

Championship 2013

Last update: 16/12/2013



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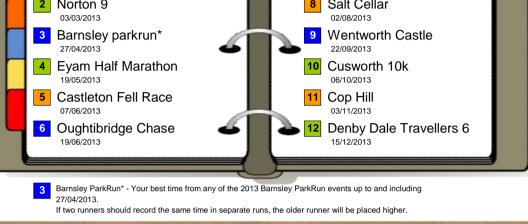


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July

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November M Tu W Th F Sa Su														
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December												
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December

Titles and trophies as they are decided...

Men's overall champion **Steve Storey**

Paul Fryers

2nd M45

Steve scored 455 points from his best 8 races

Ladies' overall champion Sarah Sykes

Sarah scored 362 points from her best 8 races

Paul Gee

Paul scored 628 points from all 12 races

Fell

Champion

1st L65 2nd L40

Challenge champion

	Road	XC	Fell		Road	XC
Steve Storey	Champion	1st M55	1st M55	Sue Charlesworth	Champion	
Andy Swift		Champion	Champion	Sarah Sykes	1st L40	Champion
Paul Gee	1st M45	2nd M45	1st M45	Sue Higham	1st L60	1st L60
Mark Law		1st M45		Barbara Haigh		
Richard Mackie			1st M40	Annie Lightowler	2nd L40	2nd L40
Mark Riordan	1st M35	1st M35	1st M35	Jill Davis		2nd L60
Steve Sanders	1st M40	2nd M40	2nd M40	Denise Pozorski		1st L45
Gary Dean		1st M40		Lisa Taylor		1st Senior
Geoff Dimelow	2nd M55		2nd M55			
Pete Stanley			1st M50			
Dave Needham	1st M65	1st M65				
Martin Booth		1st M50				
Dean Allcroft	2nd M40					
Dave Foster	1st M60	1st M60	1st M60			
Brian Bradder		2nd Senior		WG .		
Alan Knox		2nd M55		0.00 (1)		
Ray Brown	1st M70	1st M70	1st M70	SOON!		

2nd M45

Training evenings

Tuesdays at 6:30pm

Penistone Church Football Club

Best wishes to all our readers!

www.pfrac.co.uk



Final championship positions



	Road race se	ctior	۱	+	XC race sec	tion		+	Fell race sec	tion		=	Cham	pior	nship	& Ch	alle	ng	•		
	All 4 road races have b	een	Total	-	All 4 XC races have be		Total	-	All 4 fell races have be	een	Total		Positions after 12 of	•		v are th				Total	Total
	completed		for best		completed		for best		completed		for best		championship races		-	est 8 so	_			for best	for all
Ы	15 runners have qualif in the road section	ied	3 races	Ţ	25 runners have qualif in the XC section	ried	3	Ţ	16 runners have qualit in the fell section	ied	3 races	Ţ	13 runners have qualifie the overall champions			om eacl			03	8	12
*	Name	Cat	₩ .	*	Name	Cat	races	*	Name	Cat	₩ .	*	Name	Cat	1 2	3 4	5 6	7	8	races	races
1	Steve Storey	M55	175	1	Andy Swift	М	180	1	Andy Swift	М	180	1	Steve Storey	M55	59 59	57 57	56 5	6 56	55	455	562
2	Paul Gee	M45	170	2	Mark Law	M45	167	2	Richard Mackie	M40	174	2	Steve Sanders	M40	58 57	55 55	54 5	4 53	52	438	535
3	Mark Riordan	M35	164	3	Steve Storey	M55	165	3	Steve Storey	M55	168	3	Paul Gee	M45	57 57	56 53	53 5	2 52	51	431	628
4	Steve Sanders	M40	162	4	Gary Dean	M40	160	4	Steve Sanders	M40	163	4	Mark Riordan	M35	55 55	54 52	49 4	8 48	47	408	542
5	Geoff Dimelow	M55	157	5	Steve Sanders	M40	160	5	Pete Stanley	M50	160	5	Alan Knox	M55	56 51	50 50	49 4	9 46	46	397	397
6	Dave Needham	M65	154	6	Martin Booth	M50	158	6	Paul Gee	M45	158	6	Geoff Dimelow	M55	53 52	52 50	48 4	7 47	46	395	517
7	Dean Allcroft	M40	152	7	Paul Gee	M45	152	7	Mark Riordan	M35	149	7	Dave Foster	M60	50 50	49 48	48 4	7 41	40	373	454
8	Dave Foster	M60	149	8	Brian Bradder	М	148	8	Geoff Dimelow	M55	145	8	Dean Allcroft	M40	51 51	50 45	45 4	5 42	39	368	484
9	Sue Charlesworth	L45	140	9	Alan Knox	M55	145	9	Dave Foster	M60	143	9	Sarah Sykes	L40	51 49	49 46	45 4	3 40	39	362	400
10	Sarah Sykes	L40	138	10	Mark Riordan	M35	139	10	Sarah Sykes	L40	140	10	Paul Fryers	M45	47 45	44 44	42 4	1 39	37	339	407
11	Ray Brown	M70	132	11	Geoff Dimelow	M55	137	11	Nick Whittingham	M55	139	11	Ray Brown	M70	46 45	44 42	41 4	1 34	31	324	386
12	Paul Fryers	M45	125	12	Nick Whittingham	M55	125	12	Paul Fryers	M45	133	12	Annie Lightowler	L40	46 45	42 41	40 3	9 37	34	324	415
13	Sue Higham	L60	124	13	Sarah Sykes	L40	122	13	Dean Allcroft	M40	127	13	John Spencer	M55	41 38	37 36	34 2	9 28	23	266	266
14	Annie Lightowler	L40	123	14	Dean Allcroft	M40	122	14	Ray Brown	M70	127	14	Andy Swift	М	60 60	60 60	60 6	0 »	»	» »	420
15	John Spencer	M55	106	15	Dave Foster	M60	118	15	Barbara Haigh	L65	126	15	Brian Bradder	М	55 53	53 50	49 4	9 47	»	» »	356
16	Tim Brooke	M35	108	16	Paul Fryers	M45	117	16	Annie Lightowler	L40	120	16	Richard Mackie	M40	60 59	58 58	58 5	6 »	»	» »	349
17	Alan Knox	M55	106	17	Dave Needham	M65	106	17	Damian Kilpin	M35	119	17	Mark Law	M45	58 57	<mark>56</mark> 55	55 5	4 »	»	» »	335
18	Julie Moxon	L40	101	18	Annie Lightowler	L40	106	18	Mick Quinn	M50	117	18	Tim Brooke	M35	55 53	52 52	51 4	8 »	»	» »	311
19	Bob Innes	M60	89	19	Sue Higham	L60	100	19	Brian Bradder	М	108	19	Nick Whittingham	M55	50 46	46 46	43 4	0 39	»	» »	310
20	Alison Nockels	L45	83	20	Ray Brown	M70	89	20	Tim Brooke	M35	103	20	Dave Needham	M65	53 52	49 43	38 3	6 35	»	» »	339
21	Lisa Taylor	L	82	21	John Spencer	M55	88	21	Alan Knox	M55	100	21	Mick Quinn	M50	59 59	58 57	56 ×	»	»	» »	289
22	Stuart Woodhead	M55	81	22	Jill Davis	L60	87	22	Steve Dickinson	M45	100	22	Martin Booth	M50	56 54	54 53	51 ×	»	»	» »	268
23	Paul Parkin	M70	78	23	Denise Pozorski	L45	85	23	John Spencer	M55	72	23	Sue Higham	L60	43 43	39 38	37 3	2 29	»	» »	282
24	Jane Cockerton	L50	70	24	Lisa Taylor	Г	81	24	Matthew Marsh	М	59	24	Gary Dean	M40	55 53	52 51	49 ×	»	»	» »	260
25	Richard Sunman	M40	60	25	Jane Foster	L60	58	25	Daniel Hague	М	59	25	Julie Moxon	L40	54 47	45 42	41 ×	»	»	» »	229
26	Richard Mackie	M40	60	26	Lee Storey	М	116	26	James Pierce	M35	57	26	Sue Charlesworth	L45	48 47	45 37	28 ×	»	»	» »	205
27	Andrew Heppenstall	М	60	27	Richard Mackie	M40	115	27	Lee Storey	М	57	27	Pete Stanley	M50	55 53	<mark>52</mark> 42	» ×	»	»	» »	202
28	Joe Mann	М	60	28	Mick Quinn	M50	113	28	Shaun Walker	M45	57	28	Lisa Taylor	L	42 40	35 31	30 2	0 »	»	» »	198
29	Steve Stead	М	59	29	Martin Cooper	M45	111	29	Steve Roebuck	M35	56	29	Barbara Haigh	L65	43 43	40 39	29 ×	»	»	» »	194
30	Mick Quinn	M50	59	30	Tim Brooke	M35	100	30	Steve Stead	М	56	30	Steve Dickinson	M45	50 50	45 45	» ×	»	»	» »	190
31	Steve Roebuck	M35	58	31	Alex Simon	M40	93	31	Mark Law	M45	56	31	Damian Kilpin	M35	60 59	59 »	» x	»	»	» »	178
32	Martin Cooper	M45	58	32	Steve Dickinson	M45	90	32	John Howsham	M45	54	32	Bob Innes	M60	48 44	41 41	» x	»	»	» »	174
33	Mark Law	M45	58	33	Paul Griffiths	M50	87	33	Martin Booth	M50	54	33	Lee Storey	М	58 58	57 »	» x	»	»	» »	173
34	Simon Marshall	M35	56	33	Julie Moxon	L40	87	34	Martyn Goodwin	M50	51	34	Martin Cooper	M45	58 57	54 »	» x	»	»	» »	169
35	Martin Booth	M50	56	35	Sarah Jones-Morris	L35	79	35	Gary Dean	M40	49	35	Steve Roebuck		58 56		» ×	_	»	» »	168
36	Robin Clough	M40	55	36	Keith Gordon	M60	76	36	Craig Birchall	M35	47	36	Jill Davis	L60	36 33	27 27	26 1	3 »	»	» »	162
37	Phil Buckley	M50	54	37	Sarah Halstead	L45	73	37	Paul Griffiths	M50	46	37	Paul Griffiths	M50	46 44	43 »	» ×	»	»	» »	133
38	Brian Bradder	М	53	38	Debra Cable	L50	66	38	Emma Stead	L	46	38	Denise Pozorski	L45	41 34	26 25	» ×	»	»	» »	126
39	lan Charlesworth	M45	52	39	Sue Charlesworth	L45	65	39	Trish Mellor	L50	45	39	Craig Birchall	M35	47 44	27 »	» x	»	»	» »	118
40	Gary Dean	M40	51	40	Jan Pozorski	M70	61	40	Sarah Halstead	L45	44	39	Matthew Marsh	М	59 59	» »	» ×	»	»	» »	118
41	Valentina Wright	L40	48	41	Damian Kilpin	M35	59	41	Bob Innes	M60	44	39	Daniel Hague	М	59 59	» »	» ×	»	»	» »	118
42	Nick Whittingham	M55	46	42	Matthew Marsh	М	59	42	Jane Cockerton	L50	43	39	Andrew Heppenstall	М	60 58	» »	» ×	»	»	» »	118
43	Craig Birchall	M35	44	43	Daniel Hague	М	59	43	Colin Porteous	M50	42	43	Sarah Halstead	L45	44 40	33 »	» x	»	»	» »	117
44	Sophie Pogorzelec	L	44	44	Phil Hinchliffe	M40	58	44	Sarah Clough	L40	42	44	Steve Stead	М	59 56	» »	» x	»	»	» »	115
45	Heather Parkin	L35	44	45	Andrew Heppenstall	М	58	45	Julie Moxon	L40	41	45	Paul Parkin	M70	42 36	35 »	» x	»	»	» »	113
46	Trish Mellor	L50	42	46	Sophie Pogorzelec	L	57	46	Sue Higham	L60	37	45	Jane Cockerton	L50	43 39	31 »	» x	»	»	» »	113
47	Denise Pozorski	L45	41	47	Andrew Shelbourne	M45	57	47	Dave Needham	M65	36	47	Stuart Woodhead	M55	46 35	26 »	» ×	»	»	» »	107
48	Jan Pozorski	M70	40	48	Steve Roebuck	M35	54	48	Jill Davis	L60	36	48	Sophie Pogorzelec	L	44 32	25 »	» ×	»	»	» »	101
49	Lee Bridgewater	M40	37	49	Karen Schofield	L45	51	49	Lisa Taylor	L	35	48	Jan Pozorski	M70	40 35	26 »	» x	»	»	» »	101
_	Gareth Darby	М	36	50	Steve Frith	M60	51	50	Paul Parkin	M70	35	50	Martyn Goodwin	MEO	51 47	» »	» ×	»	»	» »	98

Final championship positions

	Road race se	ction	<u> </u>	+	XC race sec	tion		+	Fell race sectio	n		=	Cham	nior	nshin	& C	hall	end	ne		
	All 4 road races have b		Total	T	All 4 XC races have b		Total	T	All 4 fell races have been	_	Total	_	Positions after 12 of	•		are t				Total	Total
	completed		for best		completed		for best		completed		for best		championship races	;	the b	est 8	corin	g ra	ces,	for best	for all
ᅵ	15 runners have qualif in the road section		3	Ţ	25 runners have quali in the XC section		3	Γ	16 runners have qualified in the fell section		3	_	13 runners have qualifie the overall champions			ding a om ea				8	12
*	Name	Cat	races	+	Name	Cat	races	+	Name Ca		races	+	Name	Cat	1 2	3 4	- 5	6	7 8	races	races
51	Jane Foster	L60	35	51	Nick Cable	M40	51					51	Jane Foster	L60	35 25	24 9	»	»	» »	»»	93
52	Helen Goulding	L	34	52	Matthew Burton	M40	48					51	Alex Simon	M40	50 43	» ×	»	»	» »	» »	93
53	lan Wragg	M50	33	53	Martyn Goodwin	M50	47					53	Trish Mellor	L50	45 42	» ×	»	»	» »	»»	87
54	Sarah Clough	L40	30	54	Pete Stanley	M50	42	1				54	Alison Nockels	L45	43 40	» ×	»	»	» »	»»	83
55	Barbara Haigh	L65	29	55	Kelvin Bowskill	M60		1				55	Sarah Jones-Morris	L35		\vdash	+	-	» »	» »	79
56	Norman Cole	M70	27	56	Bob Innes	M60	41					56	Colin Porteous	M50		\vdash	+	_	» »	»»	76
57	Jill Davis	L60	26	57	Michael Walsh	М	36	1		-		56	Keith Gordon	M60		» ×	+	_	» »	»»	76
				58	Sarah Mann	L45	35	1				58	Sarah Clough	L40	42 30	» ×	+	_	» »	» »	72
-				59	Colin Porteous	M50	34			-		59	Debra Cable	L50 M50	38 28 33 30	» ×	+	_	» »	» » » »	66
				60	Dave Etherington	M45 M50	33	1		-		60 61	lan Wragg Richard Sunman	M40		» »	+		» »	» »	63 60
				62	Ian Wragg Anne Smythe	L60	28	1		-		61	Joe Mann	M	60 »	» ×	++		» »	» »	60
F				63	Craig Birchall	M35						63	Phil Hinchliffe	M40		» ×	1	-	» »	» »	58
+				64	Stuart Woodhead	M55		1		+		64	James Pierce	M35		» ×	++	-	» »	» »	57
				65	Martyn Cartwright	M65		1				64	Andrew Shelbourne	M45		» ×	»	»	» »	» »	57
F				66	Samantha Shaw	L	19	Ì				64	Shaun Walker	M45	57 »	» x	»	»	» »	» »	57
				67	Michelle Millward	L45	18	1				67	Simon Marshall	M35	56 »	» ×	»	»	» »	» »	56
				68	Nell Law	L40	17	Ī				68	Robin Clough	M40	55 »	» ×	»	»	» »	»»	55
				69	Rianna Armitage	L	16					69	John Howsham	M45	54 »	» ×	»	»	» »	»»	54
				70	Norman Cole	M70	15	Ī				69	Phil Buckley	M50	54 »	» ×	»	»	» »	»»	54
				71	Ailsa Park	L	12					71	Ian Charlesworth	M45	52 »	» ×	»	»	» »	»»	52
				72	Kim Porteous	L50	11					72	Karen Schofield	L45	37 14	» ×	»	»	» »	» »	51
				73	David Horsfall	M70	10					72	Steve Frith	M60	51 »	» ×	»	»	» »	»»	51
												72	Nick Cable	M40	51 »	» ×	»	»	» »	» »	51
]				75	Matthew Burton	M40		» ×	»		» »	» »	48
								_				75	Valentina Wright	L40	48 »	» ×	\vdash		» »	» »	48
												77	Emma Stead	L	46 »	» ×	\vdash	_	» »	» »	46
-												78 70	Heather Parkin	L35	44 »	» ×	\vdash	-	» »	» »	44
-								1				79 80	Norman Cole		27 15	» ×	+	-	» »	» » » »	42
-								ł				ου Ω1	Kelvin Bowskill Lee Bridgewater	M40		» ×	+ +	-	» »	» »	37
F								1			-1	82	Michael Walsh		36 »	» »	+	_	» »	» »	36
								1				82	Gareth Darby		36 »	» »	+	-	» »	» »	36
-								1				84	Sarah Mann		35 »	» ×	+	-	» »	» »	35
								1		\dagger		85	Helen Goulding	L	34 »	» ×	+	»	» »	» »	34
t								1		\dagger		86	Dave Etherington		33 »	» x	»	»	» »	» »	33
ļ								1		t		87	Anne Smythe	L60	28 »	» ×	»	»	» »	» »	28
												88	Martyn Cartwright	M65	22 »	» ×	»	»	» »	» »	22
												89	Samantha Shaw	L	19 »	» ×	»	»	» »	»»	19
												90	Michelle Millward	L45	18 »	» x	»	»	» »	» »	18
												91	Nell Law	L40	17 »	» ×	»	»	» »	»»	17
										1		92	Rianna Armitage	L	16 »	» x	+	-	» »	» »	16
										1		93	Ailsa Park	L	12 »	» ×	+	-	» »	» »	12
-										-		94	Kim Porteous			» x	+		» »	» »	11
								-		\perp		95	David Horsfall	M70	10 »	» ×	»	»	» »	» »	10
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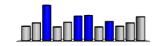
Road section



	03/03/2013					19/0	06/10/2013					15/12/2013								
	Nor	ton	9			Eyam Hal	f M	ara	atho	n	Cuswo	rth	1(0k		Denby Dale	Tra	ave	eller	s 6
1st	Pumlani Bangani	8	Salfo	rd H	48:50	Matthew Battensby	Bur	ges S	Salmon	79:36	Wondiye Fikre Indell	Uı	natta	ched	31:36	David Turnbull	F	lolmf	irth	34:01
1st	Julie Briscoe	W	akefi	ield H	52:24	Jenny Featherstone		Totl	еу	94:27	Jayne Baldwin	D	onca	ster	39:23	Fiona Davies	К	ingst	one	38:26
	Name	Cat	Pts	Time	Û	Name	Cat	Pts	Time	Û	Name	Cat	Pts	Time	Û	Name	Cat	Pts	Time	Û
1	Richard Sunman	M40	60	54:24	111%	Richard Mackie	M40	60	89:16	112%	Andrew Heppenstall	М	60	38:35	122%	Joe Mann	М	60	36:45	108%
2	Steve Storey	M55	59	57:13	117%	Steve Storey	M55	59	93:00	117%	Steve Stead	М	59	39:05	124%	Mick Quinn	M50	59	38:33	113%
3	Steve Roebuck	M35	58	57:40	118%	Martin Cooper	M45	58	98:36	124%	Steve Sanders	M40	58	40:48	129%	Mark Law	M45	58	40:43	120%
4	Paul Gee	M45	57	63:27	130%	Paul Gee	M45	57	102:38	129%	Steve Storey	M55	57	42:08	133%	Steve Sanders	M40	57	40:59	120%
5	Alan Knox	M55	56	64:08	131%	Simon Marshall	M35	56	104:31	131%	Paul Gee	M45	56	42:57	136%	Martin Booth	M50	56	41:28	122%
6	Mark Riordan	M35	55	65:18	134%	Mark Riordan	M35	55	109:12	137%	Tim Brooke	M35	55	43:09	137%	Robin Clough	M40	55	41:48	123%
7	Phil Buckley	M50	54	65:46	135%	Julie Moxon	L40	54	111:54	118%	Mark Riordan	M35	54	43:37	138%	Steve Storey	M55	54	41:53	123%
8	Dave Needham	M65	53	67:14	138%	Brian Bradder	М	53	112:17	141%	Geoff Dimelow	M55	53	46:50	148%	Tim Brooke	M35	53	42:34	125%
9	Geoff Dimelow	M55	52	68:33	140%	Geoff Dimelow	M55	52	113:12	142%	Dave Needham	M65	52	46:54	148%	Ian Charlesworth	M45	52	42:47	126%
10	Sarah Sykes	L40	51	68:37	131%	Dean Allcroft	M40	51	114:20	144%	Dean Allcroft	M40	51	47:19	150%	Gary Dean	M40	51	43:26	128%
11	Dean Allcroft	M40	50	69:04	141%	Dave Foster	M60	50	117:14	147%	Dave Foster	M60	50	48:49	154%	Alan Knox	M55	50	43:53	129%
12	Dave Foster	M60		69:29	142%	Dave Needham	M65		117:26		Sarah Sykes	L40	49	48:55	124%	Paul Gee	M45	49	43:59	129%
13	Bob Innes	M60		70:32	144%	Sue Charlesworth	L45	48	118:11	125%	Valentina Wright	L40	48	50:27	128%	Mark Riordan	M35	48	45:09	133%
14	Julie Moxon	L40	47	70:58	135%	Steve Sanders	M40		121:28		Sue Charlesworth	L45	47	50:46	129%	Geoff Dimelow	M55	47	48:53	144%
15	Stuart Woodhead	M55		71:17	146%	Ray Brown	M70		121:55		Annie Lightowler	L40	46	50:46	129%	Nick Whittingham	M55	46	48:58	144%
16	Sue Charlesworth	L45	45	73:09	140%	Annie Lightowler	L40	45	127:42		Paul Fryers	M45		51:01	161%	Dean Allcroft	M40	45	49:24	145%
17	Craig Birchall	M35		73:34	151%	Sophie Pogorzelec	L	44	129:26		Ray Brown	M70		52:24	166%	Heather Parkin	L35	44	49:41	129%
18	Alison Nockels	L45	43	75:06	143%	Sue Higham	L60	43	131:37		Sue Higham	L60	43	57:01	145%	Dave Needham	M65	43	49:58	147%
19	Ray Brown	M70		77:40	159%	Lisa Taylor	L	42	139:16		Paul Parkin	M70		62:24	197%	Trish Mellor	L50	42	50:00	130%
20	Paul Fryers	M45		79:35	163%	John Spencer	M55	41	145:50	183%	Denise Pozorski	L45	41	63:21	161%	Bob Innes	M60	41	50:01	147%
21	Lisa Taylor	L	40	79:39	152%						Jan Pozorski	M70	40	63:24	201%	Alison Nockels	L45	40	50:02	130%
22	Jane Cockerton	L50	39	81:48	156%											Paul Fryers	M45	39	50:20	148%
23	Sue Higham	L60 M55	38	86:19 88:58	165% 182%											Sarah Sykes	L40 M40	38	50:52 51:18	132% 151%
25	John Spencer Paul Parkin	M70	36	91:26	187%											Lee Bridgewater Gareth Darby	M	37	51:39	152%
26	Jane Foster	L60	35	103:00												Stuart Woodhead	M55	35	51:51	152%
27	Jane 1 Oster	LOO	33	103.00	137 76											Helen Goulding	L	34	53:47	140%
28																Ian Wragg	M50	33	54:39	161%
29																Annie Lightowler	L40	32	55:13	144%
30																Jane Cockerton	L50	31	55:23	144%
31																Sarah Clough	L40	30	56:12	146%
32																Barbara Haigh	L65	29	56:18	146%
33																John Spencer	M55		58:34	172%
34																Norman Cole	M70	27	59:39	175%
35																Jill Davis	L60	26	67:14	175%
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Cross Country section



	2//04/2013												22/09/2013							
	Barnsley	pa pa	rk	run*		Oughtibri	dge	e C	has	е	Thurlsto	ne	Cł	nase		Wentwo	rth	Ca	stle	
1st	Darren Middleton		Leed	ds	16:25	Andy Swift	F	enis	tone	22:25	Andy Swift	P	enis	tone	23:54	Andy Swift	Р	enist	one	29:58
1st	Stephanie Burns	Ro	therh	am H	18:40	Bev Sutton	>	'alley	/ Hill	28:35	L. Lathem	E	Barns	sley	32:50	Heather Thornton	Uı	nattad	hed	41:24
	Name	Cat	Pts	Time	Û	Name	Cat	Pts	Time	Û	Name	Cat	Pts	Time	Û	Name	Cat	Pts	Time	Û
1	Andy Swift	М	60	17:30	107%	Andy Swift	М	60	22:25	100%	Andy Swift	М	60	23:54	100%	Andy Swift	М	60	29:58	100%
2	Damian Kilpin	M35	59	18:26	112%	Matthew Marsh	М	59	23:39	106%	Daniel Hague	М	59	26:31	111%	Richard Mackie	M40	59	32:36	109%
3	Phil Hinchliffe	M40	58	18:38	114%	Lee Storey	М	58	23:48	106%	Lee Storey	М	58	27:06	113%	Andrew Heppenstall	М	58	33:28	112%
4	Martin Cooper	M45	57	18:59	116%	Mick Quinn	M50	57	23:51	106%	Mark Law	M45	57	27:42	116%	Andrew Shelbourne	M45	57	34:01	114%
5	Steve Storey	M55	56	19:27	118%	Richard Mackie	M40	56	24:00	107%	Mick Quinn	M50	56	27:59	117%	Steve Storey	M55	56	34:52	116%
6	Mark Law	M45	55	19:27	118%	Mark Law	M45	55	24:58	111%	Gary Dean	M40	55	28:40	120%	Steve Sanders	M40	55	35:30	118%
7	Steve Roebuck	M35	54	19:46	120%	Martin Cooper	M45	54	25:04	112%	Martin Booth	M50	54	28:54	121%	Mark Law	M45	54	36:21	121%
8	Martin Booth	M50	53	20:26	124%	Steve Storey	M55	53	25:11	112%	Steve Sanders	M40	53	29:06	122%	Gary Dean	M40	53	36:59	123%
9	Steve Sanders	M40	52	20:35	125%	Gary Dean	M40	52	25:29	114%	Paul Gee	M45	52	30:08	126%	Tim Brooke	M35	52	37:13	124%
10	Steve Frith	M60	51	20:50	127%	Martin Booth	M50	51	25:46	115%	Nick Cable	M40	51	30:41	128%	Paul Gee	M45	51	37:21	125%
11	Brian Bradder	М	50	20:50	127%	Steve Sanders	M40	50	25:57	116%	Alan Knox	M55	50	31:30	132%	Alex Simon	M40	50	38:35	129%
12	Paul Gee	M45	49	21:05	128%	Brian Bradder	М	49	26:08	117%	Brian Bradder	М	49	31:37	132%	Alan Knox	M55	49	39:07	131%
13	Matthew Burton	M40	48	21:35	131%	Paul Gee	M45	48	27:00	120%	Tim Brooke	M35	48	32:01	134%	Mark Riordan	M35	48	39:16	131%
14	Martyn Goodwin	M50	47	21:37	132%	Mark Riordan	M35	47	27:28	123%	Geoff Dimelow	M55	47	33:00	138%	Brian Bradder	М	47	40:27	135%
15	Alan Knox	M55	46	21:39	132%	Alan Knox	M55	46	27:38	123%	Nick Whittingham	M55	46	33:00	138%	Geoff Dimelow	M55	46	42:07	141%
16	Steve Dickinson	M45	45	21:54	133%	Steve Dickinson	M45	45	27:55	125%	Julie Moxon	L40	45	33:05	101%	Dean Allcroft	M40	45	42:59	143%
17	Mark Riordan	M35	44	21:59	134%	Geoff Dimelow	M55	44	29:37	132%	Paul Griffiths	M50	44	33:23	140%	Paul Fryers	M45	44	43:30	145%
18	Alex Simon	M40	43	22:05	135%	Paul Griffiths	M50	43	29:43	133%	Sarah Sykes	L40	43	33:46	103%	Sarah Jones-Morris	L35	43	45:11	109%
19	Pete Stanley	M50	42	22:29	137%	Julie Moxon	L40	42	29:49	104%	Mark Riordan	M35	42	33:51	142%	Annie Lightowler	L40	42	46:32	112%
20	Kelvin Bowskill	M60	41	22:30	137%	Dave Foster	M60	41	30:13	135%	Bob Innes	M60	41	34:11	143%	Keith Gordon	M60	41	47:04	157%
21	Sarah Sykes	L40	40	23:15	125%	Nick Whittingham	M55	40	30:30	136%	Dave Foster	M60	40	35:04	147%	Sarah Halstead	L45	40	47:48	115%
22	Nick Whittingham	M55	39	23:47	145%	Sarah Sykes	L40	39	30:51	108%	Dean Allcroft	M40	39	35:19	148%	Sue Higham	L60	39	51:11	124%
23	Dean Allcroft	M40	38	23:49	145%	Dean Allcroft	M40	38	31:02	138%	Dave Needham	M65	38	36:57	155%	Debra Cable	L50	38	51:56	125%
24	Dave Foster	M60	37	23:51	145%	Sue Charlesworth	L45	37	31:05	109%	Paul Fryers	M45	37	37:11	156%	Karen Schofield	L45	37	54:15	131%
25	Michael Walsh	М	36	24:00	146%	Paul Fryers	M45	36	32:13	144%	Sarah Jones-Morris	L35	36	37:44	115%	John Spencer	M55	36	54:38	182%
26	Keith Gordon	M60	35	24:05	147%	Dave Needham	M65	35	32:41	146%	Sarah Mann	L45	35	38:05	116%	Jan Pozorski	M70	35	56:30	189%
27	Colin Porteous	M50	34	24:05	147%	Annie Lightowler	L40	34	32:53	115%	Ray Brown	M70	34	38:51	163%	Denise Pozorski	L45	34	59:11	143%
28	Dave Needham	M65	33	24:09	147%	Dave Etherington	M45	33	32:56	147%	Sarah Halstead	L45	33	40:03	122%	Jill Davis	L60	33	59:20	143%
29	Paul Fryers	M45	32	24:11	147%	Sophie Pogorzelec	L	32	33:59	119%	Sue Higham	L60	32	41:22	126%					
30	Geoff Dimelow	M55	31	24:19	148%	Ray Brown	M70	31	34:06	152%	Lisa Taylor	L	31	41:22	126%					
31	Ian Wragg	M50	30	24:48	151%	Lisa Taylor	L	30	34:19	120%	Annie Lightowler	L40	30	41:45	127%					
32	Annie Lightowler	L40	29	24:52	133%	Sue Higham	L60	29	35:20	124%	John Spencer	M55	29	44:15	185%					
33	Sue Charlesworth	L45	28	25:06	134%	Anne Smythe	L60	28	39:12	137%	Debra Cable	L50	28	44:18	135%					
34	Craig Birchall	M35	27	25:14	154%	Jill Davis	L60	27	40:43	142%	Jill Davis	L60	27	47:19	144%					
35	Stuart Woodhead	M55	26	25:32	156%	Denise Pozorski	L45	26	42:35	149%	Jan Pozorski	M70	26	47:21	198%					
36	Sophie Pogorzelec	L	25	26:17	141%	Jane Foster	L60	25	45:26	159%	Denise Pozorski	L45	25	48:21	147%					
37	Ray Brown	M70	24	26:29	161%						Jane Foster	L60	24	56:19	172%					
38	John Spencer	M55	23	26:50	163%															
39	Martyn Cartwright	M65	22	27:16	166%															
40	Sue Higham	L60	21	27:34	148%															
41	Lisa Taylor	L	20	27:47	149%															
42	Samantha Shaw	L	19	27:53	149%															
43	Michelle Millward	L45	18	29:02	156%															
44	Nell Law	L40	17	29:02	156%															
45	Rianna Armitage	L	16	29:14	157%															
46	Norman Cole	M70	15	29:21	179%															
47	Karen Schofield	L45	14	30:16	162%															
48	Jill Davis	L60	13	30:23	163%															
49	Ailsa Park	L	12	31:02	166%															
50	Kim Porteous	L50	11	32:33	174%															

Cross Country section

	27/0	04/201	3			19/	06/2013	3			13/07	7/2013	3		22/09/2013						
	Barnsle	y pa	ark	run*		Oughtibr	has	е	Thurlsto	ne	Cha	ase	Wentworth Castle								
1st	Darren Middleton	arren Middleton Leeds 16:2 ttephanie Burns Rotherham H 18:4 Name Cat Pts Time ↓ David Horsfall M70 10 33:07 2029			16:25	-		enist		22:25	Andy Swift	-	enisto		23:54	Andy Swift		enistone	29:58		
1st								'alley		28:35 Ţ	L. Lathem		Barnsle		32:50	Heather Thornton		nattached	41:24		
51						Name	Cat	Pts	Time	₩.	Name	Cat	Pts	Time	Û	Name	Cat	Pts Time	Û		
52	Jane Foster	L60		36:22	195%														+		
53	Jane i Oster	200		30.22	13370														+		
54																			+		
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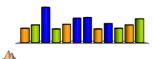
Fell section



	27/0	1/2013	3			07/0	6/2013	3			02/08	8/2013	3		03/11/2013						
	Tigg	er 1	Γor	•		Castletor	ı Fe	ell —	Race	9	Salt	Cel	lar	•		Cop	Hi	II			
1st	Stuart Bond	D	ark F	Peak	58:55	Kris Jones		SHU	ОС	40:20	Neil Northrop	D	ark F	Peak	53:42	Gavin Mulholland	S	stainla	and	39:20	
1st	Laura Gibson		Totle	еу	70:21	Helen Elmore	D	ark f	Peak	50:51	Judith Jepson	at Bo	ys/D	ark Peal	62:08	Helen Berry	H	lolmf	irth	45:47	
	Name	Cat	Pts	Time	Û	Name	Cat	Pts	Time	Û	Name	Cat	Pts	Time	Û	Name	Cat	Pts	Time	Û	
1	Andy Swift	М	60	60:41	103%	Andy Swift	М	60	45:26	113%	Andy Swift	М	60	54:49	102%	Damian Kilpin	M35	60	42:39	108%	
2	Damian Kilpin	M35	59	64:54	110%	Matthew Marsh	М	59	49:50	124%	Daniel Hague	М	59	58:33	109%	Mick Quinn	M50	59	44:32	113%	
3	Mick Quinn	M50	58	67:11	114%	Richard Mackie	M40	58	51:10	127%	Richard Mackie	M40	58	59:55	112%	Richard Mackie	M40	58	44:47	114%	
4	James Pierce	M35	57	71:08	121%	Steve Storey	M55	57	51:51	129%	Lee Storey	М	57	61:48	115%	Shaun Walker	M45	57	45:35	116%	
5	Steve Roebuck	M35	56	71:38	122%	Steve Stead	М	56	54:55	136%	Mark Law	M45	56	62:20	116%	Steve Storey	M55	56	47:44	121%	
6	Pete Stanley	M50	55	77:18	131%	Brian Bradder	М	55	55:38	138%	Steve Storey	M55	55	62:24	116%	Steve Sanders	M40	55	49:04	125%	
7	John Howsham	M45	54	79:42	135%	Steve Sanders	M40	54	56:00	139%	Steve Sanders	M40	54	66:42	124%	Martin Booth	M50	54	49:05	125%	
8	Paul Gee	M45	53	83:34	142%	Pete Stanley	M50	53	56:24	140%	Brian Bradder	М	53	69:49	130%	Paul Gee	M45	53	50:11	128%	
9	Mark Riordan	M35	52	84:32	143%	Paul Gee	M45	52	57:49	143%	Tim Brooke	M35	52	70:36	131%	Pete Stanley	M50	52	50:22	128%	
10	Alan Knox	M55	51	84:39	144%	Martyn Goodwin	M50	51	58:15	144%	Paul Gee	M45	51	71:46	134%	Tim Brooke	M35	51	50:36	129%	
11	Geoff Dimelow	M55	50	85:30	145%	Steve Dickinson	M45		60:04	149%	Nick Whittingham	M55	50	75:34	141%	Steve Dickinson	M45	50	53:07	135%	
12	Sarah Sykes	L40	49	87:38	125%	Alan Knox	M55		60:39	150%	Mark Riordan	M35	49	76:42	143%	Gary Dean	M40	49	55:45	142%	
13	Dave Foster	M60		87:47	149%	Mark Riordan	M35		62:40	155%	Geoff Dimelow	M55		76:48	143%	Dave Foster	M60	48	57:15	146%	
14	Craig Birchall	M35		93:02	158%	Geoff Dimelow	M55		63:27	157%	Dave Foster	M60		77:02	143%	Paul Fryers	M45	47	60:35	154%	
15	Nick Whittingham	M55		93:21	158%	Paul Griffiths	M50		63:38	158%	Sarah Sykes	L40	46	78:51	127%	Emma Stead	L	46	61:23	134%	
16	Dean Allcroft	M40		94:12	160%	Sarah Sykes	L40	45	65:28	129%	Ray Brown	M70	45	83:46	156%	Trish Mellor	L50	45	61:30	134%	
17	Sarah Halstead	L45		99:12	141%	Dave Foster	M60		66:00	164%	Paul Fryers	M45		86:09	160%	Bob Innes	M60	44	62:18	158%	
18	Barbara Haigh	L65		100:10		Nick Whittingham	M55		66:19	164%	Barbara Haigh	L65	43	87:46	141%	Jane Cockerton	L50	43	65:25	143%	
19	Colin Porteous	M50		103:51	176%	Paul Fryers	M45		67:40	168%	Dean Allcroft	M40	42	88:46	165%	Sarah Clough	L40	42	65:45	144%	
20	Ray Brown	M70		104:54		Julie Moxon	L40	41	67:47	133%	Annie Lightowler	L40	41	111:15	179%	Ray Brown	M70	41	65:50	167%	
21	Annie Lightowler	L40	40	107:00	152%	Dean Allcroft	M40	40	69:04	171%						Barbara Haigh	L65	40	67:07	147%	
22						Barbara Haigh	L65	39	71:10	140%						Annie Lightowler	L40	39	69:51	153%	
23						Ray Brown	M70		72:08	179%						John Spencer	M55	38	76:33	195%	
24						Annie Lightowler	L40	37	73:36	145%						Sue Higham	L60	37	78:05	171%	
25						Dave Needham	M65		76:00	188%						Jill Davis	L60	36	78:06	171%	
26						Lisa Taylor	L	35	79:31	156%						Paul Parkin	M70	35	78:07	199%	
27						John Spencer	M55	34	84:31	210%											
28																					
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Analysis of race results



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		JO.	krun*	Marathor	Rac	Chase	lar Castle	¥ _	Travellers			npionsl					(ch		d race				ountry	races		ell ra	ices the tota			percentage of winner's time
											(showing the total from the best 8 races) (showing the total from the best 3 races)										rom t	he be			n the	best 3			(and	
		Tigg	rnsley	Eyam Half	tleto	hurlstone	Salt	Cop	/ Dale					,				ra	ces)			ra	aces)			race	s)	ı		consistency quotient)
			Barr	Eya	Cas	ř	We		Denby	Total	1 2	3 4	5 6	6 7	8 T	Total	1	2 3	4	Total	1	2 :	3 4	Total	1 2	3	4 Tota			% (± %)
Steve Storey	M55	5!	9 56	59	57 5	3	55 56	57 56		562		57 57				455		59 57		175	56	56 5		165	57 56		168		⇒	120% (±13%)
Steve Sanders	M40						3 54 55			535		55 55				438		57 47		162			2 50	160	55 54		163	-	⇒	127% (±25%)
Paul Gee	M45	53 5°	7 49	57	52 4	8 52	2 51 51	56 53	3 49	628	57 57	56 53	53 5	2 52	51	431	57	57 56	6 49	170	52	51 4	9 48	152	53 53	52	51 158	⇒	\Rightarrow	131% (±13%)
Mark Riordan	M35	52 5	5 44	55	48 4	7 42	2 49 48	54	48	542	55 55	54 52	49 4	8 48	47	408	55	55 54	1 48	164	48	47 4	4 42	139	52 49	48	149	⇒	\Rightarrow	137% (±18%)
Alan Knox	M55	51 5	6 46		49 4	6 50	49	,	50	397	56 51	50 50	49 4	9 46	46	397	56	50	П	106	50	49 4	6 46	145	51 49	,	100	⇒	\Rightarrow	134% (±16%)
Geoff Dimelow	M55	50 5	2 31	52	47 4	4 47	7 48 46	53	47	517	53 52	52 50	48 4	7 47	46	395	53	52 52	47	157	47	46 4	4 31	137	50 48	47	14	5 ⇒	\Rightarrow	144% (±14%)
Dave Foster	M60	48 4	9 37	50	44 4	1 40	47	50 48	3	454	50 50	49 48	48 4	7 41	40	373	50	50 49	9	149	41	40 3	7	118	48 48	47	14	⇒	\Rightarrow	147% (±16%)
Dean Allcroft	M40	45 5	38	51	40 3	8 39	9 42 45	51	45	484	51 51	50 45	45 4	5 42	39	368	51	51 50	45	152	45	39 3	8 38	122	45 42	40	12	⇒	\Rightarrow	150% (±21%)
Sarah Sykes	L40	49 5	1 40		45 3	9 43	46	49	38	400	51 49	49 46	45 4	3 40	39	362	51	49 38	3	138	43	40 3	9	122	49 46	45	140	\Rightarrow	\Rightarrow	123% (±20%)
Paul Fryers	M45	4	1 32		42 3	6 37	7 44 44	45 47	39	407	47 45	44 44	42 4	1 39	37	339	45	41 39	9	125	44	37 3	6 32	117	47 44	42	133	⇒	\Rightarrow	155% (±13%)
Ray Brown	M70	41 4:	2 24	46	38 3	1 34	4 45	44 41		386	46 45	44 42	41 4	1 34	31	324	46	44 42	2	132	34	31 2	4	89	45 41	41 :	38 12	\Rightarrow	\Rightarrow	163% (±15%)
Annie Lightowler	L40	40		_	_	4 30	41 42			415		42 41		_		324	\vdash	45 32	-	123		-	0 29	106		39	37 120	⇒	\Rightarrow	139% (±41%)
John Spencer	M55		7 23			29			28	266		37 36				266	41	37 28	3	106		29 2		88	38 34	\vdash	72	-	\Rightarrow	184% (±25%)
Andy Swift	М	60	60	_			60 60			420		60 60			_	360		\perp				-	0 60	180	60 60	-	180	-	⇒	103% (±9%)
Brian Bradder	М			_	_		53 47			356		53 50				356	53			53		_	9 47	148	55 53		108	-8	\Rightarrow	131% (±15%)
Richard Mackie	M40			60	58 5		58 59			349		58 58				349	60	\perp		60	59	_		115	58 58	58	174	-	⇒	113% (±13%)
Mark Law	M45		55		5	_	7 56 54		58	335		56 55				335	58			58		-	5 54	167	56		56	-	⇒	117% (±6%)
Tim Brooke	M35						52 52	55 51		311		52 52				311	55	53	Н	108	52			100	52 51	\vdash	103	-1	⇒	130% (±7%)
Nick Whittingham	M55	46	39		43 4	+-		50	46	310		46 46			_	310	46	50 40	10	46		40 3		125	50 46	43	139	-8	⇒	147% (±18%)
Dave Needham	M65		3 33	49	_	-		52	43	339		49 43		6 35		306	53	52 49	43	154		35 3	3	106	36		36	-	\Rightarrow	152% (±36%)
Mick Quinn	M50	58	50			7 56 1 54			59	289		58 57		+	-	289 268	59 56	+	Н	59	57	53 5	4	113 158	59 58		117	-8	⇒	113% (±6%)
Martin Booth Sue Higham	M50 L60	21	53 8 21	12	5	9 32		54		268 282		54 53 39 38		2 20	-	261		43 38	,	56 124		-+	9 21	100	54 37		37	-	→	121% (±6%) 143% (±28%)
Gary Dean	M40	3	5 21	43	_	2 55			51	260		52 51		2 29	-	260	51	43 30	2	51		53 5	_	160	49	Н	49	-8	→	125% (±26%)
Julie Moxon	L40	4	7	54	41 4	_		7	7 31	229		45 42				229	54	47		101	45	_	_	87	41	H	41		→	118% (±18%)
Sue Charlesworth	L45		5 28		3			47		205		45 37				205	\vdash	47 45	5	140	37			65		H	 ' '	-	,	127% (±19%)
Pete Stanley	M50	55	42		53			52	2	202		52 42				202					42			42	55 53	52	160) =>	⇒	134% (±6%)
Lisa Taylor	L		0 20			0 3	1			198		35 31	30 2	0		198	42	40		82		30 2	0	81	35		35	-	⇒	142% (±22%)
Barbara Haigh	L65	43			39		43	40	29	194	43 43	40 39	29			194	29		Н	29					43 43	40 3	39 120	\$ ⇒	\Rightarrow	143% (±3%)
Steve Dickinson	M45		45	-	50 4	5		50)	190	50 50	45 45				190					45	45		90	50 50)	100	⇒	\Rightarrow	135% (±13%)
Damian Kilpin	M35	59	59					60)	178	60 59	59				178	Н				59			59	60 59		119	⇒	\Rightarrow	110% (±2%)
Bob Innes	M60	4	В			4	1	44	41	174	48 44	41 41				174	48	41		89	41			41	44		44	\Rightarrow	\Rightarrow	148% (±10%)
Lee Storey	М				5	8 58	3 57			173	58 58	57				173	П				58	58		116	57		57	\Rightarrow	\Rightarrow	112% (±5%)
Martin Cooper	M45		57	58	5	4				169	<mark>58</mark> 57	54				169	58		П	58	57	54		111		П		\Rightarrow	\Rightarrow	117% (±7%)
Steve Roebuck	M35	<mark>56</mark> 58	54							168	58 <mark>56</mark>	54				168	58			58	54			54	56		56	\Rightarrow	\Rightarrow	120% (±2%)
Jill Davis	L60		13		2	7 27	7 33	36	26	162	36 33	27 27	26 1	3		162	26	I		26	33	27 2	7 13	87	36		36	\Rightarrow	\Rightarrow	156% (±19%)
Paul Griffiths	M50				46 4	3 44	4			133	46 44	43				133					44	43		87	46	Ш	46	\Rightarrow	\Rightarrow	143% (±14%)
Denise Pozorski	L45		Ш		2	6 25	34	41		126		26 25		Ш		126	41	\perp		41		26 2	5	85		Ш	\perp	\Rightarrow	\Rightarrow	150% (±11%)
Craig Birchall	M35	47 4	4 27							118	47 44			$\perp \downarrow \downarrow$	_	118	44	\perp		44	27	\perp		27	47	Ш	47	-	\Rightarrow	154% (±4%)
Matthew Marsh	М				59 5					118	<mark>59</mark> 59	_		\perp	_	118		\perp			59	_		59	59	\sqcup	59	-		
Daniel Hague	М		\sqcup	\perp		59	59			118	59 59			+	_	118		\perp			59	\downarrow		59	59	\sqcup	59	-		
Andrew Heppenstall	M		\square	4	+			60		118	60 58			++	_	118	60	+	\vdash	60	58	05	+	58		\sqcup	+	-		1000/
Sarah Halstead	L45	44	H	4	F.C.	33	3 40			117	44 40			+	_	117	F.	+	+		40	33	+	73	44	\vdash	44	-	\Rightarrow	126% (±15%)
Steve Stead	M	0.0	6	-	56	+	+	59		115	59 56			+	_	115	59	26	+	59	\vdash	+	+		56	H	56	-		1049/ (.70/)
Paul Parkin	M70	3:		\dashv	+	+		42 35		113	42 36		\vdash	+	_	113	42	_	+	78	\vdash	+	+		35 43	\forall	35	-	\Rightarrow	194% (±7%)
Jane Cockerton Stuart Woodhead	L50 M55		6 26	\dashv	+	+	+	43	35	113	43 39 46 35			+	_	113	39 : 46 :	_	++	70 81	26	+	+	26	43	\forall	43	+	⇒	148% (±8%) 151% (±5%)
Sophie Pogorzelec	L	41	25	44	3:	2			33	107	46 35			+	_	107	46	33	+	44	32	25	+	57	\vdash	\forall	+	-	⇒	151% (±5%) 132% (±13%)
Jan Pozorski	M70		20		3.	26	3 35	40		101	40 35			+	_	101	40	+	+	40	35		+	61		\forall	+	- →	→	196% (±7%)
Martyn Goodwin	M50		47	-	51	20	30	10		98	51 47			+	_	98	70	+	+	70	47	_0	+	47	51	\forall	51	-	-7	.0070 (±170)
Martyll Goodwill	14130		77	[J 1					30	51 47			Ш		55	Ш				-7/			-71	01	Ш	31			

Analysis of race results

		Tigger Tor	Norton 9	Barnsley parkrun*	Eyam Half Marathon Castleton Fell Race	Oughtibridge Chase	Thurlstone Chase	Salt Cellar Wentworth Castle	Cusworth 10k	Denby Dale Travellers 6	Total	(sho			e tot		lifying om the	races best 8	Road races (showing the total from the best 3 races)					howi rom r	ng th		(sh	nowin	ne be	e total est 3		Average percentage of winner's time (and consistency quotient)
Jane Foster	L60		35	9		25	24			Ω	Total 93		_	24 9)	0	/ 6	93	35	3	4	35	25		9	58	'	2 3	4	Total	⇒ =	% (± %) 180% (±22%)
	M40		33	43		25	24	50		-	93	50	_	24 8	,			93	35			35	50	_	9	93		+	-		→ -	180% (±22%)
Alex Simon	L50			43		H	-	50		42		45		-				87	42			42	50	43	+	93	45	+	+	45	⇒	
Trish Mellor Alison Nockels	L45		43			H	-		43	40		43	_					83	43 4	0		83		+	+	-	45	+	+	45	⇒	
Sarah Jones-Morris	L35		43			Н	36	43		40	79	43						79	43 4	U		03	43	20	-	79		-			⇒	
Colin Porteous	M50	42		34		Н	30	43			76	42	_					76					34	30	-	34	42			42	\Rightarrow	
Keith Gordon	M60	42		35				41			76	41 :	_					76		-			41	35	-	76	42	-	+	42	⇒	
Sarah Clough	L40			33		H		41		2 30		42	_					72	30	+		30	-41	33	-	10	42	+	+	42	⇒	
Debra Cable	L50					Н	28	38		30	66	38			-			66	30	+		50	38	28	-	66	72	+	-	72	⇒	
Ian Wragg	M50			30		Н	20	30		33		33	_		+			63	33	+		33	30	20	-	30		+	+		\Rightarrow	
Richard Sunman	M40		60	30						55	60	60	50					60	60	+		60	30	-	-	30		+	-			
Joe Mann	M		00							60		60	-					60	60	+		60		-	-			+	-			
Phil Hinchliffe	M40			58				+		00	58	58	+					58		+			58	+	+	58		+				
James Pierce	M35	57		00				+			57	57	+					57		+				-	+	- 00	57	+		57		
Andrew Shelbourne	M45	-				\Box		57			57	57						57					57			57	0.	+		-		
Shaun Walker	M45					\Box		-	57	7	57	57						57									57	+		57		
Simon Marshall	M35				56						56	56						56	56			56					0.	+				
Robin Clough	M40									55		55						55	55			55						+				
John Howsham	M45	54									54	54						54									54	+		54		
Phil Buckley	M50		54								54	54						54	54			54						+		"		
lan Charlesworth	M45		٠.			\Box				52		52						52	52			52						+				
Karen Schofield	L45			14		H		37		02	51	37	14					51	02			02	37	14		51		+			\Rightarrow	
Steve Frith	M60			51		H					51	51	•					51					51			51						
Nick Cable	M40					Н	51				51	51						51					51			51						
Matthew Burton	M40			48							48	48						48					48			48						
Valentina Wright	L40								48		48	48						48	48			48										
Emma Stead	L								46	6	46	46						46									46			46		
Heather Parkin	L35									44	44	44						44	44			44										
Norman Cole	M70			15						27	42	27	15					42	27			27	15			15					\Rightarrow	
Kelvin Bowskill	M60			41							41	41						41					41			41						
Lee Bridgewater	M40									37	37	37						37	37			37		T								
Michael Walsh	М			36							36	36						36					36			36		+				
Gareth Darby	М									36	36	36						36	36			36						+				
Sarah Mann	L45					\dagger	35		$\dagger \dagger$		35	35	1	\dagger				35			$\dagger \dagger$		35	\dagger	\dagger	35		\top				
Helen Goulding	L					П		1	\sqcap	34	34	34		\dagger	T			34	34	T	T^{\dagger}	34		\top	\dagger	1		\top				
Dave Etherington	M45					33	1	1	\sqcap		33	33		\dagger	T			33		T	T^{\dagger}		33	\top	\dagger	33		\top				
Anne Smythe	L60					28	1			l	28	28	1	\dagger				28					28	\top		28						
Martyn Cartwright	M65			22			\top			l	22	22	1					22					22	\top	\top	22						
Samantha Shaw	L			19				Ť	Ħ	T	19	19	1		T			19		T	\Box		19	\top	\dagger	19		\top	T			
Michelle Millward	L45			18		Ħ		T		l	18	18	1		T			18					18	1		18						
Nell Law	L40			17		Ħ			\sqcap	l	17	17	1					17		T			17	1		17		\top				
Rianna Armitage	L			16						T	16	16	1					16		T			16	1		16		\top				
Ailsa Park	L			12						İ	12	12						12					12	\top		12						
Kim Porteous	L50			11							11	11						11					11	\top		11						
David Horsfall	M70			10							10	10						10			П		10			10						
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