

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 - Sedgfield 6.5m (Trail)
October 10th	Ampleforth 7m (Trail)
October 17th	Richmond Castle 10k (Road)
November 27th	Ravenstonedale 10k (Road)
December 28th	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

21-Nov-10

Clay Bank West

Group 1

Actual Position	Actual Time	Name	Category		Adjusted Time	Adjusted Position	Race Points
1	36:04	Nick Watson	M	37	35:35	1	50
2	40:57	Ian Bond	M	51	36:25	2	49
3	41:15	Andrew Knox	M	49	37:16	3	48
10	52:20	Danny Gordon	M	66	40:29	4	47
9	50:50	Richard Payne	M	55	43:43	5	46
4	44:24	Michael Joyeux	M	27	44:24	6	45
8	48:00	Anthony Corbett	M	44	45:03	7	44
7	47:51	Mark Colling	M	42	45:34	8	43
5	47:39	Mark Robinson	M	28	47:39	9	42
6	47:40	Lucy Jefferies	F	22	47:40	10	41
11	54:45	Wendy Colling	F	45	50:13	11	40
13	73:00	Gillian Harris	F	43	68:06	12	39
12	73:00	Michelle Boshier	F	37	71:32	13	38