

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

29-Nov-09

Thirsk 10m

Group 3

Actual Position	Actual Time	Name	Category		Adjusted Time	Adjusted Position	Race Points
5	67:39	Noel McLay	M	61	55:26	1	50
2	63:35	Wayne Bramley	M	49	57:48	2	49
3	66:34	Brian Martin	M	53	58:35	3	48
6	67:39	Steve Snook	M	50	61:01	4	47
14	78:48	Danny Gordon	M	65	62:02	5	46
1	62:30	Michael Joyeux	M	26	62:30	6	45
8	71:19	Stuart Hardcastle	M	53	62:46	7	44
7	68:45	Dave McLachlan	M	46	63:59	8	43
4	66:53	David Todd	M	39	65:29	9	42
11	75:48	Peter Rowley	M	54	66:10	10	41
9	71:54	Billy Harris	M	47	66:23	11	40
15	79:10	Jes Smith	M	56	67:55	12	39
10	74:56	Diane Vaughan	F	44	69:48	13	38
18	81:36	Richard Payne	M	54	71:14	14	37
16	79:44	David Curtis	M	45	74:44	15	36
12	75:55	Ian Hammond	M	31	75:55	16	35
13	76:55	Andrew Lambe	M	37	76:23	17	34
25	91:21	Sally Singleton	F	54	77:43	18	33
17	80:27	Jackie Nicholls	F	37	79:21	19	32
31	106:14	Mike Horan	M	69	79:57	20	31
20	86:07	Roy McDougall	M	46	80:08	21	30
19	84:02	Keld O'Shea	M	40	81:41	22	29
27	91:50	Carol Penney	F	49	81:53	23	28
22	88:07	Mark Colling	M	41	85:04	24	27
33	109:08	Alan Prest	M	65	85:55	25	26
24	91:19	Gillian Harris	F	42	86:30	26	25
26	91:36	Anthony Corbett	M	43	87:09	27	24
21	88:06	Abbie Hull	F	29	88:06	28	23
29	94:27	Richard Hughes	M	43	89:51	29	22
23	90:52	Gemma Bramley	F	25	90:52	30	21
28	94:26	Kate Schweizer	F	39	91:41	31	20
30	99:33	Diane Gardner	F	45	91:57	32	19
32	108:26	Linda Normington	F	45	100:26	33	18
34	111:54	Andrew Kenworthy	M	31	111:54	34	17
35	127:02	Catherine Horan	F	41	121:20	35	16