

2019 Black Belts

First Name	Last Name	Club Name	Larmer 20m/Mara	Ox 50m/Frolic	Invader Frolic	Invader Mara	Unicorn Frolic	Moreton Mara	Crafty Fox Mara	Run Jurassic
Helen	Baxter	Chard Road Runners	06:18:25	GHM- 06:30:41	06:37:53	07:21:29	06:29:55		06:33:57	06:30:42
naomi	bennett	100 Marathon club	06:05:05	09:23:58	06:50:51	07:10:47		05:37:25	06:17:18	05:58:24
kevin	brettle	Yeovil Town RRC	04:00:40	GHM- 04:15:52	08:06:07	05:14:48		03:53:42	03:57:45	04:16:32
Andy	Broadfield	Littledown Harriers Running Club	06:26:54	13:51:46	08:28:54	07:44:00	08:39:27	06:51:32	07:05:14	08:53:52
John	Curtis	Yeovil Town RRC	05:08:48	Cider- 05:25:37	06:36:35	07:34:59			06:06:32	MM - 05:43:06
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	Cider- 06:27:34	05:26:38
Tim	Lupton	South West Road Runners	07:11:31	08:03:17	07:36:40	07:16:14			GHM- 07:27:31	07:06:12
Simon	Lynch	Eastleigh Running Club	04:57:29	07:00:56	08:50:01		06:14:05	05:46:25	04:56:18	04:47:00
Ivor	McQuaid	100 Marathon club	GHM- 07:31:14	05:55:44	07:48:39	07:57:09	06:56:55	06:49:44	07:27:14	06:53:24
Kay	Morris	100 Marathon Club	06:22:01	Inv Ma- 07:21:29			SS- 06:58:46	06:18:24	06:33:36	06:30:41
Amy	Robson	Bad Boy Running	05:27:27	06:44:52	07:32:11		06:29:55	06:51:36	06:58:47	07:18:58
Ian	Shearer	Lonely Goat RC	05:14:13	12:09:56		06:59:05	08:32:10	05:46:14	05:32:22	07:09:12
Shaun	Watts	North Devon Road Runners	04:50:51	04:55:41			04:49:37	05:11:33	05:50:43	GHM- 05:36:18
Tristan	Watts		05:57:45	05:26:57		07:02:26	06:45:49	06:22:15	06:53:25	07:21:02
Jim	Whitmarsh	100 marathon club	05:45:01	GHM- 05:35:02	06:50:41	07:10:46		05:26:33	06:17:18	05:26:37
Nicola	Wilkins		06:22:01	05:37:27	06:37:54	07:21:30	06:29:55	06:18:25	06:33:54	06:30:41