

COLTISHALL JAGUARS MENS RECORDS

MOVED UP TO ANOTHER AGE GROUP

CURRENT MEMBERS

CLUB RECORDS

RED TIME IS FASTEST IN AGE GROUP

B=Bronze S=Silver G=Gold

D=Diamond P=Platinum

| <u>UNDER 40</u> | <u>5k</u> | <u>5M</u> | <u>10K</u> | <u>10M</u> | <u>HALF MAR</u> | <u>15M</u> | <u>20M</u> | <u>MARATHON</u> |
|------------------------|-----------|-----------|------------|------------|-----------------|------------|------------|-----------------|
| Alan Bushell | 19.37 B | 32.58 S | 41.50 S | 1.09.15 S | 1.32.47 S | | 2.34.25 S | 3.35.28 B |
| Ben Gaskins | 18.56 G | 31.54 S | 41.43 S | 1.15.04 B | 1.41.47 B | | | |
| Ben Letzer | 18.23 G | 30.11 G | 41.47 S | 1.07.29 S | 1.27.56 G | | 2.06.31 D | 2.51.33 G |
| Blake Payne | | | | 1.27.17 | 1.54.08 | | | |
| Cameron McLean | 22.22 B | | | | | | | |
| Chris Johnson | 19.29 S | | 43.13 S | | 1.38.04 B | | | |
| Daniel Smith | 17.48 G | 30.02 G | 35.54 D | 59.25 D | 1.20.33 D | | 2.16.40 G | 2.50.58 D |
| Darren Tubby | 18.56 G | | | 1.13.16 S | | | 2.30.36 S | 3.39.15 B |
| Franklyn Plume | 19.49 S | | 42.14 S | 1.12.44 S | 1.34.24 S | | | |
| Jack Stuttle | 17.02 D | 30.25 G | 36.40 G | 1.05.24 G | 1.18.36 D | | | 2.58.47 G |
| James Lambert | 18.44 G | 31.24 S | 40.25 S | 1.08.30 S | 1.33.45 S | | 2.39.17 B | 3.27.32 B |
| Josh Brighty | | | | | 1.54.13 | | | |
| Lee Emmett | 19.47 S | 34.31 S | 43.35 S | 1.12:23 S | 1.40.21 B | | | 3.36.20 B |
| Luke King | | | | | 1.59.14 | | | |
| Luke Townshend | 21.51 B | | 46.53 B | 1.20.02 | 1.44.43 | | | |
| Melvin Porter | 20.16 B | | | | | | | |
| Nigel Stallard-Mulford | 25.00 | | | | | | | |
| Nick Hudson | 19.42 S | 32.56 S | 41.21 S | 1.09.24 S | 1.30.46 S | | 2.38.35 G | 3.31.32 B |
| Nigel Stallard-Mulford | 24.03 | | 54.06 | | | | | |
| Radley Fenn | 19.03 S | 32.35 S | 40.12 S | 1.10:05 S | 1.28.28 S | | | |
| Richard Bateson | 16.25 D | 27.27 D | 34.12 D | 57.17 D | 1.15.26 D | | | |
| Scott Shrubsall | 19.43 S | 34.03 S | 42.01 B | 1.11.59 B | 1.37.33 S | | | 3.52.24 |
| Shane Bidle | 19.27 S | 32.49 S | 42.30 S | | | | | |
| Stuart Aldous | 20.02 S | | 43.16 S | 1.16.18 B | 1.46.03 | | | |
| Stephen Norris | | 47.58 | 1.04:30 | | | | | |
| Stephen Pointer | 19.23 S | 34.49 B | 44.23 B | 1.20.35 | 1.34.53 S | 1.53.21 S | 2.42.34 B | 3.20.44 S |
| <u>40 - 44</u> | | | | | | | | |
| Alan Bushell | | 32.24 G | 41.50 G | | 1.29.54 G | | 2.28.32 G | 3.16.56 G |

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| Andrew Jarvis | 21.56 S | | 48.19 B | 1.24.28 | 1.52.26 | | |
| Ben Letzer | | | | | | | 3.10.37 G |
| Daniel Smith | | | | | 1.20.55 D | 2.05.59 D | 2.48.58 D |
| Howard Burton | | | | | | 2.05.19 B | |
| James Lambert | | | | 1.09.35 G | | | |
| James Marshall-Love | | | | | | | |
| Jason Corner | 20.36 S | 42.55 S | 43.34 S | | | | |
| Lawrence Wade | 16.58 D | | 35.31 D | 1.00.10 D | | | |
| Lee Emett | 19.01 G | | 42.11 G | | 1.32.18 G | | 3.34.37 S |
| Luke Townshend | | | | | | | |
| Matthew Stone | | 28.57 D | | | | | |
| Melvyn Porter | 19.25 G | 33.14 S | 40.37 G | 1.07.09 G | 1.31.42 G | 2.22.56 G | 4.00.14 |
| Tim Debbage | 28.35 | | | | | | |
| Radley Fenn | | | | | 1.29.28 G | | |
| Richard Peters | 23.36 | | 48.47 | 1.20.32 | | | |
| Ross Howe | | | | | | | |
| Scott Shrubsall | | | | | | | |
| Stephen Niblett | | | | | 1.26.08 G | | |
| Stephen Winter | | | | | | | |
| Zac Mace | | | 39.43 G | 1.06.17 G | | 2.18.34 G | 3.05.24 G |
| 45-49 | | | | | | | |
| Alan Bushell | | 34.27 S | | | | | |
| Andrew Jarvis | | | | | | | |
| Andrew Wicks | 20.38 G | | 43.51 S | | 1.43.11 S | | |
| Andy Foreman | | | 41.25 G | 1.11.37 G | | | |
| Antony Alborough | 18.07 D | 29.59 D | 38.11 D | 1.03.37 D | 1.26.51 D | 2.21.41 G | |
| Barry Halkyard | 20.33 S | | 47.39 B | | | | |
| Dave Newson | | | | 1.29.49 | | | |
| Eden Rudling | 22.58 B | | 52.21 | 1.28.45 | | | |
| Graham Fryer | 23.29 B | 41.32 B | 50.00 B | 1.30.09 | 1.55.33 | | |
| Graham Johnson | 21.02 S | | 47.17 S | 1.22.28 B | | | |
| Jason Corner | 20.41 S | | 48.10 B | | | | |

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| Julian Jardine | 23.38 B | 42.05 | 51.08 B | | 1.59.36 | | |
| Julian Smith | 21.39 S | 37.03 S | 46.49 S | 1.13.36 S | 1.49.57 B | | |
| Melvyn Porter | 19.11 G | 32.04 G | 40.40 G | 1.08.10 G | 1.29.43 G | 2.30.13 G | 3.34.23 S |
| Neil Button | 18.41 G | 31.47 G | 39.56 G | 1.07.12 G | 1.27.48 G | | 3.19.04 G |
| Noel Meeks | | 57.25 | 1.09:19 | 1.56.44 | | | |
| Owen Barber | 23.19 B | 38.58 B | 48.26 B | 1.23.02 B | 1.54.29 | | |
| Paul Gerber | 24.28 B | 40.20 B | 51.43 | 1.23.29 B | 1.51.13 | 3.12.17 B | 4.35.47 |
| Paul Taylor | 21.40 S | | 43.46 S | | 1.44.24 G | | |
| Peter Kean-Cockburn | 23.06 B | 37.30 B | 52.48 | | | | |
| Richard Peters | 21.50 S | 39.40 B | 46.46 S | 1.19.00 S | 1.50.37 B | | |
| Rod Bye | 20.27 G | 35.23 S | 40.26 G | 1.07.39 G | 1.39.41 B | | 4.03.17 |
| Stephen Neal | 21.59 S | 38.20 B | | | | | |
| Stewart Marden | 21.49 S | 35.24 S | 43.34 S | 1.14.51 S | 1.40.08 S | | |
| Tim Debbage | | | | | | | |
| 50-54 | | | | | | | |
| Andy Foreman | 20.07 G | | | | 1.39.38 S | | |
| Barry Halkyard | 28.34 | | | | 1.46.18 S | | |
| Dave Simpson | 21.50 B | 34.53 S | | 1.24.10 S | | | |
| Doug Bradley | | | | | | | |
| Eden Rudling | | | | | 1.58.18 | | |
| Graham Johnson | 19.03 D | 31.47 G | 41.30 G | 1.06.46 D | 1.30.06 G | 2.25.08 G | 3.39.00 S |
| Jon Howe | 18.50 D | 31.09 D | 39.48 D | 1.07.32 G | 1.30.02 G | 2.26.19 G | |
| Jeremy Lawrence | 21.15 G | 33.36 G | 46.49 S | 1.15.13 G | 1.41.02 S | 1.59.32 G | 3.41.54 S |
| Julian Jardine | | | | | | | |
| Julian Smith | 20.29 G | | 46.57 S | 1.14.19 S | 1.42.45 S | | |
| Keith Brightly | 20.22 G | 34.47 G | 44.09 S | 1.14.50 S | | 2.51.43 S | 4.29.20 |
| Melvyn Porter | 18.44 D | 31.11 D | 41.02 G | 1.08.17 G | 1.31.46 G | 2.28.43 G | 3.16.51 G |
| Neil Button | 18.44 D | 31.39 D | 39.43 D | 1.06.02 D | 1.29.26 D | 1.44.05 D | 2.21.33 D |
| Nick Tate | 24.44 B | 1.02:54 | | | 1.58.01 | | |
| Noel Meeks | 33.14 | | 1.10:23 | | 2.34.31 | | 7.14.33 |
| Owen Barber | 22.51 S | 37.53 B | 49.30 B | 1.27.52 B | 1.50.36 B | 3.11.55 B | 4.27.53 |
| Paul Bloomfield | | | 1.15.05 | | | | |

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|---------------------|---------|---------|---------|-----------|-----------|-----------|-----------|
| Paul Emery | 22.52 S | 36.55 S | 46.18 S | 1.16.06 S | 1.40.21 S | | |
| Paul Gerber | 23.53 B | 39.27 B | 52.53 | 1.24.56 B | 1.57.20 | | |
| Paul Taylor | 20.52 G | 35.55 S | 45.50 S | 1.14.21 S | 1.39.42 S | | 4.05.29 B |
| Peter Kean-Cockburn | 24.01 B | 40.17 B | | 1.25.42 B | 1.57.38 | | |
| Rod Bye | 19.21 G | 32.07 G | 40.55 G | 1.08.32 G | 1.33.22 G | 2.33.12 G | 3.30.29 S |
| Stewart Marden | | 34.02 G | 42.53 G | 1.11.57 G | 1.34.12 G | 2.42.21 S | 4.14.38 |
| Stephen Neal | 20.33 G | 33.55 G | 43.22 G | 1.11.36 G | 1.39.26 S | 2.47.31 S | |
| Timothy Evans | 27.14 | | 56.10 | 1.37.23 | 2.02:28 | | |
| Thomas Lincoln Kemp | 19.52 G | 34.33 G | 41.30 G | 1.10:05 G | 1.35.44 G | 2.36.56 S | 3.52.21 B |

55-59

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| Colin Robilliard | 17.56 P | 29.28 P | 36.32 P | 59.40 P | 1.20.12 P | 2.12.17 P | 2.59.13 P |
| David Buck | | | 46.17 G | 1.16.50 G | 1.42.46 G | | |
| Dave Simpson | | 35.58 G | 47.12 G | 1.25.07 S | 1.54.24 S | | |
| Douglas Barber | 20.32 D | 40.29 S | 45.31 G | 1.16.16 G | 1.40.36 G | | |
| Graham Johnson | | 46.16 G | | | | 2.43.27 G | |
| Jeremy Lawrence | 19.30 D | 32.44 D | 40.46 D | 1.07:17 D | 1.30.44 D | 1.49.46 D | 3.22.24 D |
| Keith Brightly | 20.32 D | 36.37 G | 44.57 G | 1.13.11 G | 1.42.52 G | 2.59.53 S | 4.09.25 B |
| Ken Bowman | | | | | | | |
| Michael Fairchild | | 40.40 S | | | 1.46.50 S | | |
| Neil Laughton | 27.25 | 44.59 | 57.21 | | | | |
| Nicolas Eley | 20.23 D | 33.47 D | 42.24 D | 1.11.01 D | 1.47.06 S | | |
| Owen Barber | | | | | 1.57.13 B | | |
| Paul Bloomfield | 29.38 | 54.47 | 1.05:36 | 1.59.42 | 2.28.57 | | |
| Paul Emery | 20.40 D | 34.33 G | 45.09 G | 1.35.00 | 1.41.16 G | 2.46.02 G | |
| Paul Taylor | | | 51:34 S | | 1.52.47 S | | |
| Phil Henry | 20.04 D | 34.42 G | 42.41 D | 1.16.47 G | 1.43.45 G | 2.58.24 S | |
| Peter-Kean Cockburn | 22.19 G | 37.23 S | 49.11 S | 1.20.11 S | 1.49.30 S | 3.02.40 S | 4.18.14 B |
| Rod Bye | 19.46 D | 34.01 G | 41.08 D | 1.09.30 D | 1.38.30 G | | 3.18.23 D |
| Stephen Neal | 22.18 G | 34.19 G | | 1.13.40 G | | | |
| Stewart Marden | | 36.22 G | 51.34 S | | | | |
| Tim Evans | 26.25 | | | | 2.03.41 | | |

60-64

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|---------------------|---------|---------|---------|-----------|-----------|-----------|-----------|
| Andy Richardson | 24.54 S | | | | | | |
| Colin Robilliard | 18.59 P | 31.56 P | 39.16 P | | 1.25.34 P | | |
| Dave Simpson | 24.27 S | 42.24 S | 51.58 S | | | | |
| Douglas Barber | 24.20 G | | | | | | |
| Jeremy Lawrence | 21.46 D | | | | 1.38.47 D | | 3.37.20 G |
| John Windham | 23.18 G | 39.56 G | 51.53 S | 1.26.24 G | 1.58.14 S | 3.33.32 B | |
| Ken Bowman | 19.47 P | 33.16 P | 41.16 P | 1.09.36 D | 1.32.32 D | | |
| Mark Bradley | 29.16 | | | | | | |
| Martin Bishop | | | | | | | |
| Neil Laughton | | | | | | | |
| Nicolas Eley | 19.44 P | 34.23 D | 43.00 D | 1.13.10 D | 1.39.45 D | | |
| Peter Kean-Cockburn | 22.46 G | 39.18 G | 51.33 S | 1.23.40 S | 1.57.43 G | | |
| Michael King | | | | | | 2.39.29 G | 3.57.00 G |
| Rod Bye | | | 41.52 D | | 1.31.40 D | | 3.22.00 D |
| Stephen Brown | | | 49.25 G | | 1:52:52 S | | 4.11.12 S |

65-69

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|-------------------|---------|---------|---------|-----------|-----------|-----------|-----------|
| Andrew Richardson | 25.10 G | | 56.02 S | | | | |
| David Simpson | 24.38 G | 44.01 S | | | | | |
| John Windham | | | | | | | |
| Mark Bradley | 32.07 | | | | | | |
| Michael Fairchild | | | | | | | |
| Mick Liston | | | | | 1.50.48 G | | |
| Ken Bowman | 19.48 P | 32.30 P | 40.59 P | 1.08.45 P | 1.32.01 P | 2.31.20 P | 3.34.49 D |

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| Ken Bowman | 20.21 P | 34.48 P | 42.08 P | 1.12.04 P | 1.39.22 P | | |
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