

ARC RACES tops 2016

DISTANCE / GENDER	NAME	TIME *Denotes Fastest Time	CLUB	EVENT
5 KM MEN		14.44*		
	JOE RAINSFORD	15.20	HEANOR	DERBY
	STUART KING	15.28	HEANOR	DERBY
	MIKE TOWLER	15.43	AVON VALLEY	HEDDINGTON
5 KM LADIES		16.08*		
	RUTH BARNES	16.42	AVON VALLEY	HEDDINGTON
	LISA PALMER-BLAUNT	17.10	HEANOR	DERBY
	SARAH HARRIS	17.59	HEANOR	DERBY
5 MILE MEN		25.05*		
	SIMON NOTT	25.45	CALNE RC	BROUGHTON GIFFORD
	ALEX CROSSLAND	26.11	CLEVEDON AC	WESTON SUPER MARE
	MIKE TOWLER	26.15	AVON VALLEY	BROUGHTON GIFFORD
5 MILE LADIES		28.21*		
	HELEN ANTHONY	30.51	TEIGNBRIDGE TROTTERS	EXMOUTH
	JENNIFER BISHOP	31.20	CLEVEDON	WESTON SUPER MARE
	JOANNE GALLAGHER	31.38	CLEVEDON	WESTON SUPER MARE
10 KM MEN		30.50*		
	CARL AVERY	31.16	MORPETH	MORPETH
	RONNIE RICHMOND	32.03	BIDEFORD	LANGPORT
	RUSS FLOYD	32.08	MORPETH	MORPETH
10 KM LADIES		35.27*		
	EMMA HOLT	36.13	MORPETH	MORPETH
	JENNIFER BISHOP	37.21	CLEVEDON AC	CLEVEDON
	JADE STONE	37.55	MATLOCK AC	BOLSOVER

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10 MILE MEN		51.33*		
	RONNIE RICHMOND	51.33	BIDEFORD	BIDEFORD
	MARK JENKIN	53.19	BIDEFORD	BRAUNTON
	TOM CROUCH	55.01	ST ALBANS	ST ALBANS
10 MILE LADIES		60.09*		
	NATALIE LAWRENCE	65.38	FAIRLANDS VALLEY	ST ALBANS
	NICOLA BOWERMAN	65.41	AMPTHILL & FLIT	ST ALBANS
	LOUISE HARRIS	67.18	NORTH DEVON RR	BIDEFORD
H.MTH MEN		68.41*		
	RONNIE RICHMOND	69.10	BIDEFORD	BIDEFORD
	JAMES PUGSLEY	73.10	BIDEFORD	BIDEFORD
	RICHARD AYLING	74.33	AVON VALLEY	CHIPPENHAM
H.MTH LADIES		75.25*		
	CATHY NEWMAN	85.07	EXMOUTH	BIDEFORD
	MARTHA HALL	87.08	GARDEN CITY	BEDFORD
	SARAH SHEPPHARD	89.05	NORTH DEVON RR	BIDEFORD
MARATHON MEN		2.40.11*		
	ROBBIE MURRAY	3.14.22	BIDEFORD	BARNSTABLE
Results for Ground Hog Sunrise to Sunset not included competitor details provided				
MARATHON LADIES		2.54.39*		
	ALAYNE MALKIN	3.25.44	100 MARATHON C	TELFORD
	BETH TAYLOR-JONES	3.40.55	100 MARATHON C	TELFORD
Results for Ground Hog Sunrise to Sunset not included competitor details provided				