



Campbelltown Joggers Club

2008 Year Book



Michael Shanahan
Club Champion

Campbelltown Joggers Club Committee 2008

President	Michael Limbrey
Secretary	Fiona McBurney
Treasurer	Bob Paxton
Handicappers	Warren Gibbons Jerrad Borodzicz
Run Organisers	Stephen Bowers Thomas Limbrey
Ladies Representatives	Veronica Andujar Charmaine Rungan

Campbelltown Joggers Club Committee 2008

Sub-Committees

Fun Run Organisers

Mal Quinn
Ted Borodzicz
Barry Hall
Mike Limbrey
Stephen Bowers

Life Membership Criteria Review

Alan Banfield
Barry Hall
Peter Knott
Mike Limbrey
Mal Quinn
Bill Thomson

Handicap Series Rules Review

Mike Limbrey
Don Dewhurst
Bill Thomson
Barry Hall
Warren Gibbons

Campbelltown Joggers Club Life Members

Alan Banfield

Stan Cousins

Ross Field

Barry Hall

Don Johnson

Peter Knott

Mike Limbrey

Mal Quinn

Bill Thomson

Chris Thoroughgood

2008 Trophy Winners & Awards

Club Champion

1st	Michael Shanahan	372 points
2nd	Tom Limbrey	367 points
3rd	Gary Bland	362 points

Handicap Winners

February	Michael Shanahan
March	Michael Shanahan
April	Michael Shanahan
May	Greg McDonald
June	Greg McDonald
July	Jerrad Borodzicz
August	Chris Rowe
September	John Smith
October	Michael Shanahan

Fastest Times

Male	Jerrad Borodzicz	0:35:34
Female	Elisha Borodzicz	0:40:06

Presidents Cup

Michael Shanahan	20 points
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10 Mile Handicap

1st	Michael Shanahan
2nd	Stephen Bowers
3rd	Tom Limbrey

2008 Trophy Winners & Awards

5km Handicap

1st Sharon White

2nd Karen Vaughan

3rd Stephen Bowers

Club Relay

Gary Bland, Stephen Bowers & Mike Limbrey

Partners Relay

Dennis Sweetman & Mark Kraljevic

Achievement Award

Bob Corderoy

Club Person Award

Irene Shanahan

Encouragement Award

Andrew Gleeson

Rookie of the Year Award

Daniel Roe

PRESIDENT'S ANNUAL REPORT – 2008

That was the year that was. In retrospect, an interesting year for the Campbelltown Joggers Club with a substantial changing of the guard on the committee, and a significant turnover of active members. However, the underlying strength of the club is such that it has continued to function well and prosper. We must never lose sight of the fact that we are a club for people with a common interest in jogging, either for health, fitness, or competition, and our basic aim is to run and have fun.

I'd like to thank the 2008 committee for a job well done. As a very new committee we had a rocky start with the old chestnut of changing some handicap rules causing some consternation. Thankfully, common sense prevailed and we were able to move on, all a little wiser.

So we had new run organisers planning our run programme, new handicappers, and a new secretary with probably the biggest shoes to fill, and Fiona did it superbly. I hope you found the run programme interesting, and enjoyed the challenge set by the handicappers each month. Once again we had a close and fascinating handicap series with three contenders for the ultimate prize going into the last event.

Sadly for the club, Fiona took a lifestyle change in October and moved to Muswellbrook. We thank Fiona for her substantial contribution to the club over recent years, which has included committee membership and responsibility for the club website. Join me in wishing Fiona well in her new venture.

The two annual events which help to define the character of the Campbelltown Joggers Club each year are the Challenge Walk and the Fisher's Ghost Fun Run. Our work upon these events makes them successful and again in 2008 the teamwork displayed by all club members was remarkable. Thankyou to everybody who contributed and rest assured that our professionalism does not go unnoticed. This year we did not have a Fun Run Organiser, but instead an experienced committee which divided up the responsibilities. It may have seemed a bit loose at times but everybody rose to the challenge and the event was a great success.

PRESIDENT'S ANNUAL REPORT – 2008

To conclude with a final summary I'll mention a success, a failure, and a challenge ahead. A success - we now have defined a set of criteria against which to assess nominations for Life Membership. A failure – little progress was made in obtaining a storage facility at Bradbury Oval. A challenge ahead – to attract new members to the club and retain them – new members breathe new life. Active membership declined a little this year so we all must take responsibility and make new members welcome.

I hope you all derived some satisfaction and enjoyment from your running or walking with Campbelltown Joggers in 2008 and will be back to do it all again in 2009.

Keep running and smiling

Mike L

Ladies Report

Well this year just literally flew past!! The New Year begun with new additions, we welcomed Corey James Arentz a handsome son to Steve and Michelle Arentz. We also welcomed a beautiful daughter to Peter and Louise Hickey, her name Charlotte Ou–Yi Hickey a sister to Joseph.

In March we saw the walking girls Charmaine Rungan and Val Thompson take off to New Zealand to compete in Rotarua. They tackled various distances ranging from 25k right up to 45k. I hear it wasn't all that bad as they tackle the road to the wineries!

In April the walking girls were at it again this time in the Nation's Capital – Canberra. This was a 2 day walk event and the distances covered were 20k each day.

We also had a few Joggers taking part in the Manly to spit walk from all reports it was an awesome day.

The Month of May was a busy one! A morning tea was organised and very well supported to raise funds for Cancer Research. This was in conjunction with Ashley's run in Camden and once again a country breakfast was on offer to all that attended.

We also had the lady joggers Michelle Borodzicz, Fiona McBurney, Sharon White doing the ever challenging Sydney Morning Herald Half Marathon.

In May it was also the Mothers Day Classic Fun run and this year it was held at Parramatta Park and the Domain and once again it was well supported. This event raised funds for Breast Cancer Research.

Our first Social activity took place in June, Horse Riding at Sugarloaf Menangle. It was wonderful to see the enthusiasm and enjoyment of everyone who attended and it was only dampen by the bitterly cold winds!!! Upon our return an hour or so later our BBQ lunch was beautifully prepared by Alan Rungan, it was just divine.

In July six of us joggers consisting of Angela Q, Bob P, Fiona M, Sharon W, Veronica A, and Rashid K ventured to the Bungonia State Forest for a leisurely Bush Walk. What the??? Red dots everywhere and huge boulders awaited us. This really tested our adventurous spirit because we really really needed it, we had to climb over, crawl and squeeze through very tiny spaces to get to point B! It was even super that we all brought our enthusiasm and great sense of humour as we slipped and slid and even managed to stay upright as we all tackled for some 5 hours a very challenging and beautiful part of the Bush.

Ladies Report

By August it was time for C2S and a huge contingent climb on our very own comfy bus all the way to Bondi. An excellent BBQ was prepared by Big Bad Barry and Big Bad Tall Ted and 3 other blokes, all agreed it was excellent with not one single sausage burnt!!

This month was also our Trivia Night function where Daniel Roe was the guru organiser of the night. It was a mighty task since we all pulled ourselves away from our TV's and the Olympics only to be able to watch it anyway and not miss a thing!!!

We noted some lady joggers really excelled themselves ,the lovely and bubbly Irene Shanahan doing do so well and continue to do so in the handicap's series especially after a frustrating long injury ...such a hard worker well done . Equally not far behind and getting used the course is a newest Member Celine Lamy who has shown great improvement (Celine will definitely be a strong contender in 2009).Also a special mention Sharon White, Beth Nissen, Karen Vaughan, Sue Cooper and Charmaine Rungan, good to see all of you still striding along and all doing very well, I'm sure 2009 will be very competitive.

We bade farewell to our Secretary Fiona McBurney as she headed off to the beautiful country side of Muswellbrook. Our loss is Muswellbrook and the Wineries gain as now we will have somewhere to crash whenever we visit!

Finally we all wish Elisha and Marty the very best for their December Wedding all our good wishes and thoughts for the special day.

Veronica Andujar.

As 2008 closes in on us, we Ladies can look back and be proud of all the milestones that we have achieved this past year. As usual our presence was felt by our physical achievements, organisational and social skills in all events both locally and away from home.

Congratulations to Michelle & Pat on your retirement. We hope you take the time to look ahead and enjoy all that you plan to do.

A very special thanks to Veronica for all the thinking and planning this year. Greatly appreciated, especially after having to overcome all your hurdles.

Charmaine Rungan.

Run Organiser's report 2008

As usual members were busy traversing the country to compete in different events this year. Here is a summary of some of the member's achievements. No doubt we have missed a few so if you want to report something stand up and shout it out!! Woohoo!!

An early start to the running season in **January** saw Stephen Bowers take on the Stalky's Horrible Half and ran a very respectable time of 2:31:28. On Australia Day we had a small contingent visit Penrith Lakes for the **Australia Day Fun Run** around the Regatta Centre in very humid conditions while Dennis Sweetman took the cooler option of the **Illawarra Aquathon** at Wollongong Harbour .

March saw a small number of Campbelltown Joggers compete in one of the most grueling local events - **The Six Foot Track Marathon** from The Explorer's Tree, Katoomba to Jenolan Caves. It is 45.0km, hats off to you guys!

Mike Limbrey	6:01:47	Robert Paxton	6:19:50
Dennis Sharrock	6:07:12	Dennis Bedford	6:32:59

In **April** was the **Canberra marathon** - Congratulations to Bob Corderoy and David Elliot who didn't let Campbelltown Joggers down and both represented us admirably, showing up the younger members. Bob came in with a time of 3:50.36, with David 30 seconds later.

There was a large contingent of Campbelltown Joggers that made their way to Wollongong in April for the **Fitness 5**. Below is a list of the participants that I know of, there may have been more, my apologies if I missed you off. Congratulations to the two ladies who led the way!

Elisha Borodzicz	19.20	Peter Knott	22.57
Julia White	20.26	Sharon White	24.44
Barry Hall	20.31	Ted Borodzicz	24.44
Jake Moore	21.43	Michelle Borodzicz	24.54
Warren Gibbons	22.16	Luke Sweetman	25.04
Suzanne Knott	22.45	Dennis Sweetman	25.04
Martin Bell	22.56	Bill Holmes	48.56

We had a clash of events on the first weekend in **May** with an old favourite, the **Heart Of The Lake** and a new local event, the **Camden Oran Park Anzac Run**. It was good to see that the Campbelltown Joggers Club was well represented at both events.

May brings the cooler weather and one of the bigger events for members, the **Sydney Half Marathon**. It was a lovely day for running with a new finish line in Hyde Park which seemed to be enjoyed by all. It was certainly enjoyed by our fearless president who cruised home in a very respectable time and has since looked back on it as his 'run of the year!'. Mike's efforts saw him and Tom take bronze in the father son team category. Another superb breakfast was enjoyed after the run. Once again big thanks to all involved in organising the club bus and breakfast that day, and all those that participated.

Run Organiser's report 2008

Sydney Half Marathon Times

Tom Limbrey	1:25:48	Mal Quinn	1:48:10
Elisha Borodzicz	1:29:48	Greg McDonald	1:54:20
Daniel Roe	1:37:37	Sharon White	1:57:08
Bob Corderoy	1:43:37	John Smith	1:57:25
Warren Gibbons	1:45:11	Fiona McBurney	2:17:13
Mike Limbrey	1:45:34	Peter Allen	2:24:37

July saw Club members and relations have participated in a few runs this month, with one of our more mature members, Barry Hall finding out that silver is easier than gold to get.

Woodford to Glenbrook 25km trail run:

Dennis Sweetman	2:09.24
Stephen Bowers	1:59.19
Peter Allen	3:10.43
Warren Gibbons	DNF (got a cruisey ride with the Firies!)

Gold Coast Marathon

Barry Hall	10k	0:42.22 (2 nd place in age category)
Jerrad Borodzicz	10k	0:35.38 (10 th place in category)
Elisha Borodzicz	10k	0:40.11 (7 th place in category)
Mal Quinn	21.1k	1:49.56
David Elliot	42.2k	4:14.59
Allan Rungan	7.5k walk	0:59.26
Janet Hall	21.1k walk	3:09.54

NSW short course cross country championships:

Dennis Sweetman	0:37.27
Barry Hall	0:21.54 (2 nd place in category)
Jake Moore	0:36.50

Sutherland To Surf (clashed with our handicap series this year)

Sue Cooper	0:50:55
Nathan Cooper	0:53:29
John Smith	0:53:46

Run Organiser's report 2008

The highlight of **August** was the annual jaunt to the **City 2 Surf**. The weather held out just long enough for a very enjoyable run and breaky. Big thanks to all who organised the morning – another triumph! The weather provided superb running conditions which resulted in some excellent times – well done to all those who pulled out a PB. Full list of member results. Apologies if we have missed anyone.

Jerrad Borodzicz	49.23	Chris Rowe	71.50
Tom Limbrey	54.29	John Smith	72.59
Stephen Parker	55.20	Mike Limbrey	73.34
Jake Moore	56.20	Michele Borodzicz	73.43
Andrew Gleeson	56.43	Gary White	76.44
Elisha Borodzicz	57.00	John Laidlaw	78.05
Daniel Roe	57.13	Sharon White	78.09
Julia White	57.28	Charmaine Rungan	85.02
Stephen Bowers	63.37	Ashley Hamilton	88.18
Dennis Sweetman	65.40	Irene Shanahan	90.11
Nathan Cooper	66.15	Robert Paxton	93.07
Sue Cooper	66.23	Peter Knott	94.48
Malachy Quinn	67.40	Shane Galbraith	102.15
Greg McDonald	68.43	Veronica Andujar	112.02
Warren Gibbons	68.44	Rashid Khallouf	152.56
David Elliot	68.49	Dolan Khallouf	152.56
Michael Shanahan	70.30		

A special mention to Jerrad and Michelle Borodzicz who took out a placing in the Mother and Child team category.

August also saw the running of **Bankstown Hidden Half** where members performed very well – super effort Bob!!

Gary Dalton	1:23:19 (2nd in category)
Jake Moore	1:29:51 (3rd in category)
Bob Corderoy	1:43:31 (1st in category)
Warren Gibbons	1:52:10

The following weekend saw two members attended the **Sutherland Half** on the Saturday afternoon, Bob Corderoy (1:46:34) and Warren Gibbons(1:57:23) with these two also backing up the next morning for the August Handicap.

Run Organiser's Report 2008

September already and while most were cooling their heels a few members took on the **Sydney Running Festival**

Daniel Roe (Marathon) 3hrs 49mins

Dennis Sweetman (Marathon) 3hrs 52mins

Warren Gibbons (Half) 1hr 52mins

The annual **Club Relay** was also held in September. This is a great club event, enabling members to mix and cheer each other like no other event throughout the year. A powerhouse performance from Gary Bland saw his team take the title.

1st Gary Bland Stephen Bowers Mike Limbrey 0:50:13

2nd Daniel Roe Warren Gibbons Ashley Hamilton 0:51:22

3rd Peter Hickey Rashid Khallouf Gary White 0:53:39

in **October** we still had plenty of enthusiastic members out representing our club with a small contingent competing in the inaugural **Brighton Beachside Dash**. Great effort by all those who made the trek to Dolls Point.

Dennis Sweetman 0:42:19 Bob Corderoy 0:47:27

Jenni Greenland 0:46:29 Greg McDonald 0:49:04

Warren Gibbons 0:47:24 Alan Holt 1:15:23

On the same day we had the annual club **Chicken Run** with a format change that was well received by those who participated.

November was a quiet month on the fun run scene but at home we had the **Partners Relay** with a good turnout of members on a Sunday morning which was cold enough that you could be forgiven for thinking it was winter again. Newcomer Mark Kraljevic and Dennis Sweetman triumphed on the day.

It's **December** and after a long year of running the enthusiasm was still there for a small band of Campbelltown Joggers who travelled north to the Entrance for the **Central Coast Half**. Also there were several members who competed in the **Tough Bloke Challenge** at Cataract. *Results not know at time of printing.*

Tom Limbrey & Stephen Bowers.

HANDICAPPERS ANNUAL REPORT – 2008

The 2008 handicap series has again provided some very exciting competition. Three runners – Gary Bland, Tom Limbrey and Michael Shanahan have all been in a class of their own throughout the year leaving no doubt for the final placegetters. The final race in October saw all three runners still very much in contention for the series championship, and two in contention for the Presidents Cup award. A big congratulation to Michael Shanahan for coming through in the last race to take the series win!

A very significant milestone was achieved in the April Handicap by our serving President Mike Limbrey in running his 200th 10km Handicap Series race. This feat had previously only been achieved once in the history of the Campbelltown Joggers Club and under the present series format will not happen again until at least 2013 .

Mike first ran in the inaugural Handicap Series in 1976, has a handful of individual race wins and has finished runner-up on numerous occasions. In 1995 Mike finally broke through to win the Series and claim the Club Championship after finishing runner-up a number of times. Mike set a PB of 0:38:11 in April 1984 for the Airs course. Congratulations Mike and we hope to see you run many more.

Some other interesting stats and facts for the year include:

- Stephen Bowers was the only runner who ran in every handicap race (including the 5k and 10 mile race) and Alan Banfield missed only the 10 mile race in 2008 – thankyou for your support!
- Four members participated in at least eight races throughout the 9-race series.
- A total of 40 members who were eligible for points (8 females and 32 males) competed in at least 1 handicap race across the year.
- 18 new runners (7 females and 11 males) competed in a 10k handicap race for the 1st time in 2008.
- A total of 11 pb's were achieved by 7 members in the 10k series (some did so multiple times – well done to Fiona McBurney, Gary Bland and Tom Limbrey), 4 x pb's in the 5km HCP and 1 x pb in the 10 mile race.
- Michael Shanahan, Tom Limbrey and Gary Bland all finished in the top 10 places for every HCP Series race they completed (eight for each) this year!

There were a few rule changes introduced to the handicap series this year. One of these was a move to include 8 out of 9 races towards the series progressive points score. Retrospectively it appears that this change did not have an effect upon the final outcome of the series, although in practice it meant that regular attendance and consistency were more important factors for runners to be in contention than in previous years.

HANDICAPPERS ANNUAL REPORT – 2008

Other rule changes included a move towards requiring 3 pre-qualifying runs for new members as well as 3 re-qualifying runs for any member who had not participated for more than five races. *Please watch this space* – after receiving feedback from members, it is likely we will be moving back to 2 pre-qualifying runs and 1 re-qualifying run in 2009.

The two-minute 'rule' was enforced again twice this year. Fiona McBurney was 'caught out' when running a 1second pb (56:57min) in February, 2min 48sec under her handicap. Terry Rouen was the 2nd person to come under the 2min rule, running a time of (48:53min) in June, 3min 07sec under his handicap. Both Fiona and Terry were – 're-positioned' to last place in the points for the day.

A new and welcome introduction to handicap events this year has been the supply of (multiple sets of!) asics clothing by Janet Hall for lucky door prizes. This has obviously been a well-received intro by all, especially those who have won the lucky-draw! Thank you Janet – you will soon have us all decked out in asics clothing!

We would like to sincerely thank every person who provided assistance with one or more handicap race this year. Such assistance enables each event to run smoothly, and more often than not gives one or both of us handicappers an opportunity to participate in the race as well (which is greatly appreciated). There are many people who kindly helped out in 2008; a special mention must go to Michael Kearney and Ted Borodzicz especially for providing regular support. Many others who pitched in include David McCord, Gary White, Wal (Ryan's Grandfather), Don Dewhurst, Irene Shanahan, Sharon White and Knotty.

Bill Thomson continues to generously provide his time and expertise with modifications and improvements to the handicap results database system. Almost all of this work goes unnoticed by most of us except the handicappers; however its smooth functioning makes our job much, much easier. Bill's help and support is truly appreciated and valued by us.

Finally, we wish everyone a most happy and safe Christmas. We encourage you all to find inspiration and achieve new and great things in running in 2009!

Warren Gibbons and Jerrad Borodzicz.

Runner's Profile — 2008 Handicap Series Winner

Name	Michael Shanahan
Age	53
Wife	Irene
Nickname	Shano
Star Sign	Sagittarius
Occupation	Accredited Certifier
Years with the Club	2 Years
Fastest 10km Time	44.12 (1998)
Fastest 5km Time	24.23
Longest Run	2 Half's back in 1998 -Sydney Half -Cronulla to Kurnell

Where is the worst place you have run?

Williamson road Ingleburn – Flat, windy, no shade.

Bridge to Brisbane – Too many people and organised chaos.

What has been your most satisfying run?

Race Nine in the Handicap Series, the first 3km splits 4.50, 4.50, 4.40 were exactly what I had planned, then I hit the lead passing Irene at Campbellfield Road with a little bit left if I heard Tom coming.

Do you have a favourite training run?

A simple 30 minute run around Raby finishing on the bike track. It's one run I can go really hard at and measure improvement in distance not seconds.

Runner's Profile — 2008 Handicap Series Winner

What is your favourite movie?

Forest Gump: Love the music!

Top Gun: Love the music!

Pretty Woman: Love the music!

What is your favourite drink?

I was a serious Ouzo and Coke Man, but I have eased up a lot. Went off the grog for the Handicap Series. It worked, lost 16kg as well!

What is your favourite food?

A good rump BBQ'd.

What is your favourite TV Show?

Fox Sports 1, 2 and 3.

How do you relax?

Lying on the lounge, doing nothing and more recently running (when I'm stressed) to one song repeated on the i-pod (Jackson Browne – Running on Empty – It takes 4.5 minutes.)

Do you participate in any other sports?

I love golf for its frustration factor. Just when you think you've got it beat, something else goes wrong.

What sports did you play in the past?

I played cricket well into my forties, until cricket coaching became more enjoyable.

And did you have any success?

"BOASTING" – As a coach, plenty!! Seven comps in a row with Ingleburn RSL and three Green Shields U/16's premierships with "The Ghosts" (never done before).

Where did you meet Irene?

We grew up with several common friends; it was along time before we actually went out together. Wimbledon 81 – Woman's Final Night. I didn't miss a serve but I was captured. Thank you Ball Boys, Thank you Linesmen.

Runner's Profile — 2008 Handicap series Winner

Is Irene a good cook?

The best – I never leave anything on my plate.

What do you think of the handicappers?

Both very pleasant gentlemen but I think they do make it very tough for several members of the club, those who turn up regularly and never get any time “back”.

Which person would you like to beat most at the club?

All the competitive ones and all the faster people! Mal Quinn and Bob Corderoy but I'm working down the list – Look out Bazza!

What do you think of the Club?

When Irene and I first joined after the Mt Annan Walk in 2007, we were amazed at just how friendly, polite and welcoming all involved were. No swearing, abusing, it is the sort of club you want to be involved in and we will as time allows.

What runner/s in the club do you admire most?

Rashid for always coming back and running with Irene and I when we first started with the club, Ted and Michelle, the work they do and never have I seen them cranky or upset – a truly admirable skill.

What are your running ambitions for next year?

With my achilles now in pretty good shape, I feel I should try a couple of half's and I'm already working on a program to be right up there in the Handicap Series.

How do you feel about winning the Handicap Series?

Very satisfied, I set about winning back last January when in Thredbo, Irene got injured and my training was by myself so I stepped it up trying to keep up on Wednesday nights. It is still a quiet sport being a hundred metres behind, and the series occupied so much time.

Is there anything more we should know about this year's champion?

He plans to be next years champion.

Runner's Profile — 2008 Handicap series Winner

Do you have any tips for other runners?

There are heaps of tips given out by just about everybody and some may work for you, trial and error will help you find out those that work best for you. Don't dismiss them outright.

If somebody had told me 15 months ago that a small nitrate patch about the size of a 5 cent piece stuck on the back of my ankle for 20 hours a day, would get me enjoying my running again without pain. All this after my physio had said "Well Mick I can't do anymore, here's the name of a guy who just might". Thank you Murrary for introducing me to Dr Kuah at Homebush.

Congratulations to Michael on winning the Handicap Series this year, a deserving winner and a popular winner. The improvement that we have seen from Michael over the past 18 months in his running , in his health and wellbeing typifies what this series and the Campbelltown Joggers Club is all about. Well done Michael and keep having fun while running..

2008 Club Championship Handicap Series - Results

H'cap No: 1 Date: 24/02/2008 Course: Airds 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Michael Shanahan	0:53:30	0:51:41	- 01:49	50		
2	Garry Bland	0:52:30	0:52:14	- 00:16	48		*
3	Michael Pickford	0:37:30	0:37:52	+ 00:22	46		
4	Stephen Bowers	0:43:00	0:43:27	+ 00:27	45		
5	Tom Limbrey	0:39:00	0:39:49	+ 00:49	44		
6	Irene Shanahan	1:00:00	1:02:02	+ 02:02	43		
7	David McCord	0:54:30	0:56:35	+ 02:05	42		
8	Charmaine Rungan	0:57:45	1:00:12	+ 02:27	41		
9	Robert Paxton	0:50:45	0:53:23	+ 02:38	40		
10	Bob Corderoy	0:45:00	0:47:41	+ 02:41	39		
11	Peter Hickey	0:44:30	0:47:51	+ 03:21	38		
12	Warren Gibbons	0:44:30	0:48:30	+ 04:00	37		
13	Peter Knott	0:42:30	0:47:32	+ 05:02	36		
14	Veronica Andujar	1:02:00	1:08:32	+ 06:32	35		
15	Alan Holt	1:06:30	1:14:18	+ 07:48	34		
16	Rashid Khallouf	0:52:00	1:01:13	+ 09:13	33		
17	Vivian Fulford	1:18:30	1:28:46	+ 10:16	32		
18	Alan Banfield	0:53:00	1:07:12	+ 14:12	31		
19	Fiona McBurney	0:59:45	0:56:57	- 02:48	30		*
20	Brendan Bleeker	0:48:15	0:48:12	- 00:03		RUN1	
21	Sharon White	0:53:00	0:53:35	+ 00:35		RUN1	
22	Chris Rowe	0:55:00	0:56:44	+ 01:44		RUN1	
23	Neil Ware	0:50:00	0:52:15	+ 02:15		NEP	
24	Michelle Anson	0:48:15	0:50:43	+ 02:28		REQ	
25	David Elliot	0:46:00	0:48:31	+ 02:31		REQ	
26	Dennis Sharrock	0:46:00	0:48:59	+ 02:59		REQ	
27	Sue Cooper	0:42:30	0:46:18	+ 03:48		NEP	
28	Craig Sherwood	0:52:00	0:58:02	+ 06:02		RUN1	
29	Gary White	0:49:00	0:55:09	+ 06:09		RUN1	
30	Greg McDonald	0:46:30	0:54:59	+ 08:29		RUN1	
31	Michelle Birch	0:50:00	0:59:57	+ 09:57		NEP	

2008 Club Championship Handicap Series - Results

H'cap No: 2 Date: 30/03/2008 Course: Airds 10 km Start: Mass

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Michael Shanahan	0:51:25	0:49:56	- 01:29	50		
2	Fiona McBurney	0:56:55	0:56:06	- 00:49	48		*
3	Garry Bland	0:52:00	0:52:28	+ 00:28	46		
4	David Elliot	0:47:00	0:47:51	+ 00:51	45		
5	Stephen Bowers	0:43:00	0:43:58	+ 00:58	44		
6	Mal Quinn	0:46:00	0:47:23	+ 01:23	43		
7	Dennis Sharrock	0:47:00	0:48:32	+ 01:32	42		
8	Peter Hickey	0:44:30	0:46:04	+ 01:34	41		
9	Dennis Sweetman	0:44:30	0:46:14	+ 01:44	40		
10	Warren Gibbons	0:44:30	0:46:30	+ 02:00	39		
11	Michele Borodzicz	0:49:30	0:52:08	+ 02:38	38		
12	Barry Hall	0:42:45	0:45:56	+ 03:11	37		
13	Sue Cooper	0:43:30	0:47:14	+ 03:44	36		
14	Ted Borodzicz	0:49:45	0:54:13	+ 04:28	35		
15	Peter Knott	0:42:30	0:47:20	+ 04:50	34		
16	Alan Banfield	0:53:00	1:00:05	+ 07:05	33		
17	Terry Rouen	0:48:30	0:55:45	+ 07:15	32		
18	Bob Corderoy	0:45:00	1:00:07	+ 15:07	31		
19	Craig Sherwood	0:58:00	0:48:01	- 09:59		RUN2	
20	Daniel Roe	0:50:00	0:43:38	- 06:22		NEP	
21	John Smith	0:58:00	0:52:27	- 05:33		RUN1	
22	Suzanne Knott	0:55:00	0:50:44	- 04:16		NEP	
23	Greg McDonald	0:54:45	0:53:37	- 01:08		RUN2	
24	Elisha Borodzicz	0:41:00	0:40:06	- 00:54		RUN1	
25	Craig McLean	0:37:30	0:37:07	- 00:23		NEP	
26	Sam Rouen	0:56:00	0:55:42	- 00:18		NEP	
27	Sharon White	0:53:35	0:53:44	+ 00:09		RUN2	
28	Charlotte Wall	0:46:00	0:46:53	+ 00:53		NEP	
29	Jonathan Kearney	0:41:00	0:42:15	+ 01:15		RUN1	
30	Bob Prentice	0:40:15	0:42:07	+ 01:52		RUN1	
31	Marty Bell	0:46:30	0:48:27	+ 01:57		RUN1	
32	Jenni Greenland	0:45:30	0:54:07	+ 08:37		RUN1	

2008 Club Championship Handicap Series - Results

H'cap No: 3 Date: 27/04/2008 Course: Airids 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note PB
1	Michael Shanahan	0:49:00	0:47:54	- 01:06	50	
2	Tom Limbrey	0:39:00	0:38:47	- 00:13	48	*
3	Barry Hall	0:43:15	0:43:16	+ 00:01	46	
4	Garry Bland	0:52:00	0:52:25	+ 00:25	45	
5	Dennis Sweetman	0:44:45	0:45:19	+ 00:34	44	
6	Mal Quinn	0:46:30	0:47:07	+ 00:37	43	
7	Veronica Andujar	1:02:00	1:02:50	+ 00:50	42	
8	Phil Halkyard	0:50:40	0:51:50	+ 01:10	41	
9	Charmaine Rungan	0:57:45	0:59:14	+ 01:29	40	
10	Jerrad Borodzicz	0:34:55	0:36:49	+ 01:54	39	
11	Sue Cooper	0:44:30	0:46:28	+ 01:58	38	
12	Robert Paxton	0:50:45	0:53:12	+ 02:27	37	
13	Dennis Bedford	0:57:30	1:00:14	+ 02:44	36	
14	Fiona McBurney	0:55:40	0:58:37	+ 02:57	35	
15	Peter Hickey	0:44:50	0:47:58	+ 03:08	34	
16	Dennis Sharrock	0:47:10	0:50:27	+ 03:17	33	
17	Michael Limbrey	0:46:30	0:50:12	+ 03:42	32	
18	Warren Gibbons	0:45:15	0:49:17	+ 04:02	31	
19	Alan Holt	1:06:30	1:15:18	+ 08:48	30	
20	Alan Banfield	0:53:30	1:03:35	+ 10:05	29	
21	Stephen Bowers	0:43:15	0:54:43	+ 11:28	28	
22	Suzanne Knott	0:50:00	0:48:28	- 01:32		NEP
23	John Laidlaw	1:00:00	0:58:36	- 01:24		REQ
24	Gary White	0:55:00	0:54:04	- 00:56		RUN2
25	John Smith	0:51:00	0:51:47	+ 00:47		RUN2
26	Bob Prentice	0:40:45	0:42:06	+ 01:21		RUN2
27	Greg McDonald	0:53:00	0:54:33	+ 01:33		RUN3
28	Pierre Schott	0:55:00	0:56:40	+ 01:40		NEP
29	Daniel Roe	0:42:00	0:45:25	+ 03:25		NEP
30	Jake Moore	0:39:45	0:43:13	+ 03:28		RUN2
31	Julia White	0:40:45	0:45:31	+ 04:46		REQ
32	Jonathan Kearney	0:41:00	0:51:08	+ 10:08		RUN2

2008 Club Championship Handicap Series - Results

H'cap No: 4 Date: 25/05/2008 Course: Airlds 10 km Start: Mass

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Greg McDonald	0:54:00	0:52:26	- 01:34	50		
2	Dennis Sweetman	0:44:45	0:43:38	- 01:07	48		
3	Stephen Bowers	0:43:15	0:42:16	- 00:59	46		*
4	Tom Limbrey	0:38:40	0:37:48	- 00:52	45		*
5	Garry Bland	0:52:00	0:51:31	- 00:29	44		*
6	Charmaine Rungan	0:57:45	0:57:39	- 00:06	43		
7	Michael Shanahan	0:46:30	0:46:51	+ 00:21	42		
8	Dennis Bedford	0:57:30	0:57:57	+ 00:27	41		
9	Barry Hall	0:43:15	0:43:52	+ 00:37	40		
10	Veronica Andujar	1:02:00	1:02:41	+ 00:41	39		
11	Peter Hickey	0:44:50	0:46:09	+ 01:19	38		
12	Sue Cooper	0:44:30	0:46:01	+ 01:31	37		
13	Warren Gibbons	0:45:15	0:46:50	+ 01:35	36		
14	Fiona McBurney	0:56:00	0:57:43	+ 01:43	35		
15	Jerrad Borodzicz	0:35:15	0:37:12	+ 01:57	34		
16	Michael Limbrey	0:46:30	0:48:52	+ 02:22	33		
17	Ted Borodzicz	0:51:00	0:54:18	+ 03:18	32		
18	Dennis Sharrock	0:47:10	0:50:36	+ 03:26	31		
19	Alan Banfield	0:53:30	0:57:53	+ 04:23	30		
20	Robert Paxton	0:52:00	0:57:04	+ 05:04	29		
21	Sharon White	0:53:15	0:51:24	- 01:51		RUN3	
22	Andrew Gleeson	0:42:45	0:42:39	- 00:06		NEP	
23	Daniel Roe	0:42:00	0:42:38	+ 00:38		NEP	
24	John Smith	0:51:00	0:54:13	+ 03:13		RUN3	

2008 Club Championship Handicap Series - Results

H'cap No: 5 Date: 22/06/2008 Course: Airids 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Greg McDonald	0:51:30	0:49:38	- 01:52	50		
2	Garry Bland	0:51:30	0:51:22	- 00:08	48		*
3	Daniel Roe	0:42:00	0:41:57	- 00:03	46		*
4	Tom Limbrey	0:37:40	0:38:09	+ 00:29	45		
5	Jerrad Borodzicz	0:35:30	0:36:09	+ 00:39	44		
6	David Elliot	0:47:00	0:47:45	+ 00:45	43		
7	Stephen Bowers	0:42:15	0:43:07	+ 00:52	42		
8	Michael Shanahan	0:46:30	0:47:33	+ 01:03	41		
9	Peter Hickey	0:45:15	0:47:00	+ 01:45	40		
10	Mal Quinn	0:46:30	0:49:08	+ 02:38	39		
11	Robert Paxton	0:52:00	0:54:41	+ 02:41	38		
12	John Smith	0:51:00	0:54:09	+ 03:09	37		
13	Michael Limbrey	0:46:30	0:49:45	+ 03:15	36		
14	Dennis Bedford	0:57:30	1:01:26	+ 03:56	35		
15	Alan Banfield	0:53:30	0:59:18	+ 05:48	34		
16	Michele Borodzicz	0:50:15	0:56:39	+ 06:24	33		
17	Ashley Hamilton	0:50:15	0:56:49	+ 06:34	32		
18	Alan Holt	1:06:30	1:13:36	+ 07:06	31		
19	Fiona McBurney	0:56:00	1:05:22	+ 09:22	30		
20	Terry Rouen	0:52:00	0:48:53	- 03:07	29		
21	Brad Pejic	0:52:00	0:44:00	- 08:00		NEP	
22	Chris Rowe	0:56:45	0:51:39	- 05:06		RUN2	
23	Pierre Schott	0:55:00	0:53:47	- 01:13		NEP	
24	Andrew Gleeson	0:42:45	0:41:47	- 00:58		NEP	
25	Steven Parker	0:36:00	0:38:29	+ 02:29		REQ	
26	Karen Vaughan	1:03:00	1:06:53	+ 03:53		RUN1	
27	Beth Nissen	0:55:00	1:04:55	+ 09:55		NEP	

2008 Club Championship Handicap Series - Results

H'cap No: 6 Date: 27/07/2008 Course: Airlds 10 km Start: Mass

Place	Name	H'cap	Actual	+/-	Points	Note PB
1	Jerrad Borodzicz	0:35:30	0:35:34	+ 00:04	50	
2	Tom Limbrey	0:37:45	0:37:58	+ 00:13	48	
3	Dennis Sweetman	0:43:30	0:43:51	+ 00:21	46	
4	Stephen Bowers	0:42:15	0:42:39	+ 00:24	45	
5	Andrew Gleeson	0:41:15	0:42:00	+ 00:45	44	
6	Veronica Andujar	1:02:00	1:02:53	+ 00:53	43	
7	Daniel Roe	0:41:30	0:42:24	+ 00:54	42	
8	Michele Borodzicz	0:50:15	0:52:10	+ 01:55	41	
9	Peter Hickey	0:45:15	0:47:13	+ 01:58	40	
10	Sharon White	0:51:00	0:52:59	+ 01:59	39	
11	Bob Corderoy	0:46:30	0:48:54	+ 02:24	38	
12	Greg McDonald	0:45:30	0:47:56	+ 02:26	37	
13	Michael Limbrey	0:46:30	0:49:04	+ 02:34	36	
14	Barry Hall	0:43:15	0:45:51	+ 02:36	35	
15	Dennis Bedford	0:57:30	1:00:38	+ 03:08	34	
16	Mal Quinn	0:46:30	0:49:56	+ 03:26	33	
17	Warren Gibbons	0:45:15	0:50:18	+ 05:03	32	
18	Charmaine Rungan	0:57:30	1:02:53	+ 05:23	31	
19	Alan Holt	1:06:30	1:12:06	+ 05:36	30	
20	Alan Banfield	0:53:30	1:02:13	+ 08:43	29	
21	Peter Knott	0:43:45	1:00:02	+ 16:17	28	
22	Gary Dalton	0:37:45	0:37:42	- 00:03		NEP
23	Chris Rowe	0:50:00	0:51:06	+ 01:06		RUN3
24	Jake Moore	0:40:00	0:45:42	+ 05:42		RUN3

2008 Club Championship Handicap Series - Results

H'cap No: 7 Date: 24/08/2008 Course: Airids 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Chris Rowe	0:50:00	0:48:39	- 01:21	50		*
2	Sue Cooper	0:44:45	0:43:49	- 00:56	48		
3	Michael Shanahan	0:46:15	0:46:33	+ 00:18	46		
4	Veronica Andujar	1:02:00	1:02:20	+ 00:20	45		
5	Tom Limbrey	0:37:45	0:38:25	+ 00:40	44		
6	Mal Quinn	0:46:30	0:47:20	+ 00:50	43		
7	Garry Bland	0:50:45	0:51:51	+ 01:06	42		
8	Stephen Bowers	0:42:15	0:43:45	+ 01:30	41		
9	Jerrad Borodzicz	0:34:30	0:36:35	+ 01:50	40		
10	Charmaine Rungan	0:57:30	0:59:27	+ 01:57	39		
11	Dennis Bedford	0:57:30	0:59:22	+ 01:52	38		
12	John Smith	0:51:00	0:53:18	+ 02:18	37		
13	Peter Hickey	0:45:15	0:47:33	+ 02:18	36		
14	Greg McDonald	0:45:30	0:48:26	+ 02:56	35		
15	Michael Limbrey	0:46:30	0:50:06	+ 03:36	34		
16	Bob Corderoy	0:46:30	0:53:11	+ 06:41	33		
17	Warren Gibbons	0:45:15	0:53:23	+ 08:08	32		
18	Alan Banfield	0:53:30	1:01:50	+ 08:20	31		
19	Alan Holt	1:06:30	1:16:00	+ 09:30	30		
20	Ashley Hamilton	0:50:15	1:00:04	+ 09:49	29		
21	Irene Shanahan	1:00:00	0:58:44	- 01:16		REQ	*
22	Phil Smith	0:50:00	0:48:58	- 01:02		RUN1	
23	Celine Lamy	1:06:30	1:06:24	- 00:06		NEP	

2008 Club Championship Handicap Series - Results

H'cap No: 8 Date: 28/09/2008 Course: Airds 10 km Start: Mass

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	John Smith	0:51:00	0:51:18	+ 00:18	50		*
2	Tom Limbrey	0:37:45	0:38:33	+ 00:48	48		
3	Bob Corderoy	0:46:30	0:47:28	+ 00:58	46		
4	Dennis Bedford	0:57:30	0:58:35	+ 01:05	45		
5	Irene Shanahan	0:58:45	1:00:00	+ 01:15	44		
6	Michael Shanahan	0:46:00	0:47:19	+ 01:19	43		
7	David Elliot	0:47:00	0:48:25	+ 01:25	42		
8	Garry Bland	0:50:45	0:52:29	+ 01:44	41		
9	Andrew Gleeson	0:41:15	0:43:03	+ 01:48	40		
10	Chris Rowe	0:47:45	0:50:03	+ 02:18	39		
11	Greg McDonald	0:46:00	0:48:30	+ 02:30	38		
12	Michele Borodzicz	0:50:15	0:52:53	+ 02:38	37		
13	Stephen Bowers	0:42:15	0:44:53	+ 02:38	37		
14	Dennis Sweetman	0:43:30	0:46:27	+ 02:57	35		
15	Dennis Sharrock	0:48:00	0:51:38	+ 03:38	34		
16	Charmaine Rungan	0:57:30	1:01:15	+ 03:45	33		
17	Alan Banfield	0:53:30	0:57:34	+ 04:04	32		
18	Terry Rouen	0:48:00	0:52:07	+ 04:07	31		
19	Warren Gibbons	0:45:15	0:49:58	+ 04:43	30		
20	Fiona McBurney	0:56:00	1:01:40	+ 05:40	29		
21	Michael Limbrey	0:46:30	0:52:13	+ 05:43	28		
22	Veronica Andujar	1:02:00	1:08:08	+ 06:08	27		
23	Ashley Hamilton	0:50:15	0:57:46	+ 07:31	26		
24	Celine Lamy	1:06:15	1:06:25	+ 00:10		NEP	
25	Marty Bell	0:46:45	0:46:57	+ 00:12		RUN2	
26	Vernon Brown	0:48:00	0:48:37	+ 00:37		NEP	
27	Meagan Drury	0:57:00	0:58:00	+ 01:00		NEP	
28	Elisha Borodzicz	0:40:00	0:41:47	+ 01:47		RUN2	
29	Ray Carson	0:42:00	0:45:15	+ 03:15		RUN1	
30	Narelle Talbot	0:44:15	0:48:01	+ 03:46		REQ	
31	Rashid Khallouf	0:52:00	0:57:43	+ 05:43		REQ	
32	Kaz Kulpa	0:39:45	0:46:10	+ 06:25		NEP	

2008 Club Championship Handicap Series - Results

H'cap No: 9 Date: 26/10/2008 Course: Airids 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note PB
1	Michael Shanahan	0:46:30	0:46:55	+ 00:25	50	
2	Garry Bland	0:50:45	0:51:24	+ 00:39	48	
3	Charmaine Rungan	0:57:30	0:58:30	+ 01:00	46	
4	Tom Limbrey	0:37:45	0:38:49	+ 01:04	45	
5	David Elliot	0:47:00	0:48:07	+ 01:07	44	
6	Dennis Sweetman	0:43:30	0:44:37	+ 01:07	43	
7	Stephen Bowers	0:42:15	0:43:26	+ 01:11	42	
8	Dennis Bedford	0:57:30	0:58:45	+ 01:15	41	
9	Irene Shanahan	0:58:45	1:00:16	+ 01:31	40	
10	Greg McDonald	0:46:00	0:48:00	+ 02:00	39	
11	Chris Rowe	0:47:45	0:49:54	+ 02:09	38	
12	Sue Cooper	0:43:45	0:46:27	+ 02:42	37	
13	Barry Hall	0:43:15	0:47:21	+ 04:06	36	
14	Michael Limbrey	0:46:30	0:51:18	+ 04:48	35	
15	Ashley Hamilton	0:50:15	0:55:19	+ 05:04	34	
16	Warren Gibbons	0:45:15	0:51:24	+ 06:09	33	
17	Michele Borodzicz	0:50:15	0:56:30	+ 06:15	32	
18	Alan Holt	1:06:30	1:13:06	+ 06:36	31	
19	Albert Gay	0:52:00	0:59:05	+ 07:05	30	
20	Rashid Khallouf	0:52:00	0:59:09	+ 07:09	29	
21	Alan Banfield	0:53:30	1:02:01	+ 08:31	28	
22	Daniel Roe	0:41:30	0:51:54	+ 10:24	27	
23	Vernon Brown	0:48:00	0:48:35	+ 00:35		NEP
24	Kaz Kulpa	0:39:45	0:45:17	+ 05:32		NEP
25	Phil Smith	0:47:00	0:52:55	+ 05:55		RUN2
26	Scott Roberts	0:45:00	0:55:23	+ 10:23		REQ

2008 5 km Handicap - Results

H'cap No: Date: 10/02/2008 Course: Bradbury 5 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Sharon White	0:26:50	0:26:04	- 00:46			
2	Karen Vaughan	0:32:00	0:31:40	- 00:20			
3	Stephen Bowers	0:21:00	0:20:41	- 00:19		*	
4	Mal Quinn	0:22:30	0:22:31	+ 00:01			
5	Tom Limbrey	0:19:00	0:19:09	+ 00:09		*	
6	Peter Knott	0:22:00	0:22:19	+ 00:19			
7	Jake Moore	0:19:00	0:19:20	+ 00:20			
8	Barry Hall	0:20:40	0:21:01	+ 00:21			
9	Jerrad Borodzicz	0:17:00	0:17:23	+ 00:23			
10	Sue Cooper	0:22:05	0:22:52	+ 00:47			
11	Garry Bland	0:24:10	0:24:58	+ 00:48			
12	David Elliot	0:21:45	0:22:39	+ 00:54			
13	Brendan Bleeker	0:22:30	0:23:26	+ 00:56			
14	Dennis Sweetman	0:20:45	0:21:42	+ 00:57			
15	Fiona McBurney	0:27:30	0:28:33	+ 01:03		*	
16	Michele Borodzicz	0:23:35	0:24:47	+ 01:12			
17	Mike Hall	0:20:40	0:21:56	+ 01:16			
18	Warren Gibbons	0:21:30	0:22:55	+ 01:25		*	
19	Craig Sherwood	0:24:00	0:25:31	+ 01:31			
20	Peter Hickey	0:20:50	0:22:27	+ 01:37			
21	Michael Shanahan	0:22:40	0:24:23	+ 01:43			
22	Jonathan Kearney	0:30:00	0:31:52	+ 01:52			
23	Michelle Anson	0:23:30	0:25:30	+ 02:00			
24	Stuart Vaughan	0:23:50	0:25:56	+ 02:06			
25	Rashid Khallouf	0:24:00	0:26:50	+ 02:50			
26	Bob Corderoy	0:21:15	0:24:18	+ 03:03			
27	Robert Paxton	0:23:15	0:26:35	+ 03:20			
28	Gary White	0:23:00	0:26:23	+ 03:23			
29	Greg McDonald	0:22:40	0:26:04	+ 03:24			
30	Alan Holt	0:29:00	0:33:44	+ 04:44			
31	Michael Limbrey	0:22:40	0:27:42	+ 05:02			
32	Alan Banfield	0:24:40	0:29:54	+ 05:14			
33	Peter Allen	0:24:30	0:31:08	+ 06:38			
34	Shane Galbraith	0:20:40	0:30:38	+ 09:58			

2008 16 km Handicap - Results

H'cap No: Date: 13/07/2008 Course: Kentlyn 16 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Michael Shanahan	1:17:30	1:17:58	+ 00:28			
2	Stephen Bowers	1:10:15	1:11:07	+ 00:52			
3	Tom Limbrey	1:02:45	1:03:52	+ 01:07		*	
4	John Smith	1:25:00	1:26:35	+ 01:35			
5	Dennis Sharrock	1:20:00	1:21:57	+ 01:57			
6	Daniel Roe	1:08:45	1:11:40	+ 02:55			
7	Jerrad Borodzicz	0:58:45	1:02:04	+ 03:19			
8	Chris Rowe	1:23:15	1:26:49	+ 03:34			
9	Peter Hickey	1:15:15	1:19:01	+ 03:46			
10	Andrew Gleeson	1:08:30	1:12:37	+ 04:07			
11	Bob Corderoy	1:17:30	1:21:53	+ 04:23			
12	Michael Limbrey	1:17:00	1:22:50	+ 05:50			
13	Greg McDonald	1:15:00	1:28:05	+ 13:05			

2008 Club Championship Handicap Series - Progressive Points

Name	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Total	Drop 1
Michael Shanahan	50	50	50	42	41		46	43	50	372	372
Tom Limbrey	44		48	45	45	48	44	48	45	367	367
Garry Bland	48	46	45	44	48		42	41	48	362	362
Stephen Bowers	45	44	28	46	42	45	41	37	42	370	342
Charmaine Rungan	41		40	43		31	39	33	46	273	273
Dennis Bedford			36	41	35	34	38	45	41	270	270
Warren Gibbons	37	39	31	36		32	32	30	33	270	270
Peter Hickey	38	41	34	38	40	40	36			267	267
Dennis Sweetman		40	44	48		46		35	43	256	256
Alan Banfield	31	33	29	30	34	29	31	32	28	277	249
Greg McDonald				50	50	37	35	38	39	249	249
Michael Limbrey			32	33	36	36	34	28	35	234	234
Veronica Andujar	35		42	39		43	45	27		231	231
Jerrad Borodzicz			39	34	44	50	40			207	207
Fiona McBurney	30	48	35	35	30			29		207	207
Mal Quinn		43	43		39	33	43			201	201
Sue Cooper		36	38	37			48		37	196	196
Barry Hall		37	46	40		35			36	194	194
Bob Corderoy	39	31				38	33	46		187	187
Alan Holt	34		30		31	30	30		31	186	186
Michele Borodzicz		38			33	41		37	32	181	181
David Elliot		45			43			42	44	174	174
Robert Paxton	40		37	29	38					144	144
Dennis Sharrock		42	33	31				34		140	140
Chris Rowe							50	39	38	127	127
Irene Shanahan	43							44	40	127	127
John Smith					37		37	50		124	124
Ashley Hamilton					32		29	26	34	121	121
Daniel Roe					46	42			27	115	115
Peter Knott	36	34				28				98	98
Terry Rouen		32			29			31		92	92
Andrew Gleeson						44		40		84	84
Ted Borodzicz		35		32						67	67
Rashid Khallouf	33								29	62	62
Michael Pickford	46									46	46
David McCord	42									42	42
Phil Halkyard			41							41	41
Sharon White						39				39	39
Vivian Fulford	32									32	32
Albert Gay									30	30	30

2008 Club Championship Series - Presidents Cup

Name	Feb	Apr	Jun	Aug	Oct	Total
Tom Limbrey	4	4	4	4	4	20
Michael Shanahan	4	4	4	4	4	20
Garry Bland	4	4	2	4	4	18
Stephen Bowers	4	2	2	4	4	16
Charmaine Rungan	4	4		4	4	16
Peter Hickey	4	2	2	4		12
Michael Limbrey		4	4	2	2	12
Veronica Andujar	2	4		4		10
Jerrad Borodzicz		4	4	2		10
Sue Cooper		4		2	4	10
Alan Holt	2	2	2	2	2	10
Greg McDonald			4	2	4	10
Robert Paxton	2	4	4			10
Alan Banfield		2	2	2	2	8
Warren Gibbons	2	2		2	2	8
Barry Hall		4			4	8
Ashley Hamilton			2	2	4	8
Fiona McBurney	4	2	2			8
Mal Quinn		2	2	4		8
John Smith			4	4		8
Dennis Sweetman		4			4	8
Dennis Bedford		2	2		2	6
Michele Borodzicz			2		4	6
Bob Corderoy	4			2		6
David Elliot			4		2	6
Rashid Khallouf	4				2	6
Daniel Roe			4		2	6
Chris Rowe				4	2	6
David McCord	4					4
Terry Rouen			4			4
Irene Shanahan	2				2	4
Vivian Fulford	2					2
Albert Gay					2	2
Phil Halkyard		2				2
Peter Knott	2					2
Michael Pickford	2					2
Dennis Sharrock	2	2				

Campbelltown Joggers Club

Centurian Members

	100th Date	200th Date	Total Handicaps
Alan Banfield	Sep: 1991	Oct: 2003	242
Michael Limbrey	Nov: 1992	Apr: 2008	206
Alan Holt	Oct: 1997		159
Barry Hall	Apr: 2000		145
Peter Knott	May: 2001		137
Bob Corderoy	May: 2004		120
Don Johnson	May: 1998		107

2008 Club Championship Series - Personal Bests

10km

Tom Limbrey	0:37:48
Daniel Roe	0:41:57
Stephen Bowers	0:42:16
Chris Rowe	0:48:39
John Smith	0:51:18
Garry Bland	0:51:22
Fiona McBurney	0:56:06
Irene Shanahan	0:58:44

16km

Tom Limbrey	1:03:52
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5km

Stephen Bowers	0:20:41
Tom Limbrey	0:19:09
Fiona McBurney	0:28:33
Warren Gibbons	0:22:55

2008 Club Championship Series - Top 20 Times

Jul	Jerrad Borodzicz	35:34
Jun	Jerrad Borodzicz	36:09
Aug	Jerrad Borodzicz	36:35
Apr	Jerrad Borodzicz	36:49
Mar	Craig McLean	37:07
May	Jerrad Borodzicz	37:12
Jul	Gary Dalton	37:42
May	Tom Limbrey	37:48
Feb	Michael Pickford	37:52
Jul	Tom Limbrey	37:58
Jun	Tom Limbrey	38:09
Aug	Tom Limbrey	38:25
Jun	Steven Parker	38:29
Sep	Tom Limbrey	38:33
Apr	Tom Limbrey	38:47
Oct	Tom Limbrey	38:49
Feb	Tom Limbrey	39:49
Mar	Elisha Borodzicz	40:06
Sep	Elisha Borodzicz	41:47
Jun	Andrew Gleeson	41:47

2008 Club Championship Handicap Series - PB History

Peter Allen

May	2004	00:50:44
Apr	2004	00:52:38
Sep	2003	00:53:40
Aug	2003	00:55:08
Apr	2003	00:57:30

Veronica Andujar

Apr	2004	00:53:06
Sep	2003	00:54:22

Garry Bland

Jun	2008	00:51:22
May	2008	00:51:31
Feb	2008	00:52:14

Jerrad Borodzicz

Jun	2007	00:34:48
Apr	2006	00:35:07
Mar	2006	00:35:26
Jul	2005	00:35:38
Apr	2005	00:35:47

Elisha Borodzicz

Sep	2003	00:39:29
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Stephen Bowers

May	2008	00:42:16
Mar	2007	00:42:58
Feb	2007	00:43:48
Aug	2006	00:44:16
Jul	2006	00:45:24

Ray Carson

Jul	2007	00:42:10
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Gary Dalton

Jun	2005	00:37:34
May	2005	00:37:46
May	2004	00:37:54

Warren Gibbons

May	2007	00:44:29
Apr	2007	00:46:20
Mar	2007	00:47:25
Feb	2007	00:48:12
Oct	2006	00:48:18
Aug	2006	00:48:25
Jul	2006	00:48:46
Jun	2006	00:49:22
May	2006	00:49:58
Apr	2006	00:51:01

Phil Halkyard

Jul	2003	00:44:16
May	2003	00:44:44

2008 Club Championship Handicap Series - PB History

Ryan Hayes

Apr	2006	00:39:06
Aug	2005	00:39:41
Jul	2005	00:40:10
Jun	2005	00:40:26
Apr	2005	00:40:57
Feb	2005	00:42:04
Jun	2004	00:43:16
Apr	2004	00:45:49

Glen Iddles

Apr	2003	00:39:52
Feb	2003	00:41:31

Jamie Job

Apr	2007	00:40:56
Feb	2007	00:41:03

Kaz Kulpa

May	2005	00:39:40
Apr	2005	00:40:14

Tom Limbrey

May	2008	00:37:48
Apr	2008	00:38:47
Sep	2007	00:39:15

Fiona McBurney

Mar	2008	00:56:06
Feb	2008	00:56:57
Aug	2005	00:56:58
Jul	2005	00:57:16
Apr	2004	00:57:33

David McCord

Aug	2004	00:52:49
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Bob Prentice

Jun	2005	00:39:33
Apr	2004	00:39:56
Mar	2004	00:40:48
Feb	2004	00:41:24
Oct	2003	00:41:54

Karen Reily

Apr	2005	00:39:24
Mar	2005	00:39:25
Feb	2005	00:40:24

Chris Rowe

Aug	2008	00:48:39
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Daniel Roe

Jun	2008	00:41:57
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Charmaine Rungan

Apr	2004	00:56:05
Feb	2004	01:00:39

2008 Club Championship Handicap Series - PB History

Irene Shanahan

Aug	2008	00:58:44
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Dennis Sharrock

Jun	2005	00:44:32
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May	2004	00:45:24
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Apr	2004	00:46:02
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John Smith

Sep	2008	00:51:18
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Dennis Sweetman

Sep	2006	00:43:16
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Jun	2005	00:43:20
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Aug	2005	00:43:36
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May	2005	00:43:43
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Apr	2005	00:43:51
-----	------	----------

Mar	2005	00:43:52
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Narelle Talbot

Sep	2007	00:44:13
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Aug	2007	00:45:09
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Jun	2007	00:45:23
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Apr	2007	00:46:07
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Jun	2006	00:46:51
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2008 Club Championship Handicap Series - Total

Peter Allen	14
Veronica Andujar	35
Michelle Anson	19
Alan Banfield	242
Dennis Bedford	67
Marty Bell	2
Garry Bland	12
Brendan Bleeker	1
Jerrad Borodzicz	69
Elisha Borodzicz	59
Ted Borodzicz	45
Michele Borodzicz	64
Stephen Bowers	20
Vernon Brown	2
Ray Carson	7
Sue Cooper	81
Bob Corderoy	120
Gary Dalton	16
Meagan Drury	1
David Elliot	15
Shane Galbraith	7
Albert Gay	95
Warren Gibbons	24
Andrew Gleeson	4
Jenni Greenland	5
Phil Halkyard	41
Barry Hall	145
Ashley Hamilton	87
Ryan Hayes	24
Peter Hickey	63
Alan Holt	159
Glen Iddles	23
Jamie Job	10
Jonathan Kearney	52
Rashid Khallouf	46
Suzanne Knott	3
Peter Knott	137
Kaz Kulpa	11
John Laidlaw	5
Celine Lamy	2
Tom Limbrey	23
Michael Limbrey	206
Fiona McBurney	26
David McCord	30
Greg McDonald	93

2008 Club Championship Handicap Series - Total

Jake Moore	3
Steven Parker	14
Robert Paxton	86
Michael Pickford	76
Bob Prentice	26
Mal Quinn	98
Karen Reily	31
Scott Roberts	61
Daniel Roe	6
Terry Rouen	86
Chris Rowe	6
Charmaine Rungan	26
Pierre Schott	2
Michael Shanahan	15
Irene Shanahan	11
Clint Shannon	12
Dennis Sharrock	30
Craig Sherwood	2
John Smith	6
Phil Smith	2
Dennis Sweetman	26
Narelle Talbot	14
Karen Vaughan	6

2008 Individual Member Results

Peter Allen

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Bradbury 5	0:24:30	0:31:08	+06:38	33			

Veronica Andujar

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	1:02:00	1:08:32	+06:32	14	35		
Apr	Airds 10 km	1:02:00	1:02:50	+00:50	7	42		
May	Airds 10 km	1:02:00	1:02:41	+00:41	10	39		
Jul	Airds 10 km	1:02:00	1:02:53	+00:53	6	43		
Aug	Airds 10 km	1:02:00	1:02:20	+00:20	4	45		
Sep	Airds 10 km	1:02:00	1:08:08	+06:08	22	27		

Michelle Anson

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:48:15	0:50:43	+02:28	24		REQ	
Feb	Bradbury 5	0:23:30	0:25:30	+02:00	23			

Alan Banfield

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:53:00	1:07:12	+14:12	18	31		
Mar	Airds 10 km	0:53:00	1:00:05	+07:05	16	33		
Apr	Airds 10 km	0:53:30	1:03:35	+10:05	20	29		
May	Airds 10 km	0:53:30	0:57:53	+04:23	19	30		
Jun	Airds 10 km	0:53:30	0:59:18	+05:48	15	34		
Jul	Airds 10 km	0:53:30	1:02:13	+08:43	20	29		
Aug	Airds 10 km	0:53:30	1:01:50	+08:20	18	31		
Sep	Airds 10 km	0:53:30	0:57:34	+04:04	17	32		
Oct	Airds 10 km	0:53:30	1:02:01	+08:31	21	28		
Feb	Bradbury 5	0:24:40	0:29:54	+05:14	32			

Dennis Bedford

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Apr	Airds 10 km	0:57:30	1:00:14	+02:44	13	36		
May	Airds 10 km	0:57:30	0:57:57	+00:27	8	41		
Jun	Airds 10 km	0:57:30	1:01:26	+03:56	14	35		
Jul	Airds 10 km	0:57:30	1:00:38	+03:08	15	34		
Aug	Airds 10 km	0:57:30	0:59:22	+01:52	11	38		
Sep	Airds 10 km	0:57:30	0:58:35	+01:05	4	45		
Oct	Airds 10 km	0:57:30	0:58:45	+01:15	8	41		

Marty Bell

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:46:30	0:48:27	+01:57	31		RUN1	
Sep	Airds 10 km	0:46:45	0:46:57	+00:12	25		RUN2	

Michelle Birch

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:50:00	0:59:57	+09:57	31		NEP	

2008 Individual Member Results

Garry Bland

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:52:30	0:52:14	- 00:16	2	48		*
Mar	Airds 10 km	0:52:00	0:52:28	+00:28	3	46		
Apr	Airds 10 km	0:52:00	0:52:25	+00:25	4	45		
May	Airds 10 km	0:52:00	0:51:31	- 00:29	5	44		*
Jun	Airds 10 km	0:51:30	0:51:22	- 00:08	2	48		*
Aug	Airds 10 km	0:50:45	0:51:51	+01:06	7	42		
Sep	Airds 10 km	0:50:45	0:52:29	+01:44	8	41		
Oct	Airds 10 km	0:50:45	0:51:24	+00:39	2	48		
Feb	Bradbury 5	0:24:10	0:24:58	+00:48	11			

Brendan Bleeker

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:48:15	0:48:12	-00:03	20		RUN1	
Feb	Bradbury 5	0:22:30	0:23:26	+00:56	13			

Jerrad Borodzicz

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Apr	Airds 10 km	0:34:55	0:36:49	+01:54	10	39		
May	Airds 10 km	0:35:15	0:37:12	+01:57	15	34		
Jun	Airds 10 km	0:35:30	0:36:09	+00:39	5	44		
Jul	Airds 10 km	0:35:30	0:35:34	+00:04	1	50		
Aug	Airds 10 km	0:34:30	0:36:35	+01:50	9	40		
Feb	Bradbury 5	0:17:00	0:17:23	+00:23	9			
Jul	Kentlyn 16 km	0:58:45	1:02:04	+03:19	7			

Elisha Borodzicz

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:41:00	0:40:06	-00:54	24		RUN1	
Sep	Airds 10 km	0:40:00	0:41:47	+01:47	28		RUN2	

Ted Borodzicz

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:49:45	0:54:13	+04:28	14	35		
May	Airds 10 km	0:51:00	0:54:18	+03:18	17	32		

Michele Borodzicz

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:49:30	0:52:08	+02:38	11	38		
Jun	Airds 10 km	0:50:15	0:56:39	+06:24	16	33		
Jul	Airds 10 km	0:50:15	0:52:10	+01:55	8	41		
Sep	Airds 10 km	0:50:15	0:52:53	+02:38	12	37		
Oct	Airds 10 km	0:50:15	0:56:30	+06:15	17	32		
Feb	Bradbury 5	0:23:35	0:24:47	+01:12	16			

2008 Individual Member Results

Stephen Bowers

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:43:00	0:43:27	+00:27	4	45		
Mar	Airds 10 km	0:43:00	0:43:58	+00:58	5	44		
Apr	Airds 10 km	0:43:15	0:54:43	+11:28	21	28		
May	Airds 10 km	0:43:15	0:42:16	-00:59	3	46		*
Jun	Airds 10 km	0:42:15	0:43:07	+00:52	7	42		
Jul	Airds 10 km	0:42:15	0:42:39	+00:24	4	45		
Aug	Airds 10 km	0:42:15	0:43:45	+01:30	8	41		
Sep	Airds 10 km	0:42:15	0:44:53	+02:38	13	37		
Oct	Airds 10 km	0:42:15	0:43:26	+01:11	7	42		
Feb	Bradbury 5	0:21:00	0:20:41	-00:19	3			*
Jul	Kentlyn 16 km	1:10:15	1:11:07	+00:52	2			

Vernon Brown

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Sep	Airds 10 km	0:48:00	0:48:37	+00:37	26		NEP	
Oct	Airds 10 km	0:48:00	0:48:35	+00:35	23		NEP	

Ray Carson

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Sep	Airds 10 km	0:42:00	0:45:15	+03:15	29		RUN1	

Sue Cooper

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:42:30	0:46:18	+03:48	27		NEP	
Mar	Airds 10 km	0:43:30	0:47:14	+03:44	13	36		
Apr	Airds 10 km	0:44:30	0:46:28	+01:58	11	38		
May	Airds 10 km	0:44:30	0:46:01	+01:31	12	37		
Aug	Airds 10 km	0:44:45	0:43:49	-00:56	2	48		
Oct	Airds 10 km	0:43:45	0:46:27	+02:42	12	37		
Feb	Bradbury 5	0:22:05	0:22:52	+00:47	10			

Bob Corderoy

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:45:00	0:47:41	+02:41	10	39		
Mar	Airds 10 km	0:45:00	1:00:07	+15:07	18	31		
Jul	Airds 10 km	0:46:30	0:48:54	+02:24	11	38		
Aug	Airds 10 km	0:46:30	0:53:11	+06:41	16	33		
Sep	Airds 10 km	0:46:30	0:47:28	+00:58	3	46		
Feb	Bradbury 5	0:21:15	0:24:18	+03:03	26			
Jul	Kentlyn 16 km	1:17:30	1:21:53	+04:23	11			

Gary Dalton

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Jul	Airds 10 km	0:37:45	0:37:42	-00:03	22		NEP	

2008 Individual Member Results

Meagan Drury

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Sep	Airds 10 km	0:57:00	0:58:00	+01:00	27		NEP	

David Elliot

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:46:00	0:48:31	+02:31	25		REQ	
Mar	Airds 10 km	0:47:00	0:47:51	+00:51	4	45		
Jun	Airds 10 km	0:47:00	0:47:45	+00:45	6	43		
Sep	Airds 10 km	0:47:00	0:48:25	+01:25	7	42		
Oct	Airds 10 km	0:47:00	0:48:07	+01:07	5	44		
Feb	Bradbury 5	0:21:45	0:22:39	+00:54	12			

Vivian Fulford

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	1:18:30	1:28:46	+10:16	17	32		

Shane Galbraith

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Bradbury 5	0:20:40	0:30:38	+09:58	34			

Albert Gay

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Oct	Airds 10 km	0:52:00	0:59:05	+07:05	19	30		

Warren Gibbons

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:44:30	0:48:30	+04:00	12	37		
Mar	Airds 10 km	0:44:30	0:46:30	+02:00	10	39		
Apr	Airds 10 km	0:45:15	0:49:17	+04:02	18	31		
May	Airds 10 km	0:45:15	0:46:50	+01:35	13	36		
Jul	Airds 10 km	0:45:15	0:50:18	+05:03	17	32		
Aug	Airds 10 km	0:45:15	0:53:23	+08:08	17	32		
Sep	Airds 10 km	0:45:15	0:49:58	+04:43	19	30		
Oct	Airds 10 km	0:45:15	0:51:24	+06:09	16	33		
Feb	Bradbury 5	0:21:30	0:22:55	+01:25	18			*

Andrew Gleeson

	Course	H'cap	Actual	+/	Place	Points	Note	PB
May	Airds 10 km	0:42:45	0:42:39	-00:06	22		NEP	
Jun	Airds 10 km	0:42:45	0:41:47	-00:58	24		NEP	
Jul	Airds 10 km	0:41:15	0:42:00	+00:45	5	44		
Sep	Airds 10 km	0:41:15	0:43:03	+01:48	9	40		
Jul	Kentlyn 16 km	1:08:30	1:12:37	+04:07	10			

Jenni Greenland

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:45:30	0:54:07	+08:37	32		RUN1	

2008 Individual Member Results

Phil Halkyard

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Apr	Airds 10 km	0:50:40	0:51:50	+01:10	8	41		

Mike Hall

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Bradbury 5	0:20:40	0:21:56	+01:16	17			

Barry Hall

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:42:45	0:45:56	+03:11	12	37		
Apr	Airds 10 km	0:43:15	0:43:16	+00:01	3	46		
May	Airds 10 km	0:43:15	0:43:52	+00:37	9	40		
Jul	Airds 10 km	0:43:15	0:45:51	+02:36	14	35		
Oct	Airds 10 km	0:43:15	0:47:21	+04:06	13	36		
Feb	Bradbury 5	0:20:40	0:21:01	+ 00:21	8			

Ashley Hamilton

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Jun	Airds 10 km	0:50:15	0:56:49	+06:34	17	32		
Aug	Airds 10 km	0:50:15	1:00:04	+09:49	20	29		
Sep	Airds 10 km	0:50:15	0:57:46	+07:31	23	26		
Oct	Airds 10 km	0:50:15	0:55:19	+05:04	15	34		

Peter Hickey

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:44:30	0:47:51	+03:21	11	38		
Mar	Airds 10 km	0:44:30	0:46:04	+01:34	8	41		
Apr	Airds 10 km	0:44:50	0:47:58	+03:08	15	34		
May	Airds 10 km	0:44:50	0:46:09	+01:19	11	38		
Jun	Airds 10 km	0:45:15	0:47:00	+01:45	9	40		
Jul	Airds 10 km	0:45:15	0:47:13	+01:58	9	40		
Aug	Airds 10 km	0:45:15	0:47:33	+02:18	13	36		
Feb	Bradbury 5	0:20:50	0:22:27	+01:37	20			
Jul	Kentlyn 16 km	1:15:15	1:19:01	+03:46	9			

Alan Holt

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	1:06:30	1:14:18	+07:48	15	34		
Apr	Airds 10 km	1:06:30	1:15:18	+08:48	19	30		
Jun	Airds 10 km	1:06:30	1:13:36	+07:06	18	31		
Jul	Airds 10 km	1:06:30	1:12:06	+05:36	19	30		
Aug	Airds 10 km	1:06:30	1:16:00	+09:30	19	30		
Oct	Airds 10 km	1:06:30	1:13:06	+06:36	18	31		
Feb	Bradbury 5	0:29:00	0:33:44	+04:44	30			

2008 Individual Member Results

Jonathan Kearney

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:41:00	0:42:15	+01:15	29		RUN1	
Apr	Airds 10 km	0:41:00	0:51:08	+10:08	32		RUN2	
Feb	Bradbury 5	0:30:00	0:31:52	+01:52	22			

Rashid Khallouf

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:52:00	1:01:13	+09:13	16	33		
Sep	Airds 10 km	0:52:00	0:57:43	+05:43	31		REQ	
Oct	Airds 10 km	0:52:00	0:59:09	+07:09	20	29		
Feb	Bradbury 5	0:24:00	0:26:50	+02:50	25			

Suzanne Knott

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:55:00	0:50:44	- 04:16	22		NEP	
Apr	Airds 10 km	0:50:00	0:48:28	- 01:32	22		NEP	

Peter Knott

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:42:30	0:47:32	+05:02	13	36		
Mar	Airds 10 km	0:42:30	0:47:20	+04:50	15	34		
Jul	Airds 10 km	0:43:45	1:00:02	+16:17	21	28		
Feb	Bradbury 5	0:22:00	0:22:19	+00:19	6			

Kaz Kulpa

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Sep	Airds 10 km	0:39:45	0:46:10	+06:25	32		NEP	
Oct	Airds 10 km	0:39:45	0:45:17	+05:32	24		NEP	

John Laidlaw

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Apr	Airds 10 km	1:00:00	0:58:36	- 01:24	23		REQ	

Celine Lamy

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Aug	Airds 10 km	1:06:30	1:06:24	- 00:06	23		NEP	
Sep	Airds 10 km	1:06:15	1:06:25	+00:10	24		NEP	

2008 Individual Member Results

Tom Limbrey

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:39:00	0:39:49	+00:49	5	44		
Apr	Airds 10 km	0:39:00	0:38:47	- 00:13	2	48		*
May	Airds 10 km	0:38:40	0:37:48	- 00:52	4	45		*
Jun	Airds 10 km	0:37:40	0:38:09	+00:29	4	45		
Jul	Airds 10 km	0:37:45	0:37:58	+00:13	2	48		
Aug	Airds 10 km	0:37:45	0:38:25	+00:40	5	44		
Sep	Airds 10 km	0:37:45	0:38:33	+00:48	2	48		
Oct	Airds 10 km	0:37:45	0:38:49	+01:04	4	45		
Feb	Bradbury 5	0:19:00	0:19:09	+00:09	5			*
Jul	Kentlyn 16 km	1:02:45	1:03:52	+01:07	3			*

Michael Limbrey

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Apr	Airds 10 km	0:46:30	0:50:12	+03:42	17	32		
May	Airds 10 km	0:46:30	0:48:52	+02:22	16	33		
Jun	Airds 10 km	0:46:30	0:49:45	+03:15	13	36		
Jul	Airds 10 km	0:46:30	0:49:04	+02:34	13	36		
Aug	Airds 10 km	0:46:30	0:50:06	+03:36	15	34		
Sep	Airds 10 km	0:46:30	0:52:13	+05:43	21	28		
Oct	Airds 10 km	0:46:30	0:51:18	+04:48	14	35		
Feb	Bradbury 5	0:22:40	0:27:42	+05:02	31			
Jul	Kentlyn 16 km	1:17:00	1:22:50	+05:50	12			

Fiona McBurney

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:59:45	0:56:57	-02:48	19	30		*
Mar	Airds 10 km	0:56:55	0:56:06	-00:49	2	48		*
Apr	Airds 10 km	0:55:40	0:58:37	+02:57	14	35		
May	Airds 10 km	0:56:00	0:57:43	+01:43	14	35		
Jun	Airds 10 km	0:56:00	1:05:22	+09:22	19	30		
Sep	Airds 10 km	0:56:00	1:01:40	+05:40	20	29		
Feb	Bradbury 5	0:27:30	0:28:33	+01:03	15			*

David McCord

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:54:30	0:56:35	+02:05	7	42		

2008 Individual Member Results

Greg McDonald

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:46:30	0:54:59	+08:29	30		RUN1	
Mar	Airds 10 km	0:54:45	0:53:37	-01:08	23		RUN2	
Apr	Airds 10 km	0:53:00	0:54:33	+01:33	27		RUN3	
May	Airds 10 km	0:54:00	0:52:26	-01:34	1	50		
Jun	Airds 10 km	0:51:30	0:49:38	-01:52	1	50		
Jul	Airds 10 km	0:45:30	0:47:56	+02:26	12	37		
Aug	Airds 10 km	0:45:30	0:48:26	+02:56	14	35		
Sep	Airds 10 km	0:46:00	0:48:30	+02:30	11	38		
Oct	Airds 10 km	0:46:00	0:48:00	+02:00	10	39		
Feb	Bradbury 5	0:22:40	0:26:04	+03:24	29			
Jul	Kentlyn 16 km	1:15:00	1:28:05	+13:05	13			

Craig McLean

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:37:30	0:37:07	-00:23	25		NEP	

Jake Moore

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Apr	Airds 10 km	0:39:45	0:43:13	+03:28	30		RUN2	
Jul	Airds 10 km	0:40:00	0:45:42	+05:42	24		RUN3	
Feb	Bradbury 5	0:19:00	0:19:20	+00:20	7			

Beth Nissen

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Jun	Airds 10 km	0:55:00	1:04:55	+09:55	27		NEP	

Steven Parker

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Jun	Airds 10 km	0:36:00	0:38:29	+02:29	25		REQ	

Robert Paxton

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:50:45	0:53:23	+02:38	9	40		
Apr	Airds 10 km	0:50:45	0:53:12	+02:27	12	37		
May	Airds 10 km	0:52:00	0:57:04	+05:04	20	29		
Jun	Airds 10 km	0:52:00	0:54:41	+02:41	11	38		
Feb	Bradbury 5	0:23:15	0:26:35	+03:20	27			

Brad Pejic

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Jun	Airds 10 km	0:52:00	0:44:00	-08:00	21		NEP	

Michael Pickford

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:37:30	0:37:52	+00:22	3	46		

2008 Individual Member Results

Bob Prentice

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:40:15	0:42:07	+01:52	30		RUN1	
Apr	Airds 10 km	0:40:45	0:42:06	+01:21	26		RUN2	

Mal Quinn

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:46:00	0:47:23	+01:23	6	43		
Apr	Airds 10 km	0:46:30	0:47:07	+00:37	6	43		
Jun	Airds 10 km	0:46:30	0:49:08	+02:38	10	39		
Jul	Airds 10 km	0:46:30	0:49:56	+03:26	16	33		
Aug	Airds 10 km	0:46:30	0:47:20	+00:50	6	43		
Feb	Bradbury 5	0:22:30	0:22:31	+00:01	4			

Scott Roberts

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Oct	Airds 10 km	0:45:00	0:55:23	+10:23	26		REQ	

Sam Rouen

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:56:00	0:55:42	- 00:18	26		NEP	

Terry Rouen

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:48:30	0:55:45	+07:15	17	32		
Jun	Airds 10 km	0:52:00	0:48:53	- 03:07	20	29		
Sep	Airds 10 km	0:48:00	0:52:07	+04:07	18	31		

Chris Rowe

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:55:00	0:56:44	+01:44	22		RUN1	
Jun	Airds 10 km	0:56:45	0:51:39	- 05:06	22		RUN2	
Jul	Airds 10 km	0:50:00	0:51:06	+01:06	23		RUN3	
Aug	Airds 10 km	0:50:00	0:48:39	- 01:21	1	50		*
Sep	Airds 10 km	0:47:45	0:50:03	+02:18	10	39		
Oct	Airds 10 km	0:47:45	0:49:54	+02:09	11	38		
Jul	Kentlyn 16 km	1:23:15	1:26:49	+03:34	8			

Daniel Roe

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:50:00	0:43:38	- 06:22	20		NEP	
Apr	Airds 10 km	0:42:00	0:45:25	+03:25	29		NEP	
May	Airds 10 km	0:42:00	0:42:38	+00:38	23		NEP	
Jun	Airds 10 km	0:42:00	0:41:57	- 00:03	3	46		*
Jul	Airds 10 km	0:41:30	0:42:24	+00:54	7	42		
Oct	Airds 10 km	0:41:30	0:51:54	+10:24	22	27		
Jul	Kentlyn 16 km	1:08:45	1:11:40	+02:55	6			

2008 Individual Member Results

Charmaine Rungan

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:57:45	1:00:12	+02:27	8	41		
Apr	Airds 10 km	0:57:45	0:59:14	+01:29	9	40		
May	Airds 10 km	0:57:45	0:57:39	- 00:06	6	43		
Jul	Airds 10 km	0:57:30	1:02:53	+05:23	18	31		
Aug	Airds 10 km	0:57:30	0:59:27	+01:57	10	39		
Sep	Airds 10 km	0:57:30	1:01:15	+03:45	16	33		
Oct	Airds 10 km	0:57:30	0:58:30	+01:00	3	46		

Pierre Schott

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Apr	Airds 10 km	0:55:00	0:56:40	+01:40	28		NEP	
Jun	Airds 10 km	0:55:00	0:53:47	- 01:13	23		NEP	

Michael Shanahan

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:53:30	0:51:41	- 01:49	1	50		
Mar	Airds 10 km	0:51:25	0:49:56	- 01:29	1	50		
Apr	Airds 10 km	0:49:00	0:47:54	- 01:06	1	50		
May	Airds 10 km	0:46:30	0:46:51	+00:21	7	42		
Jun	Airds 10 km	0:46:30	0:47:33	+01:03	8	41		
Aug	Airds 10 km	0:46:15	0:46:33	+00:18	3	46		
Sep	Airds 10 km	0:46:00	0:47:19	+01:19	6	43		
Oct	Airds 10 km	0:46:30	0:46:55	+00:25	1	50		
Feb	Bradbury 5	0:22:40	0:24:23	+01:43	21			
Jul	Kentlyn 16 km	1:17:30	1:17:58	+00:28	1			

Irene Shanahan

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	1:00:00	1:02:02	+02:02	6	43		
Aug	Airds 10 km	1:00:00	0:58:44	- 01:16	21		REQ	*
Sep	Airds 10 km	0:58:45	1:00:00	+01:15	5	44		
Oct	Airds 10 km	0:58:45	1:00:16	+01:31	9	40		

Dennis Sharrock

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:46:00	0:48:59	+02:59	26		REQ	
Mar	Airds 10 km	0:47:00	0:48:32	+01:32	7	42		
Apr	Airds 10 km	0:47:10	0:50:27	+03:17	16	33		
May	Airds 10 km	0:47:10	0:50:36	+03:26	18	31		
Sep	Airds 10 km	0:48:00	0:51:38	+03:38	15	34		
Jul	Kentlyn 16 km	1:20:00	1:21:57	+01:57	5			

Craig Sherwood

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:52:00	0:58:02	+06:02	28		RUN1	
Mar	Airds 10 km	0:58:00	0:48:01	- 09:59	19		RUN2	
Feb	Bradbury 5	0:24:00	0:25:31	+01:31	19			

2008 Individual Member Results

John Smith

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:58:00	0:52:27	- 05:33	21		RUN1	
Apr	Airds 10 km	0:51:00	0:51:47	+00:47	25		RUN2	
May	Airds 10 km	0:51:00	0:54:13	+03:13	24		RUN3	
Jun	Airds 10 km	0:51:00	0:54:09	+03:09	12	37		
Aug	Airds 10 km	0:51:00	0:53:18	+02:18	12	37		
Sep	Airds 10 km	0:51:00	0:51:18	+00:18	1	50		*
Jul	Kentlyn 16 km	1:25:00	1:26:35	+01:35	4			

Phil Smith

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Aug	Airds 10 km	0:50:00	0:48:58	- 01:02	22		RUN1	
Oct	Airds 10 km	0:47:00	0:52:55	+05:55	25		RUN2	

Dennis Sweetman

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:44:30	0:46:14	+01:44	9	40		
Apr	Airds 10 km	0:44:45	0:45:19	+00:34	5	44		
May	Airds 10 km	0:44:45	0:43:38	- 01:07	2	48		
Jul	Airds 10 km	0:43:30	0:43:51	+00:21	3	46		
Sep	Airds 10 km	0:43:30	0:46:27	+02:57	14	35		
Oct	Airds 10 km	0:43:30	0:44:37	+01:07	6	43		
Feb	Bradbury 5	0:20:45	0:21:42	+00:57	14			

Narelle Talbot

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Sep	Airds 10 km	0:44:15	0:48:01	+03:46	30		REQ	

Karen Vaughan

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Jun	Airds 10 km	1:03:00	1:06:53	+03:53	26		RUN1	
Feb	Bradbury 5	0:32:00	0:31:40	-00:20	2			

Stuart Vaughan

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Bradbury 5	0:23:50	0:25:56	+02:06	24			

Charlotte Wall

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Mar	Airds 10 km	0:46:00	0:46:53	+00:53	28		NEP	

Neil Ware

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:50:00	0:52:15	+02:15	23		NEP	

2008 Individual Member Results

Gary White

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:49:00	0:55:09	+06:09	29		RUN1	
Apr	Airds 10 km	0:55:00	0:54:04	- 00:56	24		RUN2	
Feb	Bradbury 5	0:23:00	0:26:23	+03:23	28			

Julia White

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Apr	Airds 10 km	0:40:45	0:45:31	+04:46	31		REQ	

Sharon White

	Course	H'cap	Actual	+/	Place	Points	Note	PB
Feb	Airds 10 km	0:53:00	0:53:35	+00:35	21		RUN1	
Mar	Airds 10 km	0:53:35	0:53:44	+00:09	27		RUN2	
May	Airds 10 km	0:53:15	0:51:24	- 01:51	21		RUN3	
Jul	Airds 10 km	0:51:00	0:52:59	+01:59	10	39		
Feb	Bradbury 5	0:26:50	0:26:04	- 00:46	1			

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