

4 miles Ranking List 2009

1	Stuart Crees	21:17	Rose Inn (2)	9.06.09
2	Calum Cheshire	21:30	Rose Inn (2)	9.06.09
3	Nick Dukes	22:22	Self Trancendence	10.07.09
4	Jamie Nutt	22:47	Rose Inn (4)	11.08.09
5	Gareth Lynch	22:56	Rose Inn (2)	9.06.09
6	Mick McGeoch	23:06	Rose Inn (4)	11.08.09
7	Stuart McIlroy	23:16	Rose Inn (4)	11.08.09
8	Matthew Hurford	24:08	Self Trancendence	10.07.09
9	Matthew Hopkins	24:35	Self Trancendence	10.07.09
10	Andrew Russell	24:49	Rose Inn (3)	14.07.09
11	Matthew Townsend	24:51	Rose Inn (2)	9.06.09
12	David Proud	24:55	Self Trancendence	10.07.09
13	Mike Murphy	24:57	Rose Inn (3)	14.07.09
14	Katie Beecher	25:02	Rose Inn (4)	11.08.09
15	Marcus Coles	25:04	Self Trancendence	10.07.09
16	Gerry Crispie	25:06	Self Trancendence	10.07.09
17	Rob Evans	25:14	Rose Inn (2)	9.06.09
18	John O'Shea	25:27	Rose Inn (2)	9.06.09
19	Shayne Sawyers	25:30	Self Trancendence	10.07.09
20	John Diffey	25:34	Rose Inn (2)	9.06.09
21	Rob Scott	26:13	Rose Inn (3)	14.07.09
22	Clive Osmond	26:16	Rose Inn (3)	14.07.09
23	Howard Kent	26:25	Rose Inn (2)	9.06.09
24	Alan Mann	26:36	Rose Inn (4)	11.08.09
25	Alun Jones	26:36	Rose Inn (4)	11.08.09
26	John Plain	26:37	Rose Inn (2)	9.06.09
27	Alan Mason	26:47	Self Trancendence	10.07.09
28	Graeme Donnan	27:04	Rose Inn (4)	11.08.09
29	Tim O'Sullivan	27:05	Rose Inn (2)	9.06.09
30	Liz Ashton	27:05	Rose Inn (4)	11.08.09
31	Jeff Aston	27:37	Self Trancendence	10.07.09
32	Jenny Hughes	27:46	Self Trancendence	10.07.09
33	Mike Dix	27:52	Rose Inn (2)	9.06.09
34	Julie Scholey	27:53	Rose Inn (2)	9.06.09
35	Loretta Daley	28:09	Rose Inn (4)	11.08.09
36	Richard Sewell	28:25	Rose Inn (4)	11.08.09
37	Michael Rossiter	28:46	Self Trancendence	10.07.09
38	Jenny Topalian	28:53	Rose Inn (4)	11.08.09
39	Ruth McLees	28:57	Self Trancendence	10.07.09
40	David McDonald	29:37	Self Trancendence	10.07.09
41	Caroline Dallimore	31:12	Self Trancendence	10.07.09
42	Annie Conroy	34:09	Self Trancendence	10.07.09
43	Gillian Murphy	34:27	Rose Inn (3)	14.07.09
44	Alan Bladen	36:22	Rose Inn (3)	14.07.09
45	Karen Phillips	40:33	Self Trancendence	10.07.09