

# HATTON DARTS RUNNING CLUB

## YEAR 2018's MOST IMPROVED RUNNERS

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
John Finn	60	Longeaton Parkrun 5 Km Road	06/01/2018	20.01	26.21	20.25	55	352
		Rosliston Parkrun 5 Km Road	10/02/2018	20.01	20.02	22.23		
		Turkey Trot 0.5 Marathon Road	11/02/2018	95.31		100.29		
		Conkers Parkrun 5 Km Road	17/02/2018	20.01	21.16	21.03	8	
		Rosliston Parkrun 5 Km Road	24/03/2018	20.01	20.02	20.45		
		Rosliston Parkrun 5 Km Road	07/04/2018	20.01	20.02	19.43	10	
		Jamaica pond Parkrun 5 Km Ro	14/04/2018	19.43		22.31		
		Boston Marathon Road	16/04/2018	205.55		207.19		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	13.06		12.25	19	
		Rosliston Parkrun 5 Km Road	28/04/2018	19.43	19.43	19.31	8	
		Sunset Relays Allestree 2.5 Mile	01/05/2018			16.52		
		Rosliston Parkrun 5 Km Road	05/05/2018	19.31	19.31	18.52	17	
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	95.31		90.19	19	
		Sunset Relays Calke Abbey 2.4	08/05/2018			15.07		
		Dukeries 30 Miles Trail	12/05/2018			446.01		
		Rosliston Parkrun 5 Km Road	19/05/2018	18.52	18.52	19.06		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	70.46		66.35	21	
		Edinburgh Marathon Road	27/05/2018	205.55		247.57		
		Templemore Parkrun 5 Km Roa	02/06/2018	18.52		19.53		
		Lough Key Parkrun 5 Km Road	09/06/2018	18.52	20.28	19.21	21	
		BDSL Washland Relays 2.04 Mil	13/06/2018			12.03		
		Rosliston Parkrun 5 Km Road	16/06/2018	18.52	18.52	21.37		
		Rhyl 0.5 Marathon Road	23/06/2018	90.19		88.41	10	
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	43.32	43.32	42.34		
		Buxton 4.7 Miles Fell	27/06/2018			44.09		
		Ladybower Marathon Trail	30/06/2018			249.01		
		Derwent Rriver Relays 5 Km XC	07/07/2018			18.47		
		Conkers Parkrun 5 Km XC	07/07/2018	18.47		22.04		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	33.40		31.57	20	
		Crich Monument Run 7 Miles Fe	14/07/2018	59.00	59.00	53.20		
		Brooksie's Bash 10 Miles Trail	15/07/2018	82.10	96.45	77.48		
		Oakamoor Hilly 5 Miles XC	19/07/2018	44.35		34.29		
		Thunder Run 10 Km XC	21/07/2018	42.34	52.36	86.24		
		Thunder Run 10 Km XC	21/07/2018	42.34	52.36	76.58		
		Thunder Run 10 Km XC	21/07/2018	42.34	52.36	68.05		
		Conkers Parkrun 5 Km Road	21/07/2018	18.52	21.03	21.44		
		Dishley Parkrun 5 Km Road	28/07/2018	18.52		19.20		
		Cybi Coastal Marathon Trail	04/08/2018	249.01		416.31		
		BDSL Burton(HD) 10 Km Road	12/08/2018	42.27		40.47	16	
		Rosliston Parkrun 5 Km Road	18/08/2018	18.52	18.52	19.39		
		Conkers Parkrun 5 Km Road	25/08/2018	18.52	21.03	20.26	13	
		South Cheshire 20 Miles Road	02/09/2018	155.10		144.03	25	
Tissington 0.5 Marathon Road	30/09/2018	88.41	98.54	87.37	33			
Rosliston Parkrun 5 Km Road	06/10/2018	18.52	18.52	29.40				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
John Finn	60	Chester Marathon Road	07/10/2018	205.55	209.04	188.59	29	352
		Derby Midweek 5 Km Road	17/10/2018	18.52	20.09	19.50	9	
		Derby Midweek Miles Road	17/10/2018	5.45	5.45	5.35	13	
		DR-Foremark 5.5 Miles XC	11/11/2018	53.26		41.21		
		Derby Midweek Miles Road	14/11/2018	5.35	5.35	5.36		
		Derby Midweek 5 Km Road	14/11/2018	18.52	19.50	20.39		
		Rosliston Parkrun 5 Km Road	24/11/2018	18.52	18.52	20.45		
		Hatfield 5 Miles Road	25/11/2018	31.57		33.01		
		Rosliston Parkrun 5 Km Road	01/12/2018	18.52	18.52	22.22		
		Leicester 5 Km Road	05/12/2018	18.52	20.01	19.55	6	
		Turkey Trot 0.5 Marathon Road	09/12/2018	87.37	100.29	115.27		
		Hatton HCP Branston 4.4 Miles	11/12/2018			31.52		
		Conkers Parkrun 5 Km Road	15/12/2018	18.52	20.26	25.58		
		Conkers Parkrun 5 Km Road	22/12/2018	18.52	20.26	24.58		
		Rosliston Parkrun 5 Km Road	29/12/2018	18.52	18.52	26.08		
		Huncote Hash 10 Km XC	30/12/2018	42.34		52.00		
		Jo Butler	84	Rosliston Parkrun 5 Km Road	01/01/2018	26.52	27.43	
Conkers Parkrun 5 Km Road	01/01/2018			26.52	27.18	29.13		
Rosliston Parkrun 5 Km Road	06/01/2018			26.52	27.43	28.43		
Rosliston Parkrun 5 Km Road	13/01/2018			26.52	27.43	30.01		
Kingsbury Parkrun 5 Km Road	20/01/2018			26.52		29.48		
DR-Allestree 6 Miles XC	21/01/2018					72.51		
Rosliston Parkrun 5 Km Road	27/01/2018			26.52	27.43	30.00		
Rosliston Parkrun 5 Km Road	03/02/2018			26.52	27.43	29.17		
Rosliston Parkrun 5 Km Road	10/02/2018			26.52	27.43	29.25		
Prestwold 0.5 Marathon Road	11/02/2018			130.54		126.52	11	
Rosliston Parkrun 5 Km Road	17/02/2018			26.52	27.43	29.03		
DR-Grace Dieu 5.5 Miles XC	18/02/2018					53.42		
Cannock Chase Parkrun 5 Km	24/02/2018			26.52		27.46		
Carsington 0.5 Marathon XC	25/02/2018					127.16		
Conkers Parkrun 5 Km Road	03/03/2018			26.52	27.18	33.22		
Rosliston Parkrun 5 Km Road	10/03/2018			26.52	27.43	30.25		
DR-Bosworth 5.6 Miles XC	11/03/2018					69.59		
Markeaton Parkrun 5 Km Road	17/03/2018			26.52		29.00		
Rosliston Parkrun 5 Km Road	24/03/2018			26.52	27.43	35.24		
Monsal Trail 0.5 Marathon Trail	25/03/2018					123.06		
Rosliston Parkrun 5 Km Road	31/03/2018			26.52	27.43	29.34		
Chasewater 10 Km Road	01/04/2018			55.34		57.27		
Peak Rail 7 Miles Trail	02/04/2018					72.16		
Rosliston Parkrun 5 Km Road	07/04/2018			26.52	27.43	28.17		
Cathedral to Castle 10 Miles XC	08/04/2018					95.34		
Rosliston Parkrun 5 Km Road	14/04/2018			26.52	27.43	28.28		
BDSL Conkers(SDRR) 5 Miles	15/04/2018			46.01		44.32	12	
Rosliston Parkrun 5 Km Road	05/05/2018			26.52	27.43	29.13		
BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018			126.52		146.36		
Sunset Relays Calke Abbey 2.4	08/05/2018					22.08		
Liverpool 5 Km Road	19/05/2018			26.52	58.43	35.10	58	
Liverpool Marathon Road	20/05/2018			299.41	299.41	298.41	5	
Rosliston Parkrun 5 Km Road	26/05/2018			26.52	27.43	30.06		
Rosliston Parkrun 5 Km Road	02/06/2018	26.52	27.43	31.11				
Derby 0.5 Marathon Road	03/06/2018	126.52		134.43				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Jo Butler	84	Peter Pan Parkrun 5 Km Road	09/06/2018	26.52		26.08	6	229
		Hull 0.5 Marathon Road	10/06/2018	126.52		125.17	7	
		BDSL Washland Relays 2.04 Mil	13/06/2018			17.32		
		Rosliston Parkrun 5 Km Road	16/06/2018	26.08	27.43	46.26		
		Rosliston Parkrun 5 Km Road	23/06/2018	26.08	27.43	49.21		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	60.45	60.45	59.06		
		Buxton 4.7 Miles Fell	27/06/2018			53.36		
		Rosliston Parkrun 5 Km Road	30/06/2018	26.08	27.43	29.14		
		Rudyard Lake 5 Miles Trail	05/07/2018			44.24		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	44.32		44.56		
		JCB 5 Miles Road	12/07/2018	44.32	48.17	46.14	13	
		Crich Monument Run 7 Miles Fe	14/07/2018			82.33		
		Rosliston Parkrun 5 Km Road	14/07/2018	26.08	27.43	30.57		
		Brooksie's Bash 10 Miles Trail	15/07/2018	110.07		124.42		
		Thunder Run 10 Km XC	21/07/2018	59.06	66.00	66.32		
		Rosliston Parkrun 5 Km Road	21/07/2018	26.08	27.43	31.20		
		Thunder Run 10 Km XC	21/07/2018	59.06	66.00	66.00		
		Thunder Run 10 Km XC	21/07/2018	59.06	66.00	68.36		
		Fritton lake Parkrun 5 Km Road	28/07/2018	26.08		28.48		
		Rosliston Parkrun 5 Km Road	04/08/2018	26.08	27.43	54.11		
		Cannock Chase 10 Km Trail	05/08/2018			62.18		
		Rosliston Parkrun 5 Km Road	11/08/2018	26.08	27.43	26.50	11	
		BDSL Burton(HD) 10 Km Road	12/08/2018	55.34		55.05	6	
		Rosliston Parkrun 5 Km Road	18/08/2018	26.08	26.50	26.38	6	
		Rosliston Parkrun 5 Km Road	25/08/2018	26.08	26.38	26.41		
		Rosliston Parkrun 5 Km Road	01/09/2018	26.08	26.38	26.33	5	
		Wilne 10 Km Road	02/09/2018	55.05	55.34	54.42	8	
		Great North Run 0.5 Marathon R	09/09/2018	125.17		133.55		
		Lowestoft Parkrun 5 Km Road	22/09/2018	26.08		26.23		
		Dishley Parkrun 5 Km Road	29/09/2018	26.08		26.06	5	
		Tissington 0.5 Marathon Road	30/09/2018	125.17		118.37	16	
		Rosliston Parkrun 5 Km Road	06/10/2018	26.06	26.33	27.10		
		Tamworth 10 Km Road	07/10/2018	54.42	60.17	53.37	27	
		Birmingham 0.5 Marathon Road	14/10/2018	118.37	133.51	126.58	15	
		Beeston Parkrun 5 Km Road	20/10/2018	26.06		26.41		
		DR-Anslow 5.2 Miles XC	21/10/2018			53.07		
		Lowestoft Parkrun 5 Km Road	27/10/2018	26.06	26.23	25.32	12	
		Worksop 0.5 Marathon Road	28/10/2018	118.37		121.59		
		DR-Foremark 5.5 Miles XC	11/11/2018	53.42		53.21		
		Cannock Chase 10 Km XC	18/11/2018	59.06		54.46		
		Rushcliffe Parkrun 5 Km Road	24/11/2018	25.32		26.15		
		Derby 10 Miles Road	25/11/2018			91.23		
		Rosliston Parkrun 5 Km Road	01/12/2018	25.32	26.33	30.09		
		Hatton HCP Branston 4.4 Miles	11/12/2018			40.22		
		Gorleston Cliffs Parkrun 5 Km R	15/12/2018	25.32	27.27	34.15		
		East Coast Santa Dash 5 Km R	16/12/2018	25.32	31.49	31.32	6	
		Rosliston Parkrun 5 Km Road	22/12/2018	25.32	26.33	28.14		
Conkers Parkrun 5 Km Road	25/12/2018	25.32	27.18	30.27				
Rosliston Parkrun 5 Km Road	29/12/2018	25.32	26.33	28.24				
Dave Benstead	44	Rosliston Parkrun 5 Km Road	06/01/2018	22.32	22.54	24.58		142
		Kings Lynn Parkrun 5 Km Road	20/01/2018	22.32	22.32	24.08		

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Dave Benstead	44	Rosliston Parkrun 5 Km Road	27/01/2018	22.32	22.54	25.31		142			
		Rosliston Parkrun 5 Km Road	03/02/2018	22.32	22.54	25.14					
		Rosliston Parkrun 5 Km Road	24/03/2018	22.32	22.54	24.10					
		Rosliston Parkrun 5 Km Road	07/04/2018	22.32	22.54	24.29					
		Stafford 0.5 Marathon Road	15/04/2018			108.24					
		Rosliston Parkrun 5 Km Road	21/04/2018	22.32	22.54	55.05					
		Rosliston Parkrun 5 Km Road	28/04/2018	22.32	22.54	23.17					
		King's Lynn 10 Km Road	06/05/2018	48.24		47.08	10				
		Rosliston Parkrun 5 Km Road	12/05/2018	22.32	22.54	22.50	5				
		Liverpool 0.5 Marathon Road	20/05/2018	108.24		109.00					
		Rosliston Parkrun 5 Km Road	26/05/2018	22.32	22.50	23.09					
		Rosliston Parkrun 5 Km Road	16/06/2018	22.32	22.50	22.31	8				
		Rosliston Parkrun 5 Km Road	23/06/2018	22.31	22.31	23.57					
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018			51.17					
		Rosliston Parkrun 5 Km Road	30/06/2018	22.31	22.31	22.42					
		Rosliston Parkrun 5 Km XC	07/07/2018			23.31					
		BDSL Worthington(IV) 5 Miles R	10/07/2018	38.02		38.02					
		Rosliston Parkrun 5 Km Road	14/07/2018	22.31	22.31	22.48					
		Rosliston Parkrun 5 Km Road	04/08/2018	22.31	22.31	23.22					
		Rosliston Parkrun 5 Km Road	11/08/2018	22.31	22.31	23.47					
		Rosliston Parkrun 5 Km Road	18/08/2018	22.31	22.31	22.48					
		Lichfield 10 Km Road	09/09/2018	47.08	48.24	46.29	14				
		Derby Midweek 5 Km Road	12/09/2018	22.31	22.47	21.31	18				
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	38.02		36.42	13				
		Rosliston Parkrun 5 Km Road	22/09/2018	21.31	22.31	22.17	7				
		Rosliston Parkrun 5 Km Road	29/09/2018	21.31	22.17	23.59					
		Rosliston Parkrun 5 Km Road	06/10/2018	21.31	22.17	23.57					
		PeterBorough 0.5 Marathon Roa	14/10/2018	108.24		107.32	6				
		Derby Midweek Miles Road	17/10/2018	8.05	8.05	6.31	41				
		Derby Midweek 5 Km Road	17/10/2018	21.31	21.31	23.30					
		Rosliston Parkrun 5 Km Road	27/10/2018	21.31	22.17	24.01					
		Rosliston Parkrun 5 Km Road	03/11/2018	21.31	22.17	24.32					
		Rosliston Parkrun 5 Km Road	10/11/2018	21.31	22.17	23.22					
		Derby Midweek Miles Road	14/11/2018	6.31	6.31	6.16	14				
		Derby Midweek 5 Km Road	14/11/2018	21.31	21.31	23.25					
		Rosliston Parkrun 5 Km Road	17/11/2018	21.31	22.17	23.18					
		Rosliston Parkrun 5 Km Road	24/11/2018	21.31	22.17	23.36					
		Rosliston Parkrun 5 Km Road	01/12/2018	21.31	22.17	23.44					
		Rosliston Parkrun 5 Km Road	08/12/2018	21.31	22.17	23.56					
		Hatton HCP Branston 4.4 Miles	11/12/2018			34.53					
		Rosliston Parkrun 5 Km Road	22/12/2018	21.31	22.17	23.49					
		Kings Lynn Parkrun 5 Km Road	29/12/2018	21.31	22.32	22.26	6				
		Brian Thomas	25	Sunset Relays Calke Abbey 2.4	08/05/2018				15.43		123
				Sunset Relays Calke Abbey 2.4	08/05/2018	15.43	15.43		15.55		
BDSL Burton(BAC) 10 Miles Ro	20/05/2018					67.08					
Beeston 5 Miles Road	23/05/2018					30.50					
Derby 0.5 Marathon Road	03/06/2018					99.22					
Markeaton Parkrun 5 Km Road	09/06/2018					20.50					
Potteries 0.5 Marathon Road	10/06/2018			99.22		91.53	23				
BDSL Washland Relays 2.04 Mil	13/06/2018					12.21					
BDSL Washland Relays 2.04 Mil	13/06/2018			12.21	12.21	12.48					

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Brian Thomas	25	Darley Abbey Relays 2 Miles Ro	15/06/2018			12.39		123
		Round Sheffield 20 Km Trail	24/06/2018			88.18		
		Colin Potter 10 Km Road	06/07/2018			55.42		
		Derwent Rriver Relays 5 Km XC	07/07/2018			19.20		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	30.50		32.43		
		Double or Quits 5 Miles XC	25/08/2018			33.26		
		Wiine 10 Km Road	02/09/2018	55.42		39.48	61	
		Northampton 0.5 Marathon Roa	09/09/2018	91.53		90.46	8	
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	30.50		32.43		
		Chester Marathon Road	07/10/2018			193.46		
		Birmingham 0.5 Marathon Road	14/10/2018	90.46		89.02	10	
		Rosliston Parkrun 5 Km Road	20/10/2018	20.50		19.37	21	
		Axholme 0.5 Marathon Road	21/10/2018	89.02		89.54		
		Worksop 0.5 Marathon Road	28/10/2018	89.02		89.27		
		Derby 10 Miles Road	25/11/2018	67.08		68.13		
		Rosliston Parkrun 5 Km Road	29/12/2018	19.37	19.37	20.50		
		Laura Bingham	14	Rosliston Parkrun 5 Km Road	10/03/2018			
Conkers Parkrun 5 Km Road	24/03/2018			25.04		22.37	30	
Rosliston Parkrun 5 Km Road	07/04/2018			22.37	25.04	23.31	21	
Warwick 0.5 Marathon Road	08/04/2018					116.47		
BDSL Conkers(SDRR) 5 Miles	15/04/2018					40.29		
London Marathon Road	22/04/2018					253.17		
Sunset Relays Calke Abbey 2.4	08/05/2018					19.40		
BDSL Burton(BAC) 10 Miles Ro	20/05/2018					88.50		
Derby 0.5 Marathon Road	03/06/2018			116.47		106.43	24	
Rothley 10 Km Road	08/06/2018					48.14		
BDSL Washland Relays 2.04 Mil	13/06/2018					14.00		
BDSL Worthington(IV) 5 Miles R	10/07/2018			40.29		37.03	26	
Rosliston Parkrun 5 Km Road	06/10/2018			22.37	23.31	22.58	11	
Leicester 0.5 Marathon Road	14/10/2018			106.43		105.54	6	
Mitch Pritchard	31	Rosliston Parkrun 5 Km Road	27/01/2018			29.44		107
		Rosliston Parkrun 5 Km Road	03/02/2018	29.44	29.44	27.45	18	
		Rosliston Parkrun 5 Km Road	10/02/2018	27.45	27.45	28.01		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018			41.47		
		Xtreme Challenge Catton 10 Km	25/02/2018			61.57		
		Rosliston Parkrun 5 Km Road	17/03/2018	27.45	27.45	26.48	12	
		X-Runner 10 Km Obstacle	24/03/2018	61.57		69.00		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018			39.55		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018			13.48		
		Rosliston Parkrun 5 Km Road	28/04/2018	26.48	26.48	25.33	15	
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018			123.17		
		Rosliston Parkrun 5 Km Road	12/05/2018	25.33	25.33	26.21		
		Rosliston Parkrun 5 Km Road	19/05/2018	25.33	25.33	26.04		
		Tough Mudder 5 Miles Obstacle	20/05/2018			60.00		
		Rosliston Parkrun 5 Km Road	26/05/2018	25.33	25.33	24.21	15	
		BDSL Washland Relays 2.04 Mil	13/06/2018			13.50		
		Rosliston Parkrun 5 Km Road	30/06/2018	24.21	24.21	24.52		
		Great Bakewell Pudding 6.5 Mile	01/07/2018			59.45		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	39.55		37.00	21	
		Rosliston Parkrun 5 Km Road	21/07/2018	24.21	24.21	24.32		
		Rosliston Parkrun 5 Km Road	04/08/2018	24.21	24.21	24.05	7	

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Mitch Pritchard	31	BDSL Burton(HD) 10 Km Road	12/08/2018			46.12		107
		Rosliston Parkrun 5 Km Road	18/08/2018	24.05	24.05	40.17		
		Rosliston Parkrun 5 Km Road	08/09/2018	24.05	24.05	25.15		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	37.00		37.26		
		Wild Warrior Obstacle 10 Km O	22/09/2018	61.57		60.00		
		Tamworth 10 Km Road	07/10/2018	46.12		45.29	8	
		DR-Anslow 5.2 Miles XC	21/10/2018			42.18		
		Rosliston Parkrun 5 Km Road	03/11/2018	24.05	24.05	23.23	11	
		DR-Foremark 5.5 Miles XC	11/11/2018	41.47		47.05		
		Rosliston Parkrun 5 Km Road	17/11/2018	23.23	23.23	27.44		
Tom Bradley	67	Rosliston Parkrun 5 Km Road	06/01/2018	17.49	18.18	18.48		98
		Rosliston Parkrun 5 Km Road	27/01/2018	17.49	18.18	19.43		
		Conkers Parkrun 5 Km Road	03/02/2018	17.49	17.49	18.21		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	40.31		34.22		
		Rosliston Parkrun 5 Km Road	24/02/2018	17.49	18.18	19.30		
		DR-Sinai 5 Miles XC	25/02/2018			36.28		
		Rosliston Parkrun 5 Km Road	10/03/2018	17.49	18.18	19.34		
		DR-Bosworth 5.6 Miles XC	11/03/2018	41.45		41.24		
		Rosliston Parkrun 5 Km Road	17/03/2018	17.49	18.18	18.52		
		Conkers Parkrun 5 Km Road	24/03/2018	17.49	17.49	17.31	14	
		Conkers Parkrun 5 Km Road	31/03/2018	17.31	17.31	17.45		
		Rosliston Parkrun 5 Km Road	07/04/2018	17.31	18.18	23.36		
		Rosliston Parkrun 5 Km Road	14/04/2018	17.31	18.18	20.03		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	29.42	29.42	30.53		
		Derby 10 Km Road	15/04/2018	37.59		36.49	15	
		Rosliston Parkrun 5 Km Road	21/04/2018	17.31	18.18	17.50	17	
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	11.59		11.40	14	
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	11.40	11.40	12.00		
		Rosliston Parkrun 5 Km Road	28/04/2018	17.31	17.50	18.09		
		Sunset Relays Allestree 2.5 Mile	01/05/2018			15.11		
		Rosliston Parkrun 5 Km Road	05/05/2018	17.31	17.50	18.22		
		Sunset Relays Calke Abbey 2.4	08/05/2018	14.02	14.02	14.21		
		Sunset Relays Calke Abbey 2.4	08/05/2018			14.02		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	65.55		68.39		
		Sheffield Hallam Parkrun 5 Km	26/05/2018	17.31		18.00		
		Rosliston Parkrun 5 Km Road	02/06/2018	17.31	17.50	19.16		
		Man V Horse 8 Miles XC	09/06/2018			69.23		
		BDSL Washland Relays 2.04 Mil	13/06/2018			11.51		
		Rosliston Parkrun 5 Km Road	16/06/2018	17.31	17.50	18.45		
		Darley Park 5 Km Road	19/06/2018	17.31		18.54		
		Rosliston Parkrun 5 Km Road	23/06/2018	17.31	17.50	19.24		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018			40.04		
		Bryn Bach Parkrun 5 Km Road	30/06/2018	17.31		18.25		
		Braunstone Parkrun 5 Km XC	07/07/2018			18.54		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	29.42		31.14		
		Conkers Parkrun 5 Km Road	14/07/2018	17.31	17.31	18.10		
		Thunder Run 10 Km XC	21/07/2018	40.04	44.21	56.20		
		Thunder Run 10 Km XC	21/07/2018	40.04		44.21		
		Thunder Run 10 Km XC	21/07/2018	40.04	44.21	45.48		
		Rosliston Parkrun 5 Km Road	21/07/2018	17.31	17.50	23.17		
Conkers Parkrun 5 Km Road	28/07/2018	17.31	17.31	18.36				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:			
Tom Bradley	67	Rosliston Parkrun 5 Km Road	04/08/2018	17.31	17.50	18.46		98			
		Rosliston Parkrun 5 Km Road	11/08/2018	17.31	17.50	18.24					
		BDSL Burton(HD) 10 Km Road	12/08/2018	36.49	38.51	38.59					
		Darley Park 5 Km Road	14/08/2018	17.31	18.54	18.41	9				
		Conkers Parkrun 5 Km Road	18/08/2018	17.31	17.31	18.49					
		Rosliston Parkrun 5 Km Road	15/09/2018	17.31	17.50	20.00					
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	29.42		31.51					
		Rosliston Parkrun 5 Km Road	22/09/2018	17.31	17.50	18.52					
		Rosliston Parkrun 5 Km Road	29/09/2018	17.31	17.50	23.11					
		Rosliston Parkrun 5 Km Road	06/10/2018	17.31	17.50	19.27					
		Conkers Parkrun 5 Km Road	20/10/2018	17.31	17.31	19.08					
		DR-Anslow 5.2 Miles XC	21/10/2018	36.41		34.58					
		Conkers Parkrun 5 Km Road	27/10/2018	17.31	17.31	18.46					
		Rosliston Parkrun 5 Km Road	03/11/2018	17.31	17.50	19.12					
		Rosliston Parkrun 5 Km Road	10/11/2018	17.31	17.50	19.23					
		DR-Foremark 5.5 Miles XC	11/11/2018	34.22		37.24					
		Derby Midweek Miles Road	14/11/2018	5.05	5.05	5.19					
		Derby Midweek 5 Km Road	14/11/2018	17.31	19.09	18.57	8				
		Walsall Parkrun 5 Km Road	17/11/2018	17.31	18.30	18.08	12				
		Walsall Parkrun 5 Km Road	24/11/2018	17.31	18.08	18.27					
		Markeaton Parkrun 5 Km Road	01/12/2018	17.31		19.14					
		Rosliston Parkrun 5 Km Road	08/12/2018	17.31	17.50	21.02					
		Turkey Trot 0.5 Marathon Road	09/12/2018	89.08		87.42	9				
		Rosliston Parkrun 5 Km Road	15/12/2018	17.31	17.50	18.47					
		Rosliston Parkrun 5 Km Road	22/12/2018	17.31	17.50	21.01					
		Rosliston Parkrun 5 Km Road	29/12/2018	17.31	17.50	19.19					
		Tracey Lambert	46	Milano Parkrun(Italy) 5 Km Road	31/03/2018				31.58		98
				Woollaton 10 Km XC	02/04/2018				71.37		
Conkers Parkrun 5 Km Road	07/04/2018			31.58		30.58	11				
Wammy Parkrun 5 Km Road	14/04/2018			30.58		30.12	9				
BDSL Conkers(SDRR) 5 Miles	15/04/2018					52.17					
Rosliston Parkrun 5 Km Road	21/04/2018			30.12		32.19					
Rosliston Parkrun 5 Km Road	28/04/2018			30.12	32.19	32.00	6				
Walsall Parkrun 5 Km Road	05/05/2018			30.12		31.48					
Crewe Parkrun 5 Km Road	12/05/2018			30.12		31.18					
Conkers Parkrun 5 Km Road	19/05/2018			30.12	30.58	30.38	7				
Rotherham Parkrun 5 Km Road	26/05/2018			30.12		30.46					
Conkers Parkrun 5 Km Road	02/06/2018			30.12	30.38	30.04	8				
Worcester Parkrun 5 Km Road	09/06/2018			30.04		29.30	8				
Draycote 10 Km Road	10/06/2018					64.57					
BDSL Washland Relays 2.04 Mil	13/06/2018					19.11					
Oakwell Hall Parkrun 5 Km Roa	23/06/2018			29.30		32.41					
Rosliston Parkrun 5 Km Road	30/06/2018			29.30	32.00	31.49	6				
Colin Potter 10 Km Road	06/07/2018			64.57		67.12					
Sheffield Castle Parkrun 5 Km X	07/07/2018					34.06					
Conkers Parkrun 5 Km Road	14/07/2018			29.30	30.04	31.53					
Bushy Parkrun 5 Km Road	21/07/2018			29.30		31.49					
Rosliston Parkrun 5 Km Road	28/07/2018			29.30	31.49	31.47	5				
Conkers Parkrun 5 Km Road	11/08/2018			29.30	30.04	32.18					
Granavan Sands Parkrun 5 Km	18/08/2018			29.30		33.34					
Northampton Parkrun 5 Km Roa	25/08/2018			29.30		30.54					

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:	
Tracey Lambert	46	Sutton Park Parkrun 5 Km Road	15/09/2018	29.30		33.22		98	
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	52.17		53.38			
		Dishley Parkrun 5 Km Road	22/09/2018	29.30		30.29			
		Wyre Forest Parkrun 5 Km Roa	29/09/2018	29.30		32.08			
		Shifnal 0.5 Marathon Road	30/09/2018			166.23			
		Rosliston Parkrun 5 Km Road	06/10/2018	29.30	31.47	31.37	5		
		Rosliston Parkrun 5 Km Road	13/10/2018	29.30	31.37	35.07			
		Braunstone Parkrun 5 Km Road	20/10/2018	29.30		31.09			
		DR-Anslow 5.2 Miles XC	21/10/2018			61.27			
		Fountains Abbey Parkrun 5 Km	27/10/2018	29.30		31.22			
		Conkers Parkrun 5 Km Road	03/11/2018	29.30	30.04	32.30			
		Queen Elizabeth Parkrun 5 Km	10/11/2018	29.30		35.39			
		Brueton Parkrun 5 Km Road	17/11/2018	29.30		31.38			
		Rushcliffe Parkrun 5 Km Road	24/11/2018	29.30		34.24			
		Clowne 0.5 Marathon Road	25/11/2018	166.23		153.06	18		
		Eastville Parkrun 5 Km Road	01/12/2018	29.30		31.45			
		Isabel Trail Parkrun 5 Km Road	08/12/2018	29.30		30.25			
		Bloxwich 10 Miles Road	09/12/2018			108.02			
		Rosliston Parkrun 5 Km Road	15/12/2018	29.30	31.37	31.05	8		
		Arrow Valley Parkrun 5 Km Roa	22/12/2018	29.30		30.02			
Rosliston Parkrun 5 Km Road	29/12/2018	29.30	31.05	30.43	7				
Dave Smith	25	BDSL Washland Relays 2.04 Mil	13/06/2018			14.18		94	
		Darley Abbey Relays 2 Miles Ro	15/06/2018			14.27			
		Rosliston Parkrun 5 Km Road	16/06/2018			23.01			
		Cannock Chase Parkrun 5 Km	23/06/2018	23.01		21.56	16		
		Conkers Parkrun 5 Km Road	30/06/2018	21.56		21.44	7		
		Walsall Parkrun 5 Km XC	07/07/2018			21.44			
		Brooksie's Bash 10 Miles Trail	15/07/2018			95.53			
		Bestwood Village Parkrun 5 Km	21/07/2018	21.44		23.47			
		Rosliston Parkrun 5 Km Road	28/07/2018	21.44	23.01	22.02	15		
		Dishley Parkrun 5 Km Road	25/08/2018	21.44		21.15	10		
		Conkers Parkrun 5 Km Road	01/09/2018	21.15	21.44	21.12	11		
		Lichfield 10 Km Road	09/09/2018			46.16			
		Sutton Park Parkrun 5 Km Road	15/09/2018	21.12		22.46			
		Markeaton Parkrun 5 Km Road	22/09/2018	21.12		22.03			
		Rosliston Parkrun 5 Km Road	13/10/2018	21.12	22.02	26.46			
		DR-Anslow 5.2 Miles XC	21/10/2018			43.07			
		Bakewell Parkrun 5 Km Road	27/10/2018	21.12		21.19			
		Long Eaton Parkrun 5 Km Road	10/11/2018	21.12		21.11	5		
		Exeter River Parkrun 5 Km Roa	17/11/2018	21.11		21.01	7		
		Conkers Parkrun 5 Km Road	24/11/2018	21.01	21.12	21.53			
		Warszawa-Praga Parkrun 5 Km	01/12/2018	21.01		20.59	5		
		Markeaton Parkrun 5 Km Road	08/12/2018	20.59	22.03	21.44	8		
		Hatton HCP Branston 4.4 Miles	11/12/2018			32.03			
		Beeston Parkrun 5 Km Road	22/12/2018	20.59		21.17			
		Cannock Chase Parkrun 5 Km	29/12/2018	20.59	21.56	21.27	10		
Sam Owen	22	Rosliston Parkrun 5 Km Road	01/01/2018	29.39	32.34	32.33	5	87	
		Rosliston Parkrun 5 Km Road	06/01/2018	29.39	32.33	37.16			
		Rosliston Parkrun 5 Km Road	10/02/2018	29.39	32.33	35.40			
		Prestwold 0.5 Marathon Road	11/02/2018	131.12		142.40			
		Rosliston Parkrun 5 Km Road	10/03/2018	29.39	32.33	34.40			



Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Sam Owen	22	Rosliston Parkrun 5 Km Road	17/03/2018	29.39	32.33	37.54		87
		Rosliston Parkrun 5 Km Road	24/03/2018	29.39	32.33	35.24		
		Rosliston Parkrun 5 Km Road	31/03/2018	29.39	32.33	32.00	8	
		Stafford 0.5 Marathon Road	15/04/2018	131.12	201.17	146.59	44	
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	131.12		164.50		
		Rosliston Parkrun 5 Km Road	02/06/2018	29.39	32.00	32.49		
		Man V Horse 8 Miles XC	09/06/2018			99.24		
		Brooksie's Bash 10 Miles Trail	15/07/2018			130.10		
		Thunder Run 10 Km XC	21/07/2018	72.03	72.03	70.48		
		Thunder Run 10 Km XC	21/07/2018	70.48	70.48	77.04		
		Rosliston Parkrun 5 Km Road	08/09/2018	29.39	32.00	31.45	6	
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	50.04		52.17		
		Tissington 0.5 Marathon Road	30/09/2018	131.12	143.18	128.06	24	
		Bournemouth 0.5 Marathon Roa	07/10/2018	128.06		139.52		
		Ullswater 10 Km Trail	14/10/2018			98.56		
		DR-Foremark 5.5 Miles XC	11/11/2018			61.39		
		Rosliston Parkrun 5 Km Road	29/12/2018	29.39	31.45	31.57		
Tim Wade	42	Conkers Parkrun 5 Km Road	01/01/2018	19.53	19.54	22.32		82
		Rosliston Parkrun 5 Km Road	01/01/2018	19.53	19.53	22.48		
		Longeaton Parkrun 5 Km Road	06/01/2018	19.53	22.34	20.11	34	
		DR-Allestree 6 Miles XC	21/01/2018	42.21		58.22		
		Rosliston Parkrun 5 Km Road	27/01/2018	19.53	19.53	22.21		
		Rosliston Parkrun 5 Km Road	10/02/2018	19.53	19.53	22.42		
		Conkers Parkrun 5 Km Road	17/02/2018	19.53	19.54	23.58		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	47.54		41.29		
		Derby Midweek Miles Road	21/02/2018	6.39	6.39	6.02	26	
		Ellesmere Port Parkrun 5 Km R	24/02/2018	19.53		22.26		
		DR-Bosworth 5.6 Miles XC	11/03/2018	48.41		51.46		
		Mow Cop 6.5 Miles Fell	08/04/2018			64.57		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	13.37		13.24	9	
		Rosliston Parkrun 5 Km Road	05/05/2018	19.53	19.53	21.08		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	88.32		106.39		
		Sunset Relays Calke Abbey 2.4	08/05/2018			17.12		
		Conkers Parkrun 5 Km Road	19/05/2018	19.53	19.54	20.10		
		Rosliston Parkrun 5 Km Road	26/05/2018	19.53	19.53	20.42		
		Milford 5.5 Miles Road	26/05/2018			43.04		
		Rosliston Parkrun 5 Km Road	02/06/2018	19.53	19.53	20.52		
		Rosliston Parkrun 5 Km Road	09/06/2018	19.53	19.53	20.26		
		BDSL Washland Relays 2.04 Mil	13/06/2018			13.04		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	41.12	43.06	45.56		
		Longeaton Parkrun 5 Km Road	30/06/2018	19.53	20.11	19.58	8	
		Crich Monument Run 7 Miles Fe	14/07/2018			64.20		
		Bakewell Parkrun 5 Km Road	04/08/2018	19.53		21.03		
		BDSL Burton(HD) 10 Km Road	12/08/2018	39.00	41.34	46.03		
		Markeaton Parkrun 5 Km Road	18/08/2018	19.53	20.35	21.09		
		Shiple Country Parkrun 5 Km R	25/08/2018	19.53		22.07		
		Kingsbury Parkrun 5 Km Road	01/09/2018	19.53		20.41		
		Markeaton Parkrun 5 Km Road	08/09/2018	19.53	20.35	20.32	5	
		Rosliston Parkrun 5 Km Road	15/09/2018	19.53	19.53	21.39		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	31.12		35.04		
Markeaton Parkrun 5 Km Road	22/09/2018	19.53	20.32	21.19				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Tim Wade	42	Longeaton Parkrun 5 Km Road	29/09/2018	19.53	19.58	20.12		82
		Rosliston Parkrun 5 Km Road	06/10/2018	19.53	19.53	21.09		
		Ford Parkrun 5 Km Road	13/10/2018	19.53		23.27		
		DR-Anslow 5.2 Miles XC	21/10/2018	43.06		40.28		
		Rosliston Parkrun 5 Km Road	03/11/2018	19.53	19.53	21.47		
		DR-Foremark 5.5 Miles XC	11/11/2018	41.29		42.49		
		Hatton HCP Branston 4.4 Miles	11/12/2018			30.32		
		Rosliston Parkrun 5 Km Road	29/12/2018	19.53	19.53	22.17		
Ashley Hurdman	3	Draycote Water 10 Km Road	11/02/2018	33.20		34.25		78
		Fradley 10 Km Road	11/03/2018	33.20	33.28	33.25	6	
		Rosliston Parkrun 5 Km Road	24/03/2018	15.52	23.27	17.24	72	
Richard Nash	91	Rosliston Parkrun 5 Km Road	01/01/2018	18.27	20.23	21.54		70
		Conkers Parkrun 5 Km Road	01/01/2018	18.27	18.44	21.22		
		Leicester 5 Km Road	03/01/2018	18.27		21.35		
		Cwmbran Parkrun 5 Km Road	06/01/2018	18.27		21.03		
		Northampton Parkrun 5 Km Roa	13/01/2018	18.27		20.39		
		Draycote Water 10 Km Road	14/01/2018	38.25		42.30		
		Clifton Parkrun 5 Km Road	20/01/2018	18.27		21.18		
		DR-Allestree 6 Miles XC	21/01/2018	48.49	48.49	48.20		
		Banbury Parkrun 5 Km Road	27/01/2018	18.27		20.57		
		Rosliston Parkrun 5 Km Road	03/02/2018	18.27	20.23	21.14		
		Solihull 5 Miles Road	04/02/2018	30.40		34.01		
		Leicester 5 Km Road	07/02/2018	18.27	21.35	20.37	18	
		Corby Parkrun 5 Km Road	10/02/2018	18.27		20.45		
		Draycote Water 10 Km Road	11/02/2018	38.25	42.30	44.36		
		Markeaton Parkrun 5 Km Road	17/02/2018	18.27		32.23		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	37.23		36.10		
		Daventry Parkrun 5 Km Road	24/02/2018	18.27		20.41		
		Carsington 10 Km XC	25/02/2018	42.24	43.18	42.54		
		Rutland Parkrun 5 Km Road	10/03/2018	18.27		20.40		
		DR-Bosworth 5.6 Miles XC	11/03/2018	45.34		44.23		
		Bedworth parkrun 5 Km Road	17/03/2018	18.27		20.37		
		Monsal Trail 10 Km Trail	24/03/2018			42.33		
		Bakewell Parkrun 5 Km Road	24/03/2018	18.27		20.53		
		Trunce 6.4 Km Fell	26/03/2018	30.09	30.09	30.46		
		Milano Parkrun(Italy) 5 Km Road	31/03/2018	18.27		20.39		
		Woollaton 10 Km XC	02/04/2018	42.24	42.55	43.21		
		Wammy Parkrun 5 Km Road	14/04/2018	18.27		20.20		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	30.40	30.58	33.34		
		Sixfields Upton Parkrun 5 Km R	21/04/2018	18.27		19.56		
		Wirksworth Incline 4.3 Miles Fell	22/04/2018	31.15		30.42		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	12.33		12.59		
		Rosliston Parkrun 5 Km Road	28/04/2018	18.27	20.23	20.07	9	
		Doncaster Parkrun 5 Km Road	05/05/2018	18.27		20.17		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	89.54		101.21		
Sunset Relays Calke Abbey 2.4	08/05/2018			16.13				
Tansley Hills 8.5 Km Fell	10/05/2018			44.40				
Crewe Parkrun 5 Km Road	12/05/2018	18.27		20.43				
SinFin 10 Km Road	13/05/2018	38.25		41.51				
Darley Park 5 Km Road	15/05/2018	18.27		20.50				
Barnsley Parkrun 5 Km Road	19/05/2018	18.27		20.29				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Richard Nash	91	BDSL Burton(BAC) 10 Miles Ro	20/05/2018	65.18		71.19		70
		Rotherham Parkrun 5 Km Road	26/05/2018	18.27		20.26		
		Warszawa-Praga Parkrun 5 Km	02/06/2018	18.27		20.19		
		Calver Peak 5 Miles Fell	06/06/2018			38.12		
		Worcester Parkrun 5 Km Road	09/06/2018	18.27	20.56	19.30	24	
		Draycote 10 Km Road	10/06/2018	38.25		41.59		
		BDSL Washland Relays 2.04 Mil	13/06/2018			12.46		
		Blackamoor 4.2 Miles Fell	14/06/2018	36.49		35.33		
		Macclesfield Parkrun 5 Km Roa	16/06/2018	18.27		21.09		
		Darley Park 5 Km Road	19/06/2018	18.27	20.50	20.38	7	
		Leicester 5 Km Road	21/06/2018	18.27	20.37	20.03	12	
		Oakwell Hall Parkrun 5 Km Roa	23/06/2018	18.27		20.45		
		Winster 4 Miles Fell	28/06/2018	30.06	30.51	29.15		
		Rosliston Parkrun 5 Km Road	30/06/2018	18.27	20.07	20.13		
		Sheffield Castle Parkrun 5 Km X	07/07/2018			20.20		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	30.40		32.59		
		Crich Monument Run 7 Miles Fe	14/07/2018	50.12	50.12	52.34		
		Conkers Parkrun 5 Km Road	14/07/2018	18.27	18.44	20.47		
		Bushy Parkrun 5 Km Road	21/07/2018	18.27		20.25		
		York Parkrun 5 Km Road	04/08/2018	18.27		21.16		
		Evesham parkrun 5 Km Road	11/08/2018	18.27		20.51		
		Darley Park 5 Km Road	14/08/2018	18.27	20.38	21.01		
		Granavan Sands Parkrun 5 Km	18/08/2018	18.27		22.24		
		Ilam 4.7 Miles Fell	04/09/2018			53.58		
		Belton House Parkrun 5 Km Ro	08/09/2018	18.27		20.43		
		Sutton Park Parkrun 5 Km Road	15/09/2018	18.27		21.12		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	30.40		34.48		
		Dishley Parkrun 5 Km Road	22/09/2018	18.27		19.52		
		Wyre Forest Parkrun 5 Km Roa	29/09/2018	18.27		21.23		
		Shifnal 0.5 Marathon Road	30/09/2018	89.54		103.33		
		Rosliston Parkrun 5 Km Road	06/10/2018	18.27	20.07	20.18		
		Congleton 0.5 Marathon Road	07/10/2018	89.54		97.53		
		Rosliston Parkrun 5 Km Road	13/10/2018	18.27	20.07	23.52		
		Braunstone Parkrun 5 Km Road	20/10/2018	18.27	19.20	20.26		
		DR-Anslow 5.2 Miles XC	21/10/2018	39.51		37.22		
		Fountains Abbey Parkrun 5 Km	27/10/2018	18.27		21.20		
		Eden Project Parkrun 5 Km Roa	03/11/2018	18.27		20.26		
		Queen Elizabeth Parkrun 5 Km	10/11/2018	18.27		21.50		
		Brueton Parkrun 5 Km Road	17/11/2018	18.27	19.16	20.21		
		Coombe Abbey 8 Miles XC	18/11/2018	51.45		59.05		
		Rushcliffe Parkrun 5 Km Road	24/11/2018	18.27	20.05	20.52		
		Clowne 0.5 Marathon Road	25/11/2018	89.54		96.13		
		Eastville Parkrun 5 Km Road	01/12/2018	18.27		21.16		
		Isabel Trail Parkrun 5 Km Road	08/12/2018	18.27		20.47		
		Bloxwich 10 Miles Road	09/12/2018	65.18		71.08		
		Rosliston Parkrun 5 Km Road	15/12/2018	18.27	20.07	20.52		
		Wolverhampton 5.1 Miles Road	16/12/2018			34.11		
		Mikkeller Relays 2.4 Miles Road	17/12/2018	15.42	15.42	17.30		
		Arrow Valley Parkrun 5 Km Roa	22/12/2018	18.27	20.29	20.35		
		Conkers Parkrun 5 Km Road	25/12/2018	18.27	18.44	20.25		
		Rosliston Parkrun 5 Km Road	29/12/2018	18.27	20.07	20.36		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Mark Slade	65	Wilmslow Parkrun 5 Km Road	01/01/2018	17.43		19.09		67
		Stretford Parkrun 5 Km Road	01/01/2018	17.43		18.09		
		Rosliston Parkrun 5 Km Road	06/01/2018	17.43	18.37	19.18		
		Not the Roman 9 12 Km Road	14/01/2018	47.31	47.31	46.58	9	
		Derby Midweek Miles Road	17/01/2018	5.06	5.06	5.24		
		Derby Midweek 5 Km Road	17/01/2018	17.43	18.19	19.05		
		Clifton Parkrun 5 Km Road	27/01/2018	17.43		20.37		
		Conkers Parkrun 5 Km Road	03/02/2018	17.43	17.58	18.29		
		Rosliston Parkrun 5 Km Road	10/02/2018	17.43	18.37	19.43		
		Rosliston Parkrun 5 Km Road	24/02/2018	17.43	18.37	19.29		
		Rosliston Parkrun 5 Km Road	10/03/2018	17.43	18.37	19.49		
		Rosliston Parkrun 5 Km Road	17/03/2018	17.43	18.37	20.03		
		Conkers Parkrun 5 Km Road	24/03/2018	17.43	17.58	18.35		
		Conkers Parkrun 5 Km Road	31/03/2018	17.43	17.58	18.30		
		Cassiobury Parkrun 5 Km Road	07/04/2018	17.43		18.13		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	29.54	30.49	34.48		
		Derby 10 Km Road	15/04/2018	37.15		38.02		
		Derby Midweek Miles Road	18/04/2018	5.06	5.06	6.02		
		Bicester Parkrun 5 Km Road	21/04/2018	17.43		18.35		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	12.20		12.03	12	
		Conkers Parkrun 5 Km Road	28/04/2018	17.43	17.58	18.16		
		Conkers Parkrun 5 Km Road	05/05/2018	17.43	17.58	17.52	7	
		Sunset Relays Calke Abbey 2.4	08/05/2018			35.15		
		SinFin 10 Km Road	13/05/2018	37.15	38.51	37.50	13	
		Darley Park 5 Km Road	15/05/2018	17.43		19.05		
		Conkers Parkrun 5 Km Road	19/05/2018	17.43	17.52	18.14		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	63.17		68.51		
		Conkers Parkrun 5 Km Road	02/06/2018	17.43	17.52	18.05		
		Wammy Parkrun 5 Km Road	09/06/2018	17.43		17.48		
		BDSL Washland Relays 2.04 Mil	13/06/2018	11.36	11.36	12.44		
		BDSL Washland Relays 2.04 Mil	13/06/2018			11.36		
		Rosliston Parkrun 5 Km Road	16/06/2018	17.43	18.37	18.54		
		Darley Park 5 Km Road	19/06/2018	17.43	19.05	19.13		
		Bakewell Parkrun 5 Km Road	23/06/2018	17.43		18.04		
		Sheffield Castle Parkrun 5 Km X	07/07/2018	19.53		19.06		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	29.54		30.49		
		Graves Parkrun 5 Km Road	14/07/2018	17.43		19.41		
		Darley Park 5 Km Road	17/07/2018	17.43	19.05	18.58	7	
		Hazelwood Parkrun 5 Km Road	21/07/2018	17.43		18.39		
		Elmbridge 10 Km Road	22/07/2018	37.15	41.04	39.08	19	
		Newark Parkrun 5 Km Road	28/07/2018	17.43		19.38		
		Mickleover 10 Km XC	01/08/2018	39.55		39.36		
		Bedworth parkrun 5 Km Road	04/08/2018	17.43		19.08		
		BDSL Burton(HD) 10 Km Road	12/08/2018	37.15	38.55	39.08		
		Darley Park 5 Km Road	14/08/2018	17.43	18.58	18.58		
		Rosliston Parkrun 5 Km Road	18/08/2018	17.43	18.37	18.55		
		Wilne 10 Km Road	02/09/2018	37.15	38.00	39.35		
		Belton House Parkrun 5 Km Ro	08/09/2018	17.43		19.09		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	29.54		30.58		
		Dishley Parkrun 5 Km Road	22/09/2018	17.43		19.00		
Rosliston Parkrun 5 Km Road	06/10/2018	17.43	18.37	20.01				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Mark Slade	65	Birmingham 0.5 Marathon Road	14/10/2018	84.20	86.28	91.53		67
		Conkers Parkrun 5 Km Road	20/10/2018	17.43	17.52	18.29		
		DR-Anslow 5.2 Miles XC	21/10/2018	37.48		36.49		
		Sutton Park Parkrun 5 Km Road	27/10/2018	17.43		19.54		
		Rosliston Parkrun 5 Km Road	03/11/2018	17.43	18.37	18.41		
		Rosliston Parkrun 5 Km Road	10/11/2018	17.43	18.37	19.35		
		Walsall Parkrun 5 Km Road	17/11/2018	17.43	17.58	18.17		
		Rosliston Parkrun 5 Km Road	24/11/2018	17.43	18.37	18.54		
		Holme Pierrepont 0.5 Marathon	02/12/2018	84.20		89.57		
		Rosliston Parkrun 5 Km Road	08/12/2018	17.43	18.37	19.50		
		Hatton HCP Branston 4.4 Miles	11/12/2018			33.31		
		Rosliston Parkrun 5 Km Road	15/12/2018	17.43	18.37	19.22		
		Rosliston Parkrun 5 Km Road	22/12/2018	17.43	18.37	19.21		
		Rosliston Parkrun 5 Km Road	29/12/2018	17.43	18.37	18.54		
Andrew Bennett	100	Conkers Parkrun 5 Km Road	01/01/2018	24.33	25.09	56.33		64
		Rosliston Parkrun 5 Km Road	01/01/2018	24.33	26.08	31.37		
		Rosliston Parkrun 5 Km Road	06/01/2018	24.33	26.08	28.23		
		Rosliston Parkrun 5 Km Road	13/01/2018	24.33	26.08	29.16		
		Kingsbury Parkrun 5 Km Road	20/01/2018	24.33	26.32	28.29		
		DR-Allestree 6 Miles XC	21/01/2018			66.21		
		Rosliston Parkrun 5 Km Road	27/01/2018	24.33	26.08	27.55		
		Rosliston Parkrun 5 Km Road	03/02/2018	24.33	26.08	29.22		
		Rosliston Parkrun 5 Km Road	10/02/2018	24.33	26.08	28.30		
		Prestwold 0.5 Marathon Road	11/02/2018	118.41		124.14		
		Rosliston Parkrun 5 Km Road	17/02/2018	24.33	26.08	28.03		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	49.58		51.17		
		Cannock Chase Parkrun 5 Km	24/02/2018	24.33		28.47		
		Carsington 0.5 Marathon XC	25/02/2018			135.49		
		Conkers Parkrun 5 Km Road	03/03/2018	24.33	25.09	29.24		
		Rosliston Parkrun 5 Km Road	10/03/2018	24.33	26.08	27.15		
		DR-Bosworth 5.6 Miles XC	11/03/2018			65.11		
		Markeaton Parkrun 5 Km Road	17/03/2018	24.33	26.40	27.32		
		Monsal Trail 0.5 Marathon Trail	24/03/2018			130.51		
		Monsal Trail 0.5 Marathon Trail	25/03/2018	130.51	130.51	127.39		
		Rosliston Parkrun 5 Km Road	31/03/2018	24.33	26.08	27.56		
		Chasewater 10 Km Road	01/04/2018	51.25		55.56		
		Peak Rail 7 Miles Trail	02/04/2018			65.57		
		Rosliston Parkrun 5 Km Road	07/04/2018	24.33	26.08	29.46		
		Cathedral to Castle 10 Miles XC	08/04/2018			89.43		
		Rosliston Parkrun 5 Km Road	14/04/2018	24.33	26.08	26.58		
		Derby 10 Km Road	15/04/2018	51.25		53.06		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	42.15	42.15	46.09		
		Longhorn 0.5 Marathon Road	22/04/2018	118.41		126.55		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018			16.43		
		Rosliston Parkrun 5 Km Road	28/04/2018	24.33	26.08	27.24		
		Leicester 10 Km Road	29/04/2018	51.25		55.25		
		Sunset Relays Allestree 2.5 Mile	01/05/2018			25.24		
Rosliston Parkrun 5 Km Road	05/05/2018	24.33	26.08	27.59				
BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	118.41		127.45				
Sunset Relays Calke Abbey 2.4	08/05/2018			21.03				
Leicester Sunrise 5 Km Road	10/05/2018	24.33		28.03				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Andrew Bennett	100	White Peak 25.7 Km Trail	13/05/2018			188.07		64
		Liverpool 5 Km Road	19/05/2018	24.33	57.42	50.58	20	
		Liverpool Marathon Road	20/05/2018	296.56		298.40		
		Rosliston Parkrun 5 Km Road	26/05/2018	24.33	26.08	27.30		
		Rosliston Parkrun 5 Km Road	02/06/2018	24.33	26.08	27.01		
		Derby 0.5 Marathon Road	03/06/2018	118.41	129.01	128.23	5	
		Rosliston Parkrun 5 Km Road	09/06/2018	24.33	26.08	56.35		
		BDSL Washland Relays 2.04 Mil	13/06/2018			16.26		
		Rosliston Parkrun 5 Km Road	16/06/2018	24.33	26.08	28.33		
		Shrewsbury 0.5 Marathon Road	17/06/2018	118.41	135.49	126.21	17	
		Rosliston Parkrun 5 Km Road	23/06/2018	24.33	26.08	27.50		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	59.16	59.16	56.52		
		Rosliston Parkrun 5 Km Road	30/06/2018	24.33	26.08	55.19		
		Colin Potter 10 Km Road	06/07/2018	51.25		56.56		
		Nottingham Sunrise 5 Km Road	06/07/2018	24.33		29.46		
		Wolverhampton Parkrun 5 Km X	07/07/2018	33.15		28.31		
		Birmingham/Black Country 0.5	07/07/2018	127.39		160.04		
		Shenstone 10 Km Road	08/07/2018	51.25	55.39	63.09		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	42.15		44.46		
		Crich Monument Run 7 Miles Fe	14/07/2018	76.34	76.34	74.10		
		Brooksie's Bash 10 Miles Trail	15/07/2018	117.05		108.43		
		Tara Kinder 10 Km Road	20/07/2018	51.25		55.29		
		Thunder Run 10 Km XC	21/07/2018	56.52	62.35	75.58		
		Rosliston Parkrun 5 Km Road	21/07/2018	24.33	26.08	42.02		
		Thunder Run 10 Km XC	21/07/2018	56.52	62.35	69.16		
		Thunder Run 10 Km XC	21/07/2018	56.52	62.35	65.25		
		Rosliston Parkrun 5 Km Road	28/07/2018	24.33	26.08	38.20		
		Abbott Trail 10 Km Trail	29/07/2018			62.53		
		Rosliston Parkrun 5 Km Road	04/08/2018	24.33	26.08	27.15		
		Cannock Chase 10 Km Trail	05/08/2018			61.59		
		BDSL Burton(HD) 10 Km Road	12/08/2018	51.25	53.26	80.16		
		Rosliston Parkrun 5 Km Road	18/08/2018	24.33	26.08	28.38		
		Double or Quits 10 Miles XC	25/08/2018	89.43		100.10		
		Rosliston Parkrun 5 Km Road	25/08/2018	24.33	26.08	28.49		
		Badgers Atherstone 10 Km Roa	26/08/2018	51.25		61.06		
		Rosliston Parkrun 5 Km Road	01/09/2018	24.33	26.08	29.15		
		Wilne 10 Km Road	02/09/2018	51.25	53.40	56.07		
		Albert Parkrun 5 Km Road	08/09/2018	24.33		26.49		
		Dishley Parkrun 5 Km Road	15/09/2018	24.33		27.32		
		Great Lanhydrock 10 Miles XC	22/09/2018	89.43		112.43		
		Lanhydrock Parkrun 5 Km Road	22/09/2018	24.33		57.56		
		Rosliston Parkrun 5 Km Road	29/09/2018	24.33	26.08	28.44		
		Tissington 0.5 Marathon Road	30/09/2018	118.41	127.40	119.44	16	
		Rosliston Parkrun 5 Km Road	06/10/2018	24.33	26.08	26.39		
		Shelton Striders 10 Km Road	07/10/2018	51.25	51.49	51.30	6	
		Birmingham 0.5 Marathon Road	14/10/2018	118.41	121.15	125.28		
		Rosliston Parkrun 5 Km Road	20/10/2018	24.33	26.08	26.47		
		Chesterfield 0.5 Marathon Road	21/10/2018	118.41		126.43		
		Rosliston Parkrun 5 Km Road	27/10/2018	24.33	26.08	30.24		
		Worksop 0.5 Marathon Road	28/10/2018	118.41		125.21		
		Sutton Park Parkrun 5 Km Road	03/11/2018	24.33		52.06		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Andrew Bennett	100	Rosliston Parkrun 5 Km Road	10/11/2018	24.33	26.08	28.57		64
		DR-Foremark 5.5 Miles XC	11/11/2018	49.58		53.22		
		Heanor 10 Km Road	18/11/2018	51.25		57.05		
		Rushcliffe Parkrun 5 Km Road	24/11/2018	24.33		28.30		
		Derby 10 Miles Road	25/11/2018	90.45	94.49	99.46		
		Rosliston Parkrun 5 Km Road	01/12/2018	24.33	26.08	29.12		
		Rosliston Parkrun 5 Km Road	08/12/2018	24.33	26.08	31.13		
		Bloxwich 10 Miles Road	09/12/2018	90.45		96.13		
		Hatton HCP Branston 4.4 Miles	11/12/2018			44.25		
		Rosliston Parkrun 5 Km Road	15/12/2018	24.33	26.08	27.42		
		Conkers Parkrun 5 Km Road	25/12/2018	24.33	25.09	27.29		
		Rosliston Parkrun 5 Km Road	29/12/2018	24.33	26.08	29.25		
		Joanne Stevens	30	Rosliston Parkrun 5 Km Road	10/03/2018	27.34	29.24	
Rosliston Parkrun 5 Km Road	24/03/2018			27.34	29.24	31.44		
Sunset Relays Elvaston 2.1 Mile	24/04/2018					18.32		
Chatsworth 10 Km XC	29/04/2018			67.45		64.25		
Sunset Relays Allestree 2.5 Mile	01/05/2018					24.32		
Dukeries 30 Miles Trail	12/05/2018					446.01		
Rosliston Parkrun 5 Km Road	19/05/2018			27.34	29.24	30.39		
Duffield 4 Miles Road	25/05/2018			46.42		40.26	28	
Rowsley 4 Miles Road	26/05/2018			40.26		45.28		
BDSL Washland Relays 2.04 Mil	13/06/2018					17.20		
Rosliston Parkrun 5 Km Road	16/06/2018			27.34	29.24	30.51		
Rhyl 0.5 Marathon Road	23/06/2018			137.01		127.14	18	
BDSL Gate Gallop(Peel) 10 Km	24/06/2018			64.25		59.16		
Buxton 4.7 Miles Fell	27/06/2018					54.37		
Derwent Rriver Relays 5 Km XC	07/07/2018					26.25		
Markeaton Parkrun 5 Km Road	14/07/2018			27.34	29.53	31.27		
Brooksie's Bash 10 Miles Trail	15/07/2018					111.12		
Thunder Run 10 Km XC	21/07/2018			59.16	67.45	87.37		
Thunder Run 10 Km XC	21/07/2018			59.16	67.45	71.40		
Cybi Coastal Marathon Trail	04/08/2018					416.31		
Rosliston Parkrun 5 Km Road	18/08/2018			27.34	29.24	37.06		
Longeaton Parkrun 5 Km Road	29/09/2018			27.34	27.34	27.33	5	
Tissington 0.5 Marathon Road	30/09/2018			127.14		127.32		
Rosliston Parkrun 5 Km Road	06/10/2018			27.33	29.24	29.40		
Rosliston Parkrun 5 Km Road	20/10/2018			27.33	29.24	35.47		
DR-Anslow 5.2 Miles XC	21/10/2018					55.03		
Rosliston Parkrun 5 Km Road	03/11/2018			27.33	29.24	33.24		
Markeaton Parkrun 5 Km Road	17/11/2018			27.33	29.53	29.05	10	
Shiple Country Parkrun 5 Km R	24/11/2018			27.33	29.42	30.04		
Markeaton Parkrun 5 Km Road	15/12/2018			27.33	29.05	32.45		
Rachel Elliott	19	DR-Allestree 6 Miles XC	21/01/2018	52.39		65.01		51
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	49.51		48.33		
		DR-Sinai 5 Miles XC	25/02/2018	46.41	60.51	54.38		
		DR-Bosworth 5.6 Miles XC	11/03/2018	58.34		65.25		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	37.59	40.54	40.52	5	
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	15.52		16.45		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018			138.16		
		Sunset Relays Calke Abbey 2.4	08/05/2018			21.45		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	84.41	84.41	98.16		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Rachel Elliott	19	BDSL Washland Relays 2.04 Mil	13/06/2018			16.05		51
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	53.21	53.21	56.43		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	37.59		42.43		
		Markeaton Parkrun 5 Km Road	08/09/2018	25.05		24.56	6	
		Markeaton Parkrun 5 Km Road	22/09/2018	24.56	24.56	24.16	11	
		Rosliston Parkrun 5 Km Road	06/10/2018	24.16	25.05	24.31	10	
		DR-Anslow 5.2 Miles XC	21/10/2018	53.26		46.06		
		Markeaton Parkrun 5 Km Road	27/10/2018	24.16	24.16	24.31		
		DR-Foremark 5.5 Miles XC	11/11/2018	48.33		48.16		
		Conkers Parkrun 5 Km Road	22/12/2018	24.16	25.14	23.43	19	
Hayley Singleton	16	Fradley 10 Km Road	11/03/2018			49.25		49
		Ashbourne 10 Miles Trail	24/03/2018			89.18		
		Rosliston Parkrun 5 Km Road	07/04/2018			25.25		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018			40.36		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018			15.59		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018			133.19		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018			86.30		
		Rosliston Parkrun 5 Km Road	26/05/2018	25.25	25.25	25.29		
		Derby 0.5 Marathon Road	03/06/2018	133.19		115.26	31	
		Rosliston Parkrun 5 Km Road	09/06/2018	25.25	25.25	25.12	7	
		BDSL Washland Relays 2.04 Mil	13/06/2018			15.42		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	40.36		41.21		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	40.36		40.47		
		DR-Anslow 5.2 Miles XC	21/10/2018			50.20		
		Rosliston Parkrun 5 Km Road	03/11/2018	25.12	25.12	24.29	11	
		Hatton HCP Branston 4.4 Miles	11/12/2018			36.42		
Paul Waters	17	Conkers Parkrun 5 Km Road	01/01/2018	18.33	18.33	20.36		49
		Tatton Park 10 Km Road	14/01/2018	38.50		38.18	9	
		DR-Allestree 6 Miles XC	21/01/2018	44.46	47.18	44.59		
		Rhyl 10 Miles Road	24/02/2018	65.17		62.19	19	
		London Marathon Road	22/04/2018	179.10	179.10	195.03		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	84.11		86.45		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	62.19		64.38		
		Race to the Tower 53.3 Miles Tr	09/06/2018	594.44		598.29		
		BDSL Washland Relays 2.04 Mil	13/06/2018			12.21		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	41.34	41.34	40.21		
		Derwent Rriver Relays 5 Km XC	07/07/2018	19.30	19.30	19.29		
		Derwent Rriver Relays 5 Km XC	07/07/2018			19.30		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	31.06		31.18		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	31.06		30.53	7	
		Chester Marathon Road	07/10/2018	179.10		174.15	14	
		DR-Anslow 5.2 Miles XC	21/10/2018	38.09		35.06		
		DR-Foremark 5.5 Miles XC	11/11/2018	37.49	38.11	38.38		
Adrian Leigh	18	Prestwold 0.5 Marathon Road	11/02/2018	94.28		89.12	19	45
		DR-Grace Dieu 5.5 Miles XC	18/02/2018			36.48		
		DR-Bosworth 5.6 Miles XC	11/03/2018			44.58		
		Warwick 0.5 Marathon Road	08/04/2018	89.12		88.41	6	
		BDSL Conkers(SDRR) 5 Miles	15/04/2018			33.30		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018			13.12		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	88.41		97.18		



Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Adrian Leigh	18	BDSL Burton(BAC) 10 Miles Ro	20/05/2018			70.52		45
		BDSL Washland Relays 2.04 Mil	13/06/2018			12.58		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018			43.30		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	33.30		33.47		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	33.30		33.29	5	
		Telford Marathon Road	29/09/2018			224.34		
		DR-Anslow 5.2 Miles XC	21/10/2018			37.34		
		Telford Marathon Trail	03/11/2018			239.15		
		Southwick Parkrun 5 Km Road	01/12/2018			20.12		
		Rosliston Parkrun 5 Km Road	08/12/2018	20.12		21.14		
		Rosliston Parkrun 5 Km Road	29/12/2018	20.12	21.14	20.25	15	
Bethan Kwiatkowski	6	BDSL Worthington(IV) 5 Miles R	10/07/2018			40.34		43
		Cannock Chase 10 Km Trail	05/08/2018			64.50		
		Beacon Hill 10 Km Trail	07/10/2018	64.50		71.35		
		Rosliston Parkrun 5 Km Road	17/11/2018			52.41		
		Rosliston Parkrun 5 Km Road	01/12/2018	52.41	52.41	38.13	43	
		Rosliston Parkrun 5 Km Road	15/12/2018	38.13	38.13	43.23		
Carol Sharratt	75	Conkers Parkrun 5 Km Road	01/01/2018	22.37	24.13	29.05		42
		Rosliston Parkrun 5 Km Road	01/01/2018	22.37	29.03	30.01		
		Solihull 5 Miles Road	07/01/2018	38.42		46.33		
		Derby Midweek Miles Road	17/01/2018	7.02	7.02	8.52		
		Derby Midweek 5 Km Road	17/01/2018	22.37	22.37	29.23		
		DR-Allestree 6 Miles XC	21/01/2018	52.50	73.44	74.50		
		Solihull 5 Miles Road	04/02/2018	38.42	46.33	47.10		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	47.00	60.13	56.32		
		Derby Midweek 5 Km Road	21/02/2018	22.37	22.37	29.34		
		Derby Midweek Miles Road	21/02/2018	7.02	7.02	9.03		
		DR-Bosworth 5.6 Miles XC	11/03/2018	64.35		72.18		
		Rosliston Parkrun 5 Km Road	17/03/2018	22.37	29.03	31.19		
		Derby Midweek Miles Road	21/03/2018	7.02	7.02	8.47		
		Derby Midweek 5 Km Road	21/03/2018	22.37	22.37	28.43		
		Centurion 5 Miles Road	08/04/2018	38.42	45.42	47.14		
		Burton 800 Metres Track	09/04/2018			4.14		
		Burton 200 Metres Track	09/04/2018	39.00		44.70		
		Burton 400 Metres Track	12/04/2018			112.40		
		Burton 1500 Metres Track	12/04/2018			8.13		
		Burton 100 Metres Track	12/04/2018			20.90		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	38.42	43.34	47.36		
		Derby Midweek 5 Km Road	18/04/2018	22.37	22.37	29.04		
		Derby Midweek Miles Road	18/04/2018	7.02	7.02	8.52		
		Rosliston Parkrun 5 Km Road	21/04/2018	22.37	29.03	29.04		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	17.17		18.45		
		Rosliston Parkrun 5 Km Road	28/04/2018	22.37	29.03	30.15		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	105.25		150.09		
		Sunset Relays Calke Abbey 2.4	08/05/2018			24.02		
		Doncaster Parkrun 5 Km Road	12/05/2018	22.37	27.31	28.39		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	80.50		106.23		
		Duffield 4 Miles Road	25/05/2018	30.42		40.36		
		Wirksworth 4.3 Miles Road	26/05/2018	40.15	40.15	43.25		
		Rowsley 4 Miles Road	26/05/2018	30.42	38.50	43.20		
Milford 5.5 Miles Road	26/05/2018	55.35	55.35	59.18				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Carol Sharratt	75	Dorridge 8.2 Miles Road	03/06/2018			82.28		42
		Denby 4.6 Miles XC	05/06/2018			45.59		
		Birmingham 400 Metres Track R	06/06/2018			108.30		
		Birmingham 3000 Metres Track	06/06/2018	14.52		16.34		
		Doncaster Parkrun 5 Km Road	09/06/2018	22.37	27.31	29.53		
		BDSL Washland Relays 2.04 Mil	13/06/2018			18.30		
		Arden (Solihull) 9 Miles Road	17/06/2018	77.45	77.45	86.48		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	42.36	61.10	63.10		
		Withernsea 5 Miles Road	01/07/2018	38.42		47.00		
		Tamworth 1500 Metres Track	04/07/2018	8.13		7.57	11	
		Derwent Rriver Relays 5 Km XC	07/07/2018	22.19	22.19	28.59		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	38.42		49.00		
		Brooksie's Bash 10 Miles Trail	15/07/2018			119.19		
		Wilmcote 6 Miles Road	21/07/2018	54.47		58.31		
		Sutton Coldfield 200 Metres Tra	25/07/2018	39.00	39.00	44.30		
		Sutton Coldfield 800 Metres Tra	25/07/2018	4.14		4.02	13	
		Sutton Coldfield 3000 Metres Tr	25/07/2018	14.52	14.52	16.47		
		Chevin 6.5 Km Fell	02/08/2018			51.16		
		Rosliston Parkrun 5 Km Road	04/08/2018	22.37	29.03	30.40		
		Solihull 3000 Metres Track	05/08/2018	14.52		16.40		
		Shiple Park 5.1 Miles XC	07/08/2018	48.11	48.11	50.35		
		BDSL Burton(HD) 10 Km Road	12/08/2018	48.17	52.02	58.50		
		Rosliston Parkrun 5 Km Road	18/08/2018	22.37	29.03	29.14		
		Rosliston Parkrun 5 Km Road	01/09/2018	22.37	29.03	29.00	5	
		Derby Midweek Miles Road	12/09/2018	7.02	7.02	8.46		
		Derby Midweek 5 Km Road	12/09/2018	22.37	22.37	28.43		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	38.42		47.35		
		Jolly Jaguars 10 Km Road	23/09/2018	48.17	58.17	55.54	13	
		Shiple Park 5 Miles XC	14/10/2018	42.24	51.04	54.59		
		Derby Midweek Miles Road	17/10/2018	7.02	7.02	9.02		
		Derby Midweek 5 Km Road	17/10/2018	22.37	22.37	29.15		
		DR-Anslow 5.2 Miles XC	21/10/2018	44.13		56.39		
		Rosliston Parkrun 5 Km Road	27/10/2018	22.37	29.00	29.18		
		Centurion 5 Miles Road	04/11/2018	38.42	45.42	47.31		
		DR-Foremark 5.5 Miles XC	11/11/2018	47.00	47.00	61.05		
		Derby Midweek 5 Km Road	14/11/2018	22.37	22.37	29.23		
		Derby Midweek Miles Road	14/11/2018	7.02	7.02	9.05		
		Rosliston Parkrun 5 Km Road	24/11/2018	22.37	29.00	30.44		
		Centurion 5 Miles Road	02/12/2018	38.42	45.42	48.26		
		Rosliston Parkrun 5 Km Road	08/12/2018	22.37	29.00	30.34		
		Belper 5 Km Road	27/12/2018	22.37	25.26	29.24		
		Leigh Holmes	19	Rosliston Parkrun 5 Km Road	06/01/2018	23.11	23.11	
Rosliston Parkrun 5 Km Road	10/02/2018			23.11	23.11	54.46		
Rosliston Parkrun 5 Km Road	14/04/2018			23.11	23.11	57.14		
BDSL Conkers(SDRR) 5 Miles	15/04/2018					39.55		
BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018			114.17		122.28		
BDSL Burton(BAC) 10 Miles Ro	20/05/2018			104.14		85.50	36	
Rosliston Parkrun 5 Km Road	09/06/2018			23.11	23.11	68.15		
BDSL Washland Relays 2.04 Mil	13/06/2018					15.00		
BDSL Gate Gallop(Peel) 10 Km	24/06/2018					53.04		
Brooksie's Bash 10 Miles Trail	15/07/2018			90.13		94.10		

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Leigh Holmes	19	Thunder Run 10 Km XC	21/07/2018	53.04	57.52	62.02		36
		Thunder Run 10 Km XC	21/07/2018	53.04	57.52	59.28		
		Thunder Run 10 Km XC	21/07/2018	53.04		57.52		
		Thunder Run 10 Km XC	21/07/2018	53.04	57.52	67.51		
		Thunder Run 10 Km XC	21/07/2018	53.04	57.52	68.05		
		Rosliston Parkrun 5 Km Road	20/10/2018	23.11	23.11	52.42		
		Rosliston Parkrun 5 Km Road	17/11/2018	23.11	23.11	23.55		
		Rosliston Parkrun 5 Km Road	01/12/2018	23.11	23.11	23.40		
		Rosliston Parkrun 5 Km Road	08/12/2018	23.11	23.11	57.20		
Pete Stevens	18	Brighton 0.5 Marathon Road	25/02/2018	97.02		104.58		31
		Rosliston Parkrun 5 Km Road	17/03/2018	19.54	20.14	33.04		
		Spring Wolf Run 10 Km Obstacl	08/04/2018			90.00		
		Derby 10 Km Road	15/04/2018	41.38		43.39		
		Kingsbury Parkrun 5 Km Road	21/04/2018	19.54	21.41	32.19		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	13.29		13.36		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	13.29	13.36	13.58		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	75.26		75.11	5	
		BDSL Washland Relays 2.04 Mil	13/06/2018			13.20		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	43.31	43.31	44.34		
		Leamington 0.5 Marathon Road	01/07/2018	97.02		95.54	8	
		Colby Parkrun 5 Km Road	14/07/2018	19.54		20.46		
		Markeaton Parkrun 5 Km Road	08/09/2018	19.54	20.30	24.57		
		Rosliston Parkrun 5 Km Road	06/10/2018	19.54	20.14	24.31		
		Chester Marathon Road	07/10/2018	235.52		221.15	18	
		DR-Anslow 5.2 Miles XC	21/10/2018			38.39		
		Markeaton Parkrun 5 Km Road	27/10/2018	19.54	20.30	20.39		
		Conkers Parkrun 5 Km Road	22/12/2018	19.54	19.54	28.04		
Chris Baxter	17	Kingsbury Parkrun 5 Km Road	01/01/2018	16.52	17.03	17.37		30
		Conkers Parkrun 5 Km Road	01/01/2018	16.52	16.56	17.33		
		Longeaton Parkrun 5 Km Road	06/01/2018	16.52	16.56	17.14		
		Kingsbury Parkrun 5 Km Road	13/01/2018	16.52	17.03	17.20		
		DR-Allestree 6 Miles XC	21/01/2018			44.08		
		Conkers Parkrun 5 Km Road	27/01/2018	16.52	16.56	17.48		
		Corby 10 Km Road	28/01/2018	35.32		37.38		
		Conkers Parkrun 5 Km Road	03/02/2018	16.52	16.56	17.22		
		Conkers Parkrun 5 Km Road	10/02/2018	16.52	16.56	17.15		
		Walsall Parkrun 5 Km Road	17/02/2018	16.52		17.10		
		Stilton 7 Miles Road	25/02/2018			41.09		
		Cleethorpes Parkrun 5 Km Road	10/03/2018	16.52		17.26		
		Bedworth parkrun 5 Km Road	17/03/2018	16.52		17.55		
		Derby Midweek Miles Road	21/03/2018	5.26	5.26	5.02	30	
		Folkestone Parkrun 5 Km Road	24/03/2018	16.52		17.22		
		Chasewater 5 Km Road	01/04/2018	16.52		17.38		
		Centurion 5 Miles Road	08/04/2018			28.28		
Ewan Leadbeater	2	Mickleover 10 Km XC	01/08/2018			49.52		30
		Conkers Parkrun 5 Km Road	29/12/2018	28.09		24.26	30	
Jonathon Gregson	56	Rosliston Parkrun 5 Km Road	01/01/2018	20.33	21.58	23.25		30
		Rosliston Parkrun 5 Km Road	13/01/2018	20.33	21.58	22.55		
		DR-Allestree 6 Miles XC	21/01/2018	19.01	19.01	53.48		
		Rosliston Parkrun 5 Km Road	27/01/2018	20.33	21.58	22.28		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Jonathon Gregson	56	Charnwood Hills (Bowline) 14 Mi	04/02/2018	131.19	131.19	140.53		30
		Rosliston Parkrun 5 Km Road	10/02/2018	20.33	21.58	22.44		
		Rosliston Parkrun 5 Km Road	17/02/2018	20.33	21.58	23.49		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	40.11	44.58	42.57		
		Rosliston Parkrun 5 Km Road	24/02/2018	20.33	21.58	24.07		
		DR-Bosworth 5.6 Miles XC	11/03/2018	44.49		51.23		
		Grindleford Gallop 21 Miles XC	17/03/2018	207.57	207.57	255.43		
		Rosliston Parkrun 5 Km Road	24/03/2018	20.33	21.58	22.05		
		Rosliston Parkrun 5 Km Road	31/03/2018	20.33	21.58	22.51		
		Rosliston Parkrun 5 Km Road	07/04/2018	20.33	21.58	22.36		
		Rosliston Parkrun 5 Km Road	14/04/2018	20.33	21.58	22.02		
		Rosliston Parkrun 5 Km Road	21/04/2018	20.33	21.58	21.40	9	
		Kinder Downfall 9.6 Miles Fell	22/04/2018	103.18	103.18	106.13		
		Rosliston Parkrun 5 Km Road	28/04/2018	20.33	21.40	21.38	5	
		Rosliston Parkrun 5 Km Road	05/05/2018	20.33	21.38	22.07		
		Woodhouse Eaves 13.5 Miles F	07/05/2018	124.15	124.15	126.12		
		Rosliston Parkrun 5 Km Road	12/05/2018	20.33	21.38	44.48		
		Rosliston Parkrun 5 Km Road	19/05/2018	20.33	21.38	45.08		
		Rosliston Parkrun 5 Km Road	26/05/2018	20.33	21.38	22.05		
		Markeaton Parkrun 5 Km Road	02/06/2018	20.33		21.48		
		Castleton 6.7 Miles Fell	08/06/2018	62.29	62.29	62.08		
		Rosliston Parkrun 5 Km Road	09/06/2018	20.33	21.38	22.14		
		Edale 4.7 Miles Fell	10/06/2018			54.02		
		Rosliston Parkrun 5 Km Road	16/06/2018	20.33	21.38	21.46		
		Rosliston Parkrun 5 Km Road	23/06/2018	20.33	21.38	21.28	7	
		Great Hucklow 10 Km Fell	01/07/2018			67.26		
		Warslow 10 Km Fell	07/07/2018	67.26		89.38		
		Rosliston Parkrun 5 Km Road	14/07/2018	20.33	21.28	22.07		
		Brooksie's Bash 10 Miles Trail	15/07/2018	76.38	86.35	85.15		
		Rosliston Parkrun 5 Km Road	04/08/2018	20.33	21.28	21.55		
		Rosliston Parkrun 5 Km Road	11/08/2018	20.33	21.28	24.38		
		Rosliston Parkrun 5 Km Road	18/08/2018	20.33	21.28	24.27		
		Exeter River Parkrun 5 Km Roa	25/08/2018	20.33		24.06		
		Seaton Parkrun 5 Km Road	01/09/2018	20.33		22.36		
		Rosliston Parkrun 5 Km Road	08/09/2018	20.33	21.28	23.25		
		Rosliston Parkrun 5 Km Road	15/09/2018	20.33	21.28	23.41		
		Markeaton Parkrun 5 Km Road	22/09/2018	20.33	21.48	21.28	9	
		Chelmorton Chase 5 Miles Fell	23/09/2018	45.18		39.48		
		Rosliston Parkrun 5 Km Road	29/09/2018	20.33	21.28	24.22		
		Groovy Kinder Love 16 Miles Fel	30/09/2018	166.10		288.56		
		Curbar Commotion 9.8 Miles Fel	06/10/2018	106.15		87.55		
		Rosliston Parkrun 5 Km Road	13/10/2018	20.33	21.28	59.10		
		DR-Anslow 5.2 Miles XC	21/10/2018	38.52		38.58		
		Penrose Parkrun 5 Km Road	27/10/2018	20.33	21.49	21.50		
		National Trust Goldolphin 10 Km	28/10/2018			60.00		
		Markeaton Parkrun 5 Km Road	03/11/2018	20.33	21.28	23.52		
		Rosliston Parkrun 5 Km Road	10/11/2018	20.33	21.28	22.06		
		DR-Foremark 5.5 Miles XC	11/11/2018	40.11	41.11	41.14		
		Rosliston Parkrun 5 Km Road	24/11/2018	20.33	21.28	24.16		
		Markeaton Parkrun 5 Km Road	01/12/2018	20.33	21.28	21.47		
		Rosliston Parkrun 5 Km Road	22/12/2018	20.33	21.28	22.06		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Jonathon Gregson	56	Rosliston Parkrun 5 Km Road	29/12/2018	20.33	21.28	24.57		30
Kevin Spare	16	DR-Grace Dieu 5.5 Miles XC	18/02/2018	36.55	38.56	35.18		30
		Bedworth parkrun 5 Km Road	24/02/2018	18.59		20.11		
		DR-Bosworth 5.6 Miles XC	11/03/2018			41.51		
		Rosliston Parkrun 5 Km Road	24/03/2018	18.59	20.13	19.54	10	
		Leamington 10 Km XC	15/04/2018			39.55		
		Derby Midweek Miles Road	18/04/2018			5.45		
		Bedworth parkrun 5 Km Road	28/04/2018	18.59	20.11	19.34	15	
		Conkers Parkrun 5 Km Road	12/05/2018	18.59	18.59	19.09		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018			65.57		
		BDSL Washland Relays 2.04 Mil	13/06/2018			12.45		
		Derwent Rriver Relays 5 Km XC	07/07/2018			19.13		
		Bedworth parkrun 5 Km Road	28/07/2018	18.59	19.34	19.32	5	
		Coventry Parkrun 5 Km Road	11/08/2018	18.59	19.26	19.32		
		Tywyn 14 Miles XC	18/08/2018			103.37		
		Coventry Parkrun 5 Km Road	17/11/2018	18.59	19.26	19.45		
		Coombe Abbey 8 Miles XC	18/11/2018	55.44	55.44	57.21		
Steve Clews	22	Darley Park 5.8 Miles XC	10/01/2018	38.46		40.42		28
		DR-Allestree 6 Miles XC	21/01/2018	36.02	49.50	50.15		
		MP-Northampton 7 Miles XC	24/01/2018			51.06		
		MP-Cosford 6 Miles XC	14/02/2018	36.02		44.57		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	34.22	36.14	37.58		
		DR-Bosworth 5.6 Miles XC	11/03/2018	39.53		45.35		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	28.59	37.46	34.01	28	
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	60.19	60.19	70.33		
		BDSL Washland Relays 2.04 Mil	13/06/2018			14.00		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	40.04	45.31	45.40		
		Derwent Rriver Relays 5 Km XC	07/07/2018			20.48		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	28.59		34.27		
		Brooksie's Bash 10 Miles Trail	15/07/2018	76.42		75.13		
		BDSL Burton(HD) 10 Km Road	12/08/2018	36.06	40.50	42.42		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	28.59		34.01		
		MP-Gloucester 6 Miles XC	10/10/2018	36.02		45.56		
		DR-Anslow 5.2 Miles XC	21/10/2018	37.07		38.16		
		MP-Bradgate Park 6.8 Miles Fell	24/10/2018			50.40		
		MP-Edgbaston 5.1 Miles XC	07/11/2018	39.36		38.04		
		DR-Foremark 5.5 Miles XC	11/11/2018	34.22	35.36	40.08		
		MP-Newbold Revel 6 Miles XC	14/11/2018	36.02		43.11		
		MP-Darley Park 5.2 Miles XC	05/12/2018	37.07		37.26		
Sharon Wright	29	Rosliston Parkrun 5 Km Road	27/01/2018	27.02	27.02	31.59		22
		Rosliston Parkrun 5 Km Road	10/02/2018	27.02	27.02	31.23		
		Rosliston Parkrun 5 Km Road	10/03/2018	27.02	27.02	32.12		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	44.40	52.00	48.53	16	
		Rosliston Parkrun 5 Km Road	21/04/2018	27.02	27.02	30.55		
		Telford 100 Metres Track	02/05/2018			17.40		
		Telford 400 Metres Track	02/05/2018			82.20		
		Rosliston Parkrun 5 Km Road	12/05/2018	27.02	27.02	28.45		
		Rosliston Parkrun 5 Km Road	19/05/2018	27.02	27.02	29.30		
		Rosliston Parkrun 5 Km Road	02/06/2018	27.02	27.02	32.06		
		Birmingham 200 Metres Track	06/06/2018			38.40		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Sharon Wright	29	Birmingham 3000 Metres Track	06/06/2018			13.53		22
		Birmingham 400 Metres Track R	06/06/2018			99.20		
		Man V Horse 7.5 Miles XC	09/06/2018			113.41		
		BDSL Washland Relays 2.04 Mil	13/06/2018			17.34		
		Rosliston Parkrun 5 Km Road	23/06/2018	27.02	27.02	34.44		
		Longeaton Parkrun 5 Km Road	30/06/2018	27.02	28.26	28.32		
		Tamworth 400 Metres Track	04/07/2018	82.20		86.70		
		Tamworth 1500 Metres Track	04/07/2018			7.31		
		Derwent Rriver Relays 5 Km XC	07/07/2018			28.15		
		Solihull 1500 Metres Track	05/08/2018	7.31		7.28	6	
		Solihull 800 Metres Track	05/08/2018			3.38		
		Tywyn 10 Km XC	18/08/2018	62.37	69.18	71.29		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	44.40		47.30		
		Rosliston Parkrun 5 Km Road	22/09/2018	27.02	27.02	28.40		
		DR-Anslow 5.2 Miles XC	21/10/2018			54.45		
		Derby Midweek 5 Km Road	14/11/2018	27.02		29.01		
		Derby Midweek Miles Road	14/11/2018			8.23		
		Walsall Parkrun 5 Km Road	24/11/2018	27.02		28.38		
		Pete Wright	35	Rosliston Parkrun 5 Km Road	27/01/2018	16.54	19.23	
Rosliston Parkrun 5 Km Road	10/02/2018			16.54	19.23	21.02		
Grindleford Gallop 21 Miles XC	17/03/2018			148.58	186.17	208.13		
Conkers Parkrun 5 Km Road	24/03/2018			16.54	19.21	19.50		
Mow Cop 6.5 Miles Fell	08/04/2018					55.52		
BDSL Conkers(SDRR) 5 Miles	15/04/2018			29.03	32.57	32.30	9	
Derby 3000 Metres Track	17/04/2018			9.43		11.37		
Kinder Downfall 9.6 Miles Fell	22/04/2018					88.44		
Sunset Relays Elvaston 2.1 Mile	24/04/2018			12.55		13.00		
Sunset Relays Allestree 2.5 Mile	01/05/2018			14.43		17.13		
Telford 400 Metres Track	02/05/2018			64.00	70.40	77.80		
Telford 100 Metres Track	02/05/2018			13.00		15.40		
Telford 1500 Metres Track	02/05/2018			4.38	5.24	5.40		
BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018			78.43		95.43		
Westminster Miles Road	27/05/2018			5.06		5.41		
Tittesworth 4.5 Miles Fell	07/06/2018					31.50		
Man V Horse 22 Miles XC	09/06/2018					191.52		
BDSL Washland Relays 2.04 Mil	13/06/2018					12.29		
Roaches 6 Miles Fell	14/06/2018					42.55		
Shutlingsloe 3.6 Miles Fell	21/06/2018					30.48		
BDSL Gate Gallop(Peel) 10 Km	24/06/2018			34.27	41.03	42.25		
Buxton 4.7 Miles Fell	27/06/2018					36.13		
Longeaton Parkrun 5 Km Road	30/06/2018			16.54	19.08	19.13		
Great Hucklow 10 Km Fell	01/07/2018			35.53		56.06		
Tamworth 1500 Metres Track	04/07/2018			4.38	5.23	5.17	10	
Rudyard Lake 5 Miles Trail	05/07/2018					31.29		
Derwent Rriver Relays 5 Km XC	07/07/2018					18.19		
Oakamoor Hilly 5 Miles XC	19/07/2018			26.42	29.43	32.11		
Tara Kinder 10 Km Road	20/07/2018			35.15	37.01	39.53		
Leek 5 Miles Fell	02/08/2018			38.59		42.35		
Solihull 3000 Metres Track	05/08/2018			9.43		11.04		
BDSL Burton(HD) 10 Km Road	12/08/2018			35.15	41.03	41.43		
Tywyn 14 Miles XC	18/08/2018			105.55	105.55	106.14		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Pete Wright	35	Derby Midweek 5 Km Road	14/11/2018	16.54	17.46	19.50		19
		Walsall Parkrun 5 Km Road	24/11/2018	16.54	18.56	19.45		
Chris Fletcher	55	Conkers Parkrun 5 Km Road	01/01/2018	17.47	20.19	22.43		17
		Rosliston Parkrun 5 Km Road	01/01/2018	17.47	21.26	22.57		
		Rosliston Parkrun 5 Km Road	06/01/2018	17.47	21.26	21.43		
		Rosliston Parkrun 5 Km Road	13/01/2018	17.47	21.26	22.43		
		Hull Parkrun 5 Km Road	20/01/2018	17.47	20.41	22.51		
		DR-Allestree 6 Miles XC	21/01/2018	42.08	56.09	56.45		
		Conkers Parkrun 5 Km Road	27/01/2018	17.47	20.19	21.29		
		Rosliston Parkrun 5 Km Road	03/02/2018	17.47	21.26	22.47		
		Rosliston Parkrun 5 Km Road	17/02/2018	17.47	21.26	22.28		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	36.28	47.45	40.12		
		Walsall Parkrun 5 Km Road	24/02/2018	17.47	21.22	21.01	10	
		DR-Bosworth 5.6 Miles XC	11/03/2018	39.20		49.05		
		Rosliston Parkrun 5 Km Road	17/03/2018	17.47	21.26	22.35		
		Edinburgh Parkrun 5 Km Road	24/03/2018	17.47		21.12		
		Conkers Parkrun 5 Km Road	31/03/2018	17.47	20.19	21.47		
		Rosliston Parkrun 5 Km Road	14/04/2018	17.47	21.26	22.11		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	29.06	35.03	35.36		
		Newcastle Parkrun 5 Km Road	21/04/2018	17.47		21.26		
		Kinder Downfall 9.6 Miles Fell	22/04/2018			104.24		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	11.58		14.02		
		Rosliston Parkrun 5 Km Road	28/04/2018	17.47	21.26	22.15		
		Rosliston Parkrun 5 Km Road	05/05/2018	17.47	21.26	21.44		
		Rosliston Parkrun 5 Km Road	12/05/2018	17.47	21.26	21.17	7	
		Beeston Parkrun 5 Km Road	26/05/2018	17.47		21.27		
		Man V Horse 7.5 Miles XC	09/06/2018			73.56		
		Sewerby Parkrun 5 Km Road	23/06/2018	17.47		22.26		
		Buxton 4.7 Miles Fell	27/06/2018			40.53		
		Conkers Parkrun 5 Km Road	30/06/2018	17.47	20.19	21.40		
		Great Hucklow 10 Km Fell	01/07/2018	36.41		64.41		
		Rosliston Parkrun 5 Km XC	07/07/2018			21.47		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	29.06		35.19		
		Crich Monument Run 7 Miles Fe	14/07/2018	52.10	58.21	58.02		
		Rosliston Parkrun 5 Km Road	21/07/2018	17.47	21.17	21.59		
		Rosliston Parkrun 5 Km Road	28/07/2018	17.47	21.17	21.37		
		Rosliston Parkrun 5 Km Road	04/08/2018	17.47	21.17	22.25		
		Parwich Panoramic 5.3 Miles Fe	07/08/2018			44.22		
		Tywyn 14 Miles XC	18/08/2018	104.57	104.57	120.32		
		Conkers Parkrun 5 Km Road	25/08/2018	17.47	20.19	21.27		
		Rosliston Parkrun 5 Km Road	01/09/2018	17.47	21.17	21.29		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	29.06		35.10		
		Exmouth Parkrun 5 Km Road	22/09/2018	17.47		20.48		
		Wythenshawe Parkrun 5 Km Ro	29/09/2018	17.47		22.05		
Rosliston Parkrun 5 Km Road	06/10/2018	17.47	21.17	21.50				
Aberystwyth Parkrun 5 Km Roa	13/10/2018	17.47		22.43				
Aberystwyth 7 Miles XC	14/10/2018	44.56		62.47				
Torbay Velopark Parkrun 5 Km	20/10/2018	17.47		21.21				
Rosliston Parkrun 5 Km Road	27/10/2018	17.47	21.17	21.39				
DR-Foremark 5.5 Miles XC	11/11/2018	36.28	36.28	42.19				
Rosliston Parkrun 5 Km Road	17/11/2018	17.47	21.17	21.32				

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Chris Fletcher	55	Rosliston Parkrun 5 Km Road	01/12/2018	17.47	21.17	21.31		17
		Conkers Parkrun 5 Km Road	08/12/2018	17.47	20.19	21.26		
		Hatton HCP Branston 4.4 Miles	11/12/2018			31.51		
		Fleetwood Parkrun 5 Km Road	15/12/2018	17.47		21.11		
		Walsall Parkrun 5 Km Road	22/12/2018	17.47	21.01	21.04		
		Rosliston Parkrun 5 Km Road	29/12/2018	17.47	21.17	21.27		
Richard Bayliss	15	Roaches 6 Miles Fell	14/06/2018			51.10		17
		Rosliston Parkrun 5 Km Road	23/06/2018			21.50		
		Rosliston Parkrun 5 Km Road	14/07/2018	21.50	21.50	22.34		
		Rosliston Parkrun 5 Km Road	28/07/2018	21.50	21.50	23.02		
		Pendle 3 Peaks 9.4 Miles Fell	18/08/2018			130.27		
		Ilam 4.7 Miles Fell	04/09/2018			55.04		
		Lantern Pike 5 Miles Fell	15/09/2018			47.25		
		Chelmorton Chase 5 Miles Fell	23/09/2018	47.25		38.12		
		Gobigmoor 0.5 Marathon Fell	13/10/2018			120.29		
		Wirksworth Undulator 8.4 Miles	21/10/2018			76.57		
		Rosliston Parkrun 5 Km Road	27/10/2018	21.50	21.50	20.49	17	
		Rosliston Parkrun 5 Km Road	03/11/2018	20.49	20.49	21.13		
		DR-Foremark 5.5 Miles XC	11/11/2018			41.35		
		Litton 7.6 Miles Fell	09/12/2018			69.20		
		Rosliston Parkrun 5 Km Road	22/12/2018	20.49	20.49	21.24		
Daniel Bower	5	BDSL Tamworth(TAC) 5 Miles R	16/09/2018			30.26		16
		Nottingham 0.5 Marathon Road	30/09/2018			83.17		
		Rosliston Parkrun 5 Km Road	06/10/2018			18.58		
		Birmingham 0.5 Marathon Road	14/10/2018	83.17		80.39	16	
		Derby 10 Miles Road	25/11/2018			63.05		
Jane Wade	44	Hangover 5(Wirksworth) 5 Miles	01/01/2018	38.03	46.02	49.58		14
		Long Eaton Parkrun 5 Km Road	06/01/2018	23.55	24.36	27.10		
		DR-Anslow 5 Miles XC	14/01/2018	43.39		48.37		
		DR-Allestree 6 Miles XC	21/01/2018	51.23	65.51	67.14		
		Rosliston Parkrun 5 Km Road	10/02/2018	23.55	25.19	28.42		
		Conkers Parkrun 5 Km Road	17/02/2018	23.55	24.21	26.33		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	47.16	53.56	50.31		
		Derby Midweek Miles Road	21/02/2018	7.18	7.18	7.53		
		Ellesmere Port Parkrun 5 Km R	24/02/2018	23.55		28.52		
		DR-Bosworth 5.6 Miles XC	11/03/2018	59.52		63.31		
		Markeaton Parkrun 5 Km Road	24/03/2018	23.55	25.35	27.28		
		Mow Cop 6.5 Miles Fell	08/04/2018			82.52		
		Rosliston Parkrun 5 Km Road	14/04/2018	23.55	25.19	27.01		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	38.03	41.50	43.34		
		Kinder Downfall 9.6 Miles Fell	22/04/2018			137.01		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	16.42		17.20		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	106.54		135.46		
		Sunset Relays Calke Abbey 2.4	08/05/2018			21.57		
		Tough Mudder 7 Km Obstacle	20/05/2018			60.00		
		Duffield 4 Miles Road	25/05/2018	35.37		35.33	5	
		Milford 5.5 Miles Road	26/05/2018			53.48		
		Wirksworth 4.3 Miles Road	26/05/2018			40.16		
		Rowsley 4 Miles Road	26/05/2018	35.33		38.38		
		Passing Clouds 9.8 Miles Fell	10/06/2018	131.07	131.07	134.30		



Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Jane Wade	44	BDSL Washland Relays 2.04 Mil	13/06/2018			16.44		14
		Longeaton Parkrun 5 Km Road	30/06/2018	23.55	24.36	25.40		
		Crich Monument Run 7 Miles Fe	14/07/2018	72.30	72.30	80.39		
		Thunder Run 10 Km XC	21/07/2018	50.50	62.24	73.08		
		Thunder Run 10 Km XC	21/07/2018	50.50	62.24	67.21		
		Thunder Run 10 Km XC	21/07/2018	50.50	62.24	65.29		
		Thunder Run 10 Km XC	21/07/2018	50.50	62.24	78.10		
		Bakewell Parkrun 5 Km Road	04/08/2018	23.55		25.32		
		BDSL Burton(HD) 10 Km Road	12/08/2018	48.22	55.02	53.58	9	
		Markeaton Parkrun 5 Km Road	18/08/2018	23.55	25.35	26.38		
		Rosliston Parkrun 5 Km Road	01/09/2018	23.55	25.19	26.13		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	38.03		43.57		
		Markeaton Parkrun 5 Km Road	22/09/2018	23.55	25.35	26.33		
		Longeaton Parkrun 5 Km Road	29/09/2018	23.55	24.36	25.44		
		Rosliston Parkrun 5 Km Road	06/10/2018	23.55	25.19	26.31		
		Ford Parkrun 5 Km Road	13/10/2018	23.55		29.19		
		DR-Anslow 5.2 Miles XC	21/10/2018	51.45		50.41		
		DR-Foremark 5.5 Miles XC	11/11/2018	47.16	54.28	51.25		
		Markeaton Parkrun 5 Km Road	17/11/2018	23.55	25.35	25.55		
		Shipleigh Country Parkrun 5 Km R	24/11/2018	23.55	25.58	30.16		
Matt McCormack	5	Worksop 0.5 Marathon Road	28/10/2018			102.14		13
		Rosliston Parkrun 5 Km Road	10/11/2018			21.47		
		Derby 10 Miles Road	25/11/2018			72.19		
		Rosliston Parkrun 5 Km Road	01/12/2018	21.47	21.47	21.05	13	
		Hatton HCP Branston 4.4 Miles	11/12/2018			32.47		
John Piltz	6	Conkers Parkrun 5 Km Road	04/08/2018			23.53		12
		Rosliston Parkrun 5 Km Road	18/08/2018	23.53		24.50		
		Conkers Parkrun 5 Km Road	27/10/2018	23.53	23.53	23.05	12	
		Conkers Parkrun 5 Km Road	10/11/2018	23.05	23.05	23.40		
		Wilmslow 10 Km Road	25/11/2018			50.21		
		Conkers Parkrun 5 Km Road	08/12/2018	23.05	23.05	24.27		
Ian Stewart	17	DR-Allestree 6 Miles XC	21/01/2018	41.33	52.11	53.52		6
		Litton 7.6 Miles Fell	18/02/2018	69.14	69.14	72.31		
		DR-Bosworth 5.6 Miles XC	11/03/2018	35.17		48.11		
		Kinder Downfall 9.6 Miles Fell	22/04/2018			105.56		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	12.30		14.11		
		Sunset Relays Allestree 2.5 Mile	01/05/2018			19.03		
		Rosliston Parkrun 5 Km Road	30/06/2018	19.22	22.03	21.57	6	
		Derwent River Relays 5 Km XC	07/07/2018			20.39		
		Crich Monument Run 7 Miles Fe	14/07/2018	57.01	57.01	61.52		
		Thunder Run 10 Km XC	21/07/2018	40.12	48.42	56.51		
		Thunder Run 10 Km XC	21/07/2018	40.12	48.42	54.52		
		Thunder Run 10 Km XC	21/07/2018	40.12	48.42	51.39		
		Conkers Parkrun 5 Km Road	25/08/2018	19.22	19.22	21.39		
		Chelmorton Chase 5 Miles Fell	23/09/2018			38.25		
		Rosliston Parkrun 5 Km Road	06/10/2018	19.22	21.57	22.12		
		DR-Anslow 5.2 Miles XC	21/10/2018	42.30		40.14		
		DR-Foremark 5.5 Miles XC	11/11/2018	37.02	40.25	41.59		
Jamie Fletcher	22	Conkers Parkrun 5 Km Road	01/01/2018	16.36	16.39	19.03		6
		Conkers Parkrun 5 Km Road	06/01/2018	16.36	16.39	18.48		

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Jamie Fletcher	22	NM-Woollaton Park XC 10 Km X	13/01/2018	37.46	39.13	43.01		6
		Conkers Parkrun 5 Km Road	27/01/2018	16.36	16.39	18.22		
		Conkers Parkrun 5 Km Road	17/02/2018	16.36	16.39	18.21		
		Sutton 12 Stage 5.38 Miles Roa	17/03/2018			34.14		
		Conkers Parkrun 5 Km Road	31/03/2018	16.36	16.39	18.26		
		Sutton 12 Stage 5.38 Miles Roa	14/04/2018	34.14	34.14	34.07	6	
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	28.06	28.06	31.49		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	58.24		67.16		
		BDSL Washland Relays 2.04 Mil	13/06/2018			11.27		
		Conkers Parkrun 5 Km Road	30/06/2018	16.36	16.39	17.51		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	28.06		30.08		
		BDSL Burton(HD) 10 Km Road	12/08/2018	34.03	35.40	37.46		
		Wilne 10 Km Road	02/09/2018	34.03	34.03	37.51		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	28.06		30.20		
		Sutton 6 Stage 5.8 Km Road	22/09/2018			21.06		
		Wythenshawe Parkrun 5 Km Ro	29/09/2018	16.36		17.38		
		Sutton 6 Stage 5.8 Km Road	06/10/2018	21.06	21.06	21.24		
		NM-Markeaton XC 10 Km XC	13/10/2018	37.46		36.50		
		Rosliston Parkrun 5 Km Road	17/11/2018	16.36	16.55	17.45		
		Conkers Parkrun 5 Km Road	08/12/2018	16.36	16.39	17.38		
Alison Dwyer	3	BDSL Worthington(IV) 5 Miles R	10/07/2018			46.32		
		Parwich Panoramic 5.3 Miles Fe	07/08/2018			57.59		
		Hob Hurst 5 Miles Fell	17/08/2018			55.18		
Amaris Nerys	16	Groundhog(Telford) Marathon Tr	10/03/2018			298.55		
		Rosliston Parkrun 5 Km Road	07/04/2018	24.09	24.26	31.09		
		Brighton Marathon Road	15/04/2018	227.26		269.55		
		Liverpool to Manchetser 100 Mil	28/04/2018			1713.00		
		Rosliston Parkrun 5 Km Road	05/05/2018	24.09	24.26	28.35		
		Rosliston Parkrun 5 Km Road	12/05/2018	24.09	24.26	34.37		
		Liverpool Marathon Road	20/05/2018	227.26	238.27	320.04		
		Man V Horse 22 Miles XC	09/06/2018	297.49	297.49	304.15		
		Derby Nomad 50 Miles Trail	21/06/2018			759.00		
		Brooksie's Bash 10 Miles Trail	15/07/2018	97.07	97.07	114.01		
		Thunder Run 10 Km XC	21/07/2018	55.01	55.19	71.21		
		Thunder Run 10 Km XC	21/07/2018	55.01	55.19	66.36		
		Thunder Run 10 Km XC	21/07/2018	55.01	55.19	74.44		
		Hob Hurst 5 Miles Fell	17/08/2018			67.22		
		Shelton Striders 10 Km Road	07/10/2018	49.52	61.36	67.30		
Nightmare Marathon Marathon T	07/11/2018			302.28				
Andrew Gadsby	3	Rosliston Parkrun 5 Km Road	06/10/2018	21.35	34.40	49.14		
		Rosliston Parkrun 5 Km Road	20/10/2018	21.35	34.40	51.37		
		Rosliston Parkrun 5 Km Road	10/11/2018	21.35	34.40	50.15		
Andrew Grigg	13	Tittesworth 4.5 Miles Fell	07/06/2018			38.44		
		BDSL Washland Relays 2.04 Mil	13/06/2018			14.41		
		Roaches 6 Miles Fell	14/06/2018			50.04		
		Shutlingsloe 3.6 Miles Fell	21/06/2018			35.28		
		Buxton 4.7 Miles Fell	27/06/2018			42.16		
		Rudyard Lake 5 Miles Trail	05/07/2018			36.55		
		Biddulph Grange 4 Miles Road	12/07/2018			34.17		
		Oakamoor Hilly 5 Miles XC	19/07/2018	38.11		37.26		

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Andrew Grigg	13	Leek 5 Miles Fell	02/08/2018			42.33		
		Parwich Panoramic 5.3 Miles Fe	07/08/2018			44.51		
		Hob Hurst 5 Miles Fell	17/08/2018	42.33		41.36		
		Pilsley 6.1 Miles Fell	23/08/2018	63.23		51.12		
		DR-Foremark 5.5 Miles XC	11/11/2018			42.54		
Andy Thornton	1	Taupo Parkrun(NZ) 5 Km Road	17/03/2018	17.23		18.52		
Barry Birch	10	BDSL Conkers(SDRR) 5 Miles	15/04/2018	38.29		43.32		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	15.41		16.24		
		BDSL Washland Relays 2.04 Mil	13/06/2018			15.52		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018			55.04		
		Derwent Rriver Relays 5 Km XC	07/07/2018			24.40		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	38.29		40.43		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	38.29		39.28		
		Rosliston Parkrun 5 Km Road	06/10/2018	23.57	23.57	25.44		
		DR-Anslow 5.2 Miles XC	21/10/2018	53.30		49.10		
		Hatton HCP Branston 4.4 Miles	11/12/2018			36.46		
ben Buckley	4	Mansfield 10 Km Road	16/09/2018			42.34		
		Birmingham 0.5 Marathon Road	14/10/2018			93.51		
		DR-Anslow 5.2 Miles XC	21/10/2018			39.28		
		Coalville 10 Km Road	11/11/2018	42.34		43.39		
Claire Calladine	2	Charnwood Hills (Bowline) 14 Mi	04/02/2018	126.27	126.27	152.03		
		DR-Anslow 5.2 Miles XC	21/10/2018	41.46		43.11		
Colin Scattergood	22	Rosliston Parkrun 5 Km Road	30/06/2018	21.53	35.54	54.07		
		Rosliston Parkrun 5 Km XC	07/07/2018	21.48		52.00		
		Rosliston Parkrun 5 Km Road	14/07/2018	21.53	35.54	52.25		
		Rosliston Parkrun 5 Km Road	21/07/2018	21.53	35.54	54.25		
		Rosliston Parkrun 5 Km Road	28/07/2018	21.53	35.54	56.36		
		Rosliston Parkrun 5 Km Road	04/08/2018	21.53	35.54	51.07		
		Rosliston Parkrun 5 Km Road	25/08/2018	21.53	35.54	52.29		
		Rosliston Parkrun 5 Km Road	01/09/2018	21.53	35.54	50.17		
		Rosliston Parkrun 5 Km Road	08/09/2018	21.53	35.54	50.49		
		Rosliston Parkrun 5 Km Road	15/09/2018	21.53	35.54	52.27		
		Rosliston Parkrun 5 Km Road	22/09/2018	21.53	35.54	54.53		
		Rosliston Parkrun 5 Km Road	29/09/2018	21.53	35.54	49.25		
		Rosliston Parkrun 5 Km Road	06/10/2018	21.53	35.54	49.14		
		Rosliston Parkrun 5 Km Road	13/10/2018	21.53	35.54	59.29		
		Rosliston Parkrun 5 Km Road	20/10/2018	21.53	35.54	51.37		
		Rosliston Parkrun 5 Km Road	27/10/2018	21.53	35.54	55.30		
		Rosliston Parkrun 5 Km Road	03/11/2018	21.53	35.54	53.02		
		Rosliston Parkrun 5 Km Road	10/11/2018	21.53	35.54	50.15		
		Rosliston Parkrun 5 Km Road	17/11/2018	21.53	35.54	50.58		
		Rosliston Parkrun 5 Km Road	24/11/2018	21.53	35.54	51.36		
		Rosliston Parkrun 5 Km Road	01/12/2018	21.53	35.54	52.10		
		Rosliston Parkrun 5 Km Road	08/12/2018	21.53	35.54	53.52		
Debbie Gilman	22	Rosliston Parkrun 5 Km Road	01/01/2018	19.45	21.31	22.32		
		Tatton Park 10 Km Road	14/01/2018	41.25		42.43		
		DR-Allestree 6 Miles XC	21/01/2018	47.04	51.24	51.10		
		Rhyl 10 Miles Road	24/02/2018	68.19		69.19		
		Brighton Marathon Road	15/04/2018	181.05		200.25		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Debbie Gilman	22	Conkers Parkrun 5 Km Road	21/04/2018	19.45	19.45	21.20		
		Conkers Parkrun 5 Km Road	19/05/2018	19.45	19.45	21.25		
		Race to the Tower 53.3 Miles Tr	09/06/2018	545.59		617.48		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	33.21		35.32		
		Conkers Parkrun 5 Km Road	28/07/2018	19.45	19.45	21.42		
		Trentham 10 Km Road	05/08/2018	41.25		45.59		
		Chester Marathon Road	07/10/2018	181.05		198.16		
		Conkers Parkrun 5 Km Road	20/10/2018	19.45	19.45	21.29		
		DR-Anslow 5.2 Miles XC	21/10/2018	40.34		40.30		
		Conkers Parkrun 5 Km Road	03/11/2018	19.45	19.45	21.21		
		Dove.Dash 4.75 Miles XC	04/11/2018	41.38	41.38	38.57		
		DR-Foremark 5.5 Miles XC	11/11/2018	38.28	38.28	42.15		
		Markeaton Parkrun 5 Km Road	24/11/2018	19.45	20.49	21.45		
		Oulton 10 Km Road	02/12/2018	41.25		44.09		
		Hatton HCP Branston 4.4 Miles	11/12/2018			30.57		
		Conkers Parkrun 5 Km Road	22/12/2018	19.45	19.45	21.52		
		Conkers Parkrun 5 Km Road	25/12/2018	19.45	19.45	21.53		
Duncan Stewart	7	DR-Allestree 6 Miles XC	21/01/2018	42.15	45.06	44.47		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	34.55		33.23		
		DR-Bosworth 5.6 Miles XC	11/03/2018	34.36		40.41		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	11.15		11.35		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	79.45		88.31		
		DR-Anslow 5.2 Miles XC	21/10/2018	33.18		35.48		
		DR-Foremark 5.5 Miles XC	11/11/2018	33.23	34.55	38.30		
Emily McHugh	1	DR-Anslow 5.2 Miles XC	21/10/2018			44.29		
Ian Webb	5	Litton 7.6 Miles Fell	18/02/2018	75.36	75.36	75.53		
		Brooksie's Bash 10 Miles Trail	15/07/2018			109.40		
		Thunder Run 10 Km XC	21/07/2018	47.45	47.45	53.46		
		Thunder Run 10 Km XC	21/07/2018	47.45	47.45	58.18		
		Thunder Run 10 Km XC	21/07/2018	47.45	47.45	54.59		
Ion Barnea	3	Conkers Parkrun 5 Km Road	25/08/2018			20.41		
		Romania S24H Ultra 150 Miles	22/09/2018			2880.00		
		DR-Foremark 5.5 Miles XC	11/11/2018			42.12		
James Cassidy	4	London Marathon Road	22/04/2018	184.11		208.37		
		Sunset Relays Calke Abbey 2.4	08/05/2018			15.22		
		BDSL Washland Relays 2.04 Mil	13/06/2018			12.17		
		Marchington 10 Km Road	17/06/2018	38.08	38.35	38.42		
Jason Tilley	13	Kingsbury Parkrun 5 Km Road	01/01/2018	17.26	17.58	19.09		
		Conkers Parkrun 5 Km Road	01/01/2018	17.26	17.26	18.28		
		Long Eaton Parkrun 5 Km Road	06/01/2018	17.26	18.26	18.39		
		Kingsway Parkrun 5 Km Road	13/01/2018	17.26	18.02	22.13		
		DR-Allestree 6 Miles XC	21/01/2018	37.12	45.33	45.29		
		Conkers Parkrun 5 Km Road	27/01/2018	17.26	17.26	18.30		
		Solihull 5 Miles Road	04/02/2018	28.43		31.04		
		Kingsway Parkrun 5 Km Road	10/02/2018	17.26	18.02	18.50		
		Leic Victoria Parkrun 5 Km Roa	17/02/2018	17.26		18.33		
		Conkers Parkrun 5 Km Road	24/02/2018	17.26	17.26	18.26		
		Conkers Parkrun 5 Km Road	03/03/2018	17.26	17.26	21.33		
		Gloucester City Parkrun 5 Km R	10/03/2018	17.26		18.34		

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Jason Tilley	13	Derby Midweek Miles Road	21/03/2018	4.59	5.10	5.19		
Jeff Heap	1	Hatton HCP Branston 4.4 Miles	11/12/2018			40.54		
Jim Londesborough	2	Rosliston Parkrun 5 Km Road	27/01/2018	19.34	20.29	22.01		
		Edale Skyline 21 Miles XC	11/03/2018	242.09	242.09	244.51		
John Franklin	8	Rosliston Parkrun 5 Km Road	27/01/2018	25.09	25.18	33.55		
		Rosliston Parkrun 5 Km Road	03/02/2018	25.09	25.18	29.18		
		Rosliston Parkrun 5 Km Road	10/02/2018	25.09	25.18	32.45		
		Rosliston Parkrun 5 Km Road	17/02/2018	25.09	25.18	31.39		
		Rosliston Parkrun 5 Km Road	17/03/2018	25.09	25.18	31.13		
		Rosliston Parkrun 5 Km Road	24/03/2018	25.09	25.18	28.13		
		Thunder Run 10 Km XC	21/07/2018	60.40		68.41		
		Thunder Run 10 Km XC	21/07/2018	60.40	68.41	67.56		
Karen Jackson	36	Rosliston Parkrun 5 Km Road	01/01/2018	27.30	29.20	32.16		
		Conkers Parkrun 5 Km Road	01/01/2018	27.30	27.30	31.46		
		Rosliston Parkrun 5 Km Road	06/01/2018	27.30	29.20	29.54		
		Rosliston Parkrun 5 Km Road	13/01/2018	27.30	29.20	30.10		
		DR-Allestree 6 Miles XC	21/01/2018	60.30	77.41	76.59		
		Rosliston Parkrun 5 Km Road	27/01/2018	27.30	29.20	30.13		
		Rosliston Parkrun 5 Km Road	10/02/2018	27.30	29.20	35.38		
		Prestwold 0.5 Marathon Road	11/02/2018	125.59		142.40		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	54.58	63.23	59.52		
		Rosliston Parkrun 5 Km Road	10/03/2018	27.30	29.20	34.54		
		Rosliston Parkrun 5 Km Road	17/03/2018	27.30	29.20	37.55		
		Rosliston Parkrun 5 Km Road	24/03/2018	27.30	29.20	35.24		
		Stafford 0.5 Marathon Road	15/04/2018	125.59	125.59	139.07		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	17.47		19.11		
		Sunset Relays Allestree 2.5 Mile	01/05/2018			26.29		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	125.59		159.53		
		Sunset Relays Calke Abbey 2.4	08/05/2018			24.14		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	103.06		111.00		
		Rosliston Parkrun 5 Km Road	02/06/2018	27.30	29.20	32.39		
		Man V Horse 6.5 Miles XC	09/06/2018	72.19		77.25		
		BDSL Washland Relays 2.04 Mil	13/06/2018			18.52		
		Derwent Rriver Relays 5 Km XC	07/07/2018			28.48		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	45.24		48.21		
		Brooksie's Bash 10 Miles Trail	15/07/2018			119.54		
		Thunder Run 10 Km XC	21/07/2018	60.56	62.58	66.29		
		Thunder Run 10 Km XC	21/07/2018	60.56	62.58	75.13		
		Thunder Run 10 Km XC	21/07/2018	60.56	62.58	68.00		
		BDSL Burton(HD) 10 Km Road	12/08/2018	59.08	59.08	65.14		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	45.24		52.26		
		Tissington 0.5 Marathon Road	30/09/2018	125.59	128.24	129.06		
		Helvellyn 15 Km Trail	13/10/2018	115.14	115.14	121.22		
		Ullswater 10 Km Trail	14/10/2018			98.56		
		DR-Anslow 5.2 Miles XC	21/10/2018	56.20		57.08		
		DR-Foremark 5.5 Miles XC	11/11/2018	54.58		61.40		
		Rosliston Parkrun 5 Km Road	22/12/2018	27.30	29.20	32.24		
		Torbay Velopark Parkrun 5 Km	29/12/2018	27.30		28.48		
Kevin Jackman	4	Bloxwich 10 Miles Road	09/12/2018			99.00		

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Kevin Jackman	4	Hatton HCP Branston 4.4 Miles	11/12/2018			43.41		
		Cannon Hill Parkrun 5 Km Road	22/12/2018			28.08		
		Rosliston Parkrun 5 Km Road	29/12/2018	28.08		29.25		
Lorna Astley	1	Longeaton Parkrun 5 Km Road	01/01/2018	21.40	21.40	25.16		
Marie Hutson	10	DR-Sinai 5 Miles XC	25/02/2018	53.56		59.41		
		Mow Cop 6.5 Miles Fell	08/04/2018			95.05		
		Tittesworth 4.5 Miles Fell	07/06/2018			48.11		
		BDSL Washland Relays 2.04 Mil	13/06/2018			18.02		
		Roaches 6 Miles Fell	14/06/2018	70.00		64.38		
		Shutlingsloe 3.6 Miles Fell	21/06/2018			46.01		
		Rudyard Lake 5 Miles Trail	05/07/2018			48.41		
		Oakamoor Hilly 5 Miles XC	19/07/2018	53.56		51.13		
		Leek 5 Miles Fell	02/08/2018			57.29		
Hob Hurst 5 Miles Fell	17/08/2018	57.29		59.15				
Nigel Elson	20	Charnwood Hills (Bowline) 14 Mi	04/02/2018	110.58	110.58	122.02		
		Larne 0.5 Marathon Road	24/03/2018	82.55		95.30		
		Paris Marathon Road	08/04/2018	185.52		233.33		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	29.38	33.26	33.42		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	12.29		13.16		
		Conkers Parkrun 5 Km Road	09/06/2018	18.15	18.36	20.15		
		Conkers Parkrun 5 Km Road	16/06/2018	18.15	18.36	20.58		
		Conkers Parkrun 5 Km Road	23/06/2018	18.15	18.36	20.48		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	41.17	41.17	45.22		
		Derwent Rriver Relays 5 Km XC	07/07/2018			20.19		
		Brooksie's Bash 10 Miles Trail	15/07/2018			77.43		
		Thunder Run 10 Km XC	21/07/2018	41.17	44.07	53.36		
		Thunder Run 10 Km XC	21/07/2018	41.17	44.07	53.25		
		Thunder Run 10 Km XC	21/07/2018	41.17	44.07	44.57		
		Thunder Run 10 Km XC	21/07/2018	41.17	44.07	45.57		
		Berlin Marathon Road	16/09/2018	185.52		238.08		
		Birmingham 0.5 Marathon Road	14/10/2018	82.55	89.01	91.18		
		Conkers Parkrun 5 Km Road	01/12/2018	18.15	18.36	20.30		
		Conkers Parkrun 5 Km Road	22/12/2018	18.15	18.36	20.50		
		Conkers Parkrun 5 Km Road	25/12/2018	18.15	18.36	20.37		
Pamela Chamberlain	3	DR-Allestree 6 Miles XC	21/01/2018	46.22	62.13	62.17		
		DR-Anslow 5.2 Miles XC	21/10/2018	49.40		48.06		
		DR-Foremark 5.5 Miles XC	11/11/2018	41.10	41.10	50.45		
Paul Mellor	21	Rosliston Parkrun 5 Km Road	01/01/2018	19.13	20.24	22.42		
		DR-Allestree 6 Miles XC	21/01/2018	50.23	54.30	53.01		
		Rosliston Parkrun 5 Km Road	03/02/2018	19.13	20.24	23.10		
		Walsall Parkrun 5 Km Road	24/02/2018	19.13	19.13	20.11		
		BDSL Washland Relays 2.04 Mil	13/06/2018			12.56		
		Roaches 6 Miles Fell	14/06/2018	36.51		47.07		
		Walsall Parkrun 5 Km Road	23/06/2018	19.13	19.13	20.10		
		Winster 4 Miles Fell	28/06/2018	29.51	29.51	30.33		
		Rudyard Lake 5 Miles Trail	05/07/2018			33.06		
		Biddulph Grange 4 Miles Road	12/07/2018	27.21		31.14		
		Oakamoor Hilly 5 Miles XC	19/07/2018	35.01	38.28	34.29		
		Thunder Run 10 Km XC	21/07/2018	41.58	50.08	45.15		

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Paul Mellor	21	Thunder Run 10 Km XC	21/07/2018	41.58	45.15	51.08		
		Cracken Edge 7 Miles Fell	01/08/2018	54.59	61.36	59.42		
		Parwich Panoramic 5.3 Miles Fe	07/08/2018			41.37		
		Hob Hurst 5 Miles Fell	17/08/2018	37.31		40.45		
		Pilsley 6.1 Miles Fell	23/08/2018	63.11		49.11		
		Chelmorton Chase 5 Miles Fell	23/09/2018	37.31		38.01		
		Walsall Parkrun 5 Km Road	24/11/2018	19.13	19.13	19.39		
		Walsall Parkrun 5 Km Road	22/12/2018	19.13	19.13	21.38		
		Rosliston Parkrun 5 Km Road	29/12/2018	19.13	20.24	21.17		
Paul Smith	14	Conkers Parkrun 5 Km Road	01/01/2018	19.34	20.14	22.00		
		Rosliston Parkrun 5 Km Road	01/01/2018	19.34	20.48	37.38		
		Rosliston Parkrun 5 Km Road	13/01/2018	19.34	20.48	22.33		
		Not the Roman 9 12 Km Road	14/01/2018			54.16		
		Rosliston Parkrun 5 Km Road	24/03/2018	19.34	20.48	22.09		
		London Marathon Road	22/04/2018	204.35		270.44		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	96.12		108.19		
		Sunset Relays Calke Abbey 2.4	08/05/2018			17.49		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	69.55		79.49		
		BDSL Washland Relays 2.04 Mil	13/06/2018			13.43		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	32.25		38.15		
		Rosliston Parkrun 5 Km Road	22/09/2018	19.34	20.48	22.40		
		Rosliston Parkrun 5 Km Road	06/10/2018	19.34	20.48	22.28		
		Hatton HCP Branston 4.4 Miles	11/12/2018			35.50		
Peter Sennitt	11	Prestwold 0.5 Marathon Road	11/02/2018	128.42		137.29		
		Rosliston Parkrun 5 Km Road	10/03/2018	26.14	26.14	34.16		
		Stafford 0.5 Marathon Road	15/04/2018	128.42		137.02		
		London Marathon Road	22/04/2018			332.40		
		Sunset Relays Calke Abbey 2.4	08/05/2018			21.28		
		Rosliston Parkrun 5 Km Road	02/06/2018	26.14	26.14	31.56		
		Thunder Run 10 Km XC	21/07/2018	60.23	64.39	66.39		
		Thunder Run 10 Km XC	21/07/2018	60.23	65.43	64.39		
		Thunder Run 10 Km XC	21/07/2018	60.23		65.43		
		Rosliston Parkrun 5 Km Road	01/09/2018	26.14	26.14	27.23		
		DR-Anslow 5.2 Miles XC	21/10/2018			52.42		
Phil Daws	13	Derwent Rriver Relays 5 Km XC	07/07/2018			23.39		
		Crich Monument Run 7 Miles Fe	14/07/2018	68.28	68.28	65.33		
		Brooksie's Bash 10 Miles Trail	15/07/2018			92.38		
		Rosliston Parkrun 5 Km Road	01/09/2018	21.57	22.35	26.33		
		Wilne 10 Km Road	02/09/2018	45.23	45.25	54.47		
		Rosliston Parkrun 5 Km Road	08/09/2018	21.57	22.35	23.25		
		Rosliston Parkrun 5 Km Road	15/09/2018	21.57	22.35	34.33		
		Rosliston Parkrun 5 Km Road	06/10/2018	21.57	22.35	24.06		
		Rosliston Parkrun 5 Km Road	03/11/2018	21.57	22.35	34.16		
		Rosliston Parkrun 5 Km Road	10/11/2018	21.57	22.35	23.01		
		Rosliston Parkrun 5 Km Road	24/11/2018	21.57	22.35	26.49		
		Longeaton Parkrun 5 Km Road	08/12/2018	21.57		22.05		
		Rosliston Parkrun 5 Km Road	15/12/2018	21.57	22.35	23.16		
		Ralph Huthmacher	4	Rosliston Parkrun 5 Km Road	01/01/2018	22.05	24.25	27.00
Rosliston Parkrun 5 Km Road	06/01/2018			22.05	24.25	25.50		
Prestwold 0.5 Marathon Road	11/02/2018			105.11		117.54		

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Ralph Huthmacher	4	Rosliston Parkrun 5 Km Road	17/02/2018	22.05	24.25	26.18		
Richard Finnigan	1	Hatton HCP Branston 4.4 Miles	11/12/2018			35.10		
Richard Millward	12	DR-Allestree 6 Miles XC	21/01/2018			57.12		
		London Marathon Road	22/04/2018	221.44		262.39		
		Sunset Relays Allestree 2.5 Mile	01/05/2018			20.28		
		Rosliston Parkrun 5 Km Road	05/05/2018	22.17	22.17	26.04		
		Sunset Relays Calke Abbey 2.4	08/05/2018			18.37		
		Rosliston Parkrun 5 Km Road	12/05/2018	22.17	22.17	24.49		
		Liverpool 0.5 Marathon Road	20/05/2018	99.46	104.04	113.14		
		Man V Horse 22 Miles XC	09/06/2018	259.56	259.56	304.13		
		Derby Nomad 50 Miles Trail	21/06/2018			759.00		
		Brooksie's Bash 10 Miles Trail	15/07/2018	84.44	97.08	96.57		
		Thunder Run 10 Km XC	21/07/2018	50.02	50.02	57.38		
		Thunder Run 10 Km XC	21/07/2018	50.02	50.02	61.39		
Rob Leadbeater	11	Rosliston Parkrun 5 Km Road	13/01/2018	24.02	24.51	26.15		
		Rosliston Parkrun 5 Km Road	07/04/2018	24.02	24.51	26.47		
		Cathedral to Castle 10 Miles XC	08/04/2018			91.44		
		Rosliston Parkrun 5 Km Road	09/06/2018	24.02	24.51	26.28		
		BDSL Washland Relays 2.04 Mil	13/06/2018			16.27		
		Rosliston Parkrun 5 Km Road	14/07/2018	24.02	24.51	26.25		
		Thunder Run 10 Km XC	21/07/2018	56.42	56.42	66.32		
		Thunder Run 10 Km XC	21/07/2018	56.42	56.42	62.09		
		Thunder Run 10 Km XC	21/07/2018	56.42	56.42	59.39		
		Thunder Run 10 Km XC	21/07/2018	56.42	56.42	72.26		
		Mickleover 10 Km XC	01/08/2018	56.42		55.12		
Sarah Austin	1	Rosliston Parkrun 5 Km Road	10/11/2018			36.56		
Sarah Webb	8	Rosliston Parkrun 5 Km Road	10/02/2018	30.26	30.26	35.37		
		Rosliston Parkrun 5 Km Road	10/03/2018	30.26	30.26	34.25		
		Rosliston Parkrun 5 Km Road	17/03/2018	30.26	30.26	37.55		
		Thunder Run 10 Km XC	21/07/2018	63.50	67.05	77.25		
		Thunder Run 10 Km XC	21/07/2018	63.50	67.05	70.29		
		Thunder Run 10 Km XC	21/07/2018	63.50	67.05	81.59		
		Helvellyn 15 Km Trail	13/10/2018	115.14	115.14	199.02		
		Rosliston Parkrun 5 Km Road	15/12/2018	30.26	30.26	47.41		
Sian Hamilton	65	Conkers Parkrun 5 Km Road	01/01/2018	23.51	23.51	29.47		
		Rosliston Parkrun 5 Km Road	01/01/2018	23.51	25.25	29.19		
		Rosliston Parkrun 5 Km Road	13/01/2018	23.51	25.25	30.39		
		Rosliston Parkrun 5 Km Road	27/01/2018	23.51	25.25	29.28		
		Southend Parkrun 5 Km Road	03/02/2018	23.51	24.32	28.20		
		Rosliston Parkrun 5 Km Road	10/02/2018	23.51	25.25	35.39		
		Rosliston Parkrun 5 Km Road	17/02/2018	23.51	25.25	29.09		
		Rosliston Parkrun 5 Km Road	24/02/2018	23.51	25.25	29.58		
		Conkers Parkrun 5 Km Road	03/03/2018	23.51	23.51	30.06		
		Rosliston Parkrun 5 Km Road	10/03/2018	23.51	25.25	34.26		
		Rosliston Parkrun 5 Km Road	17/03/2018	23.51	25.25	37.53		
		Rosliston Parkrun 5 Km Road	31/03/2018	23.51	25.25	28.33		
		Worcester Parkrun 5 Km Road	07/04/2018	23.51		29.54		
		Llanelli Marathon Road	15/04/2018	245.56		263.39		
		Rosliston Parkrun 5 Km Road	21/04/2018	23.51	25.25	27.25		



Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Sian Hamilton	65	Rosliston Parkrun 5 Km Road	28/04/2018	23.51	25.25	28.07		
		Rosliston Parkrun 5 Km Road	05/05/2018	23.51	25.25	28.07		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	109.30		130.44		
		Rosliston Parkrun 5 Km Road	12/05/2018	23.51	25.25	27.18		
		Rosliston Parkrun 5 Km Road	19/05/2018	23.51	25.25	27.39		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	84.40		91.42		
		Rosliston Parkrun 5 Km Road	26/05/2018	23.51	25.25	28.36		
		Lowestoft Parkrun 5 Km Road	02/06/2018	23.51		26.40		
		Mizuno Endure 24 5 Miles XC	09/06/2018	45.00	47.29	45.57		
		Mizuno Endure 24 5 Miles XC	09/06/2018	45.00	45.57	47.37		
		Mizuno Endure 24 5 Miles XC	09/06/2018	45.00	99.59	47.29		
		Mizuno Endure 24 5 Miles XC	09/06/2018	45.00	45.57	53.41		
		BDSL Washland Relays 2.04 Mil	13/06/2018			17.07		
		Kingsway Parkrun 5 Km Road	16/06/2018	23.51		26.03		
		Rosliston Parkrun 5 Km Road	23/06/2018	23.51	25.25	28.33		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	52.59	52.59	58.37		
		Rosliston Parkrun 5 Km Road	30/06/2018	23.51	25.25	27.54		
		Rosliston Parkrun 5 Km XC	07/07/2018			27.34		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	39.27		42.31		
		Thunder Run 10 Km XC	21/07/2018	52.59	63.15	76.50		
		Thunder Run 10 Km XC	21/07/2018	52.59	63.15	65.04		
		Thunder Run 10 Km XC	21/07/2018	52.59	63.15	65.41		
		Thunder Run 10 Km XC	21/07/2018	52.59	63.31	63.15		
		Rosliston Parkrun 5 Km Road	28/07/2018	23.51	25.25	27.33		
		BDSL Burton(HD) 10 Km Road	12/08/2018	50.46	52.51	54.33		
		Tywyn 14 Miles XC	18/08/2018	139.13	139.13	158.58		
		Rosliston Parkrun 5 Km Road	25/08/2018	23.51	25.25	28.34		
		Rosliston Parkrun 5 Km Road	01/09/2018	23.51	25.25	29.32		
		Rosliston Parkrun 5 Km Road	08/09/2018	23.51	25.25	27.53		
		Rosliston Parkrun 5 Km Road	15/09/2018	23.51	25.25	27.31		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	39.27		43.59		
		Rosliston Parkrun 5 Km Road	22/09/2018	23.51	25.25	27.58		
		Rosliston Parkrun 5 Km Road	29/09/2018	23.51	25.25	28.55		
		Tissington 0.5 Marathon Road	30/09/2018	109.30	109.30	113.07		
		Wammy Parkrun 5 Km Road	06/10/2018	23.51		28.03		
		Chester 26.2 Km Road	07/10/2018			156.15		
		Helvellyn 10 Km Trail	13/10/2018	86.48		86.48		
		Ullswater 10 Km Trail	14/10/2018	86.48		79.16		
		Rosliston Parkrun 5 Km Road	20/10/2018	23.51	25.25	47.01		
		Rosliston Parkrun 5 Km Road	03/11/2018	23.51	25.25	28.11		
Dove.Dash 4.75 Miles XC	04/11/2018	49.55	49.55	54.59				
Rosliston Parkrun 5 Km Road	10/11/2018	23.51	25.25	28.47				
Rosliston Parkrun 5 Km Road	17/11/2018	23.51	25.25	28.58				
Southend Parkrun 5 Km Road	24/11/2018	23.51	24.32	27.37				
Rosliston Parkrun 5 Km Road	01/12/2018	23.51	25.25	27.29				
New York 15 Km Road	08/12/2018			85.38				
Somerdale Parkrun 5 Km Road	15/12/2018	23.51		30.31				
Rosliston Parkrun 5 Km Road	22/12/2018	23.51	25.25	29.54				
Conkers Parkrun 5 Km Road	25/12/2018	23.51	23.51	26.03				
Rosliston Parkrun 5 Km Road	29/12/2018	23.51	25.25	27.09				
Stanislaw Knopik	38	Rosliston Parkrun 5 Km Road	01/01/2018	16.48	20.22	21.09		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Stanislaw Knopik	38	Rosliston Parkrun 5 Km Road	13/01/2018	16.48	20.22	21.27		
		DR-Allestree 6 Miles XC	21/01/2018	36.07	49.54	49.14		
		Rosliston Parkrun 5 Km Road	10/02/2018	16.48	20.22	21.16		
		DR-Grace Dieu 5.5 Miles XC	18/02/2018	32.58	34.31	37.42		
		DR-Bosworth 5.6 Miles XC	11/03/2018	32.58		46.32		
		Rosliston Parkrun 5 Km Road	24/03/2018	16.48	20.22	20.44		
		BDSL Conkers(SDRR) 5 Miles	15/04/2018	27.39	30.42	33.47		
		Derby Midweek 5 Km Road	18/04/2018	16.48	17.16	20.17		
		Derby Midweek Miles Road	18/04/2018	5.05	5.45	5.57		
		Rosliston Parkrun 5 Km Road	21/04/2018	16.48	20.22	21.16		
		Sunset Relays Elvaston 2.1 Mile	24/04/2018	11.38		13.04		
		BDSL Uttoxeter(URR) 0.5 Marat	06/05/2018	76.09	77.49	98.31		
		Sunset Relays Calke Abbey 2.4	08/05/2018			16.42		
		BDSL Burton(BAC) 10 Miles Ro	20/05/2018	56.43	57.20	69.47		
		Duffield 4 Miles Road	25/05/2018	24.02		26.37		
		Rowsley 4 Miles Road	26/05/2018	24.02	25.09	29.11		
		Wirksworth 4.3 Miles Road	26/05/2018	27.39	27.39	29.46		
		Milford 5.5 Miles Road	26/05/2018	38.14	38.14	38.53		
		Rosliston Parkrun 5 Km Road	02/06/2018	16.48	20.22	20.33		
		Man V Horse 6.5 Miles XC	09/06/2018	40.25		54.06		
		BDSL Washland Relays 2.04 Mil	13/06/2018	13.02	13.02	13.05		
		BDSL Washland Relays 2.04 Mil	13/06/2018			13.02		
		BDSL Gate Gallop(Peel) 10 Km	24/06/2018	35.20	40.04	44.10		
		Buxton 4.7 Miles Fell	27/06/2018			38.48		
		Derwent River Relays 5 Km XC	07/07/2018	16.41		20.17		
		BDSL Worthington(IV) 5 Miles R	10/07/2018	27.39		33.51		
		Crich Monument Run 7 Miles Fe	14/07/2018	52.25	52.25	55.58		
		Thunder Run 10 Km XC	21/07/2018	35.20	42.05	45.00		
		Leek 5 Miles Fell	02/08/2018	27.30		40.40		
		BDSL Burton(HD) 10 Km Road	12/08/2018	34.35	37.52	41.59		
		BDSL Tamworth(TAC) 5 Miles R	16/09/2018	27.39		34.26		
		Tissington 0.5 Marathon Road	30/09/2018	76.09		95.28		
		DR-Anslow 5.2 Miles XC	21/10/2018	37.02		38.46		
		DR-Foremark 5.5 Miles XC	11/11/2018	32.58	33.46	41.01		
		Derby Midweek Miles Road	14/11/2018	5.05	5.45	6.02		
		Derby Midweek 5 Km Road	14/11/2018	16.48	17.16	19.55		
		Rosliston Parkrun 5 Km Road	29/12/2018	16.48	20.22	21.53		
		Stephen Wilson	1	Tissington 0.5 Marathon Road	30/09/2018	84.34	84.34	92.18
Suki Bharth	2	Derby 10 Km Road	15/04/2018			66.53		
		London Marathon Road	22/04/2018			378.42		
Swee-Leng Chuah	7	BDSL Conkers(SDRR) 5 Miles	15/04/2018			29.52		
		Rosliston Parkrun 5 Km Road	21/04/2018			17.56		
		Denby 4.6 Miles XC	05/06/2018			27.34		
		Heanor 10 Km Road	08/06/2018			36.51		
		BDSL Washland Relays 2.04 Mil	13/06/2018			11.11		
		Rosliston Parkrun 5 Km Road	16/06/2018	17.56	17.56	17.59		
		Carsington 5.3 Miles XC	03/07/2018			33.02		
Tim Matthews	3	DR-Allestree 6 Miles XC	21/01/2018	43.18	49.07	51.57		
		Grindleford Gallop 21 Miles XC	17/03/2018	195.36	195.36	224.11		
		Man V Horse 22 Miles XC	09/06/2018	250.24	250.24	247.57		

<b>Name:</b>	<b>Tot races:</b>	<b>Course:</b>	<b>Date:</b>	<b>PB:</b>	<b>CB:</b>	<b>Time:</b>	<b>Pts:</b>	<b>Tot pts:</b>
Tony Press	14	DR-Allestree 6 Miles XC	21/01/2018	40.00	55.26	59.04		
		Litton 7.6 Miles Fell	18/02/2018	74.15	74.15	76.22		
		DR-Bosworth 5.6 Miles XC	11/03/2018	37.25		52.47		
		Kinder Downfall 9.6 Miles Fell	22/04/2018			109.11		
		Man V Horse 22 Miles XC	09/06/2018	230.33	230.33	260.04		
		Great Hucklow 10 Km Fell	01/07/2018	39.58		66.35		
		Warslow 10 Km Fell	07/07/2018	39.58		83.46		
		Parwich Panoramic 5.3 Miles Fe	07/08/2018			47.30		
		Tywyn 14 Miles XC	18/08/2018	116.13	116.13	129.14		
		Pilsley 6.1 Miles Fell	23/08/2018	64.57		55.45		
		Groovy Kinder Love 16 Miles Fel	30/09/2018	173.30		290.25		
		DR-Anslow 5.2 Miles XC	21/10/2018	39.38		44.01		
		DR-Foremark 5.5 Miles XC	11/11/2018	38.24	38.55	46.36		
		Litton 7.6 Miles Fell	09/12/2018	74.15	74.15	77.05		
Tony Shephard	1	Longeaton Parkrun 5 Km Road	29/09/2018	17.33		24.31		
Tracy Hinxman	15	Kingsbury Parkrun 5 Km Road	01/01/2018	18.39	19.17	21.31		
		Conkers Parkrun 5 Km Road	01/01/2018	18.39	18.47	20.53		
		Longeaton Parkrun 5 Km Road	06/01/2018	18.39	19.03	20.19		
		Kingsway Parkrun 5 Km Road	13/01/2018	18.39	19.03	22.08		
		DR-Allestree 6 Miles XC	21/01/2018	46.29	47.53	55.27		
		Conkers Parkrun 5 Km Road	27/01/2018	18.39	18.47	19.59		
		Solihull 5 Miles Road	04/02/2018	31.14		32.22		
		Kingsway Parkrun 5 Km Road	10/02/2018	18.39	19.03	20.07		
		Leic Victoria Parkrun 5 Km Roa	17/02/2018	18.39		19.25		
		Derby Midweek Miles Road	21/02/2018	5.42	5.42	5.43		
		Derby Midweek 5 Km Road	21/02/2018	18.39	18.39	19.48		
		Conkers Parkrun 5 Km Road	24/02/2018	18.39	18.47	19.18		
		Conkers Parkrun 5 Km Road	03/03/2018	18.39	18.47	21.32		
		Gloucester City Parkrun 5 Km R	10/03/2018	18.39		19.34		
Derby Midweek 5 Km Road	21/03/2018	18.39	18.39	19.20				
Wayne Adams	2	Mickleover 10 Km Road	07/05/2018	47.23		54.23		
		Shelton Striders 10 Km Road	07/10/2018	47.23	47.23	53.49		