

## Weston Prom Runs - Fastest Times - Men

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Month</b>	<b>Year</b>	<b>Time</b>
1	L. Mathews	Salford	April	1997	23.41
2	J. Hill	Newport	January	1990	23.51
3	L. Mathews	Salford	March	1997	23.58
4	R. Whalley	City of Stoke	December	2002	24.06
5	N. Comerford	Cardiff	January	1997	24.10
6	M. Cox	Salford	April	1997	24.12
7	C. Old	Bristol	January	1990	24.16
8	D. McNeilly	Bristol	April	1990	24.20
9	M. Palmer	Westbury	February	2002	24.21
10	D. Robinson	Tipton	December	2003	24.26
11	D. Holland	U/A	April	1989	24.28
12	M. Vile	Westbury	February	1996	24.30
13	R. Nash	Westbury	February	1989	24.33
14	M. Harris	Westbury	November	1993	24.34
15	R. Simon	Cardiff	April	1997	24.34
16	K. Blake	Cardiff	April	1997	24.39
17	R. Szade	Cardiff	March	2001	24.39
18	D. Dixon	Cardiff	February	1989	24.40
19	M. Jenkins	Newport	January	1999	24.44
20	T. Russell	Stroud	December	2005	24.46
21	R. Potts	Birchfield	April	1993	24.48
22	G. Perry	Stourport	February	1993	24.48
23	J. Werlock	Westbury	February	1989	24.52
24	M. Healy	Lliswerry	February	1993	24.53
25	S. Wilkinson	U/A	September	1995	24.54
26	D. Westlake	Bristol	November	1996	25.06
27	K. Spillman	Cheltenham	May	1997	25.08
28	R. Brooks	Somer	May	1993	25.10
29	T. Roper	R.N.A.C.	April	1995	25.11
30	M. O'Dowd	Swindon	November	1994	25.12
31	A. Hunt	Cardiff	January	2002	25.14