

Redhill Race Results

Jan - June 2003

Dambuster, Rutland Triathlon – 29th June 2003

| Pos | | Swim 1500m | Bike 41.4k | Run 9.6k | Total time |
|-----|--------------|------------|------------|----------|------------|
| 10 | John O'Neill | 19.52 | 1.09.38 | 35.31 | 2.05.01 |
| 196 | Mike Hankin | 28.56 | 1.27.29 | 47.07 | 2.43.32 |

Heanor 5m – 27th June 2003

| | | |
|--------------------------|---------------|-------|
| 7 | Terry Smith | 28.10 |
| 19 (1 st V35) | Helen Burrell | 30.34 |
| 25 | Ian Abbott | 31.25 |

Heritage Series, Wollaton Park, 5k, race 2 – 26th June 2003

| Pos | | | Pos | | |
|-----|-------------------|-------|-----|------------------|-------|
| 3 | Mathew Clapp | 16.37 | 3 | Ann Ford | 19.05 |
| 5 | Lee Stubbs | 16.47 | 10 | Sarah Costin | 20.41 |
| 6 | Mark Yates | 16.49 | 13 | Chloe Nelson | 21.02 |
| 12 | Julian Richardson | 17.17 | 23 | Rachel Martin | 23.32 |
| 18 | Nigel Cobb | 17.38 | 42 | Liz Green-Davies | 24.04 |
| 22 | Stan Pascoe | 17.47 | 46 | Michelle Flint | 24.15 |
| 64 | Bruce Olpin | 19.30 | 64 | Amanda English | 25.08 |
| 74 | Trevor Onions | 19.52 | 66 | Angie Earnshaw | 25.13 |
| 88 | Bill Johnson | 20.11 | 99 | Tracey Lowton | 27.31 |
| 79 | Dave Giles | 20.00 | 115 | Caroline Humber | 29.13 |
| 282 | Chris Middleton | 24.59 | 118 | Sarah Monkton | 30.04 |
| 144 | Dennis O'Neill | 21.41 | | | |
| 187 | Nigel Daniels | 22.44 | | | |
| 182 | Robert Hickling | 22.34 | | | |
| 237 | Mark Taylor | 23.46 | | | |
| 246 | Gary Astle | 23.56 | | | |
| 248 | Phil Hopewell | 24.03 | | | |
| 287 | Brian Moon | 25.03 | | | |

Heritage Series, Holme P, 10k, race 1 – 24th June 2003

The 1st race of this popular series saw Ann win the ladies race whilst Mathew finished 3rd overall

| Pos | | | Pos | | |
|-----|-------------------|-------|-----|-----------------|-------|
| 3 | Mathew Clapp | 34.09 | 1 | Ann Ford | 38.06 |
| 7 | Lee Stubbs | 34.40 | 9 | Sarah Costin | 42.47 |
| 10 | Julian Richardson | 35.23 | 22 | Rachel Martin | 47.18 |
| 19 | Stan Pascoe | 36.12 | 31 | Michelle Flint | 48.35 |
| 37 | Clive Greyson | 38.08 | 54 | Amanda English | 50.48 |
| 52 | Bernie Ford | 39.02 | 57 | Ruth Sturt | 50.55 |
| 60 | Bruce Olpin | 39.54 | 106 | Angie Earnshaw | 59.52 |
| 67 | Phil Wombwell | 40.21 | 107 | Christa Ronan | 59.52 |
| 79 | Trevor Onions | 40.45 | 110 | Caroline Humber | 60.05 |
| 82 | Mark Anslow | 40.49 | 111 | Tracey Lowton | 60.06 |
| 83 | Bill Johnson | 40.51 | 118 | Sarah Monkton | 62.57 |

| | | |
|-----|-------------------|-------|
| 103 | Dave Giles | 41.51 |
| 108 | Robert Litchfield | 42.09 |
| 138 | Chris Middleton | 43.53 |
| 143 | Mathlew Hemsley | 44.23 |
| 161 | Dennis O'Neill | 45.32 |
| 169 | Nigel Daniels | 45.52 |
| 195 | Robert Hickling | 46.56 |
| 258 | Mark Taylor | 49.52 |
| 278 | Dennis Reeson | 50.37 |
| 300 | Gary Astle | 52.13 |
| 311 | Phil Hopewell | 52.44 |
| 312 | Brian Moon | 52.50 |

BMAF "National" 5k

Fliss collects Bronze at British Masters!

M55 Ladies

3 Fliss Garland 20.57

M55 Men

8 Jim Munro 18.11

M50 Men

36 Tony Garland 21.17

Ranby 10k, 22nd June 2003

Terry Smith comes 2nd at Ranby

2 Terry Smith 35.14
Michelle Flint 49.44

Market Bosworth Triathlon – 22nd June 2003

| Pos | | Swim 750m | pos | Bike 21k | pos | Run 5k | pos | Total time |
|-----|------------------|-----------|-----|----------|-----|--------|-----|------------|
| 126 | Mike Hankin | 18.36 | 140 | 41.39 | 110 | 25.28 | 162 | 1.24.50 |
| 181 | Liz Green-Davies | 18.45 | 145 | 46.15 | 194 | 27.50 | 195 | 1.32.58 |

Milford, Lara Duathlon – 19th June 2003

| Pos | | Run 1 | Bike | Run 2 | Total time |
|-----|------------|-------|-------|-------|------------|
| 4 | Simon Nash | 15.12 | 42.30 | 16.20 | 74.02 |

Notts Road Race 3, Erewash, 5.5m, - 18th June 2003

| | | | |
|----|-------------------|----|-------------------|
| 3 | Alan Smith | 2 | Helen Burrell |
| 5 | Andy Weatherill | 3 | Ann Ford |
| 14 | Mark Yates | 7 | Helen Cawthorne |
| 15 | Lee Stubbs | 10 | Nicola Mabbott |
| 16 | Terry Smith | 12 | Michelle Cantrill |
| 22 | Nigel Cobb | 22 | Fliss Garland |
| 25 | Julian Richardson | 44 | Ruth Sturt |
| 26 | Ashley Deeming | 45 | Michelle Flint |
| 30 | Martyn McHale | 80 | Angie Earnshaw |
| 31 | John O'Neill | 81 | Christa Ronan |
| 38 | Kevin Squires | 84 | Lesley Ward |
| 62 | Steve Shayler | 85 | Lisa Haynes |
| 64 | David Walsh | 87 | Ruth Hodgkinson |

| | | | |
|-----|-----------------|----|-----------------|
| 67 | Richard Hammond | 89 | Caroline Humber |
| 69 | Tim Metcalfe | | |
| 70 | Peter Gillespie | | |
| 75 | Phil Wombwell | | |
| 77 | Ian Abbott | | |
| 82 | Richard Mayes | | |
| 84 | Bruce Olpin | | |
| 86 | Bernie Ford | | |
| 87 | Adam Wright | | |
| 103 | Trev Onions | | |
| 104 | Mark Anslow | | |
| 108 | James Butler | | |
| 110 | Arthur Hancock | | |
| 118 | Ian Hales | | |
| 119 | Paul Barrett | | |
| 123 | David Giles | | |
| 149 | Bob Hayes | | |
| 165 | John Truscott | | |
| 171 | Bob Litchfield | | |
| 174 | Paul Ward | | |
| 175 | Tim Cunnington | | |
| 177 | Matt Hemsley | | |
| 185 | John Cass | | |
| 187 | Dennis O'Neill | | |
| 201 | Nigel Daniels | | |
| 216 | Paul Hodgkinson | | |
| 222 | Maurice Lever | | |
| 224 | Pete Scoffings | | |
| 231 | Mike Monks | | |
| 233 | Mark Taylor | | |
| 239 | Dennis Reeson | | |
| 241 | Brian Moon | | |
| 243 | Phil Hopewell | | |
| 247 | Colin Peat | | |
| 249 | Barry Davies | | |
| 253 | Steve Cope | | |

Edinburgh Marathon – 15th June 2003

| | | |
|------|------------------------|---------|
| 554 | John Lovatt | 3.46.59 |
| 1104 | Graeme Scandrett-Smith | 4.08.00 |

Long Eaton 5m – 15th June 2003

| | | |
|-----|----------------|-------|
| 39 | Ian Abbott | 31.38 |
| 48 | Roger Nixon | 32.27 |
| 178 | Michelle Flint | 39.25 |
| 214 | Colin Peat | 42.25 |

Windsor Triathlon – 15th June 2003

In this race where most of the elite men short cut the swim course and were all DQ'd Stuart faired better in the field of around 1500.

| | | Swim 1500m | pos | Bike 40k | pos | Run 10k | pos | Total Time |
|-----|-------------|---------------|-----|-------------|-----|------------|-----|------------|
| 608 | Stuart Lake | 31.11 | 855 | 1.13.40 | 443 | 47.38 | 731 | 2.32.29 |

Mansfield Triathlon – 15th June 2003

| | | Swim 400m | pos | Bike 10k | pos | Run 3m | pos | Total Time |
|-----|-----------------|--------------|-----|-------------|-----|-----------|-----|------------|
| 55 | Tim Metcalfe | 7.26 | 47 | 26.55 | 90 | 18.07 | 46 | 52.28 |
| 75 | Kevin Squires | 7.00 | 31 | 29.30 | 193 | 17.26 | 28 | 53.56 |
| 89 | Steve Shayler | 8.45 | 152 | 27.55 | 133 | 18.08 | 48 | 54.48 |
| 104 | Kevin Humphreys | 8.49 | 159 | 25.59 | 56 | 20.59 | 181 | 55.47 |
| 177 | Mike Hankin | 10.22 | 245 | 27.33 | 116 | 21.35 | 211 | 59.30 |
| 214 | Pearl Dixon | 10.19 | 242 | 28.51 | 170 | 22.31 | 252 | 61.41 |
| 333 | Amanda English | 11.14 | 303 | 38.30 | 351 | 23.50 | 282 | 73.34 |

Gordon Whelbourne, Newark series

Jim Munro was 1st V50 in the series.

| | Jim Munro | James Butler | Steve Shayler |
|-------|-----------|--------------|---------------|
| Mon | 18.00 | 18.51 | |
| Tues | 21.25 | 22.27 | 22.17 |
| Weds | 19.25 | 20.16 | |
| Thurs | 17.13 | 18.18 | |
| Fri | 36.36 | 39.26 | |

Shropshire Triathlon, (World Championship Qualifying) – 8th June 2003

Well done to John O'Neill who finished 4th in the (25-29 years) age group & has as a result we believe qualified for the Worlds!

| Pos | | Swim 1500m | Pos | Bike 25 m | Pos | Run 10km | Pos | Total time |
|-----|--------------|---------------|-----|--------------|-----|-------------|-----|---------------|
| 4 | John O'Neill | 21.52 | 13 | 61.04 | 2 | 38.06 | 9 | 2.01.02 |

BMAF National Track & Field Championships, Moorways, Derby – 7th & 8th June 2003

Congratulations to Andy Wetherill for finishing 2nd in the M45 5k & 3rd in the M45 10k at the National Championships and to Jane Pigeon who (whilst running for her 1st claim club, Notts AC) won the M35 2000m steeple chase !

| | | |
|-----------------|--|----------|
| 2 nd | M45 5k Andrew Wetherill | 16.00.76 |
| 3 rd | M45 10k Andrew Wetherill | 33.56.95 |
| 1 st | M35 2k Steeple Chase Jane Pigeon | 7.55.98 |

Notts 10m, - 6th June 2003

| | | |
|-----|-------------------|------------|
| 13 | Nigel Cobb | 58.29 |
| 20 | Mark Yates | 59.44 |
| 27 | Julian Richardson | 60.43 |
| 31 | Kevin Squires | 61.25 |
| 52 | Richard Hammond | 64.18 |
| 63 | Bruce Olpin | 66.17 p.b. |
| 73 | Ray Gayne | 67.51 |
| 82 | Mark Anslow | 69.14 |
| 92 | David Giles | 69.58 |
| 112 | Chris Middleton | 72.04 |
| 121 | John Lovatt | 72.54 |

| | | |
|-------------------------|----------------|------------|
| 126 | John Kelly | 73.25 |
| 136 | Bob Litchfield | 74.02 |
| 140 | Paul Ward | 74.49 p.b. |
| 200 (24 th) | Michelle Flint | 80.59 p.b. |
| 238 (39 th) | Amanda English | 85.20 |
| 241 | Mark Taylor | 86.35 |
| 253 | Phil Hopewell | 92.28 p.b. |
| 273 (57 th) | Lynne Cowie | 129.38 |

Ropsley 6m – 4th June 2003

Colin Peet 51.45

Sinfin 10k – 1st June 2003

Helen B wins ladies race & Redhill's men win team event at Sinfin!

| | | |
|---------------------------|----------------|-------|
| 6 | Mathew Clapp | 35.08 |
| 7 | Terry Smith | 35.32 |
| 11 | Nigel Cobb | 36.16 |
| 21 (1 st lady) | Helen Burrell | 37.53 |
| 91 | Robert Hayes | 44.28 |
| 130 | John Truscott | 47.32 |
| 181 | Michelle Flint | 51.06 |
| 187 | Dennis Reeson | 51.44 |
| 264 | Lisa Haynes | 63.06 |

Woodhall Spa ½ Marathon & Triathlon – 1st June 2003

If you have ever been to Woodhall Spa then you know what a peaceful & relaxing village it is. Sited South of Lincoln it's a great place to spend a relaxing few days. Several from the club therefore decided to make a weekend of it, camp and enter one of the 2 events. Joined by several others on the day some had decided that the early start to the triathlon was a better bet than running 13.1 miles on a relatively flat but exposed course with the temperatures expected to reach 27 – 28 degrees.

Saturday's weather was hot and this continued into early Sunday morning leaving those that had entered the tri glad they had done so, (running 3 miles was more than far enough in that heat).

The weather then became close with the occasional spot of rain as the ½ marathon began.

Stan Pascoe was 1st Redhill finisher in the ½ marathon to finish 2nd Vet & 9th overall & p.b.'s by also ran by Ruth & Becca. In the triathlon John O'Neill again showed his speed over the 3 disciplines to finish 4th overall.

The weekend will be best remembered for the excessive carbo-loading on the Friday & Saturday nights with beer, pizza & garlic bread. Put a date in your diary for next year!

Woodhall Spa ½ marathon – 1st June 2003

| | | |
|-----------------------------|-----------------|----------------|
| 9 (2 nd Vet) | Stan Pascoe | 1.22.08 |
| 38 | Arthur Hancock | 1.29.36 |
| 67 | Dave Tetley | 1.33.53 |
| 82 | Chris Middleton | 1.37.18 |
| 146 | Mike Monks | 1.44.14 |
| 159 (16 th lady) | Ruth Sturt | 1.45.48 (p.b.) |
| 264 (32 nd lady) | Becca Butler | 1.57.47 (p.b.) |

Woodhall Spa Triathlon 1st June 2003

| Pos | | Swim 400m | Pos | Bike 15 m | Pos | Run 5km | Pos | Total time |
|-----|-----------------|--------------|-----|--------------|-----|------------|-----|---------------|
| 4 | John O'Neill | 5.26 | 5 | 39.33 | 4 | 16.56 | 7 | 1.01.55 |
| 42 | Kevin Humphreys | 7.56 | 66 | 44.51 | 31 | 20.38 | 60 | 1.13.25 |
| 45 | Kevin Squires | 7.08 | 41 | 49.16 | 73 | 17.51 | 14 | 1.14.15 |
| 71 | Mike Hankin | 9.24 | 103 | 47.29 | 51 | 22.13 | 89 | 1.19.06 |
| 81 | Simon Nash | 9.51 | 110 | 49.00 | 66 | 22.24 | 92 | 1.21.15 |
| 110 | Pearl Dixon | 8.25 | 78 | 55.05 | 114 | 23.33 | 108 | 1.27.03 |

Sheffield Marathon – 1st June 2003

22 Dave Walsh 3.13.11

Sheffield ½ Marathon – 1st June 2003

163 Ian Abbott 1.32.46
615 (36th lady) Rachel Martin 1.46.11

Milford, Lara Duathlon – 29th May 2003

Ian finishes 3rd at Milford Duathlon!

| Pos | | Run 1 | Bike | Run 2 | Total time |
|-----|---------------|-------|-------|-------|------------|
| 3 | Ian Hales | 14.54 | 37.31 | 16.03 | 68.28 |
| 7 | Simon Nash | 15.07 | 41.03 | 15.54 | 72.04 |
| 16 | Mike Hankin | 18.10 | 41.16 | 19.44 | 79.10 |
| 20 | Pearl Dixon | 18.51 | 47.43 | 20.38 | 87.12 |
| 21 | Rachel Martin | 18.26 | 50.18 | 19.35 | 88.19 |

Saxilby 6m – 26th May 2003

98 John Truscott 42.44
134 Mike Monks 44.37
184 Michelle Flint 46.59
257 Colin Peet 51.24
Gurbaksh Dosanth (2nd claim) 59.58
360 Lisa Haynes 60.01

Ironman Brazil – 25th May 2003

What can you say except, well done!

| Pos | | Swim 2.4 m | Bike 112 m | Run 26.2 m | Total Time |
|-----|--------------|---------------|---------------|---------------|---------------|
| 210 | Mark Redwood | 1:06:14 | 5:08:23 | 4:57:27 | 11:12:04 |

Tour of Derwent Valley - 23rd to 26th May 2003

33 **Duffield 4.45m**
Richard Hammond 27.34

30 **Wirksworth 4.2m**
Richard Hammond 27.43

Milford 5m

| | | |
|------------------|-------------------|--------|
| 25 | Richard Hammond | 33.20 |
| | Rowsley 4m | |
| 29 | Richard Hammond | 27.58 |
| | Overall | |
| 19 th | Richard Hammond | 116.35 |

Northampton Duston Triathlon – 25th May 2003

| Pos | | Swim 400m | Pos | Bike 12 mile | Pos | Run 5k | Pos | Total Time |
|-----|-------------|-----------|-----|--------------|-----|--------|-----|------------|
| 98 | Mike Hankin | 9.01 | 140 | 40.31 | 57 | 22.13 | 126 | 1:11:45 |

Notts Road Race Series, Race 2, Holme Pierrepont 5m – 21st May 2003

Damp conditions greeted the 370 or so runners that ran in the second race of the Nottinghamshire Road Race series. Redhill's men were again lead home by Alan, Andy, the Paul's, Mathew & Leigh whilst the women strengthened by the return of the Helen's & with Michelle running for the 1st time for the club finished 7 in the top 18 to dominate the ladies race. 70 ran in total from our club, which is probably a record outside of the Epperstone venue. Again a thank you to the others that went to shout encouragement & especially to those that helped with the race organisation & the taking of results.

| | | | |
|-------------------|-------------------|----------------|-------------------|
| 3 | Alan Smith | 2 | Helen Burrell |
| 6 | Andy Wetherill | 6 | Ann Ford |
| 8 | Paul Newton | 7 | Helen Cawthorne |
| 14 (transferring) | Mathew Clapp | 8 | Michelle Cantrill |
| 15 | Leigh Stubbs | 14 | Sarah Costin |
| 17 | Paul Warden | 17 | Chloe Nelson |
| 21 | Mark Yates | 18 | Fliss Garland |
| 25 | Nigel Cobb | 32 | Ruth Sturt |
| 26 | Terry Smith | 34 | Julie Lowton |
| 36 | Julian Richardson | (transferring) | Rachel Martin |
| 39 | Kevin Squires | 43 | Pearl Dixon |
| 40 | Stuart Lebinkski | 56 | Amanda English |
| 41 | Martin McHale | 60 | Michelle Flint |
| 47 | Jim Munro | 67 | Rebecca Butler |
| | Paul Mellors | 92 | Suzi Artis |
| | Steve Humber | 98 | Sam Iles |
| 77 | Richard Hammond | 102 | Ruth Hodgkinson |
| 81 | Simon Nash | 105 | Sarah Monkton |
| 82 | Ian Abbott | 106 | Caroline Humber |
| 83 | Steve Shayler | 107 | Lisa Haynes |
| 84 | James Butler | 111 | Liz Green-Davis |
| 88 | Ray Gayne | 113 | Lynn Cowie |
| 89 | Richard Mayes | 22 | Total |
| 100 | Bruce Olpin | | |
| 102 | Ian Hales | | |
| 105 | John Lowton | | |
| 113 | Arthur Hancock | | |
| 119 | Mark Anslow | | |
| 136 | Andy Stredder | | |
| 142 | Bob Hayes | | |
| 150 | David Giles | | |
| 166 | Kevin Humphreys | | |
| 174 | John Truscott | | |
| 176 | Paul Ward | | |
| 205 | Tim Cunnington | | |
| 210 | John Lovatt | | |
| 211 | Rob Hickling | | |

| | |
|-----------|-----------------|
| 218 | John Cass |
| 222 | Paul Hodgkinson |
| 223 | Mike Hankin |
| 229 | Mike Monks |
| 230 | Maurice Lever |
| 232 | Pete Scoffings |
| 244 | Nigel Daniels |
| 248 | John Childs |
| 249 | Colin Peet |
| 250 | Dennis Reeson |
| 252 | Phil Hopewell |
| 254 | Barry Davis |
| 48 | Total |

Burnall Duathlon – 18th May 2003

| Pos | | Run 1 7.5k | Bike 40k | Run 2 2.5k | Total time |
|-----|-------------|---------------|-------------|---------------|------------|
| 28 | Mike Hankin | 38.06 | 88.42 | 19.47 | 2:29:43 |

Derby 10k – 18th May 2003

Over 1100 entries overwhelmed the officials taking times at the end of this popular 10k leaving most competitors with positions but no race times.

| | | |
|-----|--|-------|
| 12 | Paul Newton | 35.01 |
| 17 | Terry Smith | 35.45 |
| 82 | Ian Abbott | 39.46 |
| 117 | Bruce Olpin | 41.15 |
| 226 | John Truscott | 44.16 |
| 264 | Paul Ward | 45.02 |
| 357 | Rob Hickling | 46.26 |
| 555 | Michelle Flint | |
| 556 | Dennis Reeson | |
| 805 | Tracey Lowton | |
| 883 | Gurbaksh Dosanjh (2 nd claim) | |

BVAF Masters Road Relays, Sutton Park – 17th May 2003

| | | |
|------------------------------------|----------------|-----|
| Men - M40 - 26th | 2:17:46 | |
| Martyn McHale | 16.59m | |
| Stan Pascoe | 16.43m | +9 |
| Tom Rawsterne | 17.26m | +1 |
| Noel McGuinness | 17.38m | +0 |
| Chris Middleton | 21.01m | -12 |
| Andy Wetherill | 15.21m | +13 |
| Paul Warden | 16.07m | +6 |
| Barrie Moss | 16.31m | +2 |

| | | |
|------------------------------------|----------------|----|
| Men – M50 - 18th | 1:49:03 | |
| Stew Lebelinski | 17.02m | |
| Eddie Tennant | 17.04m | +1 |
| Jim Munro | 17.08m | -3 |
| Colin Astill | 18.08m | -4 |
| Bill Johnson | 19.25m | -4 |
| Tony Garland | 20.16m | -3 |

| | |
|--------------------------------------|--------------|
| Ladies - M35 – 4th | 54:48 |
| Helen Burrell | 17.23m |

| | | |
|------------------|--------|----|
| Audrey Macmillan | 18.45m | -1 |
| Helen Cawthorne | 18.40m | +1 |

Nott's Track & Field County Championships – 10th & 11th May 2003

5000m seniors

| | | |
|-----------------|---------------|-------|
| 2 nd | Any Wetherill | 15.54 |
| 4 th | Paul Newton | 16.29 |

3000m Vet

| | | |
|-----|----------------|------|
| 1st | Andy Wetherill | 9.18 |
|-----|----------------|------|

Southwell Sprint Triathlon – 11th May 2003

The annual Southwell triathlon has become a well-established event over recent years & had been full for weeks. 469 raced on Sunday & were blessed with great weather & a strong breeze, which although against the riders during the 1st half of the bike course certainly helped during the hills on the return route. The run up the infamous hill straight off the bike was made even harder this year as it circum navigated the rugby pitch on grass & all regarded the distance to be about 2 minutes long. John O'Neill placed 7th in the high quality field & Mark Redwood biked the fastest split in his preparation for Ironman Brazil in a fortnight's time, but declined to run safeguarding his legs for that event. There were the usual "Redhill" duels lower down the order with Amanda English's quest not helped by a 1½ minute detour when she was sent the wrong way by a marshal on the run course.

| Pos | | Swim 400m | Pos | Bike 12 mile | Pos | Run 5k | Pos | Total Time |
|-----|-----------------|-----------|-----|--------------|-----|---------|-----|------------|
| 7 | John O'Neill | 0:06:43 | 21 | 0:28:51 | 8 | 0:18:33 | 18 | 0:54:07 |
| 68 | Tim Metcalfe | 0:08:38 | 96 | 0:33:50 | 100 | 0:20:11 | 58 | 1:02:39 |
| 108 | Kevin Humphreys | 0:09:10 | 137 | 0:33:41 | 97 | 0:22:44 | 170 | 1:05:35 |
| 112 | Stewart Lake | 0:09:55 | 200 | 0:34:07 | 111 | 0:21:39 | 119 | 1:05:41 |
| 122 | Kevin Squires | 0:09:24 | 161 | 0:37:18 | 209 | 0:19:29 | 33 | 1:06:11 |
| 138 | Mike Hankin | 0:10:09 | 227 | 0:34:03 | 110 | 0:23:04 | 186 | 1:07:16 |
| 324 | David English | 0:11:59 | 332 | 0:43:55 | 358 | 0:24:14 | 245 | 1:20:08 |
| 334 | Rachel Martin | 0:14:41 | 418 | 0:41:23 | 312 | 0:25:01 | 276 | 1:21:05 |
| 350 | Amanda English | 0:11:00 | 276 | 0:44:02 | 361 | 0:27:55 | 357 | 1:22:55 |
| | Mark Redwood | 0:06:46 | 22 | 0:27:32 | 1 | | | |

Milford Duathlon, Lara – 8th May 2003

| Pos | | Run 1 | Bike | Run 2 | Total time |
|-----|-------------|-------|-------|-------|------------|
| 10 | Simon Nash | 15.09 | 41.19 | 15.42 | 72.10 |
| 17 | Mike Hankin | 18.03 | 40.12 | 19.05 | 77.20 |

Southwell 5k, Lara – 5th May 2003

| | | |
|---------------------------|------------------|-------|
| 13 | John O'Neill | 17.37 |
| 16 | Jim Munro | 17.59 |
| 24 | Steve Shayler | 18.55 |
| 28 (2 nd lady) | Audrey MacMillan | 19.50 |
| 46 | Mike Hankin | 22.14 |

Retford 5k – 5th May 2003

| | | |
|---|-------------|-------|
| 4 | Barry Moss | 16.45 |
| 5 | Terry Smith | 16.50 |

BMAF 10K Road Championships, Chelmsley Wood – 4th May 2003

Andy comes 1st Vet 45 in the British 10k road Championships!

15th (1st Vet45) Andy Wetherill 33.13

Kinder Downfall fell race – 27th April 2003

John Truscott 1.40.00

Stratford ½ marathon – 27th April 2003

141 Ian Abbott 1.34.11

Ranby 10 mile – 27th April 2003

Paul Newton wins, Kev Squires comes 3rd & Bruce Olpin wins his 1st team prize as 3rd counting Redhill finisher.

| | | |
|-----------------|----------------|------------|
| 1 st | Paul Newton | 58.29 |
| 3 rd | Kevin Squires | 60.29 |
| | Phil Wombwell | 67.44 |
| | Bruce Olpin | 69.40 |
| | David Giles | 72.02 |
| | Mike Monks | 80.54 |
| | Amanda English | 82.46 p.b. |
| | Dennis Reeson | 83.01 |

Epperstone Road Race 23rd April 2003

89 is our new club & Notts league record for the Nottinghamshire road race series!

80 runners at Epperstone in 2002 was special in a field of approximately 425 but on this pleasant spring evening & in a race of around 375 runners, 89 ran to make up 24% of the entire field. Led home by Alan, the Paul's, Mathew & Andy in the men's race & by Ann, Fliss, Sarah & Chloe in the ladies almost every 1 in 4 finisher was from our club.

Margaret Glover, who having finished only wanted to know if we had broken the previous record, summed up the evening. That was why she had run (as she did so in 2002).

Great club spirit, thank you to all that came to run and to the others that helped & offered encouragement.

| | | | |
|------------------|------------------|-------------------|------------------|
| 4 | Alan Smith | 2 | Ann Ford |
| 6 | Paul Newton | 10 | Fliss Garland |
| 8 (transferring) | Mathew Clapp | 13 | Sarah Costin |
| 9 | Paul Warden | 17 | Chloe Nelson |
| 12 | Andy Weatherill | 25 | Sandra Schneider |
| 17 | Mark Yates | 37 | Louise Tomlinson |
| 24 | Lee Stubbs | 43 | Pearl Dixon |
| 25 | Nigel Cobb | 44 | Julie Lowton |
| 29 | Kevin Squires | 45 | Ruth Sturt |
| 37 | Stuart Leblinski | 49 (transferring) | Rachel Martin |
| 43 | Martyn McHale | 52 | Amanda English |
| 45 | Jim Munroe | 53 | Michelle Flint |
| 56 | Stan Pascoe | 84 | Tracey Lowton |
| 59 | Phil Womwell | 91 | Suzi Artis |
| 63 | Simon Nash | 93 | Sam Iles |

| | | | |
|-----|------------------------|-----|------------------|
| 64 | Richard Hammond | 95 | Lesley Ward |
| 71 | Steve Humber | 96 | Deb Hyland |
| 76 | James Butler | 97 | Ruth Hodgkinson |
| 80 | David Walsh | 98 | Sarah Monton |
| 85 | Nigel Swinscoe | 100 | Liz Green-Davies |
| 86 | Ian Hales | 101 | Rebecca Butler |
| 88 | Paul Mellors | 102 | Christa Ronan |
| 90 | Richard Mayes | 103 | Liza Haynes |
| 92 | Ian Abbott | 104 | Melanie Weaver |
| 95 | Alan Wright | 105 | Margaret Glover |
| 96 | Arthur Hancock | | |
| 98 | Trevor Onions | | |
| 99 | Bill Johnson | | |
| 103 | Bruce Olpin | | |
| 104 | Steve Shayler | | |
| 105 | Tim Metcalfe | | |
| 110 | Ray Gayne | | |
| 116 | Des Gibbons | | |
| 125 | John Lowton | | |
| 142 | Dave Tetley | | |
| 143 | Ian Hamilton | | |
| 146 | Peter Gillespie | | |
| 148 | David Giles | | |
| 150 | Mark Anslow | | |
| 165 | Rob Litchfield | | |
| 170 | Andy Stredder | | |
| 175 | Stuart Lake | | |
| 179 | John Truscott | | |
| 180 | Bob Hayes | | |
| 182 | John Lovatt | | |
| 189 | Paul Cookson | | |
| 191 | Dave English | | |
| 195 | Kevin Humphreys | | |
| 201 | Pete Hamilton | | |
| 204 | Tim Cunnington | | |
| 218 | Graham Scandrett-Smith | | |
| 219 | Dennis O'Neill | | |
| 221 | Mike Hankin | | |
| 225 | Mike Monks | | |
| 237 | Paul Hodgkinson | | |
| 239 | John Cass | | |
| 244 | Brian Moon | | |
| 252 | Mark Taylor | | |
| 254 | Steve Cope | | |
| 257 | Dennis Reeson | | |
| 262 | Gary Astle | | |
| 268 | Barry Davies | | |
| 269 | Colin Peet | | |

Notts AC Fred Pigeon (2nd Claim)

Easter 10k, Wollaton Park – 21st April 2003-04-21

| | | |
|----|-----------------|-------|
| 4 | Paul Newton | 34.34 |
| 5 | Terry Smith | 34.44 |
| | Richard Hammond | 39.16 |
| 38 | Phil Grant | 39.41 |
| 64 | Mark Anslow | 42.27 |
| 71 | David Giles | 43.05 |

| | | |
|-----|-----------------|------------|
| | Dennis Reeson | 49.00 ? |
| 181 | Amanda English | 49.30 p.b. |
| 185 | Kevin Humphreys | 49.37 |
| 192 | Michelle Flint | 49.54 |
| 227 | Becca Butler | 52.28 p.b. |
| 228 | Ruth Sturt | 52.28 |
| 253 | Phil Hopewell | 58.30 |
| 264 | Tracey Lowton | 61.02 |

Mansfield Duathlon – 20th April 2003

A gentle run & bike round Kirklington seemed a pleasant way to spend a Sunday morning, that was until we ran up the first 1:1 grass bank after 2 minutes of running onto 2 miles of uneven pebble laden dirt track. As usual several who had gone off too fast “blew” at this point and were never to be seen again. Simon Nash was determined to stay with Ian & John (O’Neill), he would have known better if he had seen John’s bike time at Wombourne (3rd fastest). I had no such intensions & was a minute adrift as we passed each other near the turn round point. The 2nd ½ of the run was all downhill & everyone streamed into transition, donned their bike gear and rode off up a very steep incline. The smallish field meant that we were all effectively riding alone, the course being undulating with very few stretches where a decent rhythm could be established for any length of time. 14 miles later and back into transition to do the same run course again. Having past 5 on the bike I expected them to get revenge on the 2nd run & sure enough behind me 3 ran close behind. Up the bank again, I decided to walk, one brave sole ran, caught me up, but never was quite the same again. John ran the other way in 7th position, followed by Ian & a very tired looking Simon. 1 lad overtook me & ran away, the rest faded. I finished 3 minutes adrift of Simon. Testing, but great event !

| Pos | | Run 5k | pos | Bike 14m | Pos | Run 4.5k | pos | Total time |
|-----|-----------------|--------|-----|----------|-----|----------|-----|------------|
| 8 | John O’Neill | 18.31 | 17 | 39.32 | 3 | 17.48 | 12 | 1.15.51 |
| 16 | Ian Hales | 18.44 | 22 | 43.42 | 18 | 17.57 | 13 | 1.20.23 |
| 31 | Simon Nash | 18.48 | 23 | 47.03 | 36 | 21.10 | 34 | 1.27.01 |
| 35 | Kevin Humphreys | 21.58 | 38 | 46.13 | 32 | 22.09 | 38 | 1.30.20 |

British Masters X/Country, Irvine Scotland – April 2003

Jane Pigeon (running for her 1st claim club, Notts AC) placed 5th in the British Cross Country Championships at Irvine, Scotland, last weekend in the over 35 category.

London Marathon - 13th April 2003

A successful London marathon saw Andy finish 2nd V45, whilst Helen B was 3rd V35 & Helen C was 3rd V40.

Sandra, Chloe & Pearl all ran p.b.'s, in fact congratulations to all !

| | | |
|-------------|-------------------|--------------|
| 48 | Andrew Weatherill | 2.29.16 |
| 23 (lady) | Helen Burrell | 2.52.13 p.b. |
| 606 | Mathew Clapp | 2.56.16 |
| 29 (lady) | Helen Cawthorne | 2.56.34 |
| 407 (lady) | Sandra Schneider | 3.34.18 p.b. |
| 468 (lady) | Chloe Nelson | 3.36.24 p.b. |
| 648 (lady) | Amy Atherton | 3.41.17 |
| 6512 | John Lowton | 3.51.13 |
| 7763 | John Lovatt | 3.54.57 |
| 1864 (lady) | Pearl Dixon | 4.16.47 p.b. |

Belvoir (Hose) ½ Marathon - 6th April 2003

Redhill's men win team prize at Hose !

Congrats also to Gary, Louise & Amanda for breaking their p.b.'s

| | | |
|-----|------------------|-------------|
| 4 | Nigel Cobb | 77.23 |
| 8 | Mark Yates | 78.26 |
| 10 | Kevin Squires | 79.14 |
| 28 | Richard Hammond | 84.55 |
| 37 | James Butler | 85.51 |
| 56 | Arthur Hancock | 87.38 |
| 81 | Bruce Olpin | 91.24 |
| 95 | Ray Gayne | 92.38 |
| 98 | David Giles | 93.02 |
| 125 | John Truscott | 96.14 |
| 165 | Garry Astle | 99.25 p.b. |
| 169 | Mike Monks | 99.44 |
| 198 | Louise Tomlinson | 103.41 p.b. |
| 232 | Dennis Reeson | 108.11 |
| 233 | David English | 108.13 |
| 236 | Amanda English | 108.28 p.b. |
| 281 | Peter Scoffings | 118.54 |

Lincoln 10k - 6th April 2003

The race website result times are apparently far from accurate for some so please let me know your correct times if they differ from below.

| | |
|-----------------|------------|
| Terry Smith | 34.30 |
| Lee Stubbs | 36.10 |
| Clive Greyson | 36.54 |
| Ian Abbott | 38.44 |
| Robert Hickling | 46.43 ? |
| Rachel Martin | 46.53 ? |
| Louise Keeting | 49.08 ? |
| Phil Hopewell | 57.** p.b. |
| Michelle Flint | 48.01 p.b. |
| Sarah Mounton | 58.34 ? |
| Tracey Lowton | 59.38 ? |

Powerman, Carsington water- 6th April 2003

Ian ran & cycled this grueling event which was won by Benny Vansteelant (European Dualthon Champion). The 2nd time up Stoney Middleton on the bike leg must have been an experience, followed by a 2nd run of 8k, well done mate !

| Pos | | Run 8.5m | pos | Bike 60k | Pos | Run 8k | pos | Total time |
|-----|-----------|----------|-----|----------|-----|----------|-----|------------|
| 104 | Ian Hales | 01.00.46 | 227 | 01.39.15 | 41 | 00.39.58 | 119 | 3.19.59 |

Wombourne Triathlon - 6th April 2003

| Pos | | Swim 400m | pos | Bike 12m | Pos | Run 5k | pos | Total time |
|-----|--|-----------|-----|----------|-----|--------|-----|------------|
|-----|--|-----------|-----|----------|-----|--------|-----|------------|

| | | | | | | | | |
|----|-----------------|------|-----|-------|----|-------|-----|-------|
| 7 | John O'Neill | 6.31 | 11 | 32.38 | 3 | 18.41 | 18 | 57.50 |
| 55 | Kevin Humphreys | 7.55 | 113 | 37.26 | 43 | 21.51 | 71 | 67.12 |
| 90 | Mike Hankin | 8.49 | 153 | 38.49 | 59 | 22.58 | 101 | 70.36 |

Midland ladies 6 stage, Sutton Park - 5th April 2003

Redhill's ladies win Midland Bronze Medal !

| | | | |
|------------|-------------------|------|----------------|
| 3rd | Redhill RR | | 1:57.49 |
| | Sarah Costin | (19) | 19:57 |
| | Ann Ford | (10) | 18:23 |
| | Helen Cawthorne | (7) | 18:49 |
| | Fliss Garland | (6) | 20:07 |
| | Sandra Schneider | (5) | 20:47 |
| | Chloe Nelson | (3) | 19:46 |

Midland Veterans 6 stage, Sutton Park - 5th April 2003

| | | | |
|------------|-------------------|-----|----------------|
| 6th | Redhill RR | | 2:17.38 |
| | Stan Pascoe | (7) | 31:21 |
| | Andy Wetherill | (4) | 15:17 |
| | Barry Moss | (3) | 16:49 |
| | Martyn McHale | (4) | 32:56 |
| | Tony Garland | (6) | 20:50 |
| | Chris Middleton | (6) | 20:25 |

Woking 10m - 30th March 2003

66th 4th lady Helen Cawthorne 64.38 (2nd lady vet)

Woking 10k – 30th March 2003

Jim Munroe 37.57

Louth 10 - 23rd March 2003

Terry Smith comes 3rd at Louth !

| | | |
|-----------------|---------------|--------------|
| 3 rd | Terry Smith | 57.16 |
| | Bruce Olpin | 1.08.05 p.b. |
| | Mark Anslow | 1.09.00 p.b. |
| | Nigel Daniels | 1.11.08 |
| | Gary Astele | 1.15.36 p.b. |
| | Mike Monks | 1.15.42 |
| | Pard Ward | 1.16.15 p.b. |
| | Dennis Reeson | 1.20.12 |

Sheffield Lord Mayor's 10k - 23rd March 2003

On this 2 lap course one of Andy's main problems besides the sharp turns on the course were the number of runners he had to pass during his 2nd lap. However this didn't stop him finishing 2nd overall and 1st Vet.

2nd (1st Vet) Andy Wetherill 32.16

Wimslow ½ marathon - 23rd March 2003

Clive & Sandra ran this popular spring event both recording p.b.'s. Club member Alaster Stewart (running for his 1st claim club, Belgrave) also ran a p.b. finishing 23rd with a sub 67 minute time !!

23 Alaster Stewart 1:06:54 p.b.
51 Clive Greyson 1:19:22 p.b.
865 (87th lady) Sandra Schneider 1:38:50 p.b.

Ackworth ½ Marathon - 23rd March 2003

Richard recorded a p.b. on what he described as a undulating course with 2 noticable climbs between the 9 & 11 mile marks.

Richard Hammond 01:26:44 p.b.

Coniston 14 - 23rd March 2003

Arthur Hancock 01:33:50

Ashby 20, Leicestershire - 16th March 2003

Helen Cawthorne stormed to victory, winning the ladies race by more than 10 minutes & setting a new ladies course record in the process!

35 (1st lady)Helen Cawthorne 02:10:19
49 Nigel Cobb 02:14:16
55 David Walsh 02:15:00
321 Graeme Scandrett-Smith 02:55:00
324 Colin Shipman 02:55:34

Rushcliffe 10k - 16th March 2003

10 Kevin Squires 36.04
24 James Butler 38.31
30 Simon Nash 39.27
48 Nigel Daniels 42.27
64 Gary Astle 44.12 p.b.
65 Paul Ward 44.20
68 (7th lady) Louise Tomlinson 44.38 p.b.
81 Peter Scoffings 46.01 p.b.
95 Dennis Reeson 47.25
114 Michelle Flint 49.12 p.b.

| | | |
|-----|------------------|------------|
| 125 | Liz Green-Davies | 50.37 p.b. |
| 127 | Amanda English | 50.34 |
| 159 | Caroline Humber | 58.03 |
| 163 | Gurbash Dosanth | 59.48 p.b. |
| 166 | Tracey Lowton | 60.34 |

East Midlands X/Country, Final 2002/2003 League Positions

| | 1 | | 2 | | 3 | | 4 | | 5 | |
|----------------------|------------|----------|------------|----------|------------|----------|------------|----------|------------|----------|
| Senior | Long | | Holme | | Colwick | | Bramcote | | Derby | |
| Men | Eaton | | P | | Woods | | | | | |
| Redhill A | 22 | 1 | 21 | 1 | 39 | 2 | 35 | 2 | 21 | 1 |
| Holme P | 63 | 3 | 63 | 2 | 232 | 8 | 125 | 5 | 93 | 3 |
| Nottm Uni | 35 | 2 | 126 | 5 | 15 | 1 | 17 | 1 | 47 | 2 |
| Formula 1 | 82 | 4 | 81 | 4 | 81 | 3 | 211 | 6 | 133 | 5 |
| L. Eaton | 116 | 5 | 76 | 3 | 93 | 4 | 92 | 3 | 204 | 7 |
| Seimens | 182 | 7 | 158 | 6 | 196 | 7 | 106 | 4 | 126 | 4 |
| Sinfin | 221 | 8 | 194 | 7 | - | | 227 | 7 | - | - |
| Newark | 255 | 9 | 258 | 8 | 193 | 6 | 237 | 8 | - | - |
| Erewash | 155 | 6 | - | - | 182 | 5 | - | - | 135 | 6 |
| Redhill B | 125 | 1 | 106 | 1 | 94 | 1 | 101 | 1 | 107 | 1 |
| Formula 1 B | 277 | 2 | 304 | 4 | 191 | 2 | - | - | - | - |
| L. Eaton B | 341 | 4 | 287 | 2 | 268 | 4 | 249 | 3 | - | - |
| Nottm Uni B | 277 | 2 | 0 | 0 | 228 | 3 | 170 | 2 | - | - |
| Holme P B | - | 0 | 296 | 3 | - | | 259 | 4 | - | - |
| Redhill C | 232 | 1 | 175 | 1 | 193 | 1 | 164 | 1 | 211 | 1 |
| Redhill D | 312 | 1 | 239 | 1 | 248 | 1 | 247 | 1 | - | - |
| Redhill E | 350 | 1 | 293 | 1 | 283 | 1 | - | - | - | - |
| Vet Men | | | | | | | | | | |
| Erewash | 110 | 1 | 151 | 2 | 89 | 2 | 107 | 2 | 95 | 2 |
| Redhill | 157 | 2 | 92 | 1 | 74 | 1 | 43 | 1 | 38 | 1 |
| Sinfin | 168 | 3 | 151 | 2 | 259 | 7 | 219 | 5 | 160 | 4 |
| Formula 1 | 201 | 4 | 235 | 6 | - | - | - | - | 158 | 3 |
| Senior Ladies | | | | | | | | | | |
| Holme P | 22 | 1 | 32 | 2 | 25 | 2 | 45 | 3 | 50 | 3 |
| Nottm Uni | 30 | 2 | 9 | 1 | 11 | 1 | 8 | 1 | 25 | 1 |
| L. Eaton | 45 | 3 | 54 | 5 | 67 | 6 | 56 | 5 | - | - |
| Formula 1 | 54 | 4 | 51 | 4 | 47 | 3 | 91 | 7 | 77 | 7 |
| Erewash | 79 | 6 | 38 | 3 | 81 | 7 | 46 | 4 | 59 | 5 |
| Redhill | 54 | 5 | 61 | 6 | 48 | 4 | 44 | 2 | 53 | 6 |
| Newark | 85 | 7 | 82 | 7 | 59 | 5 | 70 | 6 | 46 | 3 |
| Formula 1B | 106 | 2 | 102 | 1 | 101 | 3 | - | - | - | - |
| Redhill B | 102 | 1 | 115 | 3 | 89 | 1 | 82 | 2 | 83 | 1 |

European Indoor Masters Championships March 2003

Congratulations to Jane Pidgeon who whilst running with her 1st claim club (Notts A.C.) followed up on her recent British Indoor Championship performances by finishing 6th in the V35 1500 metres and 7th in the 3000 metres.

East Midlands X/Country, Darley Abbey - 9th March 2003

Redhill's men are East Midland X/Country senior "A", "B", "C" & Vet champions!!

Redhill's ladies are East Midland X/Country senior "B" team champions & are 3rd senior ladies!!

The final race in the series saw a dominating performance from the clubs men who finished 1st, 2nd & 3rd on the day. Paul Newton recorded his 2nd victory of the series running off the front in the first mile. He was followed home by Paul Waulden & Ashley Deeming as the field spread out over the two lap course. These 3 were supported by Barry Moss, Terry Smith & Kevin Squires who also finished inside the top 10. The men won all the senior categories & vets on the day and took all the series trophies for the season.

Redhills ladies were led home by Liz Green-Davies in 10th & finished both 3rd on the day & also 3rd overall in the series. Their consistency at all the races also won them the ladies series "B" team trophy.

Well done & a big thank you to everyone for your support throughout the X/Country season!

Pos Mens

1 Paul Newton
2 Paul Waulden
3 Ashley Deeming
6 Barry Moss
7 Terry Smith
10 Kevin Squires
14 Stan Pascoe
15 James Butler
16 Martyn McHale
22 Arthur Hancock
27 Richard Hammond
43 Nigel Daniels
48 Tim Cunnington
50 John Truscott
53 Maurice Lever

Pos Ladies

10 Liz Green-Davies
18 Amanada English
26 Becky Butler
27 Christa Ronan

Peterborough ½ marathon - 9th March 2003

36th Nigel Cobb 1:18:41
9th lady Chloe Nelson 1:34:23

Silverstone ½ marathon - 2nd March 2003

Andy missed his warm up (as did many others) by being held up in the traffic but still managed to come 5th & 1st V45.

Michelle also knocked 19 minutes off her previous best!

| Pos | | time |
|---------------------------------------|----------------|-------------|
| 5 th (1 st V45) | Andy Wetherill | 71.38 |

Nott'm University Relays (2.69m) - 1st March 2003

| | | | |
|------------------------|--------------------|------------------------|----------------------|
| 6th | Mens A Team | 9th | Womens A Team |
| 14:54 | Stan Pascoe | 15:24 | Helen Burrell |
| 14:36 | Mark Yates | 18:30 | Louise Tomlinson |
| 15:07 | Barrie Moss | 17:56 | Fliss Garland |
| 14:54 | Terry Smith | 16th | Womens B Team |
| 15:48 | Kevin Squires | 19:25 | Liz Green-Davis |
| 14:28 | Paul Newton | 21:04 | Amanda English |
| 17th | Mens B Team | 19:43 | Leona Sharp |
| 17:10 | Adam Wright | 19th | Womens C Team |
| 16:25 | Ray Gayne | 19:42 | Pearl Dixon |
| 16:52 | Trevor Onions | 26:29 | Gurbaksh Dosanth |
| 17:13 | Bruce Olpin | 24:09 | Caroline Humber |
| 16:32 | Richard Hammond | | |
| 15:53 | James Butler | 24:54 | Sarah Monkton |
| 20th | Mens C Team | | |
| 17:53 | Tony Garland | | |
| 17:42 | Dave Tetley | | |
| 17:59 | Kevin Humphreys | | |
| 15:21 | Martyn McHale | | |
| 18:11 | Paul Ward | | |
| 15:47 | Steve Humber | | |

Bourton 10k - 23rd February 2003

77 Jim Munrow 38.43

East Midlands X/Country, Bramcote - 23rd February 2003

Clear blue skies greeted the runners at Bramcote, the 4th race of the series. Paul Waulden racing again after a long absence from the club made up for lost time to finish 6th overall, finishing just behind Ashley Deeming. Solid grouping thereafter meant Redhill finished 5 in the first 10 & 9 in the top 20. Pearl Dixon led the Redhill ladies home in 12th & there were first runs for the club from Becky Butler & Christa Ronan.

| Pos | Mens | Pos | Ladies |
|------------|-----------------|------------|------------------|
| 5 | Ashley Deeming | 12 | Pearl Dixon |
| 6 | Paul Waulden | 15 | Liz Green-Davies |
| 7 | Paul Newton | 17 | Ruth Sturt |
| 8 | Barry Moss | 25 | Becky Butler |
| 10 | Terry Smith | 26 | Christa Ronan |
| 12 | Stan Pascoe | | |
| 13 | Kevin Squires | | |
| 17 | Nigel Swinscoe | | |
| 19 | James Butler | | |
| 24 | Arthur Hancock | | |
| 27 | Noel McGuinness | | |
| 31 | Simon Nash | | |
| 37 | Tim Metcalfe | | |
| 39 | Richard Hammond | | |
| 40 | Trevor Onions | | |
| 48 | Nigel Daniels | | |
| 55 | Kevin Humphreys | | |

National Cross Country Championships (Parliament Hill, London), 12k - 22nd February 2003

| | | |
|-----|---------------|-------|
| 336 | Paul Newton | 51.25 |
| 756 | Clive Greyson | 58.43 |
| 838 | Bruce Olpin | 60.14 |

British Masters Championships February 2003

Congratulations to Jane Pidgeon who whilst running with her 1st claim club (Notts A.C.) returned from above championships with two medals. Silver for the 1500 metres (4 minutes 54.29) and bronze in the 3000 metres (10 min 54.29).

Buttermere (Keswick), 22 mile - 16th February 2003

| | |
|------------------------|---------|
| Graham Scandrett-Smith | 3:19:07 |
|------------------------|---------|

Stamford Valentines 30k 16th February 2003

Helens come 1st & 2nd at Stamford.

Helen Burrell & Helen Cawthorne both went one better than in last years race by finishing 1st & 2nd respectively this time round (& in faster times too!).

| | | |
|---|-------------------|---------|
| 16 th (1 st lady) | Helen Burrell | 1:57:42 |
| 21 st | Nigel Cobb | 1:58:47 |
| 32 nd (2 nd lady) | Helen Cawthorne | 2:02:21 |
| 216 th | Bill Collier | 2:30:38 |
| 259 th | John Truscott | 2:35:55 |
| 277 th | Robert Litchfield | 2:38:03 |

Belvoir challenge (26m off road) 15th February 2003

This was a testing course, whether you did the "short" 16m or "long" 26 mile version. The course was mainly off road, muddy & rutted throughout. (It also helps if you dont get lost, ask Pete!)

9th Dave Walsh 4:21:00

Belvoir challenge (16m off road) 15th February 2003

78th Peter Scoffings 3:08:00

East Midlands X/Country, Colwick Woods 9th February 2003

The overnight rain made conditions muddy underfoot but this didnt stop a good turn out from the club including a welcome return to racing by Barry Moss who was 1st Redhill finisher in 6th position, (he could have picked an easier course for his 1st race). The course renown for its hills after the 1st ½ mile was even tougher this year as Formula 1 had added another into each of the 2 laps just to test everyones resolve!

| Pos Mens | | Pos Ladies | |
|-----------------|---------------|-------------------|--------------|
| 6 | Barry Moss | 12 | Sarah Costin |
| 10 | Kevin Squires | 16 | Ruth Sturt |

| | | | |
|----|-----------------|----|------------------|
| 11 | Lee Stubbs | 20 | Amanda English |
| 12 | Paul Newton | 21 | Liz Green-Davies |
| 13 | James Butler | | |
| 14 | Terry Smith | | |
| 15 | Stan Pascoe | | |
| 16 | Martyn McHale | | |
| 19 | Nigel Swinscoe | | |
| 24 | Arthur Hancock | | |
| 32 | Tim Metcalfe | | |
| 33 | Ray Gayne | | |
| 43 | Dave Tetley | | |
| 46 | Dave Walsh | | |
| 47 | Richard Hammond | | |
| 53 | Tim Cunnington | | |
| 56 | Nigel Daniels | | |
| 61 | John Truscott | | |
| 62 | Kevin Humphreys | | |
| 65 | Mike Hankin | | |
| 66 | Maurice Lever | | |
| 67 | Peter Scoffings | | |
| 69 | Gary Astle | | |
| 77 | Andy Barkes | | |

Inter Counties National X/Country Championships, Wollaton Park 8th February 2002

(Ladies 8k, Men 12k)

Congratulations to Helen Burrell & to Andy Wetherill who both represented Nottinghamshire in this National event.

Helen finished 4th counter for the Notts Ladies whilst Andy was 3rd for the men.

Ferriby 10m 2nd February 2003

| | | |
|-----|-------------|------------|
| 27 | Lee Stubbs | 61.48 |
| 87 | Bruce Olpin | 68.16 p.b. |
| 103 | David Giles | 69.38 p.b. |
| 146 | Mark Anslow | 73.12 p.b. |
| 194 | Gary Astle | 77.41 p.b. |

Rombald Stride (25 miles) 1st February 2003

A very scenic course (& hilly by the sounds of it) took Dave Over Rombald moor, Otley & Chevin to come 55th in a field of over 500 entries & only 438 finishers.

55th Dave Walsh 3:36:58

Stanbury Splash (7 miles) fell race 26th January 2003

| | | |
|-----|---------------|-------|
| 201 | Rachel Martin | 78.47 |
|-----|---------------|-------|

220 Amanda English 86.11

Midland X/Country Championships, Alton Towers, 12k 25th January 2003

| 11th | Redhill | |
|-------------|-----------------|-------|
| 51 | Mark Yates | 46.40 |
| 83 | Paul Newton | 48.57 |
| 104 | Martyn McHale | 50.41 |
| 121 | Kevin Squires | 51.30 |
| 124 | Stan Pascoe | 51.35 |
| 189 | Noel McGuinness | 54.46 |
| | Mike Hankin | 60.02 |

East Midlands X/Country, Holme P 19th January 2003

Paul Newton & Redhills men both run to victory!

The wet weather didnt stop a large turn out of Redhill members to this 2nd race of the series. The course had plenty of standing water & mud on it but Paul Newton made light work of the conditions & the two lap course. Paul soon established an early lead, which he then extended throughout the remainder of the race to win. Good support from Kevin Squires, Stan Pascoe, & Martyn McHale ensured that Redhill won the mens race to extend their overall lead after 2 events.

| Pos Mens | | Pos Ladies | |
|-----------------|-----------------|-------------------|------------------|
| 1 | Paul Newton | 13 | Sarah Costin |
| 4 | Kevin Squires | 21 | Liz Green-Davies |
| 6 | Stan Pascoe | 27 | Amanda English |
| 10 | Martyn McHale | 37 | Caroline Humber |
| 11 | Graham Brown | | |
| 15 | James Butler | | |
| 17 | Noel McGuinness | | |
| 27 | Ian Abbott | | |
| 28 | Arthur Hancock | | |
| 29 | Andy Stredder | | |
| 35 | Simon Nash | | |
| 36 | Dave Tetley | | |
| 37 | Richard Mayes | | |
| 38 | Richard Hammond | | |
| 48 | Nigel Daniels | | |
| 52 | Bob Hayes | | |
| 55 | Mike Hankin | | |
| 56 | Tim Cunnington | | |
| 63 | John Truscott | | |
| 65 | Kevin Humphreys | | |
| 68 | Gary Astle | | |
| 70 | Maurice Lever | | |
| 77 | Phil Hopewell | | |

Folksworth 15m 19th January 2003

Helen Burrell wins Folksworth 15!

5 Redhill members ran this testing course with Helen continuing her good form to win the ladies race. The run included wading through a flooded section of the course (up to knee deep if you went the wrong side of the road) to ensure you ran the remainder of the race with cold, wet feet.

We wonder what the race risk assessment said about that one, what a problem for the race director to worry about!

| | | |
|-----|----------------|--------------------------------|
| 30 | Helen Burrell | 1:36:44 (1 st lady) |
| 160 | Bob Litchfield | 1:52:41 |
| 193 | Bill Collier | 1:56:02 |
| 221 | John Cass | 1:59:09 |
| 273 | Mike Monks | 2:05:23 |

Lara Shinning Cliff Fell race 12th January 2003

62 John Truscott

North Midlands X/Country, Wollaton Park 11th January 2003

Andy Wetherill & Helen Burrell are North Midlands X/Country Champions for 2002/2003!

Wollaton Park was the final venue in this years series & Andys & Helens consistency throughout the league won them their championship trophies. Helen was also Senior Ladies Champion & Andy Veteran Mens Champion. In the age group categories Bob Litchfield won the V55 category.

In the days race the Vet men finished 2nd to finish 2nd overall, the ladies came 2nd improving their final team placing from 5th to 3rd & the senior men 6th to finish 7th in the league.

| Pos | Mens | Pos | Ladies |
|------------|-----------------|------------|---------------|
| 3 | Andy Wetherill | 4 | Helen Burrell |
| 19 | Mark Yates | 16 | Chloe Nelson |
| 23 | Paul Newton | 42 | Sarah Costin |
| 49 | Stan Pascoe | | |
| 69 | Graham Brown | | |
| 74 | Clive Greyson | | |
| 94 | Kevin Squires | | |
| 101 | James Butler | | |
| 113 | Noel McGuinness | | |
| 134 | Paul Mellors | | |
| 150 | Andy Stredder | | |
| 170 | Ray Gayne | | |
| 178 | Bob Litchfield | | |
| 180 | Richard Beale | | |
| 185 | Dave Tetley | | |
| 191 | Trev Onions | | |
| 196 | Mike Hankin | | |
| 198 | Bill Collier | | |

207 Bob Hayes
211 Nigel Daniels
214 Kevin Humphreys
219 Tim Cunnington
226 Maurice Lever
235 Andy Barks

Final League Team Results

Ladies 1st Derby 104, 2nd Harboro 237, **3rd Redhill 298**, 4th Notts 345, 5th Kettering 354

Vet Men 1st Mansfield 416, **2nd Redhill 474**, 3rd Derby 517, 4th Notts 636

Senior men - **7th Redhill A 1480**, **15th Redhill B 2959**

Nottinghamshire X/Country Championships (Sutton Lawns) 4th January 2003

Redhill win 2 gold & 2 bronze medals at County Championships!

This years multi lap course certainly tested everyone as it progressively cut up during the days racing. Individual success for Redhill came in the form of Helen Burrell & Andy Wetherill who both won their Veteran categories & also to Martyn McHale who took V40 bronze. The mens Senior team who also took bronze in their race.

| Pos | Mens | Pos | Ladies |
|------------|-----------------|------------|---------------|
| 4 | Andy Wetherill | 7 | Helen Burrell |
| 15 | Mark Yates | 24 | Liz G-Davies |
| 19 | Paul Newton | | |
| 29 | Martyn McHale | | |
| 32 | Nigel Cobb | | |
| 34 | Stan Pascoe | | |
| 56 | Andy Stredder | | |
| 61 | Bruce Olpin | | |
| 72 | Bob Litchfield | | |
| 80 | Mike Hankin | | |
| 89 | Bill Collier | | |
| 94 | Kevin Humphreys | | |

County Championship Team Results

Senior men - 1st Notts A.C., 2nd Notts A.C., **3rd Redhill**, 4th Mansfield

Lara Hangover 5m (Whatstandwell) 1st January 2003

40 Mike Hankin 37.43
58 John Truscott 41.52
78 Michelle Flint 45.18

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