



ERC 2023 Club Championship

		5-Helmsley 10k			
Name	Surname	Race Position	Race Time	Age Adjusted Time	Score
FEMALE					
Stephanie	Cooper	118	00:53:45	00:44:13	50
Samantha	Lewsey	53	00:46:23	00:44:38	48
Jennifer	Duncan	70	00:48:18	00:45:33	46
Philippa	Hutton	172	01:00:21	00:46:02	44
Jane	Maloney	167	00:59:42	00:46:09	42
Helen	Spring	77	00:48:57	00:46:09	40
Karen	Newton	179	01:01:22	00:47:26	38
Catherine	Lumb	203	01:07:28	00:50:48	36
Debbie	Gregson	190	01:03:57	00:53:14	34
Joanne	Wheeler	153	00:58:18	00:55:23	32
Ellie	Radford	165	00:59:12	00:59:09	30
Catherine	Skinner	217	01:18:11	01:01:12	28
Rachel	Farrand	208	01:08:23	01:03:27	26
MALE					
STEPHAN	TOMASZEWSKI	26	00:41:18	00:32:59	50
Simon	Donoghue	17	00:40:24	00:34:05	48
CRAIG	GATH	10	00:38:37	00:35:28	46
Julian	Ollive	9	00:38:12	00:35:57	44
David	Waddington	69	00:48:13	00:40:41	42
JOE	DODSWORTH	22	00:40:54	00:40:50	40
Doug	Pearce	58	00:47:14	00:41:16	38
Tim	Shearman	48	00:45:41	00:41:17	36
Tim	Williams	55	00:46:45	00:46:19	34
Joshua	Williams	56	00:46:50	00:46:49	32
Rob	Cooper	164	00:59:11	00:49:02	30
James	Carpenter	139	00:55:48	00:52:56	28
Jason	Wheeler	168	00:59:55	00:53:41	26
ERC	Finishers	26			
ERC	Finishers Female	13			
ERC	Finishers Male	13			
TOTAL	Finishers	226			