

New records in red									
MEN					WOMEN				
100M	Paul BLAND	DEFRA	M35	12.2	100M	Natasha BRUNNING	HOME OFF	W35	14.0
	Warren SERRAO	HASSRA	M35	14.9		Lesley RICHARDSON	HASSRA	W35	16.0
	Will MACGEE	HASSRA	M40	11.3		Gaye CLARKE	HASSRA	W45	14.1
	Barrington KING	HMRC	M40	12.2		Maureen NOEL	DEFRA	W45	15.7
	Henry RICKETT	HASSRA	M40	12.9					
	G COKER	BERR	M40	13.0		Paula BOOTH	HASSRA	W50	16.0
	C BLANKSON	BERR	M40	14.0					
	Trevor LAKE	HMRC	M40	17.8		Grete HOWARTH	HMRC	W55	18.3
	Steve SMITH	BERR	M45	15.7					
	Alastair DUNCAN	BERR	M50	12.3					
	Trevor WADE	BT	M50	13.2					
	Wilson PATERSON	HMRC	M50	13.3					
	Philip BELL	MET POLICE	M50	13.5					
	Geoff MILLER	BERR	M50	14.6					
	Duncan TALBOT	HASSRA	M50	14.7					
	Ty LEWIS	MOD	M55	14					
200M	Paul BLAND	DEFRA	M35	24.8	200M	Sharon TRUSCH	HMRC	W35	26.8
	Andy DAVIES	HO	M35	28.4		Natasha BRUNNING	HOME OFF	W35	29.3
	Will MACGEE	HASSRA	M40	22.9		Jackie REID	MET POLICE	W40	34.0
	Henry RICKETTS	HASSRA	M40	25.8					
	Barrington KING	HMRC	M40	26.0		Gaye CLARKE	HASSRA	W45	30.6
	C BLANKSON	BERR	M40	28.3		Maureen NOEL	DEFRA	W45	32.1
	Trevor LAKE	HMRC	M40	38.5					
						Ros TOWNSEND HOPE	HASSRA	W50	35.1
	Steve SMITH	BERR	M45	32.3					
	Alastair DUNCAN	BERR	M50	25.1					

	Philip BELL	MET POLICE	M50	27.3					
	Wilson PATERSON	HMRC	M50	27.4					
	Geoff MILLER	BERR	M50	28.0					
	Ty LEWIS	MOD	M55	28.8					
	Terry Hall	MOD	M55	30.4					
400M	Paul NELSON	DEFRA	M35	57.7	400M	Sharon TRUSCH	HMRC	W35	60.5
	Andy DAVIES	HO	M35	61.0		Susan FRANCIS	BERR	W35	66.7
	Will MACGEE	HASSRA	M40	52.9		Kate ELSE	HMRC	W45	73.1
	Henry RICKETTS	HASSRA	M40	57.8		Maureen NOEL	DEFRA	W45	75.5
	Steve HICKMOTT	HASSRA	M40	60.7					
	Barrington KING	HMRC	M40	64.4		Ros TOWNSEND-HOPE	HASSRA	W50	77.1
	C BLANKSON	BERR	M40	70.7					
	Wilson PATERSON	HMRC	M50	62.2					
	Geoff MILLER	BERR	M50	69.7					
800M	Andy DAVIES	HOME OFF	M35	2.15.9	800M	Sharon TRUSCH	HMRC	W35	2.34.7
	Paul NELSON	DEFRA	M35	2.17.0		Cheryl SACKS	HMRC	W35	2.52.0
	Andy GOODAIR	HASSRA	M35	2.18.3					
	Jason STATHAM	LAND REG	M35	2.20.0		Jackie REID	MET POLICE	W40	2.43.9
	Steve MARKLEW	HMRC	M40	2.15.0		Kate ELSE	HMRC	W45	2.50.7
	M YATES	DEFRA	M40	2.21.2		Maureen NOEL	DEFRA	W45	3.01.2
	Steve HICKMOTT	HASSRA	M40	2.21.6		Lynne PARK	LAND REG	W45	3.05.4
	Henry RICKETTS	HASSRA	M40	2.24.8		Jane HODGE	HMRC	W45	3.11.0
	P DAVIES	LAND REG	M40	2.27.0					
	Darren SLACK	HASSRA	M40	2.27.4		Ros TOWNSEND-HOPE	HASSRA	W50	2.54.3
	Harry MELIA	HMRC	M45	2.22.4					
	Gary IRVING	LAND REG	M45	2.24.3					
	Derek BREEN	HASSRA	M45	2.26.8					
	Robert CRANGLE	SPARTA	M45	2.29.3					

	Matthew NELSON	HASSRA	M45	2.31.2					
	Stan STENNETT	HASSRA	M45	2.34.8					
	Kevin CORCORAN	LAND REG	M45	2.49.2					
	Steve SHEEKEY	BERR	M45	3.03.5					
	Rowland LYONS	MOD	M45	3.09.9					
	Duncan TALBOT	HASSRA	M50	3.00.8					
1500M	Gary PENNINGTON	HMRC	M35	4.32.1	1500M	Susan FRANCIS	BERR	W35	4.58.3
	Andy DAVIES	HOME OFF	M35	4.35.7		Steph ROBSON	BERR	W35	5.21.1
						Cheryl SACKS	HMRC	W35	5.51.9
	M YATES	DEFRA	M40	4.38.0					
	Tony KILLILEA	ORD SURV	M40	4.38.7		Jackie REID	MET POLICE	W40	5.37.9
	Darren SLACK	HASSRA	M40	5.05.8					
	Andrew BROWN	LAND REG	M40	5.17.7		Maureen NOEL	DEFRA	W45	6.14.5
	Don GIBSON	SPARTA	M40	5.23.9		Jane HODGE	HMRC	W45	6.22.3
	Gary IRVING	LAND REG	M45	4.50.6					
	Harry MELIA	HMRC	M45	4.53.3					
	Matthew NELSON	HASSRA	M45	4.58.1					
	Stan STENNETT	HASSRA	M45	5.02.3					
	Kevin JACKSON	LAND REG	M45	5.08.6					
	Kevin CORCORAN	LAND REG	M45	5.37.8					
	Rowland LYONS	MOD	M45	5.51.4					
	Steve SMITH	BERR	M45	5.58.6					
	Rod BURTON	HMRC	M50	5.11.8					
	Rob LANDS	HMRC	M50	5.31.4					
	John HALL	DEFRA	M55	5.24.7					
	Dave EVANS	HMRC	M60	5.26.3					
	Mick ANGLIM	ORD SURV	M60	5.27.0					
	Ted WINGROVE	HMRC	M60	5.53.3					
110H	Peter COATES	LAND REG	M40	18.4	80H	Jackie REID	MET POLICE	W40	19.3

100H	Trevor WADE	BT	M50	18.4			Gaye CLARKE	HASSRA	W45	12.9
	Duncan TALBOT	HASSRA	M50	20.7						
							Paula BOOTH	HASSRA	W50	16.1
	Ty LEWIS	MOD	M55	17.1						
	Terry Hall	MOD	M55	18.8			Grete HOWARTH	HMRC	W55	21.4
400H	Paul NELSON	DEFRA	M35	72.7		300H	Paula BOOTH	HASSRA	W50	61.6
	Peter COATES	LAND REG	M40	64.3						
	Harry MELIA	HMRC	M45	77.1						
	Ty LEWIS	MOD	M55	76.9						
3K W	Ian STATTER	HOME OFF	M50	17.39.6			Maureen NOEL	DEFRA	W45	18.19.0
							Lesley YEARLEY	PRISON SER	W45	20.32.7
	John HALL	DEFRA	M55	15.36.3			Jane HODGE	HMRC	W45	21.59.3
	Bill KINGSTON	HMRC	M55	17.57.4						
	John LOVATT	HMRC	M55	20.08.4						
	John CRAHAN	HASSRA	M55	20.29.8						
5K	Gary PENNINGTON	HMRC	M35	16.39.8		3K	Steph ROBSON	BERR	W35	11.04.2
	Andy GOODAIR	HASSRA	M35	17.23.9						
	Paul COLLINGWOOD	HASSRA	M35	18.26.0			Jackie REID	MET POLICE	W40	12.28.2
	Jason STATHAM	LAND REG	M35	19.52.1						
							Kate ELSE	HMRC	W45	12.36.6
	Steve MARKLEW	HMRC	M40	16.36.3			Maureen NOEL	DEFRA	W45	12.46.9
	Simon BIRTLES	HASSRA	M40	18.45.8			Jane HODGE	HMRC	W45	13.01.9
	Don GIBSON	HASSRA	M40	19.55.2			Lynne PARK	LAND REG	W45	13.09.7
	P DAVIES	LAND REG	M40	20.22.4			Lesley YEARLEY	PRISON SER	W45	14.53.4
	Andrew BROWN	LAND REG	M40	20.56.6						
	Derek BREEN	HASSRA	M45	17.31.9						
	Gary IRVING	LAND REG	M45	18.17.9						
	Stan STENNETT	HASSRA	M45	18.41.0						

	Kevin JACKSON	LAND REG	M45	18.58.9					
	Matthew NELSON	HASSRA	M45	19.26.6					
	Robert CRANGLE	SPARTA	M45	20.53.1					
	Kevin CORCORAN	LAND REG	M45	21.36.4					
	Rowland LYONS	MOD	M45	22.56.9					
	Jerry CARNELL	BERR	M50	18.39.0					
	N WILLIAMS	HASSRA	M50	21.52.1					
	D TYRRELL	BERR	M50	22.08.1					
	Martin BRASHER	DEFRA	M55	19.54.0					
	Mick ANGLIM	ORD SURV	M60	19.20.5					
	Ted WINGROVE	HMRC	M60	22.07.3					
	G REED	BERR	M60	25.02.2					
2K SC	Tony KILLILEA	ORD SURV	M40	7.26.4					
	Peter WOOTTON	SPARTA	M40	7.46.3					
	Steve SMITH	BERR	M45	9.45.8					
	G REED	BERR	M60	10.28.7					
SP	Warren SERRAO	HASSRA	M35	8.99	SP	Lesley RICHARDSON	HASSRA	W35	4.72
	Phil TYLEY	MOD	M40	10.61		Wendy SPARROW	MOD	W45	7.03
	Fergus HARFORD	HASSRA	M40	8.36		Gaye CLARKE	HASSRA	W45	6.30
	Andy KRUSZEWSKI	BERR	M45	12.26		Paula BOOTH	HASSRA	W50	8.49
	Malcolm FENTON	HMRC	M50	10.86		Vilma THOMPSON	BERR	W55	10.82
	Geoff MILLER	BERR	M50	8.95					
	Duncan TALBOT	HASSRA	M50	6.76		Nina FOORD	LAND REG	W60	7.80
	D WHITE	BERR	M50	6.06					
	Bill KINGSTON	HMRC	M55	8.05					

	John CRAHAN	HASSRA	M55	7.63					
	C SCOTT	SPARTA	M55	7.58					
	Chris SENIOR	MOD	M55	7.36					
	Dave EVANS	HMRC	M60	7.73					
	Doug MILTON	MOD	M85	5.21					
LJ	Paul BLAND	DEFRA	M35	5.23	LJ	Natasha BRUNNING	HOME OFF	W35	4.81
	Jonathan EVANS	HASSRA	M35	4.75		Lesley RICHARDSON	HASSRA	W35	3.08
	Warren SERRAO	HASSRA	M35	3.05					
						Gaye CLARKE	HASSRA	W45	4.25
	Peter COATES	LAND REG	M40	5.78					
	Henry RICKETTS	HASSRA	M40	5.10		Grete HOWARTH	HMRC	W55	2.92
	C BLANKSON	BERR	M40	3.84					
						Nina FOORD	LAND REG	W60	2.86
	Matthew NELSON	HASSRA	M45	4.18					
	Steve SMITH	BERR	M45	3.55					
	Rowland LYONS	MOD	M45	2.54					
	Trevor WADE	BT	M50	5.57					
	Geoff MILLER	BERR	M50	4.53					
	Duncan TALBOT	HASSRA	M50	3.90					
	D WHITE	BERR	M50	2.72					
	Ty LEWIS	MOD	M55	4.38					
	Terry Hall	MOD	M55	4.33					
DT	Jonathan EVANS	HASSRA	M35	24.06	DT	Jackie REID	MET POLICE	W40	15.71
	Warren SERRAO	HASSRA	M35	22.63					
	Jason STATHAM	LAND REG	M35	19.22		Wendy SPARROW	MOD	W45	15.33
						Lesley YEARLEY	PRISON SER	W45	12.39
	Phil TYLEY	MOD	M40	31.60					
	Peter COATES	LAND REG	M40	27.79		Paula BOOTH	HASSRA	W50	16.50
	Fergus HARFORD	HASSRA	M40	21.38					
	P DAVIES	LAND REG	M40	13.32		Vilma THOMPSON	BERR	W55	23.74

	Andy KRUSZEWSKI	BERR	M45	39.42		Nina FOORD	LAND REG	W60	13.71
	Kevin CORCORAN	LAND REG	M45	12.44					
	Malcolm FENTON	HMRC	M50	37.36					
	Alastair DUNCAN	BERR	M50	28.88					
	Geoff MILLER	BERR	M50	23.96					
	D WHITE	BERR	M50	15.86					
	Bill KINGSTON	HMRC	M55	31.77					
	Ty LEWIS	MOD	M55	24.87					
	John CRAHAN	HASSRA	M55	24.71					
	Chris SENIOR	MOD	M55	23.35					
	Terry Hall	MOD	M55	22.54					
	Dave EVANS	HMRC	M60	29.23					
	Doug MILTON	MOD	M85	13.10					
HJ	Jonathan EVANS	HASSRA	M35	1.50	HJ	Natasha BRUNNING	HOME OFF	W35	1.45
	Peter COATES	LAND REG	M40	1.60		Gaye CLARKE	HASSRA	W45	1.30
	M FELIKS	BERR	M40	1.50					
	Trevor WADE	BT	M50	1.55					
	Duncan TALBOT	HASSRA	M50	1.50					
	Geoff MILLER	BERR	M50	1.30					
	D WHITE	BERR	M50	1.05					
	Ty LEWIS	MOD	M55	1.40					
	Terry Hall	MOD	M55	1.05					
JT	Jonathan EVANS	HASSRA	M35	36.68					
	Paul NELSON	DEFRA	M35	30.80					
	Phil TYLEY	MOD	M40	42.50		Gaye CLARKE	HASSRA	W45	12.51

	Steve HICKMOTT	HASSRA	M40	22.35		Wendy SPARROW	MOD	W45	11.65
	Trevor LAKE	HMRC	M40	10.92		Lesley YEARLEY	PRISON	W45	9.94
	Steve SHEEKEY	BERR	M45	25.94		Paula BOOTH	HASSRA	W50	20.70
	Geoff MILLER	BERR	M50	31.77		Vilma THOMPSON	BERR	W55	24.45
	Duncan TALBOT	HASSRA	M50	27.46					
	Trevor WADE	BT	M50	22.39		Nina FOORD	LAND REG	W60	14.82
	D WHITE	BERR	M50	19.69					
	Terry Hall	MOD	M55	30.02					
	Ty LEWIS	MOD	M55	28.53					
	C SENIOR	MOD	M55	16.89					
	D MILTON	MOD	M85	10.44					
TJ	Keith NEWTON	MOD	M35	13.25		Natasha BRUNNING	HOME OFF	W35	10.21
	Jonathan EVANS	HASSRA	M35	9.23					
						Gaye CLARKE	HASSRA	W45	8.07
	Henry RICKETTS	HASSRA	M40	9.85					
						Grete HOWARTH	HMRC	W55	5.78
	Trevor WADE	BT	M50	10.65					
	Geoff MILLER	BERR	M50	9.31		Nina FOORD	LAND REG	W60	5.66
	Ty LEWIS	MOD	M55	9.69					
HT	Paul NELSON	DEFRA	M35	12.30		Gaye CLARKE	HASSRA	W45	26.36
						Wendy SPARROW	MOD	W45	12.99
	Fergus HARFORD	HASSRA	M40	36.07					
	Phil TYLEY	MOD	M40	36.00		Vilma THOMPSON	BERR	W55	30.20
	Peter COATES	LAND REG	M40	29.10					
						Nina FOORD	LAND REG	W60	14.13
	Malcolm FENTON	HMRC	M50	55.83					
	Geoff MILLER	BERR	M50	15.76					
	D WHITE	BERR	M50	13.36					

