

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		38.27 G					
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
Franklyn Plume	18.05 G	30.50 G	39.52 G	1.12.44 S	1.34.24 S			3.25.23 S
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
Lee Emmett	19.47 S	34.31 S	43.35 S	1.12:23 S	1.40.21 B			3.36.20 B
Kevin Gooch					1.58.46			
Matthew Dyke	22.09 B				1.40.49 B			3.49.18
Melvyn Porter	20.16 B							
Nathan Adams	21.04 B		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
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							3.01.33	3.55.28
Howard Burton						2.05.19 B		
James Mason								
Lawrence Wade	16.58 D		35.31 D	1.00.10 D				
Lee Emmett	19.01 G		42.11 G		1.32.18 G			3.34.37 S

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
Nick Hudson							
Nigel Stallard-Mulford	24.02	39.31	52.17	1.34.11	2.14.05		
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		2.05.30		
Scott Shrubsall		35.25 S					3.54.22
Shane Bidle		35.45 S	45.48 S				
Terry Collins	19.38 G	33.17 G	42.47 S	1.14.32 S	1.35.31 S		

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		
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		
Lee Emmett							
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
Neil Campbell							
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		

Richard Peters	21.50 S	37.48 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					

50-54

Alan Bushell					2.05.07		
Andy Foreman	19.27 G	34.16 G	42.12 G	1.13.49 G	1.39.38 S		
Andrew Wicks	21.59 S		46.21 S	1.19.31 S			
Anthony Alborough		30.15 D	38:39 D				
Barry Halkyard	20.11 G	35.55 S	44.05 G		1.43.48 S		
Dave Simpson	21.50 B	34.53 S		1.24.10 S			
Eden Rudling		40.34 B		1.24.02 S	1.50.52 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
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	3.17.22 G
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
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	
Steve White		37.57 S			1.54.14 B		4.43.55
Stewart Life	23.43 B		50.21 B				
Stuart Wardrope		40.25 B					
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

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	19.00 D	31.29 D	39.45 D	1.05.31 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
Julian Smith	22.26 G	37.53 S	47:40 G				
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			47:15 G				
Melvyn Porter		31.31 D	41:56 D			2.25.17 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		
Nick Tate		44.31					
Owen Barber		44.18			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	27.32	46.03					
Paul Taylor	22.35 G	38.08 S	49.16 S		1.52.47 S		
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	22.26 G	34.14 G	49.17 S		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	21.07 D	36.14 D	44.53 D	1.15.00 G	1.38.51 D		
Glenn Sharman		46.30					

Keith Brighty	21.13 D	35.50 D	43.36 D	1.14.21 D	1.38.09 D	2.59.01 S
Ken Bowman	19.47 P	33.16 P	41.16 P	1.09.36 D	1.32.32 D	
Mark Bradley	29.16					
Nicolas Eley	19.44 P	34.23 D	43.00 D	1.13.10 D	1.39.45 D	
Paul Emery		37.53 G	48.29 G			
Paul Parker	20.27 D	34.29 D	44.04 D	1.13.58 D	1.38.29 D	3.42.39 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
Stephen Neal						

65-69

Andrew Richardson	25.10 G		56.02 S			
David Bufton	30.01	54.20	1.02.56			
David Simpson	24.38 G	44.01 S				
Mark Bradley	32.07					
Michael Fairchild						
Nicholas Eley	21.14 P	36.00 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+

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