

Redhill Race Results

July – Dec 2007

Milford (Lara) Duathlon – 31st December 2007

Pos		2.4m run	9.2m bike	2.4m run	total
14th	Matt Hemsley	15.28	29.39	16.55	62.02

Southwell 10k – 30th December 2007

4th overall for Callum, 1st M60 for Jim, 2nd Vet for Simon, & 3rd Lady Vet for Helen at Caythorpe! (Also assume there will be some p.b.'s amongst these times.)

Callum Cullen	32.52
Matthew Clapp	33.31
Ben Bennett	33.32
Simon Nash	35.20 (2 nd Vet)
Nigel Cobb	36.22
Clive Greyson	37.08
Helen Burrell	38.05 (3 rd Lady Vet)
Dave Walsh	38.10
Jim Munro	39.10 (1 st M60)
Mark Tomlinson	40.20
Terry Chambers	41.44
Chris Middleton	42.12
Pete Scoffings	42.48 p.b.
Steve Gelderd	43.00
Carl Davey	43.22
Paul Stacey	44.13
Geoff Jackson	45.34
Dave Onion	48.05
Nigel Daniels	48.14
Andy Bryne	49.22
Michelle Yates	49.28
Dennis Reeson	49.56
Michelle Flint	50.52
Tracey Jones	51.57
Dawn Hall	51.58
Angela Trikić	53.19
Chris Jones	53.34
Suzi Artis	54.26
Brian Moon	54.27
Alex Rastin	56.45
Claire Wilson	57.20
Colin Peet	60.42
Wendy Lawson	64.47
Beth Gardner	65.03

Christmas relays, Wollaton Park – 27th December 2007

Mark, Alan, Carolyn & Simon are 2nd & 1st Vet team at x/mas relays!

2. Redhill Road Runners 54.15

1.	M. Yates	13.26
2.	A. Smith	12.19
3.	C. Hay	14.41
4.	S. Nash	13.49

13. Redhill Road Runners 'A' 61.28

1.	P. Scoffings	16.21
2.	L. Stubbs	12.46
3.	B. Barnes	17.30
4.	C. Greyson	14.51

Bolsover 10k – 16th December 2007

Andy W is 1st M50 & 3rd Vet in Derbyshire!

Andy Wetherill	34.18 (1 st M50, 3 rd Vet)
Nigel Cobb	36.32
Ian Abbott	38.42
Pete Gillespie	39.23
Tim Cunnington	47.51
Dave Onion	49.27
Sally Plastow	50.05
Michelle Flint	51.41

Joe Kleinerman 10k, Central Park, New York – 9th December 2007

Bet New York, not as warm as Florida!

Jo Stocks	49.13
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ReMax ½ marathon, Weston, Florida, U.S.A. – 9th December 2007

Unlike Keyworth, Florida was apparently very hot & humid!

Dave Walsh	1.26.13
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Seagrave Challenge 15.7m – 17th November 2007

Gill Salmon	2.56.00
Rachel Martin	2.56.00
Liz Green Davies	3.19.00

Round Rotherham 50m trail race – 8th December 2007

Dominic's feedback from this 50 miler was "It was a cracking event with loads of mud, a wall of rain and even a touch of hypothermia."

Put it in your race diary for 2008!

Dominic Fletcher	11.24.00
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Keywoth Turkey Trot, 12/ marathon – 9th December 2007

In less than ideal conditions over 750 ran this popular race this year, Carolyn ran to 2nd Lady, Toni (1st F35) whilst Ben continued his excellent form to finish 5th overall!

Ben Bennett	74.13 (5 th)
Simon Nash	81.43
Carolyn Hay	84.30 (2 nd Lady)
Gary McMahon	84.48
Toni Minniti	86.13
Ian Beckingham	86.23
Pete Gillespie	87.13
Mark Anslow	87.17
Mark Tomlinson	87.23
Clive Greyson	87.34
Steve Gelderd	96.12
Carl Davey	96.34
Catherine Charlton	97.07
Chris Aikman	100.48
Andy Philips	102.27
Dave Onion	110.50
Dennis Reeson	112.48
Lyndsey Adkin	114.31
Linda Taylor	118.57
Cam Davies	121.17
Suzi Artis	132.09
Annette Pilkington	133.57
Chris Jones	143.59

Benidorm ½ marathon – 25th November 2007

Gill Salmon 2.02.00

New York, Hot Chocolate, 15k – 1st December 2007

Jo Stocks 1.16.03 p.b.

North Midlands x/country, Berry Hill – 1st December 2007

Redhill Vets win race 3, (Alan, Andy W & Gary) whilst Redhill ladies extend their overall championship lead!

7	Alan Smith	8	Toni Minniti
8	Andy Tarry	9	Sharon Smith
9	Callum Cullen (Owls)	27	Ann Ford
14	Rob Keal	28	Elsie Roberts
18	Ben Bennett	29	Catherine Charlton
19	Matthew Clapp	44	Bev Barnes
21	Andy Wetherill	47	Sarah Parker
50	Gary McMahon		
62	Simon Nash		
85	Martyn McHale		
87	Mark Attenborough		
101	Ian Abbott		
102	Andy Proffitt		
104	Kevin Brown		
115	Dave Walsh		
120	Matt Hemsley		
122	Jim Munroe		
164	Mike Drury		
167	Keith Palmer		
174	Chris Middleton		
192	Geoff Jackson		
194	Nigel Daniels		
197	Andy Barks		

Leeds Abbey Dash – 25th November 2007

Rob “dashes” to a huge new p.b. at Leeds!

Rob Keal 32.10 p.b.

Clowne ½ marathon – 25th November 2007

**Carolyn is 2nd Lady & 1st Vet at hilly Clowne!
Andy Wetherill is also 3rd M40**

Andy Wetherill	1.16.52	(3 rd M40)
Carolyn Hay	1.25.11	(2 nd lady)
Clive Greyson	1.28.29	
Mark Davies	1.31.37	
Mark Tomlinson	1.31.37	
Carl Davey	1.34.37	
Graham Webster	1.35.37	
Elsie Roberts	1.35.31	
Steve Gelderd	1.35.41	p.b.
Dennis Reeson	1.51.07	
Dave Onion	1.53.49	
Jo McMillan	1.56.46	
Carolyn Thornley	2.02.34	

East Mids, x/country, Long Eaton – 25th November 2007

18	Mark Attenborough	4	Jane Pidgeon
19	Fred Pidgeon	8	Catherine Charlton
20	Tom McCullouch	10	Mary Bolland
25	Matt Hemsley	21	Bev Barnes
33	Dave Walsh	37	Debbie Heathcote
39	Paul Stacey	41	Liz Green-Davies
59	Arthur Hancock		
61	Nigel Daniels		
63	Cam Davies		

Philadelphia marathon, U.S.A. – 18th November 2008

Jo Stocks 3.46.40 p.b.

Bergamo ½ marathon, Italy – 18th November 2007

Note - Corrected results

**Toni is 3rd lady & 1st Lady Vet in Italy whilst Ben sets yet another p.b. for the distance!
Redhill's contingent also filled the 1st four overseas positions in the race including
(1st & 2nd British finisher, 1st Australian & 1st American spots, is this a club record?)
(Fingers crossed I have all the nationalities correct) 😊**

Ben Bennett	73.08	p.b. (10 th)
Craig Henderson	77.00	(3 rd M35)
Gary McMahon	85.08	(6 th M50)
Toni Minniti	85.35	(3 rd Lady overall, 1 st F35)

Heanor 10k – 18th November 2007

**Andy T wins at a very wet (& probably very muddy) Shipley Park!
Individual prizes also for Carolyn, Ann & Stan!**

Redhill Vets win team Prize (Simon, Nigel, Stan & Mark T)!
Redhill Lady Vets also win team prize (Carolyn, Ann & Bev)!

Andy Tarry	32.53 (1 st)
Simon Nash	37.14
Nigel Cobb	37.43
Andy Norton	38.19
Stan Pascoe	38.43 (1 st M50)
Ian Abbott	39.26
Andy Proffitt	39.50
Carolyn Hay	39.54 (1 st F35)
Kevin Brown	39.59
Mark Tomlinson	41.08
Paul Stacey	43.13
Carl Davey	43.28
Ann Ford	43.39 (1 st F55)
Graham Webster	45.18
Catherine Charlton	45.36
Keith Palmer	45.38
Sarah Parker	47.06
Tim Cunnington	47.53
Bev Barnes	48.36
Michelle Flint	53.27
Dennis Reeson	54.10
Chris Jones	57.26
Colin Peet	64.04

The Roaches Fell race, 15m – 11th November 2007

Dominic Fletcher 2:55:36.

East Midlands x/c Holme P – 11th November 2007

Paul Newton runs to 2nd & Jane Pidgeon is 3rd at the 1st East Midlands x/c of the season!

Ladies are 2nd, B Team 1st & Vets 3rd (Bev, Dawn & Amanda)

Men are 3d, B Team 2nd & C Team 1st, Vets 2nd (Tom, Mark Ans, Stan & Martyn)

2	Paul Newton	3	Jane Pidgeon
12	Nigel Lever	8	Elsie Roberts
17	Fred Pidgeon	9	Catherine Charlton
18	Mark Attenborough	17	Bev Barnes
19	Tom McCulluch	22	Helen Lowe
24	Mark Anslow	27	Dawn Hales
28	Matt Hemsley	28	Michelle Yates
30	James Butler	29	Amanda English
31	Stan Pascoe	45	Gill Salmon
37	Martyn McHale	46	Liz Green-Davies
45	Paul Stacey		
48	Ian Hales		
59	Steve Gelderd		
79	Chris Middleton		
90	Arthur Hancock		
94	Nigel Daniels		
95	Cam Davies		
96	Colin Peet		

North Midlands x/c, Marceaton Park Derby – 10th November 2007

Redhill's Ladies and Men's Vets both win at Derby to extend their overall championship leads!

Redhill's Mens Vets (Alan, Andy W & Paul) ran to a comfortable 2nd win in the North Midland x/c series to increase their overall lead in defense of their title.

Meanwhile, Redhill's Seniors (led home by Andy T, Rob & Ben) improved their overall standing to 3rd after finishing 5th at Derby.

In a quality ladies field, a very strong Redhill's ladies squad packed 5 into the top 17 to beat Charnwood on the day for the race victory but more importantly put further distance between themselves and their nearest rivals in the Senior Ladies team event.

Individually – Alan is 2nd overall & 1st Vet, Paul is 2nd M40, Andy W leads the M45, Jim is 3rd M60 whilst Toni, Sharon & Carolyn are all placed in the ladies standings. (see results section for full results)

7	Alan Smith	9	Carolyn Hay
8	Andy Tarry	10	Toni Minitti
9	Callum Cullen (Owls)	11	Sharon Smith
15	Rob Keal	13	Helen Burrell
23	Andy Wetherill	17	Kate Rice
24	Ben Bennett	30	Elsie Roberts
33	Paul Newton	32	Catherine Charlton
57	Mark Yates	50	Sarah Parker
61	Gary McMahon	65	Helen Lowe
77	Nigel Cobb		
78	Stan Pascoe		
90	Martyn McHale		
93	Clive Greyson		
100	Mark Attenborough		
102	Dave Walsh		
107	Andy Proffitt		
131	Jim Munroe		
148	Ian Abbott		
176	Chris Middleton		
180	Keith Palmer		

National X/country relays, Berry Hill – 4th November 2007

Redhill A

Leigh Stubbs	16:40	68th
Rob Keal	16:43	56th
Andy Wetherill	17:06	55th
Alan Smith	15:56	46th

Redhill B

Paul Newton	18:06	114th
Simon Nash	18:20	105th
Terry Smith	18:46	100th
Ben Bennett	17:02	80th

Redhill C

Mark Attenborough	18:52	137th
Stan Pascoe	18:53	123th
Matt Hemsley	20:00	120th
Clive Greyson	20:04	116th

Ticknall Duathlon – 21st October 2007

Pos		6k run	30k bike	4k run	total
10th	Matt Hemsley	24.49	59.09	17.42	1.41.40

Worksop ½ marathon – 28th October 2007

**Carolyn wins & Rob is 3rd at Worksop!
Redhill's men also win team prize (Rob, Andy, Paul, Simon, Dave & Kevin)!
Both Redhill's men and ladies (Carolyn, Helen, Mary & Sarah) also win Bassetlaw's
Nottinghamshire's club trophy's!**

“Redhill's Carolyn Hay produced the club performance of the day as she ran to a huge 2 minute personal best to win the ladies race in 1.23.54 on a wet and undulating Clumber Park course. Redhill's Rob Keal also weighed in with 3rd in the men's race with 1.13.09 and also led the Redhill's men team home to a convincing win in the team event. Andy Wetherill 1.17.10, Paul Newton 1.17.33 and Jim Munroe 1.29.53 also placed in their age categories whilst Redhill's men and ladies teams also won the Bassetlaw Nottinghamshire team trophies to cap a fine performance on the day by the club.”

Rob Keal	1.13.09 (3 rd overall)
Andy Wetherill	1.17.10 (3 rd Vet, 1 st M45)
Paul Newton	1.17.33 (3 rd M40)
Simon Nash	1.21.32
Carolyn Hay	1.23.54 p.b. (1 st lady, 1 st F35)
Dave Walsh	1.24.37
Kevin Brown	1.26.57
Clive Greyson	1.28.15
Mark Tomlinson	1.29.03
Jim Munroe	1.29.53 (2 nd M60)
Mark Attenborough	1.32.11
Andy Proffitt	1.32.18
Carl Davey	1.36.40
Steve Gelderd	1.37.27
Helen Cawthorne	1.38.03
James Butler	1.38.27
Mary Bolland	1.38.30
Mike Drury	1.39.33
Keith Palmer	1.39.50 p.b.
Sarah Parker	1.43.48
Nigel Daniels	1.48.46
Bev Barnes	1.52.47 p.b.
Dave Onion	1.54.24
Michelle Flint	1.55.50
Dennis Reeson	1.56.11
Suzi Artis	2.04.20
Brian Moon	2.04.20
Caroline Thornley	2.08.15
Jo McMillan	2.08.15

Dublin Marathon – 28th October 2007

Mark Redwood 2.59.34

Amsterdam marathon – 21st October 2007

**Helen B is 1st in her age category in Amsterdam!
Great p.b. run also by Matthew!**

Matthew Clapp 2.41.39. p.b.
 Helen Burrell 2.58.20 (1st F40)

Carsington Duathlon – 7th October 2007

	5k run	30k bike	3k run	total
Matt Hemsley	19.17	48.45	20.31	1.28.33

Great Eastern ½ marathon – 14th October 2007

Paul Spencer 1.30.23

Bestwood 10k – 14th October 2007

**Callum & Lee are 1st & 2nd, whilst Paul is 1st Vet at Bestwood!
 Callum, Lee & Paul also win Team race!**

Callum Cullen 35.00 (1st overall)
 Lee Stubbs 35.17 (2nd overall)
 Paul Newton 37.20 (1st Vet)
 Simon Nash 38.20
 Andy Proffitt 39.56
 Chris Dwyer 47.26
 Alex Eustace 51.04
 Dennis Reeson 53.02
 Jo Spinak 53.15
 Gordon Ross 53.45
 Lyndsey Aktin 55.08
 Caroline Thornley 55.35
 Kate Maltby 56.49
 Jean Adkin 58.36

Leicester ½ Marathon – 14th October 2007

3rd & a p.b. for Ben at Leicester!

Ben Bennett 1.15.02 p.b. (3rd overall)
 Mark Davies 1.27.53 p.b.
 Mark Tomlinson 1.28.00 p.b.
 Andy Norton 1.28.36
 Paul Stacey 1.31.45
 Carl Davey 1.34.24 p.b.
 Alison Herbert 1.38.19 (13th Lady)
 Dave Onion 1.51.54
 Jackie Dixon 2.21.54
 Nikki Dixon 2.21.54

Leicester Marathon – 14th October 2007

Dave Walsh 2.57.41

Sutton Bonnington Duathlon – 14th October 2007

2nd Lady for Emily in her Duathlon debut!

Pos		Timer	Run 5k	Cycle 20k	Run 5k

2 nd Lady	Emily Rose	1.21.13	19.34	41.23	20.14
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North Midlands x/c, Kettering – 13th October 2007

**Redhill Ladies & Men's Vets both win race 1 at Kettering!
Individually, 3rd for both Toni & Alan!**

3	Alan Smith	3	Toni Minnitti
17	Paul Newton	5	Sharon Smith
20	Andy Wetherill	16	Sarah Huckle
23	Mark Yates	22	Catherine Charlton
63	Kevin Squires	55	Suzi Artis
65	Mark Attenborough		
66	Stan Pascoe		
72	Martyn McHale		
89	Ian Abbott		

NYRR Grand Prix, ½ marathon – 14th October 2007

Jo Stocks 1.45.22

Norwegian Festival, ½ marathon – 8th October 2007

Jo Stocks 1.55.57

ING NYC 18 miles – 30th September 2007,

Jo Stocks 2.38.32

Goose Fair Gallop – 7th October 2007

2nd for Karyn on the trials of Kimberley!

James Butler	34.02
Graham Webster	34.37
Steve Gelderd	35.24
Paul Stacey	35.27
Karyn Stander	36.32 (2 nd lady)
Mike Drury	37.23
Chris Middleton	37.46
Bev Barnes	39.35
Nigel Daniels	40.28

Merrill 10k (Midland Veterans Championships) – 7th October 2007

Redhill's Men take Midland Vets 10k Team title!

The Merrill 10k also incorporated the Midland Vet 10k Championships & Redhill returned with Individual Silver medals for both Paul & Ann & Bronze for Mark. The Men also won Team Gold (Paul, Mark & Nigel)!

Paul Newton	34:57 Silver
Mark Yates	36:04 Bronze
Nigel Cobb	36:58
Martyn McHale	37:48
Helen Cawthorne	41:53
Ann Ford	42:30 Silver
Dennis Reeson	50:18

Midland XC Relays (6km) – 6th October 2007

Rob Keal	18:00	5th
Matthew Clapp	18:28	3rd
Simon Nash	19:59	6th
Paul Newton	19:23	6th

Catherine Charlton	24:31
Susi Artis	30:03

Nottinghamshire County Championship results (Robin Hood)

Congratulations to all below for medaling in the County Champs!

Senior Men

Matthew Clapp - Silver

Vet Men 40/49

Dave Walsh - Silver

Peter Gillespie - Bronze

Vet Men 50/59

Colin Bones - Bronze

Vet Women 45/54

Suzi Artis - Silver

Nottingham ½ Marathon - Update

Redhills Men (Alan, Lee, Julian & Paul) are confirmed as 1st Team in the ½ marathon!
Redhill's Ladies (Ann, Sarah H, Mary & Catherine) also 1st Team in the ½ marathon!

Evil Sheriff, Off Road Duathlon, Sherwood Pines – 29th September 2007

Position		Timer	Run 1	T1	Cycle	T2	Run 2
13	Chris Macdonald	1:24:18	00:24:33	00:00:59	00:44:28	00:01:05	00:13:11
14	Tim Wells	1:26:28	00:25:33	00:00:31	00:44:34	00:00:33	00:15:15
40 (4 th lady)	Karyn Stander	1:36:42	00:26:56	00:00:54	00:54:10	00:00:25	00:15

Great North Run – 30th September 2007

Mark Davies	1.34.08
Steve Carroll	1.34.09
Catherine Charlton	1.36.59 p.b.
Mike Drury	1.48.36 (beat by Scooby Doo & the Shark!)

Nottingham Marathon - Update

Redhills Men (Matthew, Dave, Pete & Mark) are confirmed as 2nd Team in the marathon!

Retford ½ marathon 23rd September 2007

Carolyn & Helen C are 1st & 2nd at Retford!

Carolyn Hay	1.26.22	(1 st Lady & 1 st F35)
Helen Cawthorne	1.33.22	(2 nd Lady & 1 st F45)
Steve Gelderd	1.37.55	
Carl Davey	1.41.21	
Dave Onion	1.57.31	

Crossdale 10k – 23rd September 2007

Matthew is 2nd & Redhill's men (Matthew, Ian, Chris & Graham) win team prize at Keyworth!

Matthew Clapp	34.53	2 nd overall
Ian Abbott	39.52	
Chris McDonald	42.45	
Graham Webster	43.12	
Alison Herbert	46.45	
Bev Barnes	50.47	
Dennis Reeson	53.51	

Southwell last minute triathlon – 23rd September 2007

Pos		400m swim	T1	12m bike	T2	3m run	total
11	Andy Proffitt	8.34	1.20	26.40	0.25	17.38	54.51
193	Sarah Parker	10.39	1.07	36.25	0.31	20.53	1.09.36

Midland Ladies, 4 stage relays – 22nd September 2007

31	Ann Ford	17:56	
36	Sarah Parker	19:35	
33	Catherine Charlton	18:53	
29	Mary Bolland	17:51	distance 4.315 Km

Mablethorpe ½ marathon – 16th September 2007

Chris Middleton	1.42.00
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Chatsworth 26m, Fell – 9th September 2007

Gill Salmon	6.05.00
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Ashbourne ½ marathon – 16th September 2007

Matt Hemsley	1.32.23
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Karlshue ½ marathon, Germany – 16th September 2007

Free compulsory beer at the end of a race, should be compulsory at all events!

Paul Stacey	1.35.58
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Robin Hood Marathon – 16th September 2007

**Congratulations to all that completed the full!
We await the County Championship results.**

Also expect Matthew, Dave, Pete and Mark to medal in the team event.

Matthew Clapp	2.48.42
Dave Walsh	3.03.45
Pete Gillespie	3.14.18
Mark Tomlinson	3.24.14 p.b.
Paul Spencer	3.27.19 p.b.
Pete Scoffings	3.39.02 p.b.
Richard Wheatley	3.40.24
Phil Williams	3.41.00 p.b.
Colin Bones	3.45.36 p.b.
Jo Stocks	3.52.50 p.b.
Gordon Ross	4.12.40
Jo McMillan	4.47.24 p.b.
Suzi Artis	5.12.28

Robin Hood ½ marathon – 16th September 2007

As with the full, well done to all!

Again would expect the Men & ladies both to place in the team races.

Alan Smith	1.12.31
Lee Stubbs	1.18.04
Julian Richardson	1.18.55
Paul Newton	1.19.56
Simon Nash	1.21.40 p.b.
Matt Stratford	1.22.20
Nigel Cobb	1.24.18
Ian Beckingham	1.24.57
Carolyn Hay	1.25.30 p.b.
Kevin Brown	1.25.48
James Butler	1.26.27
Ian Abbott	1.27.29
Mark Davies	1.28.47
Andy Norton	1.32.14
Ann Ford	1.32.54
Sarah Huckle	1.32.58
Chris McDonald	1.33.08
Mary Bolland	1.34.18
Everton Aikman	1.37.23
Catherine Charlton	1.38.11
Chris Drwyer	1.38.59
Steve Gelderd	1.38.53
Carl Davey	1.39.44
Mike Drury	1.41.28
Graham Webster	1.40.31
John Lovatt	1.40.44
Chris Aikman	1.41.24
Stefano Pratesi	1.42.00
Keith Palmer	1.42.44
Rob Baker	1.43.14
Sarah Parker	1.43.36
Pat McGovern	1.46.47
Tim Wells	1.49.48
Nigel Daniels	1.50.50
Andy Phillips	1.49.51
Bob Hickling	1.50.48
Jo Spinak	1.52.40
Dennis Reeson	1.52.20
Linda Taylor	1.53.36

Dave Onions	1.54.42
Michelle Flint	1.54.52
Anna Rainbow	1.57.18 p.b.
Lndsey Adkin	1.57.20 p.b.
Jo Raven	1.58.32 p.b.
Nicola Kent	2.02.29
Carolline Thornley	2.02.30
Jean Adkin	2.03.23
Rachel Parkinson	2.07.17
Brian Moon	2.08.18
Karen Edge	2.10.05
Annette Pilkington	2.10.32
Mark Taylor	2.19.46
Dennis O'Neill	2.21.49
Barry Davies	2.25.26

World Masters, Riccione, Italy – 15th/16th September 2007

Jim Munroe

M60

8k	Cross country	29:13	915 th 0
1500m	Semi final	5:12:65	
1500m	Final	5:06	:90 (9 th)

Chesterfield Spire 10m – 2nd September 2007

Matt Hemsley	68.46
Chris McDonald	72.33
Tim Wells	77.39

Friends 10k – 9th September 2007

1st for Carolyn, 2nd for Simon and 3rd for Mark in West Bridgford!

Simon Nash	36.33	2 nd (& 1 st Vet)
Mark Yates	36.39	3 rd (2 nd Vet)
Nigel Cobb	37.29	
Clive Greyson	39.00	
Carolyn Hay	39.17	1 st lady
Ian Abbott	39.54	
Pete Gillespie	41.33	
Steve Gelderd	45.58	
Ian Livsey	48.16	
Dennis Reeson	50.30	
Jo Spinak	53.48	

Hemitage 10k – 9th September 2007

Paul Stacey	44.36
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Mansfield 5k – 7th September 2007

2nd & 3rd for Alan & Callum at Berry Hill!

Alan Smith	15.47	2 nd
Callum Cullen	16.00	3 rd
Simon Nash	17.24	
Julian Richardson	17.26	

Martyn McHale	18.24
Ian Abbott	18.43
Andy Norton	18.54
Mark Attenborough	19.01
Kevin Squires	19.40
Matt Hemsley	19.51
Colin Bones	21.00
Catherine Charlton	21.20
Steve Gelderd	21.51
Chris Middleton	22.36
Helen Lowe	22.39
Bev Barnes	23.36
Dawn Hales	23.53
Colin Peet	29.17
Karen Edge	29.38

Bullock Smithy Fell, 56m – 1st September 2007

56 miles, that's along way!

Dominic Fletcher 12.36.00 p.b.

Sherwood CC's Nott'm – Skegness 75m – 2nd September 2007

Mike Hankin	3.37
Kevin Humphreys	3.39

Shipley Park, Double Of Quits 5m/10m – 25th August 2007

5m

Caroline Thornley	45.39
Mike Drury	45.39

10m

Colin Bones	79.06
Dennis Reeson	89.43
Bev Barnes	92.11

Grimsthorpe 10k – 27th August 2007

Colin Bones	46.23
Steve Gelderd	47.51

Battle of Sedgemoor 10k – 26th August 2007

Keith Palmer 45.56

Rugby Rover 30k – 19th August 2007

Steve Gelderd 3.13.02

UK Ironman – 19th August 2007

Paul tames the hills and wind to become the latest club member to successfully complete the ironman distance!

Position		2.4m swim	T1	112m bike	T2	26.2m run	total
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951	Paul Ward	66.57	5.54	6.35.23	4.58	5.29.34	13.22.42
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Heckington 10m – 28th July 2007

Late results just received.....

Mark Anslow 66.40
Mark Attenborough 66.55

Notts Road Race 5, Teversal 5.5m – 17th August 2007

The final race of the 2007 season saw an impressive Redhill turnout as 63 club members ran at Teversal Grange. The course quite different from any of the previous courses offering a chance to run on country trails & past railway routes & seemed popular with club members. At this point it is appropriate to thank all who contributed throughout the summer, to all those that helped, to those that offered support & encouragement & finally of course to all that ran throughout the series (of whatever standard) in Redhill colours, it is this which makes our club just what it is, special.

And now to the results.....

Helen B & Alan both win on the trails of Teversal!

Redhill's men retained their Nottinghamshire Road Race title with a convincing performance in the final race at Teversal finishing 8 in the 1st 12 to win on the night and take the series overall. The ladies mirrored the men taking 3 of the 1st 4 places to win on the night & ensure Team medals in both categories.

Redhill series individual awards went to

Helen Burrell, 2nd Lady overall and 2nd F35
Fliss Garland 1st F55
Andy Wetherill 2nd Senior overall & 1st M40 Vet
Paul Newton 2nd M40 Vet
Mark Yates 3rd M40 Vet
Jim Munroe 1st M60 Vet
Bill Johnson 2nd M60 Vet

Redhill won the following Team medals from the series

Redhill's Senior Men Notts RR Champions (Andy T, Andy W, Matt C, Matt S, Callum, Paul & Lee)

Redhill's Vet Men – Notts RR Team Silver (Mark Y, Martyn, Simon & Mark Anslow)

Redhill's Senior Ladies – Notts RR Team Silver (Helen B, Catherine, Karen & Mary)

Redhill's Lady Vets – Notts RR Team Bronze (Fliss, Dawn & Sharon)

1	Alan Smith	1	Helen Burrell
3	Lee Stubs	3	Nicola Mabbott
5	Callum Cullen	4	Sharon Smith
8	Matthew Clapp	8	Catherine Charlton
9	Paul Newton	18	Karen Stander
10	Matt Stratford	23	Fliss Garland
11	Mark Yates	24	Sarah Parker
12	Andy Tarry	26	Sally Plastow
15	Andy Wetherill	35	Helen Lowe
18	Simon Nash	41	Amanda Lowton
29	Martyn McHale	42	Dawn Hales
30	Clive Greyson	43	Bev Barnes
36	Kevin Brown	49	Michelle Flint
38	Mark Anslow	53	Lyndsey Adkin

40	Mark Attenborough	54	Linda Taylor
43	Ian Abbott	56	Jo Raven
46	Dave Walsh	57	Caroline Thornhill
47	Andy Proffitt	65	Kate Maltby
49	Jim Munroe	72	Karen Edge
56	Stan Pascoe		
58	Matt Hemsley		Ladies = 19
61	Mark Tomlinson		
68	Tony Lowe		
70	James Butler		
72	Chris McDonald		
79	Paul Spencer		
90	Graham Webster		
97	Carl Davey		
98	Colin Bones		
104	Mark Widdowson		
111	Geoff Jackson		
114	Bill Johnson		
116	Mike Drury		
123	Pete Scoffings		
124	Keith Palmer		
135	Bob Hickling		
151	Pat McGovern		
152	Andrew Bryne		
155	Nigel Daniels		
163	Mike Monks		
164	Paul Stacey		
170	Dennis Reeson		
174	Brian Moon		
180	Colin Peet		

Men = 44

Total = 63

Tim Wealthall, 1 miles – 8th August 2007

Mark Yates	4.59.5
Andrew Norton	5.14.3
Catherine Charlton	6.02.9

Dovedale Dipper, 26 miles – 5th August 2007

Dave is 2nd in Derbyshire!

Dave Walsh 4.22.00 (2nd overall & 1st Vet)

Elsecar Skelter, 27 miles – 11th August 2007

Dave Walsh 4.39.00

Askern 10 mile – 12th August 2007

Prizes for both Catherine and Alison at a very undulating course in South Yorkshire!

Catherine Charlton	73.25	4 th Lady
Alison Herbert	77.22	3 rd V35

Newark ½ marathon – 12th August 2007

2nd Lady for Carolyn at Newark!

Andrew Norton	1.24.34
Clive Greyson	1.26.26
Carolyn Hay	1.26.41 (2 nd Lady)
Pete Gillespie	1.28.15
Mark Davies	1.30.15
Mary Bolland	1.33.42
Paul Stacey	1.35.52
Carl Davey	1.39.30
Everton Aikman	1.40.31
Mike Drury	1.40.36
Elsie Roberts	1.40.37
Graham Webster	1.42.15
Chris Aikman	1.43.17
Bob Hickling	1.52.54
Nigel Daniels	1.55.11
Pete Speakman	2.00.36
Dave Onion	2.01.19

Darlington 10k – 12th August 2007

Sally Plastow 48.07

National Club Triathlon Relay Champs, Holme P – 11th Aug 2007

Andy T & Mark R star with TFN to retain their National Triathlon Relay Title!

Position		4 x 400m swim	4 x 15k bike	4 x 5k run	total
National Champions	4 inc Andy Tarry & Mark Redwood	24.22	1.24.56	1.07.45	2.57.04

Jagermeister 10k Notts County Championships – 10th August 2007

Lee is County 10k Champion!

Lee & Paul led the charge for County Championship medals at the Jag 10k with Lee winning overall and Paul picking Vet Champ and also Bronze in the Senior category. Jim won his category and Stan collected Silver in the M50. Nicola ran in a strong ladies field to finish 5th overall but importantly 2nd in the County Champs to win a Silver medal for the Ladies.

Lee Stubbs	32.58 1 st (County Champion)
Paul Newton	35.04 (M40 County Champion & Senior Bronze)
Matt Stratford	35.30
Simon Nash	36.49
Kevin Brown	37.53
Dave Walsh	38.55
Stan Pascoe	39.08 (M50 Silver)
Nicola Mabbott	39.41 (Ladies Senior Silver)
Jim Munroe	40.14 (M60 Gold)
Mark Tomlinson	40.51
Matt Hemsley	40.54
Mary Bolland	42.01 p.b.
Paul Stacey	42.45
Mike Riley	42.56
Colin Bones	43.24 p.b.
Carl Davey	43.40
Catherine Charlton	43.43
Geoff Jackson	45.00

Keith Palmer	45.01
Mike Drury	45.51
Steve Gelderd	47.04
Rob Baker	47.14
Sarah Parker	49.01
Sally Plastow	49.09
Amanda Lowton	50.28
Michelle Flint	50.47
Dennis Reeson	52.04
Gill Salmon	56.01
Colin Peet	58.46

Hathersage Hilly Triathlon – 22nd July 2007

Position		420m swim	20k bike	6k run	total
36	Matt Hemsley	10.55	42.10	32.51	1.25.56

1 mile times – weds 8th Aug 2007

Amanda Lowton	7.06
Anna Rainbow	7.09
Ruth Barnes	7.19
Linda Taylor	7.19
Jo Raven	7.22
Naomi Humphreys	7.31
Jennifer F-Beckford	7.32
Kate Maltby	7.34
Nikki ??	7.41
Dave Musgrove	7.59
Rachel ??	8.09
Gillian Kendall	8.56

Hatfield Triathlon – 29th July 2007

Position		750m swim	20k bike	5k run	total
9 th Lady	Dawn Hales	13.09	46.43	28.40	1.28.32

Tough Guy, Wolverhampton – 29th July 2007

Tough Guy is around 8 miles long followed by the infamous obstacle course. If you fancy a go then by all means enter one of the two annual races. Elsie's team ran approx 4 hrs.30 mins.

Elsie Roberts
Mike Drury
Graham Webster
Paul Stacey
Jo McMillan
Helen Flint
Stefano Pratesi
Keith Palmer

British Masters,Track Championships – 28th July 2007

M60 1500m

Jim Munroe 5:14:0

Milton Keynes Half Marathon - 22nd July 2007

Redhill take a trip down south for a pleasant Half around MK's roads, woodland paths and canalside – surprisingly rural!

Chris McDonald	1:31:25 p.b.
Catherine Charlton	1:38:37
Alison Herbert	1:39:35
Dave Onion	1:56:07

Notts 5 – 25th July 2007

Rob Keal	26.33
Clive Greyson	29.26
Tom McCulloch	30.14
Ian Abbott	30.45
Mark Tomlinson	32.05
Colin Bones	34.16
Carl Davey	34.25
Richard Wheatley	34.46
Geoff Jackson	34.57
Ian Livsey	36.23
Nigel Daniels	38.50
Jo Spinak	39.06
Michelle Flint	39.36
Bev Barnes	39.56
Michelle Butler	40.59
Jane Wheatley	41.37
Dennis O'Neill	42.04
Brian Moon	42.11
Colin Peet	46.57

Sherwood 10m TT - 17th July 2007

Ian Hales	23:52 p.b.
Mike Hankin	24:37
Matt Hemsley	26:04

Sherwood Pines 10k trail – 14th July 2007

Chris McDonald	42.35
Paul Stacey	44.03
Catherine Charlton	44.34
Richard Wheatley	45.38
Alison Herbert	45.57
Keith Palmer	46.12
Sarah Parker	47.11
Ian Livsey	48.40
Steve Gelderd	48.49
Mike Monks	51.23
Gordon Ross	51.29
Dennis Reeson	52.09
Bev Barnes	53.01
Everton Aikman	58.54

Sherwood Pines 5k trail – 14th July 2007

Mark Widdowson	21.15
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Hardwick Hall, 6m – 12th July 2007

If you ever wish to do a 6 mile race where there isn't a flat metre on the course then this is the one for you.

Didn't appear to worry Rob though who led from start to finish to win!

Rob Keal	34.39 (1 st)
Clive Greyson	38.36
Carl Davey	
Mike Monks	
Dennis Reeson	

Spilsby, 6m – 1st July 2007

Matthew decided unlike Rob above that a flatter 6m race was more favorable and proceeded to match Rob's victory!

1 st	Matthew Clapp	33.22
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Notts Road Race 4, Worksop, 5m – 11th July 2007

**Helen B & Lee run to 3rds at Clumber Park!
Senior Men, Vet men & Senior Ladies are all 2nd!**

3	Lee Stubbs	3	Helen Burrell
6	Andy Tarry	9	Emily Rose
7	Andy Wetherill	10	Catherine Charlton
8	Matthew Clapp	14	Karyn Stander
11	Paul Newton	24	Sally Plastow
13	Mark Yates	25	Sarah Parker
15	Matt Stratford	27	Fliss Garland
18	Ben Humphreys	33	Helen Lowe
32	Nigel Lever	39	Amanda Lowton
33	Clive Greyson	49	Bev Barnes
36	Tony Lowe	51	Dawn Hales
39	Martyn McHale	56	Michelle Flint
41	Simon Nash	66	Anna Rainbow
43	Kevin Brown	67	Lyndsey Adkin
50	Stan Pascoe	68	Jo Raven
53	Ian Abbott	70	Gill Salmon
54	Tom McCulloch	78	Kate Maltby
57	Mark Anslow	80	Jean Adkin
62	Jim Munroe	87	Karen Edge
63	Mark Attenborough		
72	Dave Walsh		
74	Dave Giles		
77	Steve Shayler		
82	Mark Tomlinson		
84	Matt Hemsley		
92	James Butler		
94	Bruce Olpin		
96	Pal Spencer		
116	Richard Mayes		
118	Pete Scoffings		
120	Colin Bones		
126	Carl Davey		
133	Geoff Jackson		
134	Mike Drury		
143	Keith Palmer		
144	Bill Johnson		
147	Mark Widdowson		

155 Bob Hayes
 156 Ian Livsey
 157 Paul Ward
 165 Bob Hickling
 186 Nigel Daniels
 189 Mike Monks
 191 Maurice Lever
 199 Brain Moon

Notfast 10k – 8th July 2007

Andy Norton 38.17
 Carl Davey 45.02
 Dennis Reeson 50.03
 Bev Barnes 52.24
 Jo McMillan 52.45
 Colin Peet 66.58

Erewash Traithlon – 8th July 2007

Position		400m swim	20k bike	5k run	total
4 th Lady	Helen Lowe	11.00	33.00	22.07	1.06.10

Also competing Tony Lowe & Mike Hankin (results to follow)

Lyke Wake, Fell 42m – 6th July 2007

6 Dave Walsh 7.36.00

Osmotherley Fell, 33m – 7th July 2007

Dominic Fletcher 6.13

Penny Lane Striders 10k – 8th July 2007

Mike Riley 41.18 p.b.

Heritage, Colwick – 5th July 2007

Helen B is 2nd o/all & 1st Vet at the Heritage
Suzi Artis is 3rd F50
Redhill Ladies (Helen, Emma & Michelle) are 3rd overall
Nigel Daniels is 3rd M60

Clive Greyson	30.08	Helen Burrell	31.27
Mark Attenborough	31.20	Jo Spinak	39.39
Jim Munroe	31.37	Michelle Flint	41.05
Dave Giles	31.38	Lyndsey Adkin	42.13
Mike Riley	32.36	Emma Fitcher	43.15
Rob Baker	36.13	Suzi Artis	44.34
Carl Davey	36.43	Jean Adkin	44.54
Dennis O'Neill	37.29		
Nigel Daniels	40.25		
Pete Speakman	42.43		
Mark Taylor	43.22		
Colin Peet	45.53		

Heritage, Rushcliffe, 4m – 3rd July 2007

Mark Yates	22.31	Helen Burrell	24.52 (3 rd lady)
Dave Giles	25.02	Catherine Charlton	27.39
Mark Attenborough	25.09	Emma Fitcher	31.34
Mike Riley	26.17	Michelle Flint	32.38
Ian Livsey	28.24	Lyndsey Adkin	34.02
Carl Davey	28.58	Suzi Artis	35.02
Dennis O'Neill	31.42	Jean Adkin	35.57
Pete Speakman	32.52		
Nigel Daniels	33.06		
Mark Taylor	33.25		
Colin Peet	37.17		
Barry Davies	38.30		

Sherwood 10m TT – 3rd July 2007

Note - Comments from Ian H ☺

Ian Hales	24:35
Mike Hankin	25:53 (Getting slower)
Paul Ward	26:34 (Drafted the last 2 miles)

East Leake Triathlon – 1st July 2007

Position		400m swim	20k bike	5k run	total
5 th lady	Dawn Hales	9.03	39.00	22.13	1.10.16

Notts County Championships, Mansfield ½ Marathon – 1st July 2007

Rob retains his Notts Championship ½ marathon title!

Redhill's men returned from the County Championships with Gold's for Rob, Paul & Stan with Matthew and Andy W also weighing in with Championship medals whilst the Ladies not to be undone claimed Silver though Emily who won her 3rd County Championship Silver in the last 2 years.

The Championship medals detailed below are as awarded on the day and not as detailed in the race results

<i>Rob Keal</i>	<i>1.12.15 (County Champion Gold)</i>
<i>Matthew Clapp</i>	<i>1.15.04 (County Senior Silver)</i>
<i>Paul Newton</i>	<i>1.17.34 (County Senior Bronze & M40 Gold)</i>
<i>Andy Wetherill</i>	<i>1.20.35 (County M40 Bronze)</i>
Tony Lowe	1.23.56
Andrew Norton	1.24.25 p.b.
<i>Stan Pascoe</i>	<i>1.24.49 (County M50 Gold)</i>
Kevin Brown	1.26.16
Matt Hemsley	1.28.18
<i>Emily Rose</i>	<i>1.33.59 (County Senior Silver)</i>
Sarah Huckle	1.34.14
Mary Bolland	1.34.24 p b.
Paul Spencer	1.37.15
Mark Tomlinson	1.37.26
Elsie Roberts	1.39.39
Sarah Parker	1.40.10
Sally Plastow	1.43.33 p.b.
Paul Stacey	1.47.40
Carl Davey	1.47.53
Bob Hickling	1.48.03
Helen Lowe	1.50.35

Steve Gelderd 1.50.49
Dave Onions 1.52.15
Nigel Daniels 1.53.45
Jane Wheatley 2.01.19
Jo McMillan 2.02.22
Pete Speakman 2.02.24
Colin Peet 2.20.16

Terrapin Triathlon – 1st July 2007

Andy T wins at a very wet Market Bosworth!

	750m swim	21k bike	5k run	total
Andy Tarry	11.07	35.03	17.58	1.04.08