

<p>Scoring System - Same as 2020 competition - based on a percentage of a typically fast time. When proper races resume, your score will be based on a percentage of the top 3 average times. When park runs resume, your score will be based on a typical first finishers time of 16:00 minutes. Final scores for each event are calculated to one decimal place, to differentiate between close finishes.</p>
<p>There will be no Premier Division this year due to low level of participation at the this level. Instead, those with recent sub 18 minute parkrun/ 5K times (during the previous 2-3 years) will be effectively handicapped by 11%</p>
<p>Entry to the Competition - Anyone who completed at least one event during the 2020 “Covid Version” will automatically be included. Any late entrants can still join, please message Steve Hallam via SL Facebook page, Club Forum or by email at steveghallam@gmail.com before the end of June 2021</p>
<p>A club vest or club coloured T-shirt will be required for all open events (i.e. Official races but not needed for parkruns or Track Races). This should be worn to identify you as a Lion competing against other club members.</p>
<p>Friendly competition is actively encouraged with the emphasis being on fun! Enjoy the involvement with your fellow club mates.</p>
<p>The total number of events will depend on the number of official races that we can include this year. At the very least, there will be at least one monthly event (official or virtual) plus the previous 3K, 5K and 10K “own routes” which you can organise yourself - Please avoid excessive net downhill routes, which may not be valid.</p>
<p>February Event: Clifton/Roberttown 10K route - Anytime between 1st February and 30th April. Start/ from Black Horse at Clifton HD6 4HJ, finish at Armytage Arms, Clifton HD6 4HX</p>
<p>March Event: Halifax Vets Race route - Anytime between 1st March and 30th April. Start/finish from end of Hebble Trail/Phoebe Lane HX3 9EX</p>
<p>April Event: Winter Handicap - Anytime between 10th - 30th April for Championship purposes. 10th - 18th April for the Handicap competition. Start/finish from 1885 at Stainland</p>
<p>May Event: Toss O’ Coin Route - Virtual. To be run anytime before the end of July. You can choose either clockwise or anti-clockwise. See South Huddersfield Trail & Road Series for details of route. Please note: You don’t need to sign up as an official event, simply compete the correct route. Start & Finish from Toss O’ Coin pub, Penistone Rd, New Mill, Holmfirth HD9 7JL</p>
<p>From June, we are hopeful that proper races will be available to enter once again, starting with the Eccup 10.</p>
<p>3K Own Route - Anytime between 1st February and 31st December. Ideally, a simple route on a section of canal towpath, but can be anywhere you like. Your submitted Strava time must show a minimum length of 1.87 miles (or 3K) and must not be predominantly downhill. A canal section in an easterly direction is likely to include one or two locks, which may result in a slightly downhill route. This is acceptable as it will be negligible, but please avoid routes such as our Downhill 10K, which will NOT be accepted! Ideally, your chosen route should have roughly identical starting and finishing elevations - Any significant differences seen on your Strava submissions will not count. Can also be done at the track.</p>
<p>5K Own Route - Anytime between 1st February and 31st December. Your submitted Strava time must show a minimum length of 3.11 miles (or 5K). An “out and back” route would ensure that the start/finish elevations are identical and would therefore remove any doubt about being predominantly downhill.</p>
<p>10K Own Route - Anytime between 1st February and 31st December. Your submitted Strava time must show a minimum length of 6.21 miles (or 10K). No downhill only routes (please see above notes for 3K & 5K)</p>
<p>Any questions whatsoever, please contact Steve Hallam via FB Messenger, Club Forum or email at steveghallam@gmail.com</p>

Stainland Lions Club Championship 2021 - Division 1 (Trophy to Top 3)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	No. Of Events	Total Points Scored	
	February	March	April	May-July	27th Jun	4th Jul	17th Jul	4th Aug	22nd Aug	5th Sep	12th Sep	3rd Oct	17th Oct	7th Nov	29th Dec	Own Route	Own Route	Own Route	Sat			
	Clifton R'town	Halifax Vets Route	Winter H/C	Toss o' Coin	Eccup 10	Run Harrogate 10K	Pendle Trail Race	Hopwood Trot	Norland Moor Trail Race	Wetherby 10K	Vale of York HM	Brid HM	Lindley 10K	Guy Fawkes 10	Ambles Revenge	3K	5K	10K	parkrun			
	10K	6M	10K	5.3/5.7M	10M	10K	5M	5.5M	10K	10K	13.1M	13.1M	10K	10M	8M	3K	5K	10K	5K			
Name	Road	Mixed	Mixed	Mixed	Road	Mixed	Trail	Mixed	Trail	Road	Road	Road	Road	Road	Trail	Any/Track	Any	Any	Park			
1	Fraser Ambrose		79.8				89.2	85.3	95.4	79.3			82.9	80.5		90.2	82.5		77.4	10	765.1	Fraser Ambrose
2	Clayton Cutter	80.1	77.3	69.3		69.9		83.4	81.6				75.5	75.5		82.5			80.0	10	705.8	Clayton Cutter
3	Maria Harron	72.5	74.4	73.0			69.6						75.0	67.3		82.3		74.0	74.2	9	662.3	Maria Harron
	Mags Beaver	85.0	84.4	83.6												89.6	85.3	87.7	85.8	7	601.4	Mags Beaver
	Derek Parrington	80.8							90.5				78.5			83.3			76.7	5	409.8	Derek Parrington
	Gav Dodd				75.3									75.5		88.4	80.8			4	320.0	Gav Dodd
	John Bannister															88.1		76.9	77.2	3	242.2	John Bannister
	Simon Rawsley					75.1					75.8			73.6						3	224.5	Simon Rawsley
	Will Rushworth			88.3															81.8	2	170.1	Will Rushworth
	Chris Hall																79.1		85.8	2	164.9	Chris Hall
	Sean Thompson	79.5																	78.7	2	158.2	Sean Thompson
	Leon Severn			75.9															79.9	2	155.8	Leon Severn
	Mark Pigford			70.9															82.5	2	153.4	Mark Pigford
	Jamie Westwood																		84.8	1	84.8	Jamie Westwood
	Darren Young				82.5															1	82.5	Darren Young
	James Penson			78.1																1	78.1	James Penson
	Phil Moyles																			0	0.0	Phil Moyles

Stainland Lions Club Championship 2021 - Division 2 (Trophy to Top 3)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	No. Of Events	Total Points Scored	
	February	March	April	May-July	27th Jun	4th Jul	17th Jul	4th Aug	22nd Aug	5th Sep	12th Sep	3rd Oct	17th Oct	7th Nov	29th Dec	Own Route	Own Route	Own Route	Sat			
	Clifton R'town	Halifax Vets Route	Winter H/C	Toss o' Coin	Eccup 10	Run Harrogate 10K	Pendle Trail Race	Hopwood Trot	Norland Moor Trail Race	Wetherby 10K	Vale of York HM	Brid HM	Lindley 10K	Guy Fawkes 10	Amble Revenge	3K	5K	10K	parkrun			
	10K	6M	10K	5.3/5.7M	10M	10K	5M	5.5M	10K	10K	13.1M	13.1M	10K	10M	8M	3K	5K	10K	5K			
Name	Road	Mixed	Mixed	Mixed	Road	Mixed	Trail	Mixed	Trail	Road	Road	Road	Road	Road	Trail	Any/Track	Any	Any	Park			
1	Paul Corns	78.7	78.3	76.5	67.7			76.6		70.7						81.2	77.9	79.8	76.6	10	696.3	Paul Corns
2	Steve Hallam	73.3	73.2	69.7	73.0	71.2	71.5	75.2	74.7	73.7	71.5			72.4		79.2	70.1	72.5	73.5	15	668.3	Steve Hallam
3	Lorraine Naylor	76.3	71.0	70.9		67.6	75.4	71.8		70.7			72.2		72.9	78.7	73.1	72.7	71.5	13	664.6	Lorraine Naylor
	Helen Armitage	72.6	67.0	70.7	72.1	68.0		72.9				72.7		69.2		81.1	71.4	70.9	70.9	12	655.3	Helen Armitage
	Dave Culpan	73.9	72.4	71.3	75.2		77.3	70.4								71.3	67.7		61.0	9	640.5	Dave Culpan
	Danny Stafford	76.4	74.7	72.0									70.5	68.2					64.0	6	425.8	Danny Stafford
	Mak Dhinsa	68.9		70.8															78.2	3	217.9	Mak Dhinsa
	Danielle Hirst	78.3																	73.3	2	151.6	Danielle Hirst
	Sally Caton						78.2							70.9						2	149.1	Sally Caton
	Stefanie Hopkins	74.5	74.6																	2	149.1	Stefanie Hopkins
	David Collins	69.1		70.8																2	139.9	David Collins
	Gareth Knight													67.3					71.6	2	138.9	Gareth Knight
	Richard Crombie																		84.2	1	84.2	Richard Crombie
	Paul Alexander																		84.0	1	84.0	Paul Alexander
	Suzanne Patterson		75.1																	1	75.1	Suzanne Patterson
	David Farrar																			0	0.0	David Farrar

Stainland Lions Club Championship 2021 - Division 3 (Trophy to Top 3)

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	No. Of Events	Total Points Scored		
	February	March	April	May-July	27th Jun	4th Jul	17th Jul	4th Aug	22nd Aug	5th Sep	12th Sep	3rd Oct	17th Oct	7th Nov	29th Dec	Own Route	Own Route	Own Route	Sat				
	Clifton R'town	Halifax Vets Route	Winter H/C	Toss o' Coin	Eccup 10	Run Harrogate 10K	Pendle Trail Race	Hopwood Trot	Norland Moor Trail Race	Wetherby 10K	Vale of York HM	Brid HM	Lindley 10K	Guy Fawkes 10	Ambles Revenge	3K	5K	10K	parkrun				
	10K	6M	10K	5.3/5.7M	10M	10K	5M	5.5M	10K	10K	13.1M	13.1M	10K	10M	8M	3K	5K	10K	5K				
	Road	Mixed	Mixed	Mixed	Road	Mixed	Trail	Mixed	Trail	Road	Road	Road	Road	Road	Trail	Any/Track	Any	Any	Park				
1 Martin O'Brien	70.8	71.0	70.7	74.7			81.6	73.7	84.3				70.3			71.9			68.5	10	669.0	Martin O'Brien	
2 Gerry Banham		71.0	68.9				80.0				68.5		72.8			81.5	67.2	73.7	70.3	9	653.9	Gerry Banham	
3 Paul Patrick	71.8	72.6	70.9	71.8	67.1	69.6		76.1		68.9				70.2	73.8				68.9	11	645.7	Paul Patrick	
Gareth Duckworth	64.3	60.9	60.2	57.1	64.8	65.3											53.4		68.1	8	494.1	Gareth Duckworth	
Liz Norman					73.2	72.1	84.1														3	229.4	Liz Norman
Jim Harris			66.5												66.0				72.9	3	205.4	Jim Harris	
Michelle Rogerson																75.9			69.7	2	145.6	Michelle Rogerson	
Ian Drinkwater	69.1		70.8																		2	139.9	Ian Drinkwater
Julie Field	54.1																		70.6	2	124.7	Julie Field	
Martin Wood												82.8									1	82.8	Martin Wood
Ben Carter																			73.5	1	73.5	Ben Carter	
Rochelle Statham-Drake	58.3																				1	58.3	Rochelle Statham-Drake
Ian Johnson																					0	0.0	Ian Johnson
Zoe Greenhow																					0	0.0	Zoe Greenhow
Lance Parker																					0	0.0	Lance Parker
Emma Forester-Thompson																					0	0.0	Emma Forester-Thompson

Stainland Lions Club Championship 2021 - Division 4 (Trophy to Top 3)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	No. Of Events	Total Points Scored	
	February	March	April	May-July	27th Jun	4th Jul	17th Jul	4th Aug	22nd Aug	5th Sep	12th Sep	3rd Oct	17th Oct	7th Nov	29th Dec	Own Route	Own Route	Own Route	Sat			
	Clifton R'town	Halifax Vets Route	Winter H/C	Toss o' Coin	Eccup 10	Run Harrogate 10K	Pendle Trail Race	Hopwood Trot	Norland Moor Trail Race	Wetherby 10K	Vale of York HM	Brid HM	Lindley 10K	Guy Fawkes 10	Ambles Revenge	3K	5K	10K	parkrun			
	10K	6M	10K	5.3/5.7M	10M	10K	5M	5.5M	10K	10K	13.1M	13.1M	10K	10M	8M	3K	5K	10K	5K			
Name	Road	Mixed	Mixed	Mixed	Road	Mixed	Trail	Mixed	Trail	Road	Road	Road	Road	Road	Trail	Any/Track	Any	Any	Park			
1	Roy Lunt	67.3						76.4		71.4	67.4		72.6	67.1	73.7	76.2	58.3		69.3	10	641.4	Roy Lunt
2	Laura Goodwin								73.0	64.5			66.7	64.8	68.3	70.6	66.4	66.4	65.5	9	606.2	Laura Goodwin
3	Tony Pinnington	68.6	63.1	63.7										61.5	63.1	75.0	71.1	69.0	68.3	9	603.4	Tony Pinnington
	Kevin Jagger	62.9	60.9	63.2		65.7	68.5	78.0						65.8			63.1			8	528.1	Kevin Jagger
	Heather Moffatt		64.0	62.1	67.9			70.8	71.3							68.1			65.1	7	469.3	Heather Moffatt
	Tim Walker	64.9		60.8				72.6	68.3					63.2					63.7	6	393.5	Tim Walker
	Richard Dunn	69.3	68.4	66.8	65.5														70.0	5	340.0	Richard Dunn
	Gary Barnes				65.6					63.6			67.8						69.4	4	266.4	Gary Barnes
	Amjid Khan	64.6												62.7			60.0		64.4	4	251.7	Amjid Khan
	Ray Mooney						75.3								70.6				63.8	3	209.7	Ray Mooney
	Steve Crowther	68.3	68.4	66.1																3	202.8	Steve Crowther
	Virginia Young	64.2	61.2	58.9																3	184.3	Virginia Young
	Gillian Jago													61.7			61.2		58.7	3	181.6	Gillian Jago
	Anne-Marie Ulllyott			63.9										63.3					52.2	3	179.4	Anne-Marie Ulllyott
	Tim Neville																59.5	64.8		2	124.3	Tim Neville
	Gail Schofield																62.1		61.2	2	123.3	Gail Schofield
	Nick Thompson																		65.3	1	65.3	Nick Thompson
	Angela Lee				64.2															1	64.2	Angela Lee
	Cat Daniel				59.8															1	59.8	Cat Daniel
	Colin Duffield																		51.9	1	51.9	Colin Duffield

Stainland Lions Club Championship 2021 - Division 5 (Trophy to Top 3)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	No. Of Events	Total Points Scored	
	February	March	April	May-July	27th Jun	4th Jul	17th Jul	4th Aug	22nd Aug	5th Sep	12th Sep	3rd Oct	17th Oct	7th Nov	29th Dec	Own Route	Own Route	Dwn Route	Sat			
	Clifton R'town	Halifax Vets Route	Winter H/C	Toss o' Coin	Eccup 10	Run Harrogate 10K	Pendle Trail Race	Hopwood Trot	Norland Moor Trail Race	Wetherby 10K	Vale of York HM	Brid HM	Lindley 10K	Guy Fawkes 10	Ambles Revenge	3K	5K	10K	parkrun			
	10K	6M	10K	5.3/5.7M	10M	10K	5M	5.5M	10K	10K	13.1M	13.1M	10K	10M	8M	3K	5K	10K	5K			
Name	Road	Mixed	Mixed	Mixed	Road	Mixed	Trail	Mixed	Trail	Road	Road	Road	Road	Road	Trail	Any/Track	Any	Any	Park			
1	Rebecca Gvozdenko			64.7			67.6	66.6	74.0	62.8	59.9		63.3	64.9		66.5			60.8	10	591.2	Rebecca Gvozdenko
2	Hayley Kelly			49.3		58.7	66.3	66.1	75.4	63.3	59.9		64.5	64.8				66.3	63.5	11	590.1	Hayley Kelly
3	Paul Armitage	52.6	59.5	57.4	62.1	53.0		64.0	68.2			58.7		58.2		63.4		58.6	61.1	12	553.8	Paul Armitage
	John Rushworth	61.1	61.5	59.7					72.7		58.6		62.0	58.8		61.0	58.0			9	553.4	John Rushworth
	Paula Pickersgill	59.7	57.9	56.8	54.8	55.0		62.7	60.9	66.3		59.8				61.4	57.7		59.7	12	546.1	Paula Pickersgill
	Paul Butterfield			56.4		56.0	58.8	61.3	64.3		59.5		63.1		59.0				61.0	9	539.4	Paul Butterfield
	Beverley Day	59.1	52.7	50.1			56.7	60.0		54.0			60.5	56.2		69.8		60.1	60.1	11	536.5	Beverley Day
	Sue Cash	58.5		53.8			58.8	61.7							54.9	65.6	60.9	59.4	59.9	9	533.5	Sue Cash
	Sandy Gee			59.3	53.3	58.4		62.6	61.3			63.6		58.7	55.8				59.0	9	532.0	Sandy Gee
	Michelle Rushby	62.0	60.6	59.6																3	182.2	Michelle Rushby
	Christine Cliffe		54.4	50.2				66.6												3	171.2	Christine Cliffe
	Dawn Medlock	56.3	54.3	50.2																3	160.8	Dawn Medlock
	Diane Thornley		50.4	44.7		49.6														3	144.7	Diane Thornley
	Diane Waite	63.0		59.9																2	122.9	Diane Waite
	Gordon Murray																51.7	52.1		2	103.8	Gordon Murray
	Aly Brook																		62.4	1	62.4	Aly Brook
	Karen Thorne													61.2						1	61.2	Karen Thorne
	Alan Whiteley																		58.5	1	58.5	Alan Whiteley
	Ranjit Uppal																		53.2	1	53.2	Ranjit Uppal
	Catherine O'Shaughnessy																			0	0.0	Catherine O'Shaughnessy

Stainland Lions Club Championship 2021 - Division 6 (Trophy to Top 3)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	No. Of Events	Total Points Scored	
	February	March	April	May-July	27th Jun	4th Jul	17th Jul	4th Aug	22nd Aug	5th Sep	12th Sep	3rd Oct	17th Oct	7th Nov	29th Dec	Own Route	Own Route	Own Route	Sat			
	Clifton R'town	Halifax Vets Route	Winter H/C	Toss o' Coin	Eccup 10	Run Harrogate 10K	Pendle Trail Race	Hopwood Trot	Norland Moor Trail Race	Wetherby 10K	Vale of York HM	Brid HM	Lindley 10K	Guy Fawkes 10	Ambles Revenge	3K	5K	10K	parkrun			
	10K	6M	10K	5.3/5.7M	10M	10K	5M	5.5M	10K	10K	13.1M	13.1M	10K	10M	8M	3K	5K	10K	5K			
Name	Road	Mixed	Mixed	Mixed	Road	Mixed	Trail	Mixed	Trail	Road	Road	Road	Road	Road	Trail	Any/Track	Any	Any	Park			
1	Joanne Cooke	56.3	56.1	54.9	50.1	56.8	59.0							57.8			57.5	58.6		9	507.1	Joanne Cooke
2	Alex Whyte	49.6	50.4	47.4	52.9	47.6	48.0		55.3					56.4		60.2		56.7	51.0	11	480.5	Alex Whyte
3	Trish Hallowell	48.7	49.0	47.3			50.1	56.9	54.8			53.4		51.3			48.9			9	460.4	Trish Hallowell
	Claire Haigh				50.5	57.0			61.5		58.3			58.3			59.5	51.4	60.6	8	457.1	Claire Haigh
	Richard Brewster					57.5	58.4						63.2	60.1		70.3			63.6	6	373.1	Richard Brewster
	Graham Robertshaw	49.1	49.4	45.5			55.8							54.2						5	254.0	Graham Robertshaw
	David Rushworth	52.6	48.0	53.7															49.1	4	203.4	David Rushworth
	Caroline Ford	49.1	47.6	44.8			59.6													4	201.1	Caroline Ford
	Becki Ambrose													51.6			59.3		57.9	3	168.8	Becki Ambrose
	Paula Statham-Drake	58.2															51.1	54.3		3	163.6	Paula Statham-Drake
	Karen Appleyard	50.6		47.5															46.6	3	144.7	Karen Appleyard
	Ali Audsley													59.7	58.5					2	118.2	Ali Audsley
	Richard Lambert	49.0												48.6						2	97.6	Richard Lambert
	Zoe Dee								68.4											1	68.4	Zoe Russell
	Phil Richards																51.1			1	51.1	Phil Richards
	Carol Lord			45.4																1	45.4	Carol Lord
	Ken Chilcott																		45.0	1	45.0	Ken Chilcott
	John Hirst																			0	0.0	John Hirst
	Sarah Hirst																			0	0.0	Sarah Hirst

Stainland Lions Club Championship 2021 - Division 7 (Trophy to Top 3)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	No. Of Events	Total Points Scored	
	February	March	April	May-July	27th Jun	4th Jul	17th Jul	4th Aug	22nd Aug	5th Sep	12th Sep	3rd Oct	17th Oct	7th Nov	29th Dec	Own Route	Own Route	Own Route	Sat			
	Clifton R'town	Halifax Vets Route	Winter H/C	Toss o' Coin	Eccup 10	Run Harrogate 10K	Pendle Trail Race	Hopwood Trot	Norland Moor Trail Race	Wetherby 10K	Vale of York HM	Brid HM	Lindley 10K	Guy Fawkes 10	Ambles Revenge	3K	5K	10K	parkrun			
	10K	6M	10K	5.3/5.7M	10M	10K	5M	5.5M	10K	10K	13.1M	13.1M	10K	10M	8M	3K	5K	10K	5K			
Name	Road	Mixed	Mixed	Mixed	Road	Mixed	Trail	Mixed	Trail	Road	Road	Road	Road	Road	Trail	Any/Track	Any	Any	Park			
1	Peter Cawdron	45.8	50.9	44.6		43.0	46.3						49.2			50.6	48.9		48.7	9	428.0	Peter Cawdron
2	Anne Cawdron	45.9	42.5	44.0		43.0	45.4						46.8	43.8			43.8		46.8	9	402.0	Anne Cawdron
3	Gail Fawcett	42.2	40.0	41.8		41.7		44.7	43.8	48.7		44.0	43.4	43.8		45.9	41.8	40.0		13	398.3	Gail Fawcett
	Helen Shenton		50.3	44.9	48.9		50.9		56.9							56.1	54.0	53.1		8	415.1	Helen Shenton
	Jenny Walker	52.1	51.4	46.0				57.2	56.1					53.6					56.9	7	373.3	Jenny Walker
	Jackie Barker	43.7	42.7	45.4										47.8					46.7	5	226.3	Jackie Barker
	Judith Greenwood													48.0					47.0	2	95.0	Judith Greenwood
	Sam Varley													47.2						1	47.2	Sam Varley
	Richard Brear																		43.2	1	43.2	Richard Brear
	Joanne Hirst			39.1																1	39.1	Joanne Hirst
	Abi Bouckley																			0	0.0	Abi Bouckley
	Julie Goddard																			0	0.0	Julie Goddard
	Jess Crawshaw																			0	0.0	Jess Crawshaw
	Renee Comerford																			0	0.0	Renee Comerford
	Kelly Richards																			0	0.0	Kelly Richards
	Linda Williamson																			0	0.0	Linda Williamson

parkrun (Huddersfield, Halifax, Brighouse)						
Name	Best Time 2021	Score off 16 minutes	Halifax	Hudds	Brighouse	
Stephen Hall	16:58	94.3		16:58		16:00
Ed Hyland	17:07	93.5		17:07		16:00
Darren Reece	17:18	92.5		17:18		16:00
Gavin Foster	17:42	90.4	17:49		17:42	16:00
Mags Beever	18:39	85.8		18:39	19:00	16:00
Chris Hall	18:39	85.8	20:43	18:50	18:39	16:00
Jamie Westwood	18:52	84.8			18:52	16:00
Richard Crombie	19:00	84.2		19:00		16:00
Paul Alexander	19:03	84.0			19:03	16:00
Craig Miller	19:12	83.3		19:38	19:12	16:00
Kevin Robinson	19:20	82.8		19:20		16:00
Mark Pigford	19:23	82.5		19:23		16:00
Will Rushworth	19:34	81.8		19:34		16:00
Clayton Cutter	20:00	80.0		20:00	20:02	16:00
Leon Severn	20:02	79.9	20:36	20:02	20:12	16:00
Cam Rushworth	20:05	79.7	20:05	20:19	20:21	16:00
Sean Thompson	20:20	78.7			20:20	16:00
Damien Pearson	20:23	78.5	20:53	20:23	20:59	16:00
Mak Dhinsa	20:28	78.2		20:28		16:00
Fraser Ambrose	20:40	77.4		20:40		16:00
John Bannister	20:43	77.2	20:43			16:00
Derek Parrington	20:52	76.7			20:52	16:00
Paul Corns	20:54	76.6		20:54	22:05	16:00
Tony Mott	21:23	74.8		21:23		16:00
Maria Harron	21:33	74.2		21:33	21:54	16:00
Ben Carter	21:47	73.5		21:47		16:00
Steve Hallam	21:47	73.5		21:47	22:38	16:00
Danielle Hirst	21:50	73.3			21:50	16:00
Jim Harris	21:56	72.9	24:10	21:56		16:00
Gareth Knight	22:21	71.6	22:21	35:50		16:00
Lorraine Naylor	22:23	71.5		22:23	23:01	16:00
Richard Spendlove	22:28	71.2	23:25	22:51	22:28	16:00
Clare Smith	22:28	71.2		22:28	22:57	16:00
Rebecca O'Neill	22:30	71.1		22:30		16:00
Helen Armitage	22:34	70.9		22:34		16:00
Ben Golding-Smith	22:38	70.7	22:38			16:00
Julie Field	22:40	70.6		22:40		16:00
Gerry Banham	22:45	70.3		22:45	24:21	16:00
Richard Dunn	22:51	70.0		22:51		16:00
Michelle Rogerson	22:57	69.7	23:17	22:57		16:00
Ian Hoskins	23:00	69.6	23:44	23:00	23:19	16:00
Gary Barnes	23:03	69.4		23:03	24:24	16:00
John Ingles	23:06	69.3	23:06			16:00
Roy Lunt	23:06	69.3		23:06		16:00
Mark Preston	23:10	69.1		23:10		16:00
Paul Patrick	23:13	68.9			23:13	16:00
Martin O'Brien	23:22	68.5	23:53		23:22	16:00
Tony Pinnington	23:26	68.3	25:44	23:26	24:25	16:00
Jan King	23:28	68.2	24:58	24:45	23:28	16:00
Gareth Duckworth	23:29	68.1			23:29	16:00
Andrew Mackrill	23:37	67.7		23:37		16:00
John Bassinder	24:22	65.7	24:22			16:00
Laura Goodwin	24:26	65.5		26:05		16:00
Heather Moffat	24:34	65.1		24:34		16:00
Amjid Khan	24:51	64.4	24:51		25:11	16:00
Danny Stafford	25:00	64.0	25:00			16:00
Ray Mooney	25:04	63.8		25:04		16:00
Tim Walker	25:06	63.7		26:35	25:06	16:00
Richard Brewster	25:10	63.6	26:27	25:10	26:07	16:00
Hayley Kelly	25:13	63.5		25:13		16:00
Aly Brook	25:38	62.4		25:38		16:00
Rebecca Gvozdenko	25:45	62.1	25:45	25:57		16:00
Claire Alletson	26:08	61.2		26:08		16:00
Gail Schofield	26:09	61.2		26:09	26:25	16:00
Paul Armitage	26:12	61.1		26:12		16:00
Paul Butterfield	26:13	61.0	27:19	26:13		16:00
Dave Culpan	26:14	61.0	26:14			16:00
Laura Wright	26:19	60.8			26:19	16:00
Jonathan Taylor	26:23	60.6		26:23	26:53	16:00
Claire Haigh	26:25	60.6	29:35	26:25	27:33	16:00
Beverley Day	26:38	60.1	27:58	26:38	26:39	16:00
Sue Cash	26:43	59.9		26:43		16:00
Paula Pickersgill	26:48	59.7	28:09	26:48		16:00
Genevieve Thompson	26:56	59.4	26:56			16:00
Sandy Gee	27:06	59.0		27:06		16:00
Gillian Jago	27:16	58.7			27:16	16:00
Alan Whiteley	27:20	58.5	27:20			16:00
Becki Ambrose	27:37	57.9		27:37		16:00
Jan West	27:54	57.3			27:54	16:00
Jenny Walker	28:08	56.9		33:31	28:08	16:00
Andrew Falkingbridge	28:21	56.4	28:21			16:00
Caroline Palmer	28:38	55.9			28:38	16:00
Lin Devine	28:40	55.8		27:40		16:00
Sally McGregor	29:09	54.9			29:09	16:00
Bill Lee	29:45	53.8	29:45			16:00
Aly Brook	29:50	53.6		29:50		16:00
Roger Smith	30:00	53.3	30:00			16:00
Ranjit Uppal	30:04	53.2		30:04		16:00
Anne-Marie Ulylott	30:39	52.2		30:39		16:00
Gina Anderson-Keeble	30:39	52.2		30:39		16:00
Bill Lee	30:48	51.9	30:48			16:00
Colin Duffield	30:51	51.9	36:21	30:51		16:00
Alex Whyte	31:24	51.0	31:24			16:00
Steve Boyer	31:39	50.6	31:39			16:00
David Rushworth	32:36	49.1				16:00
Peter Cawdron	32:53	48.7	32:53			16:00
Abi Howarth	33:26	47.9		33:26		16:00
Judith Greenwood	34:02	47.0	34:02			16:00
Anne Cawdron	34:13	46.8	34:13			16:00
Jackie Barker	34:15	46.7	34:26	34:15		16:00
Karen Appleyard	34:18	46.6	38:31	36:00	34:18	16:00
Ken Chilcott	35:33	45.0		35:33		16:00
Lindsay Sykes	36:54	43.4		36:54		16:00
Richard Brear	37:02	43.2		37:02	37:39	16:00
Alan Gibson	38:29	41.6		38:29		16:00
Bernadette Rowland	44:39	35.8		44:39		16:00

Clifton/Roberttown 10K			
			Score off 35 minutes
Name	Time	Points	
Mags Beever	41:11	85.0	35:00
Derek Parrington	43:18	80.8	35:00
Clayton Cutter	43:41	80.1	35:00
Sean Thompson	44:01	79.5	35:00
Paul Corns	44:27	78.7	35:00
Danielle Hirst	44:43	78.3	35:00
Danny Stafford	45:48	76.4	35:00
Lorraine Naylor	45:54	76.3	35:00
Stefanie Hopkins	46:57	74.5	35:00
Dave Culpan	47:22	73.9	35:00
Steve Hallam	47:44	73.3	35:00
Helen Armitage	48:14	72.6	35:00
Maria Harron	48:18	72.5	35:00
Paul Patrick	48:45	71.8	35:00
Martin O'Brien	49:28	70.8	35:00
Richard Dunn	50:31	69.3	35:00
Ian Drinkwater	50:37	69.1	35:00
David Collins	50:40	69.1	35:00
Mak Dhinsa	50:48	68.9	35:00
Tony Pinnington	51:03	68.6	35:00
Steve Crowther	51:16	68.3	35:00
Roy Lunt	52:02	67.3	35:00
Tim Walker	53:56	64.9	35:00
Amjid Khan	54:13	64.6	35:00
Gareth Duckworth	54:28	64.3	35:00
Virginia Young	54:32	64.2	35:00
Diane Waite	55:32	63.0	35:00
Kevin Jagger	55:38	62.9	35:00
Michelle Rushby	56:25	62.0	35:00
John Rushworth	57:16	61.1	35:00
Paula Pickersgill	58:38	59.7	35:00
Beverley Day	59:14	59.1	35:00
Sue Cash	59:50	58.5	35:00
Rochelle Statham-Drake	60:04	58.3	35:00
Paula Statham-Drake	60:07	58.2	35:00
Jo Cooke	62:09	56.3	35:00
Dawn Medlock	62:13	56.3	35:00
Julie Field	64:44	54.1	35:00
David Rushworth	66:30	52.6	35:00
Jenny Walker	67:08	52.1	35:00
Paul Armitage	68:58	50.7	35:00
Karen Appleyard	69:07	50.6	35:00
Alex Whyte	70:32	49.6	35:00
Graham Robertshaw	71:18	49.1	35:00
Caroline Ford	71:21	49.1	35:00
Richard Lambert	71:27	49.0	35:00
Trish Hallowell	71:54	48.7	35:00
Anne Cawdron	76:12	45.9	35:00
Peter Cawdron	76:27	45.8	35:00
Jackie Barker	80:06	43.7	35:00
Gail Fawcett	82:57	42.2	35:00

Halifax Vets Route			
			Score off 33 minutes
Name	Time	Points	
Mags Beaver	38:54	84.8	33:00
Paul Corns	42:09	78.3	33:00
Clayton Cutter	42:42	77.3	33:00
Suzanne Patterson	43:57	75.1	33:00
Danny Stafford	44:11	74.7	33:00
Stefanie Hopkins	44:13	74.6	33:00
Maria Harron	44:22	74.4	33:00
Steve Hallam	45:06	73.2	33:00
Paul Patrick	45:27	72.6	33:00
Dave Culpan	45:35	72.4	33:00
Lorraine Naylor	46:27	71.0	33:00
Gerry Banham	46:29	71.0	33:00
Martin O'Brien	46:30	71.0	33:00
Richard Dunn	48:14	68.4	33:00
Steve Crowther	48:16	68.4	33:00
Helen Armitage	49:15	67.0	33:00
Heather Moffatt	51:35	64.0	33:00
Tony Pinnington	52:16	63.1	33:00
John Rushworth	53:39	61.5	33:00
Virginia Young	53:55	61.2	33:00
Gareth Duckworth	54:10	60.9	33:00
Kevin Jagger	54:11	60.9	33:00
Michelle Rushby	54:30	60.6	33:00
Paul Armitage	55:25	59.5	33:00
Paula Pickersgill	56:57	57.9	33:00
Jo Cooke	58:50	56.1	33:00
Christine Cliffe	60:33	54.5	33:00
Dawn Medlock	60:46	54.3	33:00
Beverley Day	62:37	52.7	33:00
Jenny Walker	64:09	51.4	33:00
Peter Cawdron	64:51	50.9	33:00
Diane Thornley	65:25	50.4	33:00
Alex Whyte	65:31	50.4	33:00
Helen Shenton	65:36	50.3	33:00
Graham Robertshaw	66:47	49.4	33:00
Trish Hallowell	67:24	49.0	33:00
David Rushworth	68:41	48.0	33:00
Caroline Ford	69:16	47.6	33:00
Jackie Barker	77:14	42.7	33:00
Anne Cawdron	77:38	42.5	33:00
Gail Fawcett	82:35	40.0	33:00

STAINLAND WINTER H/C								
Name	Time	Points	Score off 34:00 minutes					
Will Rushworth	38:30	88.3	34:00					
Mags Beever	40:39	83.6	34:00					
Fraser Ambrose	42:37	79.8	34:00					
James Penson	43:32	78.1	34:00					
Paul Corns	44:25	76.5	34:00					
Leon Severn	44:49	75.9	34:00					
Maria Harron	46:33	73.0	34:00					
Danny Stafford	47:15	72.0	34:00					
Dave Culpan	47:42	71.3	34:00					
Lorraine Naylor	47:57	70.9	34:00					
Mark Pigford	47:58	70.9	34:00					
Paul Patrick	47:59	70.9	34:00					
Mak Dhinsa	48:02	70.8	34:00					
David Collins	48:03	70.8	34:00					
Ian Drinkwater	48:03	70.8	34:00					
Helen Armitage	48:04	70.7	34:00					
Martin O'Brien	48:04	70.7	34:00					
Steve Hallam	48:48	69.7	34:00					
Clayton Cutter	49:02	69.3	34:00					
Gerry Banham	49:22	68.9	34:00					
Mark Pottinger	49:55	68.1	34:00					
Richard Dunn	50:53	66.8	34:00					
Jim Harris	51:08	66.5	34:00					
Steve Crowther	51:25	66.1	34:00					
Anne-Marie Ulyyott	53:12	63.9	34:00					
Tony Pinnington	53:21	63.7	34:00					
Kevin Jagger	53:49	63.2	34:00					
Heather Moffatt	54:46	62.1	34:00					
Tim Walker	55:56	60.8	34:00					
Gareth Duckworth	56:30	60.2	34:00					
Diane Waite	56:43	59.9	34:00					
John Rushworth	56:56	59.7	34:00					
Michelle Rushby	57:03	59.6	34:00					
Sandy Gee	57:21	59.3	34:00					
Virginia Young	57:43	58.9	34:00					
Paul Armitage	59:12	57.4	34:00					
Paula Pickersgill	59:50	56.8	34:00					
Paul Butterfield	60:19	56.4	34:00					
Jo Cooke	61:54	54.9	34:00					
Gina Anderson-Keeble	62:13	54.6	34:00					
Sue Cash	63:14	53.8	34:00					
David Rushworth	63:19	53.7	34:00					
Christine Cliffe	67:45	50.2	34:00					
Dawn Medlock	67:45	50.2	34:00					
Beverley Day	67:53	50.1	34:00					
Abi Howarth	70:40	48.1	34:00					
Karen Appleyard	71:38	47.5	34:00					
Alex Whyte	71:40	47.4	34:00					
Trish Hallowell	71:55	47.3	34:00					
Colette Croft	73:27	46.3	34:00					
Jenny Walker	73:58	46.0	34:00					
Graham Robertshaw	74:48	45.5	34:00					
Carol Lord	74:52	45.4	34:00					
Jackie Barker	74:58	45.4	34:00					
Helen Shenton	75:43	44.9	34:00					
Caroline Ford	75:57	44.8	34:00					
Diane Thornley	76:07	44.7	34:00					
Peter Cawdron	76:14	44.6	34:00					
Anne Cawdron	77:17	44.0	34:00					
Gail Fawcett	81:20	41.8	34:00					
Joanne Hirst	87:00	39.1	34:00					

Eccup 10		Score off 53:40 minutes			
Name	Time	Points			
Daz Young	65:01	82.5	53:40		
Gav Dodd	71:16	75.3	53:40		
Liz Norman	73:17	73.2	53:40		
Steve Hallam	75:22	71.2	53:40		
Clayton Cutter	76:47	69.9	53:40		
Helen Armitage	78:52	68.0	53:40		
Paul Patrick	80:02	67.1	53:40		
Kevin Jagger	81:43	65.7	53:40		
Gareth Duckworth	82:52	64.8	53:40		
Jan King	83:22	64.4	53:40		
Angela Lee	83:33	64.2	53:40		
Cat Daniel	89:41	59.8	53:40		
Sandy Gee	91:57	58.4	53:40		
Richard Brewster	93:21	57.5	53:40		
Claire Haigh	94:05	57.0	53:40		
Jo Cooke	94:29	56.8	53:40		
Paul Butterfield	95:49	56.0	53:40		
Chris Bowen	96:46	55.5	53:40		
Paula Pickersgill	97:35	55.0	53:40		
Paul Armitage	101:13	53.0	53:40		
Alex Whyte	112:41	47.6	53:40		
Peter Cawdron	124:41	43.0	53:40		
Anne Cawdron	124:45	43.0	53:40		
Gail Fawcett	128:41	41.7	53:40		

Harrogate 10K			
Name	Time	Points	Score off 34:46
Simon Rawnsley	46:30	75.1	34:56
Liz Norman	48:28	72.1	34:56
Steve Hallam	48:53	71.5	34:56
Maria Harron	50:10	69.6	34:56
Paul Patrick	50:13	69.6	34:56
Kevin Jagger	51:00	68.5	34:56
Lorraine Naylor	51:41	67.6	34:56
Gareth Duckworth	53:31	65.3	34:56
Lin Devine	58:33	59.7	34:56
Caroline Ford	58:34	59.6	34:56
Jo Cooke	59:14	59.0	34:56
Paul Butterfield	59:25	58.8	34:56
Sue Cash	59:27	58.8	34:56
Hayley Kelly	59:32	58.7	34:56
Richard Brewster	59:49	58.4	34:56
Beverley Day	61:35	56.7	34:56
Graham Robertshaw	62:33	55.8	34:56
Manjit Ahjar	66:05	52.9	34:56
Helen Shenton	68:39	50.9	34:56
Trish Hallowell	69:45	50.1	34:56
Diane Thornley	70:30	49.6	34:56
Wendy Paulson	70:32	49.5	34:56
Alex Whyte	72:43	48.0	34:56
Peter Cawdron	75:26	46.3	34:56
Anne Cawdron	76:56	45.4	34:56

Toss o' Coin					
				Score off 36 mins (old route)	Score off 33 mins (new route)
Name	Time	Points (old route)	Points (new route)		
Dave Culpan	43:52		75.2	36:00	33:00
Martin O'Brien	44:09		74.7	36:00	33:00
Steve Hallam	45:12		73.0	36:00	33:00
Helen Armitage	45:46		72.1	36:00	33:00
Paul Patrick	45:57		71.8	36:00	33:00
Tony Mott	46:56	76.7		36:00	33:00
Heather Moffatt	48:37		67.9	36:00	33:00
Gary Barnes	50:19		65.6	36:00	33:00
Rebecca Gvozdenko	50:59		64.7	36:00	33:00
Paul Corns	53:10	67.7		36:00	33:00
Paul Armitage	53:10		62.1	36:00	33:00
Richard Dunn	54:57	65.5		36:00	33:00
Alex Whyte	62:21		52.9	36:00	33:00
Gareth Duckworth	63:03	57.1		36:00	33:00
Claire Haigh	65:23		50.5	36:00	33:00
Paula Pickersgill	65:44	54.8		36:00	33:00
Jo Cooke	65:52		50.1	36:00	33:00
Hayley Kelly	66:55		49.3	36:00	33:00
Helen Shenton	67:27		48.9	36:00	33:00
Sandy Gee	67:30	53.3		36:00	33:00

Pendle Trail Race				
Name	Time	Points		
Fraser Ambrose	39:44	89.2	35:26	
Liz Norman	42:09	84.1	35:26	
Clayton Cutter	42:29	83.4	35:26	
Martin O'Brien	43:24	81.6	35:26	
Gerry Banham	44:19	80.0	35:26	
Sally Caton	45:19	78.2	35:26	
Kevin Jagger	45:26	78.0	35:26	
Dave Culpan	45:52	77.3	35:26	
Lorraine Naylor	47:01	75.4	35:26	
Ray Mooney	47:02	75.3	35:26	
Steve Hallam	47:07	75.2	35:26	
Tim Walker	48:50	72.6	35:26	
Heather Moffat	50:02	70.8	35:26	
Rebecca Gvozdenko	52:24	67.6	35:26	
Christine Cliffe	53:12	66.6	35:26	
Hayley Kelly	53:27	66.3	35:26	
Paula Pickersgill	56:31	62.7	35:26	
Sandy Gee	56:36	62.6	35:26	
Sue Cash	57:27	61.7	35:26	
Paul Butterfield	57:50	61.3	35:26	
Beverley Day	59:04	60.0	35:26	
Jenny Walker	61:56	57.2	35:26	
Trish Hallowell	62:18	56.9	35:26	
Gail Fawcett	79:18	44.7	35:26	

Hopwood Trot				
Name	Time	Points		
Fraser Ambrose	36:06	85.3	30:47	
Clayton Cutter	37:44	81.6	30:47	
Paul Corns	40:10	76.6	30:47	
Roy Lunt	40:16	76.4	30:47	
Paul Patrick	40:26	76.1	30:47	
Steve Hallam	41:14	74.7	30:47	
Martin O'Brien	41:45	73.7	30:47	
Helen Armitage	42:15	72.9	30:47	
Lorraine Naylor	42:52	71.8	30:47	
Heather Moffat	43:12	71.3	30:47	
John Bassinder	43:37	70.6	30:47	
Dave Culpan	43:42	70.4	30:47	
Tim Walker	45:03	68.3	30:47	
Rebecca Gvozdenko	46:15	66.6	30:47	
Hayley Kelly	46:35	66.1	30:47	
Paul Butterfield	47:52	64.3	30:47	
Paul Armitage	48:06	64.0	30:47	
Claire Haigh	50:02	61.5	30:47	
Sandy Gee	50:15	61.3	30:47	
Paula Pickersgill	50:34	60.9	30:47	
Helen Shenton	54:05	56.9	30:47	
Jenny Walker	54:55	56.1	30:47	
Alex Whyte	55:41	55.3	30:47	
Trish Hallowell	56:11	54.8	30:47	
Gail Fawcett	70:17	43.8	30:47	

Norland Moor Trail		Score off 43:55		
Name	Time	Points		
Fraser Ambrose	46:03	95.4	43:55	
Derek Parrington	48:31	90.5	43:55	
Cam Rushworth	46:10	95.1	43:55	
Damien Pearson	49:28	88.8	43:55	
Aileen Baldwin	55:49	78.7	43:55	
John Ingles	55:46	78.8	43:55	
Martin O'Brien	52:06	84.3	43:55	
Martin Wood	53:01	82.8	43:55	
Hayley Kelly	58:17	75.4	43:55	
Rebecca Gvozdenko	59:22	74.0	43:55	
Paul Armitage	64:26	68.2	43:55	
Laura Goodwin	60:09	73.0	43:55	
John Rushworth	60:22	72.7	43:55	
Paula Pickersgill	66:15	66.3	43:55	
Zoe Russell	64:11	68.4	43:55	
Gail Fawcett	90:10	48.7	43:55	

Wetherby 10K				
Name	Time	Points	Score off 34:03	
Fraser Ambrose	42:57	79.3	34:03	
Steve Hallam	46:12	73.7	34:03	
Roy Lunt	47:43	71.4	34:03	
Lorraine Naylor	48:11	70.7	34:03	
Paul Patrick	49:26	68.9	34:03	
Laura Goodwin	52:46	64.5	34:03	
Gary Barnes	53:33	63.6	34:03	
Hayley Kelly	53:45	63.3	34:03	
Rebecca Gvozdenko	54:14	62.8	34:03	
Paul Butterfield	57:11	59.5	34:03	
Claire Haigh	58:22	58.3	34:03	
Beverley Day	63:06	54.0	34:03	

Vale of York HM		Score off 1:10:16		
Name	Time	Points		
Simon Rawnsley	92:40	75.8	70:16	
Steve Hallam	98:17	71.5	70:16	
Paul Corns	99:22	70.7	70:16	
Gerry Banham	102:32	68.5	70:16	
Roy Lunt	104:17	67.4	70:16	
Hayley Kelly	117:17	59.9	70:16	
Rebecca Gvozdenko	117:18	59.9	70:16	
John Rushworth	119:49	58.6	70:16	

Brid Half				
		Score off 1:16:58		
Name	Time	Points		
Helen Armitage	105:56	72.7	76:58	
Sandy Gee	121:05	63.6	76:58	
Paula Pickersgill	128:36	59.8	76:58	
Bill Lee	128:50	59.7	76:58	
Paul Armitage	131:12	58.7	76:58	
Trish Hallowell	144:03	53.4	76:58	
Hils Scargill	156:47	49.1	76:58	
Gail Fawcett	174:57	44.0	76:58	

Lindley 10K			
Name	Time	Points	Score off 34:45
Fraser Ambrose	41:55	82.9	34:45
Derek Parrington	44:17	78.5	34:45
Clayton Cutter	46:00	75.5	34:45
Maria Harron	46:20	75.0	34:45
Gaby Ferris	46:22	74.9	34:45
Gerry Banham	47:44	72.8	34:45
Roy Lunt	47:53	72.6	34:45
Lorraine Naylor	48:09	72.2	34:45
Danny Stafford	49:18	70.5	34:45
Martin O'Brien	49:25	70.3	34:45
Gary Barnes	51:16	67.8	34:45
Laura Goodwin	52:04	66.7	34:45
Hayley Kelly	53:53	64.5	34:45
Rebecca Gvozdenko	54:53	63.3	34:45
Richard Brewster	54:59	63.2	34:45
Paul Butterfield	55:05	63.1	34:45
John Rushworth	56:02	62.0	34:45
Jason Berry	57:07	60.8	34:45
Beverley Day	57:29	60.5	34:45
Emma Taylor	66:18	52.4	34:45
Peter Cawdron	70:38	49.2	34:45
Anne Cawdron	74:13	46.8	34:45
Gail Fawcett	80:03	43.4	34:45

Guy Fawkes 10				
			Score off 57:32 minutes	
Name	Time	Points		
Cameron Rushworth	71:26	80.5	57:32	
Fraser Ambrose	71:29	80.5	57:32	
Gavin Dodd	76:10	75.5	57:32	
Clayton Cutter	76:12	75.5	57:32	
Simon Rawnsley	78:09	73.6	57:32	
Steve Hallam	79:31	72.4	57:32	
Sally Caton	81:07	70.9	57:32	
John Ingles	81:10	70.9	57:32	
Rebecca O'Neill	81:16	70.8	57:32	
Paul Patrick	81:57	70.2	57:32	
Helen Armitage	83:10	69.2	57:32	
Danny Stafford	84:24	68.2	57:32	
Gareth Knight	85:28	67.3	57:32	
Maria Harron	85:28	67.3	57:32	
Roy Lunt	85:47	67.1	57:32	
Aileen Baldwin	87:16	65.9	57:32	
Kevin Jagger	87:23	65.8	57:32	
Rebecca Gvozdenko	88:41	64.9	57:32	
Hayley Kelly	88:47	64.8	57:32	
Laura Goodwin	88:49	64.8	57:32	
Joanne Kitcher	90:01	63.9	57:32	
Anne-Marie Ulliyott	90:50	63.3	57:32	
Tim Walker	91:06	63.2	57:32	
Sarah Lunt	91:16	63.0	57:32	
Amjid Khan	91:46	62.7	57:32	
Gillian Jago	93:12	61.7	57:32	
Tony Pinnington	93:30	61.5	57:32	
Karen Thorne	94:04	61.2	57:32	
Richard Brewster	95:41	60.1	57:32	
Ali Audsley	96:22	59.7	57:32	
John Rushworth	97:53	58.8	57:32	
Sandy Gee	97:58	58.7	57:32	
Claire Haigh	98:38	58.3	57:32	
Paul Armitage	98:50	58.2	57:32	
Jo Cooke	99:31	57.8	57:32	
Lin Devine	101:29	56.7	57:32	
Alex Whyte	101:57	56.4	57:32	
Beverley Day	102:23	56.2	57:32	
Graham Robertshaw	106:06	54.2	57:32	
Wendy Paulson	106:22	54.1	57:32	
Jenny Walker	107:16	53.6	57:32	
Becki Ambrose	111:25	51.6	57:32	
Mel Shaw	111:52	51.4	57:32	
Trish Hallowell	112:13	51.3	57:32	
Anna Stones	112:32	51.1	57:32	
Valerie Nicholson	114:26	50.3	57:32	
Wendy Goodwin	115:57	49.6	57:32	
Richard Lambert	118:17	48.6	57:32	
Hils Scargill	118:39	48.5	57:32	
Judith Greenwood	119:54	48.0	57:32	
Jackie Barker	120:28	47.8	57:32	
Sam Varley	121:56	47.2	57:32	
Lesley Henderson	131:18	43.8	57:32	
Anne Cawdron	131:20	43.8	57:32	
Gail Fawcett	131:20	43.8	57:32	

Ambles Revenge				
Name	Time	Points		
		Score off 55:43		
Paul Patrick	75:29	73.8	55:43	
Roy Lunt	75:33	73.7	55:43	
Lorraine Naylor	76:24	72.9	55:43	
Ray Mooney	78:58	70.6	55:43	
Laura Goodwin	81:37	68.3	55:43	
Aileen Baldwin	83:00	67.1	55:43	
Jim Harris	84:22	66.0	55:43	
Tony Pinnington	88:17	63.1	55:43	
Paul Butterfield	94:22	59.0	55:43	
Aly Audsley	95:17	58.5	55:43	
Sandy Gee	99:54	55.8	55:43	
Sue Cash	101:27	54.9	55:43	

5K Own Route				
Name	Best Time 2021	Points	Score off:	
Mags Beever	18:46	85.3	16:00	
Fraser Ambrose	19:24	82.5	16:00	
Gav Dodd	19:48	80.8	16:00	
Chris Hall	20:14	79.1	16:00	
Paul Corns	20:32	77.9	16:00	
Lorraine Naylor	21:53	73.1	16:00	
Helen Armitage	22:24	71.4	16:00	
Tony Pinnington	22:31	71.1	16:00	
Steve Hallam	22:49	70.1	16:00	
Dave Culpan	23:39	67.7	16:00	
Gerry Banham	23:49	67.2	16:00	
Laura Goodwin	24:06	66.4	16:00	
Nick Thompson	24:47	64.6	16:00	
Kevin Jagger	25:21	63.1	16:00	
Gail Schofield	25:47	62.1	16:00	
Gillian Jago	26:08	61.2	16:00	
Susan Cash	26:17	60.9	16:00	
Amjid Khan	26:41	60.0	16:00	
Tim Neville	26:53	59.5	16:00	
Claire Haigh	26:53	59.5	16:00	
Becki Watson	26:58	59.3	16:00	
Roy Lunt	27:27	58.3	16:00	
John Rushworth	27:34	58.0	16:00	
Paula Pickersgill	27:45	57.7	16:00	
Jo Cooke	27:50	57.5	16:00	
Helen Shenton	29:39	54.0	16:00	
Gareth Duckworth	29:58	53.4	16:00	
Gordon Murray	30:56	51.7	16:00	
Phil Richards	31:18	51.1	16:00	
Paula Stathem-Drake	31:19	51.1	16:00	
Trish Hallowell	32:42	48.9	16:00	
Peter Cawdron	32:42	48.9	16:00	
Anne Cawdron	36:31	43.8	16:00	
Gail Fawcett	38:15	41.8	16:00	

10K Own Route				
	Name	Best Time 2021	Points	Score off:
	Mags Beever	38:47	87.7	34:00
	Paul Corns	42:37	79.8	34:00
	John Bannister	44:13	76.9	34:00
	Maria Harron	45:55	74.0	34:00
	Gerry Banham	46:08	73.7	34:00
	Lorraine Naylor	46:46	72.7	34:00
	Steve Hallam	46:52	72.5	34:00
	Helen Armitage	47:57	70.9	34:00
	Tony Pinnington	49:16	69.0	34:00
	Laura Goodwin	51:10	66.4	34:00
	Hayley Kelly	51:16	66.3	34:00
	Nick Thompson	52:03	65.3	34:00
	Tim Neville	52:29	64.8	34:00
	Beverley Day	56:34	60.1	34:00
	Sue Cash	57:15	59.4	34:00
	Paul Armitage	58:00	58.6	34:00
	Jo Cooke	58:02	58.6	34:00
	Alex Whyte	59:55	56.7	34:00
	Paula Statam-Drake	62:34	54.3	34:00
	Helen Shenton	64:02	53.1	34:00
	Gordon Murray	65:16	52.1	34:00
	Claire Haigh	66:06	51.4	34:00
	Gail Fawcett	84:57	40.0	34:00