

QUAKERS RUNNING CLUB

CLUB CHAMPIONSHIP 2010

Group 1 Up to 5 miles

Feb 14th	Abesent Friends Trail - Cowpen Bewley - 5m
March 28th	Hartlepool Marina - 5m (Road)
April 15th	Tees Forest Trail - Preston Park 5k
April 20th	Carlton Challenge - 4.8m (Fell)
June 23rd	Summer Coast Road - Redcar 5k
September 1st	Autumn Coast Road - Redcar 5k
November 21st	Clay Bank West 4.2m (Fell)

Group 2 Between 5 & 10 miles

April 2nd	Mermaid (Redcar) 10k (Road)
May 16th	Yorkshire 10k (Newby Hall) (Multi)
May 30th	Raby Castle 10k (Trail)
June 5th	Allendale 8m (Road)
June 15th	Whorlton Run - 7.2m (Fell)
June 20th	Aycliffe 10k (Road)
July 7th	Pit Stop - Croft Circuit 10k
July 11th	Kilburn Feast 7m (Road)
July 25th	James Herriot - Castle Bolton 14k (Trail)
August 17th	Guisboro Grunt - 6.1m (Fell)
August 22nd	Ray Harrison Memorial - Billingham 10k (Road)
September 5th	Tees Pride - Middlesbrough 10k (Road)
September 11th	Snape - Bedale 10k (Trail)
September 12th	Serpentine - Sedgefield 6.5m (Trail)
October 10th	Ampleforth 7m (Trail)
October 17th	Richmond Castle 10k (Road)
November 27th	Ravenstonedale 10k (Road)
December ?	Jolly Holly Jog Ripon 10k (Trail)

Group 3 10 miles and over

May 9th	Ripon 10m (Multi)
June 26th	Durham Dales Challenge - Wolsingham 16m (Trail)
July 4th	Burn Valley Half Marathon
October 3rd	Harewood 10m (Trail)
October 31st	Guy Fawkes - Ripley 10m (Road/Trail)
November 28th	Thirsk 10m (Road)

QUAKERS RUNNING CLUB - Club Championship 2010

14-Feb-10

Absent Friends Trail Run

Group 1

Actual Position	Actual Time	Name	Category		Adjusted Time	Adjusted Position	Race Points
1	34:40	Stephen Jones	M	55	29:49	1	50
4	37:25	Stuart Hardcastle	M	54	32:27	2	49
3	36:58	Dave McLachlan	M	47	33:55	3	48
5	37:57	Peter Smith	M	49	34:17	4	47
2	36:39	Simon Wakelin	M	39	35:39	5	46
8	41:37	Damian Wynne	M	50	37:18	6	45
6	39:15	Lucy Jeffries	F	21	39:15	7	44
7	40:39	Scott Green	M	36	40:23	8	43
12	52:53	Alan Prest	M	65	41:22	9	42
10	44:49	Mark Colling	M	41	42:59	10	41
9	43:53	Ben Bourne	M	30	43:53	11	40
14	59:12	Mike Horan	M	69	44:16	12	39
13	53:25	Nigel Walker	M	48	48:38	13	38
11	50:46	Julie Crocher	F	30	50:46	14	37
15	61:42	Susan Limbert	F	46	56:06	15	36
16	66:42	Catherine Horan	F	42	62:45	16	35