

Silson Joggers AC

Start times for 10k Handicap, Wednesday 27 April 2011

Amy	Mickley	6	35	0
Claire	Todd	6	35	0
Mel	Bignell	6	35	0
Alex	O'Connor	6	35	30
Allan	Lock	6	36	15
Madeleine	Moutrie	6	36	15
Tasha	King	6	37	15
Elle	Supple	6	37	15
Emily	James	6	37	30
Simon	Peart	6	37	30
Alison	Tay	6	37	30
James	Laurie	6	38	15
Layne	Wray	6	38	15
Sue	Clayton-Drabble	6	39	15
John	Adams	6	39	15
Dave	Lantsbery	6	39	15
Brian	Keers	6	39	45
Sarah	Clark	6	42	45
Trevor	George	6	43	0
Richard	Wray	6	43	0
Dave	Coates	6	43	45
Heather	Cooke	6	43	45
Jonathan	Gale	6	44	45
Jennifer	Armstrong	6	45	0
Carol	Debney	6	45	0
Juliet	Hanson	6	45	0
Kit	Rapson	6	45	0
Josie	Taylor	6	45	0
Liz	Thomas	6	45	0
Stella-Marie	Thomas	6	45	0
Justine	Verwey	6	45	0
David	Morley	6	45	15
Stuart	Shears	6	45	45
John	Olejniak	6	45	45
Matthew	Wootton	6	47	0
Richard	Davies	6	47	15
Mark	Armstrong	6	49	0
Jeff	Haynes	6	49	30
Simon	Woodward	6	50	15
Jim	Darcy	6	50	30
Andy	Pacey	6	50	45
Dan	Taylor	6	52	0

* one lap only

Silson Joggers AC

Target times for Winter Cup 10k, Wednesday 27 April 2011

		min	sec	
John	Adams	50	44	
Jennifer	Armstrong	30	2	*
Mark	Armstrong	41	3	
Mel	Bignell	55	22	
Sarah	Clark	47	16	
Sue	Clayton-Drabble	51	1	
Dave	Coates	46	14	
Heather	Cooke	46	18	
Jim	Darcy	39	31	
Richard	Davies	42	50	
Carol	Debney	32	55	*
Jonathan	Gale	45	16	
Trevor	George	47	7	
Juliet	Hanson	32	16	*
Jeff	Haynes	40	24	
Emily	James	52	37	
Brian	Keers	50	12	
Tasha	King	52	48	
Dave	Lantsbery	50	48	
James	Laurie	51	50	
Allan	Lock	53	50	
Amy	Mickley	57	48	
David	Morley	44	46	
Madeleine	Moutrie	53	40	
Alex	O'Connor	54	29	
John	Olejniak	22	4	*
Andy	Pacey	39	9	
Simon	Pearl	52	25	
Kit	Rapson	29	24	*
Stuart	Shears	44	22	
Elle	Supple	52	50	
Alison	Tay	52	16	
Dan	Taylor	38	7	
Josie	Taylor	29	53	*
Liz	Thomas	28	18	*
Stella-Marie	Thomas	28	45	*
Claire	Todd	55	31	
Justine	Verwey	28	44	*
Simon	Woodward	39	39	
Matthew	Wootton	42	59	
Layne	Wray	51	42	
Richard	Wray	46	59	

* one lap only