

Yaxley Runners & Joggers – Results 2009-10

May

31st – Hatfield Broadoak 10k
Carry Murphy 532/ 48.53 G

26th – Corby 5
Ian Vallance /38.36 M

23rd – Edinburgh Marathon
Gavin Farrow 1387/ 3.42.08 B
Val Stone 7153/ 4.59.48 B
Tim Stone 7154/ 4.59.49 B

23rd – Kelmarsh Hall Great Daffodil 10k
Stuart Reed ?/ 55.58
Judy Preece ?/ 62.30 M

23rd – Bourne Woods Rotary 5M
Ian Vallance 49/ 39.19 M
Michael Barker 93/ 48.52 B

20th – Bushfield Invitation Night
Colin Berridge
Andrew Burgess
Chris Burke
Hugh Burton
Lesley Coles
Gavin Farrow
Karen Freeman
Barbara Johnson
Natasha Johnson
Anne Meadows
Lenny Peacock
Claire Piercy
Carole Riley
Cathy Semple
Rob Smith
Peter Thompson
Ian Vallance
Susan Williams

16th – Soham Half
Susan Williams 78/ 1.49.29 D

16th – Manchester 10k
Carol Riley 12969/ 57.34 G

16th – Deeping 10k
Lenny Peacock 51/ 45.15 S
Ian Vallance 60/ 46.07 M
Darryl Block 71/ 49.08 B
Paul Atherfold 96/ 53.38
Gary Thurgood 109/ 56.57 M

Judy Preece 111/ 57.45 B *pb*
Sarah Endicott 112/ 57.49 B
Susan Thorpe 118/ 58.23 S
Jason Vernalls 120/ 58.52
Michael Barker 124/ 60.22 B
Matt Benton 132/ 63.28
Sharron Toms 134/ 63.51 B

9th – Colchester Charity 10k
Richard Vernon ?/ 47.52 M *pb*

9th- Beaverbrooks Blackpool 10k
Lenny Peacock 259/ 43.15 S *pb*
Sally Valentine 454/ 46.00 G *pb*

9th – Eye 10k (Improvers' Series 10k No.2)

David Bell 62/ 41.06 B
Simon Perkins 76/ 42.04 S
Ian Vallance 97/ 43.23 B (-0.45)
Gavin Farrow 106/ 43.49 B *pb*
Natasha Johnson 112/ 43.58 D *pb*
Gary Smith 140/ 45.26 B
Claire Piercy 149/ 45.54 D (-1.05)
Sue Harlow 195/ 47.29 G (-1.39) *pb*
Rob Coles 206/ 47.59 M (-0.01) *pb*
Susan Williams 233/ 49.14 D
Lesley Coles 238/ 49.33 D (-1.20) *pb*
Darryl Block 259/ 50.37 B
Jack Little 268/ 51.16 S
Tracy Frisby 282/ 52.20 S
Barbara Johnson 296/ 53.20 P
Karen Freeman 297/ 53.22 S
Paul Atherfold 317/ 54.12
Carol Riley 318/ 54.13 D *pb*
Val Stone 336/ 55.33 G (1/ -3.52)
Tony Reppucci 338/ 55.37
Sally Evans 348/ 56.00 S *pb*
Raj Mondair 360/ 56.40 B
Susan Thorpe 385/ 57.52 S
Karen Peters 389/ 58.04 S
Jason Vernalls 390/ 58.04
Michael Barker 401/ 58.52 S
Lorraine Howard 402/ 58.58 B
Judy Preece 404/ 59.11 M
Annette Bonsor 409/ 59.31 D
Sharn Phagoora 415/ 60.22 B *pb*
Peter Toms 484/ 77.53

6th - Lancaster Ripley Supper Run
Lenny Peacock 58/ 28.23
Sally Valentine 83/ 30.10

4th – Silverstone 10k
Ian Vallance 909/ 41.37 B *pb*

Judy Preece ?/ 59.35 B

3rd - Manchester May Day Sale 5k.

Lenny Peacock 61/ 21.37 S

Sally Valentine 73/ 22.58 G

2nd – Langtoft 10k

Simon Perkins 47/ 43.04 S

Ian Vallance 50/ 43.11 B

Al Good105/ 47.47 ?

Karen Freeman 144/ 52.08 G

Jason Vernalls 193/ 59.01

David Robinson 205/ 62.34

2nd – Great Edinburgh Run (10k)

Michael O'Callaghan 1917/ 51.12 S

2nd – Halifax Bluebell Trail (10.3M)

Sally Valentine 355/ 2.03.55

Lenny Peacock 356/ 2.03.59

April

25th - Virgin London Marathon

Hugh Burton 4985/ 3.33.45 S

Claire Piercy 8772/ 3.52.32 G

Nigel Thompson 10329/ 3.57.57 M

Lenny Peacock 11465/ 4.02.03 B

Sally Valentine 11466/ 4.02.03 S

Cathy Semple 16352/ 4.20.56 G

Carry Murphy 16992/ 4.23.17 B

Gavin Farrow 17029/ 4.23.23

Tracy Frisby 17030/ 4.23.24 B

Hayley Porter 23513/ 4.48.07 M

25th – Shakespeare Marathon

Simon Brown 88/ 3.23.57 S

25th – Shakespeare Half

Peter Thompson 852/ 2.00.50 B

18th – Brighton Marathon

Sally Evans 4522/ 4.35.41 B

15th – Club Handicap No.4

Tracy Frisby 1/ 17.05 S

Lenny Peacock 2/ 14.38 S

Barbara Johnson 3/ 17.32 P *pb*

Claire Piercy 4/ 15.17 D

Stuart Reed 5/ 17.15 S

Raj Mondair 18.20 S

Anne Meadows 17.07 D

Annette Bonsor 19.31 D

Chris Burke 17.17 S

Sally Valentine 15.44 G

Ian Vallance 14.05 B
Natasha Johnson 14.57 G
Clif Abbott 16.08 S
Susan Williams 17.14 G
Val Stone 18.36 G
David Robinson 19.54
Karen Freeman 17.18 G
Gavin Farrow 14.52 M
Lesley Coles 16.42 G
Sarah Endicott 19.53 B

2009-2010 Overall Results

1st Tracy Frisby
2nd Gavin Farrow
3rd Barbara Johnson
4th Michael Barker
5th Ian Vallance

11th – Sandy 10 (Improvers' Series 10M No.2)

Hugh Burton 80/ 70.02 S (-2.28)
Ian Vallance 81/ 70.11 B (-2.02)
David Bell 121/ 72.51 B (-2.52)
Lenny Peacock 149/ 74.25 S *pb* (-5.25)
Claire Piercy 158/ 75.32 D *pb* (-4.24)
Sally Valentine 220/ 79.53 G (-2.09)
Duncan Jackson 234/ 81.22
Cary Murphy 244/ 81.39 G (1/ -12.20)
Natasha Johnson 256/ 82.18 S
Susan Williams 274/ 84.03 S (-0.38)
Michael O'Callaghan 275/ 84.03 S (-4.34)
Chris Burke 278/ 84.14 S
Lesley Coles 301/ 85.48 G
Stuart Reed 305/ 86.06 S
Peter Thompson 306/ 86.06 S (-0.36)
Karen Freeman 316/ 87.23 G
Anne Meadows 328/ 88.17 D
Carol Riley 356/ 90.06 *pb* D
Barbara Johnson 385/ 92.37 D
Colin Berridge 443/ 98.09 B

11th – Friskney Half

Clif Abbott 94/ 1.54.00 B

7th - Harrier League 5k Handicap No.6

Annette Bonsor 20/28.26 D *pb*
Claire Piercy 22/ 21.49 D
Cary Murphy 26/ 22.55 D
Richard Vernon 31/ 24.06 M

Final Harrier League Results:

7: Cary Murphy
9: Tracy Frisby
22: Natasha Johnson
27: Annette Bonsor
37: Carol Bonney

38: *Judy Preece*
40: *Val Stone*
41: *Gavin Farrow*
57: *Richard Vernon*
65: *Claire Piercy*
69=: *Hugh Burton*
72=: *Barbara Johnson*

March

30th – Civil Service 10k
Michael O'Callaghan 129/ 51.47 S *pb*

28th - Thorney 10k (Improvers' Series 10k No.1)
Ian Vallance 61/ 44.08 M
Claire Piercy 92/ 46.59 D
Rob Coles 111/ 48.00 M
Sue Harlow 122/ 49.08 S
Lesley Coles 136/ 50.53 G
Peter Thompson 148/ 52.09 S
Gary Thurgood 199/ 56.56 M
Val Stone 209/ 59.25 S
Annette Bonsor 217/ 59.28 D *pb*
David Robinson 250/ 63.30

28th – Oakley 20M
Simon Brown 74/ 2.23.34
Sally Valentine 427/ 2.55.23
Lenny Peacock 429/ 2.55.23
Duncan Jackson 451/ 2.57.41

21st – Ashby 20
Claire Piercy 385/ .51.33
Cathy Semple 605/ 3.10.40

21st – Radar 10k
David Bell 11/ 40.44 S
Ian Vallance 38/ 45.06 M
Jim Katter 54/ 48.39 M
Jason Vernalls 92/ 56.44

14th – Club Handicap No.4
Ian Vallance 1/ 13.55 B
Barbara Johnson 2/ 18.04 *pb* D
Anne Meadows 3/ 17.29 D
Michael Barker 4/ 19.18 S
Carol Riley 5/ 18.25 D
Ezequiel Ravettini 16.18 M
Gary Thurgood 19.22 M
Jack Little 16.00 S
Jason Vernalls 18.59
Julie Nightingale 22.31 B
Lenny Peacock 15.34 B
Natasha Johnson 14.45 D
Sally Valentine 15.58 S

Simon Perkins 14.23 S
Stuart Reed 17.58 S

7th – Frostbite No. 6 BRJ (Improvers' Series Frostbite No.2)

Adam Peacock 60/ 30.59 S
Simon Brown 71/ 31.16 S
Brian Jones 91/ 32.14 S (-0.21)
Simon Perkins 129/ 33.42 S (-0.36)
Gavin Farrow 135/ 33.51 B *pb*
Natasha Johnson 176/ 35.07 D *pb*
Lenny Peacock 182/ 35.26 S (-0.30)
Ian Vallance 187/ 35.34 B
Duncan Jackson 189/ 35.39 M (-0.46) *pb*
Petro Bartoszyk 35.52 M (-0.47) *pb*
Mark Thomas 202/ 36.01 M (-0.02)
Claire Piercy 211/ 36.17 D (-0.27) *pb*
Sally Valentine 232/ 37.07 G (-0.24)
Rob Coles 233/ 37.07 B
Jim Katter 239/ 37.22 B
Clif Abbott 247/ 37.39 S (-2.17)
Gary Smith 250/ 37.46 M (-0.23)
Ezequiel Ravettini 276/ 39.41 M (1/ -4.37) *pb*
Lesley Coles 286/ 40.20 G
Jack Little 287/ 40.21 S
Susan Williams 290/ 40.28 G
Karen Freeman 296/ 40.55 G (-0.27)
Stuart Reed 297/ 40.56 S
Charlotte Allen 306/ 41.41 S
Barbara Johnson 319/ 42.16 P
Anne Meadows 320/ 42.24 G (-0.38)
Kellie Peacock 328/ 42.51 B
Carol Riley 331/ 43.02 D (-0.45)
Jason Vernalls 345/ 44.26 *pb*
Raj Mondair 346/ 44.38 B *pb*
Michael Barker 356/ 45.58 S
Gary Thurgood 365/ 46.45 M
Colin Berridge 366/ 47.00 B
Sarah Branch 371/ 47.33 S
Sharn Phagoora 390/ 50.38 B

7th – Newton's Fraction Half

Carry Murphy 173/ 1.51.02 S

7th – Berkhamsted Half

Peter Thompson 658/ 1.54.17 S

7th – Milton Keynes Half

Cathy Semple 1853/ 1.57.37 G
Val Stone 2318/ 2.05.08 S
Annette Bonsor 3067/ 2.29.14 S

3rd – Harrier League 5k Handicap No.5

Carry Murphy 3/ 22.46 D
Natasha Johnson 9/ 21.37 D

Annette Bonsor 11/ 28.35 D *pb*
Val Stone 15/ 26.23 G
Barbara Johnson 29/ 26.43 D
Tracy Frisby 31/ 25.39 S
Richard Vernon 32/ 24.42 M

February

28th – Sleaford Half
Ian Vallance 144/ 1.40.34 M

27th – National Cross Country Championships (Leeds)

Senior Men

Brian Jones 1052/ 57.11
Lenny Peacock 1311/ 1.04.10
Mat Bone 1368/ 1.07.14
Ezequiel Ravettini 1421/ 1.19.15

Senior Women

Natasha Johnson 332/ 39.10
Claire Piercy 383/ 40.34
Sally Valentine 458/ 43.23
Karen Freeman 500/ 46.49
Senior Women Team: 55th

14th – Stamford Valentine 30k

Gavin Farrow 170/ 2.20.17 *pb*
Ian Vallance 173/ 2.20.50
Hugh Burton 191/ 2.21.57
Claire Piercy 267/2.27.37 *pb*
Duncan Jackson 401/ 2.39.35
Lenny Peacock 407/ 2.39.53
Sally Valentine 408/ 2.39.53
Cary Murphy 424/ 2.42.03 *pb*
Lesley Coles 445/ 2.45.50
Cathy Semple 514/ 2.56.32
Paul Breeze 515/ 2.56.35
Susan Thorpe 566/ 3.07.31
Darryl Block 567/ 3.07.31
Sharron Toms 573/ 3.08.25
Tracy Frisby 590/ 3.14.29
Ezequiel Ravettini 606/ 3.19.17

7th - Frostbite Friendly League No.5 Bourne Woods

Mat Stephenson 13/ 29.34 D
Paul Breeze 65/ 33.13 S
Jim Grant 73/ 33.47 G
Brian Jones 86/ 34.12 B
Hugh Burton 122/ 35.56 B
Ian Vallance 135/ 36.20 M
Peter Bartoszyk 183/ 37.47 M
Natasha Johnson 205/ 38.33 S
Mark Thomas 221/ 39.00 M
Jim Katter 234/ 39.34 M
Claire Piercy 235/ 39.36 G
Lenny Peacock 255/ 40.22 B

Rob Coles 256/ 40.24 M
Duncan Jackson 267/ 40.49
Sally Valentine 271/ 41.11 S
Clif Abbott 276/ 41.37 B
Sue Harlow 277/ 41.49 S
Lesley Coles 305/ 43.30 S
Rob Smith 44.12
Susan Williams 317/ 4.35 S
Jack Little 318/ 44.40 B
Karen Freeman 322/ 45.10 S
Ezequiel Ravettini 331/ 45.37
Anne Meadows 348/ 46.29 S
Val Stone 358/ 47.29 S
Carol Riley 366/ 48.04 S
Annette Bonsor 376/ 50.02 G
Colin Berridge 389/ 51.50 M

3rd – Harrier League 5k Handicap No.4

Tracy Frisby 1/ 24.22 S *pb*
Val Stone 2/ 26.56 G
Annette Bonsor 5/ 28.57 D
Gavin Farrow 9/ 20.43 B *pb*
Natasha Johnson 16/ 22.08 G *pb*
Carol Bonney 18/ 27.06 D
Brian Jones 19/ 19.57 S

January 2010

24th – 21st Folksworth 15
David Bell 76/ 1.47.37
Hugh Burton 172/ 1.57.29
Gavin Farrow 202/ 2.00.44
Claire Piercy 225/ 2.04.43
Cary Murphy 258/ 2.07.26
Sharron Toms 315/ 2.16.03
Tracy Frisby 372/ 2.27.07
Hayley Porter 383/ 2.29.46
Sally Evans 384/ 2.29.46
Val Stone 388/ 2.32.18

17th - Frostbite Friendly League No.4 Ramsey

Mat Stephenson 5/ 30.20 G
Paul Breeze 42/ 34.00 S
Simon Render 67/ 35.11 S
Jim Grant 72/ 35.28 S
Ian Vallance 99/ 36.45 M
Hugh Burton 112/ 37.05 B
David Bell 127/ 37.31 M
Gavin Farrow 128/ 37.35 M
Peter Bartoszyk 179/ 39.22 M
Lenny Peacock 194/ 39.55 B
Mark Thomas 195/ 39.56 M
Gary Smith 202/ 40.10 M
Jim Katter 224/ 41.04 M
Sally Valentine 239/ 41.33 S

Mat Bone 240/ 41.45
Rob Coles 241/ 41.46 M
Cary Murphy 250/ 42.21 S
Duncan Jackson 257/ 42.24
Clif Abbott 262/ 42.33 B
Ezequiel Ravettini 265/ 42.55
Lesley Coles 269/ 44.47 S
Karen Freeman 308/ 46.13 S
Anne Meadows 323/ 47.19 S
Jason Vernalls 361/ 50.47
Michael Barker 365/ 52.17 M
Annette Bonsor 371/ 53.23 S
Colin Berridge 382/ 55.53

10th - Cambridgeshire County Cross Country Championships

Senior Men

Brian Jones 57/ 41.14
Ian Vallance 77/ 43.55
Gavin Farrow 79/ 44.28
Lenny Peacock 94/ 46.58
Sean Murphy 97/ 48.14
Matthew Bone 101/ 49.28
Ezequiel Ravettini 107/ 51.59

Senior Ladies

Natasha Johnson 20/ 25.39
Sally Valentine 29/ 27.31
Cary Murphy 31/ 28.08
Lesley Coles 33/ 30.07
Karen Freeman 36/ 31.12

December

31st – Ely New Year's Eve 10k
Peter Thompson 260/ 50.50 S
Gary Thurgood 426/ 60.36 M

26th – Werrington Boxing Day Training Run

Christine Humphries
Gavin Farrow
Steve Humphries
Tracy Frisby

13th - Frostbite Friendly League No.3 Hinchingsbrooke

Jim Grant 61/ 33.16 G
Brian Jones 71/ 33.42 B
Hugh Burton 97/ 33.49 B
Ian Vallance 112/ 35.22 M
Simon Render 119/ 35.41 M
Simon Perkins 127/ 36.10 B
Gavin Farrow 129/ 36.15 M
Matthew Bone 162/ 37.16 M
Suzie Hall 169/ 37.32 G
Tim Stone 176/ 37.59 S
Lenny Peacock 188/ 38.16 B

Natasha Johnson 194/ 38.40 S
Petro Bartoszyk 199/ 38.49 M
Rob Coles 207/ 39.03 M
Jim Katter 222/ 39.25 M
Sally Valentine 226/ 39.44 S
Duncan Jackson 228/ 39.56 M
Clif Abbott 237/ 40.20 B
Claire Piercy 242/ 40.45 S
Sean Murphy 245/ 40.54
Susan Williams 264/ 42.17 G
Lesley Coles 267/ 42.26 S
Darryl Block 276/ 42.56 M
Ezequiel Ravettini 295/ 44.44
Michael O'Callaghan 297/ 44.58 B
Karen Freeman 299/ 45.08 S
Anne Meadows 309/ 45.49 S
Val Stone 316/ 46.12 S
Carol Riley 330/ 47.47 S
Susan Thorpe 334/ 47.57 B
Michael Barker 334/ 48.17 B
Gary Thurgood 339/ 48.39 M

13th - Bedford Half

Peter Thompson 990/ 1.54.51 S
Cary Murphy 1030/ 1.56.07 S
Kerrie Bell 1389/ 2.14.35 B
David Bell 1390/ 2.14.36

6th – Nene Valley 10M

David Bell 45/ 1.05.41 S
Jim Grant 54/ 1.07.16 D
Hugh Burton 72/ 1.09.56 S
Gavin Farrow 92/ 1.12.22 B pb
Matthew Bone 114/ 1.14.36 M
Lenny Peacock 124/ 1.15.40 S
Claire Piercy 132/ 1.16.19 D pb
Sally Valentine 149/ 1.18.27 G
Rob Coles 178/ 1.21.05 M
Susan Williams 180/ 1.21.29 D
Lesley Coles 195/ 1.23.35 G
Peter Thompson 200/ 1.24.38 S
Clif Abbott 207/ 1.26.40 B
Sharron Toms 221/1.28.42 S
Darryl Block 226/ 1.29.34 M
Michael Barker 247/ 1.35.01 S
Carol Bonney 253/ 1.35.42 D
Susan Thorpe 258/ 1.37.45 S

6th – Shanghai Half

Mark Hazlehurst 258/ 1.39.31 [S]

2nd – Harrier League 5k Handicap No.3

Judy Preece 1/ 26.17 S

Carol Bonney 6/ 26.41 D
Gavin Farrow 8/ 20.59 *pb* B
Brian Jones 16/ 19.45 S
Natasha Johnson 18/ 21.49 D
Carry Murphy 24/ 23.13 G

November

29th – City of Norwich Half
David Robinson 2115/ 2.28.51

22nd – Hereward Relay [revised results]

Yaxley Timbo & the Jets 53/ 5.01.00

Mathew Bone 51/ 48.36

Jim Grant 27/ 1.17.49 (Team position:36th); (Team position change:+23)

Tim Stone 61/ 1.26.41 (48); (-12)

Duncan Jackson 79/ 1.27.54 (53); (-5)

Yaxley A 55/ 5.03.52

Natasha Johnson 50/ 47.33

Hugh Burton 39/ 1.19.42 (42); (+8)

Ian Vallance 40/ 1.21.23 (39); (+3)

Ezequiel Raveltini 97/ 1.35.14 (55); (-16)

Yaxley 3rd Time Lucky 84/ 5.28.55

Peter Thompson 81/ 53.24

Sharron Toms 100/ 1.43.16 (100); (-19)

Sally Valentine 73/ 1.31.25 (90); (+10)

Lenny Peacock 53/ 1.20.50 (83); (+7)

Yaxley The 8 Minute Men (We Wish) 87/ 5.33.42

Neil Farrow 71/ 50.59

Clif Abbott 96/ 1.35.44 (87); (-16)

Richard Turner 88/ 1.37.22 (88); (-1)

Keith Shaw 85/ 1.29.37 (87); (+1)

Yaxley 2 Bleeding Nipples & 2 Dodgy Knees 100/ 5.52.14

Gary Thurgood 103/ 1.02.02

Colin Berridge 106/ 1.44.50 (106) (-3)

Chris Burke 77/ 1.32.29 (98); (+8)

Stuart Reed 88/ 1.32.53 (100); (-2)

Yaxley Baby Sitters

Karen Freeman 86/ 55.26

Simon Perkins 50/ 1.21.37 (66); (+20)

22nd – Leeds Abbey Dash 10k

Brian Jones 510/ 41.19 B *pb*

Claire Piercy 1198/ 45.39 D *pb*

15th – St Neots Half [revised results]

Adam Peacock 60/ 1.27.40 [S]

David Bell 172/ 1.36.09 B

Lenny Peacock 398/ 1.47.59 B

Sally Valentine 399/ 1.47.59 S

Peter Thompson 522/ 1.53.49 S

Sharron Toms 551/ 1.55.32 G

Carry Murphy 614/ 1.58.37 S

Karen Freeman 725/ 2.06.49 S

8th – Frostbite Friendly League No.2 Bushfield [Improvers' Series Frostbite No.1]

Jim Grant 101/ 32.33 D
Brian Jones 102/ 32.35 S
Simon Perkins 116/ 33.06 S
Hugh Burton 130/ 33.28 S
Chris Hollois 140/ 33.41 S
Ian Vallance 155/ 34.04 B
Bruce Ferguson 162/ 34.14 G
Lenny Peacock 217/ 35.56 S
Mark Thomas 223/ 36.03 M
Petro Bartoszyk 242/ 36.39 M
Claire Piercy 245/ 36.44 D
Tim Stone 256/ 36.59 S
Duncan Johnson 275/ 37.25 M
Andrew Burgess 277/ 37.26 B
Sally Valentine 282/ 37.31 G
Chris Burke 289/ 37.40 S
Sue Harlow 297/ 38.06 G
Gary Smith 298/ 38.09 M
Susan Williams 312/ 38.45 D
Neil Farrow 316/ 38.52 M
Keith Shaw 326/ 39.30
Carry Murphy 327/ 39.32 G
Clif Abbott 336/ 39.56 B
Andrew Wright 337/ 40.01 M
Peter Thompson 348/ 40.28 S
Darryl Block 359/ 41.11 M
Karen Freeman 363/ 41.22 G
Lesley Coles 366/ 41.36 G
Sharron Toms 370/ 41.48 G
Cathy Semple 385/ 42.29 G
Anne Meadows 394/ 43.02 G
Val Stone 398/ 43.14 G
Carol Bonney 401/ 43.27 D
Tracy Frisby 405/ 43.35 S
Carol Riley 409/ 43.47 G
Lorraine Howard 410/ 43.48 B
Ezequiel Ravettini 418/ 44.18
Craig Murphy 425/ 45.01
Colin Berridge 433/ 46.01 B
Sue Thorpe 434/ 46.06 S
Sally Evans 449/ 46.57 B
Annette Bonsor 454/ 47.19 D
Sharn Phagoora 468/ 49.34 B
Peter Toms 491/ 57.31

8th – Stebbing Remembrance Day 10M

Richard Vernon 260/ 1.23.48 M

4th – Harrier League 5k Handicap No.2

Tracy Frisby 1/ 26.03 S
Brian Jones 10/ 19.42 S
Judy Preece 16/ 27.56 B
Carry Murphy 22/ 23.47 G

Hugh Burton 29/ 20.35 S
Natasha Johnson 41/ 21.51 D
Carol Bonney 45/ 27.33 S

1st – Stevenage Half
Ian Vallance 165/ 1.40.11 M

October

26th – Dublin Marathon
Lesley Coles 4281/ 4.07.37 G

25th – BUPA Great South Run [10M]
Chris Burke 1646/ 79.18 S
Stuart Reed 3275/ 86.02 S
Peter Thompson 3461/ 86.42 S
Michael O'Callaghan 4057/ 88.37 B
Cary Murphy 5762/ 93.59 B
Colin Berridge 6654/ 96.52 B

25th – Fenland 10 [Improvers' Series 10M No.1]
Adam Peacock 24/ 64.14 [S]
David Bell 58/ 69.59 B
Ian Vallance 81/ 72.13 B
Hugh Burton 84/ 72.30 S
Brian Jones 88/ 72.42 B
Lenny Peacock 156/ 79.46 B
Claire Piercy 159/ 79.56 G [3rd FV35]
Sally Valentine 175/ 82.02 S
Susan Williams 196/ 84.41 G
Sharron Toms 221/ 87.19 G
Ian Madden 231/ 89.07 M

21st – Henlow 10M
Cary Murphy 139/ 89.25 S

18th – Chris Ingram Memorial 5M
David Bell 21/ 33.21 B
Kerrie Bell 97/ 46.59 B

18th – Ampthill X-Country
Ian Vallance 91/ 39.23
Natasha Johnson 115/ 41.56
Sean Murphy 147/ 44.31

11th – GER Half
David Bell 233/ 1.31.19 B
Brian Jones 284/ 1.32.59 B
Hugh Burton 303/ 1.33.34 S
Ian Vallance 312/ 1.33.56 B *pb*
Gavin Farrow 354/ 1.35.01 B *pb*
Jim Grant 373/ 1.35.36 G
Claire Piercy 588/ 1.40.44 D *pb*
Tim Stone 624/ 1.41.22 S

Sally Valentine 711/ 1.43.05 G
Mathew Bone 816/ 1.44.56 M *pb*
Neil Farrow 819/ 1.45.08 M *pb*
Mark Thomas 864/ 1.46.05 M
Sue Harlow 879/ 1.46.22 S *pb*
Andrew Burgess 942/ 1.47.27 M
Petro Bartoszyk 950/ 1.47.35 *pb*
Rob Coles 973/ 1.48.05 M *pb*
Susan Williams 991/ 1.48.32 D *pb*
Keith Shaw 1036/ 1.49.53 M
Lesley Coles 1165/ 1.51.35 D *pb*
Richard Vernon 1350/ 1.55.15 *pb*
Daryl Block 1357/ 1.55.21 M *pb*
Clif Abbott 1391/ 1.55.55 B
Karen Freeman 1401/ 1.56.04 G
Sharron Toms 1533/ 1.58.19 G
Richard Turner 1654/ 2.00.34 S
Val Stone 1685/ 2.01.15G
Anne Meadows 1736/ 2.02.21 G
Michael Barker 1752/ 2.02.51 S
Carol Riley 1762/ 2.03.00 G
Lorraine Howard 1888/ 2.06.10 B
Colin Berridge 1990/ 2.08.52 B
Susan Thorpe 2042/ 2.10.42 B *pb*
Annette Bonsor 2044/ 2.10.48 D *pb*
Sally Evans 2113/ 2.12.55 S *pb*
Paula Wright 2114/ 2.12.57 B
Sally Kucharski 2138/ 2.13.22 B
Hayley Porter 2260/ 2.16.33 *pb*
David Robinson 2283/ 2.17.02
Cathy Semple 2308/ 2.17.57 S
Caroline Woods 2388/ 2.21.09
Jo Everitt 2396/ 2.21.48
Kathryn Chapman 2560/ 2.30.23 B
Mathew Benton 2621/ 2.36.28 *pb*
Lisa Allen 2639/ 2.38.03 *pb*
Peter Toms 2720/ 2.49.12
Tracey Palmer 2729/ 2.51.10

7th – Harrier League 5k Handicap No.1

Tracy Frisby 2/ 28.01 B
Cary Murphy 3/ 23.36 G
Brian Jones 17/ 20.09 B

4th – Frostbite Friendly League No.1 St Neots

Brian Jones 118/ 34.13 B
Hugh Burton 124/ 34.31 S
Michael Shadwell 126/ 34.34 B
Ian Vallance 133/ 34.48 B
Gavin Farrow 173/ 35.57 M
Rob Coles 227/ 37.39 M
Petro Bartoszyk 236/ 37.44 M
Gary Smith 238/ 37.46 M

Claire Piercy 239/ 37.47 G
Sally Valentine 247/ 38.02 G
Jim Katter 261/ 38.34 M
Lenny Peacock 270/ 39.05 B
Chris Burke 275/ 39.15 S
Lesley Coles 282/ 39.37 D
Duncan Jackson 291/ 40.14
Sean Murphy 292/ 40.15 S
Clif Abbott 293/ 40.15 B
Mark Thomas 302/ 40.37
Karen Freeman 314/ 40.58 G
Steve Humphries 316/ 41.11 S
Peter Thompson 335/ 42.17 S
Louise Burgess 338/ 42.33 S
Michael O'Callaghan 343/ 43.07 B
Dana Cooper 347/ 43.39 M
Carol Bonney 349/ 43.42 D
Jim Grant 356/ 43.59 M
Sharron Toms 361/ 44.10 S
Anne Meadows 362/ 44.16 G
Carol Riley 364/ 44.19 G
Val Stone 370/ 44.39 G
Colin Berridge 385/ 45.50 B
Raj Mondair 397/ 47.23 B
David Robinson 401/ 48.13
Annette Bonsor 402/ 48.16 D
Sharn Phagoora 421/ 51.28 M

4th – Warwickshire Triathlon
Natasha Johnson 33/ 1.12.42

1st - Club Handicap No.3
Tracy Frisby 1/ 18.16 B
Susan Williams 2/ 16.54 G
Gavin Farrow 3/ 14.05 B
Carol Riley 4/ 18.07 G
Anne Meadows 5/ 17.30 D
Annette Bonsor 20.48 G
Cary Murphy 16.17 G
Chris Burke 17.24 S
Claire Piercy 15.47 G
Clif Abbott 15.56 S
Colin Berridge 19.37 B
David Bell 13.26 S
David Robinson 19.45
Hugh Burton 14.51 B
Ian Vallance 14.17 B
Jack Little 16.24 S
Julie Nightingale 21.30 S
Karen Freeman 16.44 G
Lenny Peacock 15.42 B
Mark Hazlehurst 16.39 B
Raj Mondair 18.45 B
Sally valentine 15.29 G

Sharn Phagoora 21.04 B
Sharron Toms 17.35 G
Simon Perkins 13.39 S
Stuart Reed 18.17 S
Val Stone 18.15 G

September

27th – West Pinchbeck 10k
Natasha Johnson 71/ 44.58 D
Sharron Toms 126/ 52.31 G
Peter Toms 211/ 73.34

27th – Saffron Walden 10k
Ian Vallance 65/ 44.29 M

27th – Sutton 7
Claire Piercy 69/ 54.24 1st LV35

19th & 20th – Round Norfolk Relay
Paul Breeze 37/2.08.45
Tim Stone 37/ 1.54.54
Cathy Semple 41/ 49.39
Sally Valentine 38/ 1.51.26
Stuart Reed 48/ 1.29.58
Susan Williams 37/ 1.08.40
Michael O'Callaghan 50/ 1.24.32
Neil Farrow 38/ 1.02.40
Karen Freeman 45/ 1.38.46
Simon Perkins 31/ 1.56.30
Gavin Farrow 44/ 2.47.23
Jim Grant 33/ 2.29.47
Clif Abbott 53/ 2.01.54
Claire Piercy 38/ 1.11.20
Natasha Johnson 22/ 57.11
Richard Vernon 33/ 44.51
Peter Thompson 50/ 1.48.22
Ray Mabbutt *non-running support team*
Andrew Wright *non-running support team*

Team: 46/55

20th – Great North Run (Half marathon)
Ian Vallance 4149/ 1.46.05 M

13th - Robin Hood Marathon
Sharron Toms 858/ 4.19.40 S

13th – Swineshead 5M
David Bell 4/ 33.20 B
Cary Murphy 13/ 41.08 S
Michael O'Callaghan 14/ 41.58 S

13th – Grunty Fen Half
Ian Vallance 158/ 1.40.40 M

Claire Piercy 221/ 1.47.17 G
Sally Valentine 232/ 1.48.21 S
Sue Harlow 274/ 1.51.30 S
Susan Williams 279/ 1.51.48 D
Neil Farrow 280/ 1.51.49

6th – Littleport 10k
Petro Bartoszyk 48/ 46.48 M
Gary Smith 56/ 48.06 M

August 09

31st – Grimsthorpe 10k
Jim Grant 63/ 44.22 S
Matthew Bone 143/ 49.20 M
Ian Vallance 154/ 50.08
Tim Stone 156/ 50.02 B
Sally Valentine 170/ 50.40 S
Claire Piercy 174/ 50.56 S
Sue Harlow 238/ 54.22 B
Richard Turner 293/ 58.20 B
Andrew Wright 311/ 59.23
Sharron Toms 329/ 60.41 B
Val Stone 355/ 63.08 S
Sharn Phagoora 409/ 70.25
Peter Toms 428/ 75.24

31st – Grimsthorpe 3k
Dana Cooper 92/ 17.12
Gary Thurgood 149/ 21.23

30th – Moulton 10k
Ian Vallance 159/ 46.05 B

23rd Newmarket Duathlon
Claire Piercy 80/ 1.35.03
Sean Murphy 87/ 1.36.45
Karen Freeman 103/ 1.35.03

19th – NVH 5k (5k Improver 2)
Michael Shadwell 48/ 18.58 S [-0.18: 2nd]
Jim Grant 70/ 20.12 D
Hugh Burton 76/ 20.34 S
Gavin Farrow 88/ 21.18 B
Lenny Peacock 101/ 22.05 S [+0.38]
Sally Valentine 106/ 22.16 G [-0.02]
Natasha Johnson 110/ 22.25 G [-0.11: 3rd]
Rob Coles 112/ 22.27 B [+0.44]
Claire Piercy 116/ 22.47 D [+0.16]
Lesley Coles 140/ 24.41 G [+1.00]
Karen Freeman 143/ 25.16 G [-0.40: 1st]
Michael Barker 154/ 26.54 S [+0.42]
David Robinson 161/ 27.48 [+0.28]
Gary Thurgood 166/ 28.57 M

16th – Thorney 5

Jim Grant 62/ 33.50 G
Lenny Peacock 111/ 37.37 B
Sally Valentine 116/ 37.49 G
Tim Stone 118/ 37.53 S
Natasha Johnson 128/ 38.21 S
Clif Abbott 160/ 40.49 B
Ian Madden 163/ 41.13 M
Sarah Madden 167/ 41.25 S
Sharron Toms 171/ 41.47 G
Peter Thompson 179/ 42.55 B
Carol Bonney 180/ 43.04 D
Barbara Johnson 188/ 44.06 D
Michael Barker 199/ 45.08 S
Val Stone 208/ 46.28 S
Tracey Frisby 47.59 M
Gary Thurgood 217/ 48.00 M
Gavin Farrow 219/ 48.01
Sally Evans 228/ 49.01 M
David Robinson 237/ 50.16
Anna Lenz 252/ 53.29
Karen Freeman 255/ 54.44 M
Ray Mabbutt 256/ 54.45
Peter Toms 262/ 56.59

13th – Club Handicap No.2

Karen Freeman 1/ 16.25 G
Carole Bonney 2/ 17.40 D
Gavin Farrow 3/ 14.44 m
David Robinson 4/ 19.12
Sharron Toms 5/ 17.20 G
Chris Burke 17.23 S
Andrew Burgess 15.34 B
Barbara Johnson 18.16 D
Carol Riley 18.48 S
Colin Berridge 19.36 B
David Bell 13.34 B
Des Owens 15.30 B
Lenny Peacock 14.49 S
Marjorie Abbott 25.49
Michael Barker 18.13 S
Natasha Johnson 15.38 G
Neil Farrow 16.40
Peter Thompson 23.14
Ray Mabbutt 20.45
Sally valentine 15.47 G
Tracy Frisby 19.25 B

9th – Gt Yarmouth Half

Gavin Farrow 57/ 1.39.54 M PB
Lesley Coles 120/ 1.54.51 D PB
Rob Coles 121/ 1.54.52

9th – Newark Half

Sharron Toms 729/ 2.02.25 S

9th – Sidmouth 10k

Tim Stone 73/ 57.17 M

Val Stone 171/ 74.36 M

7th – Blisworth 5

Ray Mabbutt 267/ 54.11

Karen Freeman 268/ 54.11 M

6th -

July 09

30th – Eye John Massingham Charity Handicap

Jamie Toms 1/34.16

Colin Berridge 5/ 35.14

Gary Thurgood 8/ 36.12

Carol Bonney 18/ 32.23

Karen Freeman 19/ 31.45

Anne Meadows 34/ 32.37

Sally Valentine 36/ 27.56

Jim Grant 38/ 25.14

Carol Riley 40/ 32.54

Sharron Toms 45/ 31.29

Lesley Coles 50/ 30.36

Peter Toms 52/ 41.29

29th - Peterborough 5k Series No.5

Brian Jones 77/ 19.46 S

Hugh Burton 100/ 20.28 S

Ian Vallance 104/ 20.35 B

Mathew Bone 115/ 21.08 B

Gavin Farrow 135/ 21.46 M

Sally Valentine 143/ 22.10 G

Rob Coles 145/ 22.15 B

Natasha Johnson 145/ 22.18 G

Andrew Burgess 156/ 22.51 B

Clif Abbott 176/ 23.57 S

Susan Williams 180/ 24.21 D

Michael O'Callaghan 186/ 24.43 S

Cathy Semple 192/ 25.01 D

Karen Freeman 195/ 25.12 G

Sharron Toms 199/ 25.31 G

Barbara Johnson 200/ 25.32 P

Michael Barker 209/ 26.32 S

David Robinson 219/ 27.49

Sharn Phagoora 230/ 29.38 S

Ray Mabbutt 233/ 30.44

26th – March Spud Run 5M (measured more than 5M)

Brian Jones 22/ 34.49

Sally Valentine 63/ 40.29

Susan Williams 87/ 42.56

Clif Abbott 95/ 44.11

Carry Murphy 99/ 45.00
Sharron Toms 110/ 46.05
Michael Barker 115/ 46.53
David Robinson 137/ 52.16

26th – March Spud Fun Run
Dana Cooper 16/ 11.31

26th – NSPCC MK Half
Gavin Farrow 329/ 1.444.16 M

25th – Hecklington 10
Sally Valentine 128/ 1.21.56 G
Sharron Toms 160/ 1.27.45 G

21st – Werrington Guesstimate
Claire Piercy 23/ -42seconds (38.42 G)
Peter Thompson 26/ -50 (42.20 S)
Anne Meadows 37/ -70 (43.00G)
Sharron Toms 36/ -70 (41.05 G)
Carol Riley 38/ -71 (43.12 G)
Sally Valentine 41/ -74 (38.19 G)
Gary Thurgood 51/ +88 (54.01)
Colin Berridge 55/ -96 (47.04 B)
Susan Williams 66/ -108 (40.02 G)
Ian Vallance 68/ -116 (34.44 B)
Carry Murphy 103/ -327 (42.11 S)

19th – RAF Marham 10
Gavin Farrow 77/ 1.24.16

19th – St Ives 10k
Brian Jones 58/ 41.45 B
Ian Vallance 98/ 43.52 B
Lenny Peacock 139/ 46.02 S
Natasha Johnson 160/ 46.51 G
Sally Valentine 165/ 47.33 G
Sean Murphy 172/ 47.45 M
Barbara Johnson 287/ 52.54 P
Sharron Toms 289/ 53.22 S
Peter Thompson 295/ 53.41 B
Michael Barker 351/ 56.08 S

Female Team: 3rd
Male Team: 14th

19th – St Ives Fun Run
Dana Cooper 43/ 16.29

16th - Peterborough 5k Series No.4
Michael Shadwell 44/ 19.13 S
Brian Jones 70/ 20.14 B
Hugh Burton 73/ 20.17 B
Ian Vallance 93/ 21.09 B

Lenny Peacock 104/ 21.48 S
Des Owens 119/ 22.26 S
Rob Coles 124/ 22.42 B
Sally Valentine 127/ 2.45 G
Claire Piercy 137/ 23.40 G
Clif Abbott 139/ 23.49 S
Susan Williams 148/ 24.42 G
Sarah Russell 150/ 25.01 G
Lesley Coles 153/ 25.17 G
Michael O'Callaghan 157/ 25.28 S
Karen Freeman 162/ 25.58 G
Sharron Toms 166/ 26.20 S
Ray Mabbutt 182/ 28.55 M

12th – Bushy 10k
David Bell 70/ 41.22 B
Michael Shadwell 71/ 41.24 B
Brian Jones 93/ 42.58 B
Ian Vallance 121/ 44.27 M
John Ackroyd 130/ 45.09 B
Desmond Owens 168/ 46.53 B
Lenny Peacock 173/ 47.14 B
Natasha Johnson 177/ 47.28 G
Sally Valentine 187/ 48.07 S
Petro Bartoszyk 201/ 48.35 M
Gary Smith 207/ 48.50 M
Rob Coles 210/ 49.00 M
Claire Piercy 212/ 49.06 G
Lesley Coles 261/ 52.08 G
Karen Freeman 264/ 52.29 G
Sharron Toms 278/ 53.25 S
Michael Barker 307/ 54.48 S
Carol Riley 309/ 54.54 G
Carol Bonney 327/ 56.42 G
Anne Meadows 332/ 57.11 S
Colin Berridge 357/ 60.05 B
Peter Toms 397/ 69.40

9th – Whissendine 6
David Bell 28/ 39.05
Lenny Peacock 70/ 43.53
Ian Vallance 82/ 44.44
Sally Valentine 103/ 45.58
Claire Piercy 111/ 46.44
Chris Burke 158/ 50.28
Peter Thompson 180/ 52.42
Karen Freeman 181/ 52.45
Colin Berridge 230/ 58.45

3rd – Ropsley Ron Hindley 10Mile
David Bell 6/ 67.34 S
Ian Vallance /83.14

1st – Race for Life

Natasha Johnson
Barbara Johnson

June 09

30th – Race For Life
Cathy Semple
Susan Williams

30th – BRJ Invitation Night
Colin Berridge
Karen Freeman
Cary Murphy
Gary Thurgood

30th – Milton Keynes 10k
David Robinson 353/ 60.40

28th – Sutton 7
Barbara Johnson 76/ 1.03.53
Natasha Johnson 86/ 1.09.47

24th - Peterborough 5k Series No.3

Michael Shadwell 39/ 19.26 S
David Bell 44/ 19.37 S
Brian Jones 59/ 20.14 B
Hugh Burton 60/ 20.16 S
Ian Vallance 86/ 21.14 B
Lenny Peacock 97/ 21.35 S
Duncan Jackson 102/ 21.51 M
Desmond Owens 108/ 22.05 S
Sally Valentine 115/ 22.19 G
Rob Coles 119/ 22.24 B
Natasha Johnson 127/ 22.58 G
Richard Vernon 129/ 23.01 M
Claire Piercy 134/ 23.21 G
Clif Abbott 143/ 23.58 S
Michael O'Callaghan 163/ 25.15 S
Michael Barker 173/ 26.13 S
Karen Freeman 174/ 26.16 S
Barbara Johnson 176/ 26.12 P
Val Stone 179/ 26.30 G
Karen Peters 180/ 26.32 S
Carol Bonney 183/ 26.50 D
Ray Mabbutt 202/ 30.08
Annette Bonsor 203/ 30.10 G

21st – Colworth Half

Lenny Peacock 98/ 1.52.04 M
Sally Valentine 106/ 1.53.19 S

20th - Oundle Carnival Fun Run

Ian Madden
Jade Madden

18th – Club Handicap No.1

Michael Barker 1/ 18.02 S
Chris Burke 2/ 17.23 S
Clif Abbott 3/ 16.11 S
Gavin Farrow 4/ 15.08 M
Carol Bonney 5/ 19.00 G
Anne Meadows 17.55 S
Barbara Johnson 18.21 D
Carol Riley 18.12 G
Claire Piercy 15.52 G
Des Owens 15.15 S
Ian Vallance 14.50 M
Julie Nightingale 21.10 S
Lenny Peacock 14.42 S
Mark Ashley 19.12 M
Neil Farrow 21.04
Richard Vernon 15.59 M
Sally Valentine 15.33 G
Simon Perkins 14.00 S
Tracy Frisby 20.48 M

17th - Peterborough 5k Series No.2 (5k Improver 1)

David Bell 49/ 19.05 S
Michael Shadwell 59/ 19.16 S
Brian Jones 80/ 20.10 B
Simon Perkins 84/ 20.16 S
Lenny Peacock 122/ 21.23 S
Duncan Jackson 133/ 21.40 M
Ian Vallance 134/ 21.41 M
Robert Coles 136/ 21.43 B
Des Owens 149/ 22.04 S
Sally Valentine 154/ 22.18 G
Sean Murphy 158/ 22.29 M
Claire Piercy 161/ 22.31 D
Natasha Johnson 166/ 22.36 G
Lesley Coles 185/ 23.41 D
Clif Abbott 186/ 23.42 S
Susan Williams 24.02 D
Cathy Semple 204/ 24.44 D
Lorraine Howard 221/ 25.54 S
Karen Freeman 223/ 25.56 G
Barbara Johnson 225/ 26.02 P
Michael Barker 226/ 26.12 S
David Robinson 233/ 27.20
Mark Ashley 235/ 28.09 M
Ray Mabbutt 240/ 30.13

14th – Abbey 10k

David Bell 72/ 42.40 B
Lenny Peacock 125/ 46.11 S
Mark Thomas 132/ 46.43 M
Sally Valentine 152/ 47.43 G
Ian Vallance 166/ 48.48 M
Clif Abbott 175/ 49.09 S

Susan Williams 200/ 50.38 G
Gary Smith 216/ 51.36 M
Sharron Toms 248/ 53.40 S
Michael Barker 278/ 55.55 S
Val Stone 304/ 59.05 S
Peter Toms 359/ 69.03

13th – St Albans Half
Gavin Farrow 499/ 1.47.21

10th – Eye Charity
This is not a measured 5M, so cannot be used for standards
Hugh Burton 22/ 34.20
Lenny Peacock 38/ 35.57
Gavin Farrow 42/ 36.28
Duncan Jackson 45/ 36.54
Ian Vallance 51/ 37.18
Desmond Owens 52/ 37.21
Claire Piercy 53/ 37.23
Sally Valentine 55/ 37.26
Natasha Johnson 56/ 37.28
Sean Murphy 60/ 37.59
Neil Farrow 66/ 38.53
Clif Abbott 68/ 39.04
Susan Williams 72/ 40.23
Dana Cooper 76/ 40.49
Sharron Toms 82/ 41.30
Cathy Semple 88/ 41.53
Anne Meadows 96/ 43.25
Karen Freeman 99/ 43.45
Carol Riley 102/ 44.19
Kerrie Bell 102/ 19.17
Peter Toms 139/ 52.31

9th – Banbury 5M
David Robinson 359/ 48.12

7th – Woodhall Spa 10k
Lenny Peacock 192/ 44.25 S
Sally Valentine 275/ 46.35 G PB

3rd – Peterborough 5k Series No. 1
Michael Shadwell 63/ 19.09 S
David Bell 64/ 19.09 S
Simon Perkins 70/ 19.29 G
Hugh Burton 94/ 20.04 S
Brian Jones 101/ 20.14 B
Lenny Peacock 128/ 21.10 S
Duncan Jackson 132/ 21.25 B
Sally Valentine 160/ 22.15 G
Jim Katter 167/ 22.31 M
Sean Murphy 169/ 22.35 M
Claire Piercy 176/ 22.43 D
Clif Abbott 178/ 22.46 S

Natasha Johnson 185/ 23.02 G
Robert Coles 195/ 23.40 M
Dana Cooper 196/ 23.43 B
Susan Williams 200/ 23.55 D
Lesley Coles 206/ 24.05 D
Keith Shaw 207/ 24.06 M
Sharron Toms 208/ 24.09 G
Cathy Semple 210/ 24.10 D
Michael O'Callaghan 219/ 24.39 S
Lorraine Howard 236/ 25.41 S
Michael Barker 245/ 26.23 S
Barbara Johnson 246/ 26.25 D
Ray Mabbutt 272/ 29.38 M
Karen Freeman 273/ 29.38 B

2nd – Weedon 10k

David Robinson 320/ 64.28