

<u>DISTANCE</u>	<u>LOCATION</u>	<u>DATE</u>	<u>TIME</u>	<u>COMMENTS</u>
10K	BRIGHTON	21-Nov-99	40.50	Good race, good conditions, ran well
10K	CHICHESTER	05-Jan-00	41.11	Good race beat Roger for the first time
10K	WORTHING	09-Jun-99	42.02	Mid Week grand Prix went for it, 163/m147/m40:49
10K	EPSOM	30-May-99	42.21	Wet, first 3 miles at around 6:40, 4-5 slowed, finished ok
10K	SELSEY	20-Jun-99	42.29	Weather got hotter during race, slowed again, 4-5, tired finish
10K	CHICHESTER	07-Feb-99	42.30	Windy, went of quick, held on to recall good time
10K	HERNE BAY	21-Mar-99	42.46	Wet, cold, windy, struggled but kept going
10K	HEATHERLY	23-May-99	43.08	Not to good, knee ached, kept going
10k	BARNET	02-May-99	43.20	Undulating and hot
10K	HORTON-ON-THE-HILL	27-Jun-99	43.42	Calf ache from training, 4 hills, steady enjoyed
10K	ROCHESTER	11-Jul-99	44.00	VERY HOT!! steady passed many dropouts
10K	HELLINGLEY	not sure-99	44.27	Hilly and Hot
10K	HASTINGS	16-Jan-00	44.28	Steady start, ran up all hills, finished well
10K	SEAFORD	12-Jun-99	45.00	One hill, then cross country, steady, aching after Wednesday
10K	BRIGHTON/WORTHING	15-Nov-98	45.03	Nice day, cool, flat course, enjoyed
10K	DEAL CASTLE	25-Jul-99	45.09	VERY HOT !!, and several steep hills, still got round
10K	HASTINGS	15-Jan-99	46.25	Rush to start, no warm up, very bad during and after race, hilly
10K	SOUTHEND	11-Oct-98	46.38	Slow start, crowded, got hot, number full off
10K	HEATHERLY	31-May-98	47.20	Cheshire Homes 6 & 10
10K	CANVEY ISLAND	25-Oct-98	47.26	Slow start, windy, nice course
10K	DEAL CASTLE	26-Jul-98	47.50	Jon ran fun event
10K	HERNE BAY	15-Mar-98	48.02	Enjoyed the event
10K	HORTON-ON-THE-HILL	29-Jun-98	48.06	Some hills, but nice event
10K	SEAFORD	05-Apr-98	48.12	Hilly, did not really enjoy it
10K	LINDFIELD (XC)	25-May-98	48.12	Cross Country
10K	Maskell Sch Padd Wood	12-Mar-00	48.36	Ran with Dawn for first 6k then went for it.. so not bad
10K	HEATHFIELD	21-Jun-98	50.09	Hot and Hilly, Struggled
10K	HASTINGS	08-Jan-98	58.56	Hilly (1st race)
5 MILE	HOVE	26-Sep-99	34.11	Windy and Hot
5MILE	CANVEY ISLAND, NICOLE	25-Apr-99	35.00	Started slow, but got qicker, week after marathon
5MILE	PITSEY	08-Nov-98	36.42	Good course, enjoyed, went of fast and suffered
5 MILE	GOODWOOD XC	30-Oct-99	36.46	Stopped after 1 lap as very tired due to work, completed
5MILE	HAVANT	30-Aug-98	37.20	Nice course, ache from football, very hot
5MILE	CANVEY ISLAND, NICOLE	06-Apr-98	37.42	Went off to quick
5MILE	HOVE	20-Sep-98	40.00	Good course, but suffering from throat infection, tough
5MILE	BURGESS HILL	11-Jun-98	41.10	Very muddy cross country
730ntrs	BRIGHTON PHOENIX	14-Nov-99	30.10	First run after NY and France trip
10MILE	HAILSHAM	16-May-99	71.52	Hot, 2 laps undulating, (111th)
10MILE	FOLKSTONE	02-Apr-99	73.42	Flat, enjoyd, hot day
10MILE	CHISLEHURST	14-Feb-99	74.33	Flat,3 laps, steady, enjoyed course, but not event
10MILE	CANTERBURY	31-Jan-99	75.01	Slow start, 2 hills 5&7, got quicker, really enjoyed
10MILE	HAYLING ISLAND	29-Nov-98	77.40	Nice run, took it steady
10MILE	THANET	06-Dec-98	78.09	Cold, windy, steady,finished ok
10MILE	FOLKSTONE	01-Apr-98	81.45	Good run

12 MILES/2018	SWANAGE	31-Jul-99	93.23	2 VERY HOT, VERY HILLY, Nice day out for the family	+
1/2 MARATHON	BRIGHTON	26-Feb-00	92.15	Night after dinner dance, windy and new route big sprint last 2 miles past	
	HASTINGS	2000	98.31	Good run on the hilly course	
1/2 MARATHON	BRIGHTON	28-Feb-99	109.46	Windy, but did well	
1/2 MARATHON	BOROUGH GREEN		106.26	Had hip problems because of knee, struggled	
1/2 MARATHON	BRIGHTON	27-Feb-98	122.00	First Half Marathon, after dinner dance	
20 MILE	WORTHING	28-Mar-99	157.35	Hot but completed, first long race	
MARATHON	LONDON	1999	266.27	Pepperani costume	
	LONDON	1990	270.00		
	LONDON	1998	300.00	Teabag costume	
	LONDON	2000	283.13	Millenium Bear	
7.5Km	PLUMTON	Jan-99	54.56	VMuddy XC, 3 windy circuits	
	PLUMTON	09-Jan-00	32.50	Good conditions, not as muddy as last year	
7 MILE	DITEN	12/13/98	51.28	XC, enjoyed	
4 MILES	BLENHAM	09/13/98	31.55	Fools Not Horses	
	WORTHING	01/30/00	27.01	Windy for 1st 2miles	
5k	SELSEY	09/14/99	20.45	Windy, but not bad, stopped to check car key a couple of times	
2.5MILES	EAST HOATHLY	08/30/99	21.56	Hot and still suffering from a cold	
	EAST HOATHLY	08/31/98	22.58		
2MILES	SUSSEX RELAY	2000	12.46		

CLUB RACES

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1MILE HILL CLIMB		1999	6.56	
MILLAND 3000		1999	14.26	
2.5 MILES	TURKEY TROT		21.52	17.52 WITH HANDICAP
1 MILE/1500Mtrs		06/06/99	5.53	Followed Alisan, and out sprinted her at the finish
5000Mtrs		05/20/99	21.53	Stopped after 7 laps knee ache, but completed
		05/04/00	21.18	
3000Mtrs		06/03/99	11.56	
			12.25	First run after the sickness at the Hailsham 10
800Mtrs				
400Mtrs		06/13/99	66.3secs	Good time on school grass track
200Mtrs		09/22/99	29.2secs	
100Mtrs			14.87secs	

VETS LEAGUE

100mtrs	HASTINGS	18/05/00	14.09	No Spikes
	WORTHING	06/30/99	15.01	No spikes
200mtrs	HASTINGS	06/02/99	30.00	
	BRIGHTON	06/15/99	30.50	Also 4x200 Relay my leg was 29secs
400mtrs	WORTHING	06/30/99	66.28	No Spikes
2k WALK	HASTINGS	05/18/00	12.46.01	Sprint finish
	BRIGHTON	06/15/99	13 31.8	
SHOT	HASTINGS	05/18/00	7.70mtr	
	WORTHING	06/30/99	7.21mtr	
LONGJUMP	HASTINGS	06/02/99	3.64mtr	
DISCUS	BRIGHTON	06/15/99	18.62mtr	