



# Club Competitions 2011/12

## Monthly Update

### March – week five



<b>(30e) Roundshaw Downs parkrun (Event 145) – Saturday, 31<sup>st</sup> March 2012</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Simon Donaghy	19:55	3	n/a	- 0.17	23	72.30	33
Nigel Wood	20:24	4	n/a	- 0.35	26	<b>75.97</b>	<b>34</b>
Keith Dunning	21:45	11	n/a	0.03	14	66.73	26
Andrew Griffin	22:51	16	n/a	- 0.40	27	65.60	23
Bob Chart	23:26	24	n/a	0.01	15	61.45	21
Richard Tanner	23:47	27	n/a	- 1.05	30	60.55	18
Annette Helliwell	24:44	32	n/a	- 0.15	22	69.50	30
John Helliwell	24:51	37	n/a	- 0.41	28	61.32	20
Rachel Tanner	26:01	44	n/a	- 0.20	24	59.56	17
Prisca Abalo	26:40	49	n/a	- 1.22	32	57.02	16
Martin Lloyd	27:11	54	n/a	5.31	2	55.14	14
Ben Nash	29:14	64	n/a	<b>- 4.40</b>	<b>34</b>	44.15	5
Alex Helliwell	30:28	66	n/a	- 0.55	29	42.34	3
Trish Coombs	30:37	67	n/a	- 1.09	31	69.30	28
Doug White	31:02	69	n/a	4.08	4	52.14	10
Karen Chart	31:19	71	n/a	3.47	6	48.08	9
Rupert Quested	31:45	73	n/a	- 0.03	16	52.35	12
Rob Wilson	32:16	75	n/a	1.18	11	60.95	19
Dave Quickenden	35:06	80	n/a	- 0.10	20	47.79	7
Alison Symonds-Taylor	41:27	85	n/a	1.38	8	42.55	4
86 Finished							

**(30e) Banstead Woods parkrun (Event 251) – Saturday, 31<sup>st</sup> March 2012**

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Roger Bryant	19:52	10	n/a	1.24	10	70.27	31
Mike Mason	19:53	11	n/a	- 0.13	21	65.93	25
Robert Knight	19:54	12	n/a	1.32	9	64.82	22
Andy Alsleben	19:58	13	n/a	- 0.07	19	70.46	32
Steve Cooney	20:23	14	n/a	- 0.05	17	67.98	27
Andy Stalley	20:44	16	n/a	- 0.07	19	69.46	29
Ruth Cottam	24:38	57	n/a	- 0.27	25	65.74	24
Jenny Sinfield	26:46	88	n/a	2.04	7	56.02	15
Sandhya Drew	29:32	111	n/a	0.44	12	54.28	13
Jim Knight	32:19	124	n/a	0.08	13	47.95	8
Melvin Trundle	32:26	128	n/a	3.54	5	52.20	11
Karen Patching	33:47	132	n/a	- 1.23	33	45.55	6
Shaun Cooney	36:32	142	n/a	16.18	1	36.55	1
Kate Knight	42:56	145	n/a	5.08	3	40.04	2
145 Finished							

**(30) March parkruns – Championship Points**

<b>Member</b>	<b>Time</b>	<b>Points</b>	<b>Member</b>	<b>Time</b>	<b>Points</b>
<b>Neil Reissland</b>	<b>17:34</b>	<b>40</b>	Prisca Abalo	26:40	10
Robert Knight	18:16	39	Melvin Trundle	26:56	9
Roger Bryant	18:16	38	Paul Cooper	27:11	8
Ercole Lugari	19:07	37	Alison Fox	27:33	7
Richard Fox	19:33	36	Paul Booth	27:37	6
Mike Mason	19:43	35	Ben Thompson	27:46	5
Simon Donaghy	19:51	34	Lorraine Thomas	27:49	4
Andy Alsleben	19:56	33	Mel Bonard	28:01	3
Mary James	20:13	32	Nathan Thompson	28:35	2
Steve Cooney	20:22	31	Gary Thompson	28:36	1
Nigel Wood	20:24	30	Sandhya Drew	29:04	1
Shaun Cooney	20:38	29	Ben Nash	29:14	1
Andy Stalley	20:44	28	Rupert Quested	29:22	1
Andy Randall	20:58	27	Rob Wilson	29:24	1
Martin Lloyd	21:03	26	Alex Helliwell	30:28	1
Keith Dunning	21:45	25	Trish Coombs	30:37	1
Harry Helliwell	21:58	24	Doug White	31:02	1
Andrew Griffin	22:51	23	Jim Knight	31:06	1
Jason Smith	23:07	22	Janet Nash	31:10	1
Bob Chart	23:26	21	Karen Chart	31:19	1
Richard Tanner	23:47	20	Karen Weighall	32:03	1
Sam Bonard	23:56	19	Ria Trundle	32:56	1
Jenny Sinfield	24:14	18	Karen Patching	33:47	1
Annette Helliwell	24:25	17	Dave Quickenden	34:05	1
Ruth Cottam	24:38	16	Dominic Fox	34:05	1
Martin Farrelly	24:43	15	Nicola Tarrant	34:14	1
John Helliwell	24:51	14	Aimee Fox	34:54	1
Elaine Reid	25:12	13	Kate Knight	35:43	1
Rachel Tanner	26:01	12	Alison Symonds-Taylor	39:22	1
Marc Wood	26:23	11	Jean Quested	44:27	1