

# Redhill Race Results

Jan – June 2006

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## 3 Peaks Yacht race – June 2006

Sailing round Great Britain & racing up and down Snowdon, Scar Fell & Ben Nevis?  
But then Dave Walsh has always been up for a challenge!

Last Inn Trophy winners (9<sup>th</sup> out of 22 entries)  
3<sup>rd</sup> place Tillman competition (4 out of 5 members to the top of each mountain)

Snowdon	25 miles	4.56.00
Scar Fell		“substitute”
Ben Nevis	17 miles	5.01.00

## Stathem 10k – 25<sup>th</sup> June 2006

Steve Carroll	39.49
Graham Webster	41.27
Dennis O’Neill	46.06
Dennis Reeson	50.03
Jo Spinak	52.26
Colin Peet	58.52

## Heritage, Race 2, Wolaton Park, 5k – 29<sup>th</sup> June 2006

4	Emily Rose	19.57	1	Lee Stubbs	16.07
11	Helen Flint	21.56	33	Matt Hemsley	19.22
13	Catherine Charlton	22.02	40	Dave Giles	19.59
42	Jo Stocks	24.23	55	Paul Stacey	20.24 p.b.
60	Dawn Hales	25.02	67	Andy Stredder	21.00
63	Michelle Flint	25.15	89	Mike Drury	21.53
72	Michelle Butler	25.48	107	Rob Baker	22.29
75	Bev Barnes	25.52	124	Andy Phillips	23.05
83	Susi Artis	26.06	137	Dennis O’Neill	23.31
109	Gill Salmon	27.15	152	Mark Taylor	23.51
149	Nikki Dixon	29.22	218	Nigel Daniels	27.37
171	Liz Green Davies	31.44	245	Cam Davis	31.30

## Sherwood 10m TT – 27<sup>th</sup> June 2006

Andy Proffitt	21.29
Mike Hankin	24.02
Ben Ian	25.24
Kevin Humphreys	26.55
Paul Ward	27.07
Amanda English	33.36

## Heritage, Race 1, Rushcliffe, 4m – 27<sup>th</sup> June 2006

### Ladies

6	Emily Rose	25.51
14	Catherine Charlton	28.07
43	Jo Stocks	31.23

### Men

41	Matt Hemsley	24.55
52	Dave Giles	25.54
68	Paul Stacey	26.41

45	Jo Spinak	31.34	77	Andy Stredder	27.05
47	Michelle Flint	31.42	90	Mike Drury	27.40
52	Bev Barnes	31.52	110	Dennis O'Neill	28.22
56	Dawn Hales	32.03	153	Mark Taylor	30.34
60	Michelle Butler	32.29	200	Cam Davies	33.21
73	Gill Salmon	33.10	202	Brian Moon	33.33
74	Liz Green Davies	33.13	224	Nigel Daniels	35.34
82	Suzi Artis	33.36	242	Colin Peet	39.02

#### **Humber Bridge, ½ marathon – 25<sup>th</sup> June 2006**

38	Sharon Smith	1.27.41 (3 <sup>rd</sup> Lady, 2 <sup>nd</sup> F35)
474	Dave Onion	1.54.22

#### **Chamonix Cross, marathon, France – 25<sup>th</sup> June 2006**

153	Toni Minniti	5.08.34 (11 <sup>th</sup> Lady)
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#### **Chamonix Cross, ½ marathon, France – 25<sup>th</sup> June 2006**

5	Craig Henderson	1.56.12
124	Ben Bennett	2.27.44
189	Gary MaMahon	2.36.46

#### **Mark Bosworth (Terrapin) Triathlon – 25th June 2006**

Position		Swim 750m + T1	Bike 13.5m	T2 + Run 5k	Total
35	Matt Hemsley	18.30	38.26	20.50	1.17.46
79	Kevin Humphreys	19.11	40.07	24.59	1.24.17
87	Mike Hankin	18.25	37.28	29.09	1.25.02

#### **B.D.C.A. 100m TT – 24<sup>TH</sup> June 2006**

5	Andy Proffitt	3.42.32
10	Mark Redwood	3.45.11

#### **Dambuster Triathlon – 24th June 2006**

Position		Swim 1500m	Bike 26m	Run 9.4k	Total
233	Ben Ian	29.15	1.15.50	39.54	2.27.23
355	Paul Ward	29.28	1.21.15	45.24	2.39.19
461	Amanda English	32.44	1.42.48	54.08	3.12.58

#### **Riber Fell race – 23<sup>rd</sup> June 2006**

Rob Keal	32.10 (1 <sup>st</sup> )
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#### **Ranby 10k – 18<sup>th</sup> June 2006**

Steve Carroll	40.10
Mark Davies	41.07 p.b.

#### **Freckleton ½ marathon (Nr Preston) – 18<sup>th</sup> June 2006**

Emily Rose	1.29.12 p.b. (5 <sup>th</sup> Lady)
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#### **Man V Horse – 15<sup>th</sup> June 2006**

3 Craig Henderson 2.31.02  
 18 Ben Bennett 3.03.15

**Mansfield Triathlon – 18th June 2006**

**Mansfield victory for Andy!**

Position		Swim 400m	Bike 10m	Run 3m	Total
1	Andy Tarry	5.54	22.35	14.28	42.58

**Notts Schools County Champs – 10<sup>th</sup> June 2006**

1500m Anna Donen 5.39

**Notts RR Series, Erewash 5.4m – 14<sup>th</sup> June 2006**

**Lee wins Road Race 3 !**

**Senior men, Senior Ladies & Vet Ladies also win to extend their overall leads !**

**Men's Vets are 2<sup>nd</sup> to Mansfield**

1	Lee Stubbs	4	Helen Burrell
6	Rob Keal	6	Sharon Smith
7	Paul Newton	7	Kate Rice
11	Matthew Clapp	8	Emily Rose
19	Ben Bennett	13	Elsie Roberts
29	Kevin Squires	19	Caroline Norton
30	Simon Nash	24	Helen Flint
38	Tim Steadman	28	Karyn Stander
40	Steve Humber	29	Fliss Garland
41	Stan Pascoe	36	Alison Herbert
42	Paul Clark	37	Catherine Charlton
43	Tom McCulloch	46	Sally Plastow
46	James Butler	49	Amanda Lowton
50	Jim Munroe	54	Sarah Parker
55	Ben Ian	56	Michelle Flint
57	Kevin Brown	58	Helen Lowe
64	Mark Attenborough	60	Rachel Martin
70	Steve Carroll	74	Jo Stocks
79	Dominic Fletcher	76	Jo Spinak
92	Richard Mayes	78	Pauline Clarke
93	David Giles	84	Liz Green Davies
95	Mark Davies	93	Gill Salmon
100	Graham Webster	98	Amanda English
104	Paul Stacey	99	Lisa Hopewell
121	Ian Hales	102	Louise Davies
130	Ian Livsey	107	Suzi Artis
131	Andy Stredder	108	Lynne Cowie
134	John Truscott		
149	Bob Hickling		Total = 27 Ladies
150	Pete Scoffings		
152	Arthur Hancock		
154	Carl Davey		
163	Bob Hayes		
177	Andy Phillips		
178	Keith Palmer		
191	Geoff Jackson		
200	Maurice Lever		
201	Dennis Reeson		

210 Nigel Daniels  
213 Cam Davies  
216 Phil Hopewell  
217 Colin Peet  
225 Barry Davies  
226 Dave Musgrove

Total = 44 Men

Overall = 71 ran

#### **Grendon Triathlon - 28th May 2006**

Position		Swim 750m	Bike 20k	Run 5k	Total
32	Matt Hemsley	18.34	39.43	19.20	1.17.37

#### **Edinburgh marathon - 11th June 2006**

Richard Wheatley 3.14.00 p.b.  
Andrew Norton 3.28.07

#### **Long Eaton 5m - 11th June 2006**

##### **Andy T wins Long Eaton 5!**

Andy Tarry 26.26  
Matthew Clapp 28.40  
Paul Stacey 34.25  
Andy Stredder 35.44  
Steve Gelderd 38.18  
Michelle Flint 41.00  
Colin Peet 45.50  
Dave Musgrove 57.58

#### **Wollaton Park 10k - 10th June 2006**

##### **Lee wins & Paul is 3rd in the Park! Elsie is also 2nd in Ladies race!**

Lee Stubbs 34.04 (1st)  
Paul Newton 36.30 (3rd)  
Simon Nash 39.41 (2nd Vet)  
Elsie Roberts 44.52 p.b.(2nd Lady)  
Helen Flint 47.31  
Bob Hayes 47.32  
Pete Scoffings 47.34  
Sara Parker 50.55  
Steve Gelderd 51.40  
Louise Brookes 51.44  
Sally Plastow 51.44  
Jo Stocks 53.39  
Emma Fitcher 54.15  
Bev Barnes 55.32  
Suzi Artis 58.33  
Barry Davies 67.38

#### **Buxton 1/2 marathon - 28th May 2006**

Dominic Fletcher 1.36.30  
 Dave Onions 1.56.18 (1st M65)

**Wells 10k - 28th May 2006**

Dave Walsh 40.08

**Sinfin 10k – 4<sup>th</sup> June 2006**

**3rd for Rob at Sinfin 10k!**

Rob Keal 33.58  
 Matthew Clapp 35.14  
 Steve Carroll 41.05  
 Graham Webster 41.56  
 Andrew Stredder 44.05  
 Mike Drury 45.06  
 Bob Hayes 46.13  
 Steve Gelderd 47.44

**Stockholm marathon – 4<sup>th</sup> June 2006**

Feedback from Stockholm is that it is very hilly & hot!  
 A 2 lap scenic course around a stunning city with some killer inclines.

Paul Ward 4.36.15 p.b.  
 Amanda English 4.53.10

**Notts 10m County Champs, Holme P – 2<sup>nd</sup> June 2006**

**Helen B & Lee are Nottinghamshire 10m County Champions!**

**Helen, Sharon & Emily finish 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in ladies race!**  
**Lee, Rob & Paul finish 1st, 3<sup>rd</sup> & 4<sup>th</sup> in men's race!**  
**Redhill's men (Lee, Rob, Paul & Kevin S) win men's team event!**  
**Redhill's ladies (Helen, Sharon & Emily) win ladies team event!**

Redhill County Champ medal haul below

<b>Lee Stubbs</b>	<b>Senior Gold</b>	<b>Helen Burrell</b>	<b>Senior &amp; F35 Gold</b>
<b>Paul Newton</b>	<b>Senior Bronze</b>	<b>Emily Rose</b>	<b>Senior Silver</b>
<b>Kevin Squires</b>	<b>M40 Silver</b>		
<b>Jim Munroe</b>	<b>M50 Silver</b>		
Lee Stubbs	53.00 (1 <sup>st</sup> )	Helen Burrell	63.42 (1 <sup>st</sup> )
Rob Keal	55.49 (3 <sup>rd</sup> ) p.b.	Sharon Smith	66.41 (2 <sup>nd</sup> ) p.b.
Paul Newton	57.58 (4 <sup>th</sup> )	Emily Rose	67.26 (3 <sup>rd</sup> ) p.b.
Kevin Squires	60.34	Elsie Roberts	71.38 p.b.
Adam Wright	61.10	Karen Stander	76.30 p.b.
Simon Nash	61.16	Sarah Parker	77.01
Kevin Brown	63.28	Alison Herbert	77.16 p.b.
Ed Crisp	63.45	Amanda Lowton	81.58
Dave Walsh	64.05	Sally Plastow	83.56 p.b.
Tom McCulloch	64.11	Michelle Flint	84.12
Jim Munroe	64.38	Emma Fitcher	84.14 p.b.
Mark Anslow	66.04	Louise Brookes	84.15 p.b.
Steve Carroll	66.33 p.b.	Jo Stocks	85.33
Paul Barrett	68.18	Jo Spinak	86.14

Graham Webster	69.13 p.b.	Liz Green Davies	88.58
Mark Attenborough	69.19	Gill Salmon	91.29
Paul Stacey	70.16 p.b.	Rachel Martin	93.56
Ian Livsey	73.40		
Carl Davey	74.51		
Pete Scoffings	75.53 p.b.		
Mike Drury	76.41		
Keith Palmer	77.34 p.b.		
Andy Phillips	78.11		
Stef Pratesi	79.09 p.b.		
Cam Davies	92.03		
Colin Peet	92.42		

### **Woodhall Spa Triathlon – 28<sup>th</sup> May 2006**

#### **Dawn, Ian & Clive win team event in Lincs!**

Position		Swim 400m + T1	Bike 14m + T2	Run 3m	Total
7 1 <sup>st</sup> Team	Dawn & Ian Hales, Clive Greyson	8.02	39.49	17.30	1.05.21
28	Tony Lowe	7.03	45.39	17.38	1.10.20
46	Tim Metcalfe	8.35	45.17	18.42	1.12.34
54	Lee Stubbs	11.55	45.16	16.15	1.13.26
73	Simon Nash	10.22	45.54	18.49	1.15.05
77	Paul Ward	8.26	45.59	21.02	1.15.27
82	Mike Hankin	9.55	41.03	25.00	1.15.58
87	Kevin Humphreys	9.48	45.18	21.37	1.16.43
144	Richard Hammond	12.25	49.08	20.40	1.22.13
183	Cam Davies	9.54	49.49	26.07	1.25.50
199	Helen Flint	11.52	53.32	22.12	1.27.36
212	Elsie Roberts	15.37	52.55	20.35	1.29.07
227	Amanda English	10.16	56.40	25.38	1.32.34
230	Gill Salmon	12.20	55.49	25.29	1.33.38

### **West End 8m – 21<sup>st</sup> May 2006**

Paul Stacey 55.38

### **BUPA Great Manchester 10k – 21<sup>st</sup> May 2006**

Mark Widdowson 46.27 p.b.

### **White Peak ½ marathon – 20<sup>th</sup> May 2006**

Dave Onion 1.48.05  
Dave Musgrove 2.40.57

### **British Masters Road Relays, 3m – 20<sup>th</sup> May 2006**

#### **Mark, Paul, Clive & Matthew win British Masters Baby Vet" M35 Bronze!**

M35 (3<sup>rd</sup>)

Mark Yates 15.53  
Paul Newton 16.19  
Clive Greyson 17.20  
Matthew Clapp 16.22

M40 (14<sup>th</sup>)

Paul Clarke	17.22
Stan Pascoe	17.26
Mark Attenborough	17.12
Alan Smith	14.58
Andy Wetherill	15.42
Adam Wright	17.36
Martyn McHale	17.02

**Notts Road Race series, Retford, 5m – 17<sup>th</sup> May 2006**

**Kate & Lee win race 2 on a very wet evening in North Notts!**

**Ladies Seniors, Ladies Vets & Men's Seniors all win!**

**Men's Vets are 2<sup>nd</sup> & B team 3<sup>rd</sup>, Men's & Ladies Seniors B teams are 4<sup>th</sup>**

**78 Redhill members run (51 men & 27 ladies), that will be a Retford record!**

Overall standings

Men seniors 1<sup>st</sup>, lead Worksop by 243 points, B team 3<sup>rd</sup> by 10 points from Notts

Ladies seniors 1<sup>st</sup>, lead Sutton by 65 points, B team 3<sup>rd</sup> by 6 points from Holme P

Ladies Vets 1<sup>st</sup>, lead Worksop by 43 points, Holme P 3<sup>rd</sup> 61 points adrift

Men's vets 2<sup>nd</sup>, trail Mansfield by 5 points, B team 3<sup>rd</sup> by 145 points from Southwell

1	Lee Stubbs	1	Kate Rice
4	Andy Wetherill	2	Helen Burrell
5	Rob Keal	5	Sharon Smith
7	Paul Newton	9	Emily Rose
19	Martyn McHale	12	Elsie Roberts
20	Kevin Squires	18	Caroline Norton
24	Simon Nash	20	Fliss Garland
27	Paul Clark	22	Helen Flint
28	Tony Lowe	24	Cathering Charlton
32	Steve Humber	26	Karyn Stander
33	Clive Greyson	30	Alison Herbert
36	Stan Pascoe	39	Amanda Lowton
39	Bruce Olpin	47	Sally Plastow
40	Jamie Bevington	48	Louise Brookes
41	Kevin Brown	49	Helen Lowe
42	Tom McCulloch	52	Jo Spinak
47	Ben Ian	65	Michelle Flint
52	Mark Anslow	67	Caroline Casterton
54	Mark Attenborough	70	Angela Trikic
55	Jim Munroe	73	Pauline Clark (Jones)
64	James Butler	83	Gill Salmon
73	David Walsh	86	Rachel Martin
75	Steve Carroll	88	Beth Cooper
76	Richard Mayes	97	Amanda English
78	David Giles	100	Suzie Artis
92	Graham Webster	107	Karen Edge
100	Paul Stacey	108	Lynn Cowie
113	Paul Mellors		
114	Mike Drury		
116	Andy Stredder		
120	Arthur Hancock		
121	Mark Widdowson		
124	Paul Ward		
130	Bob Hickling		
135	Bob Hayes		
140	Pete Scoffings		
153	John Truscott		

154 Carl Davey  
 156 Tim Cunnington  
 160 Richard Hammond  
 168 Andy Phillips  
 169 Keith Palmer  
 171 Mike Monks  
 181 Dave Tetley  
 189 Maurice Lever  
 190 George Walters  
 193 Stefano Pratesi  
 203 Nigel Daniels  
 205 Colin Peet  
 207 Mike Hankin  
 208 Barry Davies

**Long Bennington 10k – 14<sup>th</sup> May 2006**

**Catherine is 2<sup>nd</sup> lady at Long Bennington!**

Catherine Charlton - 44:03 p.b. (2<sup>nd</sup> Lady)

**Southwell Triathlon – 14<sup>th</sup> May 2006**

**Andy T wins Southwell Tri!**

Position		Swim 400m	Bike 12m	Run 5k	Total
1	Andy Tarry	6.10	27.21	14.33	48.06
81	Matt Hemsley	9.13	31.44	18.18	59.17
243	Simon Nash	10.00	39.54	17.23	67.18
151	Gill Salmon	15.18	41.46	25.13	82.19
451	Tracey Lowton	13.00	49.24	27.00	89.29

**Sheffield ½ marathon – 14<sup>th</sup> May 2006**

Andrew Norton 1.27.48 p.b.  
 Dave Onion 1.46.26  
 Nikki Dixon 2.20.38  
 Jacqueline Dixon 2.20.39

**Derby 10k – 14<sup>th</sup> May 2006**

Stan Pascoe 37.12  
 Clive Greyson 37.13  
 Steve Gelderd 45.36 p.b.  
 Michelle Flint 48.37

**Notts County Champs, Track & Field – 13<sup>th</sup>/14<sup>th</sup> May 2006**

**3000m Vet Gold fro Barry!**

800m Seniors Tim Steadman 2.15.0 (8<sup>th</sup>)  
 1500m Seniors Tim Steadman 4.32.5 (4<sup>th</sup>)  
 5000m Seniors Paul Newton 16.47.3 (5<sup>th</sup>)  
 300m Vets Barry Moss 9.38.2 (1<sup>st</sup>)

**Double Decker Festival 10K, Oxford, Mississippi, U.S.A. - 29<sup>TH</sup> April 2006**



John Truscott - 45.02 (1<sup>st</sup> M60)

**Gulf Winds Track Club 5K, Tallahassee, Florida, U.S.A. – 6<sup>th</sup> May 2006**

John Truscott - 22.05 (1<sup>st</sup> M60)

**Hinckley ½ marathon – 7<sup>th</sup> May 2006**

31 Steve Humber 1.22.45

**Uttoxeter ½ marathon – 7<sup>th</sup> May 2006**

Dave Onion 1.48.08

**Shakespeare marathon – 7<sup>th</sup> May 2006**

155 Richard Wheatley 3.29.56

**Eyam ½ marathon – 7<sup>th</sup> May 2006**

**2<sup>nd</sup> for Rob & Redhill's men's team on another hilly course, this time in Derbyshire!**

2 Rob Keal 1.17.50 (2<sup>nd</sup> overall)

5 Craig Henderson 1.19.45

29 Ben Ian 1.30.57

31 Ben Bennett 1.31.10

57 James Butler 1.34.43

325 Pete Speakman 2.08.56

**Hinckley ½ marathon – 7<sup>th</sup> May 2006**

Karyn Stander 1.42.06 p.b.

Alison Herbert 1.43.20 p.b.

Dennis Reeson 1.53.00

Amanda Lowton 1.54.15

**Tewkesbury ½ marathon – 7<sup>th</sup> May 2006**

Steve Carroll 1.29.32

Mark Davies 1.31.16 p.b.

**Underwood 10k – 7<sup>th</sup> May 2006**

**Sarah P is 2<sup>nd</sup> Lady on the hills of Underwood!**

Jim Munroe 39.54

Andy Stredder 44.26

Bob Hayes 45.49

Carl Davey 46.09

Sarah Parker 47.03

Kevin Humphreys 47.03

Steve Geldard 47.04 p.b.

Andy Phillips 49.18

Jo Spinak 51.18

Paula Broughton 54.36

Colin Peet 57.00

Barry Davies 64.00

**Rother Valley 10k – 6<sup>th</sup> May 2006**

Ian Abbott 38.54  
Emily Rose 41.53 p.b. (5<sup>th</sup> lady)

### **Sherwood C.C. 10m T.T. – 2<sup>nd</sup> May 2006**

Andy Proffitt 22.06  
Mike Hankin 25.53  
Ian Hales 26.42  
Kevin Humphreys 28.34  
Paul Ward 29.23

### **Southwell 5k Trail – 1<sup>st</sup> May 2006**

Phil Hopewell 25.24  
Lisa Hopewell 26.55

### **Yorkshire 3 Peaks Fell race – 30<sup>th</sup> April 2006**

**Pen-y-ghent, Whernside & Ingleborough in 1 race!**

175 Dave Walsh 4.19.00

### **Belfast marathon – 1<sup>st</sup> May 2006**

**Matthew is 1<sup>st</sup> English finisher in Ireland!**

13 Matthew Clapp 2.46.27

### **Derby Triathlon – 30<sup>th</sup> April 2006**

Position		Swim 500m	Bike 30k	Run 6k	Total
40	Matt Hemsley	13.48	58.45	24.09	1.36.37
68	Mike Hankin	12.58	54.52	33.08	1.40.58

### **Notts Road Race series, Epperstone, 5.9m – 26<sup>th</sup> April 2006**

**Redhill club 90 record goes at Epperstone with 104 club members running!**

**New ladies record of 34!**

**New mens record of 70!**

**Kate & Lee win road race 1**

**Men's Senior, Men's Vets, Ladies Senior all win, Ladies Vets 2<sup>nd</sup>**

**Men's Senior "B" & Men's Vets "B" both 3<sup>rd</sup>**

Full results in "**Notts Road R series**" pages

1	Lee Stubbs	1	Kate Rice
2	Andy Wetherill (M40)	4	Helen Burrell
3	Andy Tarry	11	Helen Cawthorne (F35)
6	Rob Keal	13	Caroline Norton (F35)
12	Terry Smith	14	Elsie Roberts
15	Kevin Squires (M40)	16	Fliss Garland (F55)
18	Martyn McHale (M40)	25	Karyn Stander
21	Paul Newton	28	Helen Flint
23	Tony Lowe	32	Catherine Charlton
27	Simon Nash (M40)	33	Alison Herbert
30	Ben Bennett	35	Amanda Lowton
31	Steve Humber	39	Sarah Parker
32	Clive Greyson	40	Helen Lowe
34	Paul Clark	46	Helen Metcalfe

35	Stan Pascoe	50	Emma Fitcher
37	Adam Wright	58	Rachel Martin
42	Ian Abbott	59	Jo Spinak
43	Tim Steadman	60	Sally Plastow
51	John O'Neill	62	Louise Brookes
52	Bruce Olpin	64	AngelaTrikic
55	Kevin Brown	65	Pauline Jones
56	Jamie Bevington	66	Jo Stocks
58	Tom McCulloch	67	Bev Barnes
59	Jim Munroe	70	Dawn Hales
60	Nigel Lever	73	Michelle Yates
63	Mark Attenborough	74	Jill Salmon
64	Mark Anslow	81	Suzi Artis
86	Steve Carroll	83	Tracey Huntington
89	Dominic Fletcher	85	Liz Green-Davies
93	Tim Metcalfe	93	Amanda English
99	James Butler	94	Lisa Hopewell
103	David Giles	103	Jackie Kirk
105	Richard Mayes	106	Karen Edge
106	Noel McGuinness	108	Sarah Freeman
110	Adam Brookes		
116	Ian Hales		
127	Mike Drury		
130	Andrew Stredder		
154	Ian Livsey		
159	Phil Williams		
160	Arthur Hancock		
164	Nigel Swinscoe		
166	Graham Webster		
178	Paul Stacey		
186	Keith Greatz		
187	Bob Hayes		
189	Dennis O'Neill		
190	Tim Cunnington		
200	Carl Davey		
202	Paul Ward		
210	Pete Scoffings		
214	Mark Widdowson		
217	Keith Palmer		
220	Mike Monks		
222	John Lowton		
228	Andrew Phillips		
245	Alec Eustace (U20)		
246	Dennis Reeson		
253	Mark Taylor		
260	Pete Speakman		
263	Phil Hopewell		
265	Wade Lowther		
266	Pat McGovern		
267	George Wlter		
268	Brian Moon		
270	Nigel Daniels		
272	Colin Peet		
276	Cam Davies		
278	Tony Garland		
279	Barry Davies		

**Sherwood C.C. 10m T.T. – 25<sup>th</sup> April 2006**

John O'Neill	24.51
Mike Hankin	25.01
Ian Hales	26.45
Matt Hemsley	27.03
Kevin Humphreys	27.53
PaulWard	28.02

### **Duston Triathlon – 23<sup>rd</sup> April 2006**

**1, 2 for Andy T & Mark R in Northamptonshire!**

Position		Swim 400m	Bike 20k	Run 5k	Total
1	Andy Tarry	4.22	32.11	15.02	51.35
2	Mark Redwood	5.17	31.33	17.02	53.52

### **Peterlee Triathlon – 23<sup>rd</sup> April 2006**

Position		Swim 400m	Bike 20k	Run 5k	Total
64	Mike Hankin	7.59	40.45	30.26	1.19.00

### **Ranby 10m – 23<sup>rd</sup> April 2006**

Tony Lowe	66.30
Paul Melors	67.17
Dave Giles	69.23
Mike Drury	71.00
Kevin Humphreys	76.51
Carl Davey	77.06
Paul Ward	77.53
Alison Herbert	78.42 p.b.
Karyn Stander	79.27 p.b.
Helen Lowe	82.15
Dennis Reeson	82.35
Amanda Lowton	83.20 p.b.
David Onion	83.30
Jo Spinak	85.11
Suzi Artis	89.58
Phil Hopewell	91.50 p.b.
Amanda English	94.54
Colin Peet	
Lisa Hopewell	98.02 p.b.

### **London Marathon – 23<sup>rd</sup> April 2006**

**Alan is 2<sup>nd</sup> M40 Vet at London!  
String of marathon p.b.'s for Redhill at London!**

Alan Smith	2.28.02 p.b.(2 <sup>nd</sup> M40)
Pete Gillespie	2.53.50
Tim Metcalfe	3.02.01
Sharon Smith	3.04.54 p.b.
Ian Beckingham	3.05.10 p.b.
Paul Stacey	3.10.45 p.b.
Richard Hammond	3.17.25
Rosie Sims	3.43.47 p.b.
Pete Scoffings	3.52.55 p.b.
Michelle Flint	4.01.00
Bob Hickling	4.03.39 p.b.
Tom Clifford	4.47.23

### Lochaber Marathon – 23<sup>rd</sup> April 2006

Emily Rose 3.23.13 p.b.

### Caythorpe Canter (14m) – 22<sup>nd</sup> April 2006

Liz Green-Davies 2.34.00

Jill Salmon 2.34.00

Dave Musgrove

### Sherwood C.C. 10m T.T. – 18<sup>th</sup> April 2006

Mike Hankin 25.15

Ian Hales 26.45

Kevin Humphreys 28.02

Paul Ward 28.12

Simon Nash 28.24

### North Tyne 10k – 17<sup>th</sup> April 2006

Catherine Charlton 48.44 p.b.

### Wollaton Park 10k – 17<sup>th</sup> April 2006

**Kate is 2<sup>nd</sup> Lady on a “long” 10k course round Wollaton Park!**

Ian Abbott 38.32

Kate Rice 39.50

Kevin Brown 40.36

Matt Hemsley 41.11

Mark Anslow 41.14

Andrew Norton 41.16

Adam Brookes 42.54

Andrew Stredder 44.29

Mike Drury 45.53

Nick Hall 48.47

Kevin Humphreys 48.51

Steve Gelderd 49.36

Jo Spinak 50.52

Chris McDonald 51.18

Claire Martin 53.53

Nigel Daniels 58.50

### Stanwick 10k – 17<sup>th</sup> April 2006

Karyn Stander 46.16

### Shinning Cliff Woods Fell race, 5m – 16<sup>th</sup> April 2006

John Truscott 43.18

Dawn Hales 47.20

### Hose ½ marathon – 9<sup>th</sup> April 2006

**Alan is 2<sup>nd</sup> , Helen B is 3<sup>rd</sup> & several p.b.'s at Hose!**

Alan Smith 1.11.57 (2<sup>nd</sup> overall)

Kevin Squires 1.18.49

Stan Pascoe 1.19.37

Simon Nash 1.21.45

Tony Lowe	1.23.43
Helen Burrell	1.24.28 (3 <sup>rd</sup> Lady)
Ian Beckingham	1.24.37
Kevin Brown	1.25.05 p.b.
Steve Humber	1.25.36
Paul Stacey	1.28.03 p.b.
James Butler	1.28.31
Adam Brooks	1.29.43
Mark Attenborough	1.29.48
Andrew Norton	1.29.58
Mike Drury	1.31.59
Graham Webster	1.32.16
Arthur Hancock	1.34.25
John Truscott	1.36.16
Bob Hickling	1.40.05
Geoff Jackson	1.40.15
Pete Scoffings	1.40.26 p.b.
Keith Palmer	1.41.38 p.b.
Mike Monks	1.41.40
Helen Lowe	1.46.54
Jo Spinak	1.48.19
Dave Onion	1.51.19
Amanda Lowton	1.52.03
Gill Salmon	1.58.09
Liz Green-Davies	2.01.38
Colin Peet	2.16.02

#### **Paris Marathon – 9<sup>th</sup> April 2006**

Mark Davis	3.33.26 p.b.
Steve Carrol	3.37.32 p.b.

#### **Carsington Duathlon – 8<sup>th</sup> April 2006**

If you wish for a gentle introduction into Duathlon then Carsington probably isn't the place to go!

8.5 miles round the lake (that isn't flat), 25 miles on the bike (including 3 up Stoney Middleton, which DEFINITELY isn't flat) and a flat out and back 4k run (when the legs are shot) to finish. Matt went this year for the experience, hope he enjoyed himself!

Position		Run1	Bike	Run 2	Total
122	Matt Hemsley	54.25	1.27.20	16.59	2.38.44

#### **Charnwood 15m trail – 2<sup>nd</sup> April 2006**

Paul Ward	2.38.00
Gill Salmon	3.11.00
Liz Green-Davies	3.15.00
Amanda English	3.30.00

#### **Mud, Sweat & Gears Duathlon, Sherwood Pines – 2<sup>nd</sup> April 2006**

Position		Run1	Bike	Run 2	Total
26	Simon Nash	26.03	56.02	12.26	1.34.31
66	Mike Drury	30.57	1.08.29	13.10	1.52.36

#### **Lincoln 10k – 2<sup>nd</sup> April 2006**

Rob Keal	33.37
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Alison Herbert	46.57 p.b.
Amanda Lowton	49.00
Dave Onion	49.06

### Larwood 10k, Shireoaks – 2<sup>nd</sup> April 2006

#### **Andy W wins on the “windy” country roads of Shireoaks!**

Andy Wetherill	34.32 (1 <sup>st</sup> Overall, 1 <sup>st</sup> Vet)
Andrew Stredder	43.28
Mike Monks	47.34
Kevin Humphreys	47.41
Catherine Charlton	50.25 p.b.
Dennis Reeson	52.25
Phil Hopewell	55.29
Lisa Hopewell	59.03

### Edinburgh ½ marathon – 26<sup>th</sup> March 2006

Alison Herbert	1.45.15 p.b.
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### 2<sup>nd</sup> World Masters ½ marathon Championships, Linz, Austria – 19<sup>th</sup> March 2006

#### **Jim finishes 3<sup>rd</sup> counter in the GB & Northern Ireland Team to win a M55 World Team Gold in Austria!**

Jim Munro	1.24.51
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### ESAA National X/country Championships, Senior Girls, Berry Hill – 25<sup>th</sup> March 2006

226	Anna Donen	18.45
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### Midland Mens Vet 6 stage relays, Sutton Park – 25<sup>th</sup> March 2006

#### **Midland Road relay Bronze for Redhill Vets!**

Barry Moss	16.28 short
Martyn McHale	16.43 short
Kevin Squires	17.07 short
Paul Clark	17.07 short
Alan Smith	27.59 long (fastest long leg of the day)
Andy Wetherill	28.59 long (3 <sup>rd</sup> ) <b>2.04.27</b>

### Midland Mens 12 stage relays, Sutton Park – 25<sup>th</sup> March 2006

Gary McMahon	17.02
Ian Abbott	17.38
Nigel Lever	17.46
Clive Greyson	18.07
Tim Metcalfe	18.15
Mark Attenborough	18.16
Adam Wright	18.22
Andy Stredder	19.46
Andy Tarry	28.13 long
Leigh Stubbs	29.05 long
Rob Keal	29.28 long
Paul Newton	30.39 long (14 <sup>th</sup> ) <b>4.22.41</b>

### Midland Ladies 6 stage relays, 2.995m, Sutton Park – 25<sup>th</sup> March 2006

Toni Minnitti	18.14		
Helen Lowe	18.16		
Fliss Garland	21.25		
Helen Lowe	22.10		
Helen Metcalfe	23.07		
Amanda Lowton	22.52	(15 <sup>th</sup> )	2.06.07

**Edale "Skyline" 21m (4100ft ascent) – 19<sup>th</sup> March 2006**

Dave Walsh	4.30.29
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**Ashby 20m – 19<sup>th</sup> March 2006**

Nigel Cobb	2.10.25
Pete Gillespie	2.11.17
Paul Stacey	2.25.32
Richard Wheatley	2.27.35
Emily Rose	2.30.43
Mike Drury	2.31.35
Mark Davies	2.31.54
Steve Carroll	2.33.16
Bob Hickling	2.48.08
Pete Scoffings	2.48.53
Paul Ward	2.59.59
Michelle Flint	3.00.10
Dave Onions	3.08.43
Amanda English	3.10.30

**Donfield 10k – 19<sup>th</sup> March 2006**

Bob Hayes	45.50
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**Notts University relays, 1.95m legs – 18<sup>th</sup> March 2006**

Ladies

Kate Rice	11.40		
Toni Minnitti	12.00		
Helen Burrell	11.45	(35.25)	9 <sup>th</sup>
Elsie Roberts	13.03		
Karyn Stander	13.25		
Helen Lowe	13.47	(40.15)	22 <sup>nd</sup>
Rachel Martin	14.53		
Alison Herbert	14.43		
Michelle Flint	15.00	(44.36)	30 <sup>th</sup>
Angela Trikic	15.31		

Men

Mark Yates	10.26		
Andy Tarry	9.55		
Kevin Squires	11.24		
Paul Newton	11.00	(42.45)	24 <sup>th</sup>
Simon Nash	11.19		
Tony Lowe	11.07		
Ian Abbott	11.13		



Martyn McHale	11.08	(44.47)	36 <sup>th</sup>
Andy Stredder	12.17		
Steve Gelderd	13.57		
Nigel Lever	11.22		
Clive Greyson	12.24	(49.50)	55 <sup>th</sup>

#### **Grantham ½ marathon – 12<sup>th</sup> March 2006**

Steve Carroll	1.30.31
Graham Webster	1.31.52
Sarah Costin	1.34.44 (3 <sup>rd</sup> Lady) Notts AC
Paul Ward	1.43.27
Mike Monks	1.44.37
Dennis Reeson	1.49.02
Dave Onion	1.52.38
Amanda English	1.59.45
Gill Salmon	2.00.24
Liz Green-Davies	2.06.10

#### **Rushcliffe 10k, 12<sup>th</sup> March 2006**

##### **Andy & Pete rush to cold & snowy Rushcliffe victories!**

1	Andy Tarry	32.44 (1 <sup>st</sup> )
4	Tony Lowe	36.55
5	Pete Gillespie	36.58 (1 <sup>st</sup> Vet)
x	Simon Nash	37.15 p.b.
9	Tom McCulloch	37.36
12	Ben Ian	37.55 p.b.
14	Mark Attenborough	38.26
17	Adam Wright	38.47
21	Mark Anslow	39.30
48	Ian Livsey	42.35
85	Karyn Stander	45.00 p.b.
86	Bob Hayes	45.04
101	Helen Lowe	45.45 p.b.
135	Steve Geldard	47.17 p.b.
139	Alison Herbert	47.37 p.b.
148	Chris McDonald	48.14
153	Alex Eustace	48.39 p.b.
156	Amanda Lowton	48.45 p.b.
183	Tracey Huntington	50.50 p.b.
185	Jo McMillan	50.52 p.b.
193	Catherine Charlton	51.55 p.b.
195	Claire Martin	51.57 p.b.
237	Colin Peet	55.29

#### **Inter Counties National X/country Champs, Wollaton Park – 11<sup>th</sup> March 2006**

Kate, Helen, Andy & Paul ran for Nottinghamshire @ the Inter Counties, whilst Marks long kept secret was only discovered when a Redhill vest went streaking past in the “fast boys 4k burn up!”

##### Senior Ladies 8k

26	Kate Rice	30.52
113	Helen Burrell	32.56

##### Senior Mens 12k

132	Andy Wetherill	42.19
245	Paul Newton	45.56

Senior Mens 4k

50	Mark Yates	14.52
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**Friskney ½ marathon, Lincs – 5<sup>th</sup> March 2006**

**Rob wins in Lincs!**

1	Rob Keal	1.15.48 (1 <sup>st</sup> )
96	Dave Onions	1.53.16

**British Masters, National Indoor Track & Field Championships – 5<sup>th</sup> March 2006**

**British Masters M50 1500m Silver for Barry in Cardiff!**

2	Barry Moss	4.28.41
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**British Masters, National X/country Championships, 8k, Bournemouth – 5<sup>th</sup> March 2006**

**British Masters M45 Silver for Andy on the South Coast!**

13	Andy Wetherill	26.15 (2 <sup>nd</sup> M45)
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**East Mids X/country, Darley Park, Derby – 5<sup>th</sup> March 2006**

**Redhill's men win all East Mids X/country race & 2005/06 series categories at Derby!**

Darley Park Standings

Men's Senior A	1 <sup>st</sup>
Men's Senior B	1 <sup>st</sup>
Men's Senior C	1 <sup>st</sup>
Mens Senior D	1 <sup>st</sup>
Men's Vets	1 <sup>st</sup>
Ladies Senior A	3 <sup>rd</sup>

Overall Series Results

Men's Senior A	1 <sup>st</sup>
Men's Senior B	1 <sup>st</sup>
Men's Senior C	1 <sup>st</sup>
Men's Vets	1 <sup>st</sup>
Ladies Senior A	3 <sup>rd</sup> (equal)

4	Paul Clarke	5	Elsie Roberts
5	Kevin Squires	10	Karen Stander
7	Martyn McHale	19	Helen Lowe
9	Simon Nash	25	Tracey Huntingdon
10	Mark Attenborough	27	Rachel Martin
11	Tom McCulloch	28	Gill Salmon
12	Ian Hales	30	Liz Gree-Davies
17	Mark Anslow	33	Jo McMillan
18	Nigel Lever		
19	Tony Lowe		
27	Richard Hammond		
33	Arthur Hancock		

45	Mike Drury
46	John Truscott
52	Bob Hayes
56	Dave Walsh
67	Chris McDonald

### **Belvoir Challenge, 15m & 26m – 26<sup>th</sup> February 2006**

#### 26 miles – Men

25	Dave Walsh	4.36.18
37	Richard Wheatley	4.48.32

#### 15 miles - Men

14	Mark Anslow	2.15.02
33	Ian Beckingham	2.19.50
38	Keith Graetz	2.10.18
56	Mike Drury	2.28.01
80	Keith Palmer	2.40.22
264	Dave Musgrove	5.04.17

#### 15 miles - Ladies

91	Gill Salmon	4.20.43
92	Liz Green-Davies	4.21.10

### **Sleaford ½ marathon – 26<sup>th</sup> February 2006**

7	Stan Pascoe	1.21.10 (3 <sup>rd</sup> Vet)
49	Jim Munroe	1.32.29
70	Paul Stacey	1.36.47

### **National X/country Championships, Parliament Hill – 25<sup>th</sup> February 2006**

#### 57<sup>th</sup> Team

218	Lee Stubbs
390	Mark Yates
580	Paul Newton
644	Nigel Cobb
812	Bruce Olpin
895	Clive Greyson

905	Bill Johnson
1146	John Truscott

### **Brighton ½ marathon – 19<sup>th</sup> February 2006**

Alison Herbert	1.49.34 p.b.
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### **East Mids X/country, Colwick Woods – 19<sup>th</sup> February 2006**

**Lee takes individual victory whilst Redhill Men's A, B, C & Vets teams all win on a cold, muddy & hilly course at Colwick! (No burnt out cars this year)**

#### Overall Standings

Men's Senior A	1 <sup>st</sup> (lead by 5)
Men's Senior B	1 <sup>st</sup> (lead by 5)

Men's Senior C      1<sup>st</sup> (lead by 5)  
 Men's Vets          1<sup>st</sup> (lead by 3)  
 Ladies Senior A    3<sup>rd</sup> (lead 4<sup>th</sup> by 1 point)

1	Lee Stubbs	9	Elsie Roberts
4	Barry Moss	17	Sarah Parker
5	Mark Yates	19	Rachel Martin
9	Kevin Squires	21	Helen Lowe
13	Simon Nash	31	Jo McMillan
14	Mark Attenborough	32	Liz Green-Davies
21	Tim Metcalfe	33	Jill Salmon
24	Ian Hales		
28	Tony Lowe		
32	Mark Anslow		
39	Richard Wheatley		
40	Nigel Lever		
42	Richard Hammond		
43	Arthur Hancock		
50	Paul Barratt		
52	John Truscott		
59	Stepp Pratesi		
74	Kevin Humphreys		

#### **Stamford 30k – 12<sup>th</sup> February 2006**

#### **Valentine Pairs Victory for Ben & Toni at Stamford!**

Peter Gillespie	1.59.47
Ben Bennett	2.01.46
Toni Minnitti	2.04.08 (3 <sup>rd</sup> Lady)
Ian Beckingham	2.07.35
Richard Wheatley	2.14.05
Andrew Norton	2.21.21
Mark Davies	2.24.08 p.b.
Mike Drury	2.33.34 p.b.
Pete Scoffings	2.38.03 p.b.
Jo Stocks	2.39.28 p.b.
Mike Monks	2.42.36
Michelle Flint	2.43.54
Dennis Reeson	2.45.36

#### **Wokingham ½ marathon – 12<sup>th</sup> February 2006**

#### **P.b.'s for Emily & Elsie at Woking!**

Emily Rose	1.31.03 p.b.
Paul Stacey	1.33.43
Elsie Roberts	1.36.17 p.b.

#### **Mickleden Straddle Fell race, Langsett Barn, 13.8m – 5<sup>th</sup> February 2006**

85	Dave Walsh	2.18.59
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#### **Rombald Stride, Ilkley, 25m – 4<sup>th</sup> February 2006**

37	Dave Walsh	3.25.35
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#### **Charnwood Hills – 5<sup>th</sup> February 2006**

Dennis Reeson	2.12.18
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Rachel Martin 2.22.03

**Dewbury 10k – 5<sup>th</sup> February 2006**

Adam Wright	38.50
Dave Onions	48.03
Sally Plastow	51.38 p.b.
Louise Brooks	51.39 p.b.
Pauline Jones	54.30 p.b.

**Ferriby 10m – 29<sup>th</sup> January 2006**

**P.b. spree on the hills of Ferriby!**

Mark Anslow	66.57 p.b.
David Giles	67.00 p.b.
Emily Rose	69.32 p.b.
Elsie Roberts	72.55 p.b.
Charlotte Meyer	73.12 p.b.
Paul Ward	77.10
Alison Herbert	81.04 p.b.
Jo Stocks	81.41 p.b.
Amanda English	92.45

**Midland Counties X/country Championship – 28<sup>th</sup> January 2006**

40	Lee Stubbs	44.02
96	Mark Yates	47.24
111	Martyn McHale	48.19
145	Nigel Cobb	50.29
187	Pete Gillespie	52.04
223	Mark Attenborough	53.20
272	Bill Johnson	55.27
327	John Truscott	60.23

**Midland Vets X/country Championship, Solihull – 22<sup>nd</sup> January 2006**

**Andy W wins Midland Vet X/country Silver!**

2 Andy Wetherill 27.04 (Silver)

**East Mids X/country, Bramcote, 6m – 22<sup>nd</sup> January 2006**

The 3<sup>rd</sup> race in the East Mids series saw Lee & Matthew finish 2<sup>nd</sup> and 3<sup>rd</sup> respectively whilst the men's senior "A", "B", & "C" teams all won on the day as did the Vets & the ladies were 4<sup>th</sup>. Overall all the senior men teams lead their categories (& all by 4 points) whilst the Vets also lead by 2 with 2 races to go. The ladies are placed 3<sup>rd</sup>.

The next race is on the hills of Colwick woods on the 19<sup>th</sup> of February!

2	Lee Stubbs	9	Elsie Roberts
3	Matthew Clapp	19	Karyn Stander
5	Barry Moss	20	Helen Lowe
6	Tony Lowe	22	Rachel Martin
14	Kevin Squires	26	Sarah Parker
16	Martyn McHale	36	Amanda English
18	Pete Gillespie	43	Gill Salmon
19	Mark Attenborough	47	Liz Green-Davies
21	James Butler	48	Helen Flint
25	Tom McCulloch		
32	Ian Hales		

37	Dave Walsh
41	Mark Anslow
45	Dave Giles
46	Richard Wheatley
56	Andy Stredder
59	Phil Wombwell
68	Paul Ward
69	Ian Livsey
73	John Truscott
84	Keith Palmer
88	Kevin Humphreys

### **Brass Monkey ½ marathon – 22<sup>nd</sup> January 2006**

Andre Norton – 1.29.21 p.b.

### **Folksworth 15m – 22<sup>nd</sup> January 2006**

Steve Carroll	1.49.52 p.b.
Paul Stacey	1.51.48
Mark Davies	1.52.45 p.b.
Pete Scoffings	1.59.57 p.b.
Dennis Reeson	2.03.44
Michelle Flint	2.06.40
Jo Stocks	2.07.17 p.b.

### **Nottinghamshire X/country Championship, Marceaton Park – 14<sup>th</sup> January 2006**

The pre race day talk had been based around whether to enter one senior men's team or two, last year a bronze team finish resulted in no medals as only four complete senior men's team finished. The issue this year wasn't whether sufficient men from the club would run, that wasn't the problem, it was the fact that the 1<sup>st</sup> team would have to be declared and if one failed to finish then your chances were blown! After much discussion the safer option of just declaring one team was made based around the fact that a silver medal could be expected. The Vets, pre declared before Christmas would also hopefully follow up their North Midlands Championship win with a victory. To the race itself.....

You never know until the start who has turned up the race, Notts AC on paper are and were on the entry list the strongest club but as the men set off they didn't appear to be particularly dominant at the front of the field. As the men stormed past after the first short lap the front end was bunched and it was tactical, this however didn't last long as Alan Buckley (Gatehead) broke away with no initial reaction from the rest of the pack. As the 2<sup>nd</sup> large lap commenced Alan opened up a gap from the rest to move into second and Redhill were well placed with Lee and Andy W in the top 10, Paul, Rob, Mark, & Tony not far adrift, the Vets dominant & Nigel (obviously out to prove a point from his vets team exclusion) was running a blinder!

We waited for the finish, Alan stormed in, in second, winning 2 individual championship medals in the process, Lee was next in 6<sup>th</sup>, gaining a well deserved County team selection place as did Andy W who was 7<sup>th</sup> (& winning M40 Silver). Paul & Martyn finished to join Alan & Andy for their championship Vet victory and Nigel was rewarded for his "stormer" with the last spot in the senior men's team.

It was commented that if we had put our vets in the seniors then we would have ended Notts AC's senior team winning streak (that runs back to 1966). True, but risky as all club's have to pre declare before Christmas. Team Gold & Silver was not a bad return for the men!

#### Men

2	Alan Smith	(Championship Silver, M40 Gold)
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6	Lee Stubbs
7	Andy Wetherill (M40 Silver)
12	Paul Newton
17	Rob Keal
23	Mark Yates
24	Tony Lowe
26	Paul Clarke
27	Martyn McHale
30	Nigel Cobb
43	Pete Gillespie
44	Steve Humber
47	Simon Nash
52	Jamie Beverton
54	Stan Pascoe
62	Mark Attenborough
63	Tim Metcalfe
74	Geoff Jackson
76	Bill Johnson
85	John Truscott

#### Men Senior Teams

1	Notts AC	
2	<b>Redhill</b>	<b>Silver</b> (Lee, Paul, Rob, Mark, Tony & Nigel)
3	Mansfield	

#### Men Vets

1	<b>Redhill</b>	<b>Gold</b> (Alan, Andy, Paul & Martyn)
2	Notts	
3	Holme P	

As with the men, the names of the entry list compared to those that actually race on the day can vary greatly. Certainly on paper the field looked strong, but there were certain noticeable absentees as the ladies sped off. The Potter twins led a group of 4 or 5 five for 400 metres or so then switched to another gear to split the field. Christine Howard of Matlock stuck with them briefly then dropped off the pace. Kate gradually caught the Derbyshire runner and they ran together for a while until Kate broke away and established herself into third. Helen & Ann followed, both in the top 10 and Emily, Elsie, Caroline & Charlotte were grouped together in the early stages, all well placed. The field became well split as the race developed, Kate was well clear in 3<sup>rd</sup> & finished to win an individual Bronze, Ann narrowly lost out for 6<sup>th</sup> but retained her F45 title and Helen finished safe in 8<sup>th</sup> to be F35 champion. Emily (running her 1<sup>st</sup> x/country) worked her way through the field during the race to finish next & was closely followed by Elsie, Caroline & Charlotte. Jo finished a little further back with her usual smile.

A great result for the ladies, a Team Silver, 2 individual Gold's & an individual Bronze mirrored the men excellent achievement.

Well done to all, an excellent turn out from the club.

#### Ladies

3	Kate Rice	(Championship Bronze)
7	Ann Ford	(F45 Gold)
8	Helen Burrell	(F35 Gold)
16	Emily Rose	
20	Elsie Roberts	
24	Caroline Norton	
26	Charlotte McNally	
36	Jo Stocks	

### Ladies Team

- 1 Charnwood
- 2 **Redhill Silver** (Kate, Ann & Helen)
- 3 Formula One

### Tokai Manor House run, 10m, South Africa – 26<sup>th</sup> December 2006

41 Ian Beckingham 1.12.23

### North Midlands X/country, Sutton – 7<sup>th</sup> January 2006

**Alan is North Midlands X/Country Champion!**  
**Redhill Vet Men win North Midlands X/Country title!**  
**Andy W & Ann also wins their age categories in the series!**

### Ladies

- 3 Kate Rice

### Men

- 2 Alan Smith (Overall Champion, Vet Champion)
- 8 Andy Wetherill (M45 Champion)
- 19 Rob Keal
- 21 Mark Yates
- 27 Paul Clarke
- 35 Martyn McHale
- 42 Kevin Squires
- 53 Gary McMahan
- 61 Simon Nash
- 78 Jamie Beverton
- 79 Bruce Olpin
- 114 Bill Johnson (2<sup>nd</sup> M60)
- 125 Andy Stredder
- 139 Geoff Jackson
- 162 Bob Hayes
- 167 Chris Middleton
- 168 Steve Lewis

Full results at <http://www.northmidscleague.co.uk/>

### 3 Villages 10k – 1<sup>st</sup> January 2006

#### **Tony is 2<sup>nd</sup> at the 3 Villages!**

Tony Lowe	37.26 (2 <sup>nd</sup> )
Dave Walsh	39.32
Steve Carroll	39.33
Mark Anslow	39.54
Geoff Jackson	40.47
Graham Webster	41.40
Andy Stredder	42.40
James Butler	43.35
Paul Stacey	43.52
Mike Drury	44.21
Pete Scoffings	44.53
Denis Reeson	48.05
Michelle Flint	48.45
Jo Stocks	50.24

### Hanger Over 5m – 1<sup>st</sup> January 2006



John Truscott  
Pete Speakman

39.16 (1<sup>st</sup> M60)  
42.51