

Selby Striders Handicap Competition Summer 2009

Last update 03/10/2009

Name	Race 1				Race 2				Race 3				Total points
	Distance	Time	Points	Bonus	Distance	Time	Points	Bonus	Distance	Time	Points	Bonus	
KELLET, David	Marathon	5:49:52	0	300	10k	0:54:23	751	75	10k	0:51:32	1236	75	2437
ROBERTSON, Ian	Half Marathon	1:30:37	444	200	Marathon	3:12:40	521	300	10K	0:38:26	788	75	2328
FREER, Richard	10k	0:45:01	612	75	10k	0:44:15	772	75	10K	0:44:58	622	75	2231
KITCHEN, Matthew	10	1:21:47	768	125	10K	0:47:38	927	75	10k	0:51:17	232	75	2202
MIDDUP, Steve	10k	0:45:37	657	75	10	1:16:35	704	125	10k	0:46:28	483	75	2120
MCWILLIAM, Rob	Marathon	3:06:54	411	300	10k	0:37:48	551	75	10.58	1:08:02	528	200	2065
BEISLY, Brian	10k	0:46:15	507	75	10k	0:45:08	736	75	10K	0:45:51	589	75	2057
STRANGEWAYS, Sandra	10k	0:52:46	476	75	10k	0:52:04	603	75	10k	0:51:33	696	75	2000
MCMILLAN, Paul	10k	0:45:40	494	75	10k	0:45:52	452	75	10K	0:44:45	684	75	1855
PICKERING, Jean	10k	1:08:32	0	75	8.7	1:27:43	955	125	10k	1:03:04	586	75	1816
BELL, Lesley	10k	0:48:13	476	75	10k	0:47:30	618	75	10K	0:48:38	394	75	1713
JAMES, Pippa	10k	0:52:12	476	75	10K	0:51:55	528	75	10k	0:52:30	421	75	1651
MELLOR, Dawn	10k	0:47:20	476	75	10K	0:46:36	624	75	Marathon	4:06:18	0	300	1550
KAY, Andy	10k	0:52:15	243	75	10k	0:51:06	458	75	10k	0:50:24	588	75	1514
WHELAN, Francina	Marathon	4:58:25	591	300	10k	1:01:33	545	75					1512
SENIOR, Ben	10k	0:40:53	476	75	10k	0:41:02	441	75	10k	0:41:26	348	75	1491
SWASH, Kevin	10k	0:46:26	299	75	10k	0:46:45	232	75	10	1:15:25	662	125	1468
STANLEY, Alice	10k	0:52:12	427	75	10K	0:52:01	461	75	10k	0:52:58	287	75	1400
RIPLEY, Matt	10k	0:41:57	326	75	Half Marathon	1:35:41	292	200	10k	0:41:34	415	75	1383
KELLET, Gillian	Marathon	5:07:48	0	300	10k	0:57:28	684	75	10k	1:00:35	179	75	1313
TURFORD, Adie	Half Marathon	1:28:47	341	200	10k	0:39:50	151	75	Marathon	3:24:43	0	300	1067
PICKERING, Barry	Half Marathon	1:48:58	388	200	10k	0:49:02	169	75	10K	0:49:08	149	75	1055
ALLIT, Mark	10k	0:44:06	586	75									661
BRIGGS, Ellen	10k	0:52:46	574	75									649
DETHRIDGE, Guy	10k	0:51:09	498	75									573
SUMPNER, Ben	10k	0:46:42	476	75									551
MILLER, Norman	10K	0:46:38	476	75									551
EVERITT, Anne	10k	1:01:33	390	75									465
MAY, Andrea	10k	0:51:58	0	75	10K	0:51:55	0	75	10k	0:50:55	184	75	409
FOWLER, Paul	10k	0:47:30	0	75	10K	0:47:43	0	75					150
DODGSON, Bob	10k	0:50:24	0	75	10K	0:50:35	0	75					150
HEADLEY, Fiona	10k	1:03:22	0	75	10k	0:57:36	0	75					150
HEADLEY, Stephen	10k	0:56:07	0	75	10k	0:57:36	0	75					150
PAPWORTH, David	10	1:21:12	0	125									125
STEVENSON, Paul	10	1:28:38	0	125									125
FROST, Louisa	10k	1:05:21	0	75									75
INGLEDEW, Steve	10k	0:48:40	0	75									75