

Redhill Race Results

July – Dec 2004

Lara Duathlon, Milford – 31st December 2004

Final pos	Sprint	Run 2.2m	Bike 9.5m	Run 2.2m	Total Time
8	Simon Nash	15.06	29.24	15.42	60.12
9	Matt Hemsley	15.21	29.24	16.33	61.18
16	Paul Ward	16.50	30.03	18.20	65.12
37	Mike Hankin	21.29	31.07	23.06	75.42

Caythorpe (Southwell) 10k – 28th December 2004

Ann is 1st Lady Vet at Caythorpe!

Ian Abbott	35.57 p.b.
Pete Gillespie	38.02
Clive Greyson	38.37
James Butler	38.42
Ann Ford	38.59 (1 st Lady Vet)
Dave Walsh	39.17
Vicky Hards	39.42
Bill Johnson	39.39
Bernie Ford	40.07
Andy Proffitt	40.38
Mark Attenborough	41.45
Mark Davies	42.12 p.b.
John Cass	43.05
Bob Hickling	44.37
Mike Drury	44.44
Nigel Daniels	44.53
Mike Monks	45.05
Michelle Butler	45.11 p.b.
Pete Scoffings	46.43
Taff Ramsey	46.47
Sarah Parker	47.49
Cam Davies	48.15 p.b.
Michelle Flint	48.24
Dennis Reeson	48.47
Liz Green-Davies	56.37

Wollaton Park, Festive Relays, 2.7m – 27th December 2004

Andy, Alan, Sandra & Mark run to 3rd & Alan, Richard, Dawn & Kevin win Vets at Christmas relays!

Andy Wetherill	13.37	(3 rd O/all)	Peter Scoffings	17.57
Alan Smith	13.28		Clive Greyson	16.02
Sandra Schneider	17.04		Rachel Martin	19.23
Mark Yates	14.11		James Butler	15.59
Tony Lowe	18.34		Amanda English	19.43
Paul Newton	14.17		Simon Nash	15.48

Michelle Butler	18.29	Helen Rope	20.51
Steve Humber	14.57	Lee Stubbs	15.49
Alan Maddocks	15.28	Kevin Humphreys	18.06
Richard Hammond	16.43	Paul Ward	17.26
Dawn Hart	19.13	Lisa Tarry	20.08
Kevin Squires	16.23 (1 st Vets)	Bruce Olpin	17.15

Bolsover 10k – 19th December 2004

Andy W wins the Bolsover 10k whilst Tina & Bill also win category prizes!

Bolsover is always cold, whatever the temperature in Nottingham it will be colder at this race venue. The course however although exposed, is popular and is probably the flattest (excluding Caythorpe) at this time of the year. It was also the final Grand Prix race of the year guaranteeing a good turn out from the club. The usual breeze pushed everyone out to the half way point in a brisk time but the incline between 6 - 7k and the now head wind slowed 2nd half splits. Andy always runs this course and ran to victory, Ian ran his 2nd p.b. this month just missing 36 minutes and Matt broke 40 minutes for the 1st time. Bill also retained his category title & Tina running her 1st race since the summer was also 1st in her category. (p.s. – Anybody want a wall clock?)

Andy Wetherill	33.16 (1 st)
Ian Abbott	36.12 p.b.
Matt Hemsley	39.13 p.b.
Bill Johnson	41.33 (1 st M60)
Bettina Kneller	42.58 (1 st F45)
Kevin Humphreys	43.15
Sandra Schneider	43.29
John Cass	43.43
Paul Ward	44.49
Mark Davies	45.13
Mike Monks	45.32
Mike Drury	45.47
Tim Cunnington	45.48
Steve Kneller	46.39
Michelle Butler	47.13
Dennis Reeson	47.30
Rachel Martin	48.22
Sarah Parker	48.48
Michelle Flint	49.04
Cam Davies	49.13
Amanda English	53.01
Phil Hopewell	53.53
Liz Green-Davies	57.29
Lisa Coleman	58.14
Lynn Cowie	81.22

Keyworth Turkey Trot ½ marathon – 12th December 2004

Vicky runs to 2nd at Keyworth!

For those that didn't attend the club party & for those highly tuned athletics that did and still ran the next day here are the full Redhill results.

Ian Abbott	79.46 p.b.
Pete Gillespie	82.44
Vicky Hards	87.23 (2 nd lady)
Mark Attenborough	89.48 p.b.
John Cass	96.54

Mike Drury	98.08
Nigel Daniels	98.33
Andrew Norton	99.32
Pete Scoffings	105.20
Bob Hickling	107.28
Dennis Reeson	108.10
Beth Cooper	114.31
Amanda English	118.46
Paul Ward	118.46

East Midlands X/country, Long Eaton – 5th December 2004

Andy T wins at Long Eaton together with Redhill's mens senior and Vets teams!

1	30.42	Andy Tarry	14	20.30	Rachel Martin
8	32.35	Martin McHale	18	20.50	Amanda English
9	32.36	Kevin Squires	19	20.50	Sarah Costin
10	32.43	Ian Abbot	23	22.17	Liz Green Davis
12	32.50	Andy Proffitt			
20	33.54	Stan Pascoe			
22	34.40	James Butler			
24	34.54	Matt Hemsley			
32	35.32	Pete Gillespie			
44	37.23	Dave Tetley			
52	38.35	Geoff Jackson			
55	39.47	Tim Cunnington			
59	40.22	Nigel Daniels			
63	41.05	Bob Hayes			
66	42.51	Chris Middleton			
70	44.12	Andy Philips			
74	49.34	Keith Palmer			

Clowne ½ marathon – 28th November 2004

Mike Monks	1.41.16
Dennis Reeson	1.47.41
Bob Hickling	1.48.40

Leeds Abbey Dash 10k – 28th November 2004

Andy Weatherill 32.50 (1st V45, 2nd Vet)

North Midlands X/country, Sutton Ashfield – 27th November 2004

6	Andy Weatherill	Ann Ford
19	Mark Yates	Rachel Martin
47	Andy Tarry	Liz Green Davies
56	Ian Abbott	Michelle Flint
62	Andy Proffitt	Lynn Cowie
71	Kevin Squires	
76	Simon Nash	
80	Pete Gillespie	
97	Martyn McHale	
102	Clive Greyson	
110	Bill Johnson	
112	Mark Attenborough	
135	Geoff Jackson	
168	John Cass	
172	Bruce Olpin	
178	Paul Ward	

190 Kevin Humphreys
192 Chris Middleton

British & Northern Ireland X/country Masters, Croyden – 20th November 2004

Ann & Andy were both in action in this Masters x/country international event with Ann winning individual silver & England team Gold.

Ann Ford 24.44 (individual F50 silver & England team Gold)
Andy Weatherill 29.19

Leicester Marathon – 21st November 2004

15 Dave Walsh 2.59.57

Llandudno 10m – 21st November 2004

Helen Burrell 62.36 (2nd F40)
Taff Ramsey 78.15

East Midlands X/country, Holme P – 21st November 2004

5	Mark Yates	2	Jane Pidgeon
16	Martyn McHale	24	Rachel Martin
19	Stan Pascoe		
24	Kevin Squires		
31	Pete Gillespie		
32	Richard Mayes		
37	Mark Attenborough		
39	Arthur Hancock		
43	John Lowton		
47	Richard Hammond		
48	Dave Tetley		
62	Andy Barks		
66	Chris Middleton		
67	Bob Hayes		
69	Tim Cunnington		
80	Noel McGuinness		
81	Andy Phillips		

Heanor 10k – 21st November 2004

Heanor may not be flat but is usually good for a reasonable time (with a Christmas pudding to add) but heavy rain led to mud on about 3k of the course slowing times this year and brought many home in a state similar to those that ran the East Midlands X/country the same morning. (Well that's my excuse anyway although others may differ in their opinion, e.g. p.b. for Ian!)

Ian Abbott	36.16 p.b.
Clive Greyson	37.25
James Butler	39.09
Bill Johnson	41.27 (1 st M60)
Sandra Schneider	42.17
John Cass	43.51
Nigel Daniels	44.39
Kevin Humphreys	45.00
Paul Ward	45.46
Michelle Flint	49.25
Dennis Reeson	50.40
Cam Davies	51.07
Liz Green-Davies	52.44

Boston 5m – 14th November

Dennis Reeson 36.45

Great Bakewell pudding fell race – 14th November 2004

Sarah Costin 59.18 (2nd lady)
Paul Ward 60.27
David English 61.56
Amanda English 67.36
Rachel Martin 68.55
liz Green-Davis 72.16

Shepshed 7m – 7th November 2004

Whilst the Redhill masses celebrated Paula's New York win in style in Ashbourne, Matt ran his 2nd p.b. in 2 weeks at Shepshed.

Matt Hemsley 45.24 p.b.
Mike Drury 53.06

National X/country relays, Berry Hill – 6th November 2004

53 Redhill Road Runners 'A' 38:35

A Ford (46) 11:57
S Scheider (38) 12:18
M Flint (53) 14:20

73 Redhill Road Runners 'B' 47:25

R Martin (82) 13:42
L GreenDavis (78) 14:31
L Cowie (73) 19:12

J Pidgeon 11.33 (2nd claim)
S Costin 12:32 (2nd claim)

58 Redhill Road Runners 'A' 1:10:18

M Clapp (75) 17:14
A Wetherall (50) 16:37
S Humber (62) 18:51
M Yates (58) 17:36

82 Redhill Road Runners 'B' 1:14:29

I Abbott (106) 18:26
S Pascoe (94) 18:38
L Stubbs (88) 18:37
M McHale (82) 18:48

109 Redhill Road Runners 'C' 1:23:23

C Greyson (123) 19:40
J Cass (122) 21:51
D Giles (118) 20:42
P Ward (109) 21:10

Workshop ½ marathon – 31st October 2004

Andy is 1st Vet in Workshop ½ marathon!

Andy Wetherill	1.13.36 (1 st Vet)
Tom Rawsterne	1.19.24
Clive Greyson	1.21.42
Ian Abbott	1.21.59
Kevin Squires	1.24.58
Andy Proffitt	1.25.46
Matt Hemsley	1.25.58 p.b.
Arthur Hancock	1.32.54
Sandra Schneider	1.34.36 p.b.
Dave Tetley	1.35.09
Nigel Daniels	1.37.25
John Cass	1.37.33
Steve Price	1.38.20 p.b.
Mike Monks	1.38.50
Pete Scoffings	1.44.34 p.b.
Dennis Reeson	1.45.51
Bob Hickling	1.47.22
Sarah Parker	1.49.06
Taff Ramsey	1.52.08
Beth Cooper	1.52.18 p.b.
Rachel Martin	1.59.00
Dave Musgrove	2.45.36
Barry Davies	2.51.04

North Midlands X/country – 30th October 2004

6	Andy Wetherill	5	Helen Burrell
45	Martyn McHale	18	Ann Ford
55	Steve Humber	48	Michelle Butler
58	James Butler	60	Rachel Martin
70	Andy Tarry	71	Liz Green-Davies
72	Noel McGuinness		
84	Stan Pascoe		
101	Bill Johnson		
123	Geoff Jackson		
150	Andy Barkes		
167	Bruce Oplin		

Commando Challenge 7m, Devon – 24th October 2004

Amanda, Dave & Paul are 4th out of 147 mixed team's in Devon's mud!

Amanda English	1.17.00
Dave English	1.17.00
Paul Ward	1.17.00

Dave Lewis 16m trail, Kelham, Newark – 17th October 2004

Dave wins Newark trail event!

1	Dave Walsh	2.08.18
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Scott King 5m – 17th October 2004

Andy is 2nd & many p.b.'s by club members at Scott King!

2	Andy Wetherill	26.34 (2 nd senior & 1 st Vet)
14	Ian Abbott	28.44 p.b.
16	Martyn McHale	29.00
21	James Butler	29.48 p.b.

29	Richard Mayes	30.42
31	Matt Hemsley	31.08 p.b.
33	Mark Anslow	31.24
35	David Giles	31.36
43	Ian Hales	32.19
44	Mark Attenborough	32.29 p.b.
51	Geoff Jackson	32.49
57	Paul Ward	33.09 p.b.
62	John Cass	33.45
73	Kevin Humphreys	34.21
77	Bob Hayes	34.34
87	Nigel Daniels	35.24
95	Bob Hickling	35.46 p.b.
102	Tim Cunnington	36.02
109	Andrew Philips	36.13
113	Andy Stredder	36.31
114	Michelle Butler	36.31 p.b.
138	Dawn Hales	37.37
140	Michelle Flint	37.41
141	Dennis Reeson	37.45
146	Amanda English	38.02
149	Paul Hodgkinson	38.12
160	Ruth Sturt	38.28
217	Phil Hopewell	41.50
248	Lesley Ward	44.10
284	Colin Peet	46.47

Bridlington ½ marathon – 17th October 2004

John Kelly 94.59

Bestwood Park 10k, 10th October 2004

Paul runs to 2nd in home territory!

Paul Newton	35.30
Andy Profitt	38.46
James Butler	39.43
Pete Gillespie	42.10
Mark Attenborough	42.24
Dave Giles	42.33
Steve Price	44.28
Mark Davis	45.19
Bob Hayes	45.40
Nigel Daniels	46.42
John Lovett	47.37
Pete Scoffings	47.42
Tony Curtis	47.54
Helen Metcalfe	48.27
Michelle Butler	49.02
Bob Hickling	49.10
Mark Taylor	49.23
Dennis Reeson	50.19
Barry Stockton	50.38
Phil Hopewell	55.01
Alun McCarthy	58.13
Karen Edge	59.13
Lisa Coleman	60.32
Sarah Freeman	60.53

North Midlands X/Country, Marketon Park – 9th October 2004

Andy & Helen are both 1st Vets home whilst the ladies & men's vets teams are also 3rd in the opening North Midlands race of the season.

Ladies teams – Derby 16, Charnwood 16, Redhill 33, Harborough 67,

Andy Wetherill	6 (1 st Vet)	Helen Burrell	6 (1 st vet)
Mark Yates	19	Audrey McMillan	9
Stan Pascoe		Ann Ford	18
Ian Abbott		Sandra Schneider	32
Kevin Squires			
Geoff Jackson			
Kevin Humphreys	207		

Lock Ness marathon – 3rd October 2004

Pearl Dixon	4.16.00
Rachel Martin	4.32.00

Goose Fair Gallop, 5m – 3rd October 2004

Ian, Matt & James win team prize at Kimberley!

Ian Abbott	30.17
James Butler	31.24
Matt Hemsley	33.53
Geoff Jackson	35.40
Paul Ward	36.03
John Cass	36.42
Nigel Daniels	37.34 (1 st V60)
Tim Cunnington	39.04
Mark Taylor	39.45
Dawn Hales	40.12
Michelle Flint	40.29
Colin Peet	50.31

Merrill College 10k, Derby – 3rd October 2004

Clive Greyson	36.49
Sandra Schneider	42.08 p.b.

Midland X/Country relays – 2nd October 2004

Martyn McHale	26.21
Paul Newton	23.55
Steve Humber	25.53
Mark Attenborough	28.02 (15 th)

Retford ½ marathon – 26th September 2004

Nigel wins bronze medal in the County ½ marathon Championships !

Nigel Cobb	81.16 (County Champs V40 bronze)
Ian Abbott	83.20
Dave Walsh	85.50
Arthur Hancock	94.28
Mike Monks	101.20

Great North run, ½ marathon – 26th September 2004

Andy Wetherill	72.20
Stan Pascoe	78.50
Chris Middleton	97.30
John Cass	101.00
Pete Scoffings	105.42
Louise Tomlinson	109.00
Rosie Simms	109.00
Barry Stockton	123.00
Caroline Humber	
Lynn Cowie	

Northampton Triathlon – 26th September 2004

Mark wins at Northampton!

Final pos	Sprint	Swim 414m	Bike 20k	Run 5k	Total Time
1	Mark Redwood	5.15	32.14	16.40	54.09
15	John O'Neill	5.13	35.13	18.24	58.50
212	Mike Hankin	8.52	39.07	24.40	1.12.49

Stange struggle Fell race, 6m – 26th September 2004

Andy Proffitt	48.00
Paul Ward	58.00
Amanada English	63.00

Berlin Marathon – 26th September 2004

Helen B is 1st W40, 1st British lady & 21st lady overall in Germany !

Helen Burrell	2.50.24 p.b.
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Ladies Midland 4 stage, Sutton Park – 25th September 2004

Ann Ford	16.36
Nicki Powers	20.58
Michelle Flint	19.45
Fliss Garland	18.47 (31 st)
Sarah Costin	17.41 (2 nd claim)

Mens Midland 6 stage, Sutton Park – 25th September 2004

Paul Newton	19.59
David Giles	23.15
Martyn McHale	22.08
Mark Attenborough	23.33
Clive Greyson	21.20
Lee Stubbs	20.53 (49 th)

Friends 10k, West Bridgford – 19th September 2004

Nigel is 1st vet in the first running of this event. (full Redhill results to follow if become available)

Nigel Cobb	37.12
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Woodhall Spa 10k – 19th September 2004

Ian Abbott	36.39
John Cass	44.26 (Don't be fooled, missed start)
Michelle Flint	47.39
Dennis Reeson	47.39

Southwell, last minute triathlon – 19th September 2004

24	Matt Hemsley	1.03.47
30	Paul Ward	1.04.56
48	Mike Hankin	1.09.26
92	Amanda English	1.19.28
106	Phil Hopewell	1.26.35

National Track & Field Champs, Luton – 18th September 2004

Andy Wetherill is 2nd in the national vets championship!

Robin Hood marathon – 12th September 2004

Mark runs to a new p.b. & is rewarded with a Silver medal in the County Championships!

Mark Yates	2.55.14 p.b. (County Champ Silver medal)
David Walsh	3.03.21
Pat McGovern	3.45.25

Robin Hood ½ marathon – 12th September 2004

Men (times per race clock, not chip.)

Redhills team of Alan, Paul, Julian & Stan run to 2nd place in the mens team event!

Alan Smith	73.08
Paul Newton	76.22
Julian Richardson	77.28
Stan Pascoe	79.05
Tom Rawsterne	82.01
Nigel Cobb	83.31
Kevin Squires	87.35
Richard Mayes	88.01
James Butler	88.57
Simon Nash	90.18
Roger Nixon	90.32
Ian Beckingham	91.00
Mark Attenborough	92.09 p.b.
Bob Hayes	95.41
Stuart Lake	98.19
Chris Middleton	99.32
John Truscott	100.58
Andy Phillips	103.10
Tony Curtis	103.15
Mark Davies	103.29 p.b.
Peter Scoffings	105.28 p.b.
Bob Hickling	106.04
Maurice Lever	109.25
Mark Taylor	111.13
Dennis Reeson	111.20
Cam Davies	112.16 p.b.
Barry Stockton	114.00 p.b.

Brian Moon	117.09
Dennis O'Neill	117.42
Phil Hopewell	124.25.
Barry Davies	132.24
John Lowton	??

Ladies (times per race clock, not chip).

Michelle Flint	104.51
Rosie Simms	105.28
Rachel Martin	106.14
Louise Tomlinson	106.36
Helen Metcalfe	109.53
Beth Beare	114.14 p.b.
Amanda English	119.23
Jan Hampson	131.32 p.b.
Karen Edge	135.21 p.b.
Sus Artis	135.42
Sarah Freeman	136.02 p.b.
Gill Salmon	142.23 p.b.
Lisa Hayes	144.20

Longford Marathon, Ireland – 29th August 2004

Congratulations to Helen C for winning in style in Ireland, beating the 2nd lady by 19 minutes and finishing 5th overall !

Helen Cawthorne	2.58.59
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Derby Triathlon – 12th September 2004

Mark finishes 2nd behind fellow TFN club member Carl Philips at Derby.

Final pos	Sprint	Swim 750m	Bike 20k	Run 5k	Total Time
2	Mark Redwood	7.27	28.56	20.03	56.26
101	Matt Hemsley	11.25	36.19	22.34	1.10.18
226	Mike Hankin	11.35	34.40	29.34	1.15.49

Long Short Sheep Dog Trials Fell race, 5.5m – 4th September 2004

Paul Ward	59.00
Amanda English	65.00
Rachel Martin	67.00

Chesterfield Spire 10m – 5th September 2004

Terry, Nigel, Ian & Matt win team prize in this flat (think not) 10 mile race!

Terry Smith	59.10
Nigel Cobb	62.24 (3 rd Vet)
Ian Abbott	64.41
Matt Hemsley	69.12
Mark Anslow	73.00
John Cass	80.09
Mike Monks	81.35
Dennis Reeson	82.34
Michelle Flint	82.52
Peter Scoffings	85.57
Rachel Martin	87.25

Amanda English 90.55
 Paul Ward 90.55
 Phil Hopewell 97.55

Crossdale 10k – 5th September 2004

James Butler 44.38
 Mark Davis 45.07
 Nigel Daniels 48.04
 Dawn Hales 52.28
 Jan Hampson 59.00
 Karen Edge 64.22
 Sarah Freeman 65.37
 Louise Connor 68.12
 Colin Peet 72.29

Armthorpe 10k – 30th August 2004

Michelle Flint 48.30

Clumber Triathlon – 28th August 2004

Final pos	Olympic	Swim 1550m	Bike 40k	Run 10k	Total Time
81	Stewart Lake	40.48	71.42	47.58	2.40.28

Final pos	Sprint	Swim 750m	Bike 20k	Run 5k	Total Time
42	Kevin Humphreys	20.04	36.46	21.37	1.18.27
44	Paul Ward	19.35	37.37	21.33	1.18.45
63	Mike Hankin	20.20	36.19	25.37	1.22.16
113	Amanda English	22.03	48.17	24.10	1.34.30

Newstead Abbey Dash 3m – 27th August 2004

6 Ian Abbott 16.35
 12 Stan Pascoe 17.02
 21 Simon Nash 17.42
 24 James Butler 18.13
 27 Richard Mayes 18.23
 31 Mark Anslow 18.51
 43 Richard Hammond 19.42
 45 Bob Hayes 19.45
 48 Dennis O'Neill 20.03
 63 John Truscott 20.45
 73 Barry Stockton 21.33
 76 Michelle Butler 21.38
 81 Cam Davies 21.57
 84 Rachel Martin 22.05
 86 Michelle Flint 22.09
 91 Dawn Hales 22.29
 94 Brian Moon 22.45
 142 Sarah Freeman 27.01
 143 Karen Edge 27.03
 152 George Morana 28.42

Boundary Breeze Triathlon, Manchester - 22nd August 2004

Final pos		Swim 750m	Bike 20k	Run 5k	Total Time
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107	Mike Hankin	16.15	40.14	25.33	1.22.02
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Notts Road Race Individual Placings 2004

1	Alan Smith (Senior Champion)	9	Fliss Garland (2 nd Vet45)
2	Andy Wetherill (2 nd Senior, Vet Champion)	13	Michelle Flint
4	Terry Smith	15	Michelle Butler
6	Paul Newton		
12	Martyn McHale		
14	Ian Abbott		
16	Stuart Leblinski (2 nd V50)		
22	Clive Greyson		
31	James Butler		
32	Bill Johnson		
37	David Giles		
42	Mark Attenborough		
45	Arthur Hancock		
59	Andy Barks		
60	Paul Ward		
61	Nigel Daniels		
64	Kevin Humphreys		
70	Bob Hickling		
75	Phil Hopewell		

Newark Notts Road Race League, 5.7m – 20th August 2004

Redhill's senior men are Notts Road Race Champions!

Redhill returned from the last race of the series with success on the night with Alan winning the race and also with series individual & team success.

Individual series awards - Alan Smith Overall Champion, Andrew Wetherill 2nd senior & 1st Vet40, Stuart Leblinski 2nd V50, Fliss Garland 2nd Vet45.

Team series awards - Senior men "Champions", Vet Men 2nd & Senior Ladies 3rd.

1	Alan Smith	22	Fliss Garland
4	Andy Wetherill	31	Michelle Flint
7	Paul Newton	33	Rachel Martin
9	Terry Smith	36	Michelle Butler
12	Mark Yates	60	Sue Revill
14	Julian Richardson	64	Sarah Freeman
22	Lee Stubbs	69	Louise Connor
24	Martyn McHale		
27	Stan Pascoe		
28	Ian Abbott		
40	Clive Greyson		
44	Simon Nash		
46	Stuart Leblinski		
56	James Butler		
62	Richard Mayes		
67	Mark Attenborough		
68	Matt Hemsley		
69	Ian Hales		
74	David Giles		
76	Bill Johnson		
88	Geoff Jackson		
103	Andy Barks		
105	Mark Davies		
112	Bob Hayes		
115	Arthur Hancock		

124	Paul Ward
134	Nigel Daniels
146	Kevin Humphreys
150	Phil Wombwell
151	Barry Stockton
160	Bob Hickling
162	Cam Davies
166	Brian Moon
173	Phil Hopewell
177	Alan McCarthey

Great Yarmouth ½ marathon – 8th August 2004

Helen C wins ladies race!

Helen Cawthorne 87.58 (1st lady)

Jagermaster 10k – 13th August 2004

Paul Newton	37.43
Simon Nash	39.35
Mark Attenborough	40.51
Matt Hemsley	41.12
Geoff Jackson	42.56
Arthur Hancock	43.31
Stewart Lake	43.58
Andy Barks	44.17
Paul Ward	45.58
Dennis O'Neill	46.47
Andy Phillips	46.59
Rachel Martin	47.38
Kevin Humphreys	48.02
Barry Stockton	50.20
Dennis Reeson	50.22
Cam Davies	51.19
Liz Green-Davies	51.53
Amanda English	54.11
Sarah Freeman	60.02

Newark ½ marathon – 8th August 2004

Mark Yates	83.50
Julian Richardson	84.00
Nigel Daniels	111.29
Andy Stredder	114.15
Rachel Martin	129.16

National Triathlon Team relays, Holme P – 7th August 2004

In a capacity field of 200 teams with over 50 more being rejected long before the day, Redhill's debutants scored a satisfying win over other Redhill members running under the TFN Vet club banner to win by a mere 48 seconds in just under 4 hours of racing. Going into the run section in 33.5 degrees of heat with a 3 ½ minute lead, Redhill's finest (?) saw this lead evaporate within the 1st 2 legs, Paul Ward then clawed back the 3rd leg arrears leaving both teams within 5 seconds of each other, as Kevin Squires & his TFN rival battled it out over the final 5k, Kevin crossing the line to claim the honours.

Final pos	Team Relays	Swim 4 x 500m	Bike 4 x 15k	Run 4 x 5
100	Redhill (inc)	43.13	1.35.23	1.31.

	Kevin Squires, Mike Hankin & Paul Ward			
102	TFN Vets (inc) Kevin Humphreys & Cam Davies	44.59	1.37.08	1.28.3
128	TFN Ladies (inc) Lisa Tarry	39.00	1.42.16	1.35.

In the Team Time Trial Mark Redwood lead his team around the entire bike leg, allowing the other 3 team members to run to 3rd place in this competition.

Final pos	Team Time Trial	Swim 500m	Bike 15k	Run 6.5k
3	TFN (inc) Mark Redwood	8.48	21.07	20.4

Hucknall 10k – 1st August 2004

Sandra is 3rd lady & Nigel retains his V60 title for the 4th year running!

12	Clive Greyson	38.30
21	Mark Anslow	40.06 p.b.
24	Matt Hemsley	40.19 p.b.
26	Paul Barratt	40.27 p.b.
28	Dave Giles	40.49 p.b.
41	Sandra Scheider	42.36 p.b. (3rd lady)
45	Bob Hayes	43.20
49	Paul Ward	43.44 p.b.
51	Andy Barks	44.11
52	John Cass	44.29
56	Nigel Daniels	45.05 (1 st V60)
71	Bob Hicking	47.20
74	John Truscott	47.59
75	Michelle Flint	48.09
89	Dennis Reeson	49.52
99	Cam Davies	50.50
108	Phil Hopewell	51.33
111	Liz Green Davies	51.48
161	Lisa Coleman	64.55
162	Lynn Cowie	65.57

Notts AC 5 – 30th July 2004

Andy is 2nd overall and 1st Vet in this 2 ½ lap event!

2	Andy Wetherill	26.03
9	Paul Newton	27.45
29	Ian Abbott	29.32
48	Bill Johnson	31.52
63	Geoff Jackson	32.40
65	Mark Attenborough	32.42 p.b.
82	Dennis O'Neill	34.06 p.b.
126	Andy Phillips	36.33 p.b.
153	Cam Davies	38.45 p.b.
185	Liz Green Davies	41.44 p.b.
229	Carl Neal	46.34

Heanor 5 – 30th July 2004

4	Terry Smith	27.53
86	Dennis Reeson	41.06

Sherwood (Epperstone 10m time trial) – 27th July 2004

Paul Ward 26.33

Eckington 10m – 25th July 2004

Mark Attenborough 69.06

Milton Keynes triathlon – 25th July 2004

	Swim 1500m	T1	Bike 25m	T2	Run 10k	Total Time
Stuart Lake	30.00	1.46	71.38	0.54	45.10	2.29.28
Kevin Humphreys	28.00	1.31	75.09	1.15	49.08	2.35.03

Hatfield Triathlon – 25th July 2004

Final pos		Swim 750m	Bike 20k	Run 5k	Total Time
43	Kevin Squires	15.25	45.18	18.45	1.19.28
57	Mike Hankin	16.20	42.43	24.57	1.24.00

Sherwood (Epperstone 10m time trial) – 20th July 2004

Paul Ward 26.51

Pride Park relays, Derby - 19th July 2004

Andy Wetherill 9:50 (4th)
Ian Abbott 10:50
Leigh Stubbs 10:46
Paul Newton 10:20

Clive Greyson 11:11 (19th)
Chris Middleton 13:47
Clive Greyson 11:37
Ian Abbott 11:17

Spalding Traithlon – 18th July 2004

Final pos		Swim 400m	Bike 13m	Run 3m	Total Time
2	Mark Redwood	5.45	31.20	17.07	54.27
69	Kevin Humphreys	9.23	36.59	21.43	1.08.05
89	Simon Nash	11.13	39.23	19.35	1.10.11
91	Paul Ward	9.15	39.33	21.34	1.10.22
105	Matt Hemsley	11.13	40.40	19.27	1.11.20
116	Mike Hankin	9.43	37.12	25.39	1.12.34
172	Dave Tetley	13.57	43.20	20.25	1.17.42
224	Amanda English	10.49	46.47	25.58	1.23.34
251	Phil Hopewell	15.39	47.39	25.22	1.28.40

Worksop Notts Road Race Team Standings

Series Overall Standings

Senior men 1 Redhill 237, 2 Notts AC 638, 3 Mansfield 988, 6 Redhill B 1303, 8 Redhill C 2235, 13 Redhill D 2859, 17 Redhill E 3632

Vet Men 1 Mansfield 199, 2 Redhill 514, 3 Worksop 626

Senior Ladies 1 Sutton 109, 2 Notts AC 118, 3 Redhill 121, 4 Worksop 237, 5 Mansfield 264, 8 Redhill B 539, 10 Redhill C 687

Vet Ladies 1 Mansfield 286, 2 Holme P 311, 3 Southwell 372

Race 4 Team Results

Senior men 1 Redhill 91, 2 Mansfield 161, 3 Notts AC 180, 4 Long Eaton 297, 5 Worksop 344 6 Redhill B 423, 12 Redhill C 651, 17 Redhill D 855 18 Redhill E 1010,

Vet Men 1 Mansfield 46, 2 Redhill 85, 3 Worksop 139, 4 Holme P 270

Senior Ladies 1 Redhill 19, 2 Sutton 23, 3 Worksop 42, 4 Notts AC 66, 7 Redhill B 90, 10 Redhill C 141

Vet Ladies 1 Southwell 63, Sutton 66, Holme P 70, Mansfield 89

Worksop Notts Road Race League, 5.4m – 14th July 2004

**Helen & Alan claim individual victories at Worksop !
Redhill's senior ladies and men also win leaving the men a step closer to the league title !**

1	Alan Smith	1	Helen Burrell
2	Andy Wetherill	4	Helen Cawthorne
5	Paul Newton	14	Fliss Garland
6	Terry Smith	23	Michelle Butler
16	Julian Richardson	28	Michelle Flint
19	Martyn McHale	39	Lisa Tarry
24	Stan Pascoe	42	Pearl Dixon
29	Ian Abbott	48	Beth Beare
34	Lee Stubbs	51	Rachel Martin
39	Clive Greyson	62	Ruth Sturt
40	Stuart Leblinski	76	Lisa Coleman
51	Aidan Linskill		
75	Bill Johnson		
85	Mark Attenborough		
86	James Butler		
87	Mark Anslow		
90	Geoff Jackson		
97	Dave Giles		
104	Andy Stredder		
106	Arthur Hancock		
124	Dennis O'Neill		
130	Bob Hayes		
138	Nigel Daniels		
140	John Cass		
141	Mark Davis		
142	Andy Barks		
143	Pat McGovern		
151	Paul Ward		
153	Andy Phillips		
156	Mike Monks		
166	Bob Hickling		
171	Kevin Humphreys		
174	Pete Scoffings		
190	Phil Hopewell		
193	Barry Davies		

198 Mike Clifford
203 Carl Neale

Sherwood (Epperstone 10m time trial) – 13th July 2004

Andy Proffitt 20.58
Mike Hankin 26.35

Notfast 10k – 11th July 2004

Barbara Stephens 42.02
Bob Hayes 43.51
Andrew Phillips 46.48
Cam Davies 47.35
Dennis Reeson 50.12
Liz Green-Davies 52.33
Gill Salmon 57.38

Ripon Triathlon – 10th July 2004

Final pos		Swim 1500m	Bike 26m	Run 10k	Total Time
127	Kevin Humphreys	29.52	77.05	48.47	1.35.44

Tara Kinder (Elvaston castle) 10k – 9th July 2004

Helen Burrell wins at Elvaston !

Helen Burrell 37.35

Redhill Round the Lake Relay, 1.1m – 7th July 2004

Lee Stubbs 5.47 (1 st 34.49)	Martyn McHale 5.53 (2 nd 35.39)
Jan Hampton 9.09	Lynn Cowie 9.30
Cam Davis 7.20	Michelle Butler 7.36
James Butler 6.14	Ian Abbott 6.03
Dave Giles 6.19	Mark Attenborough 6.37
Aidan Linskill 6.08 (3 rd 36.20)	Bob hayes 7.14 (4 th 36.39)
Karen Edge 9.27	Jan Salmon 9.00
Andrew Phillips 7.35	Kevin Squires 6.24
Stan Pascoe 6.04	Trev Onions 6.52
Dave Tetley 7.06	Kevin Humphreys 7.09
Terry Smith 5.49 (5 th 37.02)	Alan Smith 5.33 (6 th 38.07)
Louise Connor 9.53	Sarah Freeman 9.49
Phil Hopewell 7.41	Dave Musgrave 9.20
Simon Nash 6.26	Matt Hemsley 6.33
John Cass 7.13	Mark Davis 6.52
Paul Newton 5.38 (7 th 38.16)	Julian Richardson 6.00 (8 th 39.25)
Nancy Loose 10.09	L Potts 9.37
Liz Green Davis 8.24	Lisa Coleman 9.00
Andy Stredder 6.30	Dave Walsh 6.45
Bob Hickling 7.35	Nigel Daniels 8.03

Sherwood (Epperstone 10m time trial) – 6th July 2004

Andy Proffitt 21.52
Kevin Humphreys 26.50 p.b.

Paul Ward 27.30 p.b.

Midland Vets 10k Championship 2004 – 4th July 2004

Andy wins race & with it the Midland Vets 10k Championship, Bill wins Vet 60 Gold & Andy together with Martyn & Kevin take Midland Vet 10k team Silver!

1 Andy Wetherill (Midland V40 Gold)
10 Matyn McHale
26 Kevin Squires
35 Bill Johnson (Midland V60 Gold)

Mansfield ½ marathon 4th July 2004

Helen C takes 2nd at Mansfield !

Ian Abbott 83.42
Helen Cawthorne 87.10 (2nd lady)
Matt Hemsley 92.24
James Butler 92.58
Pete Hamilton 101.40
Mark Attenborough 102.18
Nigel Daniels 102.18
Andy Stredder 102.30
Rosie Simms 102.34 p.b.
Bob Hickling 105.12
Michelle Flint 107.43
Dennis Reeson 108.06
Rachel Martin 111.52
Mark Taylor 118.11

Market Bosworth Terrapin Triathlon – 4th July 204

Final pos		Swim 750m	Bike 21k	Run 5k	Total Time
94	Cam Davis	18.06	43.46	24.37	1.26.29

Heritage series, Overall placings 2004

ladies senior

11 Michelle Butler
16 Rachel Martin
19 Ruth Sturt
49 Lisa Coleman

ladies vets

3 Michelle Flint
16 Liz Green Davis
22 Suzi Artis

men senior

5 Steve Humber
11 James Butler
12 Richard Hammond
20 Andy Stredder

men vet 40

9 Kevin Squires
20 Mark Attenborough
45 Andy Phillips
49 Cam Davis
53 Mark Taylor

men vet 50

- 4 Geoff Jackson
- 6 Trev Onions
- 14 Mike Monks
- 15 Bob Hickling

men vet 60

- 1 Bill Johnson
- 2 Nigel Daniels
- 3 Brian Moon

Heritage series race 4, Colwick Park 5m – 1st July 2004

Steve Humber	30.30
Kevin Squires	30.50
James Butler	31.29
Richard Hammond	31.57
Bill Johnson	32.05
Tom McCulloch	32.09
Richard Mayes	32.09
Mark Attenborough	32.40
Geoff Jackson	32.52
Andy Stredder	33.28
Trev Onions	33.36
Andy Barks	35.55
Nigel Daniels	36.28
Andy Phillips	36.44
Mike Monks	36.50
Bob Hickling	37.23
Michelle Butler	37.29
Rachel Martin	38.19
Michelle Flint	38.20
Ruth Sturt	38.37
Cam Davis	38.39
Kevin Humphreys	38.42
Brian Moon	39.29
Mark Taylor	39.36
Phil Hopewell	40.43
Liz Green Davis	41.25
Dennis Reeson	41.45
Suzi Artis	43.24
Lisa Coleman	46.46
Colin Peet	50.00

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