

**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 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
Billy Life	17.37 D							
Chris Johnson	19.29 S		43.13 S		1.38.04 B			4.16.31
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	17.44 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	18.37 G	33.11 S	40.38 S	1.12.44 S	1.34.24 S			4.19.44
Jack Stuttle	16.05 D	26.33 D	33.55 D	57.05 D	1.18.36 D		2.01.20 D	2.42.52 D
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
Luke Townshend	21.51 B		46.53 B	1.20.02	1.44.43			
Melvyn Porter	20.16 B							
Nathan Adams			56.27					
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		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 Pointer	18.41 G	31.03 G	39.45 G	1.08.51 S	1.34.53 S	1.53.21 S	2.42.34 B	3.20.44 S
William Bean	27.27							

**40 - 44**

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	17.09 D	28.29 D	35.07 D	58.54 D	1.17.17 P		2.01.18 P	2.42.53 P
David Addy								
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
Lawrence Wade	16.58 D		35.31 D	1.00.10 D			
Luke Townshend	23.40		48.51		1.52.35		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
Nigel Stallard-Mulford	24.27	39.57	52.17	1.34.11			
Paul Rogers	19.43 G				1.38.34 S		
Radley Fenn	20.38 S		47.23 B		1.29.28 G		4.16.55
Richard Peters	23.36		48.47	1.20.32			
Rob Showers			51.25				
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				
Ben Letzer							
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	38.37 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	39.19 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	30.24						
Stephen Neal	21.59 S	38.20 B					

#### 50-54

Alan Bushell							2.05.07
Andy Foreman	19.29 G	34.31 G	43.19 G	1.13.49 G	1.39.38 S		
Andrew Wicks			46.21 S				
Anthony Alborough		30.15 D	38:39 D				
Barry Halkyard	20.11 G		44.05 G		1.43.48 S		
Dave Simpson	21.50 B	34.53 S		1.24.10 S			
Eden Rudling					1.53.58 B		
Graham Fryer	24.20 B		51.54 B		2.01.30		
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
James Platten							
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 Smith	20.29 G	36.13 S	43.32 G	1.13.00 G	1.41.22 S		
Keith Brighty	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	57.09	1.09:44		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 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 Rogers							
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
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
<b>55-59</b>							
Andy Smith	25.26 B	44.12	56.22		2.20.59		
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	19.29 D	31.29 D	39.45 D	1.07.20 D	1.28.46 D	2.21.18 D	3.17.33
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	35.33 G	44.16 G	1.13.11 G	1.42.52 G	2.46.46 G	4.04.18 S
Ken Bowman							
Mark Winfield			47:54 S				
Melvyn Porter		31.31 D	41:56 D				3.29.15 G
Michael Fairchild		40.40 S			1.46.50 S		
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 Emery	20.40 D	34.33 G	45.09 G	1.35.00	1.41.16 G	2.46.02 G	
Paul Gerber							
Paul Taylor			49.16 S		1.52.47 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		
Thomas Lincoln-Kemp		34.14 G			1.49.09		
Tim Evans	26.25	54.03	57.06		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	23.33 G	39.02 G	47.55 G		1.52.21 G		
Dougie Barber	21.36 D	36.14 D	44.54 D	1.16.02 G			

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		43.47 S					
Nicolas Eley	19.44 P	34.23 D	43.00 D	1.13.10 D	1.39.45 D		
Paul Emery			48.29 G				
Peter Kean-Cockburn	22.46 G	39.18 G	51.33 S	1.23.40 S	1.57.43 G		
Paul Parker			47:19 G				
Rod Bye	19.09 P		40.01 P	1.09.07 D	1.31.40 D	2.27.03 D	3.22.00 D

**65-69**

Andrew Richardson	25.10 G		56.02 S				
David Bufton	30.01		1.02.56				
David Simpson	24.38 G	44.01 S					
Mark Bradley	32.07						
Michael Fairchild							
Nicholas Eley	21.14 P	36.16 D	45.52 D				
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+**

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