



2016/17 Club Championship Races



2016/17 Club Championship Races

- 1) Croydon Half Marathon 10th April (road)
- 2) Richmond Half Marathon (SRL) 1st May (road)
or any other road half in May, June or July
- 3) Dave Clarke 5km 5th May (road)
- 4) Sutton 10km (SRL) 8th May (road)
- 5) Dorking 10 miles (SRL) 5th June (road)
- 6) Any Near-as-damn-it 10km 26th May, 30th June & 28th July (off-road)
- 7) Any Recurring Handicap Race Jun / Sep / Dec / Mar (road)
- 8) Tour of Epsom – Horton Country Park 6th June (trail)
- 9) Tour of Epsom – Nonsuch Park 7th June (road)
- 10) Tour of Epsom – Hogsmill Open Space 8th June (track & grass)
- 11) Tour of Epsom – Nonsuch Park 9th June (road & track)
- 12) Tour of Epsom – NESOCOT 10th June (grass)
- 13) Richmond 10km (SRL) 19th June (road)
- 14) Nonsuch Park Relays 6th July (road)
- 15) Elmore 7 (SRL) 16th July (road)
- 16) Elmbridge 10 km (SRL) 24th July (road)
- 17) Wimbledon 5km (SRL) 14th August (road)
- 18) Any September Road Marathon September (road)
- 19) The Andrew Griffin Mile September (TBC) (track)
- 20) Croydon Switchback September (TBC) (off-road)
- 21) East Sy Lge XC – Lloyd Pk October (TBC) (off-road)
- 22) Surrey Cross-Country League October (2 races) (off-road)
- 23) Croydon 10km October (road)
- 24) Any Surrey Classic 10km 30th October, 6th November (TBC)
& 18th December (road)
- 25) Surrey Cross-Country League November & December
(2 races) (off-road)
- 26) Tadworth 10 miles January (TBC) (road)
- 27) Surrey Cross-Country League January (2 races) (off-road)
- 28) Surrey Cross-Country League February (2 races) (off-road)
- 29) Valentines 10km February (TBC) (road)
- 30) Any Banstead Wood or Roundshaw Downs parkruns
4th, 11th, 18th & 25th March (off-road)

(SRL) = Surrey Road League event (TBC) = To Be Confirmed

Event 1	Croydon Half Marathon						10/04/2016
Member	Championship		Age Graded		Handicap		
	Time	Points	Percentage	Points	Difference	Points	
Glen Smith	1:32:39	40	63.93%	2	+1:32:39	1	
Steve Cooney	1:35:45	39	67.62%	5	-0:01:21	4	
Bob Chart	1:43:10	38	65.46%	4	+0:03:37	2	
Elaine Reid	1:49:01	40	65.41%	3	+0:03:25	3	
Karen Chart	2:09:33	39	52.84%	1	-0:02:43	5	

Event 2	Richmond Half Marathon						01/05/2016
Member	Championship		Age Graded		Handicap		
	Time	Points	Percentage	Points	Difference	Points	
Roger Bryant	1:24:23		77.36%	9	+0:01:31	4	
Toni Reid	1:29:32		76.75%	8	-0:04:04	8	
Bob Chart	1:39:15		68.04%	6	-0:00:35	5	
Shun-lai Chan	1:43:01		69.22%	7	-0:02:34	7	
Elaine Reid	1:45:20		67.70%	5	-0:00:59	6	
Karen Chart	2:06:46		54.37%	4	-0:06:41	9	

Event 2	Hackney Half Marathon						08/05/2016
Member	Championship		Age Graded		Handicap		
	Time	Points	Percentage	Points	Difference	Points	
Tim Gray	2:20:10		46.57%	1	+0:19:32	1	

Event 2	Caterham Half Marathon						03/07/2016
Member	Championship		Age Graded		Handicap		
	Time	Points	Percentage	Points	Difference	Points	
Louise Arpino	1:57:36		57.21%	4	+1:57:36	2	
Andy Schendel	2:04:56		52.25%	3	+2:04:56	1	
Karen Chart	2:17:04		50.29%	2	+0:03:37	4	
Tim Gray	2:19:20		46.85%	1	+0:12:23	3	

Event 2	Any Road Half Marathon					
Member	Richmond Half Marathon	Hackney Half Marathon	Caterham Half Marathon		Championship	
	Time	Time	Time		Best Time	Points
Roger Bryant	1:24:23				1:24:23	40
Toni Reid	1:29:32				1:29:32	39
Bob Chart	1:39:15				1:39:15	38
Shun-lai Chan	1:43:01				1:43:01	40
Elaine Reid	1:45:20				1:45:20	39
Louise Arpino			1:57:36		1:57:36	38
Andy Schendel			2:04:56		2:04:56	37
Karen Chart	2:06:46		2:17:04		2:06:46	37
Tim Gray		2:20:10	2:19:20		2:19:20	36

Event 3	Dave Clarke 5k					05/05/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Mark Finbow	0:17:10	40	75.21%	20	-0:01:33	24
Gordon Hennessy	0:18:10	39	83.19%	25	-0:00:24	15
Ashley Pate	0:18:20	38	71.89%	17	+0:18:20	3
Glen Smith	0:19:02	37	68.31%	12	+0:19:02	2
Chris Curtis	0:19:09	36	77.01%	22	+0:00:04	10
Keith Dunning	0:19:11	35	78.14%	23	-0:00:31	17
Richard Fox	0:19:28	34	74.56%	19	+0:00:02	11
Harry Bryant	0:19:45	33	70.49%	15	-0:04:13	25
Martin Lloyd	0:20:13	32	76.66%	21	+0:00:08	8
Gary Thompson	0:21:06	31	68.79%	13	-0:00:51	19
Andy Stalley	0:21:13	30	70.08%	14	+0:00:10	7
Jonathan Sharrock	0:21:26	29	65.64%	9	-0:01:02	20
Shun-lai Chan	0:21:42	40	73.88%	18	-0:01:04	21
Tom Curtis	0:22:17	28	61.46%	7	+0:00:51	5
Elaine Reid	0:22:28	39	71.36%	16	-0:00:15	14
Annette Helliwell	0:22:42	38	79.76%	24	+0:00:07	9
Karen Chart	0:26:05	37	59.41%	6	-0:00:49	18
Melvin Trundle	0:26:24	27	67.58%	11	-0:00:14	13
Alison Fox	0:27:01	36	62.83%	8	-0:01:19	22
Hannah Langmead-thorpe	0:28:02	35	52.79%	4	+0:28:02	1
Mandy Curtis	0:28:26	34	56.96%	5	+0:00:19	6
Sue Gray	0:32:04	33	49.99%	2	-0:01:21	23
Tim Gray	0:32:05	26	44.88%	1	+0:01:47	4
Maria Lawrence	0:32:32	32	50.90%	3	-0:00:28	16
Ria Trundle	0:32:41	31	65.95%	10	+0:00:00	12

Event 4	Sutton 10k					08/05/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Mark Finbow	0:38:16	40	70.23%	20	+0:38:16	4
Gordon Hennessy	0:39:22	39	79.90%	23	+0:01:30	19
Chris Curtis	0:42:48	38	71.72%	21	+0:02:10	17
Martin Lloyd	0:43:13	37	74.64%	22	+0:01:43	18
Roger Bryant	0:44:00	36	68.12%	18	+0:06:29	7
Harry Bryant	0:44:00	36	65.86%	17	-0:00:14	23
Shun-lai Chan	0:48:00	40	68.45%	19	+0:01:05	21
Jonathan Sharrock	0:49:57	34	58.63%	10	+0:03:02	14
Elaine Reid	0:50:47	39	64.70%	15	+0:03:31	12
Nigel Pointer	0:53:01	33	62.42%	14	+0:02:32	16
Ruth Cottam	0:53:20	38	65.23%	16	+0:02:45	15
Tom Curtis	0:53:58	32	52.82%	6	+0:03:29	13
Jenny Cooney	0:54:35	37	57.42%	9	+0:06:59	6
Andy Schendel	0:55:12	31	54.30%	8	+0:01:14	20
Linda O'sullivan	0:55:50	36	61.54%	13	+0:04:25	9
Alison Fox	0:59:03	35	58.92%	12	+0:00:14	22
Mandy Curtis	1:02:21	34	53.23%	7	+0:04:13	10
Rosa Constantinou	1:06:38	33	50.36%	4	+0:05:42	8
Maggie Swinnerton	1:13:24	32	52.66%	5	+0:07:09	5
Ria Trundle	1:15:02	31	58.88%	11	+0:03:37	11

Event 5	Dorking 10					05/06/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Gordon Hennessy	1:01:06	40	84.61%	24	-0:01:13	21
Mark Finbow	1:02:50	39	70.64%	15	+1:02:50	6
Roger Bryant	1:02:58	38	78.08%	21	+0:00:36	18
Mark Constantinou	1:03:57	37	80.15%	23	+0:01:40	13
Antony Constantinou	1:05:28	36	78.29%	22	+0:01:23	15
Lisa Rooney	1:09:27	40	72.48%	18	+0:03:45	11
Richard Fox	1:09:34	35	71.85%	17	+0:01:30	14
Chris Curtis	1:10:18	34	71.69%	16	+0:01:01	17
Martin Lloyd	1:10:55	33	74.83%	19	+0:02:07	12
Steve Cooney	1:11:39	32	68.07%	14	+0:00:32	19
Annette Helliwell	1:19:08	39	77.85%	20	-0:01:38	22
Shun-lai Chan	1:19:17	38	67.88%	13	-0:01:51	23
Jonathan Sharrock	1:19:59	31	60.00%	11	-0:00:38	20
Elaine Reid	1:21:24	37	66.11%	12	+0:01:12	16
Andy Schendel	1:33:23	30	52.65%	8	+1:33:23	5
Alex Helliwell	1:33:33	29	47.44%	5	+1:33:33	4
John Helliwell	1:34:00	28	57.46%	10	+0:05:38	8
Mandy Curtis	1:38:46	36	55.04%	9	+0:05:02	9
Karen Chart	1:43:05	35	50.46%	7	+0:04:41	10
Rosa Constantinou	1:49:27	34	50.21%	6	-0:07:13	24
Harriet Archer	2:27:28	33	36.87%	4	+0:13:01	7

Event 6a	Near-as-damn-it 10k (May)					26/05/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Gordon Hennessy	0:40:09		78.34%	18	-0:01:49	17
Mark Constantinou	0:40:17		77.45%	17	-0:00:46	13
Roger Bryant	0:41:35		72.08%	16	+0:01:32	9
Ashley Pate	0:41:52		65.92%	10	-0:00:49	14
Chris Curtis	0:43:02		71.33%	15	+0:01:27	10
Shaun Cooney	0:43:19		66.08%	11	-0:02:51	18
Keith Dunning	0:44:10		70.64%	14	-0:00:03	12
Martin Lloyd	0:46:46		68.97%	13	+0:03:20	6
Shun-lai Chan	0:49:30		66.38%	12	-0:01:25	16
Elaine Reid	0:51:15		64.11%	9	+0:01:36	8
Jenny Cooney	0:51:23		61.00%	8	+0:02:11	7
Tom Curtis	0:54:21		52.45%	4	+0:04:00	5
Harry Bryant	0:54:37		52.19%	3	+0:54:37	4
Andy Schendel	0:56:44		52.83%	5	+0:56:44	3
Louise Arpino	0:57:25		53.99%	6	+0:57:25	2
Mandy Curtis	0:59:52		55.44%	7	-0:01:09	15
Hannah Langmead-Thorpe	1:03:16		47.95%	1	+1:03:16	1
Rosa Constantinou	1:09:05		48.57%	2	+0:01:15	11

Event 7a	Recurring Handicap (June)					02/06/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Chris Curtis	0:34:48		70.08%			
Richard Fox	0:34:53		69.36%			
Keith Dunning	0:35:25		69.99%			
Glen Smith	0:36:14		59.34%			
Mick Turner	0:36:45		67.45%			
Gary Thompson	0:39:17		61.10%			
Joe Victor	0:39:40		61.00%			
Jonathan Sharrock	0:39:45		58.53%			
Annette Helliwell	0:40:32		74.03%			
Jenny Cooney	0:40:55		61.11%			
Elaine Reid	0:41:13		63.60%			
Robert Nyman	0:42:31		60.28%			
Andy Schendel	0:43:10		55.17%			
Linda O'sullivan	0:44:18		61.88%			
Louise Arpino	0:45:51		53.94%			
Mandy Curtis	0:48:12		54.94%			
Alison Fox	0:48:37		57.09%			
Hannah Langmead-Thorpe	0:49:34		48.82%			
Rosa Constantinou	0:52:30		50.99%			
Suguna Kulasekaram	0:52:37		46.10%			
Maria Lawrence	0:58:45		46.09%			
Karen Weighall	1:01:45		43.85%			

Event 8	Tour of Epsom - Horton Park					06/06/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Roger Bryant	0:19:01	40	78.17%	24	-0:00:37	21
Gordon Hennessy	0:19:24	39	80.42%	26	-0:00:11	17
Ashley Pate	0:19:42	38	69.48%	15	+0:19:42	8
Richard Fox	0:19:58	37	75.64%	21	+0:00:28	14
Chris Curtis	0:20:02	36	75.99%	23	-0:00:25	19
Shaun Cooney	0:20:21	35	69.76%	17	+0:20:21	7
Keith Dunning	0:20:25	34	75.79%	22	+0:01:07	11
Lisa Rooney	0:20:30	40	75.45%	19	+0:00:11	16
Glen Smith	0:20:41	33	64.89%	8	+0:20:41	6
Harry Bryant	0:20:54	32	67.65%	12	-0:02:50	26
Martin Lloyd	0:21:12	31	75.46%	20	+0:01:06	12
Joe Victor	0:21:50	30	69.18%	14	+0:21:50	5
Gary Thompson	0:22:20	29	67.09%	11	-0:00:28	20
Andy Stalley	0:22:26	28	68.42%	13	+0:00:35	13
Jonathan Sharrock	0:23:05	27	62.92%	7	-0:00:58	22
Shun-lai Chan	0:23:18	39	70.97%	18	-0:01:34	24
Elaine Reid	0:23:45	38	69.63%	16	-0:00:15	18
Annette Helliwell	0:23:54	37	79.20%	25	-0:01:46	25
Jenny Cooney	0:24:18	36	64.92%	9	-0:01:20	23
Linda O'sullivan	0:26:04	35	66.34%	10	+0:26:04	4
Karen Chart	0:28:07	34	56.85%	5	+0:00:16	15
Alison Fox	0:28:42	33	61.01%	6	+0:01:20	10
Hannah Langmead-thorpe	0:29:47	32	51.26%	3	+0:29:47	3
Jude Wheeler	0:30:31	31	50.15%	2	+0:30:31	2
Matthew Gray	0:33:59	26	54.05%	4	+0:33:59	1
Tim Gray	0:33:59	26	43.74%	1	+0:06:30	9

Event 9	Tour of Epsom - Nonsuch Park					07/06/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Roger Bryant	0:22:02	40	78.70%	23	-0:00:05	19
Gordon Hennessy	0:22:13	39	81.91%	26	-0:00:17	20
Mark Constantinou	0:22:34	38	79.98%	25	+0:00:15	18
Ashley Pate	0:23:17	37	68.57%	14	+0:23:17	7
Richard Fox	0:23:28	36	75.07%	22	+0:00:46	15
Lisa Rooney	0:24:04	40	74.65%	21	+0:24:04	6
Shaun Cooney	0:24:09	35	69.09%	15	-0:00:28	21
Keith Dunning	0:24:39	34	73.22%	19	+0:01:13	11
Chris Curtis	0:24:48	33	71.61%	18	+0:00:30	17
Harry Bryant	0:24:55	32	66.19%	12	-0:05:20	26
Martin Lloyd	0:25:23	31	73.52%	20	+0:01:57	9
Andy Stalley	0:25:51	30	69.26%	16	+0:00:54	12
Gary Thompson	0:26:25	29	66.16%	11	-0:00:36	23
Shun-lai Chan	0:27:15	39	70.49%	17	-0:02:00	24
Annette Helliwell	0:27:53	38	78.86%	24	-0:02:52	25
Jenny Cooney	0:27:56	37	65.60%	9	+0:00:46	14
Elaine Reid	0:28:33	36	67.28%	13	-0:00:34	22
Tom Curtis	0:29:29	28	55.93%	5	+0:02:44	8
Linda O'sullivan	0:30:33	35	65.75%	10	+0:30:33	5
Louise Arpino	0:30:55	34	58.62%	7	+0:30:55	4
Karen Chart	0:32:27	33	57.22%	6	+0:00:43	16
Alison Fox	0:33:22	32	60.96%	8	+0:00:53	13
Hannah Langmead-thorpe	0:35:50	31	49.49%	2	+0:35:50	3
Rosa Constantinou	0:36:11	30	54.21%	4	+0:36:11	2
Jude Wheeler	0:36:23	29	48.86%	1	+0:36:23	1
Maria Lawrence	0:39:47	28	49.88%	3	+0:01:27	10

Event 10	Tour of Epsom - Hogsmill Open Space					08/06/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Roger Bryant	0:21:58	40	78.94%	21	+0:00:37	19
Gordon Hennessy	0:22:10	39	82.09%	22	+0:00:44	18
Ashley Pate	0:23:05	38	69.17%	13	+0:23:05	6
Richard Fox	0:23:44	37	74.23%	18	+0:02:12	12
Chris Curtis	0:23:47	36	74.67%	19	+0:01:24	16
Shaun Cooney	0:24:09	35	69.09%	12	+0:24:09	5
Glen Smith	0:24:19	34	64.38%	5	+0:24:19	4
Keith Dunning	0:24:21	33	74.12%	17	+0:02:46	11
Lisa Rooney	0:24:34	40	73.14%	16	+0:01:42	14
Harry Bryant	0:25:16	32	65.27%	6	-0:00:45	20
Martin Lloyd	0:25:32	31	73.08%	15	+0:02:51	10
Andy Stalley	0:26:12	30	68.34%	11	+0:03:00	9
Gary Thompson	0:26:31	29	65.91%	9	+0:01:06	17
Shun-lai Chan	0:27:16	39	70.45%	14	+0:00:59	22
Jenny Cooney	0:27:58	38	65.52%	7	+0:01:33	15
Elaine Reid	0:28:28	37	67.48%	10	+0:01:58	13
Annette Helliwell	0:28:52	36	76.17%	20	-0:02:22	21
Tom Curtis	0:29:55	28	55.12%	4	+0:05:11	7
Linda O'sullivan	0:30:35	35	65.68%	8	+0:30:35	3
Karen Chart	0:33:56	34	54.72%	3	+0:03:56	8
Hannah Langmead-thorpe	0:35:04	33	50.57%	1	+0:35:04	2
Rosa Constantinou	0:37:16	32	52.64%	2	+0:37:16	1

Event 11	Tour of Epsom - Nonsuch Park Time Trials					09/06/2016	
Member	Championship		Age Graded		Handicap		
	Time	Points	Percentage	Points	Difference	Points	
Roger Bryant	0:16:34	40	70.42%	30	+0:01:06	28	
Mark Constantinou	0:17:04	39	71.15%	32	+0:01:29	25	
Gordon Hennessy	0:17:09	38	71.38%	33	+0:00:57	29	
Ashley Pate	0:17:15	37	62.27%	20	+0:17:15	15	
Antony Constantinou	0:17:26	36	69.65%	29	+0:17:26	14	
Shaun Cooney	0:17:55	35	62.65%	21	+0:00:29	30	
Richard Fox	0:17:59	34	65.91%	27	+0:02:05	19	
Chris Curtis	0:18:03	33	66.19%	28	+0:01:23	26	
Lisa Rooney	0:18:29	40	65.68%	26	+0:01:33	24	
Keith Dunning	0:18:42	32	64.93%	24	+0:01:58	20	
Harry Bryant	0:18:46	31	59.12%	15	-0:01:07	33	
Joe Victor	0:18:54	30	62.71%	22	+0:18:54	13	
Martin Lloyd	0:19:15	29	65.22%	25	+0:01:38	22	
Andy Stalley	0:19:22	28	62.19%	19	+0:01:41	21	
Gary Thompson	0:20:03	27	58.64%	14	+0:01:36	23	
Glen Smith	0:20:21	26	51.76%	9	+0:20:21	12	
Jenny Cooney	0:20:33	39	60.57%	17	+0:20:33	11	
Shun-lai Chan	0:20:38	38	64.09%	23	-0:00:17	32	
Tom Curtis	0:21:23	25	51.88%	10	+0:02:33	18	
Annette Helliwell	0:21:38	37	70.56%	31	+0:00:07	31	
Andy Schendel	0:21:54	24	53.27%	11	+0:21:54	10	
Elaine Reid	0:21:58	36	60.20%	16	+0:01:08	27	
Jonathan Sharrock	0:22:12	23	51.34%	8	+0:22:12	9	
Linda O'sullivan	0:22:52	35	60.78%	18	+0:22:52	8	
Louise Arpino	0:22:59	34	53.41%	12	+0:22:59	7	
Nathan Thompson	0:25:06	22	45.80%	3	+0:25:06	6	
Hannah Langmead-thorpe	0:25:14	33	47.29%	4	+0:25:14	5	
Karen Chart	0:25:37	32	49.43%	7	+0:03:12	16	
Alison Fox	0:25:49	31	54.53%	13	+0:03:07	17	
Charlotte Constantinou	0:26:25	30	47.96%	5	+0:26:25	4	
Chloe Constantinou	0:27:14	29	44.76%	2	+0:27:14	3	
Jude Wheeler	0:27:59	28	42.78%	1	+0:27:59	2	
Rosa Constantinou	0:28:07	27	48.20%	6	+0:28:07	1	

Event 12	Tour of Epsom - NESCOL					10/06/2016	
Member	Championship		Age Graded		Handicap		
	Time	Points	Percentage	Points	Difference	Points	
Roger Bryant	0:22:44	40	76.28%	23	-0:00:54	19	
Gordon Hennessy	0:23:09	39	78.61%	25	-0:00:57	20	
Ashley Pate	0:23:13	38	68.77%	16	+0:23:13	10	
Richard Fox	0:24:13	37	72.75%	20	+0:00:04	16	
Chris Curtis	0:24:22	36	72.88%	21	-0:01:10	21	
Glen Smith	0:24:23	35	64.21%	8	+0:24:23	9	
Shaun Cooney	0:24:24	34	68.38%	15	+0:24:24	8	
Keith Dunning	0:24:28	33	73.77%	22	+0:24:28	7	
Lisa Rooney	0:25:17	40	71.06%	18	-0:00:13	17	
Harry Bryant	0:25:33	32	64.55%	10	+0:00:14	15	
Martin Lloyd	0:25:45	31	72.47%	19	+0:00:49	13	
Joe Victor	0:25:48	30	68.28%	14	+0:25:48	6	
Andy Stalley	0:26:47	29	66.85%	13	+0:00:17	14	
Gary Thompson	0:27:27	28	63.67%	7	-0:01:49	23	
Shun-lai Chan	0:27:50	39	69.01%	17	-0:00:49	18	
Jenny Cooney	0:28:24	38	64.52%	9	-0:01:21	22	
Annette Helliwell	0:28:30	37	77.15%	24	-0:04:04	25	
Elaine Reid	0:29:02	36	66.16%	12	-0:01:58	24	
Tom Curtis	0:29:51	27	55.25%	5	+0:03:01	11	
Linda O'sullivan	0:30:59	35	64.83%	11	+0:30:59	5	
Louise Arpino	0:31:42	34	57.17%	6	+0:31:42	4	
Jonathan Sharrock	0:32:03	26	52.86%	4	+0:32:03	3	
Hannah Langmead-thorpe	0:34:58	33	50.71%	3	+0:34:58	2	
Jude Wheeler	0:36:19	32	48.95%	1	+0:36:19	1	
Karen Chart	0:36:51	31	50.39%	2	+0:02:12	12	

Event 13	Richmond 10k					19/06/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Gordon Hennessy	0:37:14	40	84.48%	14	-0:01:05	11
Antony Constantinou	0:37:57	39	82.21%	13	-0:00:19	8
Lisa Rooney	0:40:37	40	75.67%	10	-0:01:42	13
Martin Lloyd	0:42:27	38	75.99%	11	+0:00:12	7
Keith Dunning	0:42:42	37	73.07%	9	+0:01:11	6
Bob Chart	0:44:37	36	69.93%	7	+0:01:46	4
Shun-lai Chan	0:46:39	39	70.43%	8	-0:00:24	9
Annette Helliwell	0:47:11	38	79.71%	12	-0:00:43	10
Jenny Cooney	0:49:45	37	63.00%	6	-0:01:41	12
Andy Schendel	0:52:24	35	57.20%	5	-0:01:57	14
Karen Chart	0:58:35	36	54.21%	4	+0:01:17	5

Event 6b	Near-as-damn-it 10k (June)					30/06/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Gordon Hennessy	0:41:11		76.38%	16	-0:00:47	14
Mark Constantinou	0:41:12		75.73%	15	+0:00:50	10
Ashley Pate	0:41:26		66.61%	11	-0:00:59	15
Antony Constantinou	0:41:28		75.24%	14	-0:00:17	11
Chris Curtis	0:44:05		69.63%	13	+0:02:00	8
Shaun Cooney	0:44:27		64.88%	10	-0:00:29	13
Joe Victor	0:47:48		63.71%	8	+0:47:48	1
Martin Lloyd	0:48:18		66.78%	12	+0:03:43	5
Andy Stalley	0:48:31		63.79%	9	+0:02:53	6
Keith Dunning	0:48:59		63.69%	7	+0:05:01	4
Shun-lai Chan	0:52:21		62.76%	6	+0:01:45	9
Louise Arpino	0:56:14		55.13%	5	-0:01:11	16
Hannah Langmead-Thorpe	1:02:57		48.19%	3	-0:00:19	12
Mandy Curtis	1:03:09		52.56%	4	+0:02:01	7
Karen Chart	1:06:27		47.79%	2	+0:06:48	2
Rosa Constantinou	1:13:40		45.55%	1	+0:05:25	3

Event 14	Nonsuch Park Relays					06/07/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Roger Bryant	0:10:36	40	77.23%	18	-0:00:01	14
Mark Constantinou	0:10:40	39	79.89%	21	-0:00:12	17
Tony Trundle	0:10:42	38	78.35%	19	+0:00:04	12
Gordon Hennessy	0:10:43	37	80.17%	22	-0:00:08	15
Antony Constantinou	0:10:46	36	79.14%	20	-0:00:20	18
Glen Smith	0:10:52	35	68.02%	10	+0:10:52	3
Ashley Pate	0:10:54	34	69.15%	13	-0:00:11	16
Lisa Rooney	0:11:19	40	75.67%	17	+0:00:03	13
Keith Dunning	0:11:41	33	72.93%	15	+0:00:07	11
Harry Bryant	0:11:44	32	66.36%	6	-0:00:48	21
Steve Cooney	0:11:45	31	69.13%	12	-0:00:23	19
Martin Lloyd	0:12:10	30	72.41%	14	+0:00:25	9
Joe Victor	0:12:12	29	68.17%	11	+0:12:12	2
Andy Stalley	0:12:34	28	67.26%	9	+0:00:27	7
Shun-lai Chan	0:12:36	39	74.01%	16	+0:12:36	1
Andy Randall	0:12:44	27	61.86%	5	+0:01:10	4
Jenny Cooney	0:13:06	38	66.78%	7	+0:00:45	5
Tom Curtis	0:13:09	26	58.39%	3	+0:00:27	8
Elaine Reid	0:13:52	37	67.25%	8	-0:00:43	20
Karen Chart	0:15:15	36	58.42%	4	-0:01:36	22
Mandy Curtis	0:16:28	35	57.32%	2	+0:00:36	6
Rosa Constantinou	0:16:53	34	56.60%	1	+0:00:11	10

Event 15	Elmore 7					16/07/2016	
Member	Championship		Age Graded		Handicap		
	Time	Points	Percentage	Points	Difference	Points	
Gordon Hennessy	0:43:54	40	80.96%	18	-0:00:04	15	
Lisa Rooney	0:47:19	40	73.83%	17	-0:01:43	17	
Mark Constantinou	0:48:07	39	73.27%	16	+0:03:21	9	
Antony Constantinou	0:48:07	39	73.27%	16	+0:02:21	10	
Chris Curtis	0:49:11	37	70.53%	13	+0:00:51	13	
Martin Lloyd	0:50:48	36	71.75%	14	+0:04:23	8	
Jonathan Sharrock	0:57:06	35	57.99%	10	+0:57:06	5	
Annette Helliwell	1:01:39	39	69.73%	12	+0:00:20	14	
Robert Nyman	1:02:04	34	58.73%	11	+1:02:04	4	
John Helliwell	1:04:53	33	57.15%	9	+0:01:53	11	
Alex Helliwell	1:08:43	32	44.29%	5	-0:04:37	18	
Karen Chart	1:09:22	38	51.89%	8	-0:00:04	16	
Tim Gray	1:12:49	31	46.89%	6	+0:06:48	7	
Mandy Curtis	1:14:24	37	50.68%	7	+0:01:29	12	
Rupert Quested	1:34:38	30	43.40%	4	+0:22:21	6	

Event 16	Elmbridge 10k					24/07/2016	
Member	Championship		Age Graded		Handicap		
	Time	Points	Percentage	Points	Difference	Points	
Gordon Hennessy	0:37:36	40	83.66%	18	-0:00:29	15	
Mark Constantinou	0:38:01	39	82.07%	17	+0:00:26	11	
Antony Constantinou	0:38:15	38	81.57%	16	+0:00:09	13	
Lisa Rooney	0:39:53	40	77.37%	15	-0:02:38	18	
Jonathan Sharrock	0:48:11	37	60.78%	8	+0:00:23	12	
Shun-lai Chan	0:48:50	39	67.28%	13	+0:01:47	9	
Elaine Reid	0:50:14	38	65.41%	12	+0:02:06	7	
Annette Helliwell	0:50:34	37	74.38%	14	+0:02:35	6	
Jenny Cooney	0:50:38	36	61.90%	10	-0:01:46	17	
Andy Schendel	0:52:50	36	56.73%	7	-0:01:19	16	
Karen Chart	0:59:44	35	53.17%	5	+0:01:57	8	
Melvin Trundle	1:00:22	35	61.52%	9	+0:02:52	5	
Rosa Constantinou	1:02:56	34	53.32%	6	+0:00:31	10	
Ria Trundle	1:12:11	33	62.19%	11	-0:00:03	14	
Maggie Swinnerton	1:13:12	32	52.81%	4	+0:04:51	4	

Event 6c	Near-as-damn-it 10k (July)					28/07/2016	
Member	Championship		Age Graded		Handicap		
	Time	Points	Percentage	Points	Difference	Points	
Gordon Hennessy	0:40:18		78.05%	21	-0:00:52	15	
Antony Constantinou	0:40:27		77.13%	20	-0:01:18	19	
Ashley Pate	0:41:18		66.82%	16	-0:00:37	14	
Shaun Cooney	0:44:53		64.26%	14	+0:00:38	10	
Keith Dunning	0:44:57		69.41%	19	-0:00:20	12	
Steve Cooney	0:45:05		65.97%	15	-0:01:15	18	
Chris Curtis	0:45:50		66.97%	17	+0:03:02	5	
Martin Lloyd	0:46:54		68.78%	18	+0:00:05	11	
Gary Thompson	0:48:57		61.71%	12	-0:01:36	20	
Andy Randall	0:51:16		56.25%	11	+0:07:25	3	
Shun-lai Chan	0:52:03		63.13%	13	+0:01:04	8	
Andy Schendel	0:56:24		53.14%	8	-0:00:20	13	
John Helliwell	0:58:54		55.70%	10	+0:58:54	1	
Mandy Curtis	1:00:42		54.68%	9	-0:01:14	17	
Tim Gray	1:01:20		49.25%	7	+0:03:53	4	
Alex Helliwell	1:02:25		43.02%	2	-0:02:35	21	
Suguna Kulasekaram	1:03:27		47.92%	5	-0:00:59	16	
Hannah Langmead-thorpe	1:04:57		46.70%	4	+0:01:50	7	
Karen Chart	1:05:11		48.72%	6	+0:02:44	6	
Rupert Quested	1:19:57		45.37%	3	+0:09:56	2	
Karen Weighall	1:19:59		42.44%	1	+0:00:39	9	

Event 6	Any Near-as-damn-it 10k					
Member	May	June	July		Championship	
	Time	Time	Time		Best Time	Points
Gordon Hennessy	0:40:09	0:41:11	0:40:18		0:40:09	40
Mark Constantinou	0:40:17	0:41:12			0:40:17	39
Antony Constantinou		0:41:28	0:40:27		0:40:27	38
Ashley Pate	0:41:52	0:41:26	0:41:18		0:41:18	37
Roger Bryant	0:41:35				0:41:35	36
Chris Curtis	0:43:02	0:44:05	0:45:50		0:43:02	35
Shaun Cooney	0:43:19	0:44:27	0:44:53		0:43:19	34
Keith Dunning	0:44:10	0:48:59	0:44:57		0:44:10	33
Steve Cooney			0:45:05		0:45:05	32
Martin Lloyd	0:46:46	0:48:18	0:46:54		0:46:46	31
Joe Victor		0:47:48			0:47:48	30
Andy Stalley		0:48:31			0:48:31	29
Gary Thompson			0:48:57		0:48:57	28
Shun-lai Chan	0:49:30	0:52:21	0:52:03		0:49:30	40
Elaine Reid	0:51:15				0:51:15	39
Andy Randall			0:51:16		0:51:16	27
Jenny Cooney	0:51:23				0:51:23	38
Tom Curtis	0:54:21				0:54:21	26
Harry Bryant	0:54:37				0:54:37	25
Louise Arpino	0:57:25	0:56:14			0:56:14	37
Andy Schendel	0:56:44		0:56:24		0:56:24	24
John Helliwell			0:58:54		0:58:54	23
Mandy Curtis	0:59:52	1:03:09	1:00:42		0:59:52	36
Tim Gray			1:01:20		1:01:20	22
Alex Helliwell			1:02:25		1:02:25	21
Hannah Langmead-Thorpe	1:03:16	1:02:57	1:04:57		1:02:57	35
Suguna Kulasekaram			1:03:27		1:03:27	34
Karen Chart		1:06:27	1:05:11		1:05:11	33
Rosa Constantinou	1:09:05	1:13:40			1:09:05	32
Rupert Quested			1:19:57		1:19:57	20
Karen Weighall			1:19:59		1:19:59	31

Event 17	Wimbledon 5k					14/08/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Roger Bryant	0:18:40	40	77.75%	9		
Lisa Rooney	0:19:09	40	78.62%	10		
Harry Bryant	0:20:40	39	66.27%	5		
Martin Lloyd	0:21:19	38	72.70%	8		
Joe Victor	0:21:41	37	67.47%	6		
Shun-lai Chan	0:22:42	39	70.62%	7		
Andy Schendel	0:24:21	36	59.14%	4		

Event 18a	Coyote Marathon					18/09/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Steve Cooney	3:39:01		61.47%	3	+0:01:41	3
Bob Chart	4:12:34		56.22%	2	+0:22:48	2
Karen Chart	5:13:37		46.47%	1	+0:24:19	1

Event 18b	Berlin Marathon					25/09/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Elaine Reid	4:14:17		60.13%	1	+0:01:54	1

Event 18	Any September Road Marathon					09/2016
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Steve Cooney	3:39:01	40				
Bob Chart	4:12:34	39				
Elaine Reid	4:14:17	40				
Karen Chart	5:13:37	39				

Event 19	Andrew Griffin Mile					
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Mark Finbow	0:05:00	40	74.39%	24	+0:05:00	8
Glen Smith	0:05:17	39	71.04%	19	+0:05:17	7
James Dunning	0:05:19	38	69.78%	18	+0:05:19	6
Roger Bryant	0:05:20	37	78.27%	25	+0:00:02	16
Gordon Hennessy	0:05:22	36	81.67%	28	-0:00:03	17
Lisa Rooney	0:05:23	40	80.25%	27	-0:00:17	21
Shaun Cooney	0:05:26	35	73.34%	23	-0:00:24	23
Brandan Morrell	0:05:34	34	79.02%	26	-0:00:43	25
Harry Bryant	0:05:53	33	66.95%	14	-0:01:12	28
Steve Cooney	0:05:54	32	69.65%	16	-0:00:04	19
Keith Dunning	0:06:04	31	71.06%	20	+0:00:27	11
James McIntock	0:06:11	30	63.49%	11	+0:06:11	5
Jenny Cooney	0:06:21	39	69.74%	17	+0:00:14	13
Shun-lai Chan	0:06:35	38	72.90%	22	-0:00:06	20
Laila Morrell	0:07:22	37	67.49%	15	+0:07:22	4
Louise Arpino	0:07:24	36	58.81%	8	+0:07:24	3
Aaron Morrell	0:07:26	29	72.34%	21	+0:07:26	2
Matthew Gray	0:07:49	28	65.47%	12	-0:00:33	24
Tim Gray	0:07:52	27	53.06%	6	-0:00:04	18
Karen Chart	0:07:58	35	56.77%	7	-0:00:58	26
Melvin Trundley	0:08:10	26	62.83%	10	+0:00:11	15
Hannah Langmead-thorpe	0:08:15	34	50.83%	5	+0:08:15	1
Alison Fox	0:08:23	33	60.98%	9	+0:00:13	14
Ria Trundley	0:10:00	32	65.70%	13	+0:00:25	12
Maria Lawrence	0:10:29	31	46.93%	4	+0:00:44	10
Marie Gray	0:11:11	30	45.89%	3	-0:00:21	22
Sue Gray	0:11:12	29	42.33%	2	-0:01:02	27
Alison Symonds-tayler	0:15:23	28	36.06%	1	+0:01:37	9

Event 7b	Recurring Handicap (September)				09/2016	
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Ashley Pate	0:37:07		59.08%			
Mick Turner	0:37:10		66.70%			
Keith Dunning	0:38:34		64.28%			
Bob Chart	0:39:30		62.76%			
James McIntock	0:40:05		56.31%			
Jenny Cooney	0:40:45		61.36%			
Jonathan Sharrock	0:41:13		56.45%			
Shun-lai Chan	0:41:15		64.19%			
Robert Nyman	0:42:38		60.11%			
Nicola Stevenson	0:44:41		55.10%			
John Helliwell	0:47:37		54.74%			
Andy Stalley	0:48:01		51.63%			
Alex Helliwell	0:49:36		43.01%			
Melvin Trundley	0:50:18		58.66%			
Karen Chart	0:50:33		50.12%			
Alison Fox	0:52:04		53.98%			
Suguna Kulasekaram	0:53:19		45.50%			
Hannah Langmead-thorpe	0:55:56		43.27%			
Karen Weighall	1:03:45		42.48%			
Ria Trundley	1:04:07		55.86%			
Rupert Quested	1:06:05		43.61%			

Event 20	Croydon Switchback 5					
Member	Championship		Age Graded		Handicap	
	Time	Points	Percentage	Points	Difference	Points
Roger Bryant	0:31:40	40	75.80%	14	-0:00:28	9
Antony Constantinou	0:32:25	39	76.47%	15	-0:00:57	12
Lisa Rooney	0:33:17	40	73.97%	13	-0:01:54	15
Glen Smith	0:34:33	38	62.46%	7	+0:34:33	2
Chris Curtis	0:35:43	37	68.29%	11	+0:01:02	5
Joe Victor	0:35:55	36	67.37%	9	+0:35:55	1
Simon Donaghy	0:36:04	35	68.18%	10	+0:03:27	3
Martin Lloyd	0:37:06	34	69.08%	12	-0:00:24	8
Shun-lai Chan	0:39:35	39	66.90%	8	-0:00:51	11
Jenny Cooney	0:40:03	38	62.43%	6	+0:01:01	6
Nicola Stevenson	0:40:53	37	60.22%	5	-0:01:50	14
Mandy Curtis	0:50:34	36	52.37%	4	+0:01:41	4
Karen Chart	0:52:28	35	47.03%	2	+0:00:12	7
Rosa Constantinou	0:55:10	34	47.26%	3	-0:00:49	10
Maria Lawrence	0:58:04	33	45.41%	1	-0:01:48	13

