

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 (Trail)
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

05-Jul-09

Durham Dales Challenge

Group 3

Actual Position	Actual Time	Name	Category	Adjusted Time	Adjusted Position	Race Points
3	2:19:00	Steve Snook	M 50	2:05:43	1	50
1	2:09:00	Nick Watson	M 36	2:09:00	2	49
4	2:19:00	Barry Mahaffey	M 43	2:12:34	3	48
2	2:16:00	Michael Joyeux	M 26	2:16:00	4	47
5	2:57:00	Jonathan Eccles	M 50	2:40:05	5	46
6	3:04:00	Anthony Corbett	M 43	2:55:29	6	45
7	3:07:00	Darren Park	M 37	3:06:04	7	44
8	3:28:00	Ian Stephenson	M 38	3:25:34	8	43
15	4:05:00	Julie Jeffries	F 50	3:36:58	9	42
11	4:05:00	Julie Whinn	F 48	3:40:54	10	41
13	4:05:00	Bev Snook	F 47	3:42:53	11	40
10	4:05:00	John Whinn	M 48	3:45:02	12	39
9	4:05:00	Wendy Colling	F 44	3:48:45	13	38
14	4:05:00	Diane Adkins	F 44	3:48:45	13	38
12	4:05:00	Mark Colling	M 41	3:57:04	15	36
16	4:07:00	Sarah Beadle	F 36	4:06:05	16	35
17	4:07:00	Ian Hammond	M 30	4:07:00	17	34

QUAKERS RUNNING CLUB - Club Championship 2009

27-Jun-09

Burn Valley Half Marathon

Group 3

Actual Position	Actual Time	Name	Category	Adjusted Time	Adjusted Position	Race Points
1	1:20:42	Alasdair Tatham	M 36	1:20:42	1	50
2	1:28:54	Michael Joyeux	M 26	1:28:54	2	49
3	1:51:31	Billy Harris	M 47	1:43:17	3	48
4	1:55:09	Diane Vaughan	F 44	1:47:35	4	47
6	1:59:10	Richard Hughes	M 42	1:54:33	5	46
5	1:55:17	Ian Hammond	M 30	1:55:17	6	45
7	2:10:56	Keld O'Shea	M 40	2:07:41	7	44