

# HATTON DARTS RUNNING CLUB

## YEAR 2019's MOST IMPROVED RUNNERS

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Tracey Lambert	22	Conkers Parkrun 5 Km Road	01/01/2019	29.30	30.04	29.53	6	141
		Rosliston Parkrun 5 Km Road	01/01/2019	29.30	30.43	29.53	10	
		Leicester 5 Km Road	02/01/2019	29.30		30.21		
		Severn Bridge Parkrun 5 Km Ro	05/01/2019	29.30		29.17	6	
		Conkers Parkrun 5 Km Road	12/01/2019	29.17	29.53	29.08	9	
		Churchfields Parkrun 5 Km Roa	19/01/2019	29.08		35.53		
		DR-Allestree 10 Km XC	20/01/2019	71.37		77.25		
		Poolsbrook Parkrun 5 Km Road	26/01/2019	29.08		29.06	5	
		Rosliston Parkrun 5 Km Road	02/02/2019	29.06	29.53	29.07	10	
		Centurion Grand Prix 5 Miles Ro	03/02/2019	52.17		48.33	18	
		Leicester 5 Km Road	06/02/2019	29.06	30.21	28.28	17	
		Longeaton Parkrun 5 Km Road	09/02/2019	28.28		28.09	7	
		DR-Anslow 5.2 Miles XC	10/02/2019	61.27	61.27	60.09		
		Conkers Parkrun 5 Km Road	16/02/2019	28.09	29.08	30.00		
		Holme Pierrepont 0.5 Marathon	17/02/2019	153.06		141.14	18	
		Kingsbury Parkrun 5 Km Road	23/02/2019	28.09		28.53		
		Walmer & Deal Parkrun 5 Km R	02/03/2019	28.09		28.16		
		Markeaton Parkrun 5 Km Road	09/03/2019	28.09		29.17		
		DR-Sinai 5 Miles XC	10/03/2019			61.07		
		Walsall Parkrun 5 Km Road	16/03/2019	28.09	31.48	28.42	23	
Conkers Parkrun 5 Km Road	23/03/2019	28.09	29.08	28.01	12			
Beeston Parkrun 5 Km Road	30/03/2019	28.01		29.18				
John Finn	17	Rosliston Parkrun 5 Km Road	01/01/2019	18.52	18.52	21.14		73
		Conkers Parkrun 5 Km Road	01/01/2019	18.52	20.26	28.06		
		Bushy Parkrun 5 Km Road	05/01/2019	18.52		20.32		
		Conkers Parkrun 5 Km Road	26/01/2019	18.52	20.26	20.14	7	
		The Winter Bash 10.2 Miles Fell	03/02/2019			80.50		
		Conkers Parkrun 5 Km Road	09/02/2019	18.52	20.14	25.20		
		DR-Anslow 5.2 Miles XC	10/02/2019	42.32		37.54		
		Conkers Parkrun 5 Km Road	16/02/2019	18.52	20.14	25.03		
		Rhyl 10 Miles Road	23/02/2019	66.35		68.12		
		Stilton 7 Miles Road	24/02/2019			46.43		
		Belvoir Challenge Marathon XC	02/03/2019			278.52		
		Buxton Pavilion 5 Km Road	09/03/2019	18.52		19.53		
		Fradley 10 Km Road	10/03/2019	40.47	48.34	40.36	42	
		Kibworth 6 Miles Road	17/03/2019			42.27		
		Conkers Parkrun 5 Km Road	23/03/2019	18.52	20.14	27.00		
		Ashby 20 Miles Road	24/03/2019	144.03	155.10	144.14	24	
		Desford 5 Miles Road	31/03/2019	31.57		32.35		
Kevin Jackman	10	Rosliston Parkrun 5 Km Road	01/01/2019	28.08	29.25	29.26		65
		Conkers Parkrun 5 Km Road	01/01/2019	28.08		29.39		
		Markeaton Parkrun 5 Km Road	05/01/2019	28.08		29.26		
		Rosliston Parkrun 5 Km Road	26/01/2019	28.08	29.25	28.31	10	

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Kevin Jackman	10	Conkers Parkrun 5 Km Road	02/02/2019	28.08	29.39	28.06	14	65
		Sutton Park Parkrun 5 Km Road	16/02/2019	28.06		29.16		
		Rosliston Parkrun 5 Km Road	23/02/2019	28.06	28.31	29.30		
		Rosliston Parkrun 5 Km Road	02/03/2019	28.06	28.31	27.18	13	
		Cannon Hill Parkrun 5 Km Road	09/03/2019	27.18	28.08	27.10	11	
		Conkers Parkrun 5 Km Road	23/03/2019	27.10	28.06	26.18	17	
Jo Butler	22	Conkers Parkrun 5 Km Road	01/01/2019	25.32	27.18	29.16		56
		Rosliston Parkrun 5 Km Road	01/01/2019	25.32	26.33	29.14		
		Rosliston Parkrun 5 Km Road	05/01/2019	25.32	26.33	28.55		
		Isabel Trail Parkrun 5 Km Road	12/01/2019	25.32		25.51		
		Walsall Parkrun 5 Km Road	19/01/2019	25.32		25.46		
		DR-Allestree 10 Km XC	20/01/2019	54.46		66.54		
		Rosliston Parkrun 5 Km Road	26/01/2019	25.32	26.33	31.00		
		Rosliston Parkrun 5 Km Road	02/02/2019	25.32	26.33	27.49		
		The Winter Bash 10.2 Miles Fell	03/02/2019			106.30		
		Conkers Parkrun 5 Km Road	09/02/2019	25.32	27.18	26.14	13	
		DR-Anslow 5.2 Miles XC	10/02/2019	53.07	53.07	53.36		
		Gorleston Cliffs Parkrun 5 Km R	16/02/2019	25.32	27.27	25.30	20	
		Rosliston Parkrun 5 Km Road	23/02/2019	25.30	26.33	30.13		
		Carsington 0.5 Marathon Road	24/02/2019	118.37		132.33		
		Clifton Parkrun 5 Km Road	02/03/2019	25.30		26.59		
		Oxford Parkrun 5 Km Road	09/03/2019	25.30		28.23		
		DR-Sinai 5 Miles XC	10/03/2019	51.26		50.34		
		Rosliston Parkrun 5 Km Road	16/03/2019	25.30	26.33	30.01		
		Nottingham 20 Miles Road	17/03/2019	217.41		197.50	23	
		Rosliston Parkrun 5 Km Road	23/03/2019	25.30	26.33	29.33		
		Monsal Trail 0.5 Marathon Trail	24/03/2019	123.06	123.06	123.45		
		Rosliston Parkrun 5 Km Road	30/03/2019	25.30	26.33	53.15		
Dave Smith	13	Rosliston Parkrun 5 Km Road	01/01/2019	20.59	22.02	21.52	6	55
		Conkers Parkrun 5 Km Road	01/01/2019	20.59	21.12	21.29		
		Sutton Park Parkrun 5 Km Road	05/01/2019	20.59	22.46	21.53	14	
		DR-Allestree 10 Km XC	20/01/2019			54.02		
		Kingsbury Parkrun 5 Km Road	02/02/2019	20.59		20.58	5	
		Rosliston Parkrun 5 Km Road	09/02/2019	20.58	21.52	21.39	7	
		DR-Anslow 5.2 Miles XC	10/02/2019	43.07	43.07	44.42		
		Derby Midweek 5 Km Road	20/02/2019	20.58		21.22		
		Derby Midweek Miles Road	20/02/2019			6.13		
		Walsall Parkrun 5 Km Road	23/02/2019	20.58		20.36	9	
		Conkers Parkrun 5 Km Road	09/03/2019	20.36	21.12	20.51	9	
		Cannock Chase Parkrun 5 Km	16/03/2019	20.36	21.27	24.01		
Markeaton Parkrun 5 Km Road	23/03/2019	20.36	21.44	21.42	5			
Jamie Fletcher	6	Rosliston Parkrun 5 Km Road	01/01/2019	16.36	16.55	17.46		32
		Conkers Parkrun 5 Km Road	01/01/2019	16.36	16.39	17.25		
		NM-Woollaton Park XC 6.6 Mile	12/01/2019	36.50	39.13	39.47		
		Holme Pierrepont 0.5 Marathon	17/02/2019	76.09		81.43		
		Kingsbury Parkrun 5 Km Road	09/03/2019	16.36		17.19		
		Sutton 12 Stage 5.38 Miles Roa	23/03/2019	34.07	34.07	31.26	32	
Andrew Woolley	8	Rosliston Parkrun 5 Km Road	02/02/2019			23.45		28
		Finsbury Parkrun 5 Km Road	09/02/2019	22.42		24.00		
		Rosliston Parkrun 5 Km Road	16/02/2019	23.45	23.45	23.57		

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Andrew Woolley	8	Rosliston Parkrun 5 Km Road	23/02/2019	23.45	23.45	22.42	15	28	
		Rosliston Parkrun 5 Km Road	02/03/2019	22.42	22.42	22.47			
		Rosliston Parkrun 5 Km Road	09/03/2019	22.42	22.42	22.45			
		Rosliston Parkrun 5 Km Road	16/03/2019	22.42	22.42	22.45			
		Rosliston Parkrun 5 Km Road	30/03/2019	22.42	22.42	21.57			13
Dave Benstead	11	Rosliston Parkrun 5 Km Road	01/01/2019	21.31	22.17	24.31	15	27	
		Conkers Parkrun 5 Km Road	01/01/2019	21.31	23.58	22.49			
		DR-Allestree 10 Km XC	20/01/2019	51.17		58.28			
		Rosliston Parkrun 5 Km Road	02/02/2019	21.31	22.17	24.41			
		DR-Anslow 5.2 Miles XC	10/02/2019			46.37			
		Conkers Parkrun 5 Km Road	16/02/2019	21.31	22.49	23.41			
		Rosliston Parkrun 5 Km Road	23/02/2019	21.31	22.17	24.49			
		Rosliston Parkrun 5 Km Road	09/03/2019	21.31	22.17	24.36			
		Stafford 0.5 Marathon Road	17/03/2019	107.32	108.24	104.41			12
		Rosliston Parkrun 5 Km Road	23/03/2019	21.31	22.17	23.25			
		Rosliston Parkrun 5 Km Road	30/03/2019	21.31	22.17	23.05			
Jane Wade	9	Conkers Parkrun 5 Km Road	01/01/2019	23.55	24.21	28.42	9	26	
		Rosliston Parkrun 5 Km Road	01/01/2019	23.55	25.19	29.53			
		DR-Allestree 10 Km XC	20/01/2019	50.50	66.33	63.11			
		DR-Anslow 5.2 Miles XC	10/02/2019	50.41	50.41	52.47			
		Conkers Parkrun 5 Km Road	16/02/2019	23.55	24.21	27.27			
		Rugeley 10 Miles Road	17/02/2019	81.10		90.28			
		DR-Sinai 5 Miles XC	10/03/2019	43.39	51.06	53.12			
		Stafford 0.5 Marathon Road	17/03/2019	106.54	119.31	117.16			9
Ashby 20 Miles Road	24/03/2019	210.09	210.09	197.33	17				
Ewan Leadbeater	1	Rosliston Parkrun 5 Km Road	01/01/2019	24.26	28.09	25.20	24	24	
Sarah Austin	5	Rosliston Parkrun 5 Km Road	01/01/2019	36.56	36.56	38.22	7	24	
		Conkers Parkrun 5 Km Road	16/02/2019	36.56		36.49			5
		Rosliston Parkrun 5 Km Road	23/02/2019	36.49	36.56	35.17			12
		Markeaton Parkrun 5 Km Road	02/03/2019	35.17		34.44			7
		Markeaton Parkrun 5 Km Road	30/03/2019	34.44	34.44	35.32			
Damon Freeston	6	Rosliston Parkrun 5 Km Road	23/02/2019			21.48	9	21	
		Bakewell 15.2 Km Trail	03/03/2019			82.46			
		Markeaton Parkrun 5 Km Road	09/03/2019	21.48		21.26			9
		DR-Sinai 5 Miles XC	10/03/2019			40.24			
		Seven Pools Run 10 Km XC	24/03/2019			46.06			
		Rosliston Parkrun 5 Km Road	30/03/2019	21.26	21.48	21.12			12
Paul Waters	4	DR-Allestree 10 Km XC	20/01/2019	40.21		43.36	21	21	
		Alsager 5 Miles Road	03/02/2019	30.53		30.59			
		Barcelona 0.5 Marathon Road	10/02/2019	84.11		80.03			21
		DR-Sinai 5 Miles XC	10/03/2019	36.50	36.50	36.21			
Tom Bradley	17	Conkers Parkrun 5 Km Road	01/01/2019	17.31	17.31	20.06	19	19	
		Rosliston Parkrun 5 Km Road	01/01/2019	17.31	17.50	20.30			
		Rosliston Parkrun 5 Km Road	19/01/2019	17.31	17.50	19.15			
		DR-Allestree 10 Km XC	20/01/2019	40.04		45.04			
		Rosliston Parkrun 5 Km Road	26/01/2019	17.31	17.50	18.47			
		Conkers Parkrun 5 Km Road	02/02/2019	17.31	17.31	18.13			
		DR-Anslow 5.2 Miles XC	10/02/2019	34.58	34.58	35.59			
		Conkers Parkrun 5 Km Road	16/02/2019	17.31	17.31	18.58			

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Tom Bradley	17	DR-Grace Dieu 4.75 Miles XC	17/02/2019	33.56		32.21		19
		Rosliston Parkrun 5 Km Road	23/02/2019	17.31	17.50	18.42		
		Carsington 0.5 Marathon Road	24/02/2019	87.42		87.47		
		Longeaton Parkrun 5 Km Road	02/03/2019	17.31	17.59	17.57	5	
		DR-Sinai 5 Miles XC	10/03/2019	36.28	36.28	34.29		
		Rosliston Parkrun 5 Km Road	16/03/2019	17.31	17.50	19.46		
		Stafford 0.5 Marathon Road	17/03/2019	87.42		85.08	14	
		Rosliston Parkrun 5 Km Road	23/03/2019	17.31	17.50	18.29		
		Kingsbury Parkrun 5 Km Road	30/03/2019	17.31		17.56		
Mark Slade	18	Delamere Parkrun 5 Km Road	01/01/2019	17.43		19.09		18
		Northwich Parkrun 5 Km Road	01/01/2019	17.43		19.31		
		Walsall Parkrun 5 Km Road	05/01/2019	17.43	17.58	18.04		
		Conkers Parkrun 5 Km Road	12/01/2019	17.43	17.52	18.36		
		Rosliston Parkrun 5 Km Road	19/01/2019	17.43	18.37	19.28		
		DR-Allestree 10 Km XC	20/01/2019	39.36	51.14	46.08		
		Longeaton Parkrun 5 Km Road	26/01/2019	17.43	17.51	18.08		
		Rosliston Parkrun 5 Km Road	02/02/2019	17.43	18.37	18.47		
		Rosliston Parkrun 5 Km Road	09/02/2019	17.43	18.37	19.05		
		DR-Anslow 5.2 Miles XC	10/02/2019	36.49	36.49	37.02		
		Conkers Parkrun 5 Km Road	16/02/2019	17.43	17.52	19.17		
		Wokingham 0.5 Marathon Road	24/02/2019	84.20	84.48	85.19		
		Longeaton Parkrun 5 Km Road	02/03/2019	17.43	17.51	18.06		
		Rosliston Parkrun 5 Km Road	09/03/2019	17.43	18.37	20.00		
		DR-Sinai 5 Miles XC	10/03/2019	35.36	35.36	37.43		
		Stafford 0.5 Marathon Road	17/03/2019	84.20	84.20	86.23		
		Kingsbury Parkrun 5 Km Road	23/03/2019	17.43	18.29	18.12	10	
		Kingsbury Parkrun 5 Km Road	30/03/2019	17.43	18.12	18.03	8	
		Richard Millward	3	The Winter Bash 10.2 Miles Fell	03/02/2019			106.16
Croxteth Hall Parkrun 5 Km Road	16/02/2019			22.17		29.08		
Markeaton Parkrun 5 Km Road	23/03/2019			22.17	28.42	26.55	16	
Brian Thomas	5	Rosliston Parkrun 5 Km Road	01/01/2019	19.37	19.37	20.38		14
		Rosliston Parkrun 5 Km Road	05/01/2019	19.37	19.37	20.22		
		Oulton Park Marathon Road	03/03/2019	193.46		201.49		
		Ashby 20 Miles Road	24/03/2019			147.12		
		Markeaton Parkrun 5 Km Road	30/03/2019	19.37	20.50	20.10	14	
Sian Hamilton	16	Conkers Parkrun 5 Km Road	01/01/2019	23.51	23.51	28.39		13
		Rosliston Parkrun 5 Km Road	01/01/2019	23.51	25.25	27.42		
		Rosliston Parkrun 5 Km Road	05/01/2019	23.51	25.25	28.58		
		Rosliston Parkrun 5 Km Road	12/01/2019	23.51	25.25	27.33		
		Rosliston Parkrun 5 Km Road	19/01/2019	23.51	25.25	26.24		
		Waterways 30 Ultra 31 Miles Tr	26/01/2019			371.43		
		Rosliston Parkrun 5 Km Road	02/02/2019	23.51	25.25	57.02		
		Rosliston Parkrun 5 Km Road	09/02/2019	23.51	25.25	30.01		
		Conkers Parkrun 5 Km Road	16/02/2019	23.51	23.51	29.58		
		Rosliston Parkrun 5 Km Road	23/02/2019	23.51	25.25	27.27		
		Rosliston Parkrun 5 Km Road	02/03/2019	23.51	25.25	26.58		
		Rosliston Parkrun 5 Km Road	09/03/2019	23.51	25.25	27.57		
		Rosliston Parkrun 5 Km Road	16/03/2019	23.51	25.25	29.56		
		Bath 0.5 Marathon Road	17/03/2019	109.30		111.37		
		Ashby 20 Miles Road	24/03/2019	185.42	185.42	179.22	13	

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Sian Hamilton	16	Rosliston Parkrun 5 Km Road	30/03/2019	23.51	25.25	26.08		13
Sharon Wright	7	Rosliston Parkrun 5 Km Road	19/01/2019	27.02	27.02	31.11		12
		DR-Allestree 10 Km XC	20/01/2019	62.37		72.36		
		DR-Anslow 5.2 Miles XC	10/02/2019	54.45	54.45	58.21		
		Derby Midweek 5 Km Road	20/02/2019	27.02	29.01	27.59	12	
		Rosliston Parkrun 5 Km Road	02/03/2019	27.02	27.02	28.29		
		Rosliston Parkrun 5 Km Road	16/03/2019	27.02	27.02	30.26		
		Rosliston Parkrun 5 Km Road	23/03/2019	27.02	27.02	27.59		
Joanne Stevens	5	Rosliston Parkrun 5 Km Road	19/01/2019	27.33	29.24	32.40		11
		DR-Allestree 10 Km XC	20/01/2019	59.16		72.19		
		Markeaton Parkrun 5 Km Road	26/01/2019	27.33	29.05	28.06	11	
		Rosliston Parkrun 5 Km Road	09/03/2019	27.33	29.24	30.02		
		DR-Sinai 5 Miles XC	10/03/2019			62.01		
Hayley Singleton	1	Carsington 0.5 Marathon Road	24/02/2019	115.26		112.41	10	10
Rachel Elliott	8	Markeaton Parkrun 5 Km Road	05/01/2019	23.43	24.16	23.49	9	9
		East Brighton Parkrun 5 Km Ro	12/01/2019	23.43		24.53		
		DR-Allestree 10 Km XC	20/01/2019	53.21		59.09		
		Rosliston Parkrun 5 Km Road	02/02/2019	23.43	24.31	24.31		
		Milton Keynes Parkrun 5 Km Ro	09/02/2019	23.43		25.04		
		DR-Sinai 5 Miles XC	10/03/2019	46.41	54.38	51.36		
		Markeaton Parkrun 5 Km Road	16/03/2019	23.43	23.49	32.19		
		Markeaton Parkrun 5 Km Road	23/03/2019	23.43	23.49	24.24		
Adrian Leigh	6	Conkers Parkrun 5 Km Road	01/01/2019	20.12		19.56	8	8
		Rosliston Parkrun 5 Km Road	01/01/2019	20.12	20.25	22.40		
		DR-Allestree 10 Km XC	20/01/2019	43.30		49.05		
		DR-Anslow 5.2 Miles XC	10/02/2019	37.34	37.34	38.59		
		DR-Sinai 5 Miles XC	10/03/2019			40.22		
		Ashby 20 Miles Road	24/03/2019			146.27		
James Cassidy	1	Prestwold 0.5 Marathon Road	17/02/2019	80.41		79.54	8	8
John Piltz	5	Conkers Parkrun 5 Km Road	01/01/2019	23.05	23.05	23.54		8
		Rosliston Parkrun 5 Km Road	01/01/2019	23.05	24.50	24.26	8	
		Conkers Parkrun 5 Km Road	05/01/2019	23.05	23.05	23.12		
		Conkers Parkrun 5 Km Road	16/02/2019	23.05	23.05	24.06		
		Conkers Parkrun 5 Km Road	02/03/2019	23.05	23.05	24.06		
Richard Nash	24	Delamere Parkrun 5 Km Road	01/01/2019	18.27		21.06		8
		Northwich Parkrun 5 Km Road	01/01/2019	18.27		21.00		
		Leicester 5 Km Road	02/01/2019	18.27	20.03	20.35		
		Severn Bridge Parkrun 5 Km Ro	05/01/2019	18.27		20.34		
		Starlight Relays C.Abbey 2.4 Mil	11/01/2019	16.13	16.30	16.29		
		Starlight Relays C.Abbey 2.4 Mil	11/01/2019	16.13		16.30		
		Rosliston Parkrun 5 Km Road	12/01/2019	18.27	20.07	20.35		
		Draycote Water 10 Km Road	13/01/2019	38.25	42.30	42.26		
		Churchfields Parkrun 5 Km Roa	19/01/2019	18.27		22.00		
		DR-Allestree 10 Km XC	20/01/2019	42.24		46.26		
		Poolsbrook Parkrun 5 Km Road	26/01/2019	18.27	20.20	20.05	8	
		Rosliston Parkrun 5 Km Road	02/02/2019	18.27	20.07	20.19		
		Centurion Grand Prix 5 Miles Ro	03/02/2019	30.40		34.05		
		Leicester 5 Km Road	06/02/2019	18.27	20.03	20.23		

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Richard Nash	24	Rosliston Parkrun 5 Km Road	09/02/2019	18.27	20.07	20.46		8
		DR-Anslow 5.2 Miles XC	10/02/2019	37.22	37.22	38.29		
		Conkers Parkrun 5 Km Road	16/02/2019	18.27	18.44	21.22		
		Holme Pierrepont 0.5 Marathon	17/02/2019	89.54		98.05		
		Ford Parkrun 5 Km Road	23/02/2019	18.27		20.52		
		Walmer & Deal Parkrun 5 Km R	02/03/2019	18.27		20.51		
		Markeaton Parkrun 5 Km Road	09/03/2019	18.27	32.23	20.48		
		DR-Sinai 5 Miles XC	10/03/2019	34.58	34.58	39.09		
		Walsall Parkrun 5 Km Road	16/03/2019	18.27	19.08	20.35		
		Beeston Parkrun 5 Km Road	30/03/2019	18.27	19.06	29.19		
Amaris Nerys	3	The Winter Bash 10.2 Miles Fell	03/02/2019			120.59		
		Croxteth Hall Parkrun 5 Km Roa	16/02/2019	24.09		29.08		
		Markeaton Parkrun 5 Km Road	23/03/2019	24.09	53.40	31.01		
Andrew Bennett	19	Rosliston Parkrun 5 Km Road	01/01/2019	24.33	26.08	28.53		
		Conkers Parkrun 5 Km Road	01/01/2019	24.33	25.09	28.53		
		Rosliston Parkrun 5 Km Road	05/01/2019	24.33	26.08	28.13		
		Isabel Trail Parkrun 5 Km Road	12/01/2019	24.33		28.53		
		Walsall Parkrun 5 Km Road	19/01/2019	24.33		28.30		
		DR-Allestree 10 Km XC	20/01/2019	56.52		69.44		
		Rosliston Parkrun 5 Km Road	26/01/2019	24.33	26.08	27.57		
		Rosliston Parkrun 5 Km Road	02/02/2019	24.33	26.08	28.07		
		The Winter Bash 10.2 Miles Fell	03/02/2019			116.56		
		Rosliston Parkrun 5 Km Road	09/02/2019	24.33	26.08	29.06		
		DR-Anslow 5.2 Miles XC	10/02/2019			54.36		
		Conkers Parkrun 5 Km Road	16/02/2019	24.33	25.09	27.13		
		Carsington 0.5 Marathon Road	24/02/2019	118.41		135.36		
		Rosliston Parkrun 5 Km Road	02/03/2019	24.33	26.08	29.16		
		Rosliston Parkrun 5 Km Road	09/03/2019	24.33	26.08	28.50		
		Rosliston Parkrun 5 Km Road	16/03/2019	24.33	26.08	28.12		
		Nant y Pandy Parkrun 5 Km Ro	23/03/2019	24.33		28.37		
Ashby 20 Miles Road	24/03/2019	197.44	197.44	206.10				
Rosliston Parkrun 5 Km Road	30/03/2019	24.33	26.08	29.07				
ben Buckley	3	DR-Allestree 10 Km XC	20/01/2019			52.06		
		DR-Anslow 5.2 Miles XC	10/02/2019	39.28	39.28	41.11		
		DR-Sinai 5 Miles XC	10/03/2019			41.23		
Bethan Kwiatkowski	2	Rosliston Parkrun 5 Km Road	12/01/2019	38.13	38.13	57.26		
		Rosliston Parkrun 5 Km Road	26/01/2019	38.13	38.13	56.46		
Carol Sharratt	18	Belper 4.8 Miles Road	01/01/2019			51.13		
		Shipleigh Country Parkrun 5 Km R	01/01/2019	22.37		30.55		
		Centurion Grand Prix 5 Miles Ro	06/01/2019	38.42	45.42	46.51		
		Derby Midweek 5 Km Road	16/01/2019	22.37	22.37	28.57		
		Derby Midweek Miles Road	16/01/2019	7.02	7.02	9.01		
		DR-Allestree 10 Km XC	20/01/2019	42.36	60.41	71.42		
		Centurion Grand Prix 5 Miles Ro	03/02/2019	38.42	45.42	46.26		
		DR-Anslow 5.2 Miles XC	10/02/2019	44.13	56.39	61.18		
		Conkers Parkrun 5 Km Road	16/02/2019	22.37	24.13	30.49		
		Derby Midweek 5 Km Road	20/02/2019	22.37	22.37	28.56		
		Derby Midweek Miles Road	20/02/2019	7.02	7.02	9.03		
		Centurion Grand Prix 5 Miles Ro	03/03/2019	38.42	45.42	47.13		

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Carol Sharratt	18	DR-Sinai 5 Miles XC	10/03/2019	42.24	48.23	59.39		
		Rosliston Parkrun 5 Km Road	16/03/2019	22.37	29.00	33.21		
		Derby Midweek Miles Road	17/03/2019	7.02	7.02	8.46		
		Derby Midweek 5 Km Road	17/03/2019	22.37	22.37	28.53		
		Rosliston Parkrun 5 Km Road	23/03/2019	22.37	29.00	30.13		
		Rosliston Parkrun 5 Km Road	30/03/2019	22.37	29.00	30.12		
Chris Fletcher	17	Rosliston Parkrun 5 Km Road	01/01/2019	17.47	21.17	21.43		
		Conkers Parkrun 5 Km Road	01/01/2019	17.47	20.19	23.07		
		Rosliston Parkrun 5 Km Road	05/01/2019	17.47	21.17	21.28		
		Rosliston Parkrun 5 Km Road	12/01/2019	17.47	21.17	21.43		
		DR-Allestree 10 Km XC	20/01/2019	37.24		51.45		
		Graves Parkrun 5 Km Road	26/01/2019	17.47		22.34		
		Rosliston Parkrun 5 Km Road	02/02/2019	17.47	21.17	21.32		
		Sheffield Castle Parkrun 5 Km R	09/02/2019	17.47		22.30		
		DR-Anslow 5.2 Miles XC	10/02/2019	38.40		43.02		
		Kingsbury Parkrun 5 Km Road	16/02/2019	17.47		21.29		
		Highbury Parkrun 5 Km Road	23/02/2019	17.47		22.02		
		Rosliston Parkrun 5 Km Road	02/03/2019	17.47	21.17	22.03		
		Kingsbury Parkrun 5 Km Road	09/03/2019	17.47	21.29	22.47		
		Cannock Chase Parkrun 5 Km	16/03/2019	17.47		21.42		
		Goole Parkrun 5 Km Road	23/03/2019	17.47		21.32		
		East Hull Harriers 20 Miles Roa	24/03/2019	129.38		161.48		
Sheffield Hallam Parkrun 5 Km	30/03/2019	17.47		21.18				
Claire Calladine	3	DR-Allestree 10 Km XC	20/01/2019	47.46	51.29	54.29		
		Charnwood Hills (Bowline) 14 Mi	03/02/2019	126.27	126.27	132.41		
		Northumberland Coastal Marath	23/02/2019	213.16		254.05		
Colin Scattergood	2	Rosliston Parkrun 5 Km Road	23/02/2019	21.53	35.54	54.51		
		Rosliston Parkrun 5 Km Road	23/03/2019	21.53	35.54	55.04		
Daniel Bower	3	DR-Anslow 5.2 Miles XC	10/02/2019			37.40		
		Carsington 0.5 Marathon Road	23/02/2019	80.39		85.07		
		Chester 10 Km Road	10/03/2019			36.48		
Debbie Gilman	8	Conkers Parkrun 5 Km Road	01/01/2019	19.45	19.45	21.52		
		Rosliston Parkrun 5 Km Road	01/01/2019	19.45	21.31	22.23		
		DR-Allestree 10 Km XC	20/01/2019	44.33		52.19		
		Conkers Parkrun 5 Km Road	26/01/2019	19.45	19.45	21.28		
		Conkers Parkrun 5 Km Road	02/02/2019	19.45	19.45	22.16		
		DR-Anslow 5.2 Miles XC	10/02/2019	40.30	40.30	43.25		
		Holme Pierrepont 0.5 Marathon	17/02/2019	87.15		95.18		
		Conkers Parkrun 5 Km Road	23/03/2019	19.45	19.45	21.13		
Duncan Stewart	5	Conkers Parkrun 5 Km Road	01/01/2019	16.27	17.40	19.21		
		Rosliston Parkrun 5 Km Road	01/01/2019	16.27		23.08		
		DR-Allestree 10 Km XC	20/01/2019	39.43		43.22		
		DR-Anslow 5.2 Miles XC	10/02/2019	33.18	35.48	40.35		
		DR-Sinai 5 Miles XC	10/03/2019	32.06	33.57	36.32		
Emily McHugh	2	DR-Anslow 5.2 Miles XC	10/02/2019	44.29	44.29	49.45		
		Nottingham 20 Miles Road	17/03/2019			163.13		
Ian Stewart	2	Rosliston Parkrun 5 Km Road	01/01/2019	19.22	21.57	23.04		
		DR-Allestree 10 Km XC	20/01/2019	40.12		53.21		

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Jonathon Gregson	15	Rosliston Parkrun 5 Km Road	01/01/2019	20.33	21.28	25.01		
		Markeaton Parkrun 5 Km Road	01/01/2019	20.33	21.28	25.13		
		Rosliston Parkrun 5 Km Road	12/01/2019	20.33	21.28	25.03		
		Markeaton Parkrun 5 Km Road	19/01/2019	20.33	21.28	23.22		
		DR-Allestree 10 Km XC	20/01/2019	51.53	51.53	53.46		
		The Winter Bash 10.2 Miles Fell	03/02/2019			95.55		
		Rosliston Parkrun 5 Km Road	09/02/2019	20.33	21.28	22.50		
		DR-Anslow 5.2 Miles XC	10/02/2019	38.52	38.58	41.49		
		Conkers Parkrun 5 Km Road	16/02/2019	20.33	20.33	24.12		
		Rosliston Parkrun 5 Km Road	23/02/2019	20.33	21.28	24.08		
		Rosliston Parkrun 5 Km Road	02/03/2019	20.33	21.28	24.34		
		Grindleford Gallop 21 Miles XC	09/03/2019	207.57	207.57	248.39		
		Rosliston Parkrun 5 Km Road	16/03/2019	20.33	21.28	23.07		
		Rosliston Parkrun 5 Km Road	23/03/2019	20.33	21.28	24.01		
		Rosliston Parkrun 5 Km Road	30/03/2019	20.33	21.28	23.32		
Karen Jackson	9	Conkers Parkrun 5 Km Road	01/01/2019	27.30	27.30	30.57		
		Rosliston Parkrun 5 Km Road	01/01/2019	27.30	29.20	33.36		
		Rosliston Parkrun 5 Km Road	12/01/2019	27.30	29.20	39.19		
		Rosliston Parkrun 5 Km Road	19/01/2019	27.30	29.20	32.06		
		DR-Allestree 10 Km XC	20/01/2019	60.56	70.06	76.07		
		DR-Anslow 5.2 Miles XC	10/02/2019	56.20	57.08	65.05		
		Amersham 50 Km XC	09/03/2019			430.21		
		Rosliston Parkrun 5 Km Road	23/03/2019	27.30	29.20	55.04		
		Rosliston Parkrun 5 Km Road	30/03/2019	27.30	29.20	33.38		
Kevin Spare	1	Coventry 0.5 Marathon Road	24/03/2019	85.53		90.47		
Laura Bingham	5	Markeaton Parkrun 5 Km Road	26/01/2019	22.37		24.01		
		Markeaton Parkrun 5 Km Road	26/01/2019	22.37	24.01	24.01		
		The Winter Bash 10.2 Miles Fell	03/02/2019			98.24		
		DR-Anslow 5.2 Miles XC	10/02/2019			49.39		
		Carsington 0.5 Marathon Road	24/02/2019	105.54		109.58		
Leigh Holmes	2	Rosliston Parkrun 5 Km Road	09/02/2019	23.11	23.11	54.00		
		Millennium Way 41 Miles Trail	03/03/2019			509.08		
Matt McCormack	3	The Winter Bash 10.2 Miles Fell	03/02/2019			84.09		
		Markeaton Parkrun 5 Km Road	02/03/2019	21.05		22.34		
		Ashby 20 Miles Road	24/03/2019			162.24		
Michael Fishwick	1	Rosliston Parkrun 5 Km Road	23/02/2019	26.20	26.20	31.13		
Mitch Pritchard	3	DR-Allestree 10 Km XC	20/01/2019			56.55		
		DR-Anslow 5.2 Miles XC	10/02/2019	42.18	42.18	46.44		
		DR-Sinai 5 Miles XC	10/03/2019			47.03		
Nigel Elson	2	Longeaton Parkrun 5 Km Road	05/01/2019	18.15		20.17		
		DR-Sinai 5 Miles XC	10/03/2019	31.49	34.58	40.01		
Pamela Chamberlain	3	DR-Allestree 10 Km XC	20/01/2019	47.07	54.27	60.26		
		DR-Anslow 5.2 Miles XC	10/02/2019	48.06	48.06	49.53		
		DR-Sinai 5 Miles XC	10/03/2019	40.06	42.17	49.43		
Paul Mellor	5	Conkers Parkrun 5 Km Road	01/01/2019	19.13	19.46	20.57		
		Rosliston Parkrun 5 Km Road	01/01/2019	19.13	20.24	21.33		
		DR-Anslow 5.2 Miles XC	10/02/2019	36.21		41.10		



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Paul Mellor	5	Millennium Way 41 Miles Trail	03/03/2019			498.18		
		Walsall Parkrun 5 Km Road	16/03/2019	19.13	19.13	19.44		
Paul Smith	1	DR-Allestree 10 Km XC	20/01/2019	42.56	52.23	56.40		
Pete Stevens	5	Markeaton Parkrun 5 Km Road	05/01/2019	19.54	20.30	23.49		
		East Brighton Parkrun 5 Km Ro	12/01/2019	19.54		23.06		
		Rosliston Parkrun 5 Km Road	02/02/2019	19.54	20.14	22.39		
		Milton Keynes Parkrun 5 Km Ro	09/02/2019	19.54		22.14		
		Markeaton Parkrun 5 Km Road	16/03/2019	19.54	20.30	21.37		
Pete Wright	12	Starlight Relays C.Abbey 2.4 Mil	11/01/2019			16.27		
		Rosliston Parkrun 5 Km Road	19/01/2019	16.54	19.23	20.19		
		DR-Allestree 10 Km XC	20/01/2019	34.27		47.29		
		Waterways 30 Ultra 31 Miles Tr	26/01/2019			305.33		
		DR-Anslow 5.2 Miles XC	10/02/2019	37.38		39.18		
		Stamford 30 Km Road	17/02/2019	122.15	122.15	140.48		
		Derby Midweek 5 Km Road	20/02/2019	16.54	17.46	20.00		
		Derby Midweek Miles Road	20/02/2019	5.06	5.44	6.11		
		Millennium Way 41 Miles Trail	03/03/2019			420.28		
		DR-Sinai 5 Miles XC	10/03/2019	26.42	35.01	37.56		
		Stafford 0.5 Marathon Road	17/03/2019	78.43		87.32		
		Kingsbury Parkrun 5 Km Road	30/03/2019	16.54		18.46		
Peter Sennitt	4	Rosliston Parkrun 5 Km Road	01/01/2019	26.14	26.14	29.50		
		DR-Allestree 10 Km XC	20/01/2019	60.23		70.07		
		DR-Anslow 5.2 Miles XC	10/02/2019	52.42	52.42	58.55		
		Amersham 50 Km XC	09/03/2019			448.26		
Phil Daws	1	Rosliston Parkrun 5 Km Road	05/01/2019	21.57	22.35	28.07		
Richard Bayliss	8	Starlight Relays C.Abbey 2.4 Mil	11/01/2019			17.08		
		DR-Allestree 10 Km XC	20/01/2019			52.38		
		Tigger Tor 9.7 Miles Fell	27/01/2019			106.03		
		DR-Anslow 5.2 Miles XC	10/02/2019			43.32		
		Stretford Parkrun 5 Km Road	16/02/2019	20.49		21.49		
		Rosliston Parkrun 5 Km Road	02/03/2019	20.49	20.49	22.03		
		Grindleford Gallop 21 Miles XC	09/03/2019			247.21		
		Seven Pools Run 10 Km XC	24/03/2019	52.38		46.25		
Richard Finnigan	2	DR-Anslow 5.2 Miles XC	10/02/2019			46.22		
		DR-Sinai 5 Miles XC	10/03/2019			44.52		
Rob Leadbeater	2	Rosliston Parkrun 5 Km Road	02/03/2019	24.02	24.51	27.44		
		Rosliston Parkrun 5 Km Road	23/03/2019	24.02	24.51	27.24		
Sam Owen	6	Rosliston Parkrun 5 Km Road	01/01/2019	29.39	31.45	33.36		
		Rosliston Parkrun 5 Km Road	12/01/2019	29.39	31.45	39.17		
		DR-Allestree 10 Km XC	20/01/2019	70.48		77.44		
		DR-Anslow 5.2 Miles XC	10/02/2019			63.16		
		Amersham 50 Km XC	09/03/2019			461.26		
		Rosliston Parkrun 5 Km Road	23/03/2019	29.39	31.45	57.59		
Sarah Webb	1	Rosliston Parkrun 5 Km Road	12/01/2019	30.26	30.26	39.18		
Stanislaw Knopik	8	Rosliston Parkrun 5 Km Road	01/01/2019	16.48	20.22	20.58		
		Conkers Parkrun 5 Km Road	01/01/2019	16.48	18.21	20.18		
		Long Eaton Parkrun 5 Km Road	05/01/2019	16.48	19.46	20.25		

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Stanislaw Knopik	8	Derby Midweek Miles Road	16/01/2019	5.05	5.45	6.17		
		DR-Allestree 10 Km XC	20/01/2019	35.20		50.16		
		DR-Anslow 5.2 Miles XC	10/02/2019	37.02	38.46	41.31		
		DR-Sinai 5 Miles XC	10/03/2019	26.33	34.41	40.36		
		Stafford 0.5 Marathon Road	17/03/2019	76.09	78.57	92.15		
Stephen Wilson	1	Stafford 0.5 Marathon Road	17/03/2019	84.34		96.13		
Steve Clews	8	MP-Milford Common 5.2 Miles X	09/01/2019	37.07		38.15		
		DR-Allestree 10 Km XC	20/01/2019	40.04		48.15		
		MP-Delapra Park 6.7 Miles XC	23/01/2019			48.36		
		DR-Anslow 5.2 Miles XC	10/02/2019	37.07	38.16	39.58		
		MP-Cosford 5.8 Miles XC	14/02/2019	38.46		43.13		
		DR-Sinai 5 Miles XC	10/03/2019	27.55	36.41	39.28		
		MP-Redditch 5.7 Miles XC	13/03/2019			44.22		
		MP-Edgbaston 5.2 Miles XC	27/03/2019	37.07		37.38		
Swee-Leng Chuah	1	Rosliston Parkrun 5 Km Road	19/01/2019	17.56	17.56	20.12		
Tim Wade	10	Rosliston Parkrun 5 Km Road	01/01/2019	19.53	19.53	22.17		
		Conkers Parkrun 5 Km Road	01/01/2019	19.53	19.54	22.02		
		Conkers Parkrun 5 Km Road	05/01/2019	19.53	19.54	21.20		
		Rosliston Parkrun 5 Km Road	12/01/2019	19.53	19.53	22.48		
		Rosliston Parkrun 5 Km Road	19/01/2019	19.53	19.53	22.05		
		DR-Allestree 10 Km XC	20/01/2019	41.12		53.33		
		DR-Anslow 5.2 Miles XC	10/02/2019	40.28	40.28	43.57		
		Conkers Parkrun 5 Km Road	16/02/2019	19.53	19.54	25.23		
		Rosliston Parkrun 5 Km Road	02/03/2019	19.53	19.53	24.55		
		Millennium Way 41 Miles Trail	03/03/2019			501.49		
Tony Press	2	DR-Allestree 10 Km XC	20/01/2019	41.52		57.32		
		Millennium Way 41 Miles Trail	03/03/2019			551.01		
Wayne Adams	2	DR-Allestree 10 Km XC	20/01/2019			62.37		
		Belvoir Challenge 15 Miles XC	02/03/2019	146.34	146.34	173.25		