

## **ARC Championships 2017 – Results**

### **5K Women**

- 1 Elsbeth Grant, Matlock AC at Chesterfield
- 2 Katie Harbon, North Herts RR at Hatfield Broad Oak
- 3 Anne Ward, St Albans Striders at Hatfield Broad Oak

### **5K Men**

- 1 Daniel Hallam, OWLS AC at Derby
- 2 Joe Rainsford, Heanor at Derby
- 3 Michael Towler, Avon Valley at Heddington

### **5M Women**

- 1 Jennifer Bishop, Clevedon AC at Weston super Mare
- 2 Kelly Dicks, Great Western at Weston super Mare
- 3 Chloe Broughton, Great Western at Weston super Mare

### **5M Men**

- 1 Chris McMillan, Weston AC at Weston super Mare
- 2 Luke Murray, Clevedon AC at Weston super Mare
- 3 Alan Baker, Clevedon AC at Weston super Mare

### **10k Women**

- 1 Ruth Barnes, Avon Valley at Melksham
- 2 Carla Brown, Royston Runners at Welwyn
- 3 Jane Hodgson, Morpeth at Morpeth

### **10K Men**

- 1 Ian Hudspith, Morpeth at Morpeth
- 2 Carl Avery, Morpeth at Morpeth
- 3 Simon Nott, Calne at Melksham

### **10M Women**

- 1 Ruth Barnes, Avon Valley at Melksham
- 2 Joanne Kent, Barnet AC at St Albans
- 3 Julie Dixon, Bideford at Bideford

### **10M Men**

- 1 Shaun Antell, Bideford at Bideford
- 2 Simon Nott, Calne at Melksham
- 3 Tom Crouch, St Albans at St Albans

### **Half Marathon Women**

- 1 Nicola Bowerman, Ampthill & Flitwick at Bedford
- 2 Julie Dixon, Bideford at Bideford
- 3 Johanna O'Regan, Riverside Runners at Bedford

### **Half Marathon Men**

- 1 John Gilbert, Kent AC at Bedford
- 2 Dominic Blake, Reepham Runners at Bedford
- 3 Alex Horton, Barnet AC at Bedford

**Marathon Women**

- 1 Dawn Drake, Bitton RR at Barnstaple
- 2 Susan Hayes, Axe Valley at Barnstaple
- 3 Sarah Benn, Warley Woods at Newcastle

**Marathon Men**

- 1 Paul Bisset, North Devon RR at Barnstaple
- 2 Brian Robb, Bitton RR at Telford
- 3 Iain Hinds, North Devon RR at Barnstaple