



Silson Joggers Winter Cup 2008/2009

Target times, race 7 (6.26 miles), 29 April 2009

		Target time,	
		min	sec
Mel	Bignell	50	22
Dave	Coates	42	14
Heather	Cooke	44	14
Jim	Darcy	39	37
Carole	Debney	31	36*
Jenny	Dicks	48	8
John	Fowler	62	44
Trevor	George	48	5
Rob	Gillies	42	20
Ian	Gordon	49	24
Jeff	Haynes	38	54
Casey	Hill	48	57
Brian	Keers	46	21
Natasha	King	52	9
Dave	Lantsbery	47	20
Anna	Lawson	24	15*
Graham	Linnell	42	3
Allan	Lock	55	44
Warren	Marsh	45	27
Gill	Milner	55	53
Sandy	Moffat	52	46
Dave	Morley	49	10
Peter	Morris	47	51
Madeleine	Moutrie	51	10
Alex	O'Connor	49	33
Andy	Pacey	37	59
Len	Pannell	47	3
Richard	Pepper	53	47
Ashley	Phillips	20	28*
Tom	Pomeroy	53	40
Kit	Rapson	65	6
Emma	Sambrook	54	50
Stewart	Shears	46	4
Andy	Taylor	41	26
Dan	Taylor	41	8
Claire	Todd	50	37
Mark	Waldron	56	10
Jodie	Willis	41	44
Chris	Wood	39	17
Simon	Woodward	38	18
Matt	Wootton	40	37

* Will be running one lap (3.13 miles). Target time is for one lap.