

Redhill Race Results

July – Dec 2006

Milford Duathlon – 31st December 2006

Position		Run 2.6m	Bike 9.4m	Run 2.6m	Total
5	Matt Hemsley	15.21	29.59	16.12	1.01.32

Queens Head 5k – 28th December 2006

1st Rob Keal 16.08

Southwell 10k – 31st December 2006

Notts County Champs Silver medals for Alan (M40) & Barrie (M50)!

Alan Smith	33.50	(M40 Silver)
Nigel Cobb	35.29	
Ben Bennett	36.21	
Julian Richardson	36.29	
Ian Abbott	37.16	
Simon Nash	37.58	
Tom McCulloch	38.05	
Andrew Norton	38.07	
Barrie Moss	38.07	(M50 Silver)
Clive Greyson	39.03	
Dave Walsh	39.20	
Dave Giles	39.33	p.b.
Mike Riley	39.46	
Graham Webster	39.48	p.b.
Des Gibbons	40.45	
Iain Hamilton	41.20	
Mark Davies	21.25	
Everton Alkman	43.26	
Geoff Jackson	43.34	
Elise Roberts	43.37	
Chris Alkman	43.42	
Pete Scoffings	43.54	p.b.?
Mike Drury	44.34	
Mary Bolland	44.45	
Chris Middleton	44.47	
Mark Tomlinson	45.11	
Catherine Charlton	45.11	
Alison Herbert	45.12	p.b.
Amanda Lowton	45.13	p.b.
John Lowton	45.14	
Bob Hayes	45.16	
Gordon Ross	46.13	
Bob Hickling	46.57	
Jo Spinak	48.45	
Dave Onion	48.58	
Nigel Daniels	49.17	
Michelle Flint	49.24	

Dennis Reeson	49.52
Pat McGovern	50.22
Jo Stocks	51.08
Liz Green Davies	51.09
Bev Barnes	53.08
Michelle Yates	53.19
Sally Montgomery	54.26 p.b.
Colin Peat	55.01
Jane Wheatley	55.50
Richard Wheatley	55.51
Kate Maltby	56.06
Annette Pilkington	57.39

Wollaton Park relays – 27th December 2006

Paul Newton	12.58
Mark Yates	13.17
Alison Herbert	17.04
Simon Nash	14.15 (10 th)

Pete Scoffings	15.48
Tony Lowe	14.08
Helen Lowe	18.26
Noel McGuinness	15.20 (24 th)

John Lowton	15.20
Andy Stredder	15.44
Amanda Lowton	17.35
Pete Scoffings	16.21 (27 th)

Amanda English	20.02
Jo Stocks	20.02
Emma Fitcher	17.10
Michelle Flint	19.58 (50 th)

Luton marathon – 3rd December 2006

4	Matthew Clapp	2.45.27
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Bolsover 10k – 17th December 2006

Andy W is 1st Vet at Bolsover!

Andy Wetherill	33.55
Andrew Norton	39.26
Dave Onion	48.54
Phil Hopewell	60.04
Lisa Hopewell	60.33

Telford 10k – 17th December 2006

Rob Keal	32.45 p.b.
Ben Bennett	35.33

Trukey Trot, ½ marathon, Keyworth – 10th December 2006

Jim is 1st M60 at Keyworth!

Matt Stratford	76.30
Ben Bennett	77.41

Pete Gillespie	83.38
Tony Lowe	83.55
Kevin Brown	84.03
Kevin Squires	84.20
Simon Nash	84.56
Tim Metcalfe	85.07
Ian Beckingham	86.08
Emily Rose	86.34 p.b.
Mark Anslow	87.11
Mike Riley	87.21 p.b.
Jim Munroe	92.06 (1 st M60)
Elsie Roberts	96.36
Paul Stacey	96.52
Mary Bolland	97.47 p.b.
Alison Herbert	98.23 p.b.
Mike Drury	98.41
Karyn Stander	101.02 p.b.
Catherine Charlton	102.03
Emma Fitcher	102.41 p.b.
Steve Gelderd	102.52
Amanda Lowton	103.24 p.b.
John Lowton	103.24
Helen Lowe	106.18 p.b.?
Jo Spinak	107.05
Dave Onion	108.43
Rachel Martin	111.03
Dennis Reeson	113.41
Michelle Flint	114.54
Gill Salmon	121.17
Liz Green-Davies	121.21
Beth Cooper	123.44
Nikki Dixon	140.35

Sneyd Striders 10m – 10th December 2006

Andrew Norton 65.48 p.b.

North Midlands X/country, race 3, Berry Hill – 2nd December

In the strongest fields seen for a long time Redhill Men Vets are 1st & Ladies 2nd at Berry Hill! Overall both the Ladies and Men Vets lead in the series.

8	Alan Smith	9	Sharon Smith
22	Andy Wetherill	11	Toni Minnitti
40	Tony Lowe	16	Emily Rose
48	Mark Yates	42	Karyn Stander
66	Paul Clarke	46	Catherine Charlton
76	Nigel Cobb	47	Alison Herbert
78	Kevin Squires	50	Emma Fitcher
82	Simon Nash	51	Helen Lowe
91	Ian Abbott	52	Amanda Lowton
96	Kevin Brown	58	Sally Plastow
98	Clive Greyson	72	Michelle Flint
102	Noel McGuinness	74	Gill Salmon
106	Martyn McHale		
108	Nigel Lever		
109	Ian Hales		
111	Matt Hemsley		
114	Tom McCullough		
125	Mike Riley		

131 Dave Giles
134 Jim Munroe
155 Andy Stredder
181 Chris Aihman
183 E Aihman
188 Geoff Jackson
202 Mike Drury
213 Dave Martin
214 Chris Middleton
226 Maurice Lever
227 Keith Palmer
236 Nigel Daniels

Florence marathon – 26th November 2006

Jo Stocks 3.58.53 p.b.

East Mids X/c, race 2, Trent Meadows, Long Eaton – 26th November 2006

**Matthew is 2nd and Tony 3rd in the mud of Trent Meadows!
Redhill Men's Senior A, B, C, D & E all win & Vets are 2nd**

Full results in our results x/c section

2	Matthew Clapp	22	Helen Lowe
3	Tony Lowe		
13	Simon Nash		
20	Matt Hemsley		
24	Pete Gillespie		
27	Nigel Lever		
28	Mike Riley		
29	Dave Giles		
30	Mark Attenborough		
32	Mark Anslow		
34	Tim Metcalfe		
42	Des Gibbons		
48	James Butler		
51	Andy Stredder		
60	Paul Stacey		
64	Arthur Hancock		
66	Chris Alkman		
68	Everton Alkman		
69	Dave Martin		
71	Bob Hayes		
77	John Truscott		
87	Andy Phillips		

Clowne ½ marathon – 26th November 2006

Andy wins his favourite ½ marathon (again)!

1	Andy Wetherill	1.15.35
16	Clive Greyson	1.23.54
24	Dave Walsh	1.25.52
77	Mark Davies	1.33.13
94	Steve Carroll	1.35.26
131	Chris Middleton	1.39.34
185	Steve Gelderd	1.45.22
186	Mark Tomlinson	1.45.23
202	Mike Monks	1.46.55

215	Dave Onion	1.48.19
249	Dennis Reeson	1.51.02
266	Jo Spinak	1.53.34

St Neots ½ marathon, Cambridge – 19th November 2006

2nd for Rob at St Neots!

2	Rob Keal	73.14
10	Ben Bennett	78.57

Heanor 10k – 19th November 2006

Jim is 1st M60 & Redhill ladies are 1st Senior team at the Heanor pudding run!

Tony Lowe	37.10
Ian Abbott	37.28
Simon Nash	38.06
Kevin Brown	38.32
Stan Pascoe	38.32
Kevin Squires	39.23
Jim Munroe	39.54 (1 st M60)
Emily Rose	40.10 p.b.
James Butler	41.14
Mike Riley	41.14
Mark Widdowson	41.54
Paul Stacey	42.38
Ann Ford	42.40
Mike Drury	43.21
Caroline Norton	43.24 p.b.
Elsie Roberts	45.44
Karyn Stander	45.49
Alison Herbert	45.59 p.b. (Worlds Best ☺)
Geoff Jackson	46.30
Emma Futchter	46.41
Steve Gelderd	46.57
Amanda Lowton	47.31
Keith Palmer	47.57
Dave Onion	48.09
Mike Monks	48.40
Helen Lowe	48.47
Rachel Martin	49.06
Lisa Tarry	49.23
Nigel Daniels	49.28
Dennis Reeson	49.40
Pauline Clarke	50.20
Jo Spinak	50.32
Michelle Flint	50.51
Michelle Yates	51.39
Colin Peet	57.57
Jacqui Kirk	58.52

Midland Counties 5m X/c Championship, Bramcote – 18th November 2006

Redhill Ladies win Midland 5! Individual medals for Sharon & Emily!

Full results in x/c results section in link below
<http://www.nottsac.co.uk/>

2	Sharon Smith	30.30
3	Emily Rose	30.57
4	Toni Minnitti	30.57
10	Elsie Roberts	35.22
11	Helen Flint	36.21
14	Helen Lowe	37.12

Midland Counties 7m X/c Championship, Bramcote – 18th November 2006

Redhill Men take Midland team Bronze!

10	Tony Lowe	39.11
12	Mark Yates	40.03
13	Lee Stubbs	40.16
24	Paul Newton	41.51
27	Clive Greyson	42.10
33	Martyn McHale	43.14
39	Mark Attenborough	44.39
44	Tim Metcalfe	45.46
56	Andy Stredder	48.09

Burley Bridge Hike, ilkley Moor, 21m – 11th November 2006

9	Dave Walsh	3.11.00
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North Mids X/country, Marceaton Park, Derby, race 2 – 11th November 2006

Redhill ladies win race 2 to take a 1 point series lead!

Full results in our results section or on Nott's AAA's web site

6	Sharon Smith
8	Emily Rose
15	Toni Minnitti
26	Ann Ford
44	Karyn Stander
46	Catherine Charlton
55	Alison Herbert
67	Emma Futcher
69	Amanda Lowton
86	Michelle Flint
87	Gill Salmon

Redhill's Vet's also win at Derby and are now 1st overall!

9	Alan Smith
14	Rob Keal
30	Craig Henderson
37	Andy Weatherill
41	Tony Lowe
54	Mark Yates
61	Paul Clark
70	Nigel Cobb
87	Ian Abbott
91	Kevin Squires
96	Clive Greyson
102	Simon Nash
104	Matt Hemsley
126	Nigel Lever
128	Andrew Norton

140 Dave Giles
141 Mark Attenborough
142 Mike Riley
181 Andy Stredder
191 Mike Drury
210 Geoff Jackson
229 Keith Palmer
237 Maurice Lever

Present overall standings

Sharon is 3rd overall & 2nd F35
Alan is equal 3rd overall and equal 1st M40
Andy W is equal 2nd M45

Redhill Ladies lead by 1 point
Redhills Men's Vet's lead by 21 points
Redhills Lady Vets are 2nd in the 1st race of this newly formed category
Redhill Men are 4th

Boston Poppy Ryn, 3m – 12TH November 2006

Dave Onion 37.22 (2nd M60)

Stevenage ½ marathon – 5th November 2006

Dave Onion 1.48.09

New York marathon, U.S.A. – 5th November 2006

Jim Munro 3.28.08

San Francisco ½ marathon, U.S.A. – 5th November 2006

12 Ben Bennett 1.19.51

East Mids X/country, Holme P – 5th November 2006

Redhill's Vet Men win & Seniors are 3rd at the 1st East Mids race at Holm P!

Full results in results section

2 Matthew Clapp
10 Jamie Beverton
13 Kevin Squires
14 Ian Abbott
19 Matt Hemsley
20 Tim Metcalfe
21 Mark Anslow
22 Pete Gillespie
27 Mark Attenborough
30 Nigel Lever
36 James Butler
39 Dave Walsh
60 Andy Stredder
76 Ian Livsey
83 Bob Hayes
100 Dennis Reeson

Guy Fowkes 10m, Ripley Castle – 5th November 2006

Andrew Norton 69.08

Dovedale Dash, 4.75m – 5th November 2006

25 Tony Lowe
62 Paul Newton
112 Mike Riley
143 Matt Turley
160 Steve Shayler
162 Des Gibbons
163 Ian Hales
191 Mark Widdowson
197 Graham Webster
210 Chris McDonald
224 John Lowton
225 Richard Mayes
291 Steve Carroll
315 Paul Stacey
443 Bob Hickling
524 Maurice Lever
537 Helen Lowe
562 Sarah Parker
604 Elsie Roberts
623 Kevin Humphreys
624 Alison Herbert
643 Helen Flint
765 Nigel Daniels
768 Emma Fitcher
769 Amanda Lowton
781 Amanda English
845 Phil Hopewell
846 Lisa Hopewell
949 Chris Middleton
? John Truscott
? Lisa Haynes

National X/country relays, Berry Hill – 4th November 2006

<u>Redhill "A"</u>	1.11.44 (79 th)	<u>Redhill "B"</u>	1.19.31
Rob Keal	16.33	Ian Abbott	18.56
Tim Metcalfe	19.21	Paul Newton	20.51
Andy Wetherill	17.13	Andy Stredder	21.16
Nigel Cobb	18.35	Jamie Beverton	18.26

Dublin marathon – 30th October 2006

Clive Greyson 3.15.37

Snowdonia marathon – 29th October 2006

4 Matthew Clapp 2.56.00

County Championships, Worksop 1/2m - 29th October 2006

Sharon & Rob are County Champions!

Championship silver also for Emily!

Ladies (Sharon, Emily, Alison & Karyn) win ladies team event.

Men (Rob, Paul, Tony, Kevin, Ian & Pete) are also 3rd in the men's team race.

Rob Keal	1.12.39 p.b.	Sharon Smith	1.25.33 (2 nd lady)
Paul Clark	1.20.51	Emily Rose	1.28.02
Tony Lowe	1.21.51	Alison Herbert	1.39.02 p.b.
Kevin Squires	1.23.08	Karyn Stander	1.44.02
Ian Beckingham	1.24.08	Caroline Norton	1.46.56
Kevin Brown	1.24.17	Emma Fitcher	1.48.00
Pete Gillespie	1.24.36	Amanda Lowton	1.48.03
Simon Nash	1.25.08	Louise Brookes	1.49.31
Stan Pascoe	1.26.12	Jo Stocks	1.51.26
James Butler	1.31.37	Michelle Flint	1.53.23
Graham Webster	1.32.06	Helen Lowe	1.55.47
Steve Carroll	1.33.37	Gill Salmon	1.57.36
Mark Davies	1.33.37	Rachel Martin	1.59.02
Paul Stacey	1.35.57	Liz Green-Davies	2.01.38
Mike Riley	1.36.05	Paula Arglye	2.04.29
Tim Wells	1.36.09	Suzi Artis	2.11.29
Steve Shayler	1.36.18		
Mike Drury	1.36.40		
Pete Scoffings	1.36.50 p.b.		
Bob Hayes	1.37.31		
Chris McDonald	1.38.27		
Colin Bones	1.44.26		
Ian Livsey	1.44.52		
Bob Hickling	1.45.30		
Steve Gelderd	1.46.42		
Mark Tomlinson	1.46.56		
Dave Onions	1.48.56		
Pete Speakman	2.01.15		
Brian Moon	2.05.41		

Salomon Hellrunner, fell race, Cheshire – 29th October 2006

Andrew Norton	1.32.32
John Truscott	1.43.05 (1 st M60)

Lady Dodiva ½ marathon, Coventry – 22nd October 2006

Dave Onion	1.50.59
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Bestwood 10k – 22nd October 2006

Julian Richardson	38.17
Kevin Brown	40.10
Andy Norton	42.27
Stephen Shayler	43.04
Mike Riley	43.41
Tim Wells	43.42
Mark Widdowson	44.11 p.b.
Everton Aikma	45.44
David Martin	48.32
Mark Tomlinson	48.32
Mark Taylor	51.47
Dennis Reeson	52.09
Lisa Tarry	52.09
Michelle Yates	54.20
Paula Argyle	58.00
Katheryn Walsh	70.13

Hawaii ironman, Kona, World Champs – 21st October 2006

Kona, the World Championships and the home of ironman.

Humidity, heat & an infamous cross wind on the bike. This year the wind abated but the humidity and sun were there as usual to test all. Watching the video of Julie Moss many years ago crawl to the finish having led for so long and to be passed to loose in the last 400 metres was matched in 1997 when Sian Welsh (Australia) and Wendy Ingram (USA) repeated that finish as they crawled side by side over the last 50 metres to finish either 3rd of 4th. Motivational, or just emotional, this race has spurred many to the sport.

Almost all have to pre-qualify to reach the start line so getting there is just an achievement in itself.

Congratulations to Mark, many of us will just dream of the chance to be there.

Position		Swim 2.4m	Bike 112m	Run 26.2m	Total
352	Mark Redwood	1.00.21	5.00.42	3.48.13	9.57.37

Congleton ½ marathon – 8th October 2006

Dave Onion 1.48.46

Great Eastern ½ marathon – 15th October 2006

Ave Onion 1.47.51

Beetham 10k, Liverpool – 8th October 2006

Jo Stocks 49.23

David Lloyd 10k, Cheshire – 15th October 2006

Jo Stocks 49.10

Amsterdam ½ marathon – 15th October 2006

23 Ben Bennett 1.16.50
Rachel Martin 1.52.00

Leicester marathon – 15th October 2006

9 Dave Walsh 2.59.31

Leceister ½ marathon – 15th October 2006

Dennis Reeson 1.50.54
Jacqueline Dixon 2.20.15
Nikki Dixon 2.20.15

Dukes & Drakes, 10m trail (& mud) – 14th October 2006

Alison is 1st Vet in muddy Lincs!

Alison Herbert 78.31 (3rd Lady, 1st F35)
Amanda Lowton 85.42

North Mids X/country, Shipley Park – 14th October 2006

Ladies are 3rd & Vet Men 2nd on a new Shipley Park course!

Full results in our results section

Ladies

4 Sharon Smith
8 Emily Rose
30 Catherine Charlton
44 Helen Lowe
54 Sarah Parker

Men

6 Andy Tarry
8 Alan Smith
42 Tony Lowe
46 Andy Wetherill
54 Paul Clarke
62 Nigel Cobb
83 Simon Nash
84 Kevin Squires
91 Ian Abbott
93 Matt Hemsley
108 Andy Proffitt
121 Noel McGuinness
157 Andy Stredder
158 Ian Hales
166 Geoff Jackson

Ladies U13

30 Alice Cobb

Double or Quit, 5m/10m, Ilkeston – 26th August 2006

Terry wins 5 mile race!

Very belated results from the above

5 miles

1 Terry Smith
15 Steve Gelderd

10 miles

30 Colin Bones
44 Dennis Reeson
45 Jo Stocks

Merrill & Shelton Striders 10k – 8th October 2006

7	Terry Smith	34.33
11	Ben Bennett	35.38
185	Dennis Reeson	48.52

Bronte Way Fell, 8.3m – 8th October 2006

Gary McMahon 64.00 (1st M50)

Carsington Duathlon – 8th October 2006

Position		Run 5k	Bike 30k	Run 5k	Total
3	Mark Redwood	16.59	44.25	18.11	1.19.35
33	Matt Hemsley	19.05	52.04	19.50	1.30.59

Clumber Park 10k – 7th October 2006

Richard Wheatley	40.36
Andrew Norton	40.54
Maurice Lever	51.57
Jane Wheatley	55.00 p.b.
Barry Davies	58.52

Midland X/C Relays – 7th November 2006

Martyn McHale	26:59
Clive Greyson	27:28
Mark Attenborough	28:40
Jamie Beverton	26:35

Goose Fair Gallop, 5m trail, Kimberley – 1st October 2006

Terry Smith	30.02
Ian Abbott	31.40
Andy Stredder	37.26
Karyn Stander	38.03
Mike Drury	38.44
Steve Gelderd	39.09
Paul Hodgkinson	40.50
Michelle Butler	42.39
Nigel Daniels	42.58
Phil Hopewell	48.00

Great North Run – 1st October 2006

Not easy to find Redhill results within 40,000 (as there is no Club search)
If you did it please let me know (use link on home page)

Andy Norton 1.35.04

Macclesfield ½ marathon – 1st October 2006

Dave Onions 1.50.36 (3rd M65)

Swinton ½ marathon, Manchester – 24th September 2006

Dave Onions 1.51.42 (1st M65)

Formby 10k – 17th September 2006

Jo Stocks 52.46

New Forest Marathon – 17th September 2006

Paul Clark 3.14.01

Ponton Plod, Lincs/Leics – 17th September 2006

26 miles (GPS 28 miles!)

1 Dave Walsh 4.23.00

16 miles (GPS 17miles!)

Gill Salmon 4.42.00

Liz Green-Davies 4.42.00

Toronto marathon – 24th September 2006

Paul Stacey 3.18.28

Berlin marathon – 24th September 2006

Jo Stocks 4.05.41

Rachel Martin 4.34.43

Retford ½ marathon – 24th September 2006

2nd for Emily & 1st M50 for Jim at Retford!

Ben Bennett 1.20.52

Jim Munroe 1.24.27 (1st M50)

Pete Gillespie 1.26.10

Matt Hemsley 1.27.42

Emily Rose 1.28.44 (2nd Lady)

Karlsruhe ½ marathon, Germany – 24th September 2006

Clive Greyson 1.21.20

Tony Lowe 1.24.01

Mike Monks 1.47.55

Helen Lowe 1.50.20

Wolds 10m – 9th September 2006

3rd overall & 1st Vet for Paul!

3 Paul Clark 1.02.52 (1st Vet 40)

Dumfries ½ marathon – 24th September 2006

30 Graham Webster 1.29.02

36 Steve Carroll 1.29.51

47 Mark Davies 1.33.48

166 Louise Davies 2.16.06 p.b.

Crossdale 10k – 24th September 2006

Matthew conquers the trails & hills of Keyworth!

1 Matthew Clapp 35.33

11 Ian Abbott 40.03

29 Dave Walsh 43.01

63 Andy Stredder 46.40

77 Mike Drury 47.47

87 Nikki Dixon 48.50

100 Steve Gelderd 50.28

124 Dennis Reeson 52.32

193 Barry Davies 64.22
 203 Jacque Dixon 67.32
 70.40 Kathryn Walsh 70.40

Road Triathlon – 24th September 2006

Mark wins Road Tri!

Position		Swim 414m	Bike 20k	Run 5k	Total
1	Mark Redwood	5.39	31.15	16.38	53.32
171	Lisa Tarry	6.51	42.28	22.26	1.11.55

Stange Struggle, 6.75m fell race – 24th September 2006

Sarah Cositn 59.00 (Notts AC)
 Amanda English 70.00

High Peak 40 mile challenge – 23rd/24th September 2006

Dominic Fletcher 9.08.12

Last Minute Triathlon, Southwell – 24th September 2006

Position		Swim 400m	Bike 12m	Run 5k	Total
66	James Butler	9.30	34.15	18.10	1.01.55
80	Ian Livsey	8.49	32.58	21.18	1.03.05
126	Mike Hankin	10.51	30.16	24.55	1.06.22
313	Tracey Lowton	12.22	48.52	26.33	1.25.12

Mens Midland 6 stage relays, Sutton Park – 23rd September 2006

Lee Stubbs 18.48
 Rob Keal 19.05
 Nigel Cobb 20.58
 Ian Abbott 21.41
 Andy Wetherill 21.03
 Martyn McHale 22.16 2.03.51 (27th)

Ladies Midland 4 stage relays, Sutton Park – 23rd September 2006

Helen Burrell 16.18
 Sharon Smith 16.27
 Catherine Charlton 19.13
 Helen Flint 19.16 1.11.14 (17th)

Alison Herbert 10.09
 Emma Fatcher 20.15
 Louise Brooks 20.23
 Amanda Lowton 20.18 1.21.09 (38th)

Robin Hood Marathon - Update

Team Events

Redhill's Ladies win ½ marathon team event!

Redhill's men are 3rd in the marathon and 2nd in the ½ marathon team event!

Nottinghamshire Marathon County Champs 2006

Dave Walsh 2nd overall, 1st M40
Kevin Squires 2nd M40
Richard Wheatley 3rd M40

Bawtry trail 10k – 17th September 2006

Andy Norton 48.18

Derby Triathlon – 17th September 2006

Mark wins at Derby!

Position		Swim 400m	Bike 18k	Run 5k?	Total
1	Mark Redwood	7.36	29.02	19.56	56.34
204	Lisa Tarry	8.52	39.14	26.21	1.14.27
247	Mike Hankin	11.25	33.43	30.53	1.16.01

Robin Hood marathon – 10th September 2006

Names are as per finishing places, times are chip times.

Well done to all in that heat ☺, we await the County Champs results.

Dave Walsh	3.04.54	Elsie Roberts	3.39.49 p.b.
Kevin Squires	3.11.39	Helen Lowe	4.40.28
Richard Wheatley	3.12.28	Suzi Artis	4.47.59
Gordon Ross	3.20.28	Nikki Dixon	5.55.19
Graham Webster	3.25.53 p.b.		
Simon Nash	3.42.47		
Ed Crisp	2.42.23		
Tony Curtis	4.00.29		
Mike Drury	4.18.52		

Robin Hood ½ marathon – 10th September 2006

Names are as per finishing places, times are chip times.

I'm not sure about some of these times, if any are wrong please e-mail me the corrections, also p.b.'s if appropriate

Well done to all, I will suggest the Ladies won the team event and the men came second overall!

Lee Stubbs	1.13.54	Helen Burrell	1.23.38
Terry Smith	1.14.44	Sharon Smith	1.24.55 p.b.
Matthew Clapp	1.15.38	Ann Ford	1.28.17
Nigel Cobb	1.18.18	Emily Rose	1.27.58 p.b.
Stan Pascoe	1.21.41	Catherine Charlton	1.40.30 p.b.
Tony Lowe	1.23.04	Karyn Stander	1.42.08
Tom McCulloch	1.23.57 p.b.	Alison Herbert	1.42.15 p.b.
Paul Stacey	1.27.32 p.b.	Amanda Lowton	1.45.25 p.b.
Ian Beckingham	1.28.11	Emma Fitcher	1.48.29 p.b.
Pete Gillespie	1.28.48	Michelle Flint	1.52.18
James Butler	1.28.03	Jo Spinak	1.53.40
Steve Carroll	1.30.42	Rachel Martin	1.55.33
Mark Davies	1.30.48	Jo McMillan	1.58.43 p.b.
Rob Baker	1.33.34	Gill Salmon	1.58.44

Adam Brookes	1.34.31	Angela Trikic	1.58.03
Phil Williams	1.38.10	Caroline Casterton	2.03.40
Bob Hayes	1.38.50	Bev Barnes	2.06.51
Mike Riley	1.42.05	Pauline Clarke	2.13.30
Steve Gelderd	1.44.42	Jacque Kirk	2.30.18
John Lowton	1.45.25	Jackie Dixon	2.33.25
Chris McDonald	1.43.56		
Andrew Phillips	1.47.44		
Keith Palmer	1.48.22		
Dave Onion	1.52.06		
Dennis Reeson	1.51.53		
Nick Hall	1.53.15		
Andrew Bryne	1.55.33		
Mark Taylor	1.53.42		
Pat McGovern	1.54.38		
Dennis O'Neill	1.58.14		
Brian Moon	2.18.04		

Vitruvian ½ ironman – 9th September 2006

Position		Swim 1900m	Bike 56m	Run 13.1m	Total
6	Mark Redwood	26.53	?	?	4.09.58

Friends 10k – 3rd September 2006

Terry wins whilst Nigel & Emily are 3rd at the Friends 10k!

(Times were never going to be quick on a very windy day)

Terry Smith	35.37	1st
Nigel Cobb	37.24	3 rd & 2 nd Vet
Pete Gillespie	41.53	
Emily Rose	42.08	3 rd Lady
Bob Hayes	47.14	
Steve Gelderd	47.39	
Dennis Reeson	51.03	

Hoylelake 10k, Liverpool – 3rd September 2006

Jo says "it was a hard 10k along costal bridle paths and sand dunes and very windy, but she likes it up in Liverpool (as there is less competition than in Nottingham)." ☺

Jo Stocks 49.55

Montrail Ultra Running Champs, Pennines, 56 miles – 2nd/3rd September 2006

That's a long way to run Dominic, well done!

30 Dominic Fletcher 14 hrs 39 minutes

Chesterfield 10m – 3rd September 2006

Matt Hemsley	1.06.58
John Kelley	1.17.17
Colin Peet	1.47.28

Sherwood CC 75 miles, Nottingham to Skegness – 3rd September 2006

Wind assisted!

Mike Hankin	3.30.00
Dave Tetley	3.30.00
Kevin Humphreys	3.30.00

World Aquathlon Championships, Lausanne – 30th August 2006

Congratulations to Andy T for finishing 8th in the World Champs “Elite” race last weekend!

Position		Swim	T1	Run	Total
8	Andy Tarry	12.14	1.06	15.42	29.02

Armthorpe 10k – 28th August 2006

Helen Burrell	38.38	(1 st F35)
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Mapperley 10 TT – 29th August 2006

Mike Hankin	24.43
Kevin Humphreys	26.30
Paul Ward	27.50
Amanda English	31.50

Mapperley 10 TT – 22nd August 2006

Mike Hankin	24.36
Kevin Humphreys	26.20 p.b.

Grimsthorpe 10k – 28th August 2006

Simon Nash	38.46
Stan Pascoe	39.12
Mark Attenborough	41.47
Mark Anslow	42.06
Mark Davies	43.21
Steve Carroll	43.24
Richard Mayes	44.03
Ian Livsey	45.22
Steve Gelderd	49.55
Jo Spinak	52.08
Nigel Daniels	54.29
Phil Hopewell	55.30
Louise Davies	

Newstead Abbey Dash, 3m – 25th August 2006

Alison is 1st F35, Jim 1st M50 & Lee is 3rd at the Dash!

Lee Stubbs	15.00
Mark Yates	16.31
Simon Nash	16.49
Jim Munroe	17.35
Dave Giles	18.06
Ian Livsey	19.27
Mike Riley	19.32 p.b.
Mike Drury	20.08
Karyn Stander	20.17 p.b.
Alison Herbert	20.30 p.b. (1 st F35)
Geoff Jackson	20.39

Bob Hayes	20.55
Amanda Lowton	21.19 p.b.
Jo Spinak	22.44
Michelle Flint	23.06
Michelle Yates	23.16
Brian Moon	23.39
Phil Hopewell	24.44
Colin Peet	25.54
George Morana	27.58

Birchwood 10k – 20th August 2006

Jo Stocks	48.59
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Maid Marion 1m Relays – 17th August 2006

Alyson Wyle	5.57	(Notts AC)	
Tracey Hallam	6.41	(Notts AC)	
Lisa Tarry	6.48	Redhill	
Andy Proffitt	5.28	Redhill	4 th Mixed Team

Notts Road Race 5, Holme P, 5m- 18th August 2006

The final race of the series was always set up to be a battle between the ladies for the Silver and Bronze Senior team positions with Redhill "B", Sutton and Newark separated by a mere 2 points with the other team categories outcomes almost guaranteed.

Once the race developed though there was only going to be one outcome in the Ladies Senior race and that saw Gold and Silver both going to Redhill's Ladies, (a marvellous & probably unprecedented achievement) together with the Ladies Vet title (last won in 1998). Redhill's men also weighed in with the Senior Team title and Silver & Bronze Team medals in the Men's Vets giving Redhill 6 team medal finishing positions!

Individually Lee was crowned overall Champion and Rob was 2nd overall, Jim won M50 Silver, Helen B was 2nd overall & won Gold F35 whilst Fliss won Gold F45.

Our club success though is through everyone's participation in the series (and there were again record Redhill numbers this year) and to all those that helped at the finish line and in other ways, thanks to you all.

Redhill's men have led the way in the Road Race series over the last couple of years, the pride this year however has to go to the Ladies who have really dominated the season from the very start and have never really looked like being caught since that first Epperstone race, Congratulations!

Overall results summary

Individual

Lee Stubbs	Senior Gold Overall Champion
Rob Keal	Senior Silver
Jim Munroe	M50 Silver
Helen Burrell	Senior Silver, F35 Gold
Fliss Garland	F45 Gold

Teams

Senior Ladies "A"	Gold	(Kate/Helen B, Emily & Elsie)
Senior Ladies "B"	Silver	(Catherine, Helen F & Karyn)
Vet Ladies	Gold	(Caroline, Fliss & Sharon)

Senior Men
Vet Men "A"
Vet Men "B"

Gold
Silver
Bronze

(Lee, Rob K, Paul, Clive, Ben B +1 o/s to award)
(Paul C, Kevin S, Stan & Simon)
(Mark Att, Jim, Tom & Mark Ans)

Holme P Results

3	Le Stubbs	2	Helen Burrell
6	Rob Keal	3	Sharon Smith
10	Paul Newton	4	Emily Rose
15	Terry Smith	5	Ann Ford
16	Matthew Clapp	10	Nicola Mabbott
22	Nigel Cobb	12	Elsie Roberts
23	Tim Steadman	19	Caroline Norton
25	Mark Yates	20	Karyn Stander
28	Simon Nash	22	Fliss Garland
34	Clive Greyson	25	Alison Herbert
36	Paul Clarke	28	Catherine Charlton
39	Stan Pascoe	36	Sally Plastow
46	Tom McCulloch	58	Pachel Martn
48	Kevin Squires	64	Michelle Flint
51	Martyn McHale	68	Suzi Artis
52	Kevin Brown		
53	Jim Munroe		Ladies = 15
55	Jamie Beverton		
56	Ben Bennett		
73	Steve Carroll		
81	Mark Attenborough		
83	David Giles		
86	Graham Webster		
89	Paul Satcey		
95	Richard Mayes		
123	Des Gibbons		
125	Paul Mellors		
126	Mike Riley		
130	Everton Eriky		
131	Mark Widdowson		
136	Geoff Jackson		
138	Ian Livsey		
145	Mark Tomlnson		
146	Pete Scoffings		
147	Gordon Ross		
159	Dennis O'Neill		
170	Steve Gelderd		
177	Keith Palmer		
179	Chris Middleton		
181	Chris McDonald		
194	Dennis Reeson		
201	Brian Moon		
202	Nigel Daniels		
206	Phil Hopewell		
210	Phil Williams		
211	Colin Peet		

Men = 46

Milland Valley Trail, 21k – 7th August 2006

Elsie Roberts 1.47.28

Newark ½ marathon – 14th August 2006

Matthew Clapp	1.16.32
Paul Clark	1.21.36
Graham Webster	1.28.54
Mark Davies	1.30.28 p.b.
Steve Carroll	1.30.43
Elsie Roberts	1.33.32 p.b.
Paul Stacey	1.33.44
Mike Drury	1.38.53
Arthur Hancock	1.39.36
Carl Davey	1.41.53
Keith Palmer	1.42.59
Ed Crisp	1.48.53
Jo Spinak	1.48.59
Dave Onions	1.50.57
Jo Stocks	1.54.20
Dave Musgrove	2.39.44

Askern 10m – 14th August 2006

Catherine Charlton 1.16.48 p.b. (5th Lady, 1st Senior Lady)

Jagermeister 10k – 12th August 2006

2nd for Emily at the Jagermeister!

This Formula One run event has always been popular and Redhill numbers this year were swelled by those after club Grand Prix points.

Terry Smith	35.36
Simon Nash	36.35 p.b.
Clive Greyson	37.02
Tom McCulloch	38.16
Kevin Brown	38.18
Mark Attenborough	39.51
Mark Anslow	39.59
Ed Crisp	40.11
Mark Davies	40.16 p.b.
Emily Rose	40.41 (2 nd Lady)
Steve Carroll	40.41
Paul Stacey	40.51 p.b.
Phil Williams	42.34
Mike Riley	43.14
Pete Scoffings	43.43
Mike Drury	44.07
Geoff Jackson	44.10
Mark Tomlinson	44.20
Caroline Norton	44.20
Caroline Charlton	44.23
Colin Bones	45.12
Karyn Stander	45.17
Keith Palmer	45.26
Alison Herbert	45.47
Sally Plastow	46.10
Graham Webster	46.12
Dennis O'Neill	46.14
Amanda Lowton	46.27
Steve Gelder	46.30
Emma Fitcher	48.48
Rachel Martin	49.09

Michelle Flint	49.32
Dennis Reeson	49.59
Pauline Clark	52.12
Colin Peet	59.36
Louise Davies	61.12

Nottingham Super Sprint Triathlon – 6th August 2006

Position		Swim	Bike	Run	Total
20	Paul Ward	7.55	17.16	13.07	38.18
37	Amanda English	8.35	19.38	16.21	44.34

National Club Triathlon Relays – 5th August 2006

A second National title for Andy T in the space of a week!

Pos		Swim (4 x 400m) & Bike (4 x 9.5m)	Run (4 x 5k)	Total
1	Including Andy T (TFN Orca)	1.43.19	1.08.20	2.51.39
83	Tim Metcalfe, Ben Ian, Kevin Humphreys, Simon Nash	2.01.45	1.23.35	3.25.20
102	Mike Hankin, Matt Hemsley, Paul Ward, (Verity Butler)	2.02.17	1.29.23	3.31.40
128	Including Cam Davies	2.06.49	1.43.11	3.50.00

Sherwood 10 TT – 1st August 2006

Mike Hankin	25.05
Ian Hales	25.10
Kevin Humphreys	27.24
Paul Ward	27.34
Cam Davies	29.23 p.b.
Liz Green Davies	31.47 p.b.

Sherwood 10 TT – 25th July 2006

Andy Proffitt	21.31
Ian Hales	25.26
Matt Hemsley	26.58
Paul Ward	27.27
Cam Davies	29.51
Liz Green Davies	32.02
Amanda English	33.19

Sherwood 10 TT – 18th July 2006

Ian Hales	24.46
Matt Hemsley	25.56
Paul Ward	27.08
Kevin Humphreys	27.18
Lee Stubbs	28.01
Cam Davies	29.53
Liz Green Davies	32.14
Amanda English	33.17

National Aquathon Championships, Salford, Manchester – 30th July 2006

National title for Andy T !**Congratulations to Andy Tarry for winning the National Aquathon Champonships**

Position		Swim	T1	Run	Total
1	Andy Tarry	09.58	0.13	16.00	26.11

Hatfield Triathlon – 30th July 2006

Position		Swim 750m	Bike 20k	Run 5k	Total
52	Mike Hankin	15.38	38.47	25.03	1.19.28
67	Dawn Hales	13.54	45.22	22.48	1.22.04

Heanor 5m – 28th July 2006

Steve Gelderd	39.38
Mike Monks	41.30
Dennis Reeson	42.07
Colin Peet	48.26

Notts 5m – 28th July 2006

Lee Stubbs	25.37
Paul Newton	27.20
Kevin Squires	31.03
Mark Attenborough	32.18
Richard Wheatley	32.35
Dave Walsh	32.53
Carl Davey	35.26
Colin Bones	36.09
Ian Livsey	36.23
Mike Drury	38.40
Dennis O'Neill	39.52
Jo Spinak	39.54
Michelle Flint	40.12
Brian Moon	41.39
Nigel Daniels	43.54

Lake Placid Ironman – 22nd July 2006

Mark's latest ironman event took him to the U.S.A.

Position		Swim 2.4m	Bike 112m	Run 26.2m	Total
77	Mark Redwood	55.29	5.13.55	3.55.20	10.11.32

Longest Day, Wolverhampton – 23rd July 2006

Congratulations to John, who regularly ran with the club a couple of years ago, (and still always runs at Epperstone each year) as he has just finished 4th overall & 3rd Senior at this well known ("non-ironman franchise") long distance event at Wolverhampton!

Position		Swim 2.4m	Bike 112m	Run 26.2m	Total
3	John O'Neill	1.04.10	5.09.45	3.35.18	9.49.13

Hathersage "Hilly" triathlon – 23rd July 2006

Position		Swim	Bike	Run	Total
53	Matt Hemsley	11.37	39.40	33.06	1.24.23
106	Paul Ward	10.45	42.21	40.14	1.33.40
228	Amanda English	11.09	54.01	51.00	1.56.10

Holme Moss Fell – 16th July 2006

52 Dominic Fletcher 3.46.12

Darley Dale triathlon – 16th July 2006

Andy wins at Darley Dale!

Position		Swim	Bike	Run	Total
1	Andy Tarry	15.34	40.06	19.09	1.14.49
31	Matt Hemsley	28.21	44.43	22.25	1.35.29
51	Mike Hankin	25.35	43.12	31.31	1.40.18
60 (8 th lady)	Lisa Tarry	20.55	54.22	27.31	1.42.48

Belvoir middle distance triathlon – 8th July 2006

	Swim 1900 metre	Bike 56m	Run 13.1m	Total
Cam Davies	38.58	3.25.50	2.25.35	6.30.23
Liz Green Davies	41.56	3.51.51	2.17.46	6.51.33

Notfast 10k – 16th July 2006

Lee wins his 2nd race in a week!

Notfast is usually hot & the race lived up to its “hot” reputation again this year slowing potentially quick times on the course. The lure of Grand prix points however drew a good turn out from the club.

Lee Stubbs	33.20 (1 st)
Simon Nash	37.00 p.b.
Graham Webster	41.00
Mark Davies	41.26
Paul Stacey	41.51
Elsie Roberts	43.31 p.b.
Catherine Charlton	46.08
Alison Herbert	46.47
Carl Davey	46.57
Mike Drury	47.12
Sarah Parker	47.19
Amanda Lowton	47.19
Caroline Norton	47.43
Keith Palmer	48.00
Louise Brookes	48.06
Steve Gelderd	49.36
Rachel Martin	49.36
Helen Flint	49.38
Jo Stocks	49.44
Dennis Reeson	50.04
Michelle Flint	50.38

Jill Salmon	53.38 p.b.
Jo McMillan	53.39
Pauline Clark	53.41
Colin Peet	61.00
Dave Musgrove	65.05
Lynne Cowie	94.15

Osmotherley Phonenix, 17m Fell

16 Dominic Fletcher 3.29.00

Notts Road Race 4, Worksop 5m – 12th July 2006

Lee wins road race 4!

Senior Ladies are 1st & 4th, Senior Men are 2nd, Vet Men are 2nd & 5th, Vet Ladies are 3rd.

Overall

Lee leads overall & Rob is 2nd

Helen B is 2nd Lady & 1st F35, Fliss is 1st F45

Senior Men lead by 294, Senior Ladies "A" lead by 137 & "B" tied for 3rd, Vet Ladies lead by 59, Vet Men are 2nd (trail by 138) & "B" are 3rd (lead 4th by 198)

1	Lee Stubbs	2	Helen Burrell
4	Rob Keal	7	Elsie Roberts
5	Paul Newton	15	Caroline Norton
21	Simon Nash	16	Fliss Garland
22	Clive Greyson	17	Catherine Charlton
28	Stan Pascoe	19	Karen Stander
31	Kevin Squires	21	Alison Herbert
36	Paul Clarke	26	Amanda Lowton
38	Jamie Beverton	29	Sarah Parker
42	Bruce Olpin	31	Louise Brookes
44	Kevin Brown	32	Sally Plastow
46	Tom McCulloch	35	Helen Lowe
55	James Butler	40	Rachel Martin
58	Mark Anslow	49	Jo Spinak
61	Ben Bennett	52	Michelle Flint
71	Matt Hemsley	53	Jo Stocks
77	Graham Webster	58	Suzi Artis
78	Mark Attenborough	60	Pauline Clarke
81	Dave Giles	63	Jill Salmon
86	Ian Hales	70	Jo McMillan
92	Richard Mayes	75	Amanda English
97	Paul Stacey	79	Louise Davies
98	Jim Munroe	81	Lynne Cowie
110	Paul Mellors	82	Liz Green Davies
112	Phil Williams		
120	Ian Livsey		total ladies = 24
125	Pete Scoffings		
129	Bob Hayes		
130	Paul Ward		
138	Mike Drury		
140	Mark Tomlinson		
142	Tim Cunnington		
147	Andy Phillips		
151	Colin Bones		
153	Bob Hayes		
156	Keith Palmer		
163	Wade Lowther		

164 Chris Middleton
 165 Tony Garland
 173 Andrew Bryne
 176 Nigel Daniels
 177 Brian Moon
 181 Cam Davies
 184 Colin Peet
 186 Barry Davies

total men = 45

East Leake Triathlon – 9th July 2006

Position		Swim 400m	Bike 20k	Run 5k	Total	Penalties
1	Andy Tarry	6.16	31.24	17.12	54.52	
36	Mike Hankin	10.39	35.59	28.24	1.14.52	+2 mins
8 th Lady	Dawn Hales	9.41	41.25	25.53	1.16.59	

Heritage Series final standings - 2006

Emily Rose 3rd Lady
 Suzi Artis 1st F50
 Nigel Daniels 3rd M60
 Ladies Team 2ns Team (Emily, Jo St & Michelle F)

3	Emily Rose	28	Matt Hemsley
26	Jo Stocks	35	Dave Giles
31	Michelle Flint	43	Paul Stacey
36	Michelle Butler	79	Andy Phillips
38	Dawn Hales	83	Mike Drury
42	Bev Barnes	87	Dennis O'Neill
44	Suzi Artis	96	Mark Taylor
94	Nikki Dixon	142	Nigel Daniels

Heritage Series, race 4, Colwick, 5m – 6th July 2006

3	Emily Rose	32.49	34	Matt Hemsley	32.11
7	Elsie Roberts	34.52	37	Mark Attenborough	32.15
11	Helen Flint	36.21	41	Mark Anslow	32.25
38	Jo Stocks	39.51	54	Dave Giles	33.17
40	Michelle Flint	40.05	86	Paul Stacey	35.12
47	Michelle Butler	40.39	119	Ian livsey	36.44
48	Dawn Hales	40.44	124	Andy Phillips	36.56
57	Bev Barnes	41.11	137	Dennis O'Neill	37.21
81	Suzi Artis	42.45	159	Mark Taylor	38.30
146	Nikki Dixon	49.15	210	Mike Drury	41.53
147	Jacki Dixon	49.15	228	Nigel Daniels	43.12
			256	Colin Peet	48.00

Black Rocks Fell race – 5th July 2006

Fell win for Rob!

1	Rob Keal	37.22
14	Gary McMahon	43.25

Heritage Series, race 3, Holme P, 10k – 4th July 2006

4	Emily Rose	40.37	11	Nigel Cobb	36.41
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15	Catherine Charlton	45.49	25	Gary McMahon	38.33
16	Karyn Stander	46.22	41	Matt Hemsley	40.25
19	Sarah Parker	46.46	52	Dave Giles	41.39
38	Jo Stocks	49.28	62	Paul Stacey	42.28
49	Michelle Flint	51.16	70	Paul Barratt	43.11
54	Michelle Butler	51.33	78	Andy Stredder	44.16
61	Suzi Artis	52.22	110	Andy Phillips	46.05
64	Dawn Hales	52.58	123	Ian Livsey	46.56
75	Bev Barnes	54.12	143	Mark Taylor	48.30
83	Gill Salmon	55.30	151	Dennis O'Neill	49.05
141	Nikki Dixon	61.53	187	Nigel Daniels	53.57

Sherwood 10 TT – 4th July 2006

Andy Proffitt	21.13
Mike Hankin	24.40
Ben Ian	25.14
Paul Ward	25.41
Kevin Humphreys	27.07
Tony Lowe	27.40
Cam Davies	29.49
Amanda English	33.23

British Masters ½ marathon Championships, Mansfield ½ marathon – 2nd July 2006

British Masters Gold for Helen B & “Baby” Vet Silver & Bronze medals for Matthew & Clive in the heat and hills of the “Stars & Stripes” marathon at Mansfield!

15	Matthew Clapp	1.18.14	(BMAF M35 Silver)
30	Kevin Squires	1.21.35	
32	Stan Pascoe	1.21.45	
54	Clive Greyson	1.24.41	(BMAF M35 Bronze)
55	Helen Burrell	1.25.09	(BMAF Bronze o/all, Gold F40, 3 rd Lady)
57	Paul Clark	1.25.21	
59	Simon Nash	1.26.13	
75	Ed Crisp	1.27.40	
77	James Butler	1.27.68	
250	Mike Drury	1.43.04	
261	Bob Hickling	1.43.38	
286	Steve Geldred	1.45.43	
292	Sally Plastow	1.45.53 p.b.	
398	Dave Onion	1.52.47	
577	Pete Speakman	2.04.20	

Sherwood 25 TT, Oxton – 2nd July 2006

Andy Proffitt	58.38
Ian Hales	64.33
Mike Hankin	65.15
Matt Hemsley	68.42
Kevin Humphreys	74.11