

# HATTON DARTS RUNNING CLUB

## YEAR 2019's MOST IMPROVED RUNNERS

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Tracey Lambert	38	Rosliston Parkrun 5 Km Road	01/01/2019	29.30	30.43	29.53	10	251
		Conkers Parkrun 5 Km Road	01/01/2019	29.30	30.04	29.53	6	
		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		
		Rushcliffe Parkrun 5 Km Road	06/04/2019	28.01	34.24	29.00	32	
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	48.33	52.17	49.14	16	
		Swansea Bay Parkrun 5 Km Ro	13/04/2019	28.01		28.35		
		Sutton Park Parkrun 5 Km Road	20/04/2019	28.01	33.22	29.09	27	
		Heaton Parkrun 5 Km Road	27/04/2019	28.01		29.29		
		Brueton Parkrun 5 Km Road	04/05/2019	28.01	31.38	29.15	19	
		Shipleigh Country Parkrun 5 Km R	11/05/2019	28.01		30.40		
		Draycote Water 10 Km Road	12/05/2019	64.57		60.49	16	
		Fairview Parkrun 5 Km Road	18/05/2019	28.01		30.05		
		Watermeadows Parkrun 5 Km R	25/05/2019	28.01		29.31		
		Rosliston Parkrun 5 Km Road	01/06/2019	28.01	29.07	30.41		
Crosby Parkrun 5 Km Road	08/06/2019	28.01		31.30				
BDSL Washland Relays 2.1 Mile	12/06/2019			19.19				
Alvaston Parkrun 5 Km Road	15/06/2019	28.01		28.46				
Chasewater Parkrun 5 Km Road	22/06/2019	28.01		28.40				
Conkers Parkrun 5 Km Road	29/06/2019	28.01	28.01	29.19				
John Finn	38	Conkers Parkrun 5 Km Road	01/01/2019	18.52	20.26	28.06		147
		Rosliston Parkrun 5 Km Road	01/01/2019	18.52	18.52	21.14		
		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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
John Finn	38	DR-Anslow 5.2 Miles XC	10/02/2019	42.32		37.54		147
		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		
		Rosliston Parkrun 5 Km Road	06/04/2019	18.52	18.52	21.04		
		Manchester Marathon Road	07/04/2019	188.59	228.07	203.04	29	
		Kingsbury Parkrun 5 Km Road	13/04/2019	18.52	21.12	24.34		
		Lough Key Parkrun 5 Km Road	20/04/2019	18.52	19.21	20.00		
		Lloyd Parkrun 5 Km Road	27/04/2019	18.52		22.19		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	87.37	90.19	99.19		
		Bestwood Village Parkrun 5 Km	11/05/2019	18.52		22.56		
		Hathersage Hurtle 20 Miles Fell	18/05/2019			181.46		
		Edinburgh Marathon Road	26/05/2019	188.59	247.57	211.00	35	
		Tittesworth 4.5 Miles Fell	30/05/2019			33.40		
		Dishley Parkrun 5 Km Road	01/06/2019	18.52	19.20	21.07		
		Buxton 4.7 Miles Fell	06/06/2019	44.09	44.09	39.14		
		Brierley Forest Parkrun 5 Km Ro	08/06/2019	18.52		21.41		
		BDSL Washland Relays 2.1 Mile	12/06/2019	12.25	13.06	13.12		
		Roaches 6 Miles Fell	13/06/2019			45.05		
		Alvaston Parkrun 5 Km Road	15/06/2019	18.52		20.08		
		Manchester Miles Track	19/06/2019			5.24		
		Ilam 5.8 Miles XC	20/06/2019			41.35		
		Sandwell Valley Parkrun 5 Km R	22/06/2019	18.52		20.51		
		Shutlingsloe 3.6 Miles Fell	27/06/2019			32.56		
		Sandwell Valley Parkrun 5 Km R	29/06/2019	18.52	20.51	20.25	10	
		Jo Butler	46	Rosliston Parkrun 5 Km Road	01/01/2019	25.32	26.33	29.14
Conkers Parkrun 5 Km Road	01/01/2019			25.32	27.18	29.16		
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	

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:			
Jo Butler	46	Rosliston Parkrun 5 Km Road	23/03/2019	25.30	26.33	29.33		145			
		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					
		Rosliston Parkrun 5 Km Road	06/04/2019	25.30	26.33	27.34					
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	44.32	44.32	43.15	11				
		Rosliston Parkrun 5 Km Road	13/04/2019	25.30	26.33	27.40					
		Draycote Water 10 Miles Road	14/04/2019	91.23		91.48					
		Graves Parkrun 5 Km Road	20/04/2019	25.30		29.09					
		Rosliston Parkrun 5 Km Road	27/04/2019	25.30	26.33	50.44					
		Tissington Marathon Road	28/04/2019	298.41		297.34	5				
		Rosliston Parkrun 5 Km Road	04/05/2019	25.30	26.33	29.14					
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	118.37	146.36	132.04	22				
		Wammy Parkrun 5 Km Road	11/05/2019	25.30		25.18	6				
		Norwich Parkrun 5 Km Road	18/05/2019	25.18		27.40					
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	91.23		91.36					
		Liverpool 5 Km Road	25/05/2019	25.18	35.10	26.55	45				
		Liverpool 0.5 Marathon Road	26/05/2019	118.37		125.09					
		Alvaston Parkrun 5 Km Road	01/06/2019	25.18		26.28					
		Man V Horse 7.5 Miles XC	08/06/2019			81.16					
		BDSL Washland Relays 2.1 Mile	12/06/2019			17.34					
		Chasewater Parkrun 5 Km Road	15/06/2019	25.18		26.19					
		Marchington 10 Km Road	16/06/2019	53.37		56.36					
		Bestwood Village Parkrun 5 Km	22/06/2019	25.18		28.42					
		Fractured Marathon(Calke) 2.6	28/06/2019	23.40	23.40	23.50					
		Fractured Marathon(Calke) 2.6	28/06/2019			23.40					
		Rosliston Parkrun 5 Km Road	29/06/2019	25.18	26.33	30.46					
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	54.46	59.06	59.49					
		Rachel Elliott	18	Markeaton Parkrun 5 Km Road	05/01/2019	23.43	24.16		23.49	9	105
				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					
BDSL Conkers(SDRR) 5 Miles	07/04/2019			37.59	40.52	38.34	19				
Markeaton Parkrun 5 Km Road	13/04/2019			23.43	23.49	23.44	5				
BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019			138.16	138.16	107.09	47				
Rosliston Parkrun 5 Km Road	11/05/2019			23.43	24.31	25.05					
BDSL Burton(BAC) 10 Miles Ro	19/05/2019			84.41	87.51	83.03	18				
Markeaton Parkrun 5 Km Road	01/06/2019			23.43	23.44	23.33	7				
BDSL Washland Relays 2.1 Mile	12/06/2019			15.52	15.52	16.32					
Marchington 10 Km Road	16/06/2019			46.45		49.43					
Alvaston Parkrun 5 Km Road	22/06/2019			23.33		23.46					
BDSL Gate Gallop(Peel) 10 Km	30/06/2019			53.21	53.21	53.00					
Tom Bradley	40			Conkers Parkrun 5 Km Road	01/01/2019	17.31	17.31	20.06		91	
				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					

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Tom Bradley	40	DR-Anslow 5.2 Miles XC	10/02/2019	34.58	34.58	35.59		91		
		Conkers Parkrun 5 Km Road	16/02/2019	17.31	17.31	18.58				
		DR-Grace Dieu 4.75 Miles XC	17/02/2019	33.56		32.21				
		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				
		Long Eaton 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				
		Rosliston Parkrun 5 Km Road	06/04/2019	17.31	17.50	18.41				
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	29.42	29.42	30.30				
		Rosliston Parkrun 5 Km Road	13/04/2019	17.31	17.50	18.38				
		Derby Midweek Miles Road	17/04/2019	5.05	5.05	7.09				
		Derby Midweek 5 Km Road	17/04/2019	17.31	18.57	17.52	24			
		Walsall Parkrun 5 Km Road	20/04/2019	17.31	18.08	17.40	15			
		Conkers Parkrun 5 Km Road	27/04/2019	17.31	17.31	18.07				
		Rosliston Parkrun 5 Km Road	04/05/2019	17.31	17.50	22.19				
		Milton keynes Marathon Road	06/05/2019	220.53		199.02	28			
		Rosliston Parkrun 5 Km Road	25/05/2019	17.31	17.50	18.37				
		Darley Park 5 Km Road	28/05/2019	17.31	18.41	18.39	5			
		Rosliston Parkrun 5 Km Road	01/06/2019	17.31	17.50	18.59				
		Man V Horse 7.5 Miles XC	08/06/2019			53.01				
		BDSL Washland Relays 2.1 Mile	12/06/2019	11.40	11.59	13.17				
		BDSL Washland Relays 2.1 Mile	12/06/2019	11.40	11.59	12.19				
		Alvaston Parkrun 5 Km Road	15/06/2019	17.31		18.18				
		Manchester Miles Track	19/06/2019			5.15				
		Rosliston Parkrun 5 Km Road	22/06/2019	17.31	17.50	20.53				
		Darley Park 5 Km Road	25/06/2019	17.31	18.39	19.04				
		Fractured Marathon(Calke) 2.6	28/06/2019			15.47				
		Fractured Marathon(Calke) 2.6	28/06/2019	15.47	15.47	17.04				
		Fractured Marathon(Calke) 2.6	28/06/2019	15.47	15.47	16.08				
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	40.04	40.04	39.55				
		Sarah Austin	15	Rosliston Parkrun 5 Km Road	01/01/2019	36.56	36.56	38.22		78
				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				
Markeaton Parkrun 5 Km Road	06/04/2019			34.44	34.44	34.06	8			
Conkers Parkrun 5 Km Road	13/04/2019			34.06	36.49	32.19	25			
Rosliston Parkrun 5 Km Road	04/05/2019			32.19	35.17	33.29	13			
Conkers Parkrun 5 Km Road	11/05/2019			32.19	32.19	31.42	8			
Conkers Parkrun 5 Km Road	25/05/2019			31.42	31.42	31.42				
Sutton Park 8.5 Miles Road	02/06/2019					95.00				
Conkers Parkrun 5 Km Road	08/06/2019			31.42	31.42	31.44				
BDSL Washland Relays 2.1 Mile	12/06/2019					20.21				
Penrose Parkrun 5 Km Road	22/06/2019			31.42		31.46				
Rosliston Parkrun 5 Km Road	29/06/2019			31.42	33.29	34.38				
Adrian Leigh	23	Conkers Parkrun 5 Km Road	01/01/2019	20.12		19.56	8	75		
		Rosliston Parkrun 5 Km Road	01/01/2019	20.12	20.25	22.40				

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Adrian Leigh	23	DR-Allestree 10 Km XC	20/01/2019	43.30		49.05		75
		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		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	33.29	33.30	32.52	10	
		London Marathon Road	28/04/2019	224.34		201.32	28	
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	88.41	97.18	92.29	17	
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	70.52	70.52	68.58	12	
		Man V Horse 6.5 Miles XC	08/06/2019			51.13		
		Rosliston Parkrun 5 Km Road	22/06/2019	19.56	20.25	25.13		
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	21.39		
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	20.20		
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	23.24		
		Fractured Marathon(Calke) 2.6	28/06/2019	20.38	20.38	20.15		
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	22.12		
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	25.38		
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	25.11		
		Fractured Marathon(Calke) 2.6	28/06/2019			20.38		
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	20.18		
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	20.39		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	43.30	43.30	45.26		
Kevin Jackman	16	Rosliston Parkrun 5 Km Road	01/01/2019	28.08	29.25	29.26		74
		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	
		Conkers Parkrun 5 Km Road	02/02/2019	28.08	29.39	28.06	14	
		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	
		BDSL Conkers(SDRR) 5 Miles	07/04/2019			42.43		
		Rosliston Parkrun 5 Km Road	13/04/2019	26.18	27.18	26.43	9	
		Conkers Parkrun 5 Km Road	20/04/2019	26.18	26.18	26.26		
		Rosliston Parkrun 5 Km Road	27/04/2019	26.18	26.43	26.52		
		Rosliston Parkrun 5 Km Road	11/05/2019	26.18	26.43	28.21		
		Mull of Kintyre 0.5 Marathon Ro	26/05/2019			171.21		
		Ewan Leadbeater	3	Rosliston Parkrun 5 Km Road	01/01/2019	24.26	28.09	
Rosliston Parkrun 5 Km Road	11/05/2019			24.26	25.20	23.09	23	
Black Parkrun (Slough) 5 Km Ro	18/05/2019			23.09		21.39	20	
Carol Sharratt	39	Belper 4.8 Miles Road	01/01/2019			51.13		65
		Shipleby 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 Miles Road	16/01/2019	7.02	7.02	9.01		
		Derby Midweek 5 Km Road	16/01/2019	22.37	22.37	28.57		
		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		

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Carol Sharratt	39	Derby Midweek Miles Road	20/02/2019	7.02	7.02	9.03		65
		Centurion Grand Prix 5 Miles Ro	03/03/2019	38.42	45.42	47.13		
		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 5 Km Road	17/03/2019	22.37	22.37	28.53		
		Derby Midweek Miles Road	17/03/2019	7.02	7.02	8.46		
		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		
		Burton 800 Metres Track	01/04/2019	4.02	4.14	3.58	16	
		Burton 200 Metres Track	01/04/2019	39.00	44.70	44.30	7	
		Burton 1500 Metres Track	04/04/2019	7.57	8.13	8.18		
		Burton 100 Metres Track	04/04/2019	20.90	20.90	20.40	13	
		Burton 400 Metres Track	04/04/2019	112.40	112.40	110.30	8	
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	38.42	43.34	48.40		
		Rosliston Parkrun 5 Km Road	13/04/2019	22.37	29.00	30.31		
		Doncaster Parkrun 5 Km Road	27/04/2019	22.37	27.31	29.13		
		Rosliston Parkrun 5 Km Road	04/05/2019	22.37	29.00	29.42		
		Ilkeston Stute 5 Miles Road	07/05/2019	38.42		46.39		
		Rosliston Parkrun 5 Km Road	11/05/2019	22.37	29.00	29.37		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	80.50	80.50	103.28		
		Duffield 4 Miles Road	24/05/2019	30.42	40.36	38.33	14	
		Belper Lane End 4.6 Miles Road	25/05/2019	41.45		48.58		
		Milford 5.5 Miles Road	26/05/2019	55.35	55.35	57.13		
		Rowsley 4 Miles Road	27/05/2019	30.42	38.50	42.51		
		Birmingham 3000 Metres Track	05/06/2019	14.52	16.34	16.22	7	
		Doncaster 0.5 Marathon Road	09/06/2019	105.25		131.06		
		BDSL Washland Relays 2.1 Mile	12/06/2019	17.17	17.17	19.35		
		Arden (Solihull) 9 Miles Road	16/06/2019	77.45	77.45	85.38		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	42.36	61.10	62.02		
		James Cassidy	6	Prestwold 0.5 Marathon Road	17/02/2019	80.41		79.54
Rosliston Parkrun 5 Km Road	20/04/2019			18.38	18.38	18.09	14	
Stratford Marathon Road	28/04/2019			184.11	184.11	175.03	21	
Sutton Park 8.5 Miles Road	02/06/2019					50.56		
BDSL Washland Relays 2.1 Mile	12/06/2019					11.49		
Marchington 10 Km Road	16/06/2019			38.08	38.35	36.37	22	
Hayley Singleton	5	Carsington 0.5 Marathon Road	24/02/2019	115.26		112.41	10	64
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	40.36	40.36	40.20	6	
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	112.41	133.19	115.23	31	
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	86.30	86.30	88.58		
		Derby 0.5 Marathon Road	09/06/2019	112.41	115.26	109.00	17	
Bethan Kwiatkowski	13	Rosliston Parkrun 5 Km Road	12/01/2019	38.13	38.13	57.26		63
		Rosliston Parkrun 5 Km Road	26/01/2019	38.13	38.13	56.46		
		Rosliston Parkrun 5 Km Road	20/04/2019	38.13	38.13	38.22		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019			121.08		
		Rosliston Parkrun 5 Km Road	11/05/2019	38.13	38.13	50.22		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019			85.24		
		Rosliston Parkrun 5 Km Road	25/05/2019	38.13	38.13	43.19		
		Rosliston Parkrun 5 Km Road	01/06/2019	38.13	38.13	38.05	5	
		BDSL Washland Relays 2.1 Mile	12/06/2019			15.19		
		Marchington 10 Km Road	16/06/2019			49.53		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:	
Bethan Kwiatkowski	13	Rosliston Parkrun 5 Km Road	22/06/2019	38.05	38.05	25.37	58	63	
		Cannock Chase 0.5 Marathon Tr	29/06/2019			126.00			
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019			58.35			
Dave Smith	25	Rosliston Parkrun 5 Km Road	01/01/2019	20.59	22.02	21.52	6	63	
		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 Miles Road	20/02/2019			6.13			
		Derby Midweek 5 Km Road	20/02/2019	20.58		21.22			
		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
		BDSL Conkers(SDRR) 5 Miles	07/04/2019			35.45			
		Longeaton Parkrun 5 Km Road	13/04/2019	20.36	21.11	20.55			8
		Wammy Parkrun 5 Km Road	27/04/2019	20.36		21.15			
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019			102.11			
		Roundhay Parkrun 5 Km Road	11/05/2019	20.36		22.13			
		Dishley Parkrun 5 Km Road	18/05/2019	20.36	21.15	23.53			
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019			74.23			
		Alvaston Parkrun 5 Km Road	25/05/2019	20.36		21.12			
		Rosliston Parkrun 5 Km Road	01/06/2019	20.36	21.39	23.45			
		BDSL Washland Relays 2.1 Mile	12/06/2019			14.08			
		Chasewater Parkrun 5 Km Road	15/06/2019	20.36		20.59			
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	54.02		46.55			
Paul Waters	10	DR-Allestree 10 Km XC	20/01/2019	40.21		43.36	21	56	
		Alsager 5 Miles Road	03/02/2019	30.53		30.59			
		Barcelona 0.5 Marathon Road	10/02/2019	84.11		80.03			
		DR-Sinai 5 Miles XC	10/03/2019	36.50	36.50	36.21			
		Rotterdam Marathon Road	07/04/2019	174.15		176.53			
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	80.03	86.45	84.28			13
		Manchester 10 Km Road	19/05/2019	38.18		37.03			16
		Hull 0.5 Marathon Road	02/06/2019	80.03		83.00			
		BDSL Washland Relays 2.1 Mile	12/06/2019	12.31	12.31	12.28			6
BDSL Gate Gallop(Peel) 10 Km	30/06/2019	40.21	40.21	41.16					
Brian Thomas	22	Rosliston Parkrun 5 Km Road	01/01/2019	19.37	19.37	20.38	14	49	
		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			
		Rosliston Parkrun 5 Km Road	06/04/2019	19.37	19.37	20.37			
		Derby 10 Km Road	07/04/2019	39.48		38.42			13
		Rosliston Parkrun 5 Km Road	13/04/2019	19.37	19.37	20.20			
		London Marathon Road	28/04/2019	193.46		185.30			17
		SinFin 10 Km Road	12/05/2019	38.42		44.35			
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	67.08	67.08	67.58			
		Beeston 5 Miles Road	22/05/2019	30.50	30.50	31.12			

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Brian Thomas	22	Rosliston Parkrun 5 Km Road	25/05/2019	19.37	19.37	20.02		49
		Darley Park 5 Km Road	28/05/2019	19.37		20.00		
		Derby 0.5 Marathon Road	09/06/2019	89.02	99.22	99.18	5	
		Rothley 10 Km Road	11/06/2019	38.42		41.26		
		BDSL Washland Relays 2.1 Mile	12/06/2019			13.10		
		Darley Abbey Relays 2 Miles Ro	14/06/2019	12.39	12.39	13.23		
		Rosliston Parkrun 5 Km Road	15/06/2019	19.37	19.37	20.43		
		Marchington 10 Km Road	16/06/2019	38.42		40.55		
		Darley Park 5 Km Road	25/06/2019	19.37	20.00	20.03		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019			43.05		
Dave Benstead	25	Conkers Parkrun 5 Km Road	01/01/2019	21.31	23.58	22.49	15	49
		Rosliston Parkrun 5 Km Road	01/01/2019	21.31	22.17	24.31		
		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		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	36.42		36.58		
		Rosliston Parkrun 5 Km Road	13/04/2019	21.31	22.17	23.20		
		Derby Midweek 5 Km Road	17/04/2019	21.31	21.31	21.30	5	
		Rosliston Parkrun 5 Km Road	20/04/2019	21.30	22.17	22.57		
		Rosliston Parkrun 5 Km Road	27/04/2019	21.30	22.17	24.59		
		King's Lynn 10 Km Road	05/05/2019	46.29	47.08	44.37	17	
		Rosliston Parkrun 5 Km Road	11/05/2019	21.30	22.17	23.21		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019			76.44		
		Rosliston Parkrun 5 Km Road	01/06/2019	21.30	22.17	22.27		
		Rosliston Parkrun 5 Km Road	08/06/2019	21.30	22.17	24.18		
		BDSL Washland Relays 2.1 Mile	12/06/2019			14.52		
		Rosliston Parkrun 5 Km Road	15/06/2019	21.30	22.17	23.22		
		Rosliston Parkrun 5 Km Road	22/06/2019	21.30	22.17	24.02		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	51.17	51.17	50.52		
Joanne Stevens	8	Rosliston Parkrun 5 Km Road	19/01/2019	27.33	29.24	32.40		44
		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		
		Conkers Parkrun 5 Km Road	27/04/2019	27.33	34.30	28.57	33	
		Rosliston Parkrun 5 Km Road	04/05/2019	27.33	29.24	29.46		
		Chatsworth 10 Km XC	30/06/2019	59.16	64.25	61.02		
Sharon Wright	16	Rosliston Parkrun 5 Km Road	19/01/2019	27.02	27.02	31.11		44
		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		



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Sharon Wright	16	Rosliston Parkrun 5 Km Road	06/04/2019	27.02	27.02	28.00		44
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	44.40	48.53	45.47	17	
		Derby Midweek 5 Km Road	17/04/2019	27.02	27.59	28.50		
		Derby Midweek Miles Road	17/04/2019	8.23	8.23	7.57	15	
		Rosliston Parkrun 5 Km Road	20/04/2019	27.02	27.02	27.54		
		Telford Miles Track	01/05/2019			8.10		
		Telford 400 Metres Track	01/05/2019	82.20	82.20	95.70		
		Telford 100 Metres Track	01/05/2019	17.40	17.40	18.40		
		Man V Horse 8 Miles XC	08/06/2019			120.19		
Jane Wade	20	Rosliston Parkrun 5 Km Road	01/01/2019	23.55	25.19	29.53		40
		Conkers Parkrun 5 Km Road	01/01/2019	23.55	24.21	28.42		
		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	
		Kingsbury Parkrun 5 Km Road	13/04/2019	23.55	26.40	26.38	5	
		Tissington Marathon Road	28/04/2019	240.58		269.18		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	106.54	119.30	128.37		
		Cadair Idris 11 Miles XC	18/05/2019	166.01	166.01	176.15		
		Duffield 4 Miles Road	24/05/2019	35.33	35.33	36.04		
		Belper Lane End 4.6 Miles Road	25/05/2019			44.42		
		Milford 5.5 Miles Road	26/05/2019	53.48	53.48	52.34	9	
		Rowsley 4 Miles Road	27/05/2019	35.33	38.38	40.05		
		Dishley Parkrun 5 Km Road	01/06/2019	23.55		27.00		
Brierley Forest Parkrun 5 Km Ro	08/06/2019	23.55		27.27				
Alvaston Parkrun 5 Km Road	15/06/2019	23.55		27.07				
Mark Slade	35	Northwich Parkrun 5 Km Road	01/01/2019	17.43		19.31		39
		Delamere Parkrun 5 Km Road	01/01/2019	17.43		19.09		
		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		
		Long Eaton 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		
		Long Eaton 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	
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	29.54	30.49	31.15		
		Rosliston Parkrun 5 Km Road	13/04/2019	17.43	18.37	19.10		
		Walsall Parkrun 5 Km Road	20/04/2019	17.43	17.58	18.04		
		Conkers Parkrun 5 Km Road	27/04/2019	17.43	17.52	18.57		

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Mark Slade	35	Rosliston Parkrun 5 Km Road	04/05/2019	17.43	18.37	19.45		39
		Milton keynes 0.5 Marathon Roa	06/05/2019	84.20		94.17		
		Rosliston Parkrun 5 Km Road	11/05/2019	17.43	18.37	19.45		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	63.17	66.23	66.02	6	
		Rosliston Parkrun 5 Km Road	25/05/2019	17.43	18.37	19.51		
		Darley Park 5 Km Road	28/05/2019	17.43	18.58	19.10		
		Alvaston Parkrun 5 Km Road	01/06/2019	17.43		18.39		
		Rosliston Parkrun 5 Km Road	08/06/2019	17.43	18.37	19.57		
		BDSL Washland Relays 2.1 Mile	12/06/2019	12.03	12.20	12.32		
		Alvaston Parkrun 5 Km Road	15/06/2019	17.43	18.39	18.26	9	
		Chasewater Parkrun 5 Km Road	22/06/2019	17.43		18.51		
		Darley Park 5 Km Road	25/06/2019	17.43	18.58	18.54	6	
		Rosliston Parkrun 5 Km Road	29/06/2019	17.43	18.37	19.37		
		Damon Freeston	13	Rosliston Parkrun 5 Km Road	23/02/2019			
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	
Markeaton Parkrun 5 Km Road	06/04/2019			21.12	21.26	20.39	14	
Grindleford(Spring Series 14.5 K	07/04/2019					81.46		
Rosliston Parkrun 5 Km Road	13/04/2019			20.39	21.12	21.22		
White Peak 25.7 Km Trail	12/05/2019					141.19		
Derby 0.5 Marathon Road	09/06/2019					96.52		
Alvaston Parkrun 5 Km Road	22/06/2019			20.39		20.40		
Bakewell 6.5 Miles Fell	30/06/2019					53.48		
Sian Hamilton	36	Conkers Parkrun 5 Km Road	01/01/2019	23.51	23.51	28.39		35
		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	
		Rosliston Parkrun 5 Km Road	30/03/2019	23.51	25.25	26.08		
		Rosliston Parkrun 5 Km Road	06/04/2019	23.51	25.25	26.04		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	39.27	39.27	39.19	5	
		Dolgellau Parkrun 5 Km Road	13/04/2019	23.51		24.56		
		Norwich Parkrun 5 Km Road	20/04/2019	23.51		24.52		
		Rosliston Parkrun 5 Km Road	27/04/2019	23.51	25.25	26.42		
		Rosliston Parkrun 5 Km Road	04/05/2019	23.51	25.25	26.53		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	109.30	117.13	111.01	17	
		Rosliston Parkrun 5 Km Road	11/05/2019	23.51	25.25	27.00		
		Bois du Boulogne 5 Km Road	18/05/2019	23.51		24.54		

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Sian Hamilton	36	Rosliston Parkrun 5 Km Road	25/05/2019	23.51	25.25	27.36		35
		Cannock Chase Parkrun 5 Km	01/06/2019	23.51		25.29		
		Rosliston Parkrun 5 Km Road	08/06/2019	23.51	25.25	27.09		
		BDSL Washland Relays 2.1 Mile	12/06/2019	16.21	16.21	17.04		
		Mizuno Endure 24 5 Miles XC	15/06/2019	45.00	45.57	42.18		
		Mizuno Endure 24 5 Miles XC	15/06/2019	42.18	42.18	47.53		
		Mizuno Endure 24 5 Miles XC	15/06/2019	42.18	42.18	43.40		
		Mizuno Endure 24 5 Miles XC	15/06/2019	42.18	42.18	48.34		
		Southend Parkrun 5 Km Road	22/06/2019	23.51	24.32	24.49		
		Rosliston Parkrun 5 Km Road	29/06/2019	23.51	25.25	27.41		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	52.59	52.59	54.47		
Jamie Fletcher	10	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	
		Manchester Marathon Road	07/04/2019	166.28		185.17		
		Rosliston Parkrun 5 Km Road	04/05/2019	16.36	16.55	18.36		
		Alvaston Parkrun 5 Km Road	01/06/2019	16.36		17.56		
		BDSL Washland Relays 2.1 Mile	12/06/2019	10.57	10.57	11.48		
Andrew Woolley	16	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		
		Rosliston Parkrun 5 Km Road	23/02/2019	23.45	23.45	22.42	15	
		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	
		BDSL Conkers(SDRR) 5 Miles	07/04/2019			36.29		
		Rosliston Parkrun 5 Km Road	13/04/2019	21.57	21.57	21.59		
		Rosliston Parkrun 5 Km Road	27/04/2019	21.57	21.57	23.07		
		Rosliston Parkrun 5 Km Road	04/05/2019	21.57	21.57	22.24		
		Rosliston Parkrun 5 Km Road	08/06/2019	21.57	21.57	23.09		
		Rosliston Parkrun 5 Km Road	15/06/2019	21.57	21.57	22.37		
		Rosliston Parkrun 5 Km Road	22/06/2019	21.57	21.57	22.33		
		Rosliston Parkrun 5 Km Road	29/06/2019	21.57	21.57	22.30		
Mitch Pritchard	9	DR-Allestree 10 Km XC	20/01/2019			56.55		25
		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		
		X-Runner 10 Km Obstacle	06/04/2019	60.00	69.00	69.00		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	37.00	39.55	40.15		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	123.17	123.17	110.09	25	
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019			82.00		
		BDSL Washland Relays 2.1 Mile	12/06/2019	13.48		14.40		
BDSL Gate Gallop(Peel) 10 Km	30/06/2019	56.55		49.19				
Pete Stevens	15	Markeaton Parkrun 5 Km Road	05/01/2019	19.54	20.30	23.49		22
		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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Pete Stevens	15	Markeaton Parkrun 5 Km Road	16/03/2019	19.54	20.30	21.37		22
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	33.08		34.33		
		Markeaton Parkrun 5 Km Road	13/04/2019	19.54	20.30	20.01	11	
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	95.54		97.14		
		Rosliston Parkrun 5 Km Road	11/05/2019	19.54	20.14	21.41		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	75.11	75.11	73.14	11	
		Markeaton Parkrun 5 Km Road	01/06/2019	19.54	20.01	29.55		
		BDSL Washland Relays 2.1 Mile	12/06/2019	13.29	13.29	14.11		
		Marchington 10 Km Road	16/06/2019	41.38		44.05		
		Alvaston Parkrun 5 Km Road	22/06/2019	19.54		20.55		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	43.31	43.31	49.20		
Andrew Bennett	41	Conkers Parkrun 5 Km Road	01/01/2019	24.33	25.09	28.53		21
		Rosliston Parkrun 5 Km Road	01/01/2019	24.33	26.08	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		
		Rosliston Parkrun 5 Km Road	06/04/2019	24.33	26.08	27.18		
		Cathedral to Castle 10 Miles XC	07/04/2019	89.43	89.43	90.31		
		Rosliston Parkrun 5 Km Road	13/04/2019	24.33	26.08	27.45		
		Draycote Water 10 Miles Road	14/04/2019	90.45		93.39		
		Peak Rail 7 Miles Trail	20/04/2019	65.57	65.57	63.34		
		Rosliston Parkrun 5 Km Road	27/04/2019	24.33	26.08	59.40		
		Dragon's Lair 10 Km XC	28/04/2019	56.52		61.59		
		Brierley Forest Parkrun 5 Km Ro	04/05/2019	24.33		28.38		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	118.41	127.45	120.50	15	
		Wammy Parkrun 5 Km Road	11/05/2019	24.33		27.13		
		SinFin 10 Km Road	12/05/2019	51.25	53.14	54.46		
		Gedling Parkrun 5 Km Road	18/05/2019	24.33		28.52		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	90.45	90.45	90.10	6	
		Rosliston Parkrun 5 Km Road	25/05/2019	24.33	26.08	28.51		
		Alvaston Parkrun 5 Km Road	01/06/2019	24.33		27.22		
		Man V Horse 8 Miles XC	08/06/2019			110.00		
		BDSL Washland Relays 2.1 Mile	12/06/2019	16.43		17.16		
		Chasewater Parkrun 5 Km Road	15/06/2019	24.33		25.52		
		Rosliston Parkrun 5 Km Road	22/06/2019	24.33	26.08	28.22		
		Fractured Marathon(Calke) 2.6	28/06/2019			23.25		
		Fractured Marathon(Calke) 2.6	28/06/2019	23.25	23.25	24.05		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Andrew Bennett	41	BDSL Gate Gallop(Peel) 10 Km	30/06/2019	56.52	56.52	58.46		21
Barry Birch	1	BDSL Conkers(SDRR) 5 Miles	07/04/2019	38.29	43.32	40.45	18	18
Richard Millward	3	The Winter Bash 10.2 Miles Fell	03/02/2019			106.16		16
		Croxteth Hall Parkrun 5 Km Roa	16/02/2019	22.17		29.08		
		Markeaton Parkrun 5 Km Road	23/03/2019	22.17	28.42	26.55	16	
Wayne Adams	4	DR-Allestree 10 Km XC	20/01/2019			62.37		16
		Belvoir Challenge 15 Miles XC	02/03/2019	146.34	146.34	173.25		
		Mickleover 10 Km Road	06/05/2019	47.23	54.23	51.24	16	
		Chatsworth 10 Km XC	30/06/2019	62.37		56.12		
Matt McCormack	12	The Winter Bash 10.2 Miles Fell	03/02/2019			84.09		15
		Markeaton Parkrun 5 Km Road	02/03/2019	21.05		22.34		
		Ashby 20 Miles Road	24/03/2019			162.24		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019			34.51		
		Brighton Marathon Road	14/04/2019			219.39		
		Rosliston Parkrun 5 Km Road	20/04/2019	21.05	21.05	21.30		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	102.14		97.51	15	
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	72.19		76.27		
		Derby 0.5 Marathon Road	09/06/2019	97.51		104.02		
		BDSL Washland Relays 2.1 Mile	12/06/2019			13.38		
		Darley Abbey Relays 2 Miles Ro	14/06/2019			13.50		
		Cannock Chase 0.5 Marathon Tr	29/06/2019			116.36		
Steve Harvey	8	Rosliston Parkrun 5 Km Road	20/04/2019			26.46		15
		Rosliston Parkrun 5 Km Road	04/05/2019	26.46	26.46	26.54		
		Rosliston Parkrun 5 Km Road	11/05/2019	26.46	26.46	27.16		
		Rosliston Parkrun 5 Km Road	01/06/2019	26.46	26.46	27.02		
		Rosliston Parkrun 5 Km Road	08/06/2019	26.46	26.46	26.26	7	
		Gnosall Carnival 10 Km XC	15/06/2019			71.55		
		Rosliston Parkrun 5 Km Road	22/06/2019	26.26	26.26	26.02	8	
		Rosliston Parkrun 5 Km Road	29/06/2019	26.02	26.02	26.56		
Pete Wright	24	Starlight Relays C.Abbey 2.4 Mil	11/01/2019			16.27		12
		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		
		Rosliston Parkrun 5 Km Road	06/04/2019	16.54	19.23	20.10		
		Rosliston Parkrun 5 Km Road	13/04/2019	16.54	19.23	19.49		
		Derby Midweek 5 Km Road	17/04/2019	16.54	17.46	19.08		
		Derby Midweek Miles Road	17/04/2019	5.06	5.44	5.35	12	
		London Marathon Road	28/04/2019	173.59	173.59	182.51		
		Telford 100 Metres Track	01/05/2019	13.00	15.40	21.00		
		Telford 400 Metres Track	01/05/2019	64.00	70.40	94.20		
		Telford Miles Track	01/05/2019			6.10		

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Pete Wright	24	Darley Park 5 Km Road	28/05/2019	16.54		19.43		12
		Man V Horse 8 Miles XC	08/06/2019			71.42		
		BDSL Washland Relays 2.1 Mile	12/06/2019	12.55	12.55	13.05		
		Harwich 5 Km Road	16/06/2019	16.54		19.15		
Tim Wade	19	Rosliston Parkrun 5 Km Road	01/01/2019	19.53	19.53	22.17		11
		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		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	31.12	34.20	36.50		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	88.32	106.39	103.45	11	
		Mickleover 0.5 Marathon Road	06/05/2019	88.32		103.50		
		Rosliston Parkrun 5 Km Road	11/05/2019	19.53	19.53	23.35		
		Lichfield 0.5 Marathon Road	12/05/2019	88.32		100.08		
		Brierley Forest Parkrun 5 Km Ro	08/06/2019	19.53		23.20		
		Derby 0.5 Marathon Road	09/06/2019	88.32	92.35	114.23		
		BDSL Washland Relays 2.1 Mile	12/06/2019	13.24	13.37	14.31		
BDSL Gate Gallop(Peel) 10 Km	30/06/2019	41.12	43.06	46.39				
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	31	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		
		Rosliston Parkrun 5 Km Road	09/02/2019	18.27	20.07	20.46		
		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		

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Richard Nash	31	Walsall Parkrun 5 Km Road	16/03/2019	18.27	19.08	20.35		8
		Beeston Parkrun 5 Km Road	30/03/2019	18.27	19.06	29.19		
		Swansea Bay Parkrun 5 Km Ro	13/04/2019	18.27		21.26		
		Sutton Park Parkrun 5 Km Road	20/04/2019	18.27	21.12	21.49		
		Fairview Parkrun 5 Km Road	18/05/2019	18.27		22.17		
		Watermeadows Parkrun 5 Km R	25/05/2019	18.27		21.33		
		Crosby Parkrun 5 Km Road	08/06/2019	18.27		23.42		
		BDSL Washland Relays 2.1 Mile	12/06/2019	12.33	12.33	14.35		
		Chasewater Parkrun 5 Km Road	22/06/2019	18.27		23.45		
Debbie Gilman	15	Rosliston Parkrun 5 Km Road	01/01/2019	19.45	21.31	22.23		7
		Conkers Parkrun 5 Km Road	01/01/2019	19.45	19.45	21.52		
		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		
		Rotterdam Marathon Road	07/04/2019	181.05		199.39		
		Conkers Parkrun 5 Km Road	27/04/2019	19.45	19.45	21.31		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	87.15	94.55	94.17	7	
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	68.19	68.19	72.27		
		Hull 0.5 Marathon Road	02/06/2019	87.15		94.40		
		BDSL Washland Relays 2.1 Mile	12/06/2019	13.11	13.11	15.07		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	44.33	44.33	45.56		
Steve Clews	14	MP-Milford Common 5.2 Miles X	09/01/2019	37.07		38.15		6
		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		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	28.59	34.01	33.53	6	
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	80.54	86.31	92.37		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	60.19	63.08	69.54		
		Wincle Trout Run 6 Miles Fell	01/06/2019			54.35		
		BDSL Washland Relays 2.1 Mile	12/06/2019	12.44	12.44	14.32		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	40.04	45.31	44.27		
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 Tyas	1	Rosliston Parkrun 5 Km Road	25/05/2019			27.02		
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		
Chris Fletcher	33	Conkers Parkrun 5 Km Road	01/01/2019	17.47	20.19	23.07		
		Rosliston Parkrun 5 Km Road	01/01/2019	17.47	21.17	21.43		
		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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:		
Chris Fletcher	33	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				
		Eastville Parkrun 5 Km Road	06/04/2019	17.47		22.33				
		Sutton Park Parkrun 5 Km Road	20/04/2019	17.47		22.09				
		Tissington Marathon Road	28/04/2019	179.48		221.28				
		Tissington Marathon Road	28/04/2019	179.48	221.28	221.28				
		Rosliston Parkrun 5 Km Road	04/05/2019	17.47	21.17	22.37				
		Forest Rec Parkrun 5 Km Road	11/05/2019	17.47		22.13				
		Dishley Parkrun 5 Km Road	18/05/2019	17.47		23.54				
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	62.29	62.29	73.44				
		Alvaston Parkrun 5 Km Road	01/06/2019	17.47		21.16				
		Man V Horse 7.5 Miles XC	08/06/2019	73.56	73.56	57.09				
		BDSL Washland Relays 2.1 Mile	12/06/2019	11.58	11.58	14.32				
		Isabel Trail Parkrun 5 Km Road	15/06/2019	17.47		21.06				
		Marchington 10 Km Road	16/06/2019	36.22		44.22				
		Bestwood Village Parkrun 5 Km	22/06/2019	17.47		23.10				
		Wakefield Thornes Parkrun 5 K	29/06/2019	17.47		22.05				
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	37.24	45.45	46.45				
		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				
Danial Bower	5	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				
		Loughborough 0.5 Marathon Ro	07/04/2019	80.39		84.17				
		London Marathon Road	28/04/2019			175.07				
Duncan Stewart	10	Rosliston Parkrun 5 Km Road	01/01/2019	16.27		23.08				
		Conkers Parkrun 5 Km Road	01/01/2019	16.27	17.40	19.21				
		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				
		Birmingham 800 Metres Track	05/06/2019	2.02		2.18				
		Birmingham 3000 Metres Track	05/06/2019	9.54		10.29				
		Birmingham 200 Metres Track	05/06/2019	24.80		27.12				
		BDSL Washland Relays 2.1 Mile	12/06/2019	11.15	11.15	12.24				
		Loughborough 400 Metres Hurd	16/06/2019			71.20				



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Emily McHugh	3	DR-Anslow 5.2 Miles XC	10/02/2019	44.29	44.29	49.45		
		Nottingham 20 Miles Road	17/03/2019			163.13		
		Paris Marathon Road	14/04/2019			231.05		
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		
James Neilson	3	BDSL Conkers(SDRR) 5 Miles	07/04/2019			39.06		
		Derby 0.5 Marathon Road	09/06/2019			113.06		
		Rosliston Parkrun 5 Km Road	29/06/2019			24.17		
Jeff Heape	2	BDSL Conkers(SDRR) 5 Miles	07/04/2019			46.19		
		Massey Ferguson 10 Km Road	22/04/2019			58.08		
Jonathon Gregson	30	Markeaton Parkrun 5 Km Road	01/01/2019	20.33	21.28	25.13		
		Rosliston Parkrun 5 Km Road	01/01/2019	20.33	21.28	25.01		
		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		
		Rosliston Parkrun 5 Km Road	06/04/2019	20.33	21.28	23.55		
		Rosliston Parkrun 5 Km Road	13/04/2019	20.33	21.28	23.32		
		Rosliston Parkrun 5 Km Road	27/04/2019	20.33	21.28	23.15		
		Rosliston Parkrun 5 Km Road	04/05/2019	20.33	21.28	24.51		
		Woodhouse Eaves 13.5 Miles F	06/05/2019	124.15	124.15	117.17		
		Rosliston Parkrun 5 Km Road	11/05/2019	20.33	21.28	24.54		
		Rosliston Parkrun 5 Km Road	18/05/2019	20.33	21.28	25.30		
		Rosliston Parkrun 5 Km Road	25/05/2019	20.33	21.28	24.30		
		Markeaton Parkrun 5 Km Road	01/06/2019	20.33	21.28	22.28		
		Rosliston Parkrun 5 Km Road	08/06/2019	20.33	21.28	23.18		
		Edale 4.7 Miles Fell	09/06/2019	54.02	54.02	55.25		
		Rosliston Parkrun 5 Km Road	15/06/2019	20.33	21.28	25.09		
		Rosliston Parkrun 5 Km Road	22/06/2019	20.33	21.28	24.53		
		Rosliston Parkrun 5 Km Road	29/06/2019	20.33	21.28	24.47		
		Bakewell 6.5 Miles Fell	30/06/2019	54.04	54.04	55.08		
Karen Jackson	22	Rosliston Parkrun 5 Km Road	01/01/2019	27.30	29.20	33.36		
		Conkers Parkrun 5 Km Road	01/01/2019	27.30	27.30	30.57		
		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		

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Karen Jackson	22	BDSL Conkers(SDRR) 5 Miles	07/04/2019	45.24	45.24	52.19		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	125.59	133.25	146.26		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019	103.06	103.06	104.45		
		Duffield 4 Miles Road	24/05/2019	36.44		40.50		
		Belper Lane End 4.6 Miles Road	25/05/2019			48.47		
		Milford 5.5 Miles Road	26/05/2019	53.38	53.38	59.41		
		Rowsley 4 Miles Road	27/05/2019	36.44	40.35	44.24		
		Man V Horse 6.5 Miles XC	08/06/2019	72.19	77.25	76.48		
		BDSL Washland Relays 2.1 Mile	12/06/2019	17.47	17.47	19.56		
		Torbay Velopark Parkrun 5 Km	15/06/2019	27.30	28.48	29.27		
		Fractured Marathon(Calke) 2.6	28/06/2019	25.44	25.44	26.43		
		Fractured Marathon(Calke) 2.6	28/06/2019			25.44		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	60.56	60.56	71.25		
Kelly Hanson	5	Rosliston Parkrun 5 Km Road	11/05/2019			29.38		
		Rosliston Parkrun 5 Km Road	18/05/2019	29.38	29.38	29.57		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019			96.26		
		Birmingham 10 Km Road	26/05/2019			58.53		
		BDSL Washland Relays 2.1 Mile	12/06/2019			23.51		
Kevin Spare	2	Coventry 0.5 Marathon Road	24/03/2019	85.53		90.47		
		Coventry Parkrun 5 Km Road	29/06/2019	18.59	19.26	20.00		
Laura Bingham	11	Markeaton Parkrun 5 Km Road	26/01/2019	22.37	24.01	24.01		
		Markeaton Parkrun 5 Km Road	26/01/2019	22.37		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		
		Paris Marathon Road	14/04/2019	253.17		271.58		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	105.54		120.41		
		Rosliston Parkrun 5 Km Road	11/05/2019	22.37	22.58	25.26		
		Conkers Parkrun 5 Km Road	01/06/2019	22.37	22.37	24.04		
		Two Castles 10 Km Road	09/06/2019	48.14		50.46		
BDSL Washland Relays 2.1 Mile	12/06/2019			15.58				
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		
Marcin Wolano	1	BDSL Washland Relays 2.1 Mile	12/06/2019			15.08		
Michael Fishwick	2	Rosliston Parkrun 5 Km Road	23/02/2019	26.20	26.20	31.13		
		Rosliston Parkrun 5 Km Road	20/04/2019	26.20	26.20	29.18		
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	7	Rosliston Parkrun 5 Km Road	01/01/2019	19.13	20.24	21.33		
		Conkers Parkrun 5 Km Road	01/01/2019	19.13	19.46	20.57		
		DR-Anslow 5.2 Miles XC	10/02/2019	36.21		41.10		
		Millennium Way 41 Miles Trail	03/03/2019			498.18		
		Walsall Parkrun 5 Km Road	16/03/2019	19.13	19.13	19.44		
		Rosliston Parkrun 5 Km Road	25/05/2019	19.13	20.24	22.09		
		BDSL Washland Relays 2.1 Mile	12/06/2019	12.54	12.54	13.35		

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Paul Smith	1	DR-Allestree 10 Km XC	20/01/2019	42.56	52.23	56.40		
Peter Sennitt	5	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		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	128.42		137.17		
Phil Daws	1	Rosliston Parkrun 5 Km Road	05/01/2019	21.57	22.35	28.07		
Richard Bayliss	12	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		
		Mow Cop 6.5 Miles Fell	07/04/2019			59.22		
		Rosliston Parkrun 5 Km Road	13/04/2019	20.49	20.49	22.06		
		Kinder Downfall 9.6 Miles Fell	28/04/2019			101.44		
		Passing Clouds 9.8 Miles Fell	09/06/2019			98.12		
Richard Finnigan	6	DR-Anslow 5.2 Miles XC	10/02/2019			46.22		
		DR-Sinai 5 Miles XC	10/03/2019			44.52		
		BDSL Burton(BAC) 10 Miles Ro	19/05/2019			82.17		
		Derby 0.5 Marathon Road	09/06/2019			119.03		
		BDSL Washland Relays 2.1 Mile	12/06/2019			14.47		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019			49.32		
Rob Leadbeater	3	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		
		Rosliston Parkrun 5 Km Road	11/05/2019	24.02	24.51	27.21		
Sam Owen	12	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		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	50.04	50.04	52.19		
		BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	128.06	131.12	146.26		
		Duffield 4 Miles Road	24/05/2019			42.48		
		Belper Lane End 4.6 Miles Road	25/05/2019			52.40		
		Fractured Marathon(Calke) 2.6	28/06/2019			26.50		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	70.48	84.34	71.27		
Sarah Webb	2	Rosliston Parkrun 5 Km Road	12/01/2019	30.26	30.26	39.18		
		Rosliston Parkrun 5 Km Road	18/05/2019	30.26	30.26	44.57		
Shane McNamara	3	BDSL Burton(BAC) 10 Miles Ro	19/05/2019			75.06		
		BDSL Washland Relays 2.1 Mile	12/06/2019			13.44		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019			44.08		
Stanislaw Knopik	12	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		

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Stanislaw Knopik	12	Longeaton Parkrun 5 Km Road	05/01/2019	16.48	19.46	20.25		
		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		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	27.39	30.42	35.03		
		Man V Horse 6.5 Miles XC	08/06/2019	40.25	54.06	55.00		
		BDSL Washland Relays 2.1 Mile	12/06/2019	11.38	11.38	13.40		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	35.20	40.04	43.52		
Stephen Wilson	1	Stafford 0.5 Marathon Road	17/03/2019	84.34		96.13		
Swee-Leng Chuah	1	Rosliston Parkrun 5 Km Road	19/01/2019	17.56	17.56	20.12		
Tony Press	3	DR-Allestree 10 Km XC	20/01/2019	41.52		57.32		
		Millennium Way 41 Miles Trail	03/03/2019			551.01		
		Man V Horse 22 Miles XC	08/06/2019	230.33	230.33	267.39		