

HRC CHAMPIONSHIP TIMES 2009

Ladies

Name	1/2M	20m	M	5k	10k	5m	10m
Louise Brass							1:09:40
Alison Bull				26:38	56:16	44:22	
Joanne Chung				24:44			
Debbie Coombes				28:50			
Susan Dewen				27:24	1:00:30	46:28	
Linda Hawkins				29:09			1:40:37
Katie Herrington	1:47:28		3:40:24	22:42			
Kuzna Jackson				40:26			
Dionne Jones	1:39:38		3:43:48	21:25			
Joanne Mills					56:15		
Karen Moir				25:49	55:48		1:30:47
Susie Morley							1:46:15
Ruth O'Connor				28:03			
Amelia Palas				29:09			
Linda Selby	1:54:30	3:19:40	4:24:37		53:07		1:28:12
Georgina Spenceley				26:55			
Vicky Steadman			3:41:48	22:34		37:12	
Wendy Spring				28:55			
Wendy Stevens			5:17:49				
Katie Syme				26:55			
Sarah Webber		3:32:22	4:49:15				
Janet Webster				30:18			
Clare Williams				24:51			
Kim Wookey				28:43			

Men

Name	1/2M	20m	M	5k	10k	5m	10m
Steve Ambrose		2:38:59	4:00:30				
David Ayling	1:31:52		3:24:26			32:48	1:09:08
Jared Bethell							59:20
Alan Broughton	1:24:03				38:28		1:03:55
John Bull			3:50:54	21:32	43:05	34:18	
Dave Burne			3:42:38				
Alan Clucas			5:21:32				
David Croly	1:43:24				46:37		
Lee Daniel			3:23:33				
John Evans				19:52	39:49	32:31	
Sean Flynn		2:49:10	4:09:13				
Howard Gaines							1:20:54
Ian Gibson			5:21:31				
Jason Haigh			3:31:17				
Jamie Jephcott	1:37:30	2:42:34	3:26:40	20:00	41:32	33:06	1:06:28
Matt Jones	1:40:26				55:14	37:26	1:19:17
Martin McColgan	1:39:16			22:42			
Steve Mackenzie		2:20:06		19:00		31:14	
Jin Martin					49:13		1:14:49
Alan Moir					49:22		
Colin Moody	1:25:40	2:16:41	3:07:10	20:42		35:28	1:10:19
Ron Newton		3:02:14	4:31:44	23:00			
Vipin Patel	1:54:17						
Andy Presland			4:52:37				
Graham Pugh	1:45:53						
Justin Revell		2:06:42	3:00:51				
Rick Ricketts				20:21	40:18		
Tony Robinson		2:57:47	4:14:41	22:24			

Graham Saville		4:51:57				
Will Shoults		3:53:29				
Jon Steadman	1:32:08				33:22	
Roy Steven	1:26:14		19:38	39:18	31:31	1:04:14
John Tennant				40:57	32:18	1:08:37
Andy Terrell		3:38:19				1:08:01
Grahame Thomas		3:41:51				
Alan Wise	2:16:16	2:55:27				