

Table 1

AGE / DISTANCE	FIRST NAME	LAST NAME	TIME	DATE	VENUE	
<b>10K</b>						
<b>M35</b>	ROD	FINCH	30.07	NOV 2005	LEEDS	
<b>M40</b>	ANDY	MORGAN-LEE	31.50	MAR 2010	EASTLEIGH	
<b>M45</b>	ADAM	BRIDGE	35.10	MAR 2006	EASTLEIGH	
<b>M50</b>	MARTYN	WEST	33.54	FEB 2007	CHICHESTER	
<b>M55</b>	MARTYN	WEST	38.31	AUG 2008	EVERTON	
<b>M60</b>	IAN	RICHARDSON	39.37	JUN 2013	LORDSHILL	
<b>M65</b>	CHRIS	TAYLOR	46.05	SEP 2012	STIRLING	
<b>M70</b>	ALAN	RUSHTON	47.18	MAY 2014	SOUTHAMPTON	
<b>M75</b>	RAY	GEE	48.17	APR 2006	TOTTON	
<b>M80</b>	RAY	GEE	61.08	MAR 2011	EASTLEIGH	
<b>HALF MARATHON</b>						
<b>M35</b>	ANDREW	GRIGGS	74.22	MAR 2017	READING	
<b>M40</b>	GRAHAM	BUNGAY	74.42	NOV 2007	GOSPORT	
<b>M45</b>	OWEN	HARRIES	79.30	NOV 2012	DOWNTON	
<b>M50</b>	ROBIN	BENTLEY	79.30	MAY 2018	ALICANTE SPAIN	
<b>M55</b>	IAN	RICHARDSON	84.04	OCT 2008	FAWLEY	
<b>M60</b>	IAN	RICHARDSON	87.29	APR 2015	SOUTHAMPTON	
<b>M65</b>	IAN	RICHARDSON	96.33	SEP 2018	REDCAR	
<b>M70</b>	RICHIE	PEARSON	2.00.48	AUG 2016	RYDE	
<b>M75</b>	STEVE	BULPITT	2.48.16	MAY 2015	SOUTHAMPTON	
<b>M80</b>	RAY	GEE	2.07.40	SEP 2010	NEW MILTON	
<b>MARATHON</b>						
<b>M35</b>	MATT	HIBBERD	2.37.46	APR 2017	LONDON	
<b>M40</b>	MIKE	TANNER	2.45.29	OCT 2012	ABINGDON	
<b>M45</b>	GUY	BROWN	2.58.35	APR 2016	LONDON	
<b>M50</b>	PETER	COSTLEY	3.03.49	APR 2017	LONDON	
<b>M55</b>	IAN	RICHARDSON	3.09.47	APR 2010	LONDON	
<b>M60</b>	RICHIE	PEARSON	3.22.58	APR 2010	LONDON	
<b>M65</b>	ROGER	HOWARD	4.07.38	APR 2011	LONDON	
<b>M70</b>	RAY	GEE	3.51.19	APR 2004	LONDON	
<b>M75</b>	RAY	GEE	4.08.47	SEP 2005	BROCKENHURST	
<b>M80</b>	RAY	GEE	4.53.01	APR 2010	LONDON	