

# Redhill Race Results

Jan – June 2004

---

## Heritage series race 3, Rushcliffe 4m – 29<sup>th</sup> June 2004

Mark Yates	22.21
Steve Humber	23.29
Nigel Cobb	23.53
Kevin Squires	24.12
Richard Mayes	25.38
Richard Hammond	25.39
Bill Johnson	25.40
James Butler	25.54
Geoff Jackson	26.01
Mark Anslow	26.15
Mark Attenborough	26.17
Andy Stredder	26.39
Trev Onions	26.59
Chris Read	27.54
Dennis O'Neill	28.00
Andy Phillips	29.09
Andy Barks	29.15
Rosie Simms	29.29
Nigel Daniels	29.31
Mike Monks	29.43
Bob Hickling	29.55
Michelle Flint	30.06
Louise Tomlinson	30.12
Michelle Butler	30.29
Rachel Martin	30.57
Cam Davis	30.57
Ruth Sturt	31.21
Brian Moon	31.52
Mark Taylor	31.58
Beth Beare	32.08
Phil Hopewell	32.21
Liz Green Davis	32.39
Dennis Reeson	33.24
Suzi Artis	34.53
Lisa Coleman	36.55

## Barow 10 mile – 27<sup>th</sup> June 2004

Helen Burrell	63.53 (2 <sup>nd</sup> lady, 1 <sup>st</sup> Vet)
Helen Cawthorne	68.10 (3 <sup>rd</sup> lady Vet)
Barry Stockton	96.36 p.b.

## British Masters Track & Field Championships, - 26<sup>th</sup> & 27<sup>th</sup> June 2004

**Andy wins British M45 Track 10k title & also grabs bronze in M45 5k !**

### M45 5,000m

3 <sup>RD</sup> Andy Wetherill	15.47.85
--------------------------------	----------

### M45 10,000m

1<sup>st</sup> Andy Weatherill 32.59.00

### Dambuster Triathlon (Rutland Water) – 26<sup>th</sup> June 2004

Final pos		Swim 1500m	Bike 26m	Run 9.6k	Total Time
	Mike Hankin	33.08	76.40	52.04	2.41.52
	Kevin Humphreys	32.40	83.17	47.57	2.43.54

### Heritage series race 2, Wollaton Park 5k – 24<sup>th</sup> June 2004

Paul Newton	17.31
Steve Hunber	18.22
James Butler	18.53
Kevin Squires	19.12
Richard Hammond	19.49
Mark Attenborough	20.04
Bill Johnson	20.10
Andy Stredder	20.29
Geoff Jackson	20.35
Trev Onions	21.00
Nigel Daniels	22.33
Michelle Butler	22.40
Andy Phillips	22.52
Mike Monks	23.17
Michelle Flint	23.20
Cam Davies	23.23
Bob Hickling	23.29
Phil Hopewell	23.38
Mark Taylor	23.50
Rachel Martin	23.53
Ruth Sturt	24.16
Brian Moon	24.43
Liz Green Davies	24.43
Suzi Artis	26.35
Lisa Coleman	28.05

### Sherwood (Epperstone 10m time trial) – 22<sup>nd</sup> June 2004

Ian Hales	26.44
Mike Hankin	26.48

### Heritage series race 1, Holme Pierrepont 10k – 22<sup>nd</sup> June 2004

In the 1<sup>st</sup> race of the series which doubled as the 10k County championships Paul grabs bronze to mirror that which he won in the 10 mile champs earlier this month whilst Martyn, Geoff & Michelle are won County Champ medals of the same colour !

Paul Newton	35.22 (County Champ Bronze, Senior)
Martyn McHale	36.10 (County Champ Bronze V40)
Steve Humber	37.19
Kevin Squires	38.14
Pete Gillespie	39.23
Richard Hammond	39.27
Tom McCulloch	39.34
Bill Johnson	40.08
James Butler	40.27
Geoff Jackson	40.42 (County Champ Bronze V50)

Paul Barratt	41.04
Matt Hemsley	41.09
Mark Attenborough	41.35
Trevor Onions	42.22
Andy Stredder	43.07
Nigel Daniels	45.01
Mike Monks	46.00
Rosie Simms	46.17
Morris Lever	46.51
Michelle Flint	46.52 (County Champ Bronze V35)
Michelle Butler	46.58
Bob Hickling	47.02
Paul Ward	47.11
Andy Phillips	47.12
Rachel Martin	48.14
Cam Davis	48.16
Ruth Sturt	49.54
Brian Moon	49.56
Mark Taylor	50.03
Phil Hopewell	50.52
Dennis Reeson	51.50
Liz Green Davis	52.48
Barry Davies	54.04
Suzie Artis	54.11
Lisa Coleman	57.08
Christa Ronan	58.55

### **Team Standings after Erewash road race 3**

#### **Series Overall Standings**

**Senior men**    1 Redhill 146, 2 Notts AC 458, 3 Mansfield 827, 5 Redhill B 880, 8 Redhill C 1584, 12 Redhill D 2004, 15 Redhill E 2622 18 Redhill F 3354, 19 Redhill G 3813

**Vet Men**    1 Mansfield 153, 2 Redhill 429, 3 Worksop 487

**Senior Ladies**    1 Notts AC 52, 2 Sutton 86, 3 Redhill 102, Mansfield 171, 5 Worksop 195, 11 Redhill B 449, 14 Redhill C 546, 18 Redhill D 730, 19 Redhill E 918

**Vet Ladies**            1 Mansfield 197, 2 Holme P 241, 3 Southwell 309, 5 Redhill 523

#### **Race 3 Team Results**

**Senior men**    1 Redhill 63, 2 Notts AC 225, 3 Long Eaton 280, 4 Worksop 289, 5 Redhill B 336, 6 Mansfield 357, 10 Redhill C 549, 15 Redhill D 736 18 Redhill E 960, 20 Redhill F 1144, 21 Redhill 1325

**Vet Men**    1 Mansfield 52, 2 Redhill 87, 3 Worksop 136, 4 Holme P 190

**Senior Ladies**    1 Notts AC 12, 2 Sutton 29, 3 Redhill 34, 4 Worksop 59, 5 Formula One 83, 12 Redhill B 142, 16 Redhill C 203, 20 Redhill D 283, 21 Redhill E 296

**Vet Ladies**            1 Holme P 50, 2 Mansfield 58, 3 Southwell 98, 5 Redhill 190

### **Ranby 10k – 20<sup>th</sup> June 2004**

**Ian Abbott is 2<sup>nd</sup> at Ranby !**

Ian Abbott                    36.29 p.b.

Mike Monks	45.10
Barry Stockton	53.04
Dave Musgrave	61.25

**Breedon on the Hill 6.5k - 20<sup>th</sup> June 2004**

**Terry Smith won this 6.5k race**

**Corn Dolly 8.25m – 20<sup>th</sup> June 2004**

Dennis Reeson	67.11
---------------	-------

**Erewash Notts Road Race league, 5.4 miles – 16<sup>th</sup> June 2004**

**Alan and Andy finish 1<sup>st</sup> and 2<sup>nd</sup> & Redhill's men again win on the night.**

1	Alan Smith	5	Helen Burrell
2	Andy Wetherill	8	Helen Cawthorne
5	Terry Smith	20	Fliss Garland
7	Paul Newton	40	Michelle Flint
9	Mark Yates	42	Michelle Butler
20	Nigel Cobb	48	Pearl Dixon
21	Lee Stubbs	52	Rachel Martin
24	Martyn McHale	55	Rosie Simms
28	Stan Pascoe	56	Ruth Sturt
29	Clive Greyson	69	Liz Green Davies
31	Ian Abbott	81	Suzie Artis
33	Stuart Lebelinski	92	Lisa Coleman
41	Aidan Linskill	93	Angie Earnshaw
68	Colin Astill	94	Christa Ronan
72	Dave Walsh	96	Sarah Freeman
75	Mark Anslow	97	Karen Edge
77	Richard Hammond	99	Lynn Cowie
79	Richard Mayes	100	Louise Connor
83	Matt Hemsley		
85	Tom McCulloch		
88	Dave Giles		
90	Paul Barratt		
92	Mark Redwood		
95	James Butler		
99	Bill Johnson		
103	Mark Attenborough		
109	Geoff Jackson		
120	Andy Stredder		
126	Arthur Hancock		
127	Ian Hales		
151	Paul Ward		
152	Pat McGovern		
157	Andy Barks		
160	Dennis O'Neill		
161	Tim Cunnington		
163	Kevin Humphreys		
167	Nigel Daniels		
181	Barrie Moss		
185	Maurice Lever		
186	Mark Davies		
189	Cam Davies		
200	Bob Hickling		
203	Mark Taylor		
211	Dennis Reeson		

218 Phil Hopewell  
 220 Pete Speakman  
 221 Brian Moon  
 222 Mark Clifford  
 233 Carl Neal  
 236 Dave Musgrave

**Sherwood (Epperstone 10m time trial) – 15<sup>th</sup> June 2004**

John O'Neill 24.00  
 Mike Hankin 27.01

**Edinburgh marathon – 13<sup>th</sup> June 2004**

Tom Clifford 4.26.41

**Long Eaton 5 – 13<sup>th</sup> June 2004**

**Redhill's men and ladies teams are both 3<sup>rd</sup> at Long Eaton.**

Matthew Clapp 27:25  
 Ian Abbott 29:15 p.b.  
 Martyn McHale 29:25  
 Audrey MacMillian 31:53  
 Roger Nixon 32:11  
 Geoff Jackson 33:51  
 Mark Attenborough 35:10  
 John Cass 35:26  
 Rachel Martin 38:43  
 Michelle Flint 38:53  
 Dave Musgrave 50:41  
 Lynne Cowie 52:43

**Swithland 6 – 13<sup>th</sup> June 2004**

Dennis Reeson 49.59

**Windsor Triathlon – 13<sup>th</sup> June 2004**

A record field of 2250 saw G.B. Olympic star Andrew Johns beat fellow Olympian Tim Don (3<sup>rd</sup>) with crowd favourite & 2 x World Champion Spencer Smith into 5<sup>th</sup>. The first 4 all sped out together onto the 1<sup>st</sup> of the 3 lap run course but after weighing up the opposition on the first lap there was only ever going to be one winner. In the ladies race Athens bound Julie Dibens was one of 2 women that broke away on the bike and ran to a comfortable victory as the "true" runners in the field toiled to make up any distance in the heat.

Final pos		Swim 1500m	Bike 26m	Run 10k	Total Time
478	Stewart Lake	31.15	73.52	46.59	2.31.57 p.b.
973	Kevin Humphreys	31.18	84.00	50.43	2.46.02

**Mansfield triathlon – 13<sup>th</sup> June 2004**

**Mark leads the field home at Warsop Vale.**

Final pos		Swim 400m	Bike 8.5m	Run 3m	Total Time
1	Mark Redwood	5.59	22.50	16.20	45.09
72	Kevin Squires	8.33	28.43	17.29	54.45
134	Paul Ward	10.17	28.14	20.01	58.32

148	Cam Davies	9.18	29.07	20.56	59.21
168	Mike Hankin	9.33	27.11	23.27	60.11
202	Liz Green Davies	8.47	31.03	22.33	62.03
286	Amanda English	10.44	34.57	24.03	69.44

#### Welbourne race series, Newark – 7<sup>th</sup> – 11<sup>th</sup> June 2004

	Farndon	Grove	Devon Park	Flowserve	Rugby club	Total Time	C
Felicity Garland	0:21:42	0:25:34	0:23:03	0:20:32	0:42:55	2:13:46	20 (
Steve Shalyer	0:19:06						
Barry Moss					36.04		

#### Sherwood (Epperstone 10m time trial) – 8<sup>th</sup> June 2004

Mike Hankin	25.26 p.b.
Kevin Humphreys	27.06
Paul Ward	27.40 p.b.

#### Woodhall ½ marathon – 6<sup>th</sup> June 2004

Richard Hammond	1.34.59
David Giles	1.35.07
James Butler	1.41.09
Pete Hamilton	1.45.21
Rosie Simms	1.49.52
Chris Middleton	1.50.56
Ruth Sturt	1.56.23
Phil Hopewell	2.09.38

#### Woodhall Triathlon – 6<sup>th</sup> June 2004

**Dawn is 3<sup>rd</sup> lady and Liz is 2<sup>nd</sup> lady vet at Woodhall Spa Tri.**

Final pos		Swim 400m	Bike 15m	Run 3m	Total time
18	Stewart Lake	8.15	43.45	20.02	1.12.02
24	Simon Nash	9.23	44.57	18.41	1.13.01
29	Kevin Squires	7.33	47.46	18.46	1.14.05
37	Kevin Humphreys	8.03	45.18	22.01	1.15.22
41	Matt Hemsley	8.57	46.56	19.42	1.15.35
48	Cam Davies	7.49	46.11	22.26	1.16.26
56	Paul Ward	9.56	47.40	20.48	1.18.24
58	Mike Hankin	8.42	44.28	25.26	1.18.36
69	Dawn Hales	7.31	50.28	23.00	1.20.59 (3 <sup>rd</sup> lady)
81	Liz Green-Davies	8.20	50.13	24.30	1.23.03 (2 <sup>nd</sup> lady Vet)
99	Dave Tetley	12.02	53.03	20.34	1.25.39
116	Michelle Butler	7.20	58.29	21.50	1.27.39
136	Amanda English	9.28	56.00	25.37	1.31.05

#### Sinfin 10k – 6<sup>th</sup> June 2004

Awaiting results – please e-mail any personal times

#### Notts 10 mile, County Championships – 4<sup>th</sup> June 2004

**Redhill win mens gold, silver and bronze in County Champs, additionally Barbara Stevens W45, Andy Wetherill M40 & Bill Johnson M60 also all take category wins !**

3	Andrew Wetherill	53:12 (County Champ Gold)
6	Terrance Smith	55:58 (County Champ silver)
8	Matthew Clapp	57:14
10	Paul Newton	57:41 (County Champ bronze)
21	Nigel Cobb	59:44
26	Mark Yates	60:19
33	Ian Abbott	62:12
58	Bill Johnson	66:01 (County Champ V60)
65	Mark Anslow	67:55
66	Ian Bebbington	68.10
68	David Giles	68:17 p.b.
69	Mark Attenborough	68:19 p.b.
73	Richard Wheatley	68:32 p.b.
91	Barbara Stevens	70:17 (County Champ W45)
117	Andrew Stredder	72:57 p.b.
126	John Cass	73:54
128	Nigel Daniels	73:59
129	Michael Monks	74:07
168	Michelle Flint	78:45
171	Andrew Phillips	79:41
196	Brian Moon	83:21
197	Mark Taylor	83:22
199	Dennis Reeson	83:42
228	Barry Davies	91:43
256	Lynne Cowie	120:51

#### **Rowsley 4m Lara Race – 31<sup>st</sup> May 2004**

Michelle Flint 34.56

#### **Sherwood (Epperstone 10m time trial) – 25<sup>th</sup> May 2004**

Mike Hankin 26.31  
Kevin Humphreys 27.34  
Paul Ward 28.09  
Simon Nash 28.49

#### **Burtwood Triathlon – 23<sup>rd</sup> May 2004**

Final pos		Swim 800m	Bike 32k	Run 8k	Total time
63	Mike Hankin	16.59	61.23	48.48	2.07.10

#### **Team Standings after Holme P road race 2**

##### Series Overall Standings

Senior men 1 Redhill 83, 2 Notts AC 233, 3 Mansfield 470, 4 Redhill B 544, 8 Redhill C 1035, 10 Redhill D 1268, 15 Redhill E 1662 19 Redhill F 2210, 20 Redhill G 2488, 22 Redhill H 2759, 23 Redhill I 3086

Vet Men 1 Mansfield 101, 2 Redhill 342, 3 Worksop 351, 4 Holme P 484

Senior Ladies 1 Notts AC 40, 2 Sutton 57, 3 Redhill 68, Mansfield 81, 5 Worksop 136, 12 Redhill B 307, 15 Redhill C 343, 17 Redhill D 447, 21 Redhill E 622

Vet Ladies 1 Mansfield 139, 2 Holme P 191, 3 Southwell 211, 5 Redhill 333

#### **Race 2 Team Results**

Senior men 1 Redhill 47, 2 Notts AC 74, 3 Mansfield 300, 4 Worksop 310, 5 Long Eaton 324, 6 Redhill B 326, 9 Redhill C 531, 10 Redhill D 654 15 Redhill E 848, 19 Redhill F 1126, 20 Redhill 1226, 22 Redhill H 1421, 23 Redhill I 1594

Vet Men 1 Mansfield 65, 2 Redhill 178, 3 Worksop 183, 4 Holme P 278

Senior Ladies 1 Notts AC 13, 2 Sutton 26, 3 Redhill 38, Mansfield 40, 5 Worksop 63, 12 Redhill B 184, 15 Redhill C 198, 17 Redhill D 243, 21 Redhill E 359

Vet Ladies 1 Mansfield 98, 2 Holme P 88, 3 Southwell 103, 5 Redhill 189

### **Ironman Lanzarote – 22<sup>nd</sup> May 2004**

#### **lain's ironman debut!**

lain could have chosen an easier debut ironman course as Lanzarote is known as one of the hardest races in the world. No doubt he will be recovering & putting his feet up for a while.

Pos		2.4m swim	T1	112m Bike	T2	26.2m Run	Total time
453	lain Hamilton	57.26	3.33	7.13.12	5.30	4.48.02	13.07.42 p.b.

### **Derby 10k – 22<sup>nd</sup> May 2004**

Matthew Hemsley 41.21 p.b.  
Michelle Flint 47.12  
Barry Stockton 58.48 p.b.

### **Uttoxeter ½ marathon – 22<sup>nd</sup> May 2004**

Nigel Daniels 1.43.22 (2<sup>nd</sup> V60)

### **White Peak Trail marathon, Derbyshire - 22<sup>nd</sup> May 2004**

Most would probably think that running the majority of a marathon on a disused railway track would be flat, well that's not strictly true, ask any of our members who ventured into Derbyshire for this off road marathon!

14 Dave Walsh 3.09.52  
131 Peter Scoffings 4.17.52 p.b.  
134 Tom Clifford 4.21.22 p.b.  
151 Nikki Smailes 4.51.29 p.b.

### **Notts Road Race 2, Holme Pierrepont – 19<sup>th</sup> May 2004**

**Senior men win and 83 Redhill run to break previous club best of 70 at Holme P in a field of 428 which we believe also breaks the road race series record!**

2	Alan Smith	4	Helen Burrell
4	Andy Weatherill	14	Sarah Costin
5	Matthew Clapp	20	Fliss Garland
8	Terry Smith	39	Michelle Flint
13	Paul Newton	60	Pearl Dixon
15	Mark Yates	61	Louise Tomlinson
26	Barry Moss	62	Tina Kneller
31	Nigel Cobb	63	Michelle Butler
32	Martyn McHale	64	Rosie Simms
38	Aidan Linskill	65	Ruth Sturt
43	Stuart Lebelinski	69	Leona Sharp



50	Ian Abbott	74	Dawn Hales
55	Clive Greyson	79	Beth Beare
74	Ashley Deeming	88	Liz Green-Davies
77	Stan Pascoe	90	Angie Earnshaw
78	Bernie Ford	116	Suzi Artis
80	Colin Astill	121	Sarah Freeman
82	Richard Hammond	122	Lisa Haynes
87	Richard Mayes	126	Lynn Cowie
89	Simon Nash		
95	James Butler		
98	Paul Barratt		
102	Andy Proffitt		
103	Bill Johnson		
110	Ian Hales		
111	Mark Anslow		
112	Steve Shayler		
116	Pete Gillespie		
120	Dave Giles		
131	Kevin Squires		
135	Trevor Onions		
152	Arthur Hancock		
153	Andy Stredder		
157	Mark Attenborough		
175	John Kelly		
179	Dennis O'Neil		
190	John Cass		
191	Bob Hayes		
192	Pete Dreyer		
199	Paul Ward		
207	Mike Monks		
208	Andy Barkes		
209	Tim Cunnington		
210	Nigel Daniels		
214	Pat McGovern		
215	John Trscott		
218	Kevin Humphreys		
219	Bob Hickling		
234	Peter Scoffings		
243	Maurice Lever		
251	Dave Tetley		
256	Paul Hodgkinson		
259	Cam Davies		
261	Steve Kneller		
262	Andy Phillips		
265	Mark Taylor		
273	Mike Clifford		
274	Phil Hopewell		
276	Brian Moon		
279	Dennis Reeson		
283	Barry Davies		
286	Pete Speakman		
298	Carl Neal		
300	Dave Musgrove		

**Sherwood (Epperstone 10m time trial) – 18<sup>th</sup> May 2004**

Andy Proffitt	21.20
Mike Hankin	25.30
Kevin Humphreys	27.28

**Leeds ½ marathon – 16<sup>th</sup> May 2004**

Pat McGovern 1.42.18

**Eyam ½ marathon – 16<sup>th</sup> May 2004**

Pete Speakman 2.17.04

**Southwell Triathlon – 16<sup>th</sup> May 2004**

Pos		Swim 400m	Pos	Bike 12m	pos	Run 5k	pos	Total time
5	Mark Redwood	6.58	10	27.27	7	19.03	8	53.18
106	Tim Metcalfe	8.39	92	33.24	170	21.33	81	63.36
137	Stuart Lake	9.59	222	32.39	136	22.32	136	65.10
150	Kevin Squires	9.24	159	34.50	232	21.29	80	65.43
197	Cam Davies	9.22	157	33.42	189	24.18	230	67.23
199	Kev Humphreys	9.45	197	33.15	180	24.26	235	67.26
223	Mike Hankin	10.04	227	31.38	98	27.14	372	68.56
270	Matt Hemsley	13.54	422	36.34	292	21.39	87	72.17
383	Liz Green- Davies	13.52	421	39.11	362	26.48	53	79.51
398	Michelle Butler	12.37	379	41.49	16	26.46	350	81.12

**Notts Track Championships – 15<sup>th</sup> /16<sup>th</sup> May 2004****5000 metre Seniors**3<sup>rd</sup> Andy Weatherill 16.02**3000 metre Masters**1<sup>st</sup> Andy Weatherill 9.16.7**Rother Valley 10k – 15<sup>th</sup> May 2004**

45 Clive Greyson 38.49  
 75 Paul Barratt 40.55 p.b.  
 102 Dave Giles 42.19  
 388 Phil Hopewell 53.11  
 588 Dave Musgrave 62.42  
 606 Lisa Coleman 65.02  
 607 Sarah Freeman 65.25

**Sherwood (Epperstone 10m time trial) – 11<sup>th</sup> May 2004**

Andy Proffitt 21.44  
 Kevin Humphreys 28.05

**Hinckley ½ marathon – 9<sup>th</sup> May 2004**

Ian Abbott 82.51

**Blyth Triathlon – 9<sup>th</sup> May 2004**

Final pos		Swim 400m	Bike 17k	Run 7k	Total time
--------------	--	--------------	-------------	-----------	------------

127	Mike Hankin	8.09	32.16	40.04	1.20.29
-----	-------------	------	-------	-------	---------

### Stratford 220 Triathlon – 9<sup>th</sup> May 2004

Final pos		Swim 400m	Bike 23k	Run 5k	Total time
230	Cam Davies	8.05	45.22	24.55	1.18.22

### Sherwood (Epperstone 10m time trial) – 4<sup>th</sup> May 2004

Andy Proffitt 21.48

### Lara Southwell 5k – 3<sup>rd</sup> May 2004

10 Steve Shayler 19.06  
32 Cameron Davies 23.18

### Retford 5k – 3<sup>rd</sup> May 2004

**Andy is 1<sup>st</sup> Vet @ Retford!**

For those that were disappointed with their times, a marshall sent everyone apparently the wrong way at one point adding 137 metres to the overall race distance!

Andy Wetherill 16:30 (1<sup>st</sup> vet)  
Matthew Clapp 16:48  
Terry Smith 17:00  
Ian Abbott 17.54  
Dave Walsh 19:28  
John Cass 22.29  
Michelle Flint 22:54  
Phil Hopewell 23:35  
Dawn Hales 23:44  
Lisa Coleman 28:31 pb  
Lynne Cowie 30:21 pb  
Colin Peet 36:00

### Milton Keynes Triathlon – 2<sup>nd</sup> May 2004

Final pos		Swim 400m	Pos	Bike 20k	pos	Run 5k	pos	Total time
49	Mike Hankin	7.27	55	38.26	23	27.06	82	1.12.59

### Civil Service 10k, Hyde Park – 28<sup>th</sup> April 2004

5 Matthew Clapp 33.53  
21 Nigel Cobb 36.06

### Civil Service 3k, Hyde Park – 28<sup>th</sup> April 2004

Pete Gillespie 10.57

### Team Standings after Epperstone road race 1

Senior men 1 Redhill 36, 2 Notts AC 159, 3 Mansfield 170, 4 Redhill B 218, 5 Worksop 235, 6 Long Eaton 345, 7 Redhill C 504, 8 Siemens 580, 9 Holme P 582,

10 Redhill D 614 15 Redhill E 814, 19 Redhill F 1084, 22 Redhill 1225, 23 Redhill H 1338, 24 Redhill I 1492

Vet Men 1 Mansfield 36, 2 Redhill 164, 3 Worksop 168, 4 Holme P 206

Senior Ladies 1 Notts AC 27, 2 Redhill 30, 3 Sutton 31, Mansfield 41, 5 Worksop 73, 9 Redhill B 123, 13 Redhill C 145, 17 Redhill D 204, 20 Redhill E 263, 23 Redhill F 316, 24 Redhill G 329

Vet Ladies 1 Mansfield 41, 2 Holme P 103, 3 Southwell 108, 4 Redhill 144, 5 Formula One 149

### **Notts road race 1, Epperstone 5.9m – 28<sup>th</sup> April 2004**

We presently believe 89 ran at Epperstone to equal the club record set last year which in the miserable weather conditions was a great turn out and represented over 22% of the entire field of 400. In the race itself Alan and Andy led by example finishing 1<sup>st</sup> and 2<sup>nd</sup> respectively and with 5 Redhill men finishing in the top 8 this ensured a great start to the series. In the ladies race Helen was 1<sup>st</sup> Redhill lady home in 4<sup>th</sup> and was one of 24 ladies from the club that ran. Thank you also to all that went to support & to Bob Hayes who took the quickly rearranged club photo inside.

1	Alan Smith	4	Helen Burrell
2	Andy Weatherill	12	Sarah Costin
4	Terry Smith	14	Ann Ford
7	Mark Yates	21	Fliiss Garland
8	Paul Newton	38	Pearl Dixon
14	Julian Richardson	41	Chloe Nelson
18	Aidan Linskill	44	Rosie Simms
21	Lee Stubbs	46	Ruth Sturt
24	Ian Abbott	48	Louise Tomlinson
27	Martyn McHale	50	Michelle Flint
30	Barry Moss	51	Michelle Butler
32	Stuart Leblinski	66	Nikki Smailes
39	Ian Hamilton	67	Dawn Hales
51	James Butler	71	Rebecca Butler
65	Andy Proffitt	73	Amanda English
74	Simon Nash	77	Liz Green Davies
75	David Walsh	83	Angie Ernshaw
81	Richard Hammond	103	Jan Hampton
83	Richard Mayes	104	Lyn Coleman
85	Ashley Deeming	105	Karen Edge
90	Colin Astill	107	Sarah Freeman
91	Clive Greyson	108	Lyn Walsh
93	Bernie Ford	110	Lisa Haynes
95	Bill Johnson	111	Lyn Cowie
97	Matthew Hemsley		
101	Dave Giles		
110	Trevor Onions		
118	Arthur Hancock		
(transfer 119)	Geoff Jackson		
130	Steve Shalyer		
131	Ian Hales		
135	John Kelly		
136	Richard Wheatley		
137	Paul Barratt		
145	Andy Stredder		
154	Mark Attenborough		
180	John Lowton		
183	Peter Hamilton		

188	Pat McGovern
189	Bob Hayes
190	Paul Ward
197	John Truscott
198	Nigel Daniels
206	Dave Tetley
211	N Mason
213	Mike Monks
215	Paul Hodgkinson
216	Tim Cunnington
218	Kevin Humphreys
223	Peter Scoffings
229	Graham Lawrie
237	Cam Davies
239	Bob Hickling
242	Pete Speakman
245	Mark Taylor
252	Phil Hopewell
254	Mike Clifford
260	Mike Hankin
262	Barry Davies
265	Brian Moon
273	Gary Astle
286	George Morana
288	Colin Peet

Notts AC          Fred Pigeon (2<sup>nd</sup> Claim)

**Sherwood (Epperstone 10m time trial) – 27<sup>th</sup> April 2004**

Andy Proffitt	22.58
Mike Hankin	26.20

**Big Sur Marathon, California – 25<sup>th</sup> April 2004**

**Congratulations to Audrey for a great time on a difficult course!**

Audrey McMillan    3.15.00 (4<sup>th</sup> lady)

**Underwood ¼ marathon – 25<sup>th</sup> April 2004**

**Terry wins “hilly” ¼ marathon! (full results & times to follow)**

1	Terry Smith	
	Ian Abbott	41.25
	Mark Widdowson	

**Ranby 10m – 25<sup>th</sup> April**

**Dave, Richard & Mike (Yes Mike!) take 3<sup>rd</sup> team prize at Ranby!**

Dave Giles	1.09
Richard Wheatley	1.11
Mike Monks	1.15
Dennis Reeson	1.23
Phil Hopewell	1.34

**Tynmouth Triathlon – 25<sup>th</sup> April 2004**

Final		Swim	pos	bike	pos	Run	pos	Total
-------	--	------	-----	------	-----	-----	-----	-------

pos								time
39	Mike Hankin	8:27	65	29.00	7	27.33	?	1.05.00

### Sherwood (Epperstone 10m time trial) – 20<sup>th</sup> April 2004

Andy Proffitt	22.48
Mike Hankin	26.34
Cam Davies	30.51

### London marathon – 18<sup>th</sup> April 2004

Helen Cawthorne	2.58.37
Stuart Lake	3.33.24
John Cass	3.38.05 p.b.
Michelle Flint	3.43.50 p.b.
Graham S-Smith	3.48.00
Kevin Humphreys	4.36.46 p.b.
Barry Davies	4.47.38
Mark Taylor	4.44.42
Liz Green Davies	4.59.04 p.b.

### Mansfield Duathlon – 18<sup>th</sup> April 2004

Final pos		Run 1	pos	bike	pos	Run 2	pos	Total time
25	Simon Nash	0:19:50	23	1:03:41	31	0:20:07	30	1.23.48
43	Steve Shayler	0:20:06	29	1:09:12	57	0:19:27	23	1.28.39

### Sherwood (Epperstone 10m time trial) – 13<sup>th</sup> April 2004

Mike Hankin	26.31
-------------	-------

### Easter 10k, Wollaton Park – 12<sup>th</sup> April 004

#### **Matthew wins Easter 10k!**

1	Matthew Clapp	34.21
4	Mark Yates	35.26
19	Nigel Cobb	37.59
31	Ian Abbott	39.30
47	Simon Nash	41.00
51	Richard Mayes	41.14
52	Steve Shayler	41.23
57	Mark Anslow	41.15
58	Matt Hemsley	41.50
65	Richard Hammond	42.20
67	Paul Barratt	42.56
69	Dave Giles	42.59
119	John Cass	46.19
120	Mike Monks	46.20
132	Paul Ward	46.40
143	Dennis O'Neill	47.22
165	Michelle Flint	48.59
185	Pete Scoffings	50.03
197	Mark Taylor	50.31
241	Rachel Martin	53.41
261	Amanda English	55.08

269	Phil Hopewell	55.40
286	Lesley Ward	57.45
321	Rossie Simms	60.51
322	Angie Earnshaw	61.15
324	Ruth Hodgkinson	61.15
329	Liz Green-Davies	62.22
346	Lyn Cowie	70.10 p.b.

#### **Sheffield 400m swim, 4.4 mile run – 11<sup>th</sup> April 2004**

27 Mike Hankin 8.08 swim 34.28 run 43.30 total

#### **Ironman Australia – 4<sup>th</sup> April 2004**

Pos		2.4m swim	112m Bike	26.2m Run	Total time
293	Mark Redwood	57.39	5.04.07	4.20.13	10.22.01 p.b.

#### **Belvoir ½ Marathon 4<sup>th</sup> April 2004**

**Audrey & Terry both finish 2<sup>nd</sup> and Redhills men (Terry, Mark, Ian & Peter) win team prize at Hose!**

Terry Smith	1.14.05 p.b. (2 <sup>nd</sup> overall)
Mark Yates	1.18.01
Ian Abbott	1.21.49 p.b.
Pete Gillespie	1.24.59
Audrey McMillan	1.25.07 (2 <sup>nd</sup> lady)
Steve Shayler	1.29.46
Richad Wheatley	1.33.23
Stuart Lake	1.33.52
James Butler	1.34.37
Mike Monks	1.39.14
Nigel Daniels	1.40.47
Michelle Flint	1.45.12
Nicki Smailes	1.50.18
Dennis Reeson	1.50.29
Pete Scoffings	1.52.56
Kevin Humphreys	1.57.18
Rachel Martin	2.00.18
Mark Taylor	2.00.06
Barry Davies	2.07.49

#### **Paris Marathon – 4<sup>th</sup> April 2004**

Amanda English 4.37.35

#### **Midlands 12, Masters 6 & Ladies 6 stage Relays, Sutton Park – 3<sup>rd</sup> April 2004**

<b>13 Redhill RR</b>		<b>2:03.59</b>
S Costin	(23)	19:38
A Ford	(12)	18:27
F Garland	(15)	20:53
H Cawthorpe	(10)	18:40
M Flint	(11)	22:19
R Martin	(13)	24:02
<b>12 Redhill RR</b>		<b>2:23.05</b>

M McHale	(8)	32:15
A Wetherill	(5)	15:37
S Lebelinski	(5)	18:07
P Mellors	(9)	35:00
B Johnson	(10)	20:06
K Humphreys	(12)	22:00

#### **Ackworth ½ marathon – 28<sup>th</sup> March 2004**

Richard Wheatley	1.31.56 p.b.
Rosie Simms	1.45.12 p.b.

#### **Dronfield 10k – 28<sup>th</sup> March 2004**

Ian Abbott 38.00

#### **Derby Duathlon – 21<sup>st</sup> March 2004**

Pos		Run 1	Bike	Run 2	Total time
43	Mike Hankin	36.07	32.23	24.12	1.32.42

#### **British Masters National X/Country Championships, Durham – 20<sup>th</sup> March 2004**

#### **Audrey, Helen & Ann win British X/Country Team Championships & Ann wins Individual Category Gold!**

On a day when running conditions were hampered by gale force winds, rain and boggy conditions Redhill's ladies ran their way to a National Team Championship win finishing in front of a strong Bristol AC team. Ann also won an individual gold, whilst Fliss was 4<sup>th</sup> and Andy 6<sup>th</sup> in their age categories making the trip to Durham more than worthwhile for all.

#### Ladies

6	Audrey McMillan	21.07 (4 <sup>th</sup> F35)
14	Helen Burrell	21.57 (7 <sup>th</sup> F40)
16	Ann Ford	22.01 (1 <sup>st</sup> F50)
58	Fliss Garland	25.01 (4 <sup>th</sup> F55)

#### Men

25	Andy Weatherill	38.53 (6 <sup>th</sup> M45)
----	-----------------	-----------------------------

#### **Montserrat, St Patrick's Day Freedom Run, 4m – 18<sup>th</sup> March 2004**

#### **Vicky maintains Redhill's tradition whilst abroad !**

Vicky ran her 1<sup>st</sup> competitive race of the year (limited opportunity I would guess in Monserrat!) winning the ladies race and also coming 3<sup>rd</sup> overall in this 4 mile, hilly, mid week event. Ladies, expect to see Vicky back in early April.

3 <sup>rd</sup>	Vicky Hards	29.17 (1 <sup>st</sup> lady).
-----------------	-------------	-------------------------------

#### **Sheffield Lord Mayors 10k – 14<sup>th</sup> March 2004**

#### **Andy is 1<sup>st</sup> Vet in Sheffield.**

4	Andy Wetherill	33.46 (1 <sup>st</sup> Vet)
31	Clive Greyson	38.44
108	Sarah Costin	42.29



### Westfield Sheffield Biathlon (400m swim, 4.3m x/c run) – 14<sup>th</sup> March 2004

Position		Swim 400m	T1	Run 4.3m X/C	Total time
5 <sup>th</sup>	Aidan Linskill	7.34	1.10	25.38	34.22
28 <sup>th</sup>	Mike Hankin	8.15	0.41	36.18	45.15

### Rushcliffe 10k – 14<sup>th</sup> March 2004

34:38 Terry Smith (4<sup>th</sup>)  
39:33 Simon Nash  
40:24 Pete Gillespie  
41:38 Mark Anslow  
42:32 Andy Stredder  
44:18 Bob Hayes  
44:59 Nigel Daniels  
45:18 Paul Ward  
46:38 Bob Hickling  
46:56 Tim Cunnington  
47:09 Andrew Phillips  
47:12 Michelle Butler  
48:00 Kevin Humphries  
49:19 Dennis Reeson  
62:37 Colin Peet

### Ashby 20m – 14<sup>th</sup> March 2004

#### **Helen C repeats Ashby win of 2003!**

Helen Cawthorne 2.11.29 (1<sup>st</sup> Lady)  
Dave Walsh 2.19.54  
John Cass 2.43.27  
John Lovatt 2.46.57  
Amanda English 3.21.23

### Stafford 20m – 14<sup>th</sup> March 2004

Richard Wheatley 2.30.14  
Mike Monks 2.47.09  
Michelle Flint 2.54.33  
Peter Scoffings 3.08.34  
Barry Davies 3.32.25  
Liz Green Davies 3.36.10

### Notts University Relays 2.69m – 13<sup>th</sup> March 2004

<b><u>Redhill "A"</u></b>	<b><u>8<sup>th</sup></u></b>	<b><u>Redhill "A"</u></b>	<b><u>13<sup>th</sup></u></b>
Alan Smith	13.17	Louise Tomlinson	19.04
Matthew Clapp	14.06	Michelle Flint	19.42
Paul Newton	14.56	Rachel Martin	21.06
Terry Smith	14.28		
Aidan Linskill	15.18		
Leigh Stubbs	14.47		

<b><u>Redhill "B"</u></b>	<b><u>15<sup>th</sup></u></b>	<b><u>Redhill "B"</u></b>	<b><u>15<sup>th</sup></u></b>
Mark Yates	14.24	Liz Green-Davies	21.06
Nigel Cobb	15.09	Nikki Smailes	23.03
David Giles	16.56	Leonie Sharp	21.13
Clive Greyson	15.41		

Ian Abbott	15.15
Andy Stredder	17.10

<b><u>Redhill "C"</u></b>	<b>21<sup>st</sup></b>
Richard Wheatley	16.42
Matthew Hemsley	17.07
Paul Ward	17.52
John Cass	18.25
Richard Hammond	16.23
Chris Middleton	18.09

#### **East Midlands X/Country, Darley Dale – 7<sup>th</sup> March 2004**

Alan Smith rounded off the East Mids x/country series in style by winning the men's senior race by nearly a minute.

In the series overall, Redhill men's A team finished 2<sup>nd</sup>, the B & C teams 1<sup>st</sup> & Vets 2<sup>nd</sup> in their categories.

Alan Smith	1	Michelle Butler	13
Martyn McHale	9	Rachel Martin	18
Ian Abbott	12		
Noel McGuinness	16		
Richard Hammond	30		
Arthur Hancock	31		
Matt Hemsley	34		
Pete Gillespie	35		
Mark Anslow	37		
Richard Wheatley	38		
Bob Hayes	49		
Nigel Daniels	56		

#### **Reading ½ marathon - 7<sup>th</sup> March 2004**

Helen Cawthorne	1.21.23
Richard Seabrook	1.35.26 (running for Bechenham RC)
Tom Clifford	1.47.38
Nikki Smailes	2.00.00

#### **Silverstone ½ marathon – 7<sup>th</sup> March 2004**

Michelle Flint	1.42.45
----------------	---------

#### **National Inter/County X/C Championships, Wollaton Park – 6<sup>th</sup> March 2004**

Ann, Helen, Andy & Paul all represented Nottinghamshire in the Inter Counties Cross Country Championships held at Wollaton Park on a far warmer than normal, early March Saturday.

Helen & Ann finished 4<sup>th</sup> & 5<sup>th</sup> counters for the Notts Ladies whilst Andy & Paul finished 3<sup>rd</sup> & 5<sup>th</sup> counters for the Notts Mens team.

##### Mens 12k

127	Andy Wetherill	41.21
262	Paul Newton	46.14

##### Ladies 8k

91	Helen Burrell	31.50
121	Ann Ford	32.22

#### **"Run your hearts out" 5k Markeaton Park – 29<sup>th</sup> February 2004**

Sarah Costin	19.24
--------------	-------

### Belvoir Challenge 26m/15m – 28<sup>th</sup> February 2004

#### 26 miles

David Walsh 4.46.00

#### 15 miles

Richard Wheatley 2.12.00

John Cass 2.23.00

Liz Green-Davies 3.07.00

### National Indoor Masters Championships, Cardiff – 22<sup>nd</sup> February 2004

**Andy Wetherill wins National Indoor Masters silver medal in the 3000 metres by clocking 9.05 to finish 2<sup>nd</sup> overall in the M40 & M45 category race!**

### Sleaford Half Marathon - 22<sup>nd</sup> February 2004

4 Matthew Clapp 1:19:36

22 Ian Abbott 1:26:13

41 Pete Gillespie 1:30:13

69 Richard Wheatley 1:35:16

98 Mark Widdowson 1:38:19

118 John Cass 1:40:43

119 Michael Monks 1:40:46

203 Rosie Sims 1:48:27

252 Rachel Martin 1:53:53

322 Liz Green-Davis 2:07:32

375 Philip Hopewell 2:26:14

### English National X/Country Championships, Temple Newsam, Leeds – 21<sup>st</sup> February 2004.

345 Mark Yates 50:13

386 Leigh Stubbs 50:43

872 Clive Greyson 57:59

1361 Andy Barks 75:07

### Scottish National X/Country Championships, Perth – 21<sup>st</sup> February 2004

**Audrey & the City of Glasgow Ladies finish 2<sup>nd</sup> in Scottish X/Country Championships!**

In a race won by Liz McColgan, Audrey running for her Scottish Club (City of Glasgow) was 17<sup>th</sup> overall & 3<sup>rd</sup> team counter helping City of Glasgow Ladies win a silver team medal in the National Championships.

17 Audrey McMillan 28.50

### Sidcup 10m - 16<sup>th</sup> February 2004

Richard Seabrook 70.42

### East Midlands X/Country, Bramcote – 15<sup>th</sup> February 2004

**Senior men are 2<sup>nd</sup>, men's Vets win as do senior men's B, C, D, E, & F teams at Bramcote.**

Alan Smith	3	Rachel Martin	20
Matthew Clapp	5		
Paul Newton	6		
Leigh Stubbs	9		
Terry Smith	10		

Aidan Linskill	13
Martyn McHale	16
Ian Abbott	18
Phil Wombwell	19
Kevin Squires	20
James Butler	24
Simon Nash	31
Clive Greyson	33
Bruce Olpin	36
Paul Mellors	37
Noel McGuinness	38
Arthur Hancock	39
Richard Hammond	41
Matthew Hemsley	46
Mark Anslow	50
Pete Gillespie	51
Bob Hayes	62
Richard Wheatley	64
Mark Widdowson	67
Tim Cunnington	69
Pete Dreyer	71
Nigel Daniels	75
Dennis O'Neill	78

#### **Nick Beer 10k, 15<sup>th</sup> February 2004**

Helen Burrell	37.58	1 <sup>st</sup> Lady
Taff Ramsey	47.18	

#### **Stamford 30k – 15<sup>th</sup> February 2004**

2.05.02	Helen Cawthorne	3rd Lady
2.17.42	David Giles	
2.33.29	John Cass	
2.35.46	Michelle Flint	
2.40.20	Chris Middleton	
2.40.25	Pete Hamilton	
3.14.39	Liz Green Davies	
3.14.40	Barry Davies	
3.14.40	Andy Stredder	

#### **Sheffield 400m swim, 4.3m X/country run – 8<sup>th</sup> February 2004**

37	Mike Hankin	8.22 swim 0.48 transition	35.39 run 44.49 overall
----	-------------	---------------------------	-------------------------

#### **Tough Guy – 1<sup>st</sup> February 2004**

##### **Phil's in his element at "Tough Guy"!**

The annual running (if running is the right term to use) of the winter version of Tough Guy saw a massive field of 2895 finish. For those that like, mud, water, hills, barb wire, explosions & a famous obstacle course at the finish, this is the event for you. The usual problem of hyperthermia was probably absent this year due to the mild conditions & would have been welcome to all. Phil revelled as usual in the most unique of events and finished an impressive 23<sup>rd</sup> in the field.

Click on <http://www.toughguy.co.uk> for further details & to get a flavour of this most classic race!

23	Phil Wombwell	1.18.56
----	---------------	---------

### Ferriby 10 – 1<sup>st</sup> February 2004

#### **Helen Cawthorne runs to 2<sup>nd</sup> at Ferriby !**

With strong head winds & hills in the first half which mirror those found at the Chesterfield Spire 10 Helen C returned to racing after the autumn to finish 2<sup>nd</sup> in the ladies race. Bruce, David & Mark also made light work of the “undulating” course to all record p.b.’s even though Dave’s pre-race plan was to run round steady in about 75 minutes.

Helen Cawthorne	65.14 (2 <sup>nd</sup> lady)
Bruce Olpin	65.32 p.b.
Mark Anslow	68.23 p.b.
David Giles	68.33 p.b.
Mike Monks	76.30
Kevin Humphreys	77.32

### Midland X/Country Championships, 10k – 24<sup>th</sup> January 2004

69	Paul Newton	45.15
75	Mark Yates	45.29
124	Martyn McHale	47.24
232	Clive Greyson	51.38
278	Bill Johnson	53.35
297	Bruce Olpin	54.16

### Midland Vets X/Country Champs – 18<sup>th</sup> January 2004

**Andy Wetherill, Martyn McHale & Kevin Squires successfully team up to win bronze team medals in the Midland Vet Championships !**

4	Andy Wetherill	32.28
23	Martyn McHale	35.55
40	Kevin Squires	37.18

### East Mids X/Country, Holme Peirrepoint – 18<sup>th</sup> January 2004

**Alan wins & men place 3 in the top 4 to also come 1<sup>st</sup> at Holme P X/Country !**

1	Alan Smith	13	Chloe Nelson
3	Paul Newton	17	Ruth Sturt
4	Matthew Clapp	25	Amanda English
15	Ian Abbott		
16	Andy Proffitt		
22	Phil Wombwell		
25	Paul Mellors		
29	Richard Hammond		
30	Bruce Olpin		
32	Arthur Hancock		
43	Mark Anslow		
47	Matthew Hemsley		
53	Pete Gillespie		
62	Bob Hayes		
64	Mark Widdowson		
65	Tim Cunnington		
70	Richard Wheatley		
74	John Cass		
75	Dennis O’Neill		
81	Maurice Lever		
82	Pete Scoffings		

### Folksworth 15 – 18<sup>th</sup> January 2004

Mike Monks	1.56.24
Michelle Flint	2.01.18 p.b.
Dennis Reeson	2.03.23
Barry Davies	2.28.45
Andy Stredder	2.28.45

### North Midland X/Country series, Wollaton Park – 10<sup>th</sup> January 2003

#### **North Mids X/C season ends with success for club members !**

The ladies ran first over a long 5k 2 x lap course & racing well finished 2<sup>nd</sup> on the day and 4<sup>th</sup> in the series. The men then ran their usual 3 x lap 10k course with the Vets finishing 2<sup>nd</sup> (a commendable 2<sup>nd</sup> overall in the series), the seniors "A" 5<sup>th</sup> (7<sup>th</sup> overall) & "B" team 14<sup>th</sup> (12<sup>th</sup> overall). Individual series wins were gained by

**Ladies – Audrey McMillan (3<sup>rd</sup> F35), Helen Burrell (1<sup>st</sup> F40) & Ann Ford (1<sup>st</sup> F45).  
Men – Andy Wetherill (1<sup>st</sup> M45 & 1<sup>st</sup> Vet overall) & Bill Johnson (1<sup>st</sup> M60).**

**Ladies Team - 4<sup>th</sup>**

**Mens Vet Team - 2<sup>nd</sup>**

**Mens Senior Teams - 7<sup>th</sup> & 12<sup>th</sup>.**

5	Andy Wetherill	7	Helen Burrell
16	Paul Newton	8	Audrey McMillan
23	Mark Yates	9	Ann Ford
34	Terry Smith	23	Sarah Costin
49	Martyn McHale	41	Chloe Nelson
67	Kevin Squires	65	Rachel Martin
72	Ian Abbott	69	Michelle Butler
74	Andy Profit	70	Nikki Smailes
87	Clive Greyson		
99	James Butler		
101	Aidan Linskill		
118	Paul Mellors		
124	Bill Johnson		
163	Andy Stredder		
168	Tim Metcalfe		
170	Paul Barratt		
194	Bob Hayes		
217	Richard Wheatley		

### Nottinghamshire X/C County Champs, Markeaton Park – 3<sup>rd</sup> January 2004

#### **Redhill win 3 team medals & 3 individual titles from the County Champs!**

Markeaton Park, Derby was cold & still come race day (change that to very cold) with the underfoot conditions ideal on the course. The men were off 1<sup>st</sup> on the usual 3 lap 10k North Midlands X/C course and it was soon evident that Notts AC & Derby AC would dominate their respective County races. With the runners soon split across the course it also became apparent that the minor team medals were up for grabs and that the Vets race would be a straight fight between Mansfield & Redhill with the other teams way off the pace. Calculating individual & team positions was complicated by the presence of the Derbyshire runners and certainly the Vets race was too close to call. Andy was 1<sup>st</sup> home for Redhill (11<sup>th</sup> overall) & 8<sup>th</sup> Notts finisher therefore achieving his goal of qualifying for the Inter Counties in March. He was followed in by Paul, Mark and the rest of the team. Team placings were too close to call, the men would have to wait for their results.

The ladies were off next running their own 4 (yes 4) lap 8k course. Debbie Robinson (Tipton) stormed to the front as expected and the field immediately split. Team positions were easier to calculate with the smaller field suggesting Mansfield were leading followed by Charnwood, Redhill, Notts & then Sutton. Helen was leading for Redhill followed by Ann, Sarah (who had latched into one of the only small groups on the course) & then Chloe. The field was very strung out and positions settled in the race. We calculated we were in with a shout of a team bronze, which was more certain than what we could possibly calculate from the men's race. Helen was first home in 8<sup>th</sup> and as with Andy qualified for the Inter Counties, Ann was next in 9<sup>th</sup> followed by Sarah & then Chloe. We awaited the results.

After an age the preparation for the awards commenced, a quick sneaky look at the hand written results confirmed a team ladies bronze (Mansfield 1<sup>st</sup> & Charnwood 2<sup>nd</sup>) and also a less certain senior mens bronze (behind Notts AC "A" & Notts AC "B"), the mens Vets race was really close but a team silver (only 1 point behind Mansfield) was the reward. County individual honours for the club came from Andy (Vet M40 Champion), Helen (Vet, F35 Champion) & to Ann (Vet F45 Champion).

Several Redhill club members went home proud & very satisfied with County X/Country team medals, well done to all!

### Ladies 8k

8	Helen Burrell	33.29
9	Ann Ford	34.13
15	Sarah Costin	36.29
21	Chloe Nelson	38.52

Ladies Team result – Mansfield 23, Charnwood 31, **Redhill 32 (Helen, Ann & Sarah)**, Notts AC 42, Sutton 42, Worksop 65

### Mens 10k

8	Andy Wetherill	32.58 (V40)
13	Paul Newton	33.59
19	Mark Yates	35.10
29	Aidan Linskill	36.25
32	Martyn McHale	36.54 (V40)
34	Kevin Squires	37.01 (V40)
36	Stan Pascoe	37.15 (V40)
44	Ian Abbott	37.55
45	Phil Wombwell	37.59
49	Clive Greyson	38.23
59	Paul Mellors	40.26 (V40)
61	Bill Johnson	40.40 (V50)

Mens Team Senior – Notts 29, Notts B 127, **Redhill 198 (Paul, Mark, Aidan, Ian, Phil & Clive)**, Newark 247, Worksop 336

Mens Team Vets - Mansfield 107, **Redhill 108 (Andy, Martin, Stan and Kevin)**, Worksop 169, Holme Pierrepont 208, Notts 233

### 3 Villages 10k, Burton Joyce – 1<sup>st</sup> January 2004

**Terry, Clive & Phil come 1, 2 & 3 in this flat but slightly over distance 10k which enabled runners to get the previous nights festivities out of the system. (Later measured to be 6.59 miles)**

36.08	Terry Smith	(1 <sup>st</sup> )
38.46	Clive Greyson	(2 <sup>nd</sup> )
40.30	Phil Wombwell	(3 <sup>rd</sup> ) including river swim

43.15	Andy Stredder	
43.50	Mark Attenborough	
45.12	Bob Hayes	
45.20	Paul Ward	
46.52	Mike Monks	
47.05	Kevin Humphreys	
49.15	Michelle Flint	(4 <sup>th</sup> lady)
51.45	Dennis Reeson	
57.36	Barry Davies	

[Back to top](#)