

January 5K Time trial								
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
1	Dan Belben	19:10			30	Adam Mundell	26:05	
2	Ben Jarvis	19:26			31	Dave Kitching	26:32	
3	Michael Percival	19:28			32	Mike Stares	26:38	
4	Terry Arnott	20:39			33	Terry Moore	27:24	
5	Kev White	20:49			34	Mike Barker	27:33	
6	Ben Wales	20:51			35	Melissa Pink	27:38	
7	Josh Belben	21:17	Guest		36	Adam Grey	28:23	Guest
8	Edward Smyth	21:27	Guest		37	Nick Boorn	28:25	Guest
9	Paul Williams	21:46			38	Kate Smyth	28:30	
10	Alan Shepard	21:53	Guest		39	Karen Morby	28:40	PB
11	Darron Eynon	22:16	PB		40	Gill Thomas	29:05	Guest
12	Jenna Knight	22:29			41	Lorna Harper	29:09	
13	Katherine Wealthy	22:29			42	Pete Robinson	29:18	
14	Gill Dowling	22:30			43	Mick Kearney	29:22	
15	Doug Ritchie	22:46	1st Timer		44	Sue Barratt	29:23	
16	Tracy Wales	23:13			45	Jenner Moore	29:30	
17	Julia Roiz- De Sa	23:21	PB		46	Richard Smith	29:30	
18	Dan Roiz- De Sa	24:16			47	David Baker	30:42	
19	Daniel Thompson	24:23			48	Steve Cawte	30:43	
20	Tracy Slade	24:29	PB		49	Caroline Oakes	30:50	
21	Edward Anderson	24:50			50	Kerry Arnott	30:50	
22	David Walters	25:09			51	Nicky Leech	31:07	
23	Dave Croft	25:15			52	Angie Elshaw	31:38	
24	Lee Westwood	25:26			53	Keith Elshaw	31:38	
25	Caroline McGuigan	25:29	PB		54	Auz Gray	32:31	
26	Richard Pelley	25:43	Guest		55	Rory Fall	32:35	
27	Lara Dent	25:49			56	Kier Bagwell	32:37	Guest
28	Tracy Bale	25:57			57	Steve Crook	32:37	
29	Hayley Sparshott	25:59						
<p>That was a bitter wind, helping along Stokes Bay road, but not so nice along Western Way. A MASSIVE THANKS to our officials, marshals and supporters.</p> <p>Officials were :- Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder.</p> <p>Marshals were :- Kim Carter & Ken Eaden, both on their bikes.</p> <p>The freezing Supporters were :- Shona Rust, Lizzie Elshaw, Brian Fisher, Caz Harms and Andy Brown</p>								

5K Time Trial Results February 2017								
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
1	Michael Percival	18:51			22	Alison Clarke	27:59	1st Timer
2	Thomas Bates	19:16			23	Kerry Arnott	28:08	
3	Jason Grygiel	19:37			24	Sarah Down	28:08	
4	Paul Williams	21:31			25	Tonia Morrell	28:18	Guest
5	Robert Hylands	21:55	1st Timer		26	David Barker	28:53	
6	Richard Wiltshire	21:58			27	Mike Kearney	28:55	
7	Richard Law	22:26	1st Timer		28	Shona Rust	29:52	
8	Alan Burgess	22:41			29	Lorraine Down	29:52	
9	Ashley Crozier	24:27	PB		30	Camille Ainsworth	29:54	
10	Rory Fall	24:35			31	Hayley Baird	29:56	
11	Ken Eaden	24:42			32	Richard Smith	31:10	
12	Brian Fisher	24:57			33	Jackie Brady	31:15	
13	Darren Eynon	25:21			34	Caroline Oakes + 1	31:58	
14	Steve Silverlock	25:42			35	Nicky Hayward	32:20	
15	Melissa Pink	25:59	1st Lady		36	Gillian Boorn	32:47	1st Timer
16	David Kitchen	26:27			37	Dave Kirby	32:55	
17	Mike Barker	26:49			38	Mel Bagwell	35:51	
18	Mike Stares	26:53			39	Sid Smith	35:57	
19	Martin Robinson	27:02	1st Timer		40	Jennifer Parker-Lummie	36:48	
20	Clair Bates	27:22			41	Caz Harms	36:58	
21	Sarah Lloyd	27:25	Guest					
<p>Very good conditions, cool, virtually no wind to help or hinder. Relatively low numbers, which considering the road works at the start in Jellico road was probably for the best.</p> <p>Our officials, Liz Redpath - Starter and Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers and Gary Francis - Recorder. Supporters, Karen Harding, Pete Lindley and Dave Croft.</p> <p>Our Thanks to all</p>								

March Time trial results 2017									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Terry Arnott	18:05	PB		26	Shona Rust	28:34	PB	
2	Ben Jarvis	18:48			27	Lorraine Down	28:36	PB	
3	Jason Grygiel	19:29			28	Karen Morby	28:38	PB	
4	Kev White	20:45			29	David Baker	28:41		
5	Gill Dowling	21:38			30	Alison Clarke	28:48		
6	Alan Burgess	21:41			31	Nicky Leech	29:06		
7	Sarah Ruby Rennison	21:43	Guest		32	Mike Kearney	29:26		
8	Kathryn Wealthy	21:48	PB		33	Miranda Carrick	29:34		
9	Simon Gregg	21:59			34	Richard Smith	29:37		
10	Dan Thompson	23:05			35	Adrian Brogan	30:13	Guest	
11	James Walton	23:21	1st Timer		36	Jamie Dalgleish	30:28	Guest	
12	Yvette Eastman	23:39	PB		37	Nicki White	30:35		
13	Ken Eaden	23:59			38	Liz Watkins	30:42	Guest	
14	Steve Silverlock	24:44	PB		39	Brad Archer	30:44	Guest	
15	Dave Croft	25:02			40	Trevor Giles	31:53	Guest	
16	Martin Robinson	25:42	PB		41	Gail Dudley	32:12	Guest	
17	Fiona Tomlinson	25:52			42	Kirsty Kenning	33:06	Guest	
18	Kerry Arnott	26:21			43	Ray Bernice	33:09		
19	Brian Fisher	26:22			44	Dave Kirby	33:18		
20	Melissa Pink	26:43			45	Louise Ness	34:04	Guest	
21	Michael Carrick	27:06	Guest		46	Caroline Oakes	35:29		
22	Lisa Hennan	27:06			47	Caroline McGuigan	35:29		
23	Catherine Stock	27:23			48	Paul Street	35:31		
24	Hayley Baird	27:27	PB		49	Mike Bowers	43:28		
25	Tonia Morrell	27:35	1st Timer		50	Debra Talbert	43:29		

Almost perfect conditions for what was the last WINTER Time Trial of this season, perhaps why so many PB's. A reasonable turn out ,as usual, well controlled by our officials, marshals and supporters. Liz Redpath - Starter & Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder, Adam Mundell - Marshal. Supporters - Dave Kitching, Jenner Moore.

April 5K Time trial results									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Michael Percival	18:34	PB		39	Marie O'Rouke	28:03	Guest	
2	Kev White	19:28			40	Emma Robinson	28:07	Guest	
3	Steve Crook	19:39	PB		41	Andy Brown	28:35	PB	
4	Richard Law	20:40	PB		42	Gill Thomas	28:40	1st Timer	
5	Sue Baldock	21:12	1st Lady		43	Lizzey Elshaw	28:46		
6	Paul Williams	21:14			44	Nikky Leech	28:49		
7	Dan Belben	21:31			45	Richard Smith	28:53		
8	Alan Burgess	21:47			46	David Baker	29:01		
9	Kathryn Wealthy	21:52			47	Lorraine Down	29:36		
10	Dan Thompson	21:54	PB		48	Cheryl Dodd	29:37	1st Timer	
11	Julia Ruiz De Silvia	22:04	PB		49	Michelle Francis - Dent	29:37	1st Timer	
12	James Heath	22:31			50	Mick Kearney	29:41		
13	Martyn Barnes	22:40	PB		51	Karen Morby	29:44		
14	Richard Wiltshire	22:41			52	Ali Clarke	30:43		
15	Auz Grey	23:00			53	Angie Elshaw	31:19		
16	Nick MacBeath	23:10			54	Trevor Giles	31:38	1st Timer	
17	Phil Moran	23:24	PB		55	Darren Eynon	32:06		
18	Colin Chalmers	23:47			56	Dave Kirby	32:20		
19	Caroline McGuigan	23:48	PB		57	Vicky Gorton	32:47		
20	Dave Graham	24:03	1st Timer		58	Vanessa Grant	33:02		
21	Steve Silverlock	24:31	PB		59	Steve Calder	33:03		
22	Rory Fall	24:55			60	Steve Wise	33:16		
23	Brian Fisher	25:05			61	Terry Ash	33:31		
24	Keith Elshaw	25:23			62	Kelley Read	34:37		
25	Ken Eaden	25:39			63	Sue Barratt	34:37		
26	Gill Dowling	25:40			64	Clair Thomas	34:47	1st Timer	
27	Fiona Tomlinson	25:40			65	Louise Ness	35:00	Guest	
28	Nick Boorn	25:47	1st Timer		66	Emma Christopher	35:45	1st Timer	
29	Lee Westwood	26:09			67	Jennifer Parker-Lummis	35:50		
30	Melissa Pink	26:21			68	Karen Harding	35:55	PB	
31	James Dalgleish	26:39	1st Timer		69	Nicky Hayward	35:56		
32	Sarah Lloyd	27:03	1st Timer		70	Claire Parsons	36:04	1st Timer	
33	Mike Stares	27:07			71	Mel Lumsden	36:59	1st Timer	
34	Penny Herridge	27:11	1st Timer		72	Janet Smith	43:14	1st Timer	
35	Tonia Morrell	27:48			73	Hayley Sparshott	43:14		
36	Lars Woodhams	27:58			74	Nicola Stanley	47:04	1st Timer	
37	Kev Robinson	28:01			75	Jenny Shilling	47:05		
38	Shona Rust	28:02	PB						

WOW what a turnout 75 participants must be a new record, plenty of PB's, testament to the very benign conditions, pleasant temperature and virtually no wind ideal running weather. Our Thanks as always to our Officials, Liz Redpath - Starter and Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers, Gary Francis - Recorder. Marshals and Supporters -Rachel Gee, Clair Crook, Peter Lindley, Dave Croft, Andrea Edwards, Sid Smith. On their bikes- Nick Carter and Dave Kitching and finally our photographer Steve Wood.

5 Mile Time Trial May 2017								
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
1	Tom Barnard	28:45	PB		34	Jenny Shilling	44:44	
2	Michael Percival	29:40	Guest		35	Kim Carter	44:45	
3	Chris Buxton	29:42	PB		36	Steve Calder	44:52	PB
4	Dan Belben	32:30			37	Richard Pelley	45:22	Guest
5	Kev White	32:36			38	Geoff O' Flanagan	45:37	1st Timer
6	Lee Rhodes	32:55	1st Timer		39	Tonia Morrell	45:44	1st Timer
7	Bryn Whitehouse	33:22	PB		40	Mick Kearney	46:06	
8	Josh Belben	34:03	Guest		41	Rory Fall	46:07	
9	Paul Williams	34:46	PB		42	Sue Barrett	46:15	
10	Simon Gregg	34:53	PB		43	Gill Thomas	46:19	1st Timer
11	Richard Law	35:02	1st Timer		44	Karen Morby	46:29	PB
12	Alan Burgess	35:15			45	Shona Rust	46:37	PB
13	Colin Gardner	35:30			46	Lisa Young	46:43	1st Timer
14	Sara Ruby Rennison	35:37	1st Timer		47	Lorraine Down	47:01	PB
15	Ben Jarvis	35:38			48	Adrian Brogan	47:10	1st Timer
16	Sue Baldock	35:59	1st Timer		49	David Baker	49:05	
17	Nick Carter	36:09			50	Steve Wood	49:17	
18	Richard Wiltshire	36:24	1st Timer		51	Andy Brown	49:17	1st Timer
19	Gill Dowling	38:51			52	Michelle Francis-Dent	49:43	1st Timer
20	Yvette Eastman	38:52	PB		53	Ali Clarke	49:44	1st Timer
21	Sam Graham	39:18	1st Timer		54	Vicky Gorton	54:07	
22	Lee Westwood	40:44	PB		55	Alison Short	55:36	1st Timer
23	Rachel Davies	40:55			56	Anita Gille	55:36	1st Timer
24	Dave Croft	41:12			57	Clare Thomas	56:11	1st Timer
25	Fiona Tomlinson	41:28			58	Louise Ness	56:34	1st Timer
26	Steve Silverlock	42:15	PB		59	Cheryl Dodd	56:35	1st Timer
27	Guy Sheppard	43:08			60	Steve Wise	56:35	
28	Nicky White	43:13			61	Caz Harms	59:11	1st Timer
29	Nick MacBeath	43:13			62	Clair Parsons	59:58	1st Timer
30	Mel Maloney	43:44	1st Timer		63	Angie Elshaw	59:59	
31	Sarah Lloyd	44:10	1st Timer		64	Jennifer Lummis	62:44	1st Timer
32	Ruben Shilling	44:22	1st Timer		65	Keith Elshaw	62:45	
33	Mike Stares	44:26						

It must have been a great night for it so many PB's and First Timers and another bumper turnout, we must be doing something right as a club. May be it's down to the Officials:- Brian Fisher - Numbers, Nicky Barnard - Timer, Dave Kitchen - Backup Timer, Gary Francis - Starter & Recorder. Or maybe it is down to the brilliant marshals and supporters :- Hayley Sparshott, Ken Eaden, Terry Weston, Karen Harding, Zoe Windsor, Jo Hopkins, Sharon and Charlie Nobel, Rachael Gee, Auz Grey, last but not least Michael Wellsted. Finally our photographer Ian Buzzard. As always our thanks to you all

June 5K Time trial results									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Michael Percival	18:16	Guest		26	Mike Kearney	27:36		
2	Dan Belben	19:14			27	Dave Kitching	28:03		
3	Ben Jarvis	20:43			28	Jackie Brady	28:07	PB	
4	Josh Belben	21:01	Guest		29	Amanda Morby	28:09		
5	Sarah Ruby Rennison	21:06			30	Gill Thomas	28:12	PB	
6	Paul Williams	21:24			31	Adam Walters	28:15	Guest	
7	Gill Dowling	21:34			32	Camille Ainsworth	28:21	Guest	
8	Alan Burgess	21:40			33	David Baker	28:25		
9	Simon Gregg	21:46			34	Shona Rust	28:27		
10	Sharon Callaghan	22:27	Guest		35	Trevor Giles	28:49	PB	
11	Nick Carter	23:29			36	Alli Clarke	29:03		
12	Dave Croft	23:59			37	Richard Smith	29:09		
13	Ken Eaden	24:51			38	Nicky Leech	29:29		
14	Ruben Shilling	25:02	1st Timer		39	Angie Elshaw	29:51		
15	Brian Fisher	25:07			40	Stef Neal	30:19	1st Timer	
16	Fiona Tomlinson	25:09			41	Louise Ness	32:09	1st Timer	
17	Keith Elshaw	25:18			42	Ally Short	32:12	1st Timer	
18	Rory Fall	25:28	Guest		43	Dave Kirby	33:17		
19	Jenny Shilling	25:39			44	Clare Thomas	33:24	PB	
20	Cheryl Dodd	25:45	PB		45	Karen Harding	38:43		
21	Nicky Finemore	25:55	PB		46	Jennifer Parker- Lummis	38:56		
22	Mike Barker	26:35			47	Marie Bowers	38:57		
23	Penny Herridge	27:05	PB		48	Mike Bowers	42:08		
24	Mike Stares	27:07			49	Janet Smith	43:47		
25	Sue Barratt	27:32			50	Nicola Stanley	44:17	PB	
<p>THAT WIND!! The gusts down Vectis and Privett road were strong enough to almost stop you in your tracks at times, but once you got onto the Esplanade it was almost like flying. There must have been a lot of negative splits on that run. Our many thanks to all Officials, Marshals and Supporters, who were prepared to get their hair all messed up:- Liz Redpath - Starter/ Timer, Janet Lindley - Backup Timer, Terry Weston - Numbers and Gary Francis - Recorder. Marshals/ Photographers, Hayley Sparshott, Lara Dent, Sam Graham (there may have been more). The Supporters, Kim Carter, Sid Smith.</p>									

10Km July Time Trial									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Michael Percival	37:10	PB		31	Catherine Stock	55:37	PB	
2	Chris Buxton	37:56			32	Jenny Shilling	56:24		
3	Nikki Moxam	39:39			33	Mel Maloney	56:25		
4	Terry Arnott	40:11			34	Jane Cockayne	56:38		
5	Steve Crook	40:53	PB		35	Sarah Lloyd	56:39	PB	
6	Kev White	44:44			36	Dave Kitching	57:04		
7	Sarah Ruby Rennison	44:54			37	Penny Herridge	57:12		
8	Alan Burgess	45:32			38	Steve Wood	58:00		
9	Su Baldock	45:32	PB		39	Mick Kearney	58:23		
10	Paul Williams	45:48			40	Carol Collins	59:26		
11	Kathryn Wealthy	45:56	PB		41	Lee Westwood	59:31		
12	Sharon Callaghan	46:02	PB		42	Sarah Down	1:00:43		
13	Colin Gardener	46:05			43	Nikki White	1:00:44		
14	Gill Dowling	46:07			44	Melissa Pink	1:00:59		
15	Tom Barnard	46:34			45	Tonia Morrell	1:00:59		
16	Martyn Barnes	47:12			46	Karen Morby	1:01:03		
17	Tracey Wales	47:43			47	Lorraine Down	1:01:03		
18	Yvette Eastman	49:13			48	Ali Clark	1:01:10	PB	
19	Terry Moore	49:28			49	Miranda Carrick	1:01:18		
20	Richard Law	49:49			50	Colin Middleton	1:01:39		
21	Dave Croft	52:13			51	David Baker	1:02:03		
22	Darren Eynon	52:38			52	Andy Brown	1:03:19		
23	Rory Fall	53:02			53	Debra Talbert	1:06:23		
24	Phil Moran	53:08			54	Pete Lindley	1:06:24		
25	Fiona Tomlinson	53:15			55	Ali Short	1:11:12	PB	
26	Hayley Baird	53:33	PB		56	Ray Bernice	1:11:15		
27	Victoria Wright	53:40	PB		57	Caz Harms	1:15:06	PB	
28	Steve Calder	53:44			58	Stef Neale	1:23:13	PB	
29	Mike Stares	55:20			59	Kim Carter	1:23:15		
30	Steve Silverlock	55:33			60				
<p>Thank you to our officials this evening Liz Redpath (starter/clock), Janet Lindley (clock), Shona Rust (Numbers) and Gary Francis (recorder). Thank you to our marshals - Pat Lapworth, Martyn Rowell, Andrea Edwards, Mick Welsted, Sid Smith, Nicki Barnard, Hayley Sparshott, Sharon Nobel, Lara Dent, Jo Hopkins, Nick Carter, Ange Elshaw, Nicky Hayward, Sue Barrett, Keith Elshaw, Ninny Bentley, Ken Eaden, Kerry Irwin, Hall and Nephew, Ian Pugh (photos), Eileen Bartlett (photos) and Kim Carter (tail end charlie).</p> <p>Josh Belben ran as a guest in a time of 00:44:40.</p> <p>Well done everyone who ran this evening on our new 10K TT route - we hope you all enjoyed your run and the new route. Any feed back will be gratefully received.</p>									

August 5 Km Time Trial 2017									
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment	
1	Michael Percival	17.39			26	Tonia Morrell	26.42		
2	Nikki Moxham	19.04	First Lady		27	Mike Kearney	27.03		
3	Kev White	20.02			28	Mike Stares	27.04		
4	Sarah Ruby Rennison	20.50			29	Clare Tallack	27.25		
5	Ben Whales	20.56			30	Jane Cockayne	27.25		
6	Simon Gregg	21.04			31	Gill Thomas	27.59		
7	Paul Williams	21.10			32	Hayley Baird	28.31		
8	Sharon Callaghan	21.48			33	David Baker	28.35		
9	Gill Dowling	21.50			34	Richard Smith	28.55		
10	Richard Wilstshire	22.01			35	Laura Woodhams	29.69		
11	Rob Hylands	22.57			36	Gayle Dudley	29.59		
12	Steve Calder	23.43			37	Colin Middleton	31.09		
13	Dale Poulter	24.36			38	Neil Elshaw	31.46		
14	Guy Sheppard	24.59			39	Lizzie Elshaw	31.47		
15	Nick Boorn	25.04			40	Lou Ness	32.06		
16	Fi Tomlinson	25.07			41	Jenny Scott	32.18		
17	Ricahrd Law	25.24			42	Dave Kirby	33.58		
18	Dave Croft	25.34			43	Karen Harding	37.34		
19	Geoff O'Flanagan	25.42			44	Jennifer Parker-lummis	37.36		
20	Emma Robinson	25.55			45	Marie Bowers	38.47		
21	Kirsten Maw	26.09			46	Mike Bowers	40.09		
22	Sarah Lloyd	26.14			47	Janet Smith	40.32		
23	Steve Wood	26.38			48	Eileen Bartlett	41.02		
24	Darren Enyon	26.39			49	Steve Crook	41.04		
25	Dave Kitching	26.41							
<p>A cracking turnout with near perfect conditions - a big thanks to everyone that helped : Gary Francis, Janet Lindley, Penny Herridge, Brian Fisher, Pete Lindley, Terry Weston, Mick Welsted, Ken Eaden, Nick Carter, Karen Middleton, Lara Dent, Clare Parsons, Caroline McGuigan, Caz Harms, Melanie Bagwell, Anna Clodfelter, Clare Thomas.</p>									

Well done also to our guest runners:

Steve White 26:08

Mark Jarkins 28:37

Mel Spence 33:16

September 5 Mile Time Trial 2017								
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
1	Michael Percival	29:11	PB		33	Michelle Francis Dent	46:54	PB
2	Terry Arnott	30:54			34	Karen Morby	46:58	
3	Nikki Moxham	31:37			35	David Baker	47:09	
4	Steve Crook	32:32	PB		36	Carloine Musto	47:17	PB
5	Ben Jarvis	32:39			37	Jackie Brady	47:17	PB
6	Kevin White	32:52			38	Mel Maloney	47:21	PB
7	Dan Belben	33:13			39	Richard Smith	49:08	
8	Sarah Ruby Rennison	34:11	PB		40	Gill Thomas	49:24	
9	Sharon Callaghan	35:39	PB		41	Ange Elshaw	49:47	
10	Gill Dowling	35:56	PB		42	Keith Elshaw	49:47	
11	Su Baldock	38:21			43	Kate Smyth	50:45	
12	Dale Poulter	39:04	PB		44	Roger Loxton-Gear	50:46	PB
13	Emma Robinson	40:27	PB		45	Colin Middleton	51:25	
14	Dave Croft	42:21			46	Stef Neale	53:54	PB
15	Fiona Tomlinson	42:43			47	Lorraine Down	53:54	
16	Julia Roz de Sa	42:44			48	Kellee Reed	54:00	
17	Brian Fisher	42:44			49	Dave Kirby	54:07	
18	Martin Robinson	43:12	PB		50	Lousie Ness	55:34	PB
19	Richard Law	43:12			51	Sid Smith	57:16	
20	Geoff O'Flanagan	43:13	PB		52	Jennifer Parker- Lummis	01:04:08	
21	Kristen Maw	43:29			53	Kim Carter	01:04:09	
22	Steve White	43:46	PB					
23	Steve Silverlock	44:11						
24	Dave Little	44:23						
25	Mick Stares	44:34						
26	Dave Kitching	45:07						
27	Mick Kearney	45:26						
28	Mike Barker	45:27						
29	Catherine Stock	45:52						
30	Bryn Whitehouse	46:27						
31	Hayley Baird	46:48	PB					
32	Rory Fall	46:54						

Many thanks to the time keepers this evening - Andy Clutton, Liz Redpath and Pete Lindley.

and our marshalls - Caroline McGuigan, Tracy Slade, Melanie Bagwell, Steve Calder, Janet Smith, Penny Herridge, Nick Carter, Chris Nation, Claire Thomas, Anna Codfelter, Ash Bradshaw Nicky Hayward, Laura Woodhams, Miles Van der Lugt, Rachel Gee and Hayley Sparshott.

Thank you Sue Barrett for organising everyone.

Tonight we had several guest runners - [Simon Hearnden 00:32:09](#), [Rich Batten 00:33:37](#), [Josh Belben 00:34:14](#) [Mark Jarkins 00:46:43](#), [Jade Squibb 00:45:29](#), [Jasmine Cortin-Sewell 00:47:19](#) and [Mel Spence 00:53:31](#)

Well done everyone what a fantastic turn out by both runners and volunteers.

October 5K Time trial 2017								
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
1	Mike Percival	17:35			30	Mick Stares	27:05	
2	Ben Jarvis	19:06			31	Melissa Pink	27:21	
3	Ian Reed	19:28	PB		32	Gill Thomas	27:59	
4	Miles Van Der Lugt	20:49	PB		33	Tonia Morrell	28:06	
5	Darren Hewson	20:56	PB		34	Amanda Morby	28:15	
6	Alan Burgess	21:09			35	Keith Elshaw	28:24	
7	Paul Williams	21:16			36	Pete Lindley	28:27	
8	Su Baldock	21:20			37	Amanda Mole	28:48	PB
9	Philip Silver	21:33	PB		38	Andy Brown	28:53	
10	Sharon Callaghan	22:22			39	Richard Smith	30:34	
11	Kathryn Wealthy	22:35			40	Ange Elshaw	31:26	
12	Steve Blank	23:26	PB		41	Stef Neale	32:42	
13	Dale Poulter	23:41			42	Lorraine Down	32:46	
14	Sam Graham	23:57	PB		43	Claire Thomas	33:01	
15	Brian Fisher	23:58			44	Kayleigh Park	33:06	
16	Gill Dowling	23:59			45	Dave Kirby	33:36	
17	Steve White	24:37	PB		46	Sid Smith	37:52	
18	Steve Wood	24:38	PB		47	Rachel Brett	37:43	PB
19	Kirsten Maw	24:39			48	Jennifer Parker-Lumm	38:06	
20	Jane Cockayne	25:07			49	Claire Parsons	39:08	
21	Darren Eynon	25:08			50	Lizzie Elshaw	39:08	
22	Steve Silverlock	25:09			51	Neil Elshaw	39:09	
23	Jenny Shilling	25:14			52	Janet Smith	42:00	
24	Mel Maloney	25:22			53	Sarah Down	42:02	
25	Geoff O'Flanagan	25:29			54	Steve Crook	42:34	
26	Mark Jakins	25:35	PB					
27	Kerry Arnott	25:59						
28	Rory Fall	26:43						
29	Mike Kearney	26:53						
<p>Many thanks to the time keepers this evening - Janet Lindley and Paul Street with Sue Barrett recording and Claire Tallack. Thank you to our marshals - Rachel Gee, Hayley Sparshott, Robert and Mrs Hylands, Joanne Hopkins, Mel Bagwell, Naomi Clements and Chris Nation. Thanks to our tail runners Sarah Down and Steve Crook. We also had a Guest runner this evening Romy Jager who's time was 00:29:50.</p>								

5K Time Trial Results November 2017								
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
1	Michael Percival	17:42			22	David Baker	28:41	
2	Dan Belben	18:38	PB		23	Penny Herridge	29:02	
3	Ian Reed	18:55	PB		24	Lee Torrens	29:19	PB
4	Ruby Rennison	21:02			25	Louise Ness	30:58	
5	Paul Williams	21:13			26	Mick Kearney	30:59	
6	Nick Carter	21:36			27	Colin Middleton	31:06	
7	Alan Burgess	22:07			28	Kate Smyth	31:12	
8	James Heath	23:14			29	Dave Kirby	33:32	
9	Sam Graham	23:53	PB		30	Ashley Bradshaw	38:44	
10	Yvette Eastman	24:00			31	Jennifer Parker-Lummis	39:21	
11	Richard Pelley	24:52	PB		32	Nichola Stanley	44:01	PB
12	Jazmin Curtin-Sewell	24:56	PB		33	Steve Crook	44:02	tail runner
13	Richard Law	25:06			34	Ben Jarvis	44:03	tail runner
14	Lara Dent	25:21						
15	Mark Jakins	25:22	PB					
16	Martin Robinson	25:28	PB					
17	Jenny Shilling	26:10						
18	Geoff O'Flanagan	26:30						
19	Keith Elshaw	27:03						
20	Brian Fisher	27:16						
21	Mike Barker	27:53						
<p>Many thank to the time keepers - Janet Lindley, Liz Redpath, Paul Street and Sue Barrett. Thank you to our marshals - Kim Carter, David Croft, Robert Hylands, Mel Bagwell, Joanne Hopkins, Rachel Gee, Hayley Sparshott, Gill Boorn, Gill Dowling and Miles Van der Lugt.</p> <p>We had 2 guest runners this evening Tracy Bale with a time of 26:45 and Rebecca Brown with a time of 28:27</p>								

December 5K Time trial results								
Pos.	Name	Time	Comment		Pos.	Name	Time	Comment
1	Michael Percival	00:17:57			24	Lee Torrens	00:27:46	PB
2	Nikki Moxham	00:18:36			25	Andy Brown	00:28:07	PB
3	Ian Reed	00:18:59			26	David Baker	00:28:26	
4	Bryn Whitehouse	00:20:19			27	Trevor Giles	00:28:29	PB
5	Sarah Ruby Rennison	00:20:54			28	Jackie Brady	00:29:24	
6	Philip Silver	00:21:21	PB		29	Tara Hewson	00:29:34	1st time
7	Alan Burgess	00:21:34			30	Louise Ness	00:29:50	
8	Dale Poulter	00:21:59	PB		31	Mick Kearney	00:29:51	
9	Gill Dowling	00:22:03			32	Richard Smith	00:29:56	
10	Laura Woodhams	00:22:23	PB		33	Kate Smyth	00:30:01	
11	Nick Macbeath	00:22:24			34	Christine Nation	00:30:19	
12	Martyn Barnes	00:22:57			35	Dave Kirby	00:34:09	
13	Richard Pelley	00:23:56	PB		36	Terry Ash	00:35:51	
14	Yvette Eastman	00:24:09			37	Steve Cawte	00:35:52	
15	Jazmin Curtin-Sewell	00:25:25			38	Jacqui Torrens	00:40:59	PB
16	Caroline Musto	00:25:26	PB		39	Pam Fisher	00:41:00	PB
17	Ken Eaden	00:26:14			40	Caroline Richards	00:42:17	1st time
18	Fiona Tomlinson	00:26:14			41	Janet Smith	00:42:17	
19	Keith Elshaw	00:26:37			42	Sid Smith	00:42:18	
20	Mike Stares	00:26:44			43	Kim Carter	00:42:19	
21	Tonia Morrell	00:26:57	PB		44	Rebecca Wroblewski	00:45:52	1st time
22	Hayley Baird	00:27:27			45	Angie Elshaw	00:45:53	
23	Karen Morby	00:27:33	PB		46			
<p>Many thanks to the time keepers - Janet Lindley, Sue Barrett, Terry Weston and Gary Frances. Thank you to our marshals - Jenny Shilling, Nick Carter, Jo Hopkins, Hayley Sparshott and Dave Croft and our tail runners Kim Carter, Angie Elshaw and Sid Smith. We had 2 guest runners this evening Tom Bates with a time of 19:06 and Kevin Allen with 20:06</p>								

11/11/2017 **Helpers Half Marathon**

POS	NAME	TIME	COMMENT	
1	Tom Barnard	1.25.07		
2	Chris Buxton	1.28.52		
3	Steve Crook	1.29.50	PB	
4	Miles Van Der Lugt	1.38.07	PB	
5	Lee Rhodes	1.40.41	PB	
6	Sarah Ruby Rennison	1.40.47	PB	
7	Su Baldock	1.41.18	PB	
8	Kathryn Wealthy	1.41.22	PB	
9	Kieran Chaplin	1.42.23	PB	
10	Ben Wales	1.43.31	PB	
11	Dan Roiz de Sa	1.44.37	PB	
12	Rachel Davies	1.48.02	PB	
13	Rob Hylands	1.51.40		
14	Laura Woodhams	1.55.30	PB	
15	Gill Dowling	1.55.30		
16	Nick MacBeath	1.55.32		
17	Sarah-Jane Keteku	1.56.12	PB	
18	Jenny Shilling	1.56.30		
19	Sam Graham	1.56.48	PB	
20	Dave Kitching	1.59.35	PB	
21	Ray Bernice	2.01.47		
22	Hayley Baird	2.02.13	PB	
23	Colin Gardner	2.04.43		
24	Tonia Morrell	2.05.20	PB	
25	Richard Law	2.05.22	PB	
26	Penny Herridge	2.10.25		
27	Gillian Thomas	2.10.48	PB	
28	Brian Fisher	2.10.49		
29	Miranda Carrick	2.12.10		
30	Kim Carter	2.15.11		
31	Emma Noyce	2.17.22	PB	
32	Richard Smith	2.17.22	PB	
33	Kirsty Fletcher	2.19.22	PB	
34	Jade Leahy	2.19.23	PB	
35	Sue Tingley	2.50.49		
36	Sue Barker	2.51.03		