

Isle of Man Veteran Athletes' Club												
Road Running Shield - 2019												
Off-Island Events												
	Group 0		Group 1		Group 2		Group 3		Group 4			
Name	3-3.99 Miles		4 to 9.99 Miles		10 to 12.49 Miles		12.5 to 17.49 Miles		17.5 to Marathon		Total	Runs
Gail Griffiths	20.26		16.25	18.33	18.16						73.00	4
Les Brown		-10.70	-3.57	-8.36	-0.68						-23.31	4
Alan Pilling		-14.63	-26.57	-30.09	-31.46						-102.75	4
Richard Shipway			6.59	7.80					11.07		25.46	3
Jayne Farquhar	2.86			-0.04					-2.81		0.01	3
Denise Gimbert		-5.82		-9.81					-24.96		-40.59	3
David Anderson		-14.43	-22.07	-25.62							-62.12	3
Caroline Mayers		15.11		11.88							26.99	2
Terry Bates		8.96			2.89						11.85	2
Nhlanhla Nzama			4.32						2.34		6.66	2
Kevin Deakes			1.41	2.65							4.06	2
Moir Hall				-0.72	-5.96						-6.68	2
Dave Corrin		-4.61		-2.08							-6.69	2
Andrew Lodge			-12.10		-14.94						-27.04	2
Brian Butler			-17.99						-12.27		-30.26	2
Sharon Cain		-28.97		-30.42							-59.39	2
Sue Ackroyd					-33.36		-26.08				-59.44	2
Louise Hollings		-27.71		-35.84							-63.55	2
Mo Kelly					-33.36		-33.05				-66.41	2
Sarah Webster									33.23		33.23	1
Caryl Anstead		12.08									12.08	1
Robbie Lambie		2.17									2.17	1
Alan Postlethwaite		-1.18									-1.18	1
Christine O'Hanlon		-2.75									-2.75	1
Stephen Brown		-3.23									-3.23	1
Bernie Johnson									-3.65		-3.65	1
Clive Dugdale			-3.92								-3.92	1
Nick Watterson					-4.68						-4.68	1
Michelle Turner				-6.89							-6.89	1
Ian Callister				-10.78							-10.78	1
Nicola Raven		-17.20									-17.20	1
Ian Dunbar			-18.69								-18.69	1
John Sherrocks			-25.28								-25.28	1
Dudley Butt							-27.27				-27.27	1
Ranald Caldwell			-27.40								-27.40	1
Charlie Elliott				-29.25							-29.25	1
Geoff Hall					-32.49						-32.49	1
Jackie Moore									-49.92		-49.92	1
Miriam Kelly							-50.46				-50.46	1