

ARC Championships 2019

Name	Club	Event	Date	Time
5k Men				
Joe Rainsford	Heanor	Derby	20.3.19	15.23
Michael Waddington	Ware Joggers	Hatfield Broad Oak	25.9.19	15.33
Michael Towler	Avon Valley	Heddington	14.5.19	15.46
5k Women				
Martha Hall	Garden City	Hatfield Broad Oak	25.9.19	18.15
Hannah Broom	Biggleswade	Eye	19.6.19	18.42
Lucy Waterlow	St Albans Striders	Hatfield Broad Oak	25.9.19	18.49
5M Men				
Tom Merson	Exmouth	Exmouth	3.2.19	24.3
Max Davis	Avon Valley	Compton Bassett	7.7.19	25.1
Chris McMillan	Weston AC	Weston	21.11.19	26.06
5M Women				
Imagen Moroney	Weston AC	Weston	14.2.19	30.07
Francesca Rawlings	Clevedon	Weston	19.9.19	31
Kelly Dicks	Great Western	Weston	14.2.19	31.09
10k men				
Anthony Johnson	Kent AC	Ely	31.12.19	31.52
Alan Baker	Southville RC	Clevedon	11.6.19	33.01
Dan Mapp	North Devon	Braunton	20.1.19	33.03
10k Women				
Anna Ward	St Albans Striders	St Albans	21.6.19	38.51
Martha Hall	Garden City	Royston	13.6.19	38.52
Claire Fitzpatrick	West End Runners	Calke Abbey	15.9.19	38.54
10M Men				
Shaun Antell	Bideford	Braunton	20.1.19	52.49
Jonathan Tipper	Kent AC	St Albans	20.1.19	55.02
Stewart Overton	North Herts	Buntingford	29.12.19	56.11
10M Women				
Rachel Bunting	North Devon	Braunton	20.1.19	66.01
Christine Lathwell	Stopsley	St Albans	20.1.19	66.22
Ashley Schoenwetter	Fairlands Valley	St Albans	20.1.19	66.54
Half Marathon Men				
Ronnie Richmond	Bideford	Bideford	3.3.19	67.36
Shaun Antell	Bideford	Bideford	3.3.19	70.53
Michael Waddington	Ware Joggers	Stevenage	3.11.19	71.2
Half Marathon Women				
Holly Rush	Avon Valley	Hullavington	12.5.19	83.15
Rachel Bunting	North Devon	Bideford	3.3.19	84.55
Samantha Cullen	Eye	Bedford	1.12.19	85.51
Marathon Men				
Oliver Jones	East Cornwall	Pensilva	3.11.19	2.47.37
Nick Reynolds	Dorset Doodlers	Barnstaple	29.9.19	2.55.37
Ben Clough	North Devon	Barnstaple	29.9.19	3.04.08
Marathon Women				
Amy Sole	Cornwall AC	Barnstaple	29.9.19	3.08.16
Kelly Thomas	Exmouth	Barnstaple	29.9.19	3.25.24
Kaye Patterson	East Cornwall	Pensilva	3.11.19	3.35.45