

GFDR 2.4 MILE MONTHLY HANDICAP (2009/10)

Name of Runner	Best Time for 2008/9	8/10/09	4/11/09	Best Time for 2009/10	Mins/mile of best time	Lifetime PB
Jane Smith	15:10	15:06		15:06	06:17	15:06
Claire Hall			15:08	15:08	06:18	15:08
David Kelsey	15:23	15:09		15:09	06:19	15:09
Steve Downing		15:17		15:17	06:22	15:17
Mike Yeats		15:25		15:25	06:25	15:25
David Cronk	15:51		15:25	15:25	06:25	14:39
Ian Lawson	14:24	15:30		15:30	06:28	14:24
Joe Dilworth	17:59		15:58	15:58	06:39	15:58
John Hardy	16:13		16:26	16:26	06:51	15:13
Stuart Warwick			16:35	16:35	06:55	16:35
Neil Rumbold	15:02	16:43		16:43	06:58	14:24
Ian Reijs			16:43	16:43	06:58	16:02
Paul Farrell		16:44		16:44	06:58	15:07
Anita Cox	17:30		16:55	16:55	07:03	15:27
Andy Smith	14:10		16:55	16:55	07:03	14:06
Simon Burpitt			17:05	17:05	07:07	17:05
Jo Dooley			17:11	17:11	07:10	17:11
Andy Campbell	16:49		17:14	17:14	07:11	16:49
Brendan Whelan	17:06		17:17	17:17	07:12	14:06
Liz Overs			17:33	17:33	07:19	17:33
Gavin Foster	17:45	17:36	17:57	17:36	07:20	17:23
Rob Kings		17:51	17:42	17:42	07:23	16:33
Richard Percy		20:02	19:28	19:28	08:07	13:29
Kath Franklin		20:22	20:00	20:00	08:20	20:00
Darren McLagan	18:55	21:41	20:40	20:40	08:37	14:15
Amanda Campbell			21:14	21:14	08:51	21:14