

## 2019 Black Belts

First Name	Last Name	Club Name	Larmer 20m/Mara	Ox 50m/Frolic	Invader Frolic	Invader Marathon	Unicorn Frolic	Moreton Marathon
Elizabeth	Ashford	Devizes Running Club	04:39:37	GHM- 06:19:58	05:42:54	07:10:08		
Helen	Baxter	Chard Road Runners	06.18.25	GHM- 06:30:41	06:37:53	07:21:29	06:29:55	
naomi	bennett	100 marathon club	06:05:05	09:23:58	06:50:51	07:10:47		05:37:25
Charlotte	Boardman	City of Salisbury AC & RC	Cider- 05:01:55	04:22:47	04:44:06	05:49:52		04:43:43
kevin	brettle	Yeovil Town RRC	04:00:40	GHM- 04:15:52	08:06:07	05:14:48		03:53:42
Andy	Broadfield	Littledown Harriers Running Club	06:26:54	13:51:46	08:28:54	07:44:00	08:39:27	06:51:32
John	Curtis	Yeovil Town RRC	05:08:48	Cider- 05:25:37	06:36:35	07:34:59		05:43:06
martin	draper	Quantock Harriers	05:55:23	GHM- 06:04:03			08:25:50	05:36:27
Steve	Jackson	100 Marathon Club	SS- 08:08:51	GHM- 05:56:25	06:50:42	07:10:47	08:31:55	05:47:54
Tim	Lupton	South West Road Runners	07:11:31	08:03:17	07:36:40	07:16:14		
Simon	Lynch	Eastleigh Running Club	04:57:29	07:00:56	08:50:01		06:14:05	05:46:25
Alie	Madders	Dorset Doodlers RC	05:59:13	GHM- 06:54:00	06:56:48	07:51:50	08:39:23	06:51:31
Ivor	McQuaid	100 Marathon club	GHM- 07:31:14	05:55:44	07:48:39	07:57:09	06:56:55	06:49:44
Lewis	Mutton	Storm Plymouth	04:11:57	GHM- 04:40:23	09:12:53	05:48:24		
Amy	Robson	Bad Boy Running	05:27:27	06:44:52	07:32:11		06:29:55	06:51:36
Ian	Shearer	Lonely Goat RC	05:14:13	12:09:56		06:59:05	08:32:10	05:46:14
Shaun	Watts	North Devon Road Runners	04:50:51	04:55:41			04:49:37	05:11:33
Tristan	Watts		05:57:45	05:26:57		07:02:26	06:45:49	06:22:15
Jim	Whitmarsh	100 marathon club	05:45:01	GHM- 05:35:02	06:50:41	07:10:46		05:26:33
Nicola	Wilkins		06:22:01	05:37:27	06:37:54	07:21:30	06:29:55	06:18:25