



Silson Joggers Winter Cup 2009/2010

Results of Race 5, 3.13 miles, 7 April 2010

		Target time, Race 5*		Actual time, Race 5	
		min	sec	min	sec
John	Adams	24	42	24	37
Dave	Coates	19	57	20	55
Heather	Cooke	22	26	21	8
Carol	Debney	32	0	31	10
Trevor	George	22	41	21	11
Brian	Keers			23	01
Natasha	King	23	57	23	20
Allan	Lock	26	1	25	12
Dave	Morley	23	59	23	21
Madeleine	Moutrie	24	29	24	18
Alex	O'Connor	22	46	22	56
Ashley	Philips	21	40	22	34
Tom	Pomeroy	26	7	26	35
Kit	Rapson	28	23	27	40
Stewart	Shears	21	49	21	49
Dan	Taylor	19	22	18	26