

**COLTISHALL JAGUARS MENS RECORDS**
**CLUB RECORDS**
**MOVED UP TO ANOTHER AGE GROUP**
**RED TIME IS FASTEST IN AGE GROUP**
**CURRENT MEMBERS**

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	1.33.10 S			
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			56.25	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		39.02 G	1.13.16 S			2.30.36 S	3.39.15 B
Dean Blake	19.15 S	33.14 S	42.39 B		1.36.38 S			
Franklyn Plume	19.49 S		40.38 S	1.12.44 S	1.34.24 S			4.19.44
Jack Stuttle	17.02 D	27:38 D	36.26 G	58.04 D	1.18.36 D		2.13.40 G	2.57.06 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 Townshend	21.51 B		46.53 B	1.20.02	1.44.43			
Melvin Porter	20.16 B							
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					
Stephen Norris		47.58	1.04:30					
Stephen Pointer	19.23 S	34.49 B	40:37 S	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
Ben Letzer								3.10.37 G
Daniel Smith		28.29 D	35.58 D		1.17.17 P		2.05.08 D	2.48.58 D

Dean Blake	18.20 D	32.36 G	37.44 D	1.06.40 G	1.26.14 G	2.59.11	3.24.23 S
Howard Burton						2.05.19 B	
James Lambert				1.09.35 G			
Lawrence Wade	16.58 D		35.31 D	1.00.10 D			
Luke Townshend							4.18.18
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
Paul Rogers	19.43 G				1.38.34 S		
Radley Fenn	20.38 S		47.23 B		1.29.28 G		
Richard Peters	23.36		48.47	1.20.32			
Scott Shrubsall							

#### 45-49

Alan Bushell		34.27 S					
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 G		47.39 B				
Clive Steward				1.02.58 D	1.24.35 D		
Dean Blake							
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			
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 Rogers	20.39 G	39.04 B	46.02 S	1.09.39 G	1.35.24 G	2.36.45 S	3.37.29 S
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

Ross Howe
Stephen Neal
Stephen Winter

21.59 S 38.20 B

50-54

Alan Bushell
Andy Foreman
Anthony Alborough
Barry Halkyard
Dave Simpson
Eden Rudling
Graham Johnson
Jeremy Lawrence
Jon Howe
Julian Smith
Keith Brighty
Melvyn Porter
Neil Button
Nick Tate
Noel Meeks
Owen Barber
Paul Bloomfield
Paul Emery
Paul Gerber
Paul Taylor
Peter Kean-Cockburn
Rod Bye
Stephen Neal
Timothy Evans
Thomas Lincoln Kemp

20.07 G 43.45 G 1.39.38 S

28.34 44.05 G 1.46.18 S

21.50 B 34.53 S 1.24.10 S

1.53.58 B

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

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

31.09 D

20.29 G 43.32 G 1.14.19 S 1.41.22 S

20.22 G 34.47 G 44.09 S 1.14.50 S 2.51.43 S 4.29.20

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

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 3.17.22 G

24.44 B 1.02:54 1.58.01

33.14 1.10:23 2.34.31 7.14.33

22.51 S 37.53 B 49.30 B 1.27.52 B 1.50.36 B 3.11.55 B 4.27.53

1.15.05

22.52 S 36.55 S 46.18 S 1.16.06 S 1.40.21 S

23.53 B 39.27 B 52.53 1.24.56 B 1.57.20

20.52 G 35.55 S 45.50 S 1.14.21 S 1.39.42 S 4.05.29 B

24.01 B 40.17 B 1.25.42 B 1.57.38

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

20.33 G 33.55 G 43.22 G 1.11.36 G 1.39.26 S 2.47.31 S

27.14 56.10 1.37.23 2.02:28

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

Andy Smith
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46.33 1.03.26

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		42.41 D					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 Brighty	20.32 D	35:51 G	44.35 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			49.16 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	44.31 G	1.13.40 G	1.44.20 G			
Tim Evans	26.25				2.03.41			

### 60-64

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					
David Buck		39:02 G	47.55 G		1.52.21 G			
Douglas Barber	24.20 G		51.25 S					
Jeremy Lawrence	21.46 D				1.38.47 D			3.37.20 G
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								
Michael King							2.39.29 G	
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		
Phil Henry			46.54 G				
Rod Bye	20.45 D		40.01 P	1.09.07 D	1.31.40 D		3.22.00 D

65-69

Andrew Richardson	25.10 G		56.02 S				
David Simpson	24.38 G	44.01 S					
Mark Bradley	32.07						
Michael Fairchild							
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

70+

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