



# Club Competitions 2011/12

## Monthly Update

### March – week four



| <b>(30d) Roundshaw Downs parkrun (Event 144) – Saturday, 24<sup>th</sup> March 2012</b> |       |       |                     |               |           |              |           |
|---|-------|-------|---------------------|---------------|-----------|--------------|-----------|
| Member  | Time  | Place | Championship Points | Handicap      |           | Age-Graded   |           |
|   |       |       |                     | Nett Time     | Points    | %            | Points    |
| Neil Reissland  | 17:34 | 1     | n/a                 | 0.06          | 10        | <b>81.98</b> | <b>31</b> |
| Robert Knight   | 18:23 | 5     | n/a                 | - 0.05        | 11        | 70.17        | 26        |
| Ercole Lugari   | 19:14 | 7     | n/a                 | - 0.12        | 13        | 68.94        | 24        |
| Richard Fox   | 19:33 | 9     | n/a                 | - 1.40        | 25        | 71.96        | 28        |
| Simon Donaghy   | 19:51 | 11    | n/a                 | - 0.27        | 19        | 72.55        | 29        |
| Keith Dunning   | 22:33 | 26    | n/a                 | 1.32          | 3         | 64.36        | 16        |
| Martin Lloyd  | 22:56 | 28    | n/a                 | 1.58          | 2         | 65.36        | 18        |
| John Helliwell  | 25:09 | 48    | n/a                 | - 0.48        | 22        | 60.59        | 12        |
| Annette Helliwell   | 25:33 | 51    | n/a                 | 0.41          | 7         | 67.28        | 21        |
| Prisca Abalo  | 27:32 | 64    | n/a                 | - 0.45        | 21        | 55.22        | 8         |
| Alison Fox  | 28:15 | 71    | n/a                 | - 0.25        | 18        | 57.33        | 10        |
| Rupert Quested  | 29:22 | 77    | n/a                 | - 3.31        | 29        | 56.60        | 9         |
| Rob Wilson  | 29:24 | 78    | n/a                 | - 2.48        | 28        | 66.90        | 20        |
| Trish Coombs  | 31:08 | 79    | n/a                 | - 0.50        | 23        | 68.15        | 23        |
| Janet Nash  | 31:10 | 80    | n/a                 | - 3.37        | 30        | 54.46        | 7         |
| Alex Helliwell  | 32:12 | 87    | n/a                 | 0.42          | 6         | 40.06        | 2         |
| Ben Nash  | 32:28 | 88    | n/a                 | - 1.45        | 26        | 39.75        | 1         |
| Dave Quickenden   | 34:05 | 92    | n/a                 | <b>- 4.37</b> | <b>31</b> | 49.21        | 6         |
| Nicola Tarrant  | 34:50 | 94    | n/a                 | - 0.23        | 16        | 42.49        | 3         |
| 113 Finished  |       |       |                     |               |           |              |           |

**(30d) Banstead Woods parkrun (Event 250) – Saturday, 24<sup>th</sup> March 2012**

| Member          | Time  | Place | Championship Points | Handicap  |        | Age-Graded |        |
|-----------------|-------|-------|---------------------|-----------|--------|------------|--------|
|                 |       |       |                     | Nett Time | Points | %          | Points |
| Roger Bryant    | 18:16 | 4     | n/a                 | - 0.25    | 17     | 76.43      | 30     |
| Andy Alsleben   | 19:56 | 14    | n/a                 | - 0.18    | 14     | 70.58      | 27     |
| Steve Cooney    | 20:22 | 15    | n/a                 | - 0.06    | 12     | 68.03      | 22     |
| Shaun Cooney    | 20:38 | 17    | n/a                 | 0.44      | 4      | 64.71      | 17     |
| Mike Mason      | 20:40 | 18    | n/a                 | 0.35      | 8      | 63.43      | 15     |
| Andy Stalley    | 20:45 | 19    | n/a                 | - 0.21    | 15     | 69.40      | 25     |
| Ruth Cottam     | 24:44 | 55    | n/a                 | - 0.42    | 20     | 65.48      | 19     |
| Jenny Sinfield  | 24:49 | 56    | n/a                 | 0.13      | 9      | 60.42      | 11     |
| Melvin Trundley | 26:56 | 83    | n/a                 | - 2.17    | 27     | 62.86      | 14     |
| Jim Knight      | 32:54 | 123   | n/a                 | 0.43      | 5      | 47.10      | 5      |
| Ria Trundley    | 32:56 | 124   | n/a                 | - 0.51    | 24     | 61.54      | 13     |
| Kate Knight     | 40:14 | 136   | n/a                 | 4.16      | 1      | 42.72      | 4      |
| 138 Finished    |       |       |                     |           |        |            |        |