

ARC RACES tops 2015

DISTANCE / GENDER	NAME	TIME *Denotes Fastest Time	CLUB	EVENT
5 KM MEN		14.32*		
	MIKE TOWLER	15.46	AVON VALLEY	HEDDINGTON
	TIM HARRIS	15.47	AMPTHILL & FLIT	BEDFORD
	MATHEW BICKERSTAFF	15.52	HEANOR	CHESTERFIELD
5 KM LADIES		16.37*		
	RUTH BARNES	17.20	AVON VALLEY	HEDDINGTON
	GILL FULLEN	17.47	BEDFORD H	BEDFORD
	LILY WINFIELD	18.35	HEANOR	DERBY
5 MILE MEN		24.58*		
	SIMON NOTT	25.28	CALNE RC	BROUGHTON GIFFORD
	MICHAEL TOWLER	26.23	AVON VALLEY	BROUGHTON GIFFORD
	MICHAEL ECCLES	26.41	NORFOLK GAZELLES	WORSTEAD
5 MILE LADIES		29.05*		
	RUTH BARNES	29.05	AVON VALLEY	CHIPPENHAM
	JOANNE GALLAGHER	30.53	CLEVEDON	W-S-M
	HELEN ANTHONY	31.24	TEIGNBRIDGE TROTTERS	EXMOUTH
10 KM MEN		31.05*		
	SHAUN ANTELL	31.59	BIDEFORD	BIDEFORD
	SIMON NOTT	32.21	CALNE RC	SWINDON
	RUSS FLOYD	32.27	MORPETH	MORPETH
10 KM LADIES		35.34*		
	RUTH BARNES	35.34	AVON VALLEY	SWINDON
	EMMA HOLT	36.58	MORPETH	MORPETH
	HELEN ANTHONY	39.04	TEIGNBRIDGE TROTTERS	DORNAFIELD

ARC RACES tops 2015

DISTANCE / GENDER	NAME	TIME *Denotes Fastest Time	CLUB	EVENT
10 MILE MEN		51.38*		
	TOM CROUCH	53.34	St ALBANS STRIDERS	St ALBANS
	JOSHUA HAASE	54.51	KENT	SIDCUP
	RICHARD AYLING	56.62	AVON VALLEY	MELKSHAM
10 MILE LADIES		58.25*		
	CHARLOTTE FIRTH	61.05	WSE & H	RICKMANSWORTH
	KATE RENNIE	62.26	RAMSEY RR	RICKMANSWORTH
	GILL FULLEN	63.00	BEDFORD H	SANDY
H.MTH MEN		68.04*		
	SHAUN ANTELL	70.52	BIDEFORD	BIDEFORD
	DOMINIC KIRALYFI	71.35	HERCULES W	THAMES DITTON
	PAUL O'CALLAGHAN	74.20	TADWORTH	MAIDENHEAD
H.MTH LADIES		77.30*		
	BECKY ATKINSON	80.53	WSE & H	MAIDENHEAD
	HELEN ANTHONY	84.29	TEIGNBRIDGE TROTTERS	BIDEFORD
	JULLIET NAYLOR	85.32	BIGGLESWADE	LODE
MARATHON MEN		2.43.12*		
	GUY BRADFORD	2.58.28	W-S-M	YEOVIL
	STUART COBB	3.01.13	YEOVIL TOWN	YEOVIL
	SIMON RAYNER	3.03.52	YEOVIL TOWN	YEOVIL
MARATHON LADIES		3.06.55*		
	NINA WAGSTAFF	3.19.32	YEOVIL TOWN	YEOVIL
	JOSIE WAIT	3.37.18	EGDON HEATH	YEOVIL
	CAROLINE HEMMING	3.42.37	100 MARATHON C	GREAT LANGDALE