



ERC 2025 Club Championship

		4-Helmsley 10k			
Name	Surname	Race Position	Race Time	Age Adjusted Time	Score
Jane	Cowley	175	00:56:34	00:42:02	50
Nicola	Convy	141	00:53:14	00:42:44	48
Sally-Anne	Lardner	245	01:03:52	00:43:39	46
Maureen	Medlar	249	01:04:09	00:43:50	44
Philippa	Hutton	196	00:59:03	00:43:53	42
Stephanie	Cooper	179	00:57:02	00:45:47	40
Helen	Spring	110	00:50:00	00:46:23	38
Jane	Maloney	229	01:02:30	00:47:04	36
Cheryl	McBroom	236	01:03:12	00:48:13	34
Karen	Rayner	220	01:01:33	00:48:48	32
Joanne	Wheeler	137	00:53:05	00:49:40	30
Catherine	Lumb	282	01:09:54	00:51:15	28
Debbie	Pomfret	206	00:59:56	00:51:41	26
Debbie	Gregson	260	01:04:47	00:52:39	24
Susan	Brown	271	01:06:43	00:52:54	22
Linda	Carruthers	259	01:04:47	00:53:17	20
Claire	Throup	172	00:56:16	00:53:27	18
Kate	Rainbow-Carter	283	01:09:56	00:58:55	16
Rachel	Farrand	274	01:07:42	01:01:40	14
Becky	Carruthers	224	01:01:52	01:01:52	12
Hannah	Hilton	228	01:02:24	01:02:17	10
Brendan	Anglim	23	00:40:33	00:35:07	50
Julian	Ollive	11	00:38:11	00:35:22	48
JOE	DODSWORTH	8	00:37:44	00:37:31	46
Ed	Duffield	49	00:44:25	00:38:28	44
Finn	Pomfret	20	00:40:08	00:38:51	42
Mike	Tranter	146	00:53:38	00:39:12	40
Alwyn	Craven	46	00:43:37	00:41:22	38
Mark	Leake	91	00:48:02	00:41:58	36
Derek	Cordon	155	00:53:59	00:42:18	34
David	Cooke	122	00:51:13	00:42:49	32
Jason	Wheeler	188	00:58:04	00:51:10	30
Rob	Cooper	266	01:05:29	00:53:17	28
Stephen	Daniel	293	01:11:49	01:02:44	26
ERC	Finishers	34			
ERC	Finishers Female	21			
ERC	Finishers Male	13			
TOTAL	Finishers	304			