

17/05/2019

Current Club Record

Personal Bests	1 mile	5k	5 mile	Frostbite	10k	10 mile	Half Marathon	Marathon
Victoria Abraham	00:09:14	00:27:32		00:49:37	00:58:18	01:43:29	02:12:18	
Steven Allpress		00:19:57		00:36:27	00:43:34	01:16:01	01:39:09	
Richard Ardern		00:18:19	00:31:14	00:30:45	00:38:20	01:04:03	01:25:43	03:22:38
Dave (DJ) Armstrong		00:24:55	00:47:32	00:42:14	00:52:30	01:27:21	01:59:17	04:56:24
Joy Atkin		00:24:22		00:41:43	00:50:33	01:21:13	01:47:55	05:15:14
Paul Atherfold		00:21:27		00:35:08	00:45:00	01:29:27	01:50:12	03:45:36
Callum Atherfold		00:23:16		00:42:22	00:50:01			
Diana Baird		00:26:40	00:44:37	00:44:47	00:57:04	01:36:59	02:14:38	05:02:03
Barrie Barrett		00:20:14	00:33:23	00:32:19	00:40:50	01:08:37	01:28:16	03:34:53
Matthew Barrows					00:50:11			04:50:20
Paul Baxter		00:19:06	00:32:15	00:32:56	00:40:05	01:05:54	01:27:08	03:14:23
Jeff Beaver	00:07:11	00:23:15	00:39:36	00:39:49	00:48:26	01:23:22	01:50:44	04:28:01
Marianne Blessett		00:27:58	00:44:56	00:44:26	00:55:08	01:34:41	02:05:13	05:16:51
Helen Bloodworth		00:39:50		01:11:16	01:26:21			
Jenny Bryant		00:25:24	00:42:59	00:45:51	00:53:47	01:31:08	01:59:02	04:28:01
Jenny Butler		00:29:38		00:51:39				
Liz Camelford		00:24:59	00:57:12	00:42:33	00:51:23	01:27:16	01:54:20	04:24:11
Ray Causton		00:24:15		00:39:01	00:50:34			
Sigita Cesnauskaite	00:07:09	00:23:00		00:39:21	00:49:19	01:23:31	01:47:32	
Jane Chambers		00:31:25						
Dean Chapman		00:21:34	00:36:35	00:38:24	00:45:10	01:16:29	01:40:37	03:43:06
Hannah Chapman		00:19:34	00:35:20	00:33:10	00:41:44	01:15:06	01:33:17	
Stephen Clarke		00:21:46	00:36:13	00:35:43	00:44:28	01:14:37	01:37:49	03:45:14
Bekkie Cochrane		00:28:52	00:52:10	00:49:32	01:03:01	01:50:03	02:17:40	
Alan Condon	00:06:16	00:20:23	00:35:21	00:34:52	00:42:14	01:11:48	01:35:04	03:40:17
Stephen Cook	00:06:18	00:20:20	00:33:54	00:33:59	00:41:54	01:12:14	01:34:26	03:48:12
Michelle Cooper		00:21:34	00:36:51	00:37:43	00:46:36	01:23:01	01:46:24	04:04:35
Yvonne Cooper		00:20:12	00:34:37	00:32:46	00:41:25	01:12:38	01:28:36	03:08:37
Brian Corleys	00:05:09	00:16:24	00:27:51	00:27:36	00:34:43	00:56:13	01:13:29	03:01:28
Giada Sada Christiano		00:29:14	00:52:36	00:58:19	01:03:57		02:56:32	
Trish Crighton		00:27:30	00:47:42	00:49:05	00:58:13	01:39:16	02:16:48	
Mike Daniels	00:05:36	00:18:10	00:31:10	00:32:27	00:38:50	01:04:40	01:24:25	03:02:52
Robert Daniels		00:21:53	00:39:35	00:38:40	00:47:51	01:21:05	01:48:27	
Sue Davies		00:32:48			01:10:48			
Glyn Davys			00:33:43	00:35:07		01:11:56	01:40:37	03:21:37
Sue Davys		00:24:54	00:42:57	00:41:18	00:52:12	01:28:53	01:58:27	04:38:35
George Dawson		00:30:06	00:51:36	00:41:47	00:57:55			
Stuart Day		00:23:24	00:38:36	00:46:29	00:50:11	01:30:47	01:54:55	
Sue Dibble		00:31:51		00:55:06	01:07:47			
Steve Donovan		00:23:37			00:50:50			04:18:28
Charlotte Edwards		00:23:33	00:57:09	00:41:55	00:49:40	01:31:37	01:57:44	
Laura-Jane Edwards	00:07:40	00:25:39	00:46:00	00:45:58	00:55:50	01:35:25	02:06:36	
Wendy Edwards		00:32:42			01:12:38			
Charlene Elliott		00:31:33	01:00:41	00:59:18	01:13:31	01:54:07	02:34:46	
Andrew Ferguson		00:21:38	00:36:23		00:43:45	01:12:35	01:37:49	
Ron Firth			00:45:58	00:36:30	00:43:18	01:11:46	01:36:11	
Paul Fowler		00:28:28					02:06:13	
Carl Francis		00:22:10		00:39:05	00:49:25	01:21:59	01:47:09	03:58:51
Dan Garland				00:34:28				
Polly Garland		00:24:24		00:42:42	00:54:05			
Martin Gichuhi		00:16:06		00:28:35	00:34:50	00:57:37	01:16:35	02:43:24
Christine Gobbi		00:25:01	00:45:18		00:51:57		02:06:23	05:18:52
Oliver Gobbi	00:05:36	00:19:29		00:32:41	00:41:19		01:29:05	
Shane Goldsmith		00:21:34	00:38:13	00:37:02	00:45:45	01:17:06	01:49:45	
Brian Griffiths		00:24:32		00:47:31	01:01:02			
Barbara Gunn		00:28:27	00:48:54	00:46:02	00:59:15	01:40:07	02:13:45	
Debra Harris								
Paul Hides		00:23:16	00:38:22	00:44:07	00:49:35	01:20:21	01:52:00	
Chris Hopewell	00:05:39	00:19:06		00:32:55	00:40:50	01:08:23	01:30:43	03:30:23
Paul Howland		00:20:58		00:38:27	00:44:20	01:15:57	01:36:50	03:55:07
Daniel Irwin		00:20:14		00:34:34	00:45:51	01:13:00	01:37:34	03:37:34
Paul Jephcott		00:20:54	00:35:55	00:35:08	00:43:48	01:14:32	01:38:40	03:53:08

Clare Jones					01:00:27			
Pauline Kennedy	00:22:19	00:25:02		00:49:11	00:52:32	01:34:56	01:56:14	
Emma Lamb		00:29:38	00:52:53		01:05:30		02:26:43	
Jay Langdon		00:23:50		00:39:08	00:50:56		01:55:21	04:41:46
Steven Lee		00:20:51		00:38:21	00:43:48		01:38:47	
Liz Lorimer		00:28:10	00:48:52	00:47:24	00:57:50	01:35:17	02:12:26	05:19:10
Adam McCluskey		00:19:28			00:42:12	01:09:10	01:32:48	
Hayley McKernan		00:30:38			01:10:34			
Zoe MacPhail		00:26:12						
Gary Marshall		00:26:48		00:43:58	00:56:46	01:47:49	02:19:51	
Greg Marshall		00:28:14		00:47:42	01:00:12			
Hannah Marshall		00:29:47		00:55:07	01:00:37		02:37:14	
Craig Matthews		00:21:00	00:36:02	00:35:55	00:44:04	01:17:29	01:43:44	04:19:47
Eve Matthews	00:07:42	00:24:09	00:43:37	00:43:02	00:51:46	01:27:42	01:56:21	
Scott Meadows	00:05:12	00:16:49	00:31:49	00:29:42	00:34:44	01:01:30	01:17:24	03:49:50
Tom Middleton		00:18:07	00:31:52	00:31:58				
Paul Miller		00:23:22		00:39:59	00:58:43	01:21:45	02:09:45	
Kathleen Miller		00:29:04		00:44:42	00:55:23		02:09:46	
David Muffett		00:27:32		00:49:53				
Thomas Musson				00:30:42				
Chris Nightingale		00:21:05		00:39:39	00:44:32	01:17:53	01:39:06	03:42:33
Jake Norman		00:18:32		00:33:50			01:27:33	03:36:10
Adrian Olik		00:20:55		00:35:29	00:43:14	01:13:36		04:43:14
Victoria Olik		00:25:38		00:42:59	00:54:21	01:30:01	01:58:36	04:28:22
Nilesh Patel	00:06:41	00:22:04	00:38:05	00:37:33	00:46:07	01:19:52	01:47:28	04:50:40
Sue Pawson		00:26:50	00:47:18	00:47:11	00:57:22	01:39:14	02:11:05	
Mark Pereira	00:05:13	00:18:26	00:32:02	00:31:24	00:40:43	01:07:29	01:27:53	03:31:26
Marzena Pietras		00:22:55			00:49:20			
Louise Randall		00:27:39		00:53:09	01:05:35		02:43:22	
Joanna Razaq		00:23:27			00:47:34	01:18:59	01:44:51	
Antoinette Rendle		00:33:05	00:51:17	00:53:24	00:52:39	01:50:47	02:01:05	04:52:00
Dino Rosella		00:23:39		00:41:40			02:02:51	
Lindsey Rosella		00:23:16	00:37:02	00:37:25	00:45:11	01:19:20	01:48:19	04:06:59
Stewart Rosella		00:24:33		00:41:40	00:49:20		01:51:10	
Amanda Salter		00:24:17	00:42:57	00:46:51	00:54:17	01:27:35	01:53:37	04:46:24
Alison Shepperson		00:24:46		00:44:29	00:51:32	01:30:11	02:03:37	
Alison Sinclair		00:23:09	00:39:54	00:39:05	00:49:09	01:20:30	01:44:31	03:53:47
Brian Smale		00:27:44		00:46:20	00:58:25		02:08:03	
Maxine Smith		00:27:12		00:47:50	00:57:54		02:26:26	
Chris Stapleton		00:21:26	00:38:01	00:36:01	00:44:17	01:16:51	01:40:16	04:23:16
Dan Stapleton		00:20:57	00:38:36	00:35:47	00:45:14		01:38:26	
Paula Stapleton		00:28:40		00:47:16	00:59:16		02:29:30	
Susan Stevens		00:24:21		00:44:11	00:53:07		01:54:46	
Barbara Stone		00:35:03						
Rachel Stone		00:24:01	00:42:29	00:44:20	00:49:28	01:27:31	01:47:50	04:11:24
Rich Talby		00:22:15	00:40:28	00:39:12	00:47:28	01:19:41	01:46:30	
Julie Tebb		00:28:18	00:47:33	00:45:42	00:57:56	01:34:21	02:06:18	04:48:30
Peter Tebb		00:21:38	00:37:40	00:36:35	00:42:51	01:16:17	01:38:42	03:43:10
Louise Tesloff	00:07:05	00:23:05	00:40:38	00:39:44	00:50:51	01:23:40	01:49:44	04:00:17
Abi Tiernan		00:24:49	00:48:00	00:49:39	00:50:02	01:24:36	01:52:18	04:41:00
Jon Tiernan		00:25:46	00:50:14	00:46:41	00:53:59	01:35:02	02:16:52	
Robert Tomkins		00:24:21	00:44:07	00:43:07	00:54:03	01:28:45	01:57:08	04:57:24
Tahir Usman	00:07:20	00:26:01						
Jan Von Tonder								
Estie Von Tonder								
Jade Walker		00:32:01	00:54:23	01:03:29	01:05:27		02:41:59	
Mandy Walker	00:09:14	00:25:17	00:42:17	00:41:51	00:52:41	01:28:09	01:57:41	04:41:18
Matt Webb	00:08:17	00:25:05	00:42:12	00:42:02	00:53:39	01:34:40	02:07:34	
Mary Webber		00:25:58	00:44:30	00:44:09	00:54:50	01:31:54	02:06:03	
Elizabeth Whittaker	00:07:52	00:24:20	00:43:42	00:41:48	00:50:44	01:23:45	01:52:57	04:18:06
Sean Whittaker		00:23:36	00:46:20	00:43:22	00:51:11	01:29:25	01:59:57	05:53:12
Sarah Williams	00:07:44	00:24:48	00:43:46	00:44:37	00:56:20	01:39:09	02:04:28	
Eric Winstone		00:21:04	00:34:52	00:34:40	00:43:56	01:13:20	01:38:19	04:07:46
Martyn Witton		00:20:27	00:35:54	00:35:39	00:44:09	01:13:36	01:39:03	03:58:53
Rebecca Witton		00:22:46	00:39:40	00:38:39	00:46:13	01:17:20	01:41:28	03:49:36