



# Silson Joggers Winter Cup 2009/2010

## Results of Race 1, 1.62 miles, 11 Nov 2009

		Actual time, Race 1		Target time, Race 2*	
		min	sec	min	sec
Melanie	Bignell	11	44	18	30
Dave	Coates	9	56	15	39
Heather	Cooke	10	58	17	17
Jim	Darcy	9	13	14	32
Carol	Debney	15	45	24	50
Trevor	George	11	8	17	33
Juliet	Hanson	15	20	24	10
Natasha	King	12	2	18	58
Graham	Linnell	10	48	17	1
Allan	Lock	12	48	20	11
Gill	Millner	12	43	20	3
Madeleine	Moutrie	12	13	19	15
Alex	O'Connor	11	3	17	25
Len	Pannell	11	16	17	46
Tom	Pomeroy	13	6	20	39
Lydia	Pratley	13	18	20	58
Kit	Rapson	14	34	22	58
Stewart	Shears	10	47	16	60
Michael	Spencer	10	50	17	5
Dan	Taylor	10	7	15	57
Richard	Wiggins	10	46	16	58
Chris	Wood	8	45	13	48
Simon	Woodward	9	33	15	3

\* Race 2 is 2.45 miles, Wed 9 December 2009