



**Campbelltown Joggers Club
2009 Year Book**



Michele Anson
Club Champion

CAMPBELLTOWN JOGGERS CLUB COMMITTEE 2009

President: Michael Limbrey

Secretary: Mick Shanahan

Treasurer: Bob Paxton

Handicappers: Warren Gibbons
Michelle Borodzicz

Run Organisers: Mal Quinn
Thomas Limbrey

Ladies Representatives: Veronica Andujar
Irene Shanahan

Sub-Committees

Fun Run Organisers: Mal Quinn
Ted Borodzicz
Barry Hall
Mike Limbrey

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

Ted Borodzicz

2009 TROPHY WINNERS & AWARDS

CLUB CHAMPION

1 st	Michele Anson	277 points
2 nd	Peter Hickey	272 points
3 rd	Charmaine Rungan	267 points
3 rd	Irene Shanahan	267 points

HANDICAP WINNERS

February	Dennis Sharrock
March	Ashley Hamilton
April	Michele Anson
May	Mark Kraljevic
June	Marina Mikulic
July	Warren Gibbons
August	Veronica Andujar
September	Jonathan Kearney
October	Marina Mikulic

FASTEST TIMES

Male	Jerrad Borodzicz	0:35:11
Female	Elisha Borodzicz	0:41:35

PRESIDENTS CUP

Daniel Roe	20 points
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10 MILE HANDICAP

1st Marina Mikulic
2nd Garry Ward
3rd Dennis Sweetman

5KM HANDICAP

1st John Barry
2nd Sandy Playford
3rd Stephen Knott

CLUB RELAY

Scott Dowse, Veronica Andujar & Warren Gibbons

PARTNERS RELAY

Tammy Weinert & Thomas O' Kane

ACHIEVEMENT AWARD

Charmaine Rungan & Albert Gay

CLUB PERSON AWARD

Warren Gibbons

ENCOURGAGEMENT AWARD

Thomas O' Kane

ROOKIE OF THE YEAR AWARD

PRESIDENT'S REPORT 2009

The club objective for 2009 was set at last year's AGM when it was decided to make a major effort to re-vitalise the club by attracting and retaining new members. The committee implemented various strategies to meet this objective such as: an advertising campaign in the local press; running the annual 5km handicap in early February as an invitational event and registration morning; and finally making new members more welcome and trying harder to accommodate their needs and aspirations.

The result has been that club membership is at its highest level for many years. We have 89 financial members and improved participation in both the handicap series and each weeks run/walk programme. I feel that the club is now more alive and recommend that the membership drive should continue. I hope that you agree.

A contributing factor to the re-vitalisation project has been the new CJC website which has been built and maintained by our webmaster Warren Gibbons. The new site is easy to use and Warren has kept the information available very current. This has lead to increased usage of the site with potential new members finding us on the web, and existing members going to the website to look-up results and check future events. I feel the club owes a big thank-you to Warren and in the immortal words of Albert "well done that man!"

Another member who has put in big strides for the CJC this year is Teddy Borodzicz. Whilst Ted is not a current committee member he still does as much work for the club as when he was. This year his projects have been: organisational work for the Challenge Walk and the FG Fun Run; bringing the club storage facility at Bradbury Oval to fruition; and initiating and managing the popular Tuesday evening track series at Campbelltown Stadium. The track series has been another important contributor to the overall re-vitalisation project with new members having been attracted through this medium, so again to Ted "well done that man!"

As in other years, 2009 has seen the club excel in our community participation in two major events, the Campbelltown Challenge Walk in March, and the recent Fishers Ghost Fun Run. The energy, expertise, and teamwork that club members exhibit at these events brings a lot of kudos to the club so thank-you to everybody who was able to contribute. It would be remiss not to single out for special mention Bill Thomson. Bill does a power of work in managing the computer systems and doing the bulk of pre-race data entry for both events, so once again thanks Bill.

Interest in the 2009 Handicap Series has been high as usual. The results show a good spread of individual handicap winners and a new club champion so congratulations to all our winners. The significance which most club members attach to the winning of a handicap was emphasised in the final event of the year when Alan 'Postie' Holt fell within 30 metres of the finish in a valiant effort to maintain his lead, Let's hope that Alan recovers from his shoulder injury in the off season and is back competing again next year.

The final issue I should comment upon in this year's report is the financial strategy that your committee undertook. We decided that our financial strength was such that we could return some benefits of this to the membership. In-fact, expenditure exceeded income, which is not a good long term strategy.

However, the club financial reserves remain strong. The main items of expenditure were as follows: the recruitment advertising campaign; providing a new design club polo shirt for every financial member; and increasing the level of subsidisation of both other club uniform items and club events such as the City to Surf bus and the presentation night. Your new committee can review the situation for 2010.

In signing off, I'd like to say that it has been a great honour to be club president for the past two years. I'll now stand aside and allow a new president to take over with fresh vigour and ideas. I'd encourage all members to give thought to whether you could contribute to the running of our club and I look forward to your active participation in the AGM on the second Sunday in December.

Keep running and smiling

Mike L

LADIES REPORT

This year has been one of the busiest in memory. It started with the club getting out there and letting everyone know that we want YOU to join our Club.

The response and recruitment drive was so brilliant that by the end of February we had acquired many new faces full of enthusiasm and determination, ready to have a go at the Sunday runs and some with very impressive Handicap times. We can't forget all the new walkers that have also joined our club.

I can honestly say the 2009 jogging year has definitely been a girl's year with impressive and huge performances by all the Jogger ladies. We even had lady Handicapper namely Michele B who has done a brilliant job throughout the year, so a huge thank you to Michele.

A few ladies stood out such as Cindy Fabian, Marina Mikukic and of course our champion, Michele Anson.

The month of April saw our first lady handicap winner-Michele Anson. This was the start of a successful year for the ladies.

Also in April, Sue Cooper completed yet another Canberra marathon and Charmaine participated in the 30k Canberra walk.

During May, Irene and Tammy took part in their maiden 21k run and they were very happy to finish the run with a 2hr 15 finish. A special thank you goes to Tammy - Irene's personal trainer on the day for getting her over the line!!

Ashley's run and breakfast was hosted once again in May and was enjoyed by all who attended.

June was another good month for our ladies, with Marina winning both the 10 k and 10 mile handicaps. What an achievement!

During the month of August the usual bus load contingent of joggers went on the famous City to Surf Fun Run. All that took part had excellent results some even recording PB's. The reward of course wasn't so much the PB's or the scenery or the 60,000 plus crowd BUT the renowned BBQ organised by Ted and Co that awaited us on our return ...once again an excellent display of hospitality. Well done gentlemen.

The next Handicap came around in August and a lovely surprise, we had 1st and 2nd finishers all girls namely Veronica Andujar (who was more surprised!) and Charmaine Rungan.

In September we had the Sydney Running Festival, a picture perfect dayfor the BEACH!!!! A few novices took part in the 21k course being Cindy Fabian and an old hand (4th time) Veronica Andujar who decided to have another go after having a

bit of a break due to injuries and moving to the Mountains. Veronica finished with a respectable time of 2hr 38min !!!

In October it was GOLD, GOLD, GOLD to Charmaine Rungan in the 20k walk. Charmaine took part in the World Masters Games and beat some of the world's best in her age group. She's since had a flood of offers from world renown coaches to train her, but good old Charmaine prefers husband Allan to continue training and getting these amazing results.

Another Handicap win for the ladies in October by Marina. Marina had a great year with three handicap wins.

It is now November and it's all hands on deck for the Fishers ghost Festival .It was lovely to see old faces take time from their Sunday to help in this fun community event.

Throughout the year the Ladies Report provided plenty of recipes to keep us healthy and also health tips and hints to make us all more health conscience.

Our Sunday morning teas were an extra special treat by having the "Queen of Cup Cakes and Cakes" producing and delivering the most delicious eateries.

On the Social scene this year, it was more of outdoor flavour with Bob Paxton organising 'tours' into the wilderness of our beautiful bush namely Cave Creek . It has become very popular. We look forward to Bob leading our bush walkers to the beautiful Blue Mountains sometime in the New Year.

On another type of wilderness, the girls ventured into the "retail type wilderness" during the annual shopping trip to raise funds for charity. This year we raised \$950. I'm glad to report there were no injuries, loss of bags or credit cards but we all momentarily lost concentration when we had lunch at Star City - we girls have to recharge the batteries somewhere. Thank you to Janet Hall for organising another very popular and very well supported event.

We wish everyone a very happy and safe Christmas and hope that next year is another successful year for our ladies.

Cheers

Veronica and Irene

RUN ORGANISERS' REPORT

There is so much to report it is difficult to know where to start.....

Keeping the run calendar fresh, enjoyable and accessible for all members is a challenge every year. We set out this year to breathe a little life into the calendar for older members and also to come up with a few initiatives to embrace the novice runner – I think we achieved the first challenge but still need to work on ideas to ease new runners into the full calendar.

Notable achievements for the year were the introduction of 'The Pipeline' run which was a great piece of work on Mal's behalf. 'The Pipeline' was very popular and certainly a welcome change from beating the asphalt – who'd of thought you'd be fording creeks in February and scaling fences in November when you joined the Joggers Club!

Another initiative that got off the ground this year was the return of the Mt Annan Gardens runs. While tip toeing through the minefield that is State Government bureaucracy, in order to gain approved access to The Gardens, was a little tedious, it certainly seems worth it when we get to enjoy a run in the gardens peaceful surrounds and not have to worry about cars and other traffic hazards. The Gardens are a great place to go running and hopefully we can continue to build on the relationships that we have established with the staff at the Gardens, and in coming years hold more runs there. Also, a big thank you to Andrew Gleeson for his help in making access to the gardens such a breeze.

While on runs away from Bradbury, massive thanks to Ashley Hamilton for welcoming us all into his home back in May for the run around the 'Brownlow Hill Loop'. A delightful place for a run, and a delightful place for breakfast. Thanks Ashley.

Each year we try to accommodate the main events on the 'Fun Run' calendar for members to participate and this year was no different. Congratulations to all members that pulled on the club colours and represented the club at different events around the country – the list of achievements across all levels of fitness, age and speed is extensive so have a look at all the results and marvel at your fellow club members ability.

Some of the highlights of our run calendar were the team and partner relays, and thanks to all for your keen participation in these events. Numbers were up considerably in both these club events this year and that made for keen and exciting competition. Watching Hoppy Al and Michelle B duke it out for 3rd place down the final few hundred metres of team relay was outstanding!! Maybe we should squeeze in another partners/teams event in 2010?

Big thanks to all that took on the organiser role when you elected officials weren't on hand.....that didn't happen much did it? Also thanks to the Saturday morning

Kentlyn bush bashers, and the Wednesday night crew for keeping the calendar relevant for all advertised club runs and rolling out the welcome mat to all comers.

Special mention to Warren for his tireless efforts in updating the Run Calendar online when late changes were made – a magnificent club resource the website but only if it is up to date and Warren certainly made sure of that.

Finally, another special mention to Ted B and the Tuesday night track runs – run organiser is another tag he unofficially carried this year, and the track nights were all his doing.

Once again, thanks to all, see you on the road next year and if you have any ideas for club runs don't hesitate to share.

Cheers,

Tom and Mal

HANDICAPPERS ANNUAL REPORT

Congratulations firstly to all handicap competitors throughout 2009. The year has seen many new members and growing numbers of competitors in all races across the series. And it has been the very presence of **many** competitors that has sparked a number of amazing performances. So thank you to all runners for putting themselves on the starting line each month (it is definitely not an easy thing to do!) and keeping our run numbers well over thirty in each handicap race. This has maintained the integrity and prestige of our time honored 10km handicap series.

Gutsy performances have included our series winner, Michelle Anson who was unwell at the last handicap but still ran; Irene Shanahan who before knee injury was well on her way to a sub 50 minute 10km; Peter Hickey, Mick Shanahan, Daniel Roe, John Smith, Gary Bland and Phil Halkyard who ran consistently and strongly all season; Alan Holt who literally threw himself on the finishing line in the last handicap; and Mark Kraljevic who kept "blowing the handicappers out of the water" with newer and better times.

2009 saw the removal of the two-minute rule, which after unfortunate anomalies of 2008 was probably a good thing. Three runners this year would have been penalized had it been invoked which also would have been a travesty of justice.

The life of a handicapper is definitely not an easy one as you "are damned if you do and damned if you don't." So at this point apologies must go out to anybody who felt that their handicap in 2009 was too hard. Our aim generally was not to make handicaps too hard but rather to make runners feel that "if they trained just a little harder" then the given handicap was certainly within their reach. We can only hope we succeeded somewhat in this aim.

Ultimately the life of the handicappers has been made far easier by the brilliant handicap system devised by Bill Thomson and who continues to modify it and provide support to handicappers. Only by using this system does one realize what a formidable tool we have been given. Thank you Bill. As one of the handicappers, I personally wish to say that it has been a particularly rewarding experience made incredibly easier by the expertise and no fuss attitude provided by my fellow handicapper, Warren Gibbons. Warren's skills with website design and in particular with posting handicap results have been a magnificent asset to our club.

We also wish to thank all club members who provided assistance in helping with the handicap races throughout 2009 as this aids enormously with the smooth running of the event. In particular, we acknowledge the special effort of Mike Kearney and Ted Borodzicz who provided regular support with administration and timing respectively. We also thank Barry and Janet Hall who once again enabled us to provide much coveted sports clothing as lucky barrel prizes.

Whilst our 10km handicap series has been our mainstay competition from which we draw our club champion, 2009 has also seen the re introduction of the 1km and 3km

track running at Leumeah thanks to Ted Borodzicz and Bobby Prentice. All regular participants agreed that it benefited their 10km performance immensely (notably first and second placegetters of the 10km series, Michelle Anson and Peter Hickey!) There was also a handicapped staggered start 3km race, which added excitement value to this format of racing. Dennis Sweetman's half marathon in December is another positive initiative of this genre and we can only hope that this may be the beginning of more competitive runs for our club. Dare we ask...is it possible to run a 5km series somewhere in our calendar? We only need people to drive it!

Finally we take this opportunity to wish all club members, their families and friends a very safe and happy Christmas. We look forward to seeing a bunch of healed, re-invigorated and inspired club members in 2010.

Michele Borodzicz and Warren Gibbons.

RUNNER'S PROFILE – 2009 HANDICAP SERIES WINNER

Name: Michele Anson

Age: Just over 40

Star Sign: Aries

Occupation: Youth Worker Claymore Youth Centre/TAFE teacher

Relationship Status: It changes on a weekly basis

Children: I have 2 great kids Kari 18 and Mitch 17

Fastest 10k: 47:24 (It has been a while)

Years with the club: About 11 years

Favourite runs: Kentlyn Bush or along the beach

Favourite drink: What just one? – can't go past a nice bourbon straight

Favourite food: Thai – Penang Chicken

Favourite Athlete: Barry Hall – anyone that can grow that much body hair and still run is a legend!

Favourite movie: Tie between Little Miss Sunshine and Me, Myself and Irene

Last Book you read: "How to beat men in 10km handicap races" was given to me by Michele Borodzicz I am going to pass it onto Charmaine for next year.

How did you feel about winning the handicap series?

It was a tough nine months! I decided at the beginning of the year that I would like to win it this year. But it really could have been about 6 other people who won it. There were 2 months where I did not run at all in between races because of injury. It is tough to stay uninjured and healthy and yet train hard for 9 months – I could have had a baby in that time!

What do you like most about the club?

I like the runs where there is no pressure, everyone goes out has a run together and everyone is really friendly. I have had some really good conversations with some great people. And eating Irene's' cooking at the end is always awesome!

Who do you get your running tips from?

My flat mate Dan! He is a massage therapist and knows a lot about the body – all of his suggestions have worked. And he gives a mean massage!

What do you think of the handicappers?

They don't take bribes – what is with that? Seriously though they are the most awesome and dedicated people (remember that for next year guys, take it easy on me) and I want to thank them for their hard work.

Which runner do you admire most in the club?

Marina Mikulic – no matter how far or hard she runs her hair and makeup are always amazing!

What was your most enjoyable run in 2009 and why?

Any Sunday morning runs with Gazza (Gary Ward) we always have a great talk and run and he is not scared of snakes so I let him lead through long grass!

What are your goals for next year?

I want to beat my best 10k time – I want to get under 47 minutes and I know it is possible. And I want to beat Michael Shanahan in the handicap again.

Training tips for other runners

Stretching and sleeping (but not at the same time)! Also if you are injured - stop running and get on a bike or hit the pool I found mountain bike riding kept me fit when I could not run.

What is your next big challenge?

Saving up for a trip to Europe, getting my 10k time under 47minutesand did I mention that I beat Michael Shanahan?

2009 Club Championship Handicap Series

H'cap No: 1 Date: 22/02/2009 Course: Airds 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note PB
1	Dennis Sharrock	0:49:30	0:47:17	- 02:13	50	
2	Ashley Hamilton	0:53:30	0:52:20	- 01:10	48	
3	Robert Paxton	0:55:00	0:54:00	- 01:00	46	
4	Chris Rowe	0:48:30	0:47:58	- 00:32	45	*
5	Andrew Gleeson	0:42:00	0:41:36	- 00:24	44	*
6	Ryan Hayes	0:42:00	0:41:55	- 00:05	43	
7	Kaz Kulpa	0:42:30	0:42:28	- 00:02	42	
8	Irene Shanahan	0:58:45	0:58:46	+ 00:01	41	
9	Dennis Sweetman	0:44:00	0:44:20	+ 00:20	40	
10	Tom Limbrey	0:38:30	0:39:03	+ 00:33	39	
11	Michael Limbrey	0:49:30	0:50:22	+ 00:52	38	
12	Garry Bland	0:51:00	0:52:06	+ 01:06	37	
13	Peter Hickey	0:46:30	0:47:47	+ 01:17	36	
14	Charmaine Rungan	0:58:45	1:00:10	+ 01:25	35	
15	Phil Halkyard	0:50:30	0:51:59	+ 01:29	34	
16	Daniel Roe	0:42:30	0:44:10	+ 01:40	33	
17	Barry Hall	0:43:15	0:45:04	+ 01:49	32	
18	Michael Shanahan	0:46:30	0:48:29	+ 01:59	31	
19	Michele Borodzicz	0:51:30	0:53:30	+ 02:00	30	
20	Stuart Vaughan	0:52:30	0:54:37	+ 02:07	29	
21	Suzanne Knott	0:48:00	0:50:17	+ 02:17	28	
22	Michelle Anson	0:49:00	0:51:43	+ 02:43	27	
23	Greg McDonald	0:48:00	0:52:17	+ 04:17	26	
24	Alan Holt	1:09:00	1:14:04	+ 05:04	25	
25	Pierre Schott	0:53:30	0:58:51	+ 05:21	24	
26	John Smith	0:50:30	0:56:07	+ 05:37	23	
27	Fiona McBurney	1:00:00	1:06:06	+ 06:06	22	
28	Veronica Andujar	1:03:00	1:09:09	+ 06:09	21	
29	Vanessa Asper	1:00:00	1:00:21	+ 00:21		RUN1
30	Mark Kraljevic	0:53:00	0:53:41	+ 00:41		RUN2
31	Bob Prentice	0:42:00	0:42:45	+ 00:45		REQ
32	Tammy Weinert	0:57:30	0:59:00	+ 01:30		RUN2
33	Glen Iddles	0:42:30	0:45:22	+ 02:52		REQ
34	Jenni Greenland	0:52:00	0:55:17	+ 03:17		REQ
35	Jesse Garcia	1:00:00	1:04:21	+ 04:21		RUN2
36	Janis McEvoy	1:00:00	1:07:43	+ 07:43		RUN1
37	Cassie Badger	1:00:00	1:07:44	+ 07:44		RUN1

2009 Club Championship Handicap Series

H'cap No: 2

Date: 22/03/2009

Course: Airds 10 km

Start: Mass

Place	Name	H'cap	Actual	+/-	Points	Note PB
1	Ashley Hamilton	0:52:15	0:50:25	- 01:50	50	
2	Kaz Kulpa	0:42:30	0:40:48	- 01:42	48	
3	Irene Shanahan	0:58:45	0:57:09	- 01:36	46	*
4	Glen Iddles	0:44:00	0:42:57	- 01:03	45	
5	Michael Shanahan	0:46:30	0:45:49	- 00:41	44	
6	Peter Knott	0:50:00	0:49:27	- 00:33	43	
7	Ryan Hayes	0:42:00	0:41:27	- 00:33	43	
8	Tom Limbrey	0:38:30	0:37:58	- 00:32	41	
9	Charmaine Rungan	0:59:00	0:58:45	- 00:15	40	
10	Phil Halkyard	0:50:30	0:50:27	- 00:03	39	
11	Peter Hickey	0:46:45	0:46:55	+ 00:10	38	
12	Michelle Anson	0:50:45	0:50:56	+ 00:11	37	
13	Daniel Roe	0:43:00	0:43:13	+ 00:13	36	
14	Dennis Sharrock	0:47:15	0:47:30	+ 00:15	35	
15	John Smith	0:50:30	0:50:45	+ 00:15	35	*
16	Sue Cooper	0:44:00	0:44:24	+ 00:24	33	
17	Rashid Khallouf	0:53:00	0:53:26	+ 00:26	32	
18	Dennis Bedford	0:58:00	0:58:49	+ 00:49	31	
19	Jerrad Borodzicz	0:35:45	0:36:39	+ 00:54	30	
20	Andrew Gleeson	0:41:30	0:42:49	+ 01:19	29	
21	Garry Bland	0:51:00	0:52:30	+ 01:30	28	
22	Scott Roberts	0:48:00	0:49:31	+ 01:31	27	
23	Barry Hall	0:43:30	0:45:19	+ 01:49	26	
24	Greg McDonald	0:48:00	0:49:53	+ 01:53	25	
25	Bob Prentice	0:42:15	0:44:15	+ 02:00	24	
26	Michael Limbrey	0:49:45	0:51:59	+ 02:14	23	
27	Jesse Garcia	1:02:00	1:04:23	+ 02:23	22	
28	Warren Gibbons	0:46:30	0:49:22	+ 02:52	21	
29	Alan Banfield	0:58:00	1:00:59	+ 02:59	20	
30	Veronica Andujar	1:05:00	1:08:09	+ 03:09	19	
31	Pierre Schott	0:53:45	0:57:27	+ 03:42	18	
32	Mal Quinn	0:48:00	0:54:25	+ 06:25	17	
33	Vanessa Asper	0:59:00	0:55:56	- 03:04		RUN2
34	Nick Bakulic	0:50:00	0:50:01	+ 00:01		RUN1
35	Glen Sussman	0:48:00	0:49:43	+ 01:43		RUN1
36	Nathan Brown	0:37:00	0:39:15	+ 02:15		REQ
37	Janis McEvoy	1:03:00	1:06:30	+ 03:30		RUN2
38	John Laidlaw	0:52:00	0:55:32	+ 03:32		REQ

2009 Club Championship Handicap Series

H'cap No: 3 Date: 26/04/2009 Course: Airds 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Michelle Anson	0:50:45	0:48:55	- 01:50	50		
2	Dennis Sharrock	0:47:15	0:46:11	- 01:04	48		
3	Irene Shanahan	0:57:00	0:55:58	- 01:02	46	*	
4	Phil Halkyard	0:50:30	0:49:55	- 00:35	45		
5	Tammy Weinert	0:57:30	0:57:09	- 00:21	44	*	
6	Stephen Bowers	0:43:00	0:42:46	- 00:14	43		
7	Dennis Bedford	0:58:00	0:57:47	- 00:13	42		
8	Ryan Hayes	0:41:15	0:41:08	- 00:07	41		
9	Michael Shanahan	0:45:45	0:45:38	- 00:07	40		
10	Mark Kraljevic	0:53:00	0:52:57	- 00:03	39	*	
11	Peter Knott	0:49:30	0:49:30	- 00:00	38		
12	Daniel Roe	0:43:00	0:43:03	+ 00:03	37		
13	Tom Limbrey	0:38:00	0:38:19	+ 00:19	36		
14	Peter Hickey	0:46:45	0:47:17	+ 00:32	35		
15	Barry Hall	0:44:30	0:45:09	+ 00:39	34		
16	Greg McDonald	0:48:30	0:49:19	+ 00:49	33		
17	David Elliot	0:48:00	0:48:55	+ 00:55	32		
18	John Smith	0:50:30	0:51:29	+ 00:59	31		
19	Kaz Kulpa	0:40:45	0:42:08	+ 01:23	30		
20	Vanessa Asper	0:52:30	0:53:54	+ 01:24	29	*	
21	Robert Paxton	0:54:00	0:55:53	+ 01:53	28		
22	Glen Iddles	0:42:45	0:44:41	+ 01:56	27		
23	Sue Cooper	0:44:00	0:46:17	+ 02:17	26		
24	Dennis Sweetman	0:44:00	0:46:18	+ 02:18	25		
25	Scott Roberts	0:48:45	0:51:19	+ 02:34	24		
26	Ashley Hamilton	0:50:15	0:53:06	+ 02:51	23		
27	Rashid Khallouf	0:53:15	0:56:09	+ 02:54	22		
28	Alan Holt	1:09:45	1:13:17	+ 03:32	21		
29	Nathan Brown	0:37:00	0:41:16	+ 04:16	20		
30	Mal Quinn	0:49:00	0:55:04	+ 06:04	19		
31	Alan Banfield	0:58:00	1:04:58	+ 06:58	18		
32	Chris Rowe	0:47:45	1:01:45	+ 14:00	17		
33	Jonathan Kearney	0:43:00	0:43:25	+ 00:25		REQ	
34	Gary Ward	0:48:00	0:53:21	+ 05:21		REQ	

2009 Club Championship Handicap Series

H'cap No: 4

Date: 24/05/2009

Course: Airds 10 km

Start: Mass

Place	Name	H'cap	Actual	+/-	Points	Note PB
1	Mark Kraljevic	0:52:45	0:47:46	- 04:59	50	*
2	Mal Quinn	0:51:00	0:49:21	- 01:39	48	
3	John Smith	0:51:00	0:49:35	- 01:25	46	*
4	Peter Hickey	0:47:00	0:46:20	- 00:40	45	
5	Phil Halkyard	0:49:45	0:49:18	- 00:27	44	
6	Tom Limbrey	0:38:15	0:37:54	- 00:21	43	
7	Michelle Anson	0:48:45	0:48:29	- 00:16	42	
8	Greg McDonald	0:48:30	0:48:17	- 00:13	41	
9	Ryan Hayes	0:41:00	0:40:48	- 00:12	40	
10	Barry Hall	0:44:30	0:44:21	- 00:09	39	
11	Michael Shanahan	0:45:30	0:45:21	- 00:09	39	
12	Sue Cooper	0:44:30	0:44:26	- 00:04	37	
13	Albert Gay	0:55:00	0:54:59	- 00:01	36	
14	Irene Shanahan	0:55:45	0:55:51	+ 00:06	35	*
15	Peter Knott	0:49:30	0:50:05	+ 00:35	34	
16	Dennis Sweetman	0:44:15	0:45:04	+ 00:49	33	
17	Gary Ward	0:50:00	0:50:55	+ 00:55	32	
18	Stephen Bowers	0:42:45	0:43:45	+ 01:00	31	
19	Daniel Roe	0:43:00	0:44:03	+ 01:03	30	
20	Dennis Sharrock	0:46:00	0:47:41	+ 01:41	29	
21	Alan Holt	1:11:00	1:12:54	+ 01:54	28	
22	Andrew Gleeson	0:41:30	0:43:40	+ 02:10	27	
23	Charmaine Rungan	0:58:45	1:01:28	+ 02:43	26	
24	Robert Paxton	0:54:30	0:57:21	+ 02:51	25	
25	Garry Bland	0:51:00	0:53:58	+ 02:58	24	
26	Warren Gibbons	0:46:30	0:50:44	+ 04:14	23	
27	Chris Rowe	0:47:45	0:52:39	+ 04:54	22	
28	Dennis Bedford	0:58:00	0:57:22	- 00:38		NEP
29	Marina Mikulic	0:55:00	0:55:28	+ 00:28		RUN1
30	Cindy Fabian	1:00:00	1:01:32	+ 01:32		RUN1
31	Kevin Fabian	0:50:00	0:53:49	+ 03:49		RUN1
32	Michael Sutton	0:50:00	0:57:35	+ 07:35		RUN1

2009 Club Championship Handicap Series

H'cap No: 5 Date: 21/06/2009 Course: Airds 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note PB
1	Marina Mikulic	0:54:00	0:51:45	- 02:15	50	*
2	Peter Knott	0:49:45	0:48:30	- 01:15	48	
3	John Laidlaw	0:52:30	0:51:24	- 01:06	46	
4	Alan Holt	1:12:00	1:10:58	- 01:02	45	
5	Mal Quinn	0:49:15	0:48:38	- 00:37	44	
6	Irene Shanahan	0:55:30	0:55:03	- 00:27	43	*
7	Daniel Roe	0:43:00	0:42:34	- 00:26	42	
8	Garry Bland	0:52:00	0:51:36	- 00:24	41	
9	Peter Hickey	0:46:15	0:45:58	- 00:17	40	
10	Jerrad Borodzicz	0:36:00	0:35:45	- 00:15	39	
11	Tammy Weinert	0:56:30	0:56:18	- 00:12	38	*
12	Michelle Anson	0:48:15	0:48:07	- 00:08	37	
13	Ryan Hayes	0:40:00	0:39:59	- 00:01	36	
14	Charmaine Rungan	0:59:00	0:59:02	+ 00:02	35	
15	Michael Shanahan	0:45:00	0:45:04	+ 00:04	34	
16	Ashley Hamilton	0:51:00	0:51:07	+ 00:07	33	
17	Stephen Bowers	0:43:00	0:43:46	+ 00:46	32	
18	Michael Sutton	0:53:00	0:53:48	+ 00:48	31	*
19	Warren Gibbons	0:47:30	0:48:37	+ 01:07	30	
20	John Smith	0:49:15	0:50:23	+ 01:08	29	
21	Cindy Fabian	0:55:00	0:56:20	+ 01:20	28	*
22	Mark Kraljevic	0:46:30	0:48:04	+ 01:34	27	
23	Phil Halkyard	0:49:00	0:50:38	+ 01:38	26	
24	Andrew Gleeson	0:41:45	0:43:52	+ 02:07	25	
25	Kevin Fabian	0:50:00	0:53:00	+ 03:00	24	*
26	Chris Rowe	0:49:00	0:52:02	+ 03:02	23	
27	Veronica Andujar	1:05:00	1:10:29	+ 05:29	22	
28	Greg McDonald	0:48:00	0:54:52	+ 06:52	21	
29	Alan Banfield	0:58:30	1:07:33	+ 09:03	20	
30	Scott Dowse	0:40:00	0:37:52	- 02:08		RUN2
31	Steve Mikulic	0:44:45	0:44:45	- 00:00		RUN1
32	Kellie Weinert	0:53:00	0:53:11	+ 00:11		RUN1
33	Ted Borodzicz	0:53:00	0:54:35	+ 01:35		REQ
34	Dennis Bedford	0:57:00	1:00:02	+ 03:02		NEP
35	David Hutchins	0:43:00	0:48:42	+ 05:42		REQ

2009 Club Championship Handicap Series

H'cap No: 6

Date: 19/07/2009

Course: Airds 10 km

Start: Mass

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Warren Gibbons	0:47:45	0:45:20	- 02:25	50		
2	Michael Sutton	0:53:00	0:51:05	- 01:55	48	*	
3	Suzanne Knott	0:49:00	0:47:22	- 01:38	46	*	
4	Gary Ward	0:49:30	0:48:09	- 01:21	45		
5	John Laidlaw	0:51:15	0:49:58	- 01:17	44		
6	Veronica Andujar	1:06:00	1:04:51	- 01:09	43		
7	Ashley Hamilton	0:51:00	0:50:08	- 00:52	42		
8	Mark Kraljevic	0:46:45	0:46:01	- 00:44	41	*	
9	Peter Knott	0:48:15	0:47:57	- 00:18	40		
10	Peter Hickey	0:45:45	0:45:41	- 00:04	39		
11	Jerrad Borodzicz	0:35:45	0:35:49	+ 00:04	38		
12	Nathan Brown	0:37:15	0:37:33	+ 00:18	37		
13	Andrew Gleeson	0:42:00	0:42:22	+ 00:22	36		
14	Michael Shanahan	0:44:45	0:45:09	+ 00:24	35		
15	Stephen Bowers	0:43:30	0:44:07	+ 00:37	34		
16	Scott Dowse	0:37:45	0:38:24	+ 00:39	33		
17	Michelle Anson	0:48:00	0:48:40	+ 00:40	32		
18	Irene Shanahan	0:54:30	0:55:15	+ 00:45	31		
19	Alan Banfield	0:59:00	0:59:47	+ 00:47	30		
20	Garry Bland	0:51:30	0:52:17	+ 00:47	30		
21	Kevin Fabian	0:50:30	0:51:29	+ 00:59	28	*	
22	Cindy Fabian	0:55:00	0:55:59	+ 00:59	28	*	
23	Daniel Roe	0:42:30	0:43:29	+ 00:59	28		
24	John Smith	0:49:30	0:50:37	+ 01:07	25		
25	Greg McDonald	0:48:15	0:49:43	+ 01:28	24		
26	Bob Corderoy	0:47:15	0:49:02	+ 01:47	23		
27	Alan Holt	1:10:45	1:13:34	+ 02:49	22		
28	Dennis Sharrock	0:46:30	0:49:33	+ 03:03	21		
29	Michael Limbrey	0:49:45	0:54:26	+ 04:41	20		
30	Marina Mikulic	0:49:30	0:54:46	+ 05:16	19		
31	Mal Quinn	0:48:30	1:00:44	+ 12:14	18		
32	Dennis Bedford	0:57:30	0:58:39	+ 01:09		NEP	

2009 Club Championship Handicap Series

H'cap No: 7 Date: 23/08/2009 Course: Airds 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Veronica Andujar	1:04:45	1:01:02	- 03:43	50		
2	Gary Ward	0:48:00	0:46:01	- 01:59	48		
3	Charmaine Rungan	0:59:00	0:57:43	- 01:17	46		
4	Michael Sutton	0:51:00	0:49:52	- 01:08	45	*	
5	Rashid Khallouf	0:53:15	0:52:13	- 01:02	44		
6	John Smith	0:49:45	0:48:44	- 01:01	43	*	
7	Scott Dowse	0:37:45	0:36:48	- 00:57	42	*	
8	Robert Paxton	0:55:00	0:54:14	- 00:46	41		
9	Garry Bland	0:51:45	0:51:03	- 00:42	40	*	
10	Jerrad Borodzicz	0:35:45	0:35:11	- 00:34	39		
11	Ted Borodzicz	0:52:00	0:51:31	- 00:29	38		
12	Daniel Roe	0:42:45	0:42:33	- 00:12	37		
13	Bob Corderoy	0:47:45	0:47:42	- 00:03	36		
14	Jonathan Kearney	0:45:00	0:45:00	- 00:00	35		
15	Michelle Anson	0:48:15	0:48:15	- 00:00	34		
16	Alan Holt	1:10:45	1:10:49	+ 00:04	33		
17	Albert Gay	0:52:45	0:52:51	+ 00:06	32		
18	Kevin Fabian	0:51:00	0:51:16	+ 00:16	31	*	
19	Michael Shanahan	0:45:00	0:45:50	+ 00:50	30		
20	Greg McDonald	0:48:30	0:49:38	+ 01:08	29		
21	Scott Roberts	0:50:00	0:51:25	+ 01:25	28		
22	Alan Banfield	0:59:00	1:00:36	+ 01:36	27		
23	Chris Rowe	0:49:15	0:51:01	+ 01:46	26		
24	Irene Shanahan	0:54:45	0:56:35	+ 01:50	25		
25	Barry Hall	0:44:15	0:46:19	+ 02:04	24		
26	David Elliot	0:48:45	0:50:54	+ 02:09	23		
27	Phil Halkyard	0:49:15	0:51:29	+ 02:14	22		
28	Cindy Fabian	0:55:30	0:57:58	+ 02:28	21		
29	Marina Mikulic	0:50:00	0:52:29	+ 02:29	20		
30	Peter Hickey	0:45:45	0:48:39	+ 02:54	19		
31	Ashley Hamilton	0:50:00	0:53:17	+ 03:17	18		
32	Michael Limbrey	0:50:45	0:54:09	+ 03:24	17		
33	Dennis Sharrock	0:47:30	0:53:26	+ 05:56	16		
34	Mark Kraljevic	0:45:45	0:53:18	+ 07:33	15		
35	Dennis Bedford	0:57:30	1:00:30	+ 03:00		NEP	
36	Steve Mikulic	0:44:45	0:49:46	+ 05:01		RUN2	

2009 Club Championship Handicap Series

H'cap No: 8

Date: 27/09/2009

Course: Airds 10 km

Start: Mass

Place	Name	H'cap	Actual	+/-	Points	Note PB
1	Jonathan Kearney	0:45:00	0:41:52	- 03:08	50	
2	Stephen Bowers	0:43:30	0:42:12	- 01:18	48	*
3	Robert Paxton	0:54:15	0:53:21	- 00:54	46	
4	Scott Dowse	0:36:45	0:36:28	- 00:17	45	*
5	Chris Rowe	0:49:45	0:49:38	- 00:07	44	
6	Alan Banfield	0:59:00	0:59:17	+ 00:17	43	
7	Alan Holt	1:10:45	1:11:17	+ 00:32	42	
8	Michael Shanahan	0:45:15	0:45:59	+ 00:44	41	
9	John Smith	0:48:45	0:49:29	+ 00:44	41	
10	Peter Hickey	0:46:00	0:47:19	+ 01:19	39	
11	Veronica Andujar	1:00:45	1:02:09	+ 01:24	38	
12	Charmaine Rungan	0:57:45	0:59:12	+ 01:27	37	
13	Daniel Roe	0:42:45	0:44:12	+ 01:27	37	
14	Michelle Anson	0:48:15	0:49:44	+ 01:29	35	
15	Phil Halkyard	0:49:30	0:51:02	+ 01:32	34	
16	David Hutchins	0:45:00	0:46:47	+ 01:47	33	
17	Michael Sutton	0:49:45	0:51:52	+ 02:07	32	
18	Mark Kraljevic	0:46:00	0:48:10	+ 02:10	31	
19	Jerrad Borodzicz	0:35:15	0:37:42	+ 02:27	30	
20	Michael Limbrey	0:51:15	0:54:06	+ 02:51	29	
21	Ashley Hamilton	0:50:15	0:53:25	+ 03:10	28	
22	Gary Ward	0:46:00	0:49:28	+ 03:28	27	
23	Kaz Kulpa	0:41:00	0:44:33	+ 03:33	26	
24	Dennis Sweetman	0:44:30	0:48:05	+ 03:35	25	
25	Dennis Sharrock	0:47:30	0:51:29	+ 03:59	24	
26	Irene Shanahan	0:55:00	0:59:15	+ 04:15	23	
27	Ryan Hayes	0:39:45	0:44:37	+ 04:52	22	
28	Rashid Khallouf	0:52:15	1:01:17	+ 09:02	21	
29	Greg McDonald	0:48:30	0:57:56	+ 09:26	20	
30	Kylie Biggs	1:00:00	0:53:14	- 06:46		RUN1
31	Tom O'kane	1:00:00	0:58:05	- 01:55		RUN1
32	John McGann	0:48:00	0:46:49	- 01:11		RUN1
33	Gary Rolfe	0:42:00	0:41:29	- 00:31		REQ

2009 Club Championship Handicap Series

H'cap No: 9 Date: 25/10/2009 Course: Airds 10 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note PB
1	Marina Mikulic	0:50:00	0:49:27	- 00:33	50	*
2	Charmaine Rungan	0:58:00	0:57:38	- 00:22	48	
3	Alan Holt	1:10:45	1:10:34	- 00:11	46	
4	Scott Dowse	0:36:30	0:36:43	+ 00:13	45	
5	Stephen Bowers	0:42:15	0:42:32	+ 00:17	44	
6	Daniel Roe	0:42:45	0:43:17	+ 00:32	43	
7	Michelle Anson	0:48:15	0:48:49	+ 00:34	42	
8	Sue Cooper	0:44:45	0:45:41	+ 00:56	41	
9	Robert Paxton	0:53:15	0:54:12	+ 00:57	40	
10	Chris Rowe	0:49:30	0:50:28	+ 00:58	39	
11	Phil Halkyard	0:49:30	0:50:39	+ 01:09	38	
12	Scott Roberts	0:50:30	0:51:52	+ 01:22	37	
13	Ashley Hamilton	0:50:15	0:51:43	+ 01:28	36	
14	Peter Hickey	0:46:00	0:47:31	+ 01:31	35	
15	Mark Kraljevic	0:46:15	0:48:08	+ 01:53	34	
16	Michael Limbrey	0:51:15	0:53:16	+ 02:01	33	
17	Michael Shanahan	0:45:15	0:47:35	+ 02:20	32	
18	Alan Banfield	0:59:00	1:01:21	+ 02:21	31	
19	Greg McDonald	0:48:30	0:51:17	+ 02:47	30	
20	Gary Ward	0:46:00	0:49:25	+ 03:25	29	
21	Veronica Andujar	1:00:45	1:04:17	+ 03:32	28	
22	Garry Bland	0:51:00	0:55:00	+ 04:00	27	
23	David Hutchins	0:45:00	0:49:16	+ 04:16	26	
24	Michael Sutton	0:49:45	0:54:24	+ 04:39	25	
25	Tom Limbrey	0:37:45	0:43:04	+ 05:19	24	
26	Albert Gay	0:52:45	0:58:07	+ 05:22	23	
27	Irene Shanahan	0:55:00	1:02:27	+ 07:27	22	
28	Mal Quinn	0:48:30	0:57:45	+ 09:15	21	
29	Cindy Fabian	0:56:00	1:07:08	+ 11:08	20	
30	Tom O'kane	0:56:00	0:52:54	- 03:06		RUN2
31	John McGann	0:45:00	0:44:40	- 00:20		RUN2
32	Kylie Biggs	0:51:15	0:51:29	+ 00:14		RUN2
33	Trent Hallworth	0:43:30	0:43:59	+ 00:29		RUN1
34	Elisha Bell	0:40:00	0:41:35	+ 01:35		REQ
35	Dennis Bedford	0:57:30	1:00:37	+ 03:07		NEP
36	Kellie Weinert	0:53:00	0:57:38	+ 04:38		RUN2

2009 5 km Handicap - Results

H'cap No: Date: 08/02/2009 Course: Bradbury 5 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	John Barry	0:30:00	0:26:14	- 03:46			
2	Sandy Playford	0:30:00	0:28:27	- 01:33			
3	Stephen Knott	0:24:30	0:23:02	- 01:28			
4	Kaz Kulpa	0:22:00	0:20:40	- 01:20			
5	Suzanne Knott	0:24:30	0:23:18	- 01:12			
6	Irene Shanahan	0:29:00	0:28:15	- 00:45			
7	Chris Rowe	0:23:30	0:22:51	- 00:39			
8	Brendan Bleeker	0:23:30	0:22:53	- 00:37		*	
9	Tom Limbrey	0:19:15	0:18:51	- 00:24		*	
10	Stephen Bowers	0:21:00	0:20:43	- 00:17			
11	Daniel Roe	0:22:00	0:21:44	- 00:16			
12	Tammy Weinert	0:28:30	0:28:20	- 00:10			
13	Stuart Vaughan	0:26:00	0:26:01	+ 00:01			
14	Michael Limbrey	0:24:30	0:24:31	+ 00:01			
15	Ryan Hayes	0:20:15	0:20:21	+ 00:06			
16	Michelle Anson	0:24:00	0:24:15	+ 00:15		*	
17	Jerrad Borodzicz	0:17:15	0:17:34	+ 00:19			
18	Helen Brinck	0:30:00	0:30:25	+ 00:25			
19	Barry Hall	0:21:00	0:21:28	+ 00:28			
20	Michael Shanahan	0:22:15	0:22:46	+ 00:31		*	
21	Greg McDonald	0:23:45	0:24:21	+ 00:36			
22	Rochelle Tregear	0:21:30	0:22:11	+ 00:41			
23	Bob Corderoy	0:22:00	0:22:43	+ 00:43			
24	Garry Bland	0:24:15	0:24:59	+ 00:44			
25	Peter Knott	0:24:00	0:24:47	+ 00:47			
26	Peter Hickey	0:22:30	0:23:29	+ 00:59			
27	Mary Playford	0:23:00	0:24:15	+ 01:15			
28	Phil Halkyard	0:23:45	0:25:06	+ 01:21			
29	Alan Banfield	0:29:00	0:30:22	+ 01:22			
30	Charmaine Rungan	0:28:00	0:29:23	+ 01:23		*	
31	Shane Galbraith	0:30:00	0:31:29	+ 01:29			
32	Nathan Cooper	0:30:00	0:31:40	+ 01:40			
33	Jesse Garcia	0:28:00	0:29:49	+ 01:49			
34	Rashid Khallouf	0:25:00	0:26:51	+ 01:51			
35	Joanne Littlefield	0:30:00	0:32:04	+ 02:04			
36	Mark Kraljevic	0:24:00	0:26:07	+ 02:07			
37	Pierre Schott	0:26:00	0:28:08	+ 02:08			
38	Melanie Prior	0:28:30	0:30:44	+ 02:14			
39	Robert Paxton	0:24:30	0:27:25	+ 02:55			
40	Phillip Littlefield	0:28:00	0:30:57	+ 02:57			
41	Karen Vaughan	0:31:00	0:34:43	+ 03:43			
42	Veronica Andujar	0:29:00	0:33:07	+ 04:07			
43	Alan Holt	0:30:00	0:36:46	+ 06:46			

2009 16 km Handicap - Results

H'cap No: Date: 07/06/2009 Course: Kentlyn 16 km Start: Staggered

Place	Name	H'cap	Actual	+/-	Points	Note	PB
1	Marina Mikulic	1:31:15	1:26:30	- 04:45			
2	Gary Ward	1:24:30	1:21:22	- 03:08			
3	Dennis Sweetman	1:14:45	1:13:57	- 00:48		*	
4	Kevin Fabian	1:29:00	1:28:33	- 00:27			
5	Peter Hickey	1:16:30	1:16:05	- 00:25			
6	Greg McDonald	1:19:45	1:19:36	- 00:09			
7	Ashley Hamilton	1:24:30	1:24:29	- 00:01			
8	Daniel Roe	1:11:30	1:11:32	+ 00:02		*	
9	Bob Corderoy	1:18:45	1:18:59	+ 00:14			
10	Michael Shanahan	1:15:00	1:16:18	+ 01:18		*	
11	Ryan Hayes	1:06:30	1:08:00	+ 01:30			
12	John Laidlaw	1:25:00	1:26:34	+ 01:34			
13	Cindy Fabian	1:35:45	1:37:24	+ 01:39			
14	Garry Bland	1:25:00	1:26:53	+ 01:53			
15	Stephen Bowers	1:10:45	1:12:44	+ 01:59			
16	David Elliot	1:15:45	1:18:01	+ 02:16			
17	Mark Kraljevic	1:18:15	1:21:22	+ 03:07			
18	Charmaine Rungan	1:38:15	1:41:25	+ 03:10			
19	John Smith	1:21:30	1:24:49	+ 03:19		*	
20	Irene Shanahan	1:32:45	1:36:24	+ 03:39		*	
21	Glen Iddles	1:12:00	1:16:04	+ 04:04			
22	Rashid Khallouf	1:28:30	1:33:59	+ 05:29			
23	Warren Gibbons	1:15:15	1:22:20	+ 07:05			
24	Peter Knott	1:24:30	1:32:18	+ 07:48			
25	Chris Rowe	1:23:15	1:31:05	+ 07:50			
26	Scott Roberts	1:22:00	1:30:25	+ 08:25			
27	Alan Holt	1:50:45	2:02:22	+ 11:37			
28	Michael Sutton	1:31:30	1:43:12	+ 11:42			
29	Scott Dowse	1:06:30	1:06:36	+ 00:06			RUN1

2009 Club Championship Handicap Series - Progressive Points

Name	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Total	Drop 2
Michelle Anson	27	37	50	42	37	32	34	35	42	336	277
Peter Hickey	36	38	35	45	40	39	19	39	35	326	272
Irene Shanahan	41	46	46	35	43	31	25	23	22	312	267
Charmaine Rungan	35	40		26	35		46	37	48	267	267
Michael Shanahan	31	44	40	39	34	35	30	41	32	326	265
Daniel Roe	33	36	37	30	42	28	37	37	43	323	265
Phil Halkyard	34	39	45	44	26		22	34	38	282	260
Ashley Hamilton	48	50	23		33	42	18	28	36	278	260
John Smith	23	35	31	46	29	25	43	41		273	250
Alan Holt	25		21	28	45	22	33	42	46	262	241
Mark Kraljevic			39	50	27	41	15	31	34	237	237
Stephen Bowers			43	31	32	34		48	44	232	232
Garry Bland	37	28		24	41	30	40		27	227	227
Robert Paxton	46		28	25			41	46	40	226	226
Ryan Hayes	43	43	41	40	36			22		225	225
Dennis Sharrock	50	35	48	29		21	16	24		223	223
Veronica Andujar	21	19			22	43	50	38	28	221	221
Chris Rowe	45		17	22	23		26	44	39	216	216
Greg McDonald	26	25	33	41	21	24	29	20	30	249	208
Peter Knott		43	38	34	48	40				203	203
Alan Banfield		20	18		20	30	27	43	31	189	189
Tom Limbrey	39	41	36	43					24	183	183
Michael Sutton					31	48	45	32	25	181	181
Gary Ward				32		45	48	27	29	181	181
Jerrad Borodzicz		30			39	38	39	30		176	176
Mal Quinn		17	19	48	44	18			21	167	167
Scott Dowse						33	42	45	45	165	165
Andrew Gleeson	44	29		27	25	36				161	161
Michael Limbrey	38	23				20	17	29	33	160	160
Barry Hall	32	26	34	39			24			155	155
Kaz Kulpa	42	48	30					26		146	146
Marina Mikulic					50	19	20		50	139	139
Sue Cooper		33	26	37					41	137	137
Warren Gibbons		21		23	30	50				124	124
Dennis Sweetman	40		25	33				25		123	123
Rashid Khallouf		32	22				44	21		119	119
Scott Roberts		27	24				28		37	116	116
Cindy Fabian					28	28	21		20	97	97
Albert Gay				36			32		23	91	91
John Laidlaw					46	44				90	90
Jonathan Kearney							35	50		85	85
Kevin Fabian					24	28	31			83	83
Tammy Weinert			44		38					82	82
Suzanne Knott	28					46				74	74
Dennis Bedford		31	42							73	73
Glen Iddles		45	27							72	72
Bob Corderoy						23	36			59	59
David Hutchins								33	26	59	59
Nathan Brown			20			37				57	57
David Elliot			32				23			55	55
Pierre Schott	24	18								42	42
Ted Borodzicz							38			38	38
Michele Borodzicz	30									30	30
Vanessa Asper			29							29	29

Stuart Vaughan	29		29	29
Bob Prentice		24	24	24
Jesse Garcia		22	22	22
Fiona McBurney	22		22	22

2009 Club Championship Series - Presidents Cup

Name	Feb	Apr	Jun	Aug	Oct	Total
Daniel Roe	4	4	4	4	4	20
Michelle Anson	4	4	2	4	4	18
Greg McDonald	4	4	2	4	4	18
Michael Shanahan	4	4	4	2	4	18
Phil Halkyard	2	4	2	4	4	16
Peter Hickey	2	4	4	2	4	16
Irene Shanahan	4	4	4	2	2	16
Veronica Andujar	2		4	4	4	14
Ashley Hamilton	4	2	2	2	4	14
Robert Paxton	4	2		4	4	14
John Smith	2	4	4	4		14
Garry Bland	2		4	4	2	12
Barry Hall	4	4		4		12
Alan Holt	2	2	2	2	4	12
Chris Rowe	4	2	2	2	2	12
Alan Banfield		2	2	4	2	10
Ryan Hayes	4	4	2			10
Marina Mikulic			4	2	4	10
Dennis Sharrock	4	4		2		10
Stephen Bowers		2	2		4	8
Scott Dowse				4	4	8
Mark Kraljevic		2	2		4	8
Tom Limbrey	4	2			2	8
Mal Quinn		2	4		2	8
Michael Sutton			2	4	2	8
Sue Cooper		4			2	6
David Elliot		4		2		6
Cindy Fabian			2	2	2	6
Albert Gay				4	2	6
Andrew Gleeson	4		2			6
Rashid Khallouf		4		2		6
Peter Knott		2	4			6
Kaz Kulpa	2	4				6
Scott Roberts		2		2	2	6
Charmaine Rungan	2		4			6
Tammy Weinert		2	4			6
Dennis Bedford		4				4
Jerrad Borodzicz			4			4
Ted Borodzicz				4		4
Kevin Fabian			2	2		4
Warren Gibbons			4			4
John Laidlaw			4			4
Dennis Sweetman	2	2				4
Vanessa Asper		2				2
Michele Borodzicz	2					2
Nathan Brown		2				2
Bob Corderoy				2		2
David Hutchins					2	2

Glen Iddles		2		2
Suzanne Knott	2			2
Michael Limbrey			2	2
Pierre Schott	2			2
Gary Ward			2	2

Campbelltown Joggers Club

Centurian Members

	100th Date	200th Date	Total Handicaps
Alan Banfield	Sep:1991	Oct:2003	249
Michael Limbrey	Nov:1992	Apr:2008	212
Alan Holt	Oct:1997		167
Barry Hall	Apr:2000		150
Peter Knott	May:2001		142
Bob Corderoy	May:2004		122
Don Johnson	May:1998		107
Mal Quinn	Apr:2009		104
Greg McDonald	Aug:2009		102

2009 Club Championship Series - Personal Bests

Scott Dowse	0:36:28
Andrew Gleeson	0:41:36
Stephen Bowers	0:42:12
Mark Kraljevic	0:46:01
Suzanne Knott	0:47:22
Chris Rowe	0:47:58
John Smith	0:48:44
Marina Mikulic	0:49:27
Michael Sutton	0:49:52
Garry Bland	0:51:03
Kevin Fabian	0:51:16
Vanessa Asper	0:53:54
Irene Shanahan	0:55:03
Cindy Fabian	0:55:59
Tammy Weinert	0:56:18

2009 Club Championship Series - Top 20 Times

Aug	Jerrad Borodzicz	35:11
Jun	Jerrad Borodzicz	35:45
Jul	Jerrad Borodzicz	35:49
Sep	Scott Dowse	36:28
Mar	Jerrad Borodzicz	36:39
Oct	Scott Dowse	36:43
Aug	Scott Dowse	36:48
Jul	Nathan Brown	37:33
Sep	Jerrad Borodzicz	37:42
Jun	Scott Dowse	37:52
May	Tom Limbrey	37:54
Mar	Tom Limbrey	37:58
Apr	Tom Limbrey	38:19
Jul	Scott Dowse	38:24
Feb	Tom Limbrey	39:03
Mar	Nathan Brown	39:15
Jun	Ryan Hayes	39:59
May	Ryan Hayes	40:48
Mar	Kaz Kulpa	40:48
Apr	Ryan Hayes	41:08

2009 Club Championship Handicap Series - PB History

Veronica Andujar	Apr	2004	00:53:06
Garry Bland	Aug	2009	00:51:03
	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
Stephen Bowers	Sep	2009	00:42:12
	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
Scott Dowse	Sep	2009	00:36:28
	Aug	2009	00:36:48
Cindy Fabian	Jul	2009	00:55:59
	Jun	2009	00:56:20
Kevin Fabian	Aug	2009	00:51:16
	Jul	2009	00:51:29
	Jun	2009	00:53:00
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
Andrew Gleeson	Feb	2009	00:41:36

2009 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

Suzanne Knott

Jul	2009	00:47:22
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Mark Kraljevic

Jul	2009	00:46:01
May	2009	00:47:46
Apr	2009	00:52:57

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

Marina Mikulic

Oct	2009	00:49:27
Jun	2009	00:51:45

Bob Prentice

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

Chris Rowe

Feb	2009	00:47:58
Aug	2008	00:48:39

Daniel Roe

Jun	2008	00:41:57
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Charmaine Rungan

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

Irene Shanahan

Jun	2009	00:55:03
May	2009	00:55:51
Apr	2009	00:55:58
Mar	2009	00:57:09
Aug	2008	00:58:44

Dennis Sharrock

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

2009 Club Championship Handicap Series - PB History

John Smith

Aug	2009	00:48:44
May	2009	00:49:35
Mar	2009	00:50:45
Sep	2008	00:51:18

Michael Sutton

Aug	2009	00:49:52
Jul	2009	00:51:05
Jun	2009	00:53:48

Dennis Sweetman

Sep	2006	00:43:16
Jun	2005	00:43:20
Aug	2005	00:43:36
May	2005	00:43:43
Apr	2005	00:43:51
Mar	2005	00:43:52

Stuart Vaughan

Apr	2006	00:49:26
Mar	2006	00:50:34

Tammy Weinert

Jun	2009	00:56:18
Apr	2009	00:57:09

2009 Club Championship Handicap Series - Total

Veronica Andujar	42
Michelle Anson	28
Alan Banfield	249
Dennis Bedford	74
Marty Bell	2
Elisha Bell	60
Kylie Biggs	2
Garry Bland	19
Jerrad Borodzicz	74
Ted Borodzicz	47
Michele Borodzicz	65
Stephen Bowers	26
Nathan Brown	21
Sue Cooper	85
Bob Corderoy	122
Scott Dowse	8
David Elliot	17
Cindy Fabian	5
Kevin Fabian	4
Jesse Garcia	2
Albert Gay	98
Warren Gibbons	28
Andrew Gleeson	9
Phil Halkyard	49
Barry Hall	150
Trent Hallworth	1
Ashley Hamilton	95
Ryan Hayes	30
Peter Hickey	72
Alan Holt	167
David Hutchins	47
Glen Iddles	26
Jonathan Kearney	55
Rashid Khallouf	50
Suzanne Knott	5
Peter Knott	142
Mark Kraljevic	8
Kaz Kulpa	15
John Laidlaw	8
Tom Limbrey	28
Michael Limbrey	212
Greg McDonald	102
John McGann	2
Marina Mikulic	5
Steve Mikulic	2

2009 Club Championship Handicap Series - Total

Tom O'Kane	2
Steven Parker	14
Robert Paxton	92
Bob Prentice	28
Mal Quinn	104
Scott Roberts	65
Daniel Roe	15
Gary Rolfe	6
Chris Rowe	13
Charmaine Rungan	33
Pierre Schott	4
Michael Shanahan	24
Irene Shanahan	20
Dennis Sharrock	37
John Smith	14
Phil Smith	2
Michael Sutton	6
Dennis Sweetman	30
Stuart Vaughan	10
Gary Ward	71
Tammy Weinert	3
Kellie Weinert	2

2009 Individual Member Results

Veronica Andujar

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	1:03:00	1:09:09	+ 06:09	28	21		
Mar	Airds 10 km	1:05:00	1:08:09	+ 03:09	30	19		
Jun	Airds 10 km	1:05:00	1:10:29	+ 05:29	27	22		
Jul	Airds 10 km	1:06:00	1:04:51	- 01:09	6	43		
Aug	Airds 10 km	1:04:45	1:01:02	- 03:43	1	50		
Sep	Airds 10 km	1:00:45	1:02:09	+ 01:24	11	38		
Oct	Airds 10 km	1:00:45	1:04:17	+ 03:32	21	28		
Feb	Bradbury 5	0:29:00	0:33:07	+ 04:07	42			

Michelle Anson

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:49:00	0:51:43	+ 02:43	22	27		
Mar	Airds 10 km	0:50:45	0:50:56	+ 00:11	12	37		
Apr	Airds 10 km	0:50:45	0:48:55	- 01:50	1	50		
May	Airds 10 km	0:48:45	0:48:29	- 00:16	7	42		
Jun	Airds 10 km	0:48:15	0:48:07	- 00:08	12	37		
Jul	Airds 10 km	0:48:00	0:48:40	+ 00:40	17	32		
Aug	Airds 10 km	0:48:15	0:48:15	- 00:00	15	34		
Sep	Airds 10 km	0:48:15	0:49:44	+ 01:29	14	35		
Oct	Airds 10 km	0:48:15	0:48:49	+ 00:34	7	42		
Feb	Bradbury 5	0:24:00	0:24:15	+ 00:15	16			*

Vanessa Asper

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	1:00:00	1:00:21	+ 00:21	29		RUN1	
Mar	Airds 10 km	0:59:00	0:55:56	- 03:04	33		RUN2	
Apr	Airds 10 km	0:52:30	0:53:54	+ 01:24	20	29		*

Cassie Badger

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	1:00:00	1:07:44	+ 07:44	37		RUN1	

Nick Bakulic

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:50:00	0:50:01	+ 00:01	34		RUN1	

Alan Banfield

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:58:00	1:00:59	+ 02:59	29	20		
Apr	Airds 10 km	0:58:00	1:04:58	+ 06:58	31	18		
Jun	Airds 10 km	0:58:30	1:07:33	+ 09:03	29	20		
Jul	Airds 10 km	0:59:00	0:59:47	+ 00:47	19	30		
Aug	Airds 10 km	0:59:00	1:00:36	+ 01:36	22	27		
Sep	Airds 10 km	0:59:00	0:59:17	+ 00:17	6	43		
Oct	Airds 10 km	0:59:00	1:01:21	+ 02:21	18	31		
Feb	Bradbury 5	0:29:00	0:30:22	+ 01:22	29			

2009 Individual Member Results

John Barry

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:30:00	0:26:14	- 03:46	1			

Dennis Bedford

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:58:00	0:58:49	+ 00:49	18	31		
Apr	Airds 10 km	0:58:00	0:57:47	- 00:13	7	42		
May	Airds 10 km	0:58:00	0:57:22	- 00:38	28		NEP	
Jun	Airds 10 km	0:57:00	1:00:02	+ 03:02	34		NEP	
Jul	Airds 10 km	0:57:30	0:58:39	+ 01:09	32		NEP	
Aug	Airds 10 km	0:57:30	1:00:30	+ 03:00	35		NEP	
Oct	Airds 10 km	0:57:30	1:00:37	+ 03:07	35		NEP	

Kylie Biggs

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Sep	Airds 10 km	1:00:00	0:53:14	- 06:46	30		RUN1	
Oct	Airds 10 km	0:51:15	0:51:29	+ 00:14	32		RUN2	

Garry Bland

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:51:00	0:52:06	+ 01:06	12	37		
Mar	Airds 10 km	0:51:00	0:52:30	+ 01:30	21	28		
May	Airds 10 km	0:51:00	0:53:58	+ 02:58	25	24		
Jun	Airds 10 km	0:52:00	0:51:36	- 00:24	8	41		
Jul	Airds 10 km	0:51:30	0:52:17	+ 00:47	20	30		
Aug	Airds 10 km	0:51:45	0:51:03	- 00:42	9	40		*
Oct	Airds 10 km	0:51:00	0:55:00	+ 04:00	22	27		
Feb	Bradbury 5	0:24:15	0:24:59	+ 00:44	24			
Jun	Kentlyn 16 km	1:25:00	1:26:53	+ 01:53	14			

Brendan Bleeker

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:23:30	0:22:53	- 00:37	8			*

Jerrad Borodzicz

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:35:45	0:36:39	+ 00:54	19	30		
Jun	Airds 10 km	0:36:00	0:35:45	- 00:15	10	39		
Jul	Airds 10 km	0:35:45	0:35:49	+ 00:04	11	38		
Aug	Airds 10 km	0:35:45	0:35:11	- 00:34	10	39		
Sep	Airds 10 km	0:35:15	0:37:42	+ 02:27	19	30		
Feb	Bradbury 5	0:17:15	0:17:34	+ 00:19	17			

Elisha Bell

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Oct	Airds 10 km	0:40:00	0:41:35	+ 01:35	34		REQ	

2009 Individual Member Results

Ted Borodzicz

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Jun	Airds 10 km	0:53:00	0:54:35	+ 01:35	33		REQ	
Aug	Airds 10 km	0:52:00	0:51:31	- 00:29	11	38		

Michele Borodzicz

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:51:30	0:53:30	+ 02:00	19	30		

Stephen Bowers

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Apr	Airds 10 km	0:43:00	0:42:46	- 00:14	6	43		
May	Airds 10 km	0:42:45	0:43:45	+ 01:00	18	31		
Jun	Airds 10 km	0:43:00	0:43:46	+ 00:46	17	32		
Jul	Airds 10 km	0:43:30	0:44:07	+ 00:37	15	34		
Sep	Airds 10 km	0:43:30	0:42:12	- 01:18	2	48		*
Oct	Airds 10 km	0:42:15	0:42:32	+ 00:17	5	44		
Feb	Bradbury 5	0:21:00	0:20:43	- 00:17	10			
Jun	Kentlyn 16 km	1:10:45	1:12:44	+ 01:59	15			

Helen Brinck

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:30:00	0:30:25	+ 00:25	18			

Nathan Brown

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:37:00	0:39:15	+ 02:15	36		REQ	
Apr	Airds 10 km	0:37:00	0:41:16	+ 04:16	29	20		
Jul	Airds 10 km	0:37:15	0:37:33	+ 00:18	12	37		

Sue Cooper

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:44:00	0:44:24	+ 00:24	16	33		
Apr	Airds 10 km	0:44:00	0:46:17	+ 02:17	23	26		
May	Airds 10 km	0:44:30	0:44:26	- 00:04	12	37		
Oct	Airds 10 km	0:44:45	0:45:41	+ 00:56	8	41		

Nathan Cooper

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:30:00	0:31:40	+ 01:40	32			

Bob Corderoy

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Jul	Airds 10 km	0:47:15	0:49:02	+ 01:47	26	23		
Aug	Airds 10 km	0:47:45	0:47:42	- 00:03	13	36		
Feb	Bradbury 5	0:22:00	0:22:43	+ 00:43	23			
Jun	Kentlyn 16 km	1:18:45	1:18:59	+ 00:14	9			

2009 Individual Member Results

Scott Dowse

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Jun	Airds 10 km	0:40:00	0:37:52	- 02:08	30		RUN2	
Jul	Airds 10 km	0:37:45	0:38:24	+ 00:39	16	33		
Aug	Airds 10 km	0:37:45	0:36:48	- 00:57	7	42		*
Sep	Airds 10 km	0:36:45	0:36:28	- 00:17	4	45		*
Oct	Airds 10 km	0:36:30	0:36:43	+ 00:13	4	45		
Jun	Kentlyn 16 km	1:06:30	1:06:36	+ 00:06	29		RUN1	

David Elliot

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Apr	Airds 10 km	0:48:00	0:48:55	+ 00:55	17	32		
Aug	Airds 10 km	0:48:45	0:50:54	+ 02:09	26	23		
Jun	Kentlyn 16 km	1:15:45	1:18:01	+ 02:16	16			

Cindy Fabian

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
May	Airds 10 km	1:00:00	1:01:32	+ 01:32	30		RUN1	
Jun	Airds 10 km	0:55:00	0:56:20	+ 01:20	21	28		*
Jul	Airds 10 km	0:55:00	0:55:59	+ 00:59	22	28		*
Aug	Airds 10 km	0:55:30	0:57:58	+ 02:28	28	21		
Oct	Airds 10 km	0:56:00	1:07:08	+ 11:08	29	20		
Jun	Kentlyn 16 km	1:35:45	1:37:24	+ 01:39	13			

Kevin Fabian

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
May	Airds 10 km	0:50:00	0:53:49	+ 03:49	31		RUN1	
Jun	Airds 10 km	0:50:00	0:53:00	+ 03:00	25	24		*
Jul	Airds 10 km	0:50:30	0:51:29	+ 00:59	21	28		*
Aug	Airds 10 km	0:51:00	0:51:16	+ 00:16	18	31		*
Jun	Kentlyn 16 km	1:29:00	1:28:33	- 00:27	4			

Shane Galbraith

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:30:00	0:31:29	+ 01:29	31			

Jesse Garcia

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	1:00:00	1:04:21	+ 04:21	35		RUN2	
Mar	Airds 10 km	1:02:00	1:04:23	+ 02:23	27	22		
Feb	Bradbury 5	0:28:00	0:29:49	+ 01:49	33			

Albert Gay

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
May	Airds 10 km	0:55:00	0:54:59	- 00:01	13	36		
Aug	Airds 10 km	0:52:45	0:52:51	+ 00:06	17	32		
Oct	Airds 10 km	0:52:45	0:58:07	+ 05:22	26	23		

2009 Individual Member Results

Warren Gibbons

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:46:30	0:49:22	+ 02:52	28	21		
May	Airds 10 km	0:46:30	0:50:44	+ 04:14	26	23		
Jun	Airds 10 km	0:47:30	0:48:37	+ 01:07	19	30		
Jul	Airds 10 km	0:47:45	0:45:20	- 02:25	1	50		
Jun	Kentlyn 16 km	1:15:15	1:22:20	+ 07:05	23			

Andrew Gleeson

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:42:00	0:41:36	- 00:24	5	44		*
Mar	Airds 10 km	0:41:30	0:42:49	+ 01:19	20	29		
May	Airds 10 km	0:41:30	0:43:40	+ 02:10	22	27		
Jun	Airds 10 km	0:41:45	0:43:52	+ 02:07	24	25		
Jul	Airds 10 km	0:42:00	0:42:22	+ 00:22	13	36		

Jenni Greenland

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:52:00	0:55:17	+ 03:17	34		REQ	

Phil Halkyard

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:50:30	0:51:59	+ 01:29	15	34		
Mar	Airds 10 km	0:50:30	0:50:27	- 00:03	10	39		
Apr	Airds 10 km	0:50:30	0:49:55	- 00:35	4	45		
May	Airds 10 km	0:49:45	0:49:18	- 00:27	5	44		
Jun	Airds 10 km	0:49:00	0:50:38	+ 01:38	23	26		
Aug	Airds 10 km	0:49:15	0:51:29	+ 02:14	27	22		
Sep	Airds 10 km	0:49:30	0:51:02	+ 01:32	15	34		
Oct	Airds 10 km	0:49:30	0:50:39	+ 01:09	11	38		
Feb	Bradbury 5	0:23:45	0:25:06	+ 01:21	28			

Barry Hall

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:43:15	0:45:04	+ 01:49	17	32		
Mar	Airds 10 km	0:43:30	0:45:19	+ 01:49	23	26		
Apr	Airds 10 km	0:44:30	0:45:09	+ 00:39	15	34		
May	Airds 10 km	0:44:30	0:44:21	- 00:09	10	39		
Aug	Airds 10 km	0:44:15	0:46:19	+ 02:04	25	24		
Feb	Bradbury 5	0:21:00	0:21:28	+ 00:28	19			

Trent Hallworth

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Oct	Airds 10 km	0:43:30	0:43:59	+ 00:29	33		RUN1	

2009 Individual Member Results

Ashley Hamilton

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:53:30	0:52:20	- 01:10	2	48		
Mar	Airds 10 km	0:52:15	0:50:25	- 01:50	1	50		
Apr	Airds 10 km	0:50:15	0:53:06	+ 02:51	26	23		
Jun	Airds 10 km	0:51:00	0:51:07	+ 00:07	16	33		
Jul	Airds 10 km	0:51:00	0:50:08	- 00:52	7	42		
Aug	Airds 10 km	0:50:00	0:53:17	+ 03:17	31	18		
Sep	Airds 10 km	0:50:15	0:53:25	+ 03:10	21	28		
Oct	Airds 10 km	0:50:15	0:51:43	+ 01:28	13	36		
Jun	Kentlyn 16 km	1:24:30	1:24:29	- 00:01	7			

Ryan Hayes

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:42:00	0:41:55	- 00:05	6	43		
Mar	Airds 10 km	0:42:00	0:41:27	- 00:33	7	43		
Apr	Airds 10 km	0:41:15	0:41:08	- 00:07	8	41		
May	Airds 10 km	0:41:00	0:40:48	- 00:12	9	40		
Jun	Airds 10 km	0:40:00	0:39:59	- 00:01	13	36		
Sep	Airds 10 km	0:39:45	0:44:37	+ 04:52	27	22		
Feb	Bradbury 5	0:20:15	0:20:21	+ 00:06	15			
Jun	Kentlyn 16 km	1:06:30	1:08:00	+ 01:30	11			

Peter Hickey

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:46:30	0:47:47	+ 01:17	13	36		
Mar	Airds 10 km	0:46:45	0:46:55	+ 00:10	11	38		
Apr	Airds 10 km	0:46:45	0:47:17	+ 00:32	14	35		
May	Airds 10 km	0:47:00	0:46:20	- 00:40	4	45		
Jun	Airds 10 km	0:46:15	0:45:58	- 00:17	9	40		
Jul	Airds 10 km	0:45:45	0:45:41	- 00:04	10	39		
Aug	Airds 10 km	0:45:45	0:48:39	+ 02:54	30	19		
Sep	Airds 10 km	0:46:00	0:47:19	+ 01:19	10	39		
Oct	Airds 10 km	0:46:00	0:47:31	+ 01:31	14	35		
Feb	Bradbury 5	0:22:30	0:23:29	+ 00:59	26			
Jun	Kentlyn 16 km	1:16:30	1:16:05	- 00:25	5			

2009 Individual Member Results

Alan Holt

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	1:09:00	1:14:04	+ 05:04	24	25		
Apr	Airds 10 km	1:09:45	1:13:17	+ 03:32	28	21		
May	Airds 10 km	1:11:00	1:12:54	+ 01:54	21	28		
Jun	Airds 10 km	1:12:00	1:10:58	- 01:02	4	45		
Jul	Airds 10 km	1:10:45	1:13:34	+ 02:49	27	22		
Aug	Airds 10 km	1:10:45	1:10:49	+ 00:04	16	33		
Sep	Airds 10 km	1:10:45	1:11:17	+ 00:32	7	42		
Oct	Airds 10 km	1:10:45	1:10:34	- 00:11	3	46		
Feb	Bradbury 5	0:30:00	0:36:46	+ 06:46	43			
Jun	Kentlyn 16 km	1:50:45	2:02:22	+ 11:37	27			

David Hutchins

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Jun	Airds 10 km	0:43:00	0:48:42	+ 05:42	35		REQ	
Sep	Airds 10 km	0:45:00	0:46:47	+ 01:47	16	33		
Oct	Airds 10 km	0:45:00	0:49:16	+ 04:16	23	26		

Glen Iddles

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:42:30	0:45:22	+ 02:52	33		REQ	
Mar	Airds 10 km	0:44:00	0:42:57	- 01:03	4	45		
Apr	Airds 10 km	0:42:45	0:44:41	+ 01:56	22	27		
Jun	Kentlyn 16 km	1:12:00	1:16:04	+ 04:04	21			

Jonathan Kearney

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Apr	Airds 10 km	0:43:00	0:43:25	+ 00:25	33		REQ	
Aug	Airds 10 km	0:45:00	0:45:00	- 00:00	14	35		
Sep	Airds 10 km	0:45:00	0:41:52	- 03:08	1	50		

Rashid Khallouf

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:53:00	0:53:26	+ 00:26	17	32		
Apr	Airds 10 km	0:53:15	0:56:09	+ 02:54	27	22		
Aug	Airds 10 km	0:53:15	0:52:13	- 01:02	5	44		
Sep	Airds 10 km	0:52:15	1:01:17	+ 09:02	28	21		
Feb	Bradbury 5	0:25:00	0:26:51	+ 01:51	34			
Jun	Kentlyn 16 km	1:28:30	1:33:59	+ 05:29	22			

Suzanne Knott

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:48:00	0:50:17	+ 02:17	21	28		
Jul	Airds 10 km	0:49:00	0:47:22	- 01:38	3	46		*
Feb	Bradbury 5	0:24:30	0:23:18	- 01:12	5			

2009 Individual Member Results

Peter Knott

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:50:00	0:49:27	- 00:33	6	43		
Apr	Airds 10 km	0:49:30	0:49:30	- 00:00	11	38		
May	Airds 10 km	0:49:30	0:50:05	+ 00:35	15	34		
Jun	Airds 10 km	0:49:45	0:48:30	- 01:15	2	48		
Jul	Airds 10 km	0:48:15	0:47:57	- 00:18	9	40		
Feb	Bradbury 5	0:24:00	0:24:47	+ 00:47	25			
Jun	Kentlyn 16 km	1:24:30	1:32:18	+ 07:48	24			

Stephen Knott

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:24:30	0:23:02	- 01:28	3			

Mark Kraljevic

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:53:00	0:53:41	+ 00:41	30		RUN2	
Apr	Airds 10 km	0:53:00	0:52:57	- 00:03	10	39		*
May	Airds 10 km	0:52:45	0:47:46	- 04:59	1	50		*
Jun	Airds 10 km	0:46:30	0:48:04	+ 01:34	22	27		
Jul	Airds 10 km	0:46:45	0:46:01	- 00:44	8	41		*
Aug	Airds 10 km	0:45:45	0:53:18	+ 07:33	34	15		
Sep	Airds 10 km	0:46:00	0:48:10	+ 02:10	18	31		
Oct	Airds 10 km	0:46:15	0:48:08	+ 01:53	15	34		
Feb	Bradbury 5	0:24:00	0:26:07	+ 02:07	36			
Jun	Kentlyn 16 km	1:18:15	1:21:22	+ 03:07	17			

Kaz Kulpa

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:42:30	0:42:28	- 00:02	7	42		
Mar	Airds 10 km	0:42:30	0:40:48	- 01:42	2	48		
Apr	Airds 10 km	0:40:45	0:42:08	+ 01:23	19	30		
Sep	Airds 10 km	0:41:00	0:44:33	+ 03:33	23	26		
Feb	Bradbury 5	0:22:00	0:20:40	- 01:20	4			

John Laidlaw

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:52:00	0:55:32	+ 03:32	38		REQ	
Jun	Airds 10 km	0:52:30	0:51:24	- 01:06	3	46		
Jul	Airds 10 km	0:51:15	0:49:58	- 01:17	5	44		
Jun	Kentlyn 16 km	1:25:00	1:26:34	+ 01:34	12			

2009 Individual Member Results

Tom Limbrey

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:38:30	0:39:03	+ 00:33	10	39		
Mar	Airds 10 km	0:38:30	0:37:58	- 00:32	8	41		
Apr	Airds 10 km	0:38:00	0:38:19	+ 00:19	13	36		
May	Airds 10 km	0:38:15	0:37:54	- 00:21	6	43		
Oct	Airds 10 km	0:37:45	0:43:04	+ 05:19	25	24		
Feb	Bradbury 5	0:19:15	0:18:51	- 00:24	9			*

Michael Limbrey

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:49:30	0:50:22	+ 00:52	11	38		
Mar	Airds 10 km	0:49:45	0:51:59	+ 02:14	26	23		
Jul	Airds 10 km	0:49:45	0:54:26	+ 04:41	29	20		
Aug	Airds 10 km	0:50:45	0:54:09	+ 03:24	32	17		
Sep	Airds 10 km	0:51:15	0:54:06	+ 02:51	20	29		
Oct	Airds 10 km	0:51:15	0:53:16	+ 02:01	16	33		
Feb	Bradbury 5	0:24:30	0:24:31	+ 00:01	14			

Joanne Littlefield

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:30:00	0:32:04	+ 02:04	35			

Phillip Littlefield

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:28:00	0:30:57	+ 02:57	40			

Fiona McBurney

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	1:00:00	1:06:06	+ 06:06	27	22		

Greg McDonald

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:48:00	0:52:17	+ 04:17	23	26		
Mar	Airds 10 km	0:48:00	0:49:53	+ 01:53	24	25		
Apr	Airds 10 km	0:48:30	0:49:19	+ 00:49	16	33		
May	Airds 10 km	0:48:30	0:48:17	- 00:13	8	41		
Jun	Airds 10 km	0:48:00	0:54:52	+ 06:52	28	21		
Jul	Airds 10 km	0:48:15	0:49:43	+ 01:28	25	24		
Aug	Airds 10 km	0:48:30	0:49:38	+ 01:08	20	29		
Sep	Airds 10 km	0:48:30	0:57:56	+ 09:26	29	20		
Oct	Airds 10 km	0:48:30	0:51:17	+ 02:47	19	30		
Feb	Bradbury 5	0:23:45	0:24:21	+ 00:36	21			
Jun	Kentlyn 16 km	1:19:45	1:19:36	- 00:09	6			

Janis McEvoy

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	1:00:00	1:07:43	+ 07:43	36		RUN1	
Mar	Airds 10 km	1:03:00	1:06:30	+ 03:30	37		RUN2	

2009 Individual Member Results

John McGann

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Sep	Airds 10 km	0:48:00	0:46:49	- 01:11	32		RUN1	
Oct	Airds 10 km	0:45:00	0:44:40	- 00:20	31		RUN2	

Marina Mikulic

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
May	Airds 10 km	0:55:00	0:55:28	+ 00:28	29		RUN1	
Jun	Airds 10 km	0:54:00	0:51:45	- 02:15	1	50		*
Jul	Airds 10 km	0:49:30	0:54:46	+ 05:16	30	19		
Aug	Airds 10 km	0:50:00	0:52:29	+ 02:29	29	20		
Oct	Airds 10 km	0:50:00	0:49:27	- 00:33	1	50		*
Jun	Kentlyn 16 km	1:31:15	1:26:30	- 04:45	1			

Steve Mikulic

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Jun	Airds 10 km	0:44:45	0:44:45	- 00:00	31		RUN1	
Aug	Airds 10 km	0:44:45	0:49:46	+ 05:01	36		RUN2	

Tom O'kane

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Sep	Airds 10 km	1:00:00	0:58:05	- 01:55	31		RUN1	
Oct	Airds 10 km	0:56:00	0:52:54	- 03:06	30		RUN2	

Robert Paxton

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:55:00	0:54:00	- 01:00	3	46		
Apr	Airds 10 km	0:54:00	0:55:53	+ 01:53	21	28		
May	Airds 10 km	0:54:30	0:57:21	+ 02:51	24	25		
Aug	Airds 10 km	0:55:00	0:54:14	- 00:46	8	41		
Sep	Airds 10 km	0:54:15	0:53:21	- 00:54	3	46		
Oct	Airds 10 km	0:53:15	0:54:12	+ 00:57	9	40		
Feb	Bradbury 5	0:24:30	0:27:25	+ 02:55	39			

Sandy Playford

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:30:00	0:28:27	- 01:33	2			

Mary Playford

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:23:00	0:24:15	+ 01:15	27			

Bob Prentice

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:42:00	0:42:45	+ 00:45	31		REQ	
Mar	Airds 10 km	0:42:15	0:44:15	+ 02:00	25	24		

Melanie Prior

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:28:30	0:30:44	+ 02:14	38			

2009 Individual Member Results

Mal Quinn

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:48:00	0:54:25	+ 06:25	32	17		
Apr	Airds 10 km	0:49:00	0:55:04	+ 06:04	30	19		
May	Airds 10 km	0:51:00	0:49:21	- 01:39	2	48		
Jun	Airds 10 km	0:49:15	0:48:38	- 00:37	5	44		
Jul	Airds 10 km	0:48:30	1:00:44	+ 12:14	31	18		
Oct	Airds 10 km	0:48:30	0:57:45	+ 09:15	28	21		

Scott Roberts

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:48:00	0:49:31	+ 01:31	22	27		
Apr	Airds 10 km	0:48:45	0:51:19	+ 02:34	25	24		
Aug	Airds 10 km	0:50:00	0:51:25	+ 01:25	21	28		
Oct	Airds 10 km	0:50:30	0:51:52	+ 01:22	12	37		
Jun	Kentlyn 16 km	1:22:00	1:30:25	+ 08:25	26			

Gary Rolfe

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Sep	Airds 10 km	0:42:00	0:41:29	- 00:31	33		REQ	

Chris Rowe

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:48:30	0:47:58	- 00:32	4	45		*
Apr	Airds 10 km	0:47:45	1:01:45	+ 14:00	32	17		
May	Airds 10 km	0:47:45	0:52:39	+ 04:54	27	22		
Jun	Airds 10 km	0:49:00	0:52:02	+ 03:02	26	23		
Aug	Airds 10 km	0:49:15	0:51:01	+ 01:46	23	26		
Sep	Airds 10 km	0:49:45	0:49:38	- 00:07	5	44		
Oct	Airds 10 km	0:49:30	0:50:28	+ 00:58	10	39		
Feb	Bradbury 5	0:23:30	0:22:51	- 00:39	7			
Jun	Kentlyn 16 km	1:23:15	1:31:05	+ 07:50	25			

Daniel Roe

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:42:30	0:44:10	+ 01:40	16	33		
Mar	Airds 10 km	0:43:00	0:43:13	+ 00:13	13	36		
Apr	Airds 10 km	0:43:00	0:43:03	+ 00:03	12	37		
May	Airds 10 km	0:43:00	0:44:03	+ 01:03	19	30		
Jun	Airds 10 km	0:43:00	0:42:34	- 00:26	7	42		
Jul	Airds 10 km	0:42:30	0:43:29	+ 00:59	23	28		
Aug	Airds 10 km	0:42:45	0:42:33	- 00:12	12	37		
Sep	Airds 10 km	0:42:45	0:44:12	+ 01:27	13	37		
Oct	Airds 10 km	0:42:45	0:43:17	+ 00:32	6	43		
Feb	Bradbury 5	0:22:00	0:21:44	- 00:16	11			
Jun	Kentlyn 16 km	1:11:30	1:11:32	+ 00:02	8			*

2009 Individual Member Results

Charmaine Rungan

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:58:45	1:00:10	+ 01:25	14	35		
Mar	Airds 10 km	0:59:00	0:58:45	- 00:15	9	40		
May	Airds 10 km	0:58:45	1:01:28	+ 02:43	23	26		
Jun	Airds 10 km	0:59:00	0:59:02	+ 00:02	14	35		
Aug	Airds 10 km	0:59:00	0:57:43	- 01:17	3	46		
Sep	Airds 10 km	0:57:45	0:59:12	+ 01:27	12	37		
Oct	Airds 10 km	0:58:00	0:57:38	- 00:22	2	48		
Feb	Bradbury 5	0:28:00	0:29:23	+ 01:23	30			*
Jun	Kentlyn 16 km	1:38:15	1:41:25	+ 03:10	18			

Pierre Schott

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:53:30	0:58:51	+ 05:21	25	24		
Mar	Airds 10 km	0:53:45	0:57:27	+ 03:42	31	18		
Feb	Bradbury 5	0:26:00	0:28:08	+ 02:08	37			

Michael Shanahan

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:46:30	0:48:29	+ 01:59	18	31		
Mar	Airds 10 km	0:46:30	0:45:49	- 00:41	5	44		
Apr	Airds 10 km	0:45:45	0:45:38	- 00:07	9	40		
May	Airds 10 km	0:45:30	0:45:21	- 00:09	11	39		
Jun	Airds 10 km	0:45:00	0:45:04	+ 00:04	15	34		
Jul	Airds 10 km	0:44:45	0:45:09	+ 00:24	14	35		
Aug	Airds 10 km	0:45:00	0:45:50	+ 00:50	19	30		
Sep	Airds 10 km	0:45:15	0:45:59	+ 00:44	8	41		
Oct	Airds 10 km	0:45:15	0:47:35	+ 02:20	17	32		
Feb	Bradbury 5	0:22:15	0:22:46	+ 00:31	20			*
Jun	Kentlyn 16 km	1:15:00	1:16:18	+ 01:18	10			*

Irene Shanahan

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:58:45	0:58:46	+ 00:01	8	41		
Mar	Airds 10 km	0:58:45	0:57:09	- 01:36	3	46		*
Apr	Airds 10 km	0:57:00	0:55:58	- 01:02	3	46		*
May	Airds 10 km	0:55:45	0:55:51	+ 00:06	14	35		*
Jun	Airds 10 km	0:55:30	0:55:03	- 00:27	6	43		*
Jul	Airds 10 km	0:54:30	0:55:15	+ 00:45	18	31		
Aug	Airds 10 km	0:54:45	0:56:35	+ 01:50	24	25		
Sep	Airds 10 km	0:55:00	0:59:15	+ 04:15	26	23		
Oct	Airds 10 km	0:55:00	1:02:27	+ 07:27	27	22		
Feb	Bradbury 5	0:29:00	0:28:15	- 00:45	6			
Jun	Kentlyn 16 km	1:32:45	1:36:24	+ 03:39	20			*

2009 Individual Member Results

Dennis Sharrock

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:49:30	0:47:17	- 02:13	1	50		
Mar	Airds 10 km	0:47:15	0:47:30	+ 00:15	14	35		
Apr	Airds 10 km	0:47:15	0:46:11	- 01:04	2	48		
May	Airds 10 km	0:46:00	0:47:41	+ 01:41	20	29		
Jul	Airds 10 km	0:46:30	0:49:33	+ 03:03	28	21		
Aug	Airds 10 km	0:47:30	0:53:26	+ 05:56	33	16		
Sep	Airds 10 km	0:47:30	0:51:29	+ 03:59	25	24		

John Smith

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:50:30	0:56:07	+ 05:37	26	23		
Mar	Airds 10 km	0:50:30	0:50:45	+ 00:15	15	35		*
Apr	Airds 10 km	0:50:30	0:51:29	+ 00:59	18	31		
May	Airds 10 km	0:51:00	0:49:35	- 01:25	3	46		*
Jun	Airds 10 km	0:49:15	0:50:23	+ 01:08	20	29		
Jul	Airds 10 km	0:49:30	0:50:37	+ 01:07	24	25		
Aug	Airds 10 km	0:49:45	0:48:44	- 01:01	6	43		*
Sep	Airds 10 km	0:48:45	0:49:29	+ 00:44	9	41		
Jun	Kentlyn 16 km	1:21:30	1:24:49	+ 03:19	19			*

Glen Sussman

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Mar	Airds 10 km	0:48:00	0:49:43	+ 01:43	35		RUN1	

Michael Sutton

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
May	Airds 10 km	0:50:00	0:57:35	+ 07:35	32		RUN1	
Jun	Airds 10 km	0:53:00	0:53:48	+ 00:48	18	31		*
Jul	Airds 10 km	0:53:00	0:51:05	- 01:55	2	48		*
Aug	Airds 10 km	0:51:00	0:49:52	- 01:08	4	45		*
Sep	Airds 10 km	0:49:45	0:51:52	+ 02:07	17	32		
Oct	Airds 10 km	0:49:45	0:54:24	+ 04:39	24	25		
Jun	Kentlyn 16 km	1:31:30	1:43:12	+ 11:42	28			

Dennis Sweetman

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:44:00	0:44:20	+ 00:20	9	40		
Apr	Airds 10 km	0:44:00	0:46:18	+ 02:18	24	25		
May	Airds 10 km	0:44:15	0:45:04	+ 00:49	16	33		
Sep	Airds 10 km	0:44:30	0:48:05	+ 03:35	24	25		
Jun	Kentlyn 16 km	1:14:45	1:13:57	- 00:48	3			*

Rochelle Tregear

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:21:30	0:22:11	+ 00:41	22			

2009 Individual Member Results

Karen Vaughan

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Bradbury 5	0:31:00	0:34:43	+ 03:43	41			

Stuart Vaughan

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:52:30	0:54:37	+ 02:07	20	29		
Feb	Bradbury 5	0:26:00	0:26:01	+ 00:01	13			

Gary Ward

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Apr	Airds 10 km	0:48:00	0:53:21	+ 05:21	34		REQ	
May	Airds 10 km	0:50:00	0:50:55	+ 00:55	17	32		
Jul	Airds 10 km	0:49:30	0:48:09	- 01:21	4	45		
Aug	Airds 10 km	0:48:00	0:46:01	- 01:59	2	48		
Sep	Airds 10 km	0:46:00	0:49:28	+ 03:28	22	27		
Oct	Airds 10 km	0:46:00	0:49:25	+ 03:25	20	29		
Jun	Kentlyn 16 km	1:24:30	1:21:22	- 03:08	2			

Tammy Weinert

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Feb	Airds 10 km	0:57:30	0:59:00	+ 01:30	32		RUN2	
Apr	Airds 10 km	0:57:30	0:57:09	- 00:21	5	44		*
Jun	Airds 10 km	0:56:30	0:56:18	- 00:12	11	38		*
Feb	Bradbury 5	0:28:30	0:28:20	- 00:10	12			

Kellie Weinert

	Course	H'cap	Actual	+/-	Place	Points	Note	PB
Jun	Airds 10 km	0:53:00	0:53:11	+ 00:11	32		RUN1	
Oct	Airds 10 km	0:53:00	0:57:38	+ 04:38	36		RUN2	