

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)	Moor Park 10k (11 Oct)	Other champs races	Race volunteer	Mid Week	
1	Gareth Parker	45	47	46	46	49	48	49	50	120	20	0	429
2	Jordan Lister	47		44	47	39	48	50		120	0	0	395
3	Errol Maginley	36	43	30	43	42	35	43	46	120	20	0	393
4	Stuart Middleton	40	40	38	39	46	30	40	44	120	20	0	389
5	Douglas Hobson	43	48	45	40	48	42			120	0	0	386
6	Nigel Aston	33	41	35	37	44	30		45	120	20	0	375
7	Stephen Hosty	46	45	47	44	41		46	48	80	0	0	356
8	Sebastian Rowe		42	36	38	45	30			120	20	0	331
9	Colin Braybrook	30		30	30	35	30			120	20	0	295
10	Matthew Bedford	30		30	30	32			40	120	0	0	282
11	Derek Fowler	38	44	39				45	47	40	20	0	273
12	Richard Olney	30		30		34	30			120	20	0	264
13	Adrian Jones				30	33		37	30	100	20	0	250
14	Peter Blessing	30		30	32	36	30			80	0	0	238
15	Tony Brady-Locke			49	50	43		48		20	20	0	230
16	Jonathan Scott	50		50			45			80	0	0	225
17	Howard Bull	30		30			30		41	60	20	0	211
17	John Cooper				36	40	30	42	43	20	0	0	211
19	Phil Leach						30	38	42	80	20	0	210
20	Joe Weghofer					47	32		49	60	20	0	208
21	Roger Sant				33		30			120	20	0	203
22	Steve Buckle	49	49	43						60	0	0	201
23	Martin Halling		39		35					100	20	0	194
24	Marc Phillips				30				39	100	20	0	189
25	Richard Davis	35		41			31			80	0	0	187
26	Anthony Bunker		38	30		38				80	0	0	186
27	Oliver Knight	48	50							80	0	0	178
28	Jonathan White				30	31	30			60	20	0	171
29	Ivan Ghouse					37	30			80	20	0	167
30	Andrew Maher	30		30						80	20	0	160
30	Peter Blackaller	30			30					80	20	0	160
30	Martin Medforth	30		30						80	20	0	160
33	Graham Smith	44					30			80	0	0	154

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34	Ben Scott	30		30	30					40	20	0	150
35	Matthew Cooper				49	50	49			0	0	0	148
36	Richard Evans		46							100	0	0	146
37	Matthew Holman	42		42			40			20	0	0	144
38	Adam Webster			37	45		41			0	20	0	143
39	Dave Saunders				30					100	0	0	130
39	Pat Higgins	30								100	0	0	130
41	Gregg Taylor				42			41		40	0	0	123
42	Chris Barr	30		30						40	20	0	120
43	Matt Harrison						44	47		20	0	0	111
44	Jonathan Bird						30			80	0	0	110
44	Richard Todd			30						60	20	0	110
44	Richard Underwood	30								80	0	0	110
47	Jonathan Poole	30					30			40	0	0	100
47	Mike Trotman			30			30			40	0	0	100
47	Chris Curran									80	20	0	100
47	Jay A'Court									80	20	0	100
47	Jim Hopkins	30		30						40	0	0	100
47	Matthew Childs	30		30						40	0	0	100
47	Steve Smith									100	0	0	100
54	Steve Bowran						38			60	0	0	98
55	Michael Jack		37							60	0	0	97
56	James King		36							60	0	0	96
57	Steven Cockrell	39		33						20	0	0	92
58	Paul Adams						50			40	0	0	90
58	Andy Normile						30			60	0	0	90
58	Jaimi Wallin			30	30		30			0	0	0	90
58	Richard Vaughan						30			40	20	0	90
58	Robin Newby						30			60	0	0	90
58	Tony Barr						30			40	20	0	90
64	Phillip Evans				48					40	0	0	88
65	Darran Wilson	37		30						0	20	0	87
66	Max Campbell				34		30			20	0	0	84

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67	Tony Thomson						0			80	0	0	80
67	Alex Johnston	30		30						20	0	0	80
67	Jonathan Milne	30		30						20	0	0	80
67	Spencer Grant	30		30						20	0	0	80
71	Paul Greaves						39			40	0	0	79
72	Edward Bailey			34						40	0	0	74
73	Quentin Keeling					30				20	20	0	70
73	Michael Reibschied						30			20	20	0	70
75	Steven Harrison				30			36		0	0	0	66
76	Gary Warren						43			20	0	0	63
77	Craig Dowie									60	0	0	60
77	David Martin									40	20	0	60
77	Ian Hirth			40						20	0	0	60
77	Andrew Mckillop									60	0	0	60
81	Andrew Page	34								20	0	0	54
82	Milan Juza				31					20	0	0	51
83	Andrew Dobinson						30			0	20	0	50
83	James Bird						30			20	0	0	50
83	Marcus Hooper						30			0	20	0	50
83	Mike Wadsworth						30			0	20	0	50
83	Soong-Kong Au-Yeong						30			20	0	0	50
83	Alastair Green			30						20	0	0	50
83	Chris Davies			30						20	0	0	50
83	James Bromfield	30								20	0	0	50
83	Jamie Nelson			30						20	0	0	50
83	Malcolm Coakley			30						20	0	0	50
83	Mark Park-Crowne			30						20	0	0	50
83	Richard Hayes			30						20	0	0	50
95	Simon Fraser			48						0	0	0	48
96	Mohamed Rabahi						46			0	0	0	46
97	Sean Boyd							44		0	0	0	44
98	Tim Searle	41								0	0	0	41
98	Thomas Croft				41					0	0	0	41

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100	Alex James									40	0	0	40
100	Gladstone Thompson									20	20	0	40
100	James Firth									40	0	0	40
100	Jon Reilly									40	0	0	40
100	Joseph Dunn									40	0	0	40
100	Paul Cremins									20	20	0	40
100	Paul Mostyn									20	20	0	40
100	Richard Sved									40	0	0	40
100	Richard Derrick									20	20	0	40
100	Roland Beton									20	20	0	40
100	Steve Alexander									40	0	0	40
100	Alan Castle									40	0	0	40
100	Chris Edwards									40	0	0	40
100	Mike Dando									40	0	0	40
100	Pablo PlazaLastras									40	0	0	40
100	Patrick Smears									40	0	0	40
116	Richard Witter						36			0	0	0	36
117	Joe Stobbart						34			0	0	0	34
118	Graham Foster						33			0	0	0	33
119	Gareth Beavis	32								0	0	0	32
119	Martin Whitworth			32						0	0	0	32
121	Daniel Langton	31								0	0	0	31
121	Doug Galbraith			31						0	0	0	31
123	David Prince						30			0	0	0	30
123	James Segal						30			0	0	0	30
123	Matthew Jane						30			0	0	0	30
123	Steve Eames						30			0	0	0	30
123	Matthew Kirby						30			0	0	0	30
123	Alan Proudfoot			30						0	0	0	30
123	Calum Latham	30								0	0	0	30
123	Charles Heinson			30						0	0	0	30
123	Gwynfor Tyley			30						0	0	0	30

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123	James Harrison			30						0	0	0	30
123	Kevin Edge			30						0	0	0	30
123	Paul Hodgson			30						0	0	0	30
123	Rav Dighe			30						0	0	0	30
136	David Holcroft									20	0	0	20
136	Jon Elmer									20	0	0	20
136	James Simpson									20	0	0	20
136	Adrian Atterby									20	0	0	20
136	Alec Campbell									20	0	0	20
136	Alex Halliday									20	0	0	20
136	Ben Thomas									20	0	0	20
136	Ben Thomas									20	0	0	20
136	Cathal Gallagher									20	0	0	20
136	Christopher Mills									20	0	0	20
136	Clive Pritchard									0	20	0	20
136	Colin Egleton									20	0	0	20
136	Daniel Swainsbury									0	20	0	20
136	Dave Skyrme									20	0	0	20
136	Dave Oh									20	0	0	20
136	David Mellor									20	0	0	20
136	Duncan Burgoyne									0	20	0	20
136	Gino Golluccio									0	20	0	20
136	Ian Hider									0	20	0	20
136	Ian Simpson									0	20	0	20
136	Ian Kelly									20	0	0	20
136	James Allen									20	0	0	20
136	James Giffen									20	0	0	20
136	Jim King									0	20	0	20
136	Luke Firmin									20	0	0	20
136	Marc Stephens									20	0	0	20
136	Mark Jex									20	0	0	20

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136	Martin Crisp									0	20	0	20
136	Michael Timotheou									20	0	0	20
136	Mike Lancaster									0	20	0	20
136	Neil Mallon									0	20	0	20
136	Onil Biswas									20	0	0	20
136	Paul Durbin									20	0	0	20
136	Paul Barron									20	0	0	20
136	Rob Borgeaud									20	0	0	20
136	Roger Murray									0	20	0	20
136	Rowan Tominey									20	0	0	20
136	Shane Seagreen									20	0	0	20
136	Sol Plant									20	0	0	20
136	Tom Neill									20	0	0	20
136	Bill Harding									20	0	0	20
136	Daniel Jones									20	0	0	20
136	Richard Sheard									20	0	0	20