

# QUAKERS RUNNING CLUB CLUB CHAMPIONSHIP 2009

## Group 1 Up to 5 miles

April 5th	Hartlepool Marina - 5m
April 21st	Carlton Challenge - 4.8m (Fell)
April 22nd	Spring Coast Road - Redcar 5k
May 14th	Tees Forest Trail - Coulby Newham 5k
June 24th	Summer Coast Road - Redcar 5k
July 2nd	Tees Forest Trail - Wynyard 5k
September 2nd	Autumn Coast Road - Redcar 5k
November 22nd	Clay Bank West 4.2m (Fell)

## Group 2 Between 5 & 10 miles

March 29th	Doctors Gate - Hamsterley 11k (Fell)
May 24th	Raby Castle 10k (Trail)
May 30th	Allendale 8m
June 16th	Whorlton Run - 7.2m (Fell)
July 8th	Pit Stop - Croft 10k
July 12th	Kilburn Feast 7m
July 26th	James Herriot - Castle Bolton 14k (Trail)
September 13th	Serpentine - Sedgfield 6.5m (Trail)
August 23rd	Ray Harrison Memorial - Billingham 10k
September 5th	Snape - Bedale 10k (Trail)
October 18th	Richmond Castle 10k
December 27th	Jolly Holly Jog Ripon 10k (Trail)

## Group 3 10 miles and over

April 19th	Redcar Half Marathon
May 10th	Ripon 10m (Trail/Road)
June 27th	Durham Dales Challenge - Wolsingham 16m (Trail)
July 5th	Burn Valley Half Marathon
September 13th	Paras Challenge - Catterick 10m (??)
October 4th	Harewood 10m (Trail)
November 1st	Guy Fawkes - Ripley 10m (Road/Trail)
November 29th	Thirsk 10m (Road)





## QUAKERS RUNNING CLUB - Club Championship 2009

18-Oct-09

Richmond Castle 10k

Group 2

Actual Position	Actual Time	Name	Category		Adjusted Time	Adjusted Position	Race Points
2	41:55	Brian Martin	M	53	36:44	1	50
3	42:08	Steve Snook	M	50	37:50	2	49
4	42:15	Wayne Bramley	M	49	38:14	3	48
14	49:38	Danny Gordon	M	65	38:53	4	47
6	44:38	Stuart Hardcastle	M	53	39:06	5	46
5	43:33	Andrew Knox	M	48	39:43	6	45
1	41:10	Dawn Richardson	F	37	40:25	7	44
8	47:13	Jonathan Eccles	M	50	42:24	8	43
12	49:18	Peter Rowley	M	54	42:50	9	42
7	45:40	Phil Rutter	M	44	42:56	10	41
10	47:57	Ian Scott	M	47	44:04	11	40
16	51:36	Richard Payne	M	54	44:50	12	39
11	49:17	Jeff Marriott	M	48	44:57	13	38
18	52:40	Jon Foulds	M	53	46:09	14	37
9	47:52	Simon Wakelin	M	39	46:40	15	36
21	53:18	Julie Jeffries	F	50	46:52	16	35
26	57:19	Sally Singleton	F	54	48:31	17	34
13	49:24	Andrew Lambe	M	37	48:50	18	33
20	53:09	David Curtis	M	45	49:36	19	32
22	53:43	Wendy Colling	F	44	49:48	20	31
15	50:04	Mark Robinson	M	27	50:04	21	30
23	56:02	Julie Whinn	F	48	50:10	22	29
24	56:11	Paul Appleton	M	48	51:15	23	28
19	52:58	Jackie Nicholls	F	37	52:00	24	27
17	52:08	Peter McCrossan	M	29	52:08	25	26
30	58:35	Roy MacDougall	M	46	54:16	26	25
28	57:21	Anthony Corbett	M	43	54:19	27	24
25	56:48	Mark Colling	M	41	54:35	28	23
27	57:19	Pamela Barrass	F	39	55:23	29	22
32	61:33	Diane Adkins	F	44	57:04	30	21
29	58:10	Julie Crocher	F	30	58:10	31	20
33	64:12	Jeanette Maughan	F	45	59:01	32	19
31	60:33	Anneli Simkiss	F	34	60:33	33	18