

**HRC CHAMPIONSHIP 2009 (On an age-related basis)****Ladies**

<b>Name</b>	<b>1/2M%</b>	<b>20m%</b>	<b>M%</b>	<b>5k%</b>	<b>10k%</b>	<b>5m%</b>	<b>10m%</b>	<b>Total Best 4</b>
Linda Selby	76.68	68.9	69.37		74.58		74.63	295.26
Dionne Jones	68.39		62.98	71.15				202.52
Vicky Steadman			61.66	66.06		65.53		193.25
Katie Herrington	61.26		61.44	65.2				187.9
Karen Moir				61.87	58.67		59.67	180.21
Alison Bull				58.4	56.66	57.33		172.39
Susan Dewen				58.9	54.67	56.79		170.36
Linda Hawkins				54.27			52.78	107.05
Sarah Webber		51.31	50.71					102.02
Joanne Mills					71.44			71.44
Louise Brass							71.39	71.39
Wendy Stevens			63.87					63.87
Clare Williams				60.41				60.41
Joanne Chung				59.9				59.9
Kim Wookey				58.92				58.92
Janet Webster				58.77				58.77
Katie Syme				54.98				54.98
Georgina Spenceley				54.98				54.98
Ruth O'Connor				54.66				54.66
Amelia Palas				53.8				53.8
Wendy Spring				53.02				53.02
Debbie Coombes				51.57				51.57
Susie Morley							46.81	46.81
Kuzna Jackson				45.23				45.23

**Men**

<b>Name</b>	<b>1/2M%</b>	<b>20m%</b>	<b>M%</b>	<b>5k%</b>	<b>10k%</b>	<b>5m%</b>	<b>10m%</b>	<b>Total Best 4</b>
Roy Steven	82.58			79.6	83.48	82.01	84.09	332.16
Colin Moody	83.88	82.33	80.26	76.15		73.5	77.51	323.98
Jamie Jephcott	63.27	59.16	61.94	68.25	68.4	68.2	69.98	273.83
John Bull			57.32	65.84	68.49	68.36		260.01
David Ayling	64.46		61.1			65.04	64.2	254.8
John Tennant					80.82	81.41	79.43	241.66
Matt Jones	63.42				53.02	62.16	60.53	239.13
Alan Broughton	75.78				76.13		75.09	227
Steve Mackenzie		72.14		75.79		76.25		224.18
John Evans				64.93	67.43	65.61		197.97
Ron Newton		60.05	53.73	66.81				180.59
Tony Robinson		54.09	50.26	60.93				165.28
Alan Wise		70.58	72.96					143.54
Justin Revell		73.57	69.07					142.64
Rick Ricketts				69.14	72.66			141.8
Martin McColgan	68.62			66.03				134.65
Jon Steadman	64.76					65.32		130.08
David Croly	62.62				63.8			126.42
Andy Terrell			57.22				65.77	122.99
Jim Martin					57.72		62.17	119.89
Steve Ambrose		63.04	55.5					118.54
Sean Flynn		61.85	55.96					117.81
Jared Bethell							74.8	74.8
Alan Moir					63.72			63.72
Graham Pugh	63.24							63.24
Lee Daniel			62.37					62.37
Grahame Thomas			61.22					61.22
Will Shoults			60.82					60.82
Vipin Patel	60.66							60.66
Jason Haigh			60.08					60.08
Dave Burne			59.96					59.96
Howard Gaines							56.62	56.62
Graham Saville			48.2					48.2

Andy Presland

44.47

44.47

Ian Gibson

41.16

41.16

Alan Clucas

40.47

40.47