

HRC HANDICAP RUN 2009 - TIMES

PB Runs

Name	Qualifying run 2009	Jan Run	Feb Run	Mar Run	Apr Run	May Run	June Run	July Run	Aug Run	Sept Run	Oct Run	Nov Run	Dec Run	2009 PB	Improvement in 2009
Nicholls, Alan			27:29	25:55			25:24		24:34	22:53		22:51	22:08	22:08	00:05:21
Obornik, Lubos			25:08	25:20	24:40	24:18	23:29	22:57	23:17	22:52		22:46	22:44	22:44	
Strawbridge, Bruce		22:51		22:10	22:03	21:53	22:04	21:12	21:17	20:26	21:24	20:45	21:13	20:26	00:02:25
Dunn, Tom		21:56		20:59	20:49		20:33	21:19		20:36		20:24		20:24	00:01:31
Harris, Richard		22:44	23:15	21:47	22:21	20:55	20:43	20:02	20:22	20:33	21:05	20:41		20:02	00:03:13
Legg, Tim		19:01		18:27	17:48	18:04		18:15	19:54	18:15		18:24	19:24	17:48	00:02:05
Whiteley, Tony				25:21				24:43	25:21	24:35	25:51		24:35	24:35	00:01:16
Davey, Judy		23:16	23:22	22:52	22:13	22:27	22:18	22:39	23:00	22:15	22:42	22:18	22:21	22:13	00:01:09
Goc, Milan			19:11	19:10	19:46	19:35	18:49	18:54		20:31	19:23			18:49	00:01:42
Enticott, Gary		22:14	22:00	21:47	21:28	20:30		20:46			22:27	22:15		20:30	00:01:57
Westall, Pippa		27:31		25:33				23:58	24:17		24:36			23:58	
Obornik, Blanka			30:39					28:18	27:17	28:05			29:55	27:17	00:03:21
Dicks, Brent		26:11	26:54	25:38				22:04	22:01					22:01	00:04:53
Thorpe, Nick					25:27	25:07	24:28	23:56			23:26			23:26	00:02:01
Davey, Steve		21:24	21:12	21:13		21:16	20:50							20:50	00:00:35
Jones, Vanessa			29:16			27:11			29:01		28:32	28:35		27:11	00:02:05

Name	Qualify ing run 2009	Jan Run	Feb Run	Mar Run	Apr Run	May Run	June Run	July Run	Aug Run	Sept Run	Oct Run	Nov Run	Dec Run	2009 PB	Improve ment in 2009
Garvey,Bill			27:39	27:06		26:57	26:54						26:56	26:54	00:00:45
Axsel,Greg		25:50	26:29								23:20		22:21	22:21	
Lyus,Pete				27:39	31:48		27:36	27:51						27:36	00:04:12
Bradley-Carter,Nick	27:53							24:30	25:10	24:38				24:30	00:00:40
Charters,Brian	20:33		19:01	18:37	18:20									18:20	00:00:41
Evans,Gerry	30:01							28:21		28:31		27:20		27:20	00:01:11
Werner,Kim		29:50		29:18			28:34							28:34	00:01:16
Bond,Fran				21:38	20:56				20:59					20:56	00:00:42
Sleeman,Jennie		29:16	29:42			24:53								24:53	00:04:50
Oak,Ceri									21:29			22:06	21:35	21:29	00:00:37
Davey,Paul					19:54	20:24			20:35					19:54	00:00:41
Gillard,Vernon						21:13	20:57	20:59						20:57	00:00:15
Wood,Jill				30:45			29:57							29:57	00:00:48
Topham,Venetia	31:14				28:43		27:29							27:29	00:01:14
Guest,Alison				27:17			28:14							27:17	00:00:57
Pike,Lyn	28:41										27:58	27:40		27:40	00:00:18
Box,Fran	36:18					34:20				33:41				33:41	
Lidster,Jenny	35:13					30:52	32:28							30:52	00:01:36
Higginson,Olivia	28:02								28:06	27:11				27:11	00:00:55

Name	Qualify ing run 2009	Jan Run	Feb Run	Mar Run	Apr Run	May Run	June Run	July Run	Aug Run	Sept Run	Oct Run	Nov Run	Dec Run	2009 PB	Improve ment in 2009
Bodfish,Klara				30:26		27:52								27:52	00:02:34
Greenslade,Steve	25:49					24:44	24:41							24:41	00:00:03
Saunders,Roger	22:10											22:05	22:14	22:05	00:00:09
Thorpe,Sandra						26:59		26:21						26:21	00:00:38
Harvey,Richard					20:54			22:41						20:54	00:01:48
Dunn,Dave	31:57						28:58							28:58	
Davey,Jo	29:48				26:28									26:28	
Trudgeon,Sarah	34:08										27:39			27:39	
Harrison,Jo	27:49											27:10		27:10	
Strawbridge,Tracey	28:59					28:27								28:27	
Gigg,Julian					20:55									20:55	
Richards,Maggie	29:10										29:40			29:40	
Chugg,Sandy	35:31									35:27				35:27	
Hall,Simon		25:03												25:03	
Costello,Jackie					28:41									28:41	
Jeeves,Ian		32:11												32:11	
Burgess,John					24:23									24:23	
Boyes,Stephen				22:52										22:52	
Hoekstra,Yan	27:24						27:34							27:34	

HRC HANDICAP RUN 2009 - POINTS

monthly winner - but no winner shown for Jan. as she moved from the area and the club

Name	Jan Pts	Feb Pts	Mar Pts	Apr Pts	May pts	Jun Pts	Jul Pts	Aug Pts	Sep Pts	Oct Pts	Nov Pts	Dec Pts	No. of races	Total Points	Av pts	Low 6 Pos
Nicholls, Alan		10.0	5.9			5.0		1.9	0.7		0.7	1.8	7	26.0	3.7	2.7
Obornik, Lubos		0.7	4.1	1.6	4.5	2.0	4.7	5.6	6.0		6.4	3.6	10	39.3	3.9	2.8
Strawbridge, Bruce	2.0		3.2	4.7	6.0	9.5	5.8	4.4	1.3	6.9	5.7	8.2	11	57.7	5.2	3.6
Dunn, Tom	1.3		1.4	3.2		5.5	9.5		6.7		3.6		7	31.0	4.4	3.6
Harris, Richard	5.3	6.4	2.7	7.4	2.5	3.5	3.7	6.3	9.3	8.5	7.9		11	63.4	5.8	4.0
Legg, Tim	3.3		4.5	2.1	7.0		8.4	10.0	4.7		4.3	9.1	9	53.4	5.9	4.3
Whiteley, Tony			1.8				3.2	6.9	4.0	9.2		2.7	6	27.8	4.6	4.6
Davey, Judy	4.0	5.0	6.4	3.7	6.5	9.0	8.9	8.8	5.3	6.2	5.0	5.5	12	74.2	6.2	4.7
Goc, Milan		2.1	3.6	7.9	9.0	6.0	6.8		10.0	3.8			8	49.3	6.2	5.1
Enticott, Gary	6.0	3.6	8.6	6.3	3.0		7.4			10.0	10.0		8	54.9	6.9	5.8
Westall, Pippa	6.7		2.3				2.1	2.5		4.6			5	18.1	3.6	
Obornik, Blanka		2.9					1.6	1.3	2.7			10.0	5	18.3	3.7	
Dicks, Brent	6.7	7.9	5.5				0.5	0.6					5	21.1	4.2	
Thorpe, Nick				5.8	5.0	4.5	4.2			2.3			5	21.8	4.4	
Davey, Steve	2.7	4.3	7.7		8.0	7.5							5	30.2	6.0	
Jones, Vanessa		8.6			3.5			9.4		5.4	8.6		5	35.4	7.1	
Garvey, Bill		9.3	9.5		9.0	8.5						6.4	5	42.7	8.5	

Name	Jan Pts	Feb Pts	Mar Pts	Apr Pts	May pts	Jun Pts	Jul Pts	Aug Pts	Sep Pts	Oct Pts	Nov Pts	Dec Pts	No. of races	Total Points	Av pts	Low 6 Pos
Axsel, Greg	8.7	7.1								1.5		0.7	4	18.0	4.5	
Lyus, Pete			7.3	10.0		1.5	5.3						4	24.0	6.0	
Bradley-Carter, Nick							1.1	3.1	7.3				3	11.5	3.8	
Charters, Brian		1.4	5.0	5.3									3	11.7	3.9	
Evans, Gerry							2.6		8.7		1.4		3	12.7	4.2	
Werner, Kim	4.7		6.8			4.0							3	15.5	5.2	
Bond, Fran			8.2	4.2				3.8					3	16.1	5.4	
Sleeman, Jennie	10.0	5.7			1.5								3	17.2	5.7	
Oak, Ceri								5.0			9.3	4.5	3	18.8	6.3	
Davey, Paul				2.6	8.5			8.1					3	19.3	6.4	
Gillard, Vernon					7.5	8.0	7.9						3	23.4	7.8	
Wood, Jill			0.5			1.0							2	1.5	0.7	
Topham, Venetia				1.1		2.5							2	3.6	1.8	
Guest, Alison			0.9			3.0							2	3.9	2.0	
Pike, Lyn										3.1	2.1		2	5.2	2.6	
Box, Fran					2.0				3.3				2	5.3	2.7	
Lidster, Jenny					0.5	7.0							2	7.5	3.8	
Higginson, Olivia								7.5	2.0				2	9.5	4.8	
Bodfish, Klara			9.1		1.0								2	10.1	5.0	

Name	Jan Pts	Feb Pts	Mar Pts	Apr Pts	May pts	Jun Pts	Jul Pts	Aug Pts	Sep Pts	Oct Pts	Nov Pts	Dec Pts	No. of races	Total Points	Av pts	Low 6 Pos
Greenslade, Steve					4.0	6.5							2	10.5	5.3	
Saunders, Roger											7.1	7.3	2	14.4	7.2	
Thorpe, Sandra					10.0		6.3						2	16.3	8.2	
Harvey, Richard				8.9			10.0						2	18.9	9.5	
Dunn, Dave						0.5							1	0.5	0.5	
Davey, Jo				0.5									1	0.5	0.5	
Trudgeon, Sarah										0.8			1	0.8	0.8	
Harrison, Jo											2.9		1	2.9	2.9	
Strawbridge, Tracey					5.5								1	5.5	5.5	
Gigg, Julian				6.8									1	6.8	6.8	
Richards, Maggie										7.7			1	7.7	7.7	
Chugg, Sandy									8.0				1	8.0	8.0	
Hall, Simon	8.0												1	8.0	8.0	
Costello, Jackie				8.4									1	8.4	8.4	
Jeeves, Ian	9.3												1	9.3	9.3	
Burgess, John				9.5									1	9.5	9.5	
Boyes, Stephen			10.0										1	10.0	10.0	
Hoekstra, Yan						10.0							1	10.0	10.0	
Number of runners	14	14	22	19	20	20	19	16	15	13	14	11				