

Club Championships 2004 Rankings

Any race times run between the Dec 22nd 2003 and Dec 20th 2004 make up the 2004 rankings, and should be your best times during that period.

5 Miles					
Senior Men			Senior Ladies		
Stewart Gregory	25:56	Boston	Zoe Peak	33:37	HPP Sum: Lge
Steve Reeves	27:05	Wolverton	Karen Jarvis	36:32	Scott King
Matthew Clapp	27:25	Long Eaton	Claire Preston	36:36	Scott King
Graham Moffatt	28:47	Colwick	Clare Ablethorpe	36:59	Scott King
Dave Belbin	28:59	HPP Sum: Lge	Sue Karmazyn	37:30	Colwick
Julian Crowther	29:22	Colwick	Janet Riley	37:39	Notts 5
Matthew Grainge	29:38	HPP Sum: Lge	Karen Jarvis	38:07	Colwick
Steve Shanks	29:55	Notts 5	Melissa Wyszynski	38:13	HPP Sum: Lge
Colin Hallam Jr	30:20	HPP Sum: Lge	Jo Spinak	38:19	Scott King
Ian Rowe	31:52	HPP Sum: Lge	Claire Hayes-Gill	38:21	Colwick
Simon Leadley	32:46	Scott King	Annie Acklam	38:24	HPP Sum: Lge
Keith Jamieson	32:51	HPP Sum: Lge	Gemma Symis	38:43	Colwick
Peter Grant	33:09	HPP Sum: Lge	Suze Watts	38:56	Scott King
Jim McEwan	34:42	Colwick	Caty Darby	39:21	HPP Sum: Lge
Kevin Dickinson	35:11	Notts 5	Emma Player	39:42	Colwick
John Goodman	36:52	Scott King	Kelly Angus	41:11	HPP Sum: Lge
Ian James	40:21	HPP Sum: Lge	Kirsty Chapman	41:17	HPP Sum: Lge
			Rachel Fursman	44:35	Colwick
			Sarah Carrol	44:43	Colwick
			Marsha Knightsmith	45:58	Colwick
			Mel Gretton	46:32	Colwick
			Tracey James	48:23	Colwick
Men V40			Ladies V40		
Matthew Moore	29:05	Scott King	Debbie Shaw	34:26	HPP Sum: Lge
Don Wells	30:52	Notts 5	Mary Mills	35:46	Colwick
Neil Marshall	31:10	HPP Sum: Lge	Dawn Waugh	38:05	HPP Sum: Lge
Paul Jacobs	31:35	HPP Sum: Lge	Mandy Andrews	43:14	HPP Sum: Lge
Gary Attewell	31:39	HPP Sum: Lge	Hazel Jones	48:52	Colwick
Jerzy Kujawinski	32:41	HPP Sum: Lge			
Allan Price	34:02	Notts 5			
Pete Savage	35:09	Scott King			
Colin Hallam Sr	35:38	Notts 5			
Paul Boyd	38:09	Colwick			
Richard Smith	46:19	Colwick			
Men V50			Ladies V50		
Howard Partridge	29:30	HPP Sum: Lge	Lesley Cliff	33:52	HPP Sum: Lge
Pete Knox	31:55	Notts 5	Penny Durance	41:18	Colwick
Graeme Beech	32:24	HPP Sum: Lge	Alison Bottomley	45:40	Notts 5
Steve Priscott	33:24	HPP Sum: Lge	Sheila Elliott	47:35	Long Eaton
Bernard Jarvis	33:46	HPP Sum: Lge	Di Matthews	54:33	HPP Sum: Lge
Jerry Scarrott	34:22	Colwick			
Dave Cogman	34:43	Scott King			
Terry Bacon	37:39	HPP Sum: Lge			
Richard Elliott	37:47	HPP Sum: Lge			
Chris Hendry	38:31	Scott King			
Dick Durance	39:25	Colwick			
Dave Bland	39:59	Scott King			
William Scott	40:19	Notts 5			
Stephen Matthews	51:44	HPP Sum: Lge			
Men V60			Ladies V60		
Neil Hamilton	34:10	Boston	Sandy Poole	38:19	HPP Sum: Lge
Men V70					
Frank Makin	37:50	Colwick			
John Foden	51:40	Colwick			

10KM					
Senior Men			Senior Ladies		
Stewart Gregory	33:48	Heanor	Lorraine Butterfield	44:22	Rushcliffe
Julian Crowther	36:28	Rushcliffe	Polly York	45:17	Jagermeister
Steve Shanks	36:59	HPP	Rebecca Brocklebank	46:07	Caythorpe
Graham Moffatt	37:00	Jagermeister	Karen Jarvis	46:13	Rushcliffe
Matthew Grainge	37:26	HPP	Claire Hayes-Gill	46:37	HPP
Mark Wyszynski	38:50	HPP	Lorna White	46:52	Jagermeister
Anthony Mills	40:10	Rushcliffe	Jane Riley	47:07	Jagermeister
Kevin Dickinson	41:21	HPP	Caty Darby	48:45	Rushcliffe
Colin Hallam Jr	41:30	Easter 10K	Annie Acklam	48:48	Rushcliffe
Keith Jamieson	42:36	Merrill	Gemma Symis	50:22	Jagermeister
Jim McEwan	42:53	HPP	Kate Poulton	50:47	HPP

Andy Wilkinson	46:31	Rushcliffe	Claire Preston	51:09	HPP
John Goodman	48:19	HPP	Anne Jacobs	51:17	HPP
Karl Lewis	59:57	Rushcliffe	Anne Howick	51:38	HPP
			Emma Player	52:56	HPP
			Su Lancaster	54:10	Rushcliffe
			Suze Watts	54:10	Bestwood
			Marsha Knightsmith	56:53	Rushcliffe
			Mel Gretton	57:08	Easter 10K
			Tracy James	61.39	HPP
Men V40			Ladies V40		
Matthew Moore	36:35	HPP	Mary Mills	43:28	Railsport
Don Wells	39:22	Jagermeister	Dorothy Michalak	43:48	Standalone
Jerzy Kujawinski	40:49	HPP	Mandy Andrews	56:15	Bestwood
Neil Marshall	40:56	Rushcliffe	Hazel Jones	58:35	HPP
Pete Andrews	41:26	Rushcliffe			
Allan Price	41:36	Rushcliffe			
Paul Jacobs	41:49	Bestwood			
Pete Savage	43:15	Lincoln			
Rob Crocker	44:41	Caythorpe			
Richard Michalak	44:54	Heanor			
Colin Hallam Sr	45:42	HPP			
Men V50			Ladies V50		
Pete Knox	40:03	Merrill	Lesley Cliff	43:28	Easter 10K
Dane Atkin	41:04	Caythorpe	Penny Durance	52:26	Notfast
Bernard Jarvis	41:06	HPP	Alison Bottomley	56:56	Rushcliffe
Steve Priscott	42:21	Hucknall	Sheila Elliott	57:37	Rushcliffe
Derek Poole	42:29	Caythorpe	Linda Robb	59:31	Derby
Jerry Scarrott	42:31	Rushcliffe	Di Matthews	69:28	Derby
Dave Cogman	44:41	HPP			
Bob Stone	45:21	Caythorpe			
Chris Hendry	48:20	Rushcliffe			
Richard Elliott	48:29	Rushcliffe			
Dick Durance	48:31	HPP			
Bryn Stone	54:23	Caythorpe			
Pat Walsh	61:52	Heanor			
Stephen Matthews	66:27	Derby			
Men V60			Ladies V60		
Neil Hamilton	44:11	Notfast	Sandy Poole	49:11	HPP
Phil Huxley	46:10	Caythorpe	Pat Robinson	52:43	Rushcliffe
Anthony Hall	47:17	Rushcliffe			
Stan Blythen	56:28	Derby			
Men V70					
Frank Makin	46:13	Merrill			
John Foden	61:59	Caythorpe			

10 Miles					
Senior Men			Senior Ladies		
Stewart Gregory	55:36	Ropsley	Helen Byrne	71:54	Notts 10
Julian Crowther	59:46	Notts 10	Janet Riley	77:01	Notts 10
Steve Shanks	61:31	Notts 10	Rebecca Brocklebank	80:21	Notts 10
Colin Hallam Jr	64:07	Notts 10	Sue Karmazyn	81:24	Barrow
Ian Rowe	68:48	Notts 10	Annie Acklam	82:56	Notts 10
Jim McEwan	70:45	Notts 10	Melissa Wyszynski	83:05	Notts 10
Keith Jamieson	72:01	Notts 10	Kirsty Chapman	86:56	Notts 10
Kevin Dickinson	72:08	Notts 10	Claire Preston	86:57	Notts 10
John Goodman	83:07	Notts 10			
Andy Wilkinson	86:34	Notts 10			
Tristan Lomas	87:56	Notts 10			
John Bryne	89:43	Trentham			
Men V40			Ladies V40		
Matthew Moore	62:15	Notts 10	Mary Mills	72:54	Notts 10
Don Wells	63:27	Notts 10			
Gary Attewell	64:58	Notts 10			
Paul Jacobs	66:58	Notts 10			
Allan Price	67:55	Trentham			
Jerzy Kujawinski	69:28	Notts 10			
Richard Michalak	74:17	Notts 10			
Pete Savage	74:24	Notts 10			
Colin Hallam Sr	74:59	Notts 10			
Men V50			Ladies V50		
Derek Poole	66:22	Notts 10	Lesley Cliff	71:23	Notts 10
Steve Priscott	71:04	Ranby	Alison Bottomley	99:14	Notts 10
Jerry Scarrott	71:50	Notts 10	Di Matthews	117:46	Notts 10
Bob Stone	72:11	Notts 10			
Terry Bacon	80:23	Ropsley			
Dick Durance	81:01	Ranby			
Stephen Matthews	109:43	Ranby			
Men V60			Ladies V60		

Neil Hamilton	73:20	Notts 10	Sandy Poole	81:09	Louth
Men V70					
John Foden	104:48	Notts 10			

Half Marathon

Senior Men			Senior Ladies		
Stewart Gregory	1:13:28	Belvoir	Helen Byrne	1:32:40	Robin Hood
Steve Shanks	1:19:18	Robin Hood	Serena Bignell	1:35:06	Belvoir
Julian Crowther	1:20:17	Belvoir	Zoe Peak	1:37:06	Robin Hood
Matthew Grainge	1:21:40	Robin Hood	Polly York	1:38:21	Worksop
Mark Wyszynski	1:26:15	Robin Hood	Lorne White	1:40:27	Turkey Trot
Ian Rowe	1:27:17	Worksop	Janet Riley	1:43:56	Worksop
Henry Twigger	1:35:01	Belvoir	Clare Ablethorpe	1:43:19	Worksop
Jim McEwan	1:35:28	East Retford	Lorraine Butterfield	1:44:52	Mansfield
Kevin Dickinson	1:38:19	Hinckley	Rebecca Brook	1:46:42	Worksop
Colin Hallam Jr	1:39:09	Mansfield	Jo Spinak	1:47:27	Turkey Trot
Steve Leek	1:38:16	Worksop	Rebecca Brocklebank	1:48:16	Sleaford
John Goodman	1:45:17	Turkey Trot	Kelly Angus	1:50:53	Sleaford
Simon Leadley	1:45:52	Robin Hood	Suze Watts	1:54:57	Robin Hood
Andy Wilkinson	1:51:09	Worksop	Claire Preston	1:55:36	Robin Hood
Ian James	1:58:47	Robin Hood	Kate Poulton	1:56:22	Robin Hood
Kevin Thompson	2:37:14	Robin Hood	Anne Howick	1:58:37	Turkey Trot
			Sarah Carroll	2:00:07	Turkey Trot
			Rachel Fursman	2:00:41	Robin Hood
			Kirsty Chapman	2:03:34	Robin Hood
			Marsha Knightsmith	2:09:20	Turkey Trot

Men V40			Ladies V40		
Matthew Moore	1:22:15	Robin Hood	Mary Mills	1:36:12	Mansfield
Don Wells	1:24:35	Belvoir	Sue Karmazyn	1:37:05	Worksop
Gary Attewell	1:24:50	Robin Hood	Dorothy Michalak	1:40:02	Belvoir
Nick Brown	1:29:22	Turkey Trot	Dawn Waugh	1:41:40	Belvoir
Neil Marshall	1:30:19	Robin Hood	Hilary Hare Duke	1:45:03	Robin Hood
Jerzy Kujawinski	1:30:58	Robin Hood	Penny Durance	1:45:04	Sleaford
Guy Roberts	1:30:58	Turkey Trot	Christine Heaton	1:50:39	Turkey Trot
Pete Andrews	1:31:30	Robin Hood	Anne Jacobs	1:55:36	Robin Hood
Allan Price	1:34:24	Stafford	Mandy Andrews	2:04:39	Robin Hood
Phil Wise	1:36:04	Turkey Trot			
Mark Cottam	1:37:00	Robin Hood			
Paul Jacobs	1:37:04	Newark			
Richard Michalak	1:38:01	Sleaford			
Rob Crocker	1:38:16	Belvoir			
Pete Savage	1:40:57	Robin Hood			
Colin Hallam Sr	1:41:45	Belvoir			
Guy Willets	1:54:43	Robin Hood			
Paul Boyd	2:01:24	Robin Hood			
Nick Harrington	2:13:13	Robin Hood			

Men V50			Ladies V50		
Howard Partridge	1:22:35	East Retford	Alison Bottomley	2:13:59	Robin Hood
Derek Poole	1:26:23	Malta	Di Matthews	2:47:36	Mansfield
Dane Atkin	1:27:22	Robin Hood			
Bernard Jarvis	1:27:48	East Retford			
Dave Siggs	1:30:32	Robin Hood			
Steve Priscott	1:31:19	Robin Hood			
Jerry Scarrott	1:34:48	Turkey Trot			
Dave Cogman	1:35:01	Belvoir			
Bob Stone	1:38:44	Hinckley			
Peter Wilkes	1:43:18	Robin Hood			
Rob Hackett	1:43:45	Robin Hood			
Terry Bacon	1:43:35	Turkey Trot			
Dick Durance	1:44:46	Robin Hood			
Alan Swales	1:48:57	Robin Hood			
Alan Lee	1:51:49	Robin Hood			
Brian Gunn	2:01:17	Robin Hood			
Bryn Stone	2:01:24	Robin Hood			
William Scott	2:06:12	Newark			
Clarence Ward	2:19:17	Robin Hood			
Stephen Matthews	2:35:59	Turkey Trot			

Men V60			Ladies V60		
Neil Hamilton	1:38:40	Robin Hood	Sandy Poole	1:44:44	Malta
Anthony Hall	1:48:08	Robin Hood	Pat Robinson	2:00:59	Belvoir

Men V70					
Frank Makin	1:41:33	White Peak			
John Foden	2:26:20	Worksop			

Marathon

Senior Men			Senior Ladies		
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Stewart Gregory	2:35:59	Lochaber	Kelly Angus	4:09:11	London
Steve Shanks	2:48:39	Luton	Tracey James	4:52:01	Robin Hood
Julian Crowther	2:56:23	Robin Hood			
James McEwan	3:27:01	Robin Hood			
Colin Hallam Jr	3:30:04	Robin Hood			
Tristan Lomas	3:58:11	Robin Hood			
Kevin Dickinson	4:12:21	Robin Hood			
Men V40			Ladies V40		
Glyn Sawford	3:14:31	Robin Hood	Dorothy Michalak	3:28:31	Robin Hood
Mark Cottam	3:24:26	Kingston	Dawn Waugh	3:32:38	London
Allan Price	3:31:01	Potteries			
Rob Crocker	3:35:34	London			
Paul Jacobs	3:36:21	Robin Hood			
Richard Michalak	3:44:00	Robin Hood			
Colin Hallam Sr	4:05:53	Robin Hood			
Men V50			Ladies V50		
Bernard Jarvis	3:01:14	Lochaber	Di Matthews	6:01:28	Robin Hood
Derek Poole	3:21:42	London			
Dave Cogman	3:53:43	London			
Alan Lee	4:31:07	London			
William Scott	4:24:10	Robin Hood			
Stephen Matthews	5:50:46	Robin Hood			
Men V60			Ladies V60		
			Sandy Poole	4:19:24	London
			Pat Robinson	4:27:14	Robin Hood
Men V70					
Frank Makin	3:44:48	London			