

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 ?	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

15-Apr-10

Tees Forest - Preston Park 5k

Group 1

Actual Position	Actual Time	Name	Category		Adjusted Time	Adjusted Position	Race Points
4	19:41	Brian Martin	M	53	17:09	1	50
18	23:05	Danny Gordon	M	65	17:59	2	49
5	20:09	Andrew Knox	M	48	18:17	3	48
6	20:19	Dave McLachlan	M	47	18:34	4	47
1	19:04	Nick Watson	M	37	18:44	5	46
3	19:35	David Todd	M	40	18:51	6	45
2	19:06	Michael Joyeux	M	26	19:06	7	44
10	21:38	Pete Smith	M	50	19:19	8	43
8	21:19	Billy Harris	M	48	19:20	9	42
14	21:51	Ian Bond	M	50	19:31	10	41
7	20:48	Dawn Richardson	F	38	20:08	11	40
20	24:05	Jes Smith	M	57	20:17	12	39
22	24:30	Richard Payne	M	54	21:10	13	38
9	21:27	Darren Stockdale	M	30	21:27	14	37
28	26:13	Barry Stapley	M	60	21:29	15	36
23	24:30	Paul Jefferies	M	52	21:32	16	35
17	22:40	Louise Trainor	F	40	21:35	17	34
13	21:51	Scott Green	M	36	21:37	18	33
11	21:39	Mark Robinson	M	28	21:39	19	32
19	23:30	David Curtis	M	46	21:39	19	32
12	21:42	Lucy Jefferies	F	21	21:42	21	30
27	25:12	Julie Jefferies	F	51	21:48	22	29
15	22:01	Ben Bourne	M	30	22:01	23	28
16	22:38	Ian Hammond	M	31	22:38	24	27
31	29:25	Alan Prest	M	65	22:56	25	26
21	24:09	Mark Colling	M	41	23:05	26	25
26	25:07	Anthony Corbett	M	43	23:39	27	24
24	24:30	Jackie Nicholls	F	37	23:54	28	23
25	24:45	Abbie Hull	F	29	24:45	29	22
33	29:40	Sally Singleton	F	54	24:56	30	21
34	30:19	Kevin Simpson	M	51	26:51	31	20
29	28:31	Julie Cole	F	38	27:36	32	19
35	30:39	Diane Gardner	F	46	27:45	33	18
30	28:31	Ian Davison	M	32	28:31	34	17
36	31:57	Susan Limbert	F	46	28:56	35	16
32	29:32	Julie Crocher	F	30	29:32	36	15
38	32:54	Sarah Beadle	F	37	32:06	37	14
37	32:47	Andrew Kenworthy	M	31	32:47	38	13