

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

12-Jul-09

Kilburn Feast 7m

Group 2

Actual Position	Actual Time	Name	Category	Adjusted Time	Adjusted Position	Race Points
3	46:47	Wayne Bramley	M 49	42:25	1	50
4	50:55	Stuart Hardcastle	M 53	44:42	2	49
1	45:08	Michael Joyeux	M 26	45:08	3	48
2	46:02	Dawn Richardson	F 37	45:17	4	47
8	55:54	Peter Rowley	M 54	48:39	5	46
6	53:32	Ian Scott	M 47	49:17	6	45
5	52:08	Richard Hughes	M 42	49:49	7	44
7	54:21	Diane Vaughan	F 44	50:28	8	43
9	57:13	Jeff Marriott	M 48	52:17	9	42
10	57:34	Billy Harris	M 47	53:00	10	41
19	72:31	Alan Prest	M 65	56:56	11	40
14	64:11	Julie Whinn	F 48	57:34	12	39
11	60:45	Anthony Corbett	M 43	57:38	13	38
16	65:38	Dawn Bramley	F 47	59:23	14	37
15	64:59	Sandra Park	F 44	60:21	15	36
12	63:23	Gemma Bramley	F 25	63:23	16	35
18	66:59	Suzanne Todd	F 41	63:47	17	34
13	63:55	Steph Bramley	F 22	63:55	18	33
17	66:55	Michelle Boshier	F 36	66:20	19	32
20	73:05	Diane Gardner	F 45	67:18	20	31
21	74:21	Gillian Harris	F 42	70:13	21	30