38	1:26:08		
	SILVER	SILVER	SILVER		

CHRIS BOOTH

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	33:51				
	SILVER				

RAVENNA BARTHOLOMEW

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	50:31				

DAVID PIMLOTT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	42:49	56.30		2:06:08	4:49:45
	SILVER	SILVER		SILVER	BRONZE

CATHERINE CARFOOT

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
	39:33				
	BRONZE				

PAUL HARROD

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
				2:05:10	5:00:21
				BRONZE	

JONATHON COMYN

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		43:16		1:38:31	
		SILVER		SILVER	

PAT TUTTLE

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
					4:47:52
					BRONZE

DAVID MOWER

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		50:22			
		SILVER			

ANGELA MOWER

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		1:03:46			
		BRONZE			

MARK NUSSEY

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON
		44:14	1:18:48		
		SILVER	SILVER		

5K	5 MILE	10K	10 MILE	½ MARATHON	MARATHON