

2016 CLUB RANKINGS**5K (MEN)**

Jack Gillick	15.57
Sam Russell	17.06
Kris Barnard	17.33
Peter Harvey	17.39
Stuart Barnard	18.31
Adrian Hall	18.33
Ian Moore	18.41
Patrick Lock	18.43
Paul Camp	18.47
Sam Barker	18.51
Carl Chapman	18.54
Frank Bowler	19.06
Steve Eley	19.06
Sean Thompso	19.08
Martin Stringfellow	19.12
Andrew Terry	19.24
Josh Shorrocks	19.28
Daniel Brocklehurst	19.40
Ben Cooper	19.40
Adam Masterson	19.41
Mark Keysell	19.43
Mark Tufts	19.57
Stephen Greatbanks	20.14
Ed Greenland	20.14
Andrew Lane	20.18
Daniel Roberts	20.21
Stephen Dady	20.45
Gary Whiting	20.54
Heath Alexander-B.	21.28
Jonathan Causton	21.32
Julian Johnson	21.33
Tony Beales	21.41
Alex Bowen	21.44
Neil Holland	21.52
Gerry Watson	22.02
Niall Mahoney	22.06
Tony Richardson	22.12
Michael Hall	22.13
Oliver Timson	22.19
Fergus Stirling	23.00
Richard Tubb	23.06
Terry Brannan	23.09
Rob Ewin	23.20
Julian Allaker	23.27
Keith Hood	23.30
Kevin Cook	23.50
Mike Pope	24.00
Andy Menin	24.08
Jonathan Newell	24.24
Gavin Hall	24.27
Pete Sharpe	24.35
David Brailey	24.35
Ivan Colman	24.35
Mike Smith (D)	24.36
Steve Bradley	24.49
Stewart Gillion	24.53
Glenn Basham	24.53
Michael Wray	24.59
Rob Winner	25.09
Kerry Hopper	25.10
Andy Hughes	25.20
Francis Woodcock	26.20
Dennis Early	27.03
Roy Harvey	27.09
Steven Neeve	27.46
Alan Murphy	28.46
Andy Stratton	29.54
Louis Cooper	31.06
Rodney Freeburn	33.27
Ron Carter	36.26

5K (WOMEN)

Alexandra Smith	19.37
Sharon Hurren	20.32
Harriet Carr	20.42
Juliette Watkinson	21.12
Cat Cummings	21.20
Kate Scotter	21.42
Natasha Rout	21.43
Amy Balaan	21.59
Leanne Bagge	23.21
Julia Lloyd	24.06
Cassie Barker	24.33
Paula Greatbanks	24.40
Angie Bear	24.55
Vikki Mountain	25.10
Jenny Christian	25.20
Tracie Draeger	25.21
Nicola Fortescue	25.21
Patsy Bradley	25.22
Sue Stirling	25.24
Kate Quentin-H.	25.26
Clare Bradley	25.41
Crissie Lakey	25.58
Rachel Chester	25.59
Julie Winner	26.07
Beres Ward	26.09
Tracy Stevens	26.10
Clare Bradbury	26.15
Jen Rudd	26.35
Rachael Lockwood	26.39
Cindy Burgess	26.43
Lisa Rodgers	27.08
Georgia Williamson	27.08
Sylvia Dady	27.14
Angie Martin	27.28
Vicky Day	27.29
Trish McCarthy	27.32
Catherine O'Neill	27.34
Eva Osborne	27.37
Madeline Beale	27.52
jJaqueline Keeling	27.59
Kathryn Want	28.48
Nichola Thatcher	28.52
Sharon Cook	29.01
Paula McGrath	29.04
Helen Lakey	29.05
Jane Lowrie	29.09
Charlotte Richardson	29.17
Emma Fickling	29.31
Samantha Green	29.33
Jo Jesney	29.37
Gemma Gallagher-H.	29.56
Faye Lipscombe	30.01
Anne Martin	30.04
Sarah Masterson	30.09
Salena Dawson	30.16
Wendy Larke	31.03
Nedina Middleton-H.	31.25
Allison Stevens	32.28
Louise MacDuff	32.49
Becky Cooper	32.49
Tracy Salisbury	33.08
Carla Oxbury	33.11
Rebecca Riddoch	33.41
Sharon Wray	34.18
Kathryn Cairncross	35.58
Sue Woolbright	40.43
Sue Humphreys	44.53

5M (MEN)

Jack Gillick	28.02
Sam Russell	28.46
Andy Preston	30.01
Stuart Barnard	30.12
Adrian Hall	30.39
Peter Harvey	30.43
Ian Moore	31.30
Martin Stringfellow	32.07
Patrick Lock	32.23
Karl Chapman	32.51
Mark Keysell	33.04
Mike Walters	33.24
Mark Tufts	33.47
Andrew Lane	33.49
Ed Greenland	33.49
Stephen Greatbanks	34.01
Raphael Silver	34.02
Frank Bowler	34.06
Richard Dade	34.20
Russell Mathews	34.36
Garry Whiting	34.51
Daniel Brocklehurst	35.06
Paul Cross	35.07
Adam Masterson	35.51
Heath Alexander-B	35.52
Ian Sturgess	36.24
Tony Beales	36.24
Alex Bowen	36.26
Terry Epps	36.41
Gerry Watson	37.06
Oliver Timson	37.18
Terry Brannan	38.24
Paul Goodwill	38.30
David Pentin	39.25
Mike Smith (D)	39.32
Danny Reeb	39.36
Rob Ewin	40.19
Gavin Hall	40.23
Glenn Basham	40.29
Nigel Poppleton	40.34
Mike Pope	41.17
Rob Winner	41.52
Pete Sharpe	41.58
Jonathan Newell	43.19
Mike Wray	43.43
Carl Hipperson	44.15
Steve Bradley	44.17
Dennis Bartram	44.38
Robert Scarfe	45.19
Mal Garwood	47.12
Francis Woodcock	47.15
Louis Cooper	51.27
Rodney Freeburn	61.39

5M-(WOMEN)

Alex Smith	32.31
Sharon Hurren	35.32
Zoe Jones	36.24
Niki Park	36.43
Jen Rudd	37.15
Natasha Rout	37.17
Juliette Watkinson	37.48
Leanne Bagge	38.42
Claire Brooke	39.09
Victoria Gray	39.38
Julia Lloyd	39.45
Marianne Defernez	39.50
Sue Stirling	39.51
Jessica Neave	39.53
Charlotte Richardson	40.59
Jo McKay	41.19
Angie Bear	41.22
Dee Middleton-H	41.25
Jo Delf	41.26
Paula Greatbanks	41.28
Rachel Chester	42.17
Chrissie Lakey	42.26
Jules Kennelly	42.39
Cassie Barker	42.57
Cindy Burgess	43.55
Marina Murdoch	44.06
Catherine O'Neill	44.20
Julie Winner	44.53
Beres Ward	45.20
Lyn Ottaway	45.21
Carol Coleman	45.26
Katie Horner	48.08
Anne Martin	50.01
Clarice Campbell	54.55
Bethanie Gray	57.24
Tracy Salisbury	57.39
Rebecca Riddoch	60.03

10K (MEN)

Jack Gillick	34.23
Fernando Silva	36.44
Kris Barnard	36.59
Sam Russell	37.03
Peter Harvey	37.13
Sreve Ely	37.26
Andy Preston	37.37
Jason Mountain	37.55
Stuart Barnard	38.04
Adrian Hall	38.48
Martin Stringfellow	39.25
Sam Barker	39.50
Ian Moore	39.59
Ben Cooper	40.09
Frank Bowler	40.12
Sean Thompson	40.47
Patrick Larke	41.20
Karl Chapman	41.24
Mark Tufts	41.48
Mark Keysell	42.06
Andrew Lane	42.08
Davis Reeve	42.23
Patrick Lock	42.51
Stephen Greatbanks	43.33
Jonathan Batchelor	43.48
Gary Whiting	43.49
Shane Morgan	44.08
Ed Greenland	44.42
Terry Epps	44.55
Heath Alexander-B	45.01
Russell Clarke	45.04

Daniel Bocklehurst	45.24
Gerry Watson	45.27
Tony Beales	45.47
Tony Richardson	46.09
Julian Johnson	46.12
Keith Hood	46.27
Richard Dale	46.44
Terry Brannan	48.05
Oliver Timson	48.11
Alex Bowen	48.40
Mike Smith (H)	51.09
Mike Smith (D)	51.23
Pete Sharpe	51.46
Glenn Basham	52.25
Mike Pope	52.30
Stewart Gillion	52.41
Jonathan Newell	52.55
Rob Winner	53.12
Steve Bradley	53.23
Andy Menin	54.12
Robert Scarfe	56.00
Jon Dicks	56.42
Francis Woodcock	58.28
Michael Wray	59.26
Dennis Early	59.39
Dennis Bartram	59.39
Louis Cooper	62.24
Gareth Sayer	65.33
Mike Walters	67.24
Andy Stratton	73.07
Rodney Freeburn	75.59

10K WOMEN

Alexandra Smith	40.05
Sharon Hurren	42.24
Tasha Rout	45.43
Juliette Watkinson	45.53
Zoe Jones	46.12
Jessica Neave	46.51
Jen Rudd	47.26
Claire Brooke	47.43
Marianne Defernez	47.44
Leanne Bagge	48.44
Cat Cummings	48.52
Cassie Barker	49.36
Louise Holland	49.46
Julia Lloyd	49.55
Charlotte Richardson	51.18
Angie Bear	51.41
Paula Greatbanks	51.48
Louise Barker	51.50
Jo Delf	52.35
Julia Kennelly	52.49
Patsy Bradley	53.08
Wendy Larke	53.21
Rachael Lockwood	53.38
Rachel Chester	53.42
Dee Middleton-H	53.47
Chrissie Lakey	54.26
Tracy Stevens	54.37
Julie Winner	55.00
Kate Quentin-H	55.26
Marina Murdoch	55.30
Sue Stirling	55.43
Cindy Burgess	56.05
Sylvia Dady	56.24
Catherine O'Neill	57.02
Beres Ward	58.16
Madeline Beale	58.30
Vicky Day	58.32
Lisa Rodaers	58.42

Jacqueline Keeling	58.44
Anita Talby	60.04
Nichola Thatcher	60.22
Martha Clarke	61.08
Clare Bradley	61.23
Lyn Ottaway	62.34
Anne Martin	62.52
Helen Lakey	63.02
Angie Martin	63.06
Clare Bradbury	65.26
Melanie Sinclair	66.03
Louise MacDuff	66.22
Hayley Morais	66.50
Allison Stevens	66.56
Clarice Campbell	68.22
Jane Lowrie	68.37
Salena Dawson	68.50
Becky Cooper	68.55
Sharon Wray	70.53
Amy Shawcross	71.25
Emma Godbold	74.06
Gemma Gallagher-H	75.07
Rebecca Riddoch	77.34
Tracey Salisbury	77.44
Faye Lipscombe	80.43
Gemma Hatson	81.07

10M (MEN)

Jack Gillick	56.24
Sam Russell	1.01.17
Steve Ely	1.03.55
Ian Moore	1.04.51
Andy Preston	1.05.40
Stuart Barnard	1.06.37
Kris Barnard	1.07.01
Ben Cooper	1.07.30
Karl Chapman	1.09.34
Andrew Lane	1.10.14
Shane Morgan	1.12.25
Gerry Watson	1.14.31
Mark Tufts	1.15.03
Heath Alexander-B	1.15.40
Tony Richardson	1.15.40
Kevin Garwood	1.15.43
Keith Hood	1.16.14
Tony Beales	1.16.58
Ian Sturgess	1.17.45
Alex Bowen	1.18.30
Julian Johnson	1.18.38
Garry Whiting	1.19.29
Martin Stringfellow	1.21.53
Jonathan Newell	1.23.45
Stewart Gillion	1.29.00
Pete Sharpe	1.30.30
Rob Ewin	1.32.21
Mike Smith (D)	1.36.13
Andy Stratton	1.45.41

10M (WOMEN)

Alexandra Smith	1.07.38
Jen Rudd	1.09.10
Cat Cummings	1.09.11
Sharon Hurren	1.09.55
Marianne Defernez	1.16.08
Zoe Jones	1.16.40
Leanne Bagge	1.20.06
Cassie Barker	1.20.49
Louise Holland	1.22.38
Julia Lloyd	1.23.38
Sue Stirling	1.23.55
Jo McKay	1.23.56
Angie Bear	1.26.03
• Vicky Gray	1.26.18
Natasha Rout	1.26.49
Paula Greatbanks	1.27.01
Rachel Chester	1.28.41
Charlotte Richardson	1.29.11
Beres Ward	1.29.16
Jules Kennelly	1.29.17
Dee Middleton-H	1.29.29
Tracy Stevens	1.30.56
Chrissie Lakey	1.31.05
Cindy Burgess	1.34.37
Jacky Keeling	1.37.33
Lisa Rodgers	1.37.37
Vicky Day	1.40.15
Wendy Larke	1.45.18
Lyn Ottoway	1.50.25
Rebecca Riddoch	1.59.29
Sharon Wray	2.09.55

HALF-MARATON (MEN)

Sam Russell	1.21.10
Jason Mountain	1.21.58
Steve Ely	1.23.53
Andy Preston	1.24.28
Peter Harvey	1.26.32
Martin Stringfellow	1.26.37
Stuart Barnard	1.28.29
Karl Chapman	1.31.30
Andrew Lane	1.33.34
Kris Barnard	1.34.25
Mark Tufts	1.37.11
Tony Beales	1.37.43
Garry Whiting	1.39.16
Heath Alexander-B	1.40.23
Stephen Greatbanks	1.42.02
Alex Bowen	1.42.33
Keith Hood	1.44.05
Ian Sturgess	1.44.55
Tony Richardson	1.45.35
Kirk Bagge	1.47.32
Daniel Brocklehurst	1.49.50
Patrick Larke	1.54.08
Steve Bradley	1.57.32
Rob Winner	1.59.28
Mike Pope	2.04.22
Jonathan Newell	2.04.33
Pete Sharpe	2.05.56
Gerry Watson	2.27.07

HALF M (WOMEN)

Alex Smith	1.27.24
Sharon Hurren	1.36.57
Rebecca Faircloth	1.38.27
Jen Rudd	1.45.45
Jessica Neave	1.47.18
Louise Barker	1.48.48
Julia Lloyd	1.51.34
Angie Bear	1.51.48
• Victoria Gray	1.53.43
Jo McKay	1.54.05
Dee Middleton-H	1.54.34
Paula Greatbanks	1.55.00
Charlotte Richardson	1.56.01
Vikki Mountain	2.00.13
Rachael Lockwood	2.00.59
Rachel Chester	2.01.05
Chrissie Lakey	2.03.50
Cindy Burgess	2.08.12
Jacqueline Keeling	2.08.32
Louise Powell	2.08.51
Julie Winner	2.10.08
Lisa Rodgers	2.10.15
Anita Talby	2.15.36
Melanie Sinclair	2.24.14
Emma Godbold	2.29.42
Rebecca Riddoch	2.33.53
Linda Goram	2.33.57
Sharon Wray	2.53.34

MARATHON (MEN)

Sam Russell	3.00.18
Jason Mountain	3.03.17
Steve Ely	3.03.52
Andy Preston	3.05.59
Stu Barnard	3.09.11
Peter Harvey	3.14.23
Richard White	3.14.52
Andrew Lane	3.18.25
Adam Masterson	3.18.25
Mark Tufts	3.23.46
Kevin Garwood	3.29.05
Raphael Silver	3.35.35
Andy Terry	3.44.35
Ian Sturgess	4.02.52
Alex Bowen	4.07.57
Gavin Hall	4.31.28
John Newell	4.53.??
Steve Bradley	5.12.42
<i>• Mike Wray.</i>	

MARATHON (WOMEN)

Tasha Rout	3.44.30
Julia Lloyd	4.02.52
Chrissie Lakey	4.33.09
Vikki Mountain	5.11.20
Rebecca Riddoch	5.50.45
<i>• Sharon Wray</i>	

PRIZE WINNER (MEN)Sam Barker 3rd overall (5k)Terry Brannan 1st M70 (10k)Steve Ely 1st M40 (10k)Rob Ewin 3rd M60 (10m)
3rd M60 (CC)Jack Gillick 1st overall (10k)
3rd overall (10k)
3rd overall (5k)
3rd overall (5k)Adrian Hall 3rd M50 (5k)Andrew Lane 2nd M60 (5k)Patrick Lock 3rd overall (5k)Ian Moore 1st M45 (10k)Andy Preston 1st M50 (5k)
1st M50 (5k)
1st M50 (5k)
1st M50 (5kCC)
1st M50 (10k)
1st M50 (10k)
1st M50 (10k)
1st M50 (10kCC)
1st M50 (Half M)
2nd M50 (5k)
2nd M50 (5k)
2nd M50 (10m)
2nd M50 (10mCC)
3rd M50 (10k)Gerry Watson 1st M60 (10k)**Teams:**Jack Gillick
Andy Preston 1st team
Spencer Goodall (A M Relay)Andy Terry
Karl Chapman 1st Vets team
Steve Ely (A M Relay)Stu Barnard
Peter Harvey 2nd team
Sam Barker (10k + CC)
Patrick LockSteve Ely
Andy Preston 2nd Vets team.
Martin Stringfellow (10k + CC)
Stu Barnard**PRIZES (WOMEN)**Cassie Barker 3rd W40 (10k)
3rd female (5k)Angie Bear 3rd W55 ()Patsy Bradley 1st W55 (5k)Cindy Burgess 2nd W65 (5k)
2nd W65 (10k)
2nd W65 (10kCC)
3rd W65 (5k)
3rd W65 (10m)
3rd W65 (10mCC)Cat Cummings 1st overall (5k)
2nd overall (10k)
3rd overall (5k)Rebecca Faircloth 3rd W40 (Half M)Sharon Hurren 1st W45 (10k)
1st W45 (10k)
1st W45 (10kCC)
2nd W45 (5k)
2nd Lady (5k)
2nd W45 (10k)
2nd W45 (10m)
2nd W45 (Half M)Zoe Jones 1st W40 (10m)
1st W40 (10mCC)Anne Martin 1st W70 (10k)
2nd W65 (5k)
2nd W65 (5kCC)
3rd W65 (5k)Alexandra Smith 1st W40 (10m)
1st W40 (10k)
1st W40 (10k)
1st W40 (10k)
1st W40 (10k)
1st W40 (10kCC)
1st W40 (Half M)
2nd W40 (Half M)
2nd overall (10k)
3rd overall (10m)
3rd overall (10k)
3rd overall (10k)Sue Stirling 3rd W55 (10m)
3rd W55 (10mCC)Jen Rudd 3rd W40 (10m)
3rd W40 (10mCC)**Teams:**Alex Smith
Sharon Hurren 1st Vets team
Zoe Jones (10m + CC)Alex Smith
Sharon Hurren 1st Vets team
Zoe Jones (10k)Alex Smith
Sharon Hurren 1st Vets team
Rebecca Faircloth (Half M + CC)Alex Smith
Sharon Hurren 1st Vets team
Rebecca Faircloth (A M Relay)Alex Smith
Sharon Hurren 1st Vets team
Claire Brooke (10k)Alex Smith
Sharon Hurren 1st Vets team
Claire Brooke (10k + CC)

CROSS COUNTRY (MEN)

Rodney Freeburn	x13
Tony Beales	x11
Keith Hood	x11
Robert Scarfe	x10
Mike Smith (D)	x9
Adrian Hall	x9
Martin Stringfellow	x7
Louis Cooper	x6
Mark Tufts	x5
Andy Preston	x4
Russell Clarke	x4
Frank Bowler	x3
Patrick Larke	x3
Gerry Watson	x2
Julian Johnson	x2
Jack Gillick	x2
Jason Mountain	x2
Dale Cooper	x2
Ian Sturgess	x2
Alex Bowen	x1
Niall Mahoney	x1
Mike Pope	x1
Kris Barnard	x1
Stuart Barnard	x1
Steve Ely	x1
Roy Harvey	x1
Dennis Early	x1
Ed Greenland	x1
Danny Reeb	x1
Mike Wray	x1
Terry Epps	x1

XC PRIZE WINNER

Horsford Series:

Martin Stringfellow	1 st M40
Mark Tufts	1 st M45
Niall Mahoney	2 nd M45
Robert Scarfe	1 st M60
Mike Pope	2 nd M60

Midweek Series:

Martin Stringfellow	1 st M40
Rodney Freeburn	1 st M75

CROSS COUNTRY (WOMEN)

Eva Osborne	x20
Cindy Burgess	x10
Alex Smith	x8
Emma Fickling	x4
Carla Oxbury	x4
Angie Bear	x3
Jayne Allen	x2
Cat Cummings	x2
Anne Martin	x1
Tracy Salisbury	x1
Zoe Jones	x1
Jo McKay	x1
Wendy Larke	x1
Lyn Goram	x1
Chrissie Lakey	x1
Tracy Stevens	x1
Beres Ward	x1
Jules Kennelly	x1
Vikki Mountain	x1

NEW CLUB RECORDS

M25 Jack Gillick	5k	15.57
M50 Andy Preston	5k	17.49
	400m	61.2
	800m	2.17.4
W40 Alex Smith	5k	19.37
	10k	40.31
	10m	1.07.38
	Half	1.27.24
W45 Sharon Hurren	10k	42.38
	equal record	
W75 Eva Osborne	200m	44.3
W80 Anne Martin	1m	9.17.59
	5k	30.04
	5m	50.01
	10k	1.02.52
	200m	44.55
	400m	1.48.53
	800m	4.07.36
	1500m	8.21.
	Weight	8.57
	Hammer	23.21
	Shot	6.99
	Long Jump	2.64
	Triple Jump	5.88

W80 British Records

Indoors:	200m, 400m, 800m, 1500m
	Long Jump, Triple Jump
Outdoors:	200m, 400m, 800m, 1500m
	Long Jump, Triple Jump
	Heavy Weight, Steeple Chase,
	Weight Pentathlon, 1 mile, 5 mile

W80 World Record

2000m Steeple Chase 13.38.34

XC PRIZE WINNER

Angie Bear	1 st W55 (Horsford)
Cindy Burgess	1 st W65 (CC)
Cat Cummings	1 st W35 (Ryston)
	3 rd W35 (CC)
Zoe Jones	3 rd W40 (Horsford)
Eva Osborne	1 st W70 (Horsford)
	1 st W75 (Midweek)
	2 nd W75 (European Champs)
	1 st Team (European Champs)
	2 nd W65 (CC)
	3 rd W55 (Ryston)
Tracy Stevens	3 rd W45 (CC)
Beres Ward	2 nd W60 (CC)
2 nd Vets Team (County Champs)	
Beres Ward	
Cindy Burgess	
Tracy Stevens	