



CLEETHORPES AC MALE CLUB RECORDS

LAST UPDATED 30/1/12

5k senior male

Mick Jagger	15:01	Covenham	1991
George Ely	15:34	Covenham	1987
Martin Formstone	15:39	Cleethorpes 5k	2009
Dave Phillips	15:41	Covenham	1987
John Haines	15:48	Cudworth	1986
Jon Ireland	15:49	Covenham	1987
Zoltan Kremmer	15:53	Seaside 5K	1996
Richard Parrot	15:54	Clee Classic	1988
Dave Holmes	15:58	King George	1986
Ian Deans	15:59	Newcastle	1987

5k vet male

Vet 40	Dave Phillips	15:47	Covenham	1991
Vet 45	Alf Wood	16:32	Clee Classic	1988
Vet 50	Tony Weston	16:53	Covenham	1995
Vet 55	Tony Weston	18:02	Clee Prom	1999
Vet 60	Derreck Myers	19:03	Clee Prom	2003
Vet 65	Alfred Harries	21:13	Covenham	1996
Vet 70	Alfred Harries	25:43	Clee Prom	2002
Vet 75	Dennis Holt	44:58	Clee Prom	?

5 mile senior men

Mick Jagger	25:06	Seaside 5	1988
Martin Formstone	25:54	Colin Moody 5 mile	2009
Richard Parrot	25:59	Seaside 5	1988
Dave Phillips	26:03	Seaside 5	1989
Ian Chidwick	26:05	Stallingborough	1996
John Haines	26:07	Seaside 5	1987
George Ely	26:09	Seaside 5	1989
Phillip Hinch	26:14	Stallingborough	1996
Dave Holmes	26:16	Seaside 5	1987
Malcolm Isted	26:24	Clee 5	1989

5 mile vet

Vet 40	Tony Weston	26:39	Seaside 5	1989
Vet 45	Alf Wood	27:03	Seaside 5	1989
Vet 50	Tony Weston	27:35	Stallingborough	1996
Vet 55	Tony Weston	30:16	Guy Fawkes	1999
Vet 60	Chris Dawkins	32:40	Stallingborough	1998
Vet 65	Alfred Harries	35:15	Clee 5	1996
Vet 70	Dennis Holt	45:30	Guy Fawkes 5 Mile	?
Vet 80	Dennis Holt	1:05:33	5 Mile	2007

10k senior and 10k vet

Sen Male	10k			
Mick Jagger	31:38	Clee	1990	
Phil Hinch	32:06	NYD	2000	
George Ely	32:10	Guy Fawkes	1987	
Martin Formston	32:17	NYD	2010	
Malcolm Isted	32:23	kit bell	1998	
John Ireland	32:27	Sheffield	1983	
John Haines	32:47	Covenham	1987	
David Sellen	32:48	NYD	1998	
David Phillips	32:49	Immingham	1984	
Colin Wright	33:04	Hull	1984	

Vet Male	10k			
vet 40	David Philips	32:49	Immingham	1991
vet 45	Tony Weston	33:52	Winterton	1995
vet 50	Tony Weston	33:52	Winterton	1995
Vet 55	Chris Dawkins	37:39	Immingham	1995
Vet 60	Chris Dawkins	39:44	kit bell	1998
vet 65	Chris Dawkins	45:10	NYD	2004
vet 70	Alfred Harries	52:42	NYD	2004
vet 80	Dennis Holt	1:22:40	Mablethorpe 10k	2008

10 mile senior men

Dave Phillips	53:05	Heckington	1982
Les Bonner	53:11	Heckington	1982
Dave Holmes	54:13	Clee Wland	1986
Martin Formstone	54:32	WISTOW	2010
George Ely	54:38	Clee Wland	1986
John Haines	54:39	Clee Wland	1986
Zoltan Kremmer	54:52	Louth	1997
Paul Clark	54:53	Nene Valley	1999
Jon Ireland	54:56	Clee Fitties	1983
Tony Weston	55:11	Mablethorpe	1984

10 mile vet

Vet 40	Paul Clark	54:53	Nene Valley	1999
Vet 45	Tony Weston	55:42	Ferriby	1995
Vet 50	Tony Weston	55:42	Ferriby	1995
Vet 55	Tony Weston	59:56	Nene Valley	1999
Vet 60	Derek Myers	65:21	Louth	2003
Vet 65	Alfred Harries	73:29	Louth	1997

Vet 70	Alfred Harries	84:29	Rothwell	2000
Vet 75	Dennis Holt	1:39:32	Rothwell	?

20 mile senior

Martin Formstone	01:50:06	East Hull	2009
Gary Coulam	01:56:23	East Hull	?
Zoltan Kremmer	01:56:38	East Hull	1997
John Barker	01:57:46	East Hull	1997
Dave Holmes	01:58:29	East Hull	1990
Tony Weston	01:58:42	East Hull	1995
Rob Hatfield	01:59:34	East Hull	1993
Dave Phillips	02:01:56	East Hull	1995
Mervyn Storr	02:03:08	East Hull	1991
Alfred Woods	02:03:39	East Hull	1995

20 mile vet

Vet 40	John Barker	01:57:46	Hull	1997
Vet 45	Tont Weston	01:58:42	Hull	1995
Vet 50	Tont Weston	01:58:42	Hull	1995
Vet 55	Charles Wheedon	02:18:45	Hull	1998
Vet 60	Alf Harries	02:34:55	Hull	1998
Vet 65	Alf Harries	02:34:55	Hull	1998

Half marathon senior

Martin Formstone	01:11:13	Edinburgh	2010
Dave Phillips	01:11:40	Lincoln	?
Tony Weston	01:12:42	Lincoln	1985
John Haines	01:12:51	Grimsby	1992
Derek Myers	01:12:56	Humberston	1984
George Ely	01:13:09	Grimsby	1989
Dave Holmes	01:13:31	Grimsby	1989
Zoltan Kremmer	01:14:14	Humberston	1996
Brian Willetts	01:14:19	Grimsby	1988
John Barker	01:14:39	Humberston	1996

Half marathon vet

Vet 40	Tony Weston	01:12:42	Lincoln	1985
Vet 45	Tony Weston	01:15:30	Humberston	1995
Vet 55	Gordon Riley	01:23:52	Selby	2003
Vet 60	Chris Dawkins	01:28:54	Humberston	1998
Vet 65	Dennis Holt	01:41:39	Clown Half	2004
Vet 70	Malcome Simons	01:56:46	Worksop Half	2010

Marathon senior

Martin Formstone	02:29:46	Edinburgh	2009
John Barker	02:36:45	London	1997
Les Bonner	02:37:20	Humber	1981
John Haines	02:38:01	London	1986
Alfred Woods	02:40:09	Humber	1984
Tony Weston	02:40:54	Humber	1984
Paul Loudon	02:41:07	Humber	1986
Rob Hatfield	02:42:20	London	1993
George Ely	02:44:36	London	1986
Derek Myers	02:44:51	Humber	1982

Marathon vet

Vet 40	John Barker	02:36:45	London	1997
Vet 45	Alfred Woods	02:50:36	Gainsborough	1988
Vet 50	John Barker	02:52:25	Berlin	03-Sep
Vet 55	Phill Johnson	03:04:31	Anglesey	2008
Vet 60	Chris Dawkins	03:20:19	London	1998
Vet 65	Alf Harries	03:41:48	London	1998
Vet 70	Dennis Holt	05:06:55	London	?

