

Redhill Race Results

Jan – June 2005

Heritage, Wollaton Park, 5k – 30th June 2005

Lee Stubbs	16.51
Steve Humber	18.15
James Butler	18.50
Kevin Squires	18.51
Mark Attenborough	19.32
Vicky Hards	19.42 (3 rd Lady)
Ian Beckingham	20.03
Geoff Jackson	20.55
Ian Livesey	20.58
Paul Stacey	21.13
Jim Munroe	21.20
Andy Stredder	22.13
Mike Drury	22.27
Dennis O'Neill	22.33
Nigel Daniels	22.49
Mike Monks	23.02
Bob Hickling	23.07
Michelle Flint	24.26
Liz Green Davies	24.43
Jo Stocks	24.53
Mark Taylor	25.18
Cam Davies	25.20
Colin Peet	27.59
Lydia Chapman	33.56

Heritage, Holme P, 10k – 28th June 2005

Lee Stubbs	33.33 p.b.
Mark Yates	34.58
Kevin Squires	36.30
Clive Greyson	36.47
Simon Nash	37.27
James Butler	38.22
Vicky Hards	38.37 (3 rd lady)
Tom McCulloch	38.41
Mark Anslow	39.22
Steve Humber	40.18
Geoff Jackson	41.02
Paul Stacey	41.05
Mark Attenborough	41.11
Ian Livesey	42.23
Nigel Daniels	44.42
Mike Monks	44.59
Bob Hickling	45.29
Andy Stredder	46.22
Paul Ward	46.56
Michelle Flint	47.51
Jo Stocks	49.05

Dennis Reeson 49.13
 Mark Taylor 50.51
 Cam Davies 51.47
 Amanda English 52.12
 Liz Green-Davies 52.13
 Lydia Chapman 64.35

Horwich BMAF 5k Championships – 26th June 2005

Congratulations to Jane for finishing 2nd in her age category at the British Masters 5k Championships.

Jane Pidgeon 18.37 (Notts AC)

Ranby 10k – 19th June 2005

Ian & Bettina are both 2nd in the heat!

Ian Abbott 39.57 (2nd senior)
 Bettina Kneller 45.03 (2nd lady)
 Steve Kneller 48.28
 Dave Musgrove 66.36

Windsor Triathlon – 19th June 2005

Final pos		Swim 1500m	Bike 25m	Run 10k	Total Time
625	Paul Ward	28.53	77.53	53.22	2.40.10
845	Kevin Humphreys	32.05	78.05	57.30	2.47.40
939	Cam Davies	27.24	81.34	62.01	2.51.00
1029	Liz Green-Davies	31.46	84.44	57.26	2.53.56
1307	Amanda English	34.38	97.27	57.55	3.10.02

Notts Road Race 3, Sandiacre, 5.4m – 15th June 2005

Ladies Seniors, Men Seniors & Vets all win at race 3!

2	Andy Wetherill	2	Vicky Hards
3	Andy Tarry	4	Helen Cawthorne
5	Lee Stubbs	20	Bettina Kneller
6	Paul Newton	25	Sarah Parker
10	Mark Yates	35	Rachel Martin
16	Barry Moss	36	Michelle Flint
26	Kevin Squires	44	Lisa Tarry
28	Clive Greyson	51	Jo Stocks
36	Simon Nash	54	Helen Lowe
38	Martin McHale	67	Amanda English
54	Tony Lowe	85	Sarah Freeman
61	Mark Anslow	93	Suzi Artis
70	Mark Attenborough	100	Karen Edge
72	Dave Walsh	105	Lydia Chapman
76	Matt Hemsley	106	Lynn Cowie
81	Tom McCulloch		
82	Ian Hales		
85	James Butler		
94	Jamie Beverton		
104	Geoff Jackson		
113	Richard Wheatley		
120	Richard Hammond		
126	John Cass		

144 Arthur Hancock
 148 Mark Davies
 154 Ian Livsey
 163 John Kelly
 169 Paul Stacey
 177 John Holland
 178 Nigel Daniels
 181 Pete Scoffings
 183 Andy Phillips
 187 Paul Ward
 192 Steve Kneller
 204 Mike Monks
 209 Tim Cunnington
 212 Keith Webster
 213 Graham Parker
 214 Keith Palmer
 217 Pat McGovern
 226 Mike Drury
 229 Alun McCarthey
 230 Pete Dreyer
 231 Dennis Reeson
 241 Brian Moon
 248 Phil Hopewell
 251 Carl Neal
 254 Colin Peet
 256 Dave Musgrove

Mansfield Triathlon – 12th June 2005

Mark wins Nottinghamshire Tri Championship!

Final pos		Swim 400m	Bike 9m	Run 3m	Total Time
1	Mark Redwood	6.04	22.24	16.14	44.41
94	Paul Ward	7.56	27.55	20.55	56.46
182	Mike Hankin	9.33	27.30	24.17	1.01.20
257	Amanda English	9.40	33.56	22.34	1.06.10

Long Eaton, 5m – 12th June 2005

Ian Abbott 29.28
 Martyn McHale 29.50
 Clive Greyson 29.53
 Geoff Jackson 33.21
 John Cass 33.34
 Mike Drury 35.55
 Lisa Tarry 37.47
 Michelle Flint 37.47
 Phil Hopewell 41.35
 Colin Peet 44.59
 Lisa Coleman 46.23
 Lynn Cowie 56.54

Edinburgh marathon – 12th June 2005

Kristian Asgierson 3.08.00 p.b.
 Ian Beckingham 3.22.00 p.b.
 Paul Stacey 3.23.34
 John Simpson 3.27.00 p.b.
 Rachel Martin 4.02.17 p.b.

Gordon Welbourn Race week – 7th – 11th June 2005

8th June, 4m approx

3rd Mark Yates 17.35

11th June, 10k

Steve Shayler 39.53

Mike Monks 43.05

Midland Vets Track & Field Championships – 5th June 2005

1500m

Andy Wetherill 4.21.80 (1st M45, Gold)

Sinfin 10k – 5th June 2005

Ian Abbott 37.50

Mike Monks 45.35

Woodhall Spa 10k – 5th June 2005

Ladies win for Vicky!

Stan Pascoe 36.42

Vicky Hards 38.30 (1st lady)

Ian Hales 42.30

Dave Tetley 44.19

Dave Onions 46.53

Amanda English 52.34

Paul Ward 52.45

Phil Hopewell 59.04

Lisa Coleman 59.14

Woodhall Triathlon – 5th June

Tri win for Andy & 3rd for Lisa!

Final pos		Swim 400m	Bike 14.5m	Run 3m	Total Time
1	Andy Tarry	5.10	39.31	15.28	1.00.09
21	Matt Hemsley	8.48	44.49	18.29	1.12.06
31	Ian Hamilton	5.59	48.50	19.07	1.13.56
44	Simon Nash	11.04	47.11	18.44	1.16.59
48	Paul Ward	9.27	46.38	21.18	1.17.23
68	Lisa Tarry	6.23	51.01	22.22	1.19.46 (3 rd lady)
74	Mike Hankin	8.44	46.59	25.02	1.20.45
81	Cam Davies	7.43	49.36	24.12	1.21.31
82	Kevin Humphreys	8.40	49.36	23.15	1.21.31
111	Liz Green-Davies	8.26	53.06	24.53	1.26.25
121	Richard Hammond	11.07	55.34	21.11	1.27.52
126	Amanda English	8.42	57.09	23.31	1.29.22
177	Phil Hopewell	12.31	64.32	26.15	1.43.18

Notts 10m – 3rd June 2005

Men's Team victory and 2 individual County Championship Medals for Andy W!

Andy Wetherill	54.23 (2 nd Senior, 1 st Vet)
Lee Stubbs	56.06
Paul Newton	57.14
Alan Smith	57.32
Mark Yates	58.53
Clive Greyson	61.51
Kevin Squires	62.01
Toni Minitti	63.57 (3 rd Senior Lady)
Mark Attenborough	65.10 p.b.
Tony Lowe	66.45 p.b.
Geoff Jackson	70.08
John Cass	70.31
Mike Drury	72.43
Ian Livsey	72.54
Paul Stacey	74.37
Sarah Parker	76.52 p.b.
Rachel Martin	77.31
Alan Wilson	78.52
Michelle Flint	78.55
Keith Palmer	81.56
Graham Webster	81.56
Alan McCarthy	85.16
Susi Artis	92.48
Colin Peet	96.47

Burton 10m – 29th May 2005

Bruce Olpin	69.13
Bob Hayes	74.38
Dennis O'Neill	82.34

Rowsley 4m, 31st May 2005

Richard Hammond	30.38
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Milford 5m, 29th May 2005

Richard Hammond	35.49
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Wirksworth 4.2m – 28th May 2005

Richard Hammond	29.30
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Buxton ½ marathon – 30th May 2005

Helen Rope	1.51.36
Dave Onion	1.53.58

Derby 10k – 22nd May 2005

Vicky Hards	38.28 p.b.
Mike Drury	42.56
Michelle Flint	46.55 s.b.
Dave Onion	49.31

British Masters Road Relay Championships, (3 miles), Sutton Park – 21st May 2005

British Masters Silver for Bettina, Fliss & Ann!

The British W45 ladies road race team trophy has one name dominating it, "ours", 4 wins since 1999, last won in 2003 when Ann, Fliss & Julie L ran, this year an excellent silver to add, well done ladies!

A trip to the masters would also not be complete without hearing the story about the men's M40 victory back in 1997, that year Stan couldn't make the team but he told the story, he was reserve then but last Saturday he was part of our men's team that finished 31st.

W45 Ladies

Bettina Kneller	19.29m
Fliss Garland	20.52m
Ann Ford	18.43m
2nd Silver	59.04

M40 Men

Stan Pascoe	17.05m
Kevin Squires	17.22m
Steve Kneller	19.57m
Andy Wetherill	15.24m
Pete Gillespie	17.38m
Tom McCulloch	18.08m
M Attenborough	17.51m
Martyn McHale	17.21m
31st	2.20.46

White Peak marathon – 21st May 2005

Dave Walsh	3.02.40
Richard Wheatley	3.28.48
Nigel Daniels	3.49.31

White Peak ½ "Swift" marathon – 21st May 2005

Dave Onions	1.46.28
Rachel Martin	1.50.37

Notts Road Race 2, Teversal, 5.5m – 18th May 2005

Redhill's ladies and Men both win on the trails of Teversal!

2	Alan Smith	1	Vicky Hards
3	Andy Tarry	6	Toni Minnitti
4	Andy Wetherill	11	Bettina Kneller

5	Lee Stubbs	19	Rachel Martin
9	Paul Newton	29	Louise Reed
12	Terry Smith	32	Helen Rope
16	Tim Stedman	37	Sarah Parker
24	Martyn McHale	41	Michelle Flint
26	Barry Moss	42	Lisa Tarry
41	Kevin Squires	55	Amanda English
46	Simon Nash	56	Beth Cooper
50	James Butler	68	Liz Green-Davies
64	Tony Lowe	76	Sarah Freeman
69	Mark Attenborough	90	Lisa Coleman
72	Tom McCulloch	96	Karen Edge
73	Dave Walsh	99	Lydia Chapman
75	Jamie Beverton	101	Lynn Cowie
80	Richard Mayes		
81	Matt Hemsley		
84	Bruce Olpin		
106	Richard Wheatley		
110	Steve Shayler		
111	Geoff Jackson		
120	Arthur Hancock		
129	Mark Davies		
130	Richard Hammond		
136	John Kelly		
149	John Cass		
152	Mike Drury		
160	P Stacey		
178	Graham Parker		
179	Peter Scoffings		
183	Steve Kneller		
184	Nigel Daniels		
191	Andy Phillips		
193	Pat McGovern		
201	Bob Hickling		
217	Keith Palmer		
227	Andy Norton		
233	Alun McCarthy		
235	Cam Davies		
237	Paul Ward		
241	Phil Hopewell		
244	Brian Moon		
250	Carl Neal		
252	Colin Peet		
257	Wade Lowther		
258	Dave Musgrove		

Notts Track & Field County Champs, Berry Hill – 14th/15th May 2005

Redhill medal haul from County Track & Field Champs at Berry Hill!

800m

Tim Stedman 2.13.4 (Gold)

1500m

Andy Wetherill 4.22.5 (Gold)

5000m

Andy Wetherill 16.09.1 (Silver)
Lee Stubbs 16.23.1 (Bronze)
Paul Newton 16.37.6

3000m Vets

Andy Wetherill 9.14.2 (Gold)

Leeds ½ marathon – 15th May 2005

Pat McGovern 1.45.32

Southwell Triathlon – 15th May 2005

Mark is 2nd in record entry at Southwell!

Final pos		Swim 400m	Bike 12m	Run 5k (long)	Total Time
2	Mark Redwood	5.05	26.02	18.35	51.03
108	Matt Hemsley	9.32	30.42	21.10	1.02.19
291	Mike Hankin	9.44	31.15	28.42	1.10.26
422	Amanda English	9.34	n/a	n/a	1.19.40
442	Rachel Martin	13.36	39.45	26.21	1.21.42
511	Lydia Chapman	9.39	51.54	34.29	1.38.07
516	Tracey Lowton	13.24	47.55	36.13	1.40.53

Eyam ½ marathon – 15th May 2005

Tony Lowe 1.33.18 p.b.
Mark Anslow 1.38.54
John Truscott 1.45.03
Mike Monks 1.50.29
Dave Onion 1.55.37
Pete Scoffings 1.55.54
Pete Speakman 2.07.11

Rother Valley 10k – 14th May 2005

Dave Musgrove 63.33

Retford, 5k – 2nd May 2005

Ian Abbott 18.07
Jim Munroe 19.03
Bettina Kneller 20.48
Steve Kneller 21.20
Dave Musgrove 31.43

Lara Southwell, 5k – 2nd May 2005

Mike Drury 21.55

Caythorpe Canter, 26m & 12m – 23rd April 2005

Canter success for Vicky & Dave!

26 miles

Dave Walsh 3.30.00 (1st)

12 miles

Vicky Hards 1.30.00 (1st lady)

Sheffield ½ marathon – 1st May 2005

Andy Weatherill 1.12.51 (1st Vet)
Pat McGovern 1.41.23
Dave Onions 1.45.38
Jo Stocks 1.49.56

Notts Road Race 1, Epperstone, 5.9m – 27th April 2005

Redhill's men win road race 1!

The weather was certainly better than last year and the runners came out in force from all over the County. A total of 419 ran which is probably the 2nd biggest road race field ever after Epperstone 2003 when 425 finished. That year 89 Redhill members ran to set a new club record (which was also equalled in 2004 at the same venue), this year no record attempt but in fact 90 club members ran to actually set one! To the race itself, the men led by example packing 6 in the 1st 10 to win whilst the ladies gave themselves a good start to the series by finishing 3 in the top 13 in a ladies field that was not dominated by any club. Our great club spirit was again evident to all, as usual a thank you to all that ran, to those that supported and to those that officiated etc. Full results & times will be hopefully out sometime within the next week.

2	Alan Smith	2	Toni Minniti
3	Andy Wetherill	11	Bettina Kneller
4	Lee Stubbs	13	Sandra Schneider
5	Andy Tarry	32	Helen Metcalfe
8	Paul Newton	36	Rachel Martin
10	Terry Smtih	40	Michelle Flint
13	Mark Yates	52	Leone Scurr
22	Barry Moss	54	Helen Rope
30	Martyn McHale	56	Lisa Tarry
31	Steve Humber	57	Jo Randell
35	Clive Greyson	62	Amanda English
41	Kevin Squires	(68)	Jo Stocks
55	James Butler	69	Julie Lowton
60	Ray Gayne	79	Elizabeth Rourke
68	Simon Nash	93	Sarah Freeman
74	Jim Munroe	98	Suzi Artis
82	Kristyan Asgeirsson	99	Liz Green-Davies
83	Mark Anslow	110	Karen Edge
99	Dave Walsh	111	Jill Salmon
100	Tony Lowe	114	Michelle Fletcher
106	Ian Beckingham	115	Lydia Chapman
108	Richard Mayes	116	Michelle Butler
109	Mark Attenborough	119	Alex Donnington
116	Bruce Olpin		
124	John O'Neill	<u>2nd claim</u>	
130	Richard Wheatley		
131	Tom McCulloch	8	Sarah Costin (Notts AC)
134	Trev Onions		Jane Pidgeon (Notts AC)
143	Mark Davies		
146	Geoff Jackson		
160	Steve Shalyer		
163	Arthur Hancock		
168	John Kelley		
170	Luke Chapman		

174 John Lowton
 178 John Cass
 185 Keith Greate
 190 Paul Stacey
 191 Steve Kneller
 205 Tim Cunnington
 206 Nigel Daniels
 215 Andy Phillips
 218 Pat McGovern
 219 Graham Parker
 223 Mike Drury
 224 Ian Allen
 225 Dennis O'Neill
 228 Dave Tetley
 232 Maurice Lever
 233 Bob Hickling
 241 Wade Lowther
 245 Dennis Reeson
 251 Keith Palmer
 252 Paul Hodgkinson
 255 Alan McCarthey
 262 Andrew Bryne
 268 Mark Taylor
 272 Phil Hopewell
 273 Mike Clifford
 274 Brian Moon
 278 Cam Davies
 294 Colin Peet
 296 Barry Davies
 300 Dave Musgrove

2nd claim

Fred Pidgeon (Notts AC)

British Lung 10k, Sutton Park – 24th April 2005

Clive Greyson 37.22
 Sandra Schneider 43.44

Carsington duathlon – 24th April 2005

Final pos		Run 8m+	Bike 40k	Run 4k	Total Time
5	Mark Redwood	47.17	1.07.20	13.54	2.08.31

Stratford marathon – 24th April 2005

Graham Scandrett-Smith 4.15.30
 Andrew Norton 4.30.39

Ranby 10 mile – 24th April 2005

Terry & Tina both take 2nd at Ranby!

Terry Smith 57.14 (2nd)
 Ian Abbott 64.50
 Bettina Kneller 70.49 (2nd lady)
 Mike Drury 79.16

Dennis Reeson 80.21
 Louise Reed 81.04
 Michelle Flint 81.24

National 12 stage relays, Sutton Park – 23rd April 2005

Senior Men 33rd

Mark Yates 30:26 (long leg of 5.6 miles)
 Terry Smith 16:35 (short leg of 3 miles)
 Andy Wetherill 28:48
 Steve Humber 16:53
 Andy Tarry 28:56
 Leigh Stubbs 16:10
 Martyn McHale 32:42
 Clive Greyson 17:38
 Paul Newton 29:48
 Jim Munro 18:47
 Alaster Stewart 28:02
 Leigh Stubbs 16:44 (even though he fell over and cut his leg, knee, back, hand and shoulder etc!)

Bedford Triathlon - 24th April 2005

Final pos		Swim 400m	Bike 25k	Run 5k	Total Time
55	Mike Hankin	8.33	47.59	24.19	1.20.51

Derby Mid Week series, 1 mile – 20th April 2005

2nd Tim Steadman 4.54

Duston Triathlon - 17th April 2005

Final pos		Swim 400m	Bike 25k	Run 5k	Total Time
67	Matt Hemsley	8.58	40.27	19.28	1.08.53
223	Mike Hankin	8.30	43.50	29.00	1.21.20

Underwood “Hilly” 10k – 17th April 2005

Martyn McHale 39.41 (2nd Vet)
 Bob Hayes 45.23
 Mike Monks 47.46
 Andy Phillips 48.59
 Dennis Reeson 49.58
 Keith Palmer 51.24
 Colin Peet 64.52

London marathon – 17th April 2005

Helen Cawthorne 3.01.20
 Tim Metcalfe 3.15.00
 Mark Davies 3.50.36 p.b.
 Amanda English 4.16.14 p.b.
 Beth Beare 4.18.54 p.b.
 Rachel Martin 4.18.59 p.b.
 Phil Hopewell 4.45.03 p.b.

Notts AC Spring Spruce – 10th April 2005

800m

Tim Steadman 2.15.6

1500m

Tim Steadman 4.44.0

Paris marathon – 10th April 2005

Dave Walsh 3.01.00

Weston 5 – 10th April 2005

Helen C is 1st lady home at Derby!

Helen Cawthorne 31.47 (1st lady)
Jim Munroe 31.32
Andy Phillips 37.52

Mansfield Duathlon – 3rd April 2005

Final pos		Run 5k	Bike	Run 5k	Total Time
13	Matt Hemsley	18.30	43.21	17.56	1.18.37
22	Simon Nash	18.06	43.30	19.14	1.20.50

Ironman Australia – 3rd April 2005

Stewart joined the growing number of “ironman” club members mixing work with pleasure (or ironman training) whilst working over in Oz for 2005.

Final pos		Swim 2.4m	Bike 112m	Run 26.2m	Total Time
1462	Stewart Lake	1.08.20	n/a	n/a	13.36.45

Doncaster ½ marathon – 3rd April 2005

Bettina Kneller 1.33.40 (5th Lady, 3rd FV)

Belvoir ½ marathon – 3rd April 2005

Helen C wins ladies race at Hose whilst men are 2nd and ladies 3rd in team events!

Ian Abbott 1.23.20
Kevin Squires 1.24.42
Helen Cawthorne 1.25.00 (1st lady)
James Butler 1.27.22
Ray Gayne 1.29.59
Arthur Hancock 1.32.07
Richard Wheatley 1.32.43
Geoff Jackson 1.34.26
Tony Lowe 1.34.43 p.b.
Andrew Norton 1.35.37
John Truscott 1.35.55
Nigel Daniels 1.37.17

Mike Monks	1.37.58
Mark Davies	1.39.02
Mike Drury	1.43.10
Bob Hickling	1.43.30
Michelle Flint	1.45.54
Dennis Reeson	1.45.58
Paul Ward	1.46.26
Rachel Martin	1.48.30
Amanda English	1.51.15
Helen Rope	1.53.15 p.b.
Phil Hopewell	2.05.46.

Lincoln 10k – 3rd April 2005

Vicky Hards	39.11
Keiran Preston	50.24

Midland Men's 12 stage relays, Sutton Park – 2nd April 2005

The senior men finish in 21st position and qualify for the National 12-stage finals on the 23rd April.

Mark Yates	30:11 (long leg of 5.6 miles)
Matthew Clapp	16:56 (short leg of 2.995 miles)
Steve Humber	17:15
Jamie Beverton	35:12
Bruve Olpin	19:23
Paul Mellors	19:38
Andy Tarry	30:08
Clive Greyson	17:50
Leigh Stubbs	16:42
Paul newton	30:26
Mark Yates	17:27
Tim Stedman	17:01

Midland Ladies 6 stage relays, Sutton Park – 2nd April 2005

The ladies are 8th (a mere 3 seconds behind Notts AC ladies who were 7th but ahead of Sutton Harriers who were 9th).

Toni Minnitti	17.44
Ann Ford	18.50
Sandra Schneider	20.43
Michelle Flint	22.37
Fliss Garland	21.26
Vicky Hards	18.59

Midland Vet Mens 6 stage relays, Sutton Park – 2nd April 2005

The Male Vets team were 8th with Andy running the fastest short leg of the day.

Stan Pascoe	31:58 (long leg)
Mark Attenborough	18:43
Andy Wetherill	15:43
Martyn McHale	32:09
Nigel Cobb	17:24
Pete Gillespie	17:58

Notts AC Easter 10k – 28th March 2005

Andy W is 2nd at Wollaton Park!

Andy Wetherill	34.07 (2 nd)
Mark Yates	35.07
Paul Newton	35.34
Barry Moss	35.48
Lee Stubbs	37.39
Tim Stedman	37.58
Nigel Cobb	38.29
Matt Hemsley	39.37
Mark Anslow	39.47
Mark Attenborough	40.14
James Butler	40.26
Paul Ward	45.25
Nigel Daniels	45.50
Mike Monks	46.58
Mike Drury	48.29
Peter Scoffings	48.32
Michelle Flint	49.10
Michelle Butler	49.24
Dennis Reeson	49.51
Andrew Phillips	50.05
Amanda English	50.31
Mark Taylor	51.13

Shinning Cliff Woods, Fell race, 5m – 27th March 2005

John Truscott 44.21

Mud & Guts Duathlon – 20th March 2005

Final pos		Run 1	Bike	Run 2	Total Time
99	Mike Drury	24.55	1.04.14	25.50	1.54.59

Wimslow ½ marathon – 20th March 2005

Dave Onion 1.46.26

Coniston 14 – 19th March 2005

Arthur Hancock 1.39.54

Monserat, St Patrick's Day Freedom Run, 4m – 18th March 2005

Vicky went one better than last year by winning this hilly race overall this time around!

Vicky Hards 27.40

Lara, Mid Week Derby 5k – 16th March 2005

Tim Stedman 17.38

Hull 20 – 13th March 2005

Andrew Norton 2.33.20

Dronfield 10k – 13th March 2005

Sarah Freeman 56.25
Karen Edge 61.10

Westfield swim/run - March 13th 2005

Final pos	Sprint	Swim 400m	T1	Run 4.3m	Total Time
21	Mike Hankin	08.20	01.02	38.27	47.49

Hastings ½ marathon – 13th March 2005

Chloe Nelson 1.41.00

Rushcliffe 10k – 13th March 2005

7	Ian Abbott	36.08
9	Tim Stedman	36.53
10	Martyn McHale	36.56
12	Simon Nash	38.00
13	Pete Gillespie	38.34
16	James Butler	39.18
18	Mark Attenborough	39.29 p.b.
21	Mark Anslow	39.33 p.b.
24	Richard Wheatley	40.10
31	Geoff Jackson	41.00
40	Tony Lowe	41.51
44	Bruce Olpin	42.36
67	John Truscott	45.02
78	Paul Ward	45.29
85	Bob Hickling	46.15
93	Sarah Parker	46.51 p.b.
96	Michelle Butler	47.12
119	Michelle Flint	48.20
127	Dennis O'Neill	48.46
131	Denis Reeson	49.12
143	Helen Rope	50.04 p.b.
178	Cam Davies	53.23
252	Colin Peet	63.30

Ashby 20 – 13th March 2005

Hat trick of Ashby wins for Helen !

Helen Cawthorne	2:13:09 (1 st lady)
David Walsh	2:16:11
Ray Gayne	2:22:34
Tim Metcalfe	2:35:15
John Cass	2:42:29
Nigel Daniels	2:44:54
mark Davis	2:46:01
Rachel Martin	3:03:50
Amanda English	3:08:32
Beth Cooper	3:11:12
Phil Hopewell	3:18:56

Notts University Relays, 2.69m – 12th March 2005

15th
Mark Yates 14.17

11th
Ann Ford 16.37

Ian Abbott	14.41
Mark Redwood	14.49
Nigel Cobb	15.06
Terry Smith	14.51
Lee Stubbs	15.09

Sandra Schneider	18.00
Bettina Kneller	18.18

26th

Mark Attenborough	20.11 (-4 mins, don't ask!)
Paul Newton	14.30
Paul Ward	17.14
Geoff Jackson	17.13
Clive Greyson	16.04
Tony Lowe	17.22

17th

Sarah Parker	19.27
Helen Rope	20.15
Michelle Flint	20.19

Guildford Lockwood ½ marathon – date????

Andrew Norton	1.36.02
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Norton 9 – 6th March 2005

Andrew Norton	1.03.45
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Reading ½ marathon – 6th March 2005

Helen Cawthorne	1.24.05
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Paris ½ marathon – 6th March 2005

Toni Minnitti	1.23.40
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East Midlands X/country, Darley Park – 6th March 2005

5	Paul Newton
10	Martyn McHale
13	Ian Abbott
24	Ray Gayne
26	Mark Attenborough
27	Matt Hemsley
29	Mark Anslow
33	Kevin Squires
37	Pete Gillespie
46	Richard Wheatley
49	Arthur Hancock
56	Dave Walsh
59	Bruce Olpin
65	John Truscott
68	Tim Cunnington

Sheffield 10k – 6th March 2005

Tim Stedman	36.10 p.b.
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Friskney ½ marathon, Lincs – 6th March 2005

Phil Hopewell	1.14.56
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Inter-Counties, Wollaton Park – 5th March 2005

Senior Men 12k

131 Andy Wetherill 44.06

Senior Ladies

182 Ann Ford 34.23

Belvoir Challenge – 26th February 2005

If off road running, mud and snow interests you then why not give the Belvoir Challenge a go next year? Dave ran the full 26 as usual whilst Vicky signed off before her trip to Montserrat by winning the ladies 15 mile race and was followed home by Richard and Mike.

26 miles

Dave Walsh 4.47.00

15 miles

Vicky Hards 2.19.00 (1st Lady)
Richard Wheatley 2.24.00
Mike Drury 2.38.00

Sleaford ½ marathon – 20th February 2005

Stan is 1st Vet & Redhill's men team win & ladies are 3rd on a cold day in Lincs!

4 Stan Pascoe 1.20.10 (1st Vet)
5 Ian Abbott 1.20.24
15 Matt Hemsley 1.26.45
125 John Truscott 1.43.55
155 Dennis Reason 1.48.11
163 Dave Onion 1.48.51
176 Michelle Flint 1.49.51
280 Sarah Freeman 2.05.10
302 Karen Edge 2.14.00

National X/country Championships, Birmingham – 20th February 2005

62nd Redhill RR

310 Mark Yates 45:18
513 Martyn McHale 47:53
535 Paul Newton 48:05
793 Pete Gillespie 51:33
828 Mark Attenborough 51:58
850 Clive Greyson 52:17

1231 Andy Barks 1:01:15

201 Sarah Costin 36:54 (2nd claim)

East Midlands X/country, Colwick Woods – 13th February 2005

Paul Newton	3	Michelle Flint	32
Matt Hemsley	21	Sarah Freeman	35
Mark Attenborough	26	Karen Edge	37
Alan Wilson	28		
Tim Metcalfe	29		
Arthur Hancock	30		

Mark Anslow	49
Richard Wheatley	51
Jamie Beverton	58
Dave Walsh	60
John Truscott	61
Tim Cunnington	63

Stamford 30k – 13th February 2005

Helen C wins at Stamford!

Helen Cawthorne	2:05:59 (1 st Lady)
Nigel Daniels	2:27:03
Mark Davis	2:29:00
Rob Hickling	2:43:56
Rachel Martin	2:54:49
Phil Hopewell	3:10:06

Dewsbury 10k – 6th February 2005

Tim Stedman 37.04

Charnwood Hill race – 6th February 2005

Rachel Martin 2.09.29

Ferriby 10m – 30th January 2005

Bettina Kneller 72.02
Andrew Norton 73.12

Midland X/country Championship, Stafford – 29th January 2005

61	Mark Yates
128	Martyn McHale
131	Paul Newton
183	Pete Gillespie
220	James Butler
249	Mark Attenborough

East Midlands X/country, Bramcote – 23rd January 2005

A sunny morning at Bramcote brought the men out in numbers to finish 2nd in the Vets & Seniors.

7	Ian Abbott	37.23		1	Juliet Potter	17.54
13	Alan Maddocks	38.07	V	23	Helen Rope	25.08
15	Martin McHale	38.18	V			
26	Matt Hemsley	40.08				
27	Pete Gillespie	40.12	V			
30	Ian Hales	40.53				
33	Ray Gayne	41.31				
35	James Butler	41.49				
36	Stan Pascoe	41.50	V			
(38)	Jamie Beverton	41.51				
46	Richard Hammond	43.14				
47	Mark Anslow	43.16				
48	Arthur Hancock	43.18				
49	Mark Attenborough	43.19				
56	Paul Barratt	44.32				

60	Tony Lowe	44.43
64	Dave Tetley	45.30
70	Bruce Olpin	46.37
74	Bob Hayes	47.15
84	Tim Cunnington	48.48
85	John Truscott	48.54
94	Keith Palmer	52.11
95	Andy Philips	52.20

Folksworth 15m – 23rd January 2005

Helen B is 2nd lady and Bill is 2nd V60 @ Folksworth !

Helen Burrell	1.38.42 (2 nd lady)
Bill Johnson	1.44.29 (2 nd V60)
Nigel Daniels	1.53.15
Mike Monks	1.55.49
Mark Davies	1.57.32
Rachel Martin	2.08.59
Phil Hopewell	2.24.03

Lara Derby 1 mile – 12th January 2005

3	Tim Stedman	5.19
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Shinning Cliff Fell race, 6.2m – 16th January 2005

88	John Truscott	1.15.19
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Nottinghamshire X/country Championships, Berry Hill – 15th January 2005

Individual - Ann & Andy W win County Champ Golds!

Team - Redhill men Vet's are 2nd and men's Senior's 3rd at County Champs!

Notts AC repeated their success of last year finishing 1st & 2nd in the men's race with ourselves in 3rd as in 2004. All the men managed to run the full 4 laps this week (a point some jokingly made to Officials as they ran past at the end of the 3rd lap). The men's vet race was also taken by Nott's with Andy, Martyn, Pete & Bill in 2nd followed by Worksop.

If the men's race was dominated by Nott's then the ladies race was dominated by one lady, Debbie Mason (Robinson) who ran away from the field from the start finishing over a minute ahead of the rest of the field.

5	Andy Wetherill	V (1 st M40)	7	Ann Ford	(1 st F40)
9	Mark Yates	S			
24	Martin McHale	V			
29	Ian Abbott	S			
44	Peter Gillespie	V			
45	Clive Greyson	S			
47	Andy Profitt	S			
48	James Butler	S			
64	Tim Metcalfe	S			
65	Bill Johnson	V			
66	Geoff Jackson	V			
??	Paul Barratt	V			
??	Dave Tetley	V			

British Runner, Extreme Trail Challenge, Stafford, 7m – 9th January 2005

66	Rachel Martin	60.19 (6 th lady)
95	Amanda English	65.36 (10 th lady)

North Midlands X/country, Berry Hill – 8th January 2005

Andy W is 3rd overall & retains his Midlands X/country Vet Championship whilst Ann (Silver F45), Helen B (Silver F40) & Bill (Silver M60) also gain category awards!

Unfortunately the day will probably be long remembered for the marshalling of the senior men's race which directed the leading men into the finishing funnel when there was still a further final lap to run ruining many of the leading athletes race plans including Andy W's who was in 4th place at the time. The confusion that followed whilst many stood at the finishing line meant that many lost their race positions from which they never recovered.

14	Andy Wetherill	15	Ann Ford
18	Andy Tarry	56	Amanda English
30	Paul Newton		
63	Alan Maddocks		
65	Martin McHale		
	Harvey Cramp		
	Matt Hemsley		
128	Mark Attenborough		
129	Bill Johnson		
144	Geoff Jackson		
153	Bruce Olpin		
188	Nigel Daniels		