

St Albans Striders Club Championships 2019/2020
Men's standings

**ST ALBANS
STRIDERS**

Position	Member	50 for 1st Strider, 49 for 2nd Strider etc. to 30 points									20 points (Stampede 30), up to 3 events	10 points Mid Week bonus	Total
		Festive 5 (15 Dec)	Keysoe XC (11 Jan)	Watford HM (2 Feb)	EA Road 5K (11 July)	Rennie Grove Half (July)	Striders Time Trials (15 Aug)	Run Fest 10k @ Lee Valley (27 Sept)	TBC	Other champs races	Race volunteer	Mid Week	
1	Gareth Parker	45	47	46	46	49	48			120	20	0	421
2	Douglas Hobson	43	48	45	40	48	42			120	0	0	386
3	Stuart Middleton	40	40	38	39	46	30			120	20	0	373
4	Errol Maginley	36	43	30	43	42	36			120	20	0	370
5	Nigel Aston	33	41	35	37	44	30			120	20	0	360
6	Jordan Lister	47		44	47	39	48			100	0	0	325
7	Sebastian Rowe		42	36	38	45	30			100	20	0	311
8	Colin Braybrook	30		30	30	35	30			120	20	0	295
9	Stephen Hosty	46	45	47	44	41				60	0	0	283
10	Richard Olney	30		30		34	30			120	20	0	264
11	Jonathan Scott	50		50			45			80	0	0	225
12	Matthew Bedford	30		30	30	32				100	0	0	222
13	Peter Blessing	30		30	32	36	30			60	0	0	218
14	Steve Buckle	49	49	43						60	0	0	201
15	Richard Davis	35		41			32			80	0	0	188
16	Anthony Bunker		38	30		38				80	0	0	186
17	Tony Brady-Locke			49	50	43				20	20	0	182
18	Derek Fowler	38	44	39						40	20	0	181
19	Oliver Knight	48	50							80	0	0	178
20	Martin Halling		39		35					80	20	0	174
21	Howard Bull	30		30			30			60	20	0	170
22	Adrian Jones				30	33				80	20	0	163
22	Roger Sant				33		30			80	20	0	163
24	Andrew Maher	30		30						80	20	0	160
24	Peter Blackaller	30			30					80	20	0	160
26	Jonathan White				30	31	30			40	20	0	151
27	Ben Scott	30		30	30					40	20	0	150
28	Matthew Cooper				49	50	49			0	0	0	148
29	Ivan Ghouse					37	30			60	20	0	147
30	Richard Evans		46							100	0	0	146
31	Matthew Holman	42		42			40			20	0	0	144
32	Adam Webster			37	45		41			0	20	0	143
33	Martin Medforth	30		30						60	20	0	140
33	Joe Weghofer					47	33			40	20	0	140
35	Graham Smith	44					31			60	0	0	135
36	Marc Phillips				30					80	20	0	130
37	John Cooper				36	40	30			20	0	0	126
38	Jonathan Bird						30			80	0	0	110
38	Dave Saunders				30					80	0	0	110
38	Pat Higgins	30								80	0	0	110
38	Richard Todd			30						60	20	0	110
38	Richard Underwood	30								80	0	0	110
43	Jonathan Poole	30					30			40	0	0	100
43	Mike Trotman			30			30			40	0	0	100
43	Chris Barr	30		30						20	20	0	100
43	Chris Curran									80	20	0	100
43	Jay A'Court									80	20	0	100
43	Jim Hopkins	30		30						40	0	0	100
43	Matthew Childs	30		30						40	0	0	100

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43	Steve Smith									100	0	0	100
51	Michael Jack		37							60	0	0	97
52	James King		36							60	0	0	96
53	Steven Cockrell	39		33						20	0	0	92
54	Paul Adams						50			40	0	0	90
54	Andy Normile						30			60	0	0	90
54	Jaimi Wallin			30	30		30			0	0	0	90
54	Phil Leach						30			40	20	0	90
54	Richard Vaughan						30			40	20	0	90
54	Robin Newby						30			60	0	0	90
54	Tony Thomson						30			60	0	0	90
54	Tony Barr						30			40	20	0	90
62	Phillip Evans				48					40	0	0	88
63	Darran Wilson	37		30						0	20	0	87
64	Max Campbell				34		30			20	0	0	84
65	Gregg Taylor				42					40	0	0	82
66	Alex Johnston	30		30						20	0	0	80
66	Jonathan Milne	30		30						20	0	0	80
66	Spencer Grant	30		30						20	0	0	80
69	Paul Greaves						39			40	0	0	79
70	Steve Bowran						38			40	0	0	78
71	Quentin Keeling					30				20	20	0	70
71	Michael Reibscheld						30			20	20	0	70
73	Matt Harrison						44			20	0	0	64
74	Gary Warren						43			20	0	0	63
75	Craig Dowie									60	0	0	60
75	David Martin									40	20	0	60
75	Ian Hirth			40						20	0	0	60
78	Andrew Page	34								20	0	0	54
78	Edward Bailey			34						20	0	0	54
80	Milan Juza				31					20	0	0	51
81	Andrew Dobinson						30			0	20	0	50
81	James Bird						30			20	0	0	50
81	Marcus Hooper						30			0	20	0	50
81	Mike Wadsworth						30			0	20	0	50
81	Soong-Kong Au-Yeong						30			20	0	0	50
81	Alastair Green			30						20	0	0	50
81	Chris Davies			30						20	0	0	50
81	James Bromfield	30								20	0	0	50
81	Jamie Nelson			30						20	0	0	50
81	Malcolm Coakley			30						20	0	0	50
81	Mark Park-Crowne			30						20	0	0	50
81	Richard Hayes			30						20	0	0	50
93	Simon Fraser			48						0	0	0	48
94	Mohamed Rabahi						46			0	0	0	46
95	Tim Searle	41								0	0	0	41
95	Thomas Croft				41					0	0	0	41
97	Alex James									40	0	0	40
97	Andrew Mckillop									40	0	0	40

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97	Gladstone Thompson									20	20	0	40	
97	James Firth									40	0	0	40	
97	Jon Reilly									40	0	0	40	
97	Joseph Dunn									40	0	0	40	
97	Paul Cremins									20	20	0	40	
97	Paul Mostyn									20	20	0	40	
97	Richard Sved									40	0	0	40	
97	Richard Derrick									20	20	0	40	
97	Roland Beton									20	20	0	40	
97	Steve Alexander									40	0	0	40	
109	Richard Witter						37			0	0	0	37	
110	Joe Stobbart						35			0	0	0	35	
111	Graham Foster						34			0	0	0	34	
112	Gareth Beavis	32								0	0	0	32	
112	Martin Whitworth			32						0	0	0	32	
114	Daniel Langton	31								0	0	0	31	
114	Doug Galbraith			31						0	0	0	31	
116	David Prince						30			0	0	0	30	
116	James Segal						30			0	0	0	30	
116	Matthew Jane						30			0	0	0	30	
116	Steve Eames						30			0	0	0	30	
116	Matthew Kirby						30			0	0	0	30	
116	Alan Proudfoot			30						0	0	0	30	
116	Calum Latham	30								0	0	0	30	
116	Charles Heinson			30						0	0	0	30	
116	Gwynfor Tyley			30						0	0	0	30	
116	James Harrison			30						0	0	0	30	
116	Kevin Edge			30						0	0	0	30	
116	Paul Hodgson			30						0	0	0	30	
116	Rav Dighe			30						0	0	0	30	
116	Steven Harrison				30					0	0	0	30	
130	James Simpson									20	0	0	20	
130	Adrian Atterby									20	0	0	20	
130	Alan Castle									20	0	0	20	
130	Alec Campbell									20	0	0	20	
130	Alex Halliday									20	0	0	20	
130	Ben Thomas									20	0	0	20	
130	Ben Thomas									20	0	0	20	
130	Cathal Gallagher									20	0	0	20	
130	Chris Edwards									20	0	0	20	
130	Christopher Mills									20	0	0	20	
130	Clive Pritchard									0	20	0	20	
130	Colin Egleton									20	0	0	20	
130	Daniel Swainsbury									0	20	0	20	
130	Dave Skyrme									20	0	0	20	
130	Dave Oh									20	0	0	20	
130	David Mellor									20	0	0	20	

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130	Duncan Burgoyne									0	20	0	20	
130	Gino Golluccio									0	20	0	20	
130	Ian Hider									0	20	0	20	
130	Ian Simpson									0	20	0	20	
130	Ian Kelly									20	0	0	20	
130	James Allen									20	0	0	20	
130	James Giffen									20	0	0	20	
130	Jim King									0	20	0	20	
130	Luke Firmin									20	0	0	20	
130	Marc Stephens									20	0	0	20	
130	Mark Jex									20	0	0	20	
130	Martin Crisp									0	20	0	20	
130	Michael Timotheou									20	0	0	20	
130	Mike Lancaster									0	20	0	20	
130	Mike Dando									20	0	0	20	
130	Neil Mallon									0	20	0	20	
130	Onil Biswas									20	0	0	20	
130	Pablo PlazaLastras									20	0	0	20	
130	Patrick Smears									20	0	0	20	
130	Paul Durbin									20	0	0	20	
130	Paul Barron									20	0	0	20	
130	Rob Borgeaud									20	0	0	20	
130	Roger Murray									0	20	0	20	
130	Rowan Tominey									20	0	0	20	
130	Shane Seagreen									20	0	0	20	
130	Sol Plant									20	0	0	20	
130	Tom Neill									20	0	0	20	
130	Bill Harding									20	0	0	20	
130	Daniel Jones									20	0	0	20	
130	Richard Sheard									20	0	0	20	