

HATTON DARTS RUNNING CLUB

YEAR 2019's MOST IMPROVED RUNNERS

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Tracey Lambert	71	Conkers Parkrun 5 Km Road	01/01/2019	29.30	30.04	29.53	6	289
		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		
		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		
		Colin Potter 10 Km Road	05/07/2019	60.49	67.12	64.05	13	
		Hillsborough Parkrun 5 Km Roa	06/07/2019	28.01		30.08		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	48.33		48.54		
		Colwick Parkrun 5 Km Road	13/07/2019	28.01		29.07		
Conwy Parkrun 5 Km Road	20/07/2019	28.01		28.54				
Conkers Parkrun 5 Km Road	27/07/2019	28.01	28.01	29.19				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:			
Tracey Lambert	71	Fort William Parkrun 5 Km Road	03/08/2019	28.01		32.47		289			
		Babbs Mill Parkrun 5 Km Road	10/08/2019	28.01		31.42					
		Perry Hall Parkrun 5 Km Road	17/08/2019	28.01		30.25					
		Babbs Mill Parkrun 5 Km Road	24/08/2019	28.01	31.42	32.23					
		Parkrun de Rouen 5 Km Road	31/08/2019	28.01		29.55					
		Concord Parkrun 5 Km Road	07/09/2019	28.01		30.06					
		Gedling Parkrun 5 Km Road	14/09/2019	28.01		31.41					
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	48.33	53.38	50.29	15				
		Hanley Parkrun 5 Km Road	21/09/2019	28.01		30.03					
		Rosliston Parkrun 5 Km Road	28/09/2019	28.01	29.07	31.34					
		Father Collins Parkrun 5 Km Ro	05/10/2019	28.01		29.19					
		Rosliston Parkrun 5 Km Road	12/10/2019	28.01	29.07	35.09					
		Conkers Parkrun 5 Km Road	19/10/2019	28.01	28.01	30.06					
		DR-Anslow 5.3 Miles XC	20/10/2019			59.40					
		Morecombe Prom Parkrun 5 Km	26/10/2019	28.01		29.42					
		Babbs Mill Parkrun 5 Km Road	02/11/2019	28.01	31.42	30.49	10				
		East Park Parkrun 5 Km Road	09/11/2019	28.01		30.10					
		Oaklands Parkrun 5 Km Road	16/11/2019	28.01		29.48					
		Rosliston Parkrun 5 Km Road	23/11/2019	28.01	29.07	32.26					
		DR-Cliff Lakes 9 Km XC	24/11/2019			62.32					
		Sandwell Valley Parkrun 5 Km R	30/11/2019	28.01		31.25					
		Teignmouth Parkrun 5 Km Road	07/12/2019	28.01		29.39					
		Rosliston Parkrun 5 Km Road	14/12/2019	28.01	29.07	32.01					
		DR-Smalley 5.5 Miles XC	15/12/2019			73.49					
		WarwickRacecourse Parkrun 5	21/12/2019	28.01		33.55					
		Conkers Parkrun 5 Km Road	25/12/2019	28.01	28.01	30.27					
		Leic Victoria Parkrun 5 Km Roa	28/12/2019	28.01		28.48					
		James Cassidy	11	Prestwold 0.5 Marathon Road	17/02/2019	80.41			79.54	8	201
				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			55.15	55.15	50.56	30				
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				
BDSL Tamworth(TAC) 5 Miles R	15/09/2019			29.41	29.41	29.19	10				
Conkers Parkrun 5 Km Road	21/09/2019			18.09		17.11	25				
Manchester 0.5 Marathon Road	13/10/2019			79.54	88.22	78.30	39				
Derby 10 Miles Road	17/11/2019			63.11		58.32	32				
Alvaston Parkrun 5 Km Road	28/12/2019	17.11		17.23							
Jo Butler	94	Conkers Parkrun 5 Km Road	01/01/2019	25.32	27.18	29.16		181			
		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					

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Jo Butler	94	Carsington 0.5 Marathon Road	24/02/2019	118.37		132.33		181
		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		
		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		
		Fractured Marathon(Calke) 2.6	28/06/2019	23.40	23.40	23.50		
		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		
		Colin Potter 10 Km Road	05/07/2019	53.37		57.29		
		Shiplay Country Parkrun 5 Km R	06/07/2019	25.18		29.46		
		Gunby Gallop 10 Km XC	07/07/2019	54.46		55.45		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	43.15	44.56	43.06	14	
		Thetford Parkrun 5 Km Road	13/07/2019	25.18		26.39		
		Brooksie's Bash 10 Miles Trail	14/07/2019	110.07	124.42	106.57		
		Thunder Run 10 Km XC	20/07/2019	54.46	63.10	70.16		
		Rosliston Parkrun 5 Km Road	20/07/2019	25.18	26.33	29.51		
		Thunder Run 10 Km XC	20/07/2019	54.46	63.10	76.24		
		Thunder Run 10 Km XC	20/07/2019	54.46	63.10	78.23		
		Thunder Run 10 Km XC	20/07/2019	54.46	66.00	63.10		
		Rosliston Parkrun 5 Km Road	10/08/2019	25.18	26.33	28.15		
		BDSL Burton(HD) 10 Km Road	11/08/2019	53.37	55.05	56.04		
		Victoria Dock Parkrun 5 Km Roa	17/08/2019	25.18		25.16	5	
		Rutland Parkrun 5 Km Road	24/08/2019	25.16		26.09		
		Hanley Parkrun 5 Km Road	31/08/2019	25.16		27.27		
		Wilne 10 Km Road	01/09/2019	53.37	54.42	54.12	7	
		Alport Heights Relays 1.7 Miles	04/09/2019			14.57		

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Jo Butler	94	Bedworth parkrun 5 Km Road	14/09/2019	25.16		26.56		181		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	43.06	46.01	44.55	10			
		Terry Hershey Parkrun USA 5 K	21/09/2019	25.16		26.15				
		Terry Hershey Parkrun USA 5 K	28/09/2019	25.16	26.15	26.44				
		Gorleston Cliffs Parkrun 5 Km R	05/10/2019	25.16	25.30	32.15				
		Tamworth 10 Km Road	06/10/2019	53.37	53.37	54.37				
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			33.18				
		Birmingham 11.1 Miles Road	12/10/2019			103.33				
		Pine 6 Hour Challenger 26.4 Mil	16/10/2019			363.49				
		Sheffield Hallam Parkrun 5 Km	19/10/2019	25.16		28.45				
		DR-Anslow 5.3 Miles XC	20/10/2019	55.20		51.50				
		Rosliston Parkrun 5 Km Road	26/10/2019	25.16	26.33	28.50				
		Worksop 0.5 Marathon Road	27/10/2019	118.37	121.59	125.59				
		Starlight RelaysMarkeaton 3 Km	07/11/2019			18.50				
		Babbs Mill Parkrun 5 Km Road	09/11/2019	25.16		28.12				
		Coalville 10 Km Road	10/11/2019	53.37		58.04				
		Oaklands Parkrun 5 Km Road	16/11/2019	25.16		25.36				
		Derby 10 Miles Road	17/11/2019	91.23	91.23	93.44				
		East Park Parkrun 5 Km Road	23/11/2019	25.16		27.08				
		DR-Cliff Lakes 9 Km XC	24/11/2019			55.31				
		Oak Challenge 22.2 Miles Trail	28/11/2019			270.16				
		Rosliston Parkrun 5 Km Road	30/11/2019	25.16	26.33	60.43				
		Colwick Park 5 Km Road	04/12/2019	25.16		28.17				
		Starlight Relays Shipley 3 Km X	05/12/2019	18.50		21.37				
		Conkers Parkrun 5 Km Road	07/12/2019	25.16	26.14	30.34				
		Poplar Challenge 26.4 Miles Trai	11/12/2019			383.07				
		Rosliston Parkrun 5 Km Road	14/12/2019	25.16	26.33	31.03				
		DR-Smalley 5.5 Miles XC	15/12/2019	53.21		65.47				
		Gorleston Cliffs Parkrun 5 Km R	21/12/2019	25.16	25.30	30.06				
		Rosliston Parkrun 5 Km Road	28/12/2019	25.16	26.33	35.42				
		John Finn	74	Conkers Parkrun 5 Km Road	01/01/2019	18.52	20.26	28.06		173
				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				
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				
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				

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John Finn	74	Lloyd Parkrun 5 Km Road	27/04/2019	18.52		22.19		173
		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	
		Oakamoor Hilly 5 Miles XC	04/07/2019	34.29	34.29	32.59		
		Alvaston Parkrun 5 Km Road	06/07/2019	18.52	20.08	27.25		
		Ashbourne 0.5 Marathon Road	07/07/2019	87.37		94.24		
		Biddulph Grange 4 Miles Road	11/07/2019			31.21		
		Crich Monument Run 7 Miles Fe	13/07/2019	53.20	53.20	53.26		
		Rudyard Lake 5 Miles Trail	18/07/2019			32.34		
		Thunder Run 10 Km XC	20/07/2019	42.34	48.26	53.04		
		Thunder Run 10 Km XC	20/07/2019	42.34	48.26	50.39		
		Thunder Run 10 Km XC	20/07/2019	42.34	48.26	52.41		
		Thunder Run 10 Km XC	20/07/2019	42.34	52.36	48.26		
		Newark 0.5 Marathon Road	11/08/2019	87.37		92.25		
		Reykjavik Marathon Road	25/08/2019	188.59		258.25		
		Cannock Chase Parkrun 5 Km	31/08/2019	18.52		21.32		
		Alport Heights Relays 1.7 Miles	04/09/2019			11.32		
		Alvaston Parkrun 5 Km Road	07/09/2019	18.52	20.08	22.14		
		Alvaston Parkrun 5 Km Road	14/09/2019	18.52	20.08	27.09		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	31.57	33.40	32.50	12	
		Sherwood Pines Parkrun 5 Km	21/09/2019	18.52		21.55		
		Hasenheide Parkrun German 5	28/09/2019	18.52		20.46		
		Berlin Marathon Road	29/09/2019	188.59		190.03		
		Castlerea Parkrun (NI) 5 Km Ro	05/10/2019	18.52		20.30		
		Heritage Harbor Parkrun 5 Km	12/10/2019	18.52		19.41		
		Chicago Marathon Road	13/10/2019	188.59		190.57		
		Conkers Parkrun 5 Km Road	19/10/2019	18.52	20.14	22.04		
		Alvaston Parkrun 5 Km Road	26/10/2019	18.52	20.08	21.51		
		Delaware Canal Parkrun 5 Km R	02/11/2019	18.52		22.21		
		New York Marathon Road	03/11/2019	188.59	240.28	240.31		
		Delaware Canal Parkrun 5 Km R	09/11/2019	18.52	22.21	21.29	14	
		Alvaston Parkrun 5 Km Road	16/11/2019	18.52	20.08	21.48		
		Wilmslow 10 Km Road	24/11/2019	40.36		52.08		
		Rosliston Parkrun 5 Km Road	30/11/2019	18.52	18.52	26.59		
		Myerscough 10 Miles Road	01/12/2019	66.35		88.18		
		Leicester 5 Km Road	04/12/2019	18.52	19.55	25.40		
		Nova Prestatyn Parkrun 5 Km R	07/12/2019	18.52		22.13		

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John Finn	74	Gedling Parkrun 5 Km Road	14/12/2019	18.52		24.12		173
		Hyndburn Parkrun 5 Km Road	28/12/2019	18.52		23.24		
Sarah Austin	31	Rosliston Parkrun 5 Km Road	01/01/2019	36.56	36.56	38.22		154
		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		
		Conkers Parkrun 5 Km Road	13/07/2019	31.42	31.42	31.48		
		Birkenhead Parkrun 5 Km Road	27/07/2019	31.42		30.08	14	
		Chasewater Parkrun 5 Km Road	03/08/2019	30.08		30.34		
		BDSL Burton(HD) 10 Km Road	11/08/2019			65.20		
		Rosliston Parkrun 5 Km Road	24/08/2019	30.08	33.29	31.42	14	
		Great North Run 0.5 Marathon R	08/09/2019			157.02		
		Markeaton Parkrun 5 Km Road	14/09/2019	30.08	34.06	30.40	22	
		Longeaton Parkrun 5 Km Road	28/09/2019	30.08		29.12	11	
		Rosliston Parkrun 5 Km Road	12/10/2019	29.12	31.42	31.44		
		Pine 6 Hour Challenger 26.4 Mil	16/10/2019			376.37		
		Conkers Parkrun 5 Km Road	02/11/2019	29.12	31.42	29.56	15	
		Starlight RelaysMarkeaton 3 Km	07/11/2019			20.03		
		Starlight Relays Shipley 3 Km X	05/12/2019	20.03		20.47		
		Conkers Parkrun 5 Km Road	07/12/2019	29.12	29.56	31.37		
		Conkers Parkrun 5 Km Road	21/12/2019	29.12	29.56	31.23		
		Conkers Parkrun 5 Km Road	25/12/2019	29.12	29.56	31.37		
Rachel Elliott	29	Markeaton Parkrun 5 Km Road	05/01/2019	23.43	24.16	23.49	9	132
		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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:					
Rachel Elliott	29	BDSL Worthington(IV) 5 Miles R	09/07/2019	37.59	40.23	38.58	14	132					
		Crich Monument Run 7 Miles Fe	13/07/2019			66.23							
		Brooksie's Bash 10 Miles Trail	14/07/2019			94.05							
		Wetherby Parkrun 5 Km Road	27/07/2019	23.33		24.11							
		BDSL Burton(HD) 10 Km Road	11/08/2019	46.45	50.58	49.11			13				
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	37.59	39.29	39.34							
		Rosliston Parkrun 5 Km Road	05/10/2019	23.33	24.31	24.54							
		DR-Anslow 5.3 Miles XC	20/10/2019			50.24							
		DR-Cliff Lakes 9 Km XC	24/11/2019	60.13		48.24							
		Rosliston Parkrun 5 Km Road	07/12/2019	23.33	24.31	24.48							
		Markeaton Parkrun 5 Km Road	28/12/2019	23.33	23.33	25.06							
		Bethan Schofield	27	Rosliston Parkrun 5 Km Road	12/01/2019	38.13				38.13	57.26	5	116
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							
BDSL Washland Relays 2.1 Mile	12/06/2019					15.19							
Marchington 10 Km Road	16/06/2019					49.53							
Rosliston Parkrun 5 Km Road	22/06/2019			38.05	38.05	25.37	58						
Cannock Chase 0.5 Marathon Tr	29/06/2019					126.00							
BDSL Gate Gallop(Peel) 10 Km	30/06/2019					58.35							
BDSL Worthington(IV) 5 Miles R	09/07/2019			40.34	40.34	39.53		9					
Skipton Parkrun 5 Km Road	31/08/2019			25.37		24.15							
Rosliston Parkrun 5 Km Road	07/09/2019			24.15	25.37	48.04		17					
BDSL Tamworth(TAC) 5 Miles R	15/09/2019			39.53		38.56							
Birch 6 Hour Challenger 26.4 Mil	24/09/2019					357.22							
Tissington 0.5 Marathon Road	29/09/2019			121.08		108.53							
Chester Marathon Road	06/10/2019					269.42							
DR-Anslow 5.3 Miles XC	20/10/2019					46.31							
Eglinton Parkrun 5 Km Road	26/10/2019			24.15		23.09	16						
Cannock Chase 0.5 Marathon Tr	27/10/2019			126.00	126.00	116.32							
Glentress Winter Trail 0.5 Marat	16/11/2019			116.32		137.59							
Glentress Winter Trail 10 Km Tr	16/11/2019			64.50		67.38							
DR-Cliff Lakes 9 Km XC	24/11/2019					43.50							
Oak Challenge 29.6 Miles Trail	28/11/2019					306.26							
Brian Thomas	33			Rosliston Parkrun 5 Km Road	01/01/2019	19.37		19.37	20.38	14	114		
				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						
		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	17						
		Beeston 5 Miles Road	22/05/2019	30.50	30.50	31.12							
		Rosliston Parkrun 5 Km Road	25/05/2019	19.37	19.37	20.02							

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Brian Thomas	33	Darley Park 5 Km Road	28/05/2019	19.37		20.00		114
		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		
		Hairy Helmet Relays 2 Miles XC	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		
		Watermead 5 Miles Trail	02/07/2019			31.26		
		Colin Potter 10 Km Road	05/07/2019	38.42	55.42	41.04	56	
		BDSL Worthington(IV) 5 Miles R	09/07/2019	30.50	32.43	33.00		
		Darley Park 5 Km Road	20/08/2019	19.37	20.00	21.21		
		Wilne 10 Km Road	01/09/2019	38.42	39.48	41.25		
		Markeaton Parkrun 5 Km Road	07/09/2019	19.37	20.10	20.26		
		Shelton Striders 10 Km Road	06/10/2019	38.42		44.52		
		Birmingham 11.1 Miles Road	12/10/2019			73.16		
		Worksop 0.5 Marathon Road	27/10/2019	89.02	89.27	90.37		
		Derby 10 Miles Road	17/11/2019	67.08	68.13	67.18	9	
		Clowne 0.5 Marathon Road	24/11/2019	89.02		92.44		
Dave Benstead	47	Rosliston Parkrun 5 Km Road	01/01/2019	21.31	22.17	24.31		109
		Conkers Parkrun 5 Km Road	01/01/2019	21.31	23.58	22.49	15	
		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		
		Rosliston Parkrun 5 Km Road	06/07/2019	21.30	22.17	23.15		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	36.42	38.02	37.39	7	
		Rosliston Parkrun 5 Km Road	13/07/2019	21.30	22.17	23.25		
		Rosliston Parkrun 5 Km Road	20/07/2019	21.30	22.17	23.24		
		Rosliston Parkrun 5 Km Road	27/07/2019	21.30	22.17	23.42		
		Rosliston Parkrun 5 Km Road	03/08/2019	21.30	22.17	22.56		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Dave Benstead	47	Rosliston Parkrun 5 Km Road	10/08/2019	21.30	22.17	24.33		109
		Conkers Parkrun 5 Km Road	24/08/2019	21.30	22.49	25.54		
		Polkemmet Parkrun 5 Km Road	31/08/2019	21.30		23.46		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	36.42	36.42	36.17	7	
		Stafford 10 Km Road	22/09/2019	44.37		44.41		
		Tissington 0.5 Marathon Road	29/09/2019	104.41		97.54	20	
		Rosliston Parkrun 5 Km Road	05/10/2019	21.30	22.17	21.59	8	
		Elvaston 5 Miles Road	13/10/2019	36.17		36.45		
		DR-Anslow 5.3 Miles XC	20/10/2019			45.29		
		Derby 10 Miles Road	17/11/2019	76.44		74.37	11	
		Rosliston Parkrun 5 Km Road	23/11/2019	21.30	21.59	38.33		
		Rosliston Parkrun 5 Km Road	30/11/2019	21.30	21.59	23.17		
		Sneyd 5 Miles Road	08/12/2019	36.17		35.59	7	
		Rosliston Parkrun 5 Km Road	14/12/2019	21.30	21.59	23.39		
		Chester Parkrun 5 Km Road	21/12/2019	21.30		24.36		
		Rosliston Parkrun 5 Km Road	28/12/2019	21.30	21.59	23.09		
Carol Sharratt	74	Shipleigh Country Parkrun 5 Km R	01/01/2019	22.37		30.55		108
		Belper 4.8 Miles Road	01/01/2019			51.13		
		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		
		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		
		Burton 200 Metres Track	01/04/2019	39.00	44.70	44.30	7	
		Burton 800 Metres Track	01/04/2019	4.02	4.14	3.58	16	
		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	
		Burton 1500 Metres Track	04/04/2019	7.57	8.13	8.18		
		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			

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Carol Sharratt	74	Doncaster 0.5 Marathon Road	09/06/2019	105.25		131.06		108
		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		
		Carsington 5.3 Miles XC	02/07/2019	56.13		42.13		
		Burton 100 Metres Track	03/07/2019	20.40	20.40	21.10		
		Burton 1500 Metres Track	03/07/2019	7.57	8.13	7.57	11	
		Burton 400 Metres Track	03/07/2019	110.30	110.30	104.40	14	
		Colin Potter 10 Km Road	05/07/2019	48.17	50.08	61.56		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	38.42	40.23	46.02		
		Coventry Northbrook 10 Km Roa	14/07/2019	48.17		57.10		
		Sutton Coldfield 200 Metres Tra	31/07/2019	39.00	39.00	43.00		
		Sutton Coldfield 3000 Metres Tr	31/07/2019	14.52	14.52	16.16		
		Sutton Coldfield 800 Metres Tra	31/07/2019	3.58	4.02	3.53	12	
		Rosliston Parkrun 5 Km Road	03/08/2019	22.37	29.00	28.48	6	
		Shiple Park 5 Miles XC	06/08/2019	42.24	51.04	47.54		
		BDSL Burton(HD) 10 Km Road	11/08/2019	48.17	52.02	58.26		
		Rosliston Parkrun 5 Km Road	17/08/2019	22.37	28.48	29.11		
		Nottingham 3000 Metres Track	31/08/2019	14.52		15.58		
		Nottingham 800 Metres Track	31/08/2019	3.53		3.53		
		Nottingham 100 Metres Track	31/08/2019	20.40		20.50		
		Derby Midweek 5 Km Road	11/09/2019	22.37	22.37	27.18		
		Derby Midweek Miles Road	11/09/2019	7.02	7.02	8.37		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	38.42	42.24	45.46		
		Jolly Jaguars 10 Km Road	22/09/2019	48.17	55.54	58.04		
		Rosliston Parkrun 5 Km Road	28/09/2019	22.37	28.48	28.53		
		Shiple Park 5 Miles XC	13/10/2019	42.24	47.54	56.22		
		Derby Midweek 5 Km Road	16/10/2019	22.37	22.37	28.00		
		Derby Midweek Miles Road	16/10/2019	7.02	7.02	8.39		
		DR-Anslow 5.3 Miles XC	20/10/2019	42.13		56.22		
		Centurion Grand Prix 5 Miles Ro	03/11/2019	38.42	45.42	46.42		
		Chaddesden 4.5 Miles XC	10/11/2019	35.28	42.57	48.10		
		Derby Midweek Miles Road	13/11/2019	7.02	7.02	8.44		
		Derby Midweek 5 Km Road	13/11/2019	22.37	22.37	28.23		
		Markeaton Parkrun 5 Km Road	16/11/2019	22.37		29.09		
		DR-Cliff Lakes 9 Km XC	24/11/2019	59.52		57.40		
Rosliston Parkrun 5 Km Road	07/12/2019	22.37	28.48	29.50				
DR-Smalley 5.5 Miles XC	15/12/2019	47.00		67.58				
Rosliston Parkrun 5 Km Road	21/12/2019	22.37	28.48	30.43				
Tom Bradley	77	Conkers Parkrun 5 Km Road	01/01/2019	17.31	17.31	20.06		108
		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		
		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		
		Longeaton Parkrun 5 Km Road	02/03/2019	17.31	17.59	17.57	5	

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Tom Bradley	77	DR-Sinai 5 Miles XC	10/03/2019	36.28	36.28	34.29		108
		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 5 Km Road	17/04/2019	17.31	18.57	17.52	24	
		Derby Midweek Miles Road	17/04/2019	5.05	5.05	7.09		
		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		
		Derwent Rriver Relays 5 Km XC	06/07/2019	18.54		18.06		
		Rosliston Parkrun 5 Km Road	06/07/2019	17.31	17.50	19.08		
		Rosliston Parkrun 5 Km Road	13/07/2019	17.31	17.50	22.20		
		Thunder Run 10 Km XC	20/07/2019	39.55	44.21	50.04		
		Thunder Run 10 Km XC	20/07/2019	39.55	44.21	59.38		
		Rosliston Parkrun 5 Km Road	20/07/2019	17.31	17.50	19.36		
		Thunder Run 10 Km XC	20/07/2019	39.55	44.21	45.11		
		Thunder Run 10 Km XC	20/07/2019	39.55	44.21	44.47		
		Rosliston Parkrun 5 Km Road	27/07/2019	17.31	17.50	18.50		
		Rosliston Parkrun 5 Km Road	03/08/2019	17.31	17.50	18.47		
		Mickleover 10 Km Road	07/08/2019	36.49		40.07		
		Rosliston Parkrun 5 Km Road	10/08/2019	17.31	17.50	19.14		
		BDSL Burton(HD) 10 Km Road	11/08/2019	36.49	38.51	39.18		
		Darley Park 5 Km Road	20/08/2019	17.31	18.39	18.53		
		Rosliston Parkrun 5 Km Road	24/08/2019	17.31	17.50	19.23		
		Concord Parkrun 5 Km Road	31/08/2019	17.31		18.59		
		Alport Heights Relays 1.7 Miles	04/09/2019			10.41		
		Conkers Parkrun 5 Km Road	07/09/2019	17.31	17.31	18.29		
		Conkers Parkrun 5 Km Road	14/09/2019	17.31	17.31	17.57		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	29.42	30.54	31.15		
		Conkers Parkrun 5 Km Road	28/09/2019	17.31	17.31	23.21		
		Rosliston Parkrun 5 Km Road	05/10/2019	17.31	17.50	19.28		
		Pattingham Bells 10 Km XC	06/10/2019	39.55		41.53		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Tom Bradley	77	Rosliston Parkrun 5 Km Road	12/10/2019	17.31	17.50	20.09		108
		Alvaston Parkrun 5 Km Road	19/10/2019	17.31	18.18	18.31		
		DR-Anslow 5.3 Miles XC	20/10/2019			36.46		
		Conkers Parkrun 5 Km Road	02/11/2019	17.31	17.31	18.51		
		Conkers Parkrun 5 Km Road	09/11/2019	17.31	17.31	19.06		
		Oaklands Parkrun 5 Km Road	16/11/2019	17.31		18.48		
		Chasewater Parkrun 5 Km Road	23/11/2019	17.31		18.56		
		DR-Cliff Lakes 9 Km XC	24/11/2019			37.54		
		Cannock Chase Parkrun 5 Km	30/11/2019	17.31	19.07	19.08		
		Walsall Parkrun 5 Km Road	07/12/2019	17.31	17.40	18.02		
		DR-Smalley 5.5 Miles XC	15/12/2019	34.22		41.38		
		Conkers Parkrun 5 Km Road	21/12/2019	17.31	17.31	18.24		
		Conkers Parkrun 5 Km Road	25/12/2019	17.31	17.31	18.09		
		Alvaston Parkrun 5 Km Road	28/12/2019	17.31	18.18	17.42	17	
Andy Woolley	38	Rosliston Parkrun 5 Km Road	02/02/2019			23.45		99
		Finsbury Parkrun 5 Km Road	09/02/2019	23.45		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		
		Bedworth parkrun 5 Km Road	06/07/2019	21.57		21.56	5	
		Rosliston Parkrun 5 Km Road	13/07/2019	21.56	21.57	22.11		
		Geographe Bay Parkrun 5 Km R	27/07/2019	21.56		21.15	13	
		Rosliston Parkrun 5 Km Road	17/08/2019	21.15	21.57	22.27		
		Markeaton Parkrun 5 Km Road	24/08/2019	21.15		21.51		
		Rosliston Parkrun 5 Km Road	31/08/2019	21.15	21.57	21.37	9	
		Rosliston Parkrun 5 Km Road	07/09/2019	21.15	21.37	21.27	7	
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			30.51		
		Rosliston Parkrun 5 Km Road	19/10/2019	21.15	21.27	23.18		
		DR-Anslow 5.3 Miles XC	20/10/2019			46.08		
		Rosliston Parkrun 5 Km Road	02/11/2019	21.15	21.27	23.33		
		Rosliston Parkrun 5 Km Road	09/11/2019	21.15	21.27	22.16		
		Rosliston Parkrun 5 Km Road	16/11/2019	21.15	21.27	21.56		
		Rosliston Parkrun 5 Km Road	23/11/2019	21.15	21.27	22.06		
		DR-Cliff Lakes 9 Km XC	24/11/2019			43.51		
		Long Eaton Parkrun 5 Km Road	30/11/2019	21.15		21.05	7	
		Rosliston Parkrun 5 Km Road	07/12/2019	21.05	21.27	21.56		
		Conkers Parkrun 5 Km Road	14/12/2019	21.05		21.03	5	
		DR-Smalley 5.5 Miles XC	15/12/2019			49.39		
		Rosliston Parkrun 5 Km Road	21/12/2019	21.03	21.27	21.45		
		Conkers Parkrun 5 Km Road	25/12/2019	21.03	21.03	20.34	11	

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Andy Woolley	38	Markeaton Parkrun 5 Km Road	28/12/2019	20.34	21.51	21.08	14	99
Hayley Singleton	14	Carsington 0.5 Marathon Road	24/02/2019	115.26		112.41	10	88
		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	
		Great North Run 0.5 Marathon R	08/09/2019	109.00		114.48		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	40.20	40.47	41.36		
		Rosliston Parkrun 5 Km Road	12/10/2019	24.18	24.18	24.52		
		Pine 6 Hour Challenger 26.4 Mil	16/10/2019			337.18		
		Rosliston Parkrun 5 Km Road	09/11/2019	24.29	24.29	24.32		
		Rosliston Parkrun 5 Km Road	16/11/2019	24.29	24.29	25.06		
		Derby 10 Miles Road	17/11/2019	86.30		81.53	18	
		Conkers Parkrun 5 Km Road	07/12/2019	24.29		25.57		
		Rosliston Parkrun 5 Km Road	28/12/2019	24.29	24.29	24.18	6	
Paul Waters	21	DR-Allestree 10 Km XC	20/01/2019	40.21		43.36		86
		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		
		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		
		Leeds 10 Km Road	07/07/2019	37.03		36.49	7	
		BDSL Worthington(IV) 5 Miles R	09/07/2019	30.53	31.06	30.24	13	
		Darley Park 5 Km Road	23/07/2019	18.33		19.08		
		Isle of Wight 0.5 Marathon Road	18/08/2019	80.03		84.52		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	30.24	30.53	30.50	5	
		Tamworth 10 Km Road	06/10/2019	36.49		37.39		
		York Marathon Road	20/10/2019	174.15		173.51	5	
		DR-Cliff Lakes 9 Km XC	24/11/2019	41.51		37.29		
		Telford 10 Km Road	08/12/2019	36.49		37.45		
		DR-Smalley 5.5 Miles XC	15/12/2019	37.49		42.23		
		Conkers Parkrun 5 Km Road	21/12/2019	18.33	18.33	23.12		
Ewan Leadbeater	6	Rosliston Parkrun 5 Km Road	01/01/2019	24.26	28.09	25.20	24	85
		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	
		Skafell Pike Marathon Trail	07/07/2019			469.25		
		Rosliston Parkrun 5 Km Road	20/07/2019	21.39	23.09	21.48	18	
		Rosliston Parkrun 5 Km Road	31/08/2019	21.39	21.48	22.02		
Adrian Leigh	34	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		
		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		
		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	

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:		
Adrian Leigh	34	BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	88.41	97.18	92.29	17	75		
		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			20.38				
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	20.39				
		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	23.24				
		Fractured Marathon(Calke) 2.6	28/06/2019	20.15	20.15	25.11				
		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	20.20				
		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	20.18				
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	43.30	43.30	45.26				
		Thunder Run 10 Km XC	20/07/2019	43.30		47.34				
		Thunder Run 10 Km XC	20/07/2019	43.30	47.34	48.53				
		Thunder Run 10 Km XC	20/07/2019	43.30	47.34	53.00				
		Bath Marathon XC	28/07/2019			298.43				
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	32.52	33.29	35.16				
		Guardians of the CODRC Marat	28/09/2019	298.43		272.28				
		Rosliston Parkrun 5 Km Road	05/10/2019	19.56	20.25	21.39				
		Pine 6 Hour Challenger 36.3 Mil	16/10/2019			378.05				
		Conkers Parkrun 5 Km Road	16/11/2019	19.56	19.56	20.23				
		Conkers Parkrun 5 Km Road	14/12/2019	19.56	19.56	20.49				
		DR-Smalley 5.5 Miles XC	15/12/2019	36.48		46.51				
		Kevin Jackman	18	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				
Cannon Hill Parkrun 5 Km Road	07/09/2019			26.18	27.10	39.22				
Rosliston Parkrun 5 Km Road	28/12/2019			26.18	26.43	37.17				
Dave Smith	42			Rosliston Parkrun 5 Km Road	01/01/2019	20.59	22.02	21.52	6	70
		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				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Dave Smith	42	Derby Midweek Miles Road	20/02/2019			6.13		70
		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		
		Conkers Parkrun 5 Km Road	06/07/2019	20.36	20.51	22.54		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	35.45		35.45		
		Chasewater Parkrun 5 Km Road	20/07/2019	20.36	20.59	22.08		
		Alvaston Parkrun 5 Km Road	03/08/2019	20.36	21.12	21.21		
		Crewe Parkrun 5 Km Road	10/08/2019	20.36		22.01		
		Rosliston Parkrun 5 Km Road	17/08/2019	20.36	21.39	22.05		
		Rosliston Parkrun 5 Km Road	07/09/2019	20.36	21.39	21.28	7	
		Heartlands Parkrun 5 Km Road	14/09/2019	20.36		22.09		
		Conkers Parkrun 5 Km Road	21/09/2019	20.36	20.51	21.07		
		Rosliston Parkrun 5 Km Road	05/10/2019	20.36	21.28	21.58		
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			26.47		
		Alvaston Parkrun 5 Km Road	09/11/2019	20.36	21.12	27.11		
		Markeaton Parkrun 5 Km Road	16/11/2019	20.36	21.42	23.41		
		Conkers Parkrun 5 Km Road	23/11/2019	20.36	20.51	22.50		
		Cannock Chase Parkrun 5 Km	07/12/2019	20.36	21.27	24.07		
		Conkers Parkrun 5 Km Road	14/12/2019	20.36	20.51	22.16		
Markeaton Parkrun 5 Km Road	28/12/2019	20.36	21.42	23.58				
James Neilson	20	BDSL Conkers(SDRR) 5 Miles	07/04/2019			39.06		67
		Derby 0.5 Marathon Road	09/06/2019			113.06		
		Rosliston Parkrun 5 Km Road	29/06/2019			24.17		
		Rosliston Parkrun 5 Km Road	06/07/2019	24.17	24.17	22.56	17	
		Rosliston Parkrun 5 Km Road	20/07/2019	22.56	22.56	23.31		
		Rosliston Parkrun 5 Km Road	10/08/2019	22.56	22.56	23.04		
		Thurso Parkrun 5 Km Road	17/08/2019	22.56		22.22	11	
		Markeaton Parkrun 5 Km Road	31/08/2019	22.22		22.54		
		Great South Run 10 Miles Road	20/10/2019			80.43		
		Rosliston Parkrun 5 Km Road	26/10/2019	22.22	22.56	22.41	7	
		Rosliston Parkrun 5 Km Road	02/11/2019	22.22	22.41	22.54		
		Rosliston Parkrun 5 Km Road	09/11/2019	22.22	22.41	22.51		
		Rosliston Parkrun 5 Km Road	16/11/2019	22.22	22.41	22.03	11	
		Rother Valley R.Festival 10 Km	17/11/2019			47.29		
		Rother Valley R.Festival 5 Km R	17/11/2019	22.03		21.48	7	
		Markeaton Parkrun 5 Km Road	23/11/2019	21.48	22.54	22.02	14	

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
James Neilson	20	DR-Cliff Lakes 9 Km XC	24/11/2019			44.30		67
		Rosliston Parkrun 5 Km Road	30/11/2019	21.48	22.03	24.02		
		Rosliston Parkrun 5 Km Road	07/12/2019	21.48	22.03	22.36		
		Rosliston Parkrun 5 Km Road	21/12/2019	21.48	22.03	23.23		
Kelly Hanson	36	Rosliston Parkrun 5 Km Road	11/05/2019			29.38		66
		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		
		Chasewater Parkrun 5 Km Road	03/08/2019	29.38		28.16	14	
		BDSL Burton(HD) 10 Km Road	11/08/2019	58.53		59.00		
		Rosliston Parkrun 5 Km Road	24/08/2019	28.16	29.38	29.17	7	
		Rugeley 10 Km XC	26/08/2019			60.12		
		Rosliston Parkrun 5 Km Road	31/08/2019	28.16	29.17	28.48	8	
		Rosliston Parkrun 5 Km Road	07/09/2019	28.16	28.48	28.41	5	
		Markeaton Parkrun 5 Km Road	14/09/2019	28.16		28.02	6	
		Birch 6 Hour Challenger 26.4 Mil	24/09/2019			357.21		
		Longeaton Parkrun 5 Km Road	28/09/2019	28.02		29.14		
		Tamworth 10 Km Road	06/10/2019	58.53		57.07	11	
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			34.41		
		Birmingham 11.1 Miles Road	12/10/2019			103.33		
		Pine 6 Hour Challenger 26.4 Mil	16/10/2019	357.21		376.37		
		DR-Anslow 5.3 Miles XC	20/10/2019			55.09		
		Rosliston Parkrun 5 Km Road	26/10/2019	28.02	28.41	30.59		
		Cannock Chase 0.5 Marathon Tr	27/10/2019			148.53		
		Conkers Parkrun 5 Km Road	02/11/2019	28.02		28.29		
		Starlight RelaysMarkeaton 3 Km	07/11/2019			20.39		
		Rosliston Parkrun 5 Km Road	09/11/2019	28.02	28.41	29.30		
		Mo Run Birmingham 10 Km Roa	16/11/2019	57.07		56.54	5	
		DR-Cliff Lakes 9 Km XC	24/11/2019			56.18		
		Oak Challenge 33.3 Miles Trail	28/11/2019			394.15		
		Rosliston Parkrun 5 Km Road	30/11/2019	28.02	28.41	30.58		
		Derby 5K Jingle Jog 5 Km Road	01/12/2019	28.02		29.21		
		Starlight Relays Shipley 3 Km X	05/12/2019	20.39		19.48		
		Conkers Parkrun 5 Km Road	07/12/2019	28.02	28.29	28.23	5	
		Poplar Challenge 29.7 Miles Trai	11/12/2019			401.27		
		DR-Smalley 5.5 Miles XC	15/12/2019			67.40		
		Rosliston Parkrun 5 Km Road	21/12/2019	28.02	28.41	29.14		
		Conkers Parkrun 5 Km Road	25/12/2019	28.02	28.23	31.34		
		Rosliston Parkrun 5 Km Road	28/12/2019	28.02	28.41	28.35	5	
Jane Wade	40	Rosliston Parkrun 5 Km Road	01/01/2019	23.55	25.19	29.53		63
		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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:		
Jane Wade	40	BDSL Uttoxeter(URR) 0.5 Marat	05/05/2019	106.54	119.30	128.37		63		
		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				
		Alvaston Parkrun 5 Km Road	06/07/2019	23.55	27.07	26.21	11			
		Crich Monument Run 7 Miles Fe	13/07/2019	72.30	72.30	72.20				
		Rosliston Parkrun 5 Km Road	27/07/2019	23.55	25.19	27.22				
		Nobles Parkrun 5 Km Road	03/08/2019	23.55		27.22				
		Rosliston Parkrun 5 Km Road	24/08/2019	23.55	25.19	27.51				
		Cannock Chase Parkrun 5 Km	31/08/2019	23.55	25.53	26.46				
		Alport Heights Relays 1.7 Miles	04/09/2019			15.02				
		Chasewater Parkrun 5 Km Road	28/09/2019	23.55		25.55				
		DR-Anslow 5.3 Miles XC	20/10/2019	50.22		52.55				
		Alvaston Parkrun 5 Km Road	26/10/2019	23.55	26.21	27.12				
		Alvaston Parkrun 5 Km Road	02/11/2019	23.55	26.21	26.55				
		Alvaston Parkrun 5 Km Road	16/11/2019	23.55	26.21	26.07	7			
		DR-Cliff Lakes 9 Km XC	24/11/2019	60.13		53.15				
		Litton 7.6 Miles Fell	08/12/2019			97.57				
		Derby Midweek 5 Km Road	11/12/2019	23.55	26.33	26.26	5			
		Derby Midweek Miles Road	11/12/2019	7.18	7.18	7.53				
		DR-Smalley 5.5 Miles XC	15/12/2019	47.16		60.14				
		Alvaston Parkrun 5 Km Road	21/12/2019	23.55	26.07	26.54				
		Rosliston Parkrun 5 Km Road	28/12/2019	23.55	25.19	28.13				
		West Brom Winter Warmer 5 Mi	29/12/2019	43.39		46.32				
		Andrew Tyas	17	Rosliston Parkrun 5 Km Road	25/05/2019			27.02		62
				Rosliston Parkrun 5 Km Road	27/07/2019	27.02	27.02	26.34	8	
				Rosliston Parkrun 5 Km Road	03/08/2019	26.34	26.34	25.19	14	
BDSL Burton(HD) 10 Km Road	11/08/2019					51.59				
Rosliston Parkrun 5 Km Road	17/08/2019			25.19	25.19	25.06	6			
Rosliston Parkrun 5 Km Road	31/08/2019			25.06	25.06	24.51	7			
Graves Parkrun 5 Km Road	07/09/2019			24.51		25.03				
BDSL Tamworth(TAC) 5 Miles R	15/09/2019					39.50				
Rosliston Parkrun 5 Km Road	21/09/2019			24.51	24.51	24.39	6			
Rosliston Parkrun 5 Km Road	28/09/2019			24.39	24.39	24.36	5			
Rosliston Parkrun 5 Km Road	05/10/2019			24.36	24.36	23.57	10			
Hatton HCP Stapenhill 3.7 Miles	08/10/2019					32.31				
Rosliston Parkrun 5 Km Road	23/11/2019			23.57	23.57	24.31				
Rosliston Parkrun 5 Km Road	30/11/2019			23.57	23.57	24.09				
Rosliston Parkrun 5 Km Road	07/12/2019			23.57	23.57	23.50	6			
Rosliston Parkrun 5 Km Road	21/12/2019			23.50	23.50	24.57				
Rosliston Parkrun 5 Km Road	28/12/2019			23.50	23.50	24.25				
Mark Slade	64	Delamere Parkrun 5 Km Road	01/01/2019	17.43		19.09		62		
		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				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Mark Slade	64	DR-Allestree 10 Km XC	20/01/2019	39.36	51.14	46.08		62
		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	
		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		
		Rosliston Parkrun 5 Km Road	04/05/2019	17.43	18.37	19.45		
		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		
		Rosliston Parkrun 5 Km Road	06/07/2019	17.43	18.37	19.14		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	29.54	30.49	31.19		
		Rosliston Parkrun 5 Km Road	13/07/2019	17.43	18.37	18.57		
		Eastville Parkrun 5 Km Road	20/07/2019	17.43		20.00		
		Heartlands Parkrun 5 Km Road	27/07/2019	17.43		19.45		
		Mickleover 10 Km Road	07/08/2019	37.15		40.31		
		Edinburgh Parkrun 5 Km Road	10/08/2019	17.43		18.56		
		Brooklands Parkrun 5 Km Road	17/08/2019	17.43		19.17		
		Darley Park 5 Km Road	20/08/2019	17.43	18.54	20.01		
		Babbs Mill Parkrun 5 Km Road	24/08/2019	17.43		19.16		
		Wilne 10 Km Road	01/09/2019	37.15	38.00	38.46		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	29.54	30.22	32.22		
		Rosliston Parkrun 5 Km Road	21/09/2019	17.43	18.37	19.40		
		Rosliston Parkrun 5 Km Road	28/09/2019	17.43	18.37	19.49		
		Rosliston Parkrun 5 Km Road	05/10/2019	17.43	18.37	19.57		
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			30.36		
		Birmingham 11.1 Miles Road	12/10/2019			77.46		
		Alvaston Parkrun 5 Km Road	19/10/2019	17.43	18.26	19.32		
		Hanworth Parkrun 5 Km Road	26/10/2019	17.43		19.22		
		Conkers Parkrun 5 Km Road	02/11/2019	17.43	17.52	19.10		
East Park Parkrun 5 Km Road	09/11/2019	17.43		19.10				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Mark Slade	64	Oaklands Parkrun 5 Km Road	16/11/2019	17.43		19.00		62
		Chasewater Parkrun 5 Km Road	23/11/2019	17.43	18.51	18.48	5	
		Holme Pierrepoint 0.5 Marathon	01/12/2019	84.20	89.57	89.18	7	
		Rosliston Parkrun 5 Km Road	07/12/2019	17.43	18.37	20.24		
		Rosliston Parkrun 5 Km Road	14/12/2019	17.43	18.37	20.09		
		Conkers Parkrun 5 Km Road	21/12/2019	17.43	17.52	18.28		
		Conkers Parkrun 5 Km Road	25/12/2019	17.43	17.52	18.55		
		Walsall Parkrun 5 Km Road	28/12/2019	17.43	17.58	17.41	11	
Sian Hamilton	65	Rosliston Parkrun 5 Km Road	01/01/2019	23.51	25.25	27.42		50
		Conkers Parkrun 5 Km Road	01/01/2019	23.51	23.51	28.39		
		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		
		Rosliston Parkrun 5 Km Road	25/05/2019	23.51	25.25	27.36		
		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	42.18	42.18	47.53		
		Mizuno Endure 24 5 Miles XC	15/06/2019	42.18	42.18	48.34		
		Mizuno Endure 24 5 Miles XC	15/06/2019	42.18	42.18	43.40		
		Mizuno Endure 24 5 Miles XC	15/06/2019	45.00	45.57	42.18		
		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		
		Chasewater Parkrun 5 Km Road	06/07/2019	23.51		25.10		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	39.19	40.14	40.36		
		Rosliston Parkrun 5 Km Road	13/07/2019	23.51	25.25	27.17		
		Brooksie's Bash 10 Miles Trail	14/07/2019			95.22		
		Rosliston Parkrun 5 Km Road	20/07/2019	23.51	25.25	26.20		
		Rosliston Parkrun 5 Km Road	03/08/2019	23.51	25.25	42.13		
Rosliston Parkrun 5 Km Road	10/08/2019	23.51	25.25	27.39				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Sian Hamilton	65	BDSL Burton(HD) 10 Km Road	11/08/2019	50.46	52.51	50.28	15	50
		Tywyn 14 Miles XC	17/08/2019	139.13	139.13	152.52		
		Rosliston Parkrun 5 Km Road	24/08/2019	23.51	25.25	27.24		
		Cannon Hill Parkrun 5 Km Road	31/08/2019	23.51		26.44		
		Conkers Parkrun 5 Km Road	07/09/2019	23.51	23.51	26.07		
		Rosliston Parkrun 5 Km Road	14/09/2019	23.51	25.25	28.13		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	39.19	40.16	41.07		
		Hasenheide Parkrun German 5	28/09/2019	23.51		27.55		
		Berlin Marathon Road	29/09/2019	245.56		246.12		
		Rosliston Parkrun 5 Km Road	05/10/2019	23.51	25.25	27.44		
		Southend Parkrun 5 Km Road	12/10/2019	23.51	24.32	25.24		
		Rosliston Parkrun 5 Km Road	19/10/2019	23.51	25.25	29.04		
		WarwickRacecourse Parkrun 5	26/10/2019	23.51		26.47		
		Telford Parkrun 5 Km Road	09/11/2019	23.51		26.46		
		Aberystwyth Parkrun 5 Km Roa	16/11/2019	23.51		26.16		
		Rosliston Parkrun 5 Km Road	23/11/2019	23.51	25.25	27.44		
		Rosliston Parkrun 5 Km Road	30/11/2019	23.51	25.25	28.41		
		Eastville Parkrun 5 Km Road	07/12/2019	23.51		28.07		
		Rosliston Parkrun 5 Km Road	14/12/2019	23.51	25.25	30.02		
		Rosliston Parkrun 5 Km Road	21/12/2019	23.51	25.25	28.14		
		Conkers Parkrun 5 Km Road	25/12/2019	23.51	23.51	27.18		
		Northampton Parkrun 5 Km Roa	28/12/2019	23.51		27.04		
		Helen Finn	25	Reykjavik Marathon Road	25/08/2019			
Cannock Chase Parkrun 5 Km	31/08/2019					28.51		
Alport Heights Relays 1.7 Miles	04/09/2019					14.41		
Alvaston Parkrun 5 Km Road	07/09/2019			28.51		27.32		
BDSL Tamworth(TAC) 5 Miles R	15/09/2019					41.54		
Sherwood Pines Parkrun 5 Km	21/09/2019			27.32		30.47		
Hasenheide Parkrun German 5	28/09/2019			27.32		31.07		
Berlin Marathon Road	29/09/2019			258.25		268.54		
Chasewater Parkrun 5 Km Road	05/10/2019			27.32		31.53		
Heritage Harbor Parkrun 5 Km	12/10/2019			27.32		31.51		
Chicago Marathon Road	13/10/2019			258.25		271.35		
Conkers Parkrun 5 Km Road	19/10/2019			27.32		32.06		
Alvaston Parkrun 5 Km Road	26/10/2019			27.32	27.32	28.18		
Delaware Canal Parkrun 5 Km R	02/11/2019			27.32		29.45		
New York Marathon Road	03/11/2019			258.25		293.42		
Delaware Canal Parkrun 5 Km R	09/11/2019			27.32	29.45	28.01		
Alvaston Parkrun 5 Km Road	16/11/2019			27.32	27.32	30.01		
Alvaston Parkrun 5 Km Road	23/11/2019			27.32	27.32	29.19		
Wilmslow 10 Km Road	24/11/2019					52.08		
Rosliston Parkrun 5 Km Road	30/11/2019			27.32		37.36		
Myerscough 10 Miles Road	01/12/2019					88.18		
Leicester 5 Km Road	04/12/2019			27.32		25.40		
Nova Prestatyn Parkrun 5 Km R	07/12/2019			25.40		32.35		
Turkey Trot 0.5 Marathon Road	08/12/2019			128.38				
Gedling Parkrun 5 Km Road	14/12/2019	25.40		48.40				
Joanne Stevens	14	Rosliston Parkrun 5 Km Road	19/01/2019	27.33	29.24	32.40	11	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		
		Rosliston Parkrun 5 Km Road	09/03/2019	27.33	29.24	30.02		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Joanne Stevens	14	DR-Sinai 5 Miles XC	10/03/2019			62.01		44
		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		
		Thunder Run 10 Km XC	20/07/2019	59.16	67.45	76.38		
		Thunder Run 10 Km XC	20/07/2019	59.16	67.45	74.45		
		Tissington 0.5 Marathon Road	29/09/2019	127.14	127.32	140.00		
		Rosliston Parkrun 5 Km Road	26/10/2019	27.33	29.24	33.03		
		Rosliston Parkrun 5 Km Road	14/12/2019	27.33	29.24	31.51		
		Rosliston Parkrun 5 Km Road	21/12/2019	27.33	29.24	33.18		
Sharon Wright	27	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		
		Rosliston Parkrun 5 Km Road	06/04/2019	27.02	27.02	28.00		
		BDSL Conkers(SDRR) 5 Miles	07/04/2019	44.40	48.53	45.47	17	
		Derby Midweek Miles Road	17/04/2019	8.23	8.23	7.57	15	
		Derby Midweek 5 Km Road	17/04/2019	27.02	27.59	28.50		
		Rosliston Parkrun 5 Km Road	20/04/2019	27.02	27.02	27.54		
		Telford Miles Track	01/05/2019			8.10		
		Telford 100 Metres Track	01/05/2019	17.40	17.40	18.40		
		Telford 400 Metres Track	01/05/2019	82.20	82.20	95.70		
		Man V Horse 8 Miles XC	08/06/2019			120.19		
		Sutton Coldfield 200 Metres Tra	31/07/2019	38.40		39.00		
		Sutton Coldfield 800 Metres Tra	31/07/2019	3.38		3.51		
		Nottingham 200 Metres Track	31/08/2019	38.40		41.61		
		Nottingham 400 Metres Track	31/08/2019	82.20		91.16		
		Alport Heights Relays 1.7 Miles	04/09/2019			16.12		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	44.40	44.40	48.38		
		Rosliston Parkrun 5 Km Road	21/09/2019	27.02	27.02	28.30		
		Rosliston Parkrun 5 Km Road	05/10/2019	27.02	27.02	30.00		
		Walsall Parkrun 5 Km Road	19/10/2019	27.02	28.38	29.21		
		DR-Anslow 5.3 Miles XC	20/10/2019			63.10		
		DR-Smalley 5.5 Miles XC	15/12/2019			75.15		
Andrew Bennett	94	Conkers Parkrun 5 Km Road	01/01/2019	24.33	25.09	28.53		43
		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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Andrew Bennett	94	Rosliston Parkrun 5 Km Road	09/03/2019	24.33	26.08	28.50		43
		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	23.25	24.05		
		Fractured Marathon(Calke) 2.6	28/06/2019			23.25		
		BDSL Gate Gallop(Peel) 10 Km	30/06/2019	56.52	56.52	58.46		
		Colin Potter 10 Km Road	05/07/2019	51.25	56.56	55.21	10	
		Shipleby Country Parkrun 5 Km R	06/07/2019	24.33		30.34		
		Gunby Gallop 10 Km XC	07/07/2019	56.52		54.09		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	42.15	43.03	43.46		
		Forest Rec Parkrun 5 Km Road	13/07/2019	24.33		27.35		
		Brooksie's Bash 10 Miles Trail	14/07/2019	108.43	108.43	97.24		
		Thunder Run 10 Km XC	20/07/2019	54.09	62.35	80.21		
		Thunder Run 10 Km XC	20/07/2019	54.09	62.35	74.37		
		Thunder Run 10 Km XC	20/07/2019	54.09	62.35	73.23		
		Thunder Run 10 Km XC	20/07/2019	54.09	62.35	67.44		
		Thunder Run 10 Km XC	20/07/2019	54.09	62.35	64.53		
		Rosliston Parkrun 5 Km Road	27/07/2019	24.33	26.08	57.54		
		Abbott Trail 10 Km Trail	28/07/2019	61.59	62.53	64.21		
		Rosliston Parkrun 5 Km Road	03/08/2019	24.33	26.08	28.00		
		Cannock Chase 10 Km XC	04/08/2019	54.09		60.59		
		Rosliston Parkrun 5 Km Road	10/08/2019	24.33	26.08	29.19		
		BDSL Burton(HD) 10 Km Road	11/08/2019	51.25	53.26	55.53		
		Rosliston Parkrun 5 Km Road	17/08/2019	24.33	26.08	28.08		
		Rosliston Parkrun 5 Km Road	31/08/2019	24.33	26.08	30.08		
		Wilne 10 Km Road	01/09/2019	51.25	53.40	54.49		
		Alport Heights Relays 1.7 Miles	04/09/2019			15.07		
		Markeaton Parkrun 5 Km Road	07/09/2019	24.33	26.40	29.21		
		Yeovil Montague Parkrun 5 Km	14/09/2019	24.33		30.22		
		Penrose Parkrun 5 Km Road	21/09/2019	24.33		27.40		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Andrew Bennett	94	Rosliston Parkrun 5 Km Road	28/09/2019	24.33	26.08	29.23		43
		Tissington 0.5 Marathon Road	29/09/2019	118.41	119.44	127.48		
		Rosliston Parkrun 5 Km Road	05/10/2019	24.33	26.08	28.15		
		Shrewsbury 0.5 Marathon Road	06/10/2019	118.41	126.21	127.15		
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			35.33		
		Birmingham 11.1 Miles Road	12/10/2019			110.23		
		Rosliston Parkrun 5 Km Road	19/10/2019	24.33	26.08	63.15		
		Chesterfield 0.5 Marathon Road	20/10/2019	118.41	126.43	129.16		
		Rosliston Parkrun 5 Km Road	26/10/2019	24.33	26.08	60.23		
		Worksop 0.5 Marathon Road	27/10/2019	118.41	125.21	126.42		
		Rosliston Parkrun 5 Km Road	02/11/2019	24.33	26.08	29.21		
		Starlight RelaysMarkeaton 3 Km	07/11/2019			22.13		
		Rosliston Parkrun 5 Km Road	09/11/2019	24.33	26.08	28.26		
		Coalville 10 Km Road	10/11/2019	51.25		58.56		
		Oaklands Parkrun 5 Km Road	16/11/2019	24.33		26.53		
		Heanor 10 Km Road	17/11/2019	51.25	57.05	57.03	5	
		East Park Parkrun 5 Km Road	23/11/2019	24.33		27.48		
		DR-Cliff Lakes 9 Km XC	24/11/2019			53.32		
		Oak Challenge 29.6 Miles Trail	28/11/2019			396.38		
		Walsall Parkrun 5 Km Road	30/11/2019	24.33	28.30	29.16		
		Chasewater 10 Km Road	30/11/2019	51.25	55.56	66.57		
		Edwinstowe 10 Km Trail	01/12/2019	61.59		60.01		
		Starlight Relays Shipley 3 Km X	05/12/2019	22.13		18.36		
		Sneyd 10 Miles Road	08/12/2019	90.10	96.13	94.48	7	
		Rosliston Parkrun 5 Km Road	14/12/2019	24.33	26.08	30.34		
		DR-Smalley 5.5 Miles XC	15/12/2019	49.58		65.23		
		Rosliston Parkrun 5 Km Road	21/12/2019	24.33	26.08	32.27		
		Conkers Parkrun 5 Km Road	25/12/2019	24.33	25.09	30.38		
		Rosliston Parkrun 5 Km Road	28/12/2019	24.33	26.08	31.30		
		Julie Taylor	33	Crich Monument Run 7 Miles Fe	13/07/2019			
Brooksie's Bash 10 Miles Fell	14/07/2019					87.53		
Tara Kinder 10 Km Road	19/07/2019					49.53		
Dovedale Dipper Marathon XC	04/08/2019					333.40		
Hob Hurst 5 Miles Fell	16/08/2019					49.36		
Conkers Parkrun 5 Km Road	17/08/2019					24.15		
Pilsley 6.1 Miles Fell	22/08/2019					59.41		
Totley Exterminator 16 Miles Fel	01/09/2019					207.17		
Derby Midweek Miles Road	11/09/2019					7.07		
Derby Midweek 5 Km Road	11/09/2019			24.15		23.48	9	
BDSL Tamworth(TAC) 5 Miles R	15/09/2019					37.49		
Equinox24 10 Km XC	21/09/2019			55.07	55.07	57.59		
Belton House Parkrun 5 Km Ro	21/09/2019			23.48		25.24		
Equinox24 10 Km XC	21/09/2019			57.57	57.57	55.07		
Equinox24 10 Km XC	21/09/2019			55.07	55.07	54.58		
Equinox24 10 Km XC	21/09/2019			55.07	55.07	58.54		
Equinox24 10 Km XC	21/09/2019					57.57		
Equinox24 10 Km XC	21/09/2019			55.07	55.07	57.01		
Conkers Parkrun 5 Km Road	05/10/2019			23.48	24.15	23.18		
Riemer Parkrun(Germany) 5 Km	12/10/2019			23.18		23.28		
Munich 0.5 Marathon Road	13/10/2019					110.25		
Derby Midweek 5 Km Road	16/10/2019			23.18	23.48	22.47	16	

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Julie Taylor	33	Derby Midweek Miles Road	16/10/2019	7.07	7.07	7.36		40
		Alvaston Parkrun 5 Km Road	26/10/2019	22.47		24.05		
		Clwydian Hills 14.5 Km Fell	27/10/2019			127.10		
		Roaches 15.6 Miles Fell	10/11/2019			211.59		
		DR-Holly Hayes Woods 5.4 Mile	17/11/2019			49.46		
		Wrekin Wrecker 8 Miles Fell	24/11/2019			102.19		
		Erd dig Parkrun 5 Km Road	07/12/2019	22.47		25.36		
		Turkey Trot 0.5 Marathon Road	08/12/2019	110.25		105.51	15	
		Derby Midweek Miles Road	11/12/2019	7.07	7.07	7.12		
		Derby Midweek 5 Km Road	11/12/2019	22.47	22.47	22.47		
		Conkers Parkrun 5 Km Road	21/12/2019	22.47	23.18	23.33		
		Steve Harvey	30	Rosliston Parkrun 5 Km Road	20/04/2019			26.46
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		
Rosliston Parkrun 5 Km Road	06/07/2019			26.02	26.02	25.03	12	
BDSL Worthington(IV) 5 Miles R	09/07/2019					40.53		
Rosliston Parkrun 5 Km Road	13/07/2019			25.03	25.03	25.14		
Rosliston Parkrun 5 Km Road	20/07/2019			25.03	25.03	25.34		
Staffs Knot 5 Miles Road	24/07/2019			40.53		42.16		
Rosliston Parkrun 5 Km Road	27/07/2019			25.03	25.03	26.18		
Cannock Chase 10 Km XC	04/08/2019			71.55		56.40		
Rosliston Parkrun 5 Km Road	10/08/2019			25.03	25.03	25.39		
Rosliston Parkrun 5 Km Road	17/08/2019			25.03	25.03	25.59		
Rugeley 10 Km XC	26/08/2019			56.40		54.07		
Rosliston Parkrun 5 Km Road	31/08/2019			25.03	25.03	25.46		
Lichfield 10 Km Road	08/09/2019					50.50		
BDSL Tamworth(TAC) 5 Miles R	15/09/2019			40.53		41.40		
Stafford 10 Km Road	22/09/2019			50.50		49.33	10	
Hatton HCP Stapenhill 3.7 Miles	08/10/2019					32.42		
DR-Anslow 5.3 Miles XC	20/10/2019					50.50		
Cannock Chase 0.5 Marathon Tr	27/10/2019					131.50		
Derby 10 Miles Road	17/11/2019					90.59		
DR-Cliff Lakes 9 Km XC	24/11/2019					50.09		
Rosliston Parkrun 5 Km Road	07/12/2019			25.03	25.03	25.37		
Rosliston Parkrun 5 Km Road	21/12/2019			25.03	25.03	25.56		
Rosliston Parkrun 5 Km Road	28/12/2019			25.03	25.03	25.03		
Damon Freeston	21	Rosliston Parkrun 5 Km Road	23/02/2019			21.48		35
		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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Damon Freeston	21	Derby 0.5 Marathon Road	09/06/2019			96.52		35
		Alvaston Parkrun 5 Km Road	22/06/2019	20.39		20.40		
		Bakewell 6.5 Miles Fell	30/06/2019			53.48		
		Brooksie's Bash 10 Miles Trail	14/07/2019			81.09		
		Parwich Panoramic 5.3 Miles Fe	06/08/2019			44.15		
		Markeaton Parkrun 5 Km Road	21/09/2019	20.39	20.39	21.46		
		Gobigmoor 0.5 Marathon Fell	12/10/2019			132.36		
		DR-Anslow 5.3 Miles XC	20/10/2019			42.10		
		Alvaston Parkrun 5 Km Road	16/11/2019	20.39	20.40	21.58		
		DR-Cliff Lakes 9 Km XC	24/11/2019			43.47		
		DR-Smalley 5.5 Miles XC	15/12/2019			46.48		
Jamie Fletcher	23	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		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	28.06	28.33	30.22		
		Tara Kinder 10 Km Road	19/07/2019	34.03		36.51		
		Chasewater Parkrun 5 Km Road	27/07/2019	16.36		17.35		
		Alvaston Parkrun 5 Km Road	14/09/2019	16.36	17.56	22.52		
		Rosliston Parkrun 5 Km Road	21/09/2019	16.36	16.55	19.22		
		Conkers Parkrun 5 Km Road	12/10/2019	16.36	16.39	22.41		
		NM-Markeaton XC 10 Km XC	12/10/2019	36.50	36.50	38.35		
		Derby Midweek 5 Km Road	16/10/2019	16.36	16.36	18.24		
		Longeaton Parkrun 5 Km Road	19/10/2019	16.36		24.09		
		Alvaston Parkrun 5 Km Road	26/10/2019	16.36	17.56	18.52		
		Conkers Parkrun 5 Km Road	09/11/2019	16.36	16.39	17.59		
		Conkers Parkrun 5 Km Road	16/11/2019	16.36	16.39	18.02		
		Rosliston Parkrun 5 Km Road	30/11/2019	16.36	16.55	18.18		
Matt McCormack	27	The Winter Bash 10.2 Miles Fell	03/02/2019			84.09		26
		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		
		Hairy Helmet Relays 2 Miles XC	14/06/2019			13.50		
		Cannock Chase 0.5 Marathon Tr	29/06/2019			116.36		
		Derwent River Relays 5 Km XC	06/07/2019			20.09		
		Markeaton Parkrun 5 Km Road	17/08/2019	21.05	22.34	22.58		
		Alport Heights Relays 1.7 Miles	04/09/2019			11.52		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	34.51		35.34		
		Rosliston Parkrun 5 Km Road	05/10/2019	21.05	21.05	21.32		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Matt McCormack	27	Hatton HCP Stapenhill 3.7 Miles	08/10/2019			27.21		26
		Birmingham 11.1 Miles Road	12/10/2019			79.32		
		DR-Anslow 5.3 Miles XC	20/10/2019			41.04		
		Draycote Water 10 Miles Road	10/11/2019	72.19		72.31		
		Heanor 10 Km Road	17/11/2019			44.21		
		DR-Cliff Lakes 9 Km XC	24/11/2019			41.32		
		Turkey Trot 0.5 Marathon Road	08/12/2019	97.51		99.27		
		Chasewater Parkrun 5 Km Road	14/12/2019	21.05		20.37	11	
		DR-Smalley 5.5 Miles XC	15/12/2019			45.45		
		Chester Parkrun 5 Km Road	28/12/2019	20.37		21.53		
Mitch Pritchard	20	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		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	37.00	37.00	37.31		
		Thunder Run 10 Km XC	20/07/2019	49.19	53.56	60.56		
		Thunder Run 10 Km XC	20/07/2019	49.19		53.56		
		Thunder Run 10 Km XC	20/07/2019	49.19	53.56	58.12		
		Thunder Run 10 Km XC	20/07/2019	49.19	53.56	82.54		
		Rosliston Parkrun 5 Km Road	14/09/2019	23.23	23.23	26.29		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	37.00	37.26	38.56		
		Survival of the Fittest 20 Km Ob	05/10/2019			150.00		
		Tamworth 10 Km Road	06/10/2019	45.29	45.29	51.35		
		DR-Anslow 5.3 Miles XC	20/10/2019			45.30		
		Mo Run Nottingham 10 Km Roa	16/11/2019	45.29		48.21		
Sam Owen	27	Rosliston Parkrun 5 Km Road	01/01/2019	29.39	31.45	33.36		23
		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		
		Brooksie's Bash 10 Miles Trail	14/07/2019	130.10	130.10	133.12		
		Thunder Run 10 Km XC	20/07/2019	70.48	70.48	85.38		
		Thunder Run 10 Km XC	20/07/2019	70.48	70.48	72.50		
		Alport Heights Relays 1.7 Miles	04/09/2019			17.38		
		Great North Run 0.5 Marathon R	08/09/2019	128.06		159.11		
		Weymouth Parkrun 5 Km Road	21/09/2019	29.39	32.10	33.01		
		Tissington 0.5 Marathon Road	29/09/2019	128.06	128.06	141.51		
		Bournemouth 5 Km Road	05/10/2019	29.39		30.06		
		Bournemouth 0.5 Marathon Roa	06/10/2019	128.06	139.52	152.17		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Sam Owen	27	Hairy Scary Helmet Relays 2 Mil	18/10/2019			23.23		23
		DR-Anslow 5.3 Miles XC	20/10/2019			63.05		
		Starlight RelaysMarkeaton 3 Km	07/11/2019			22.08		
		Seagrave Challenge 16 Miles Fe	09/11/2019	221.23	221.23	242.05		
		Silverstone 0.5 Marathon Road	24/11/2019	128.06	154.29	138.09	23	
		Starlight Relays Shipley 3 Km X	05/12/2019	22.08		21.16		
Pete Stevens	28	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		
		Markeaton Parkrun 5 Km Road	16/03/2019	19.54	20.30	21.37		
		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		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	33.08	33.08	35.07		
		Crich Monument Run 7 Miles Fe	13/07/2019	61.52	61.52	58.15		
		Brooksie's Bash 10 Miles Trail	14/07/2019			87.21		
		Wetherby Parkrun 5 Km Road	27/07/2019	19.54		21.37		
		BDSL Burton(HD) 10 Km Road	11/08/2019	41.38		44.36		
		Man v Mountain 23 Miles XC	07/09/2019			438.00		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	33.08		45.24		
		Rosliston Parkrun 5 Km Road	05/10/2019	19.54	20.14	22.39		
		DR-Anslow 5.3 Miles XC	20/10/2019			41.33		
		DR-Cliff Lakes 9 Km XC	24/11/2019	45.14		43.12		
		Rosliston Parkrun 5 Km Road	07/12/2019	19.54	20.14	22.23		
		DR-Smalley 5.5 Miles XC	15/12/2019	44.03		50.25		
		Markeaton Parkrun 5 Km Road	28/12/2019	19.54	20.01	22.09		
Barry Birch	4	BDSL Conkers(SDRR) 5 Miles	07/04/2019	38.29	43.32	40.45	18	18
		Rosliston Parkrun 5 Km Road	05/10/2019	23.57	23.57	24.58		
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			30.43		
		DR-Cliff Lakes 9 Km XC	24/11/2019			52.08		
Pete Wright	54	Starlight Relays C.Abbey 2.4 Mil	11/01/2019			16.27		17
		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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:			
Pete Wright	54	Rosliston Parkrun 5 Km Road	06/04/2019	16.54	19.23	20.10		17			
		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 400 Metres Track	01/05/2019	64.00	70.40	94.20					
		Telford Miles Track	01/05/2019			6.10					
		Telford 100 Metres Track	01/05/2019	13.00	15.40	21.00					
		Darley Park 5 Km Road	28/05/2019	16.54		19.43					
		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					
		Bulgaria 0.5 Marathon Trail	07/07/2019			128.29					
		Tryavna Marathon Road	13/07/2019	173.59		296.12					
		Sutton Coldfield 200 Metres Tra	31/07/2019	32.30		31.90	5				
		Sutton Coldfield 3000 Metres Tr	31/07/2019	9.43		11.36					
		Sutton Coldfield 800 Metres Tra	31/07/2019	2.41		2.51					
		Bluebell 4.4 Miles Fell	01/08/2019			32.42					
		Tipton 3000 Metres Track	04/08/2019	9.43	9.43	11.09					
		Bradwell 6 Km Fell	06/08/2019	28.32		43.24					
		BDSL Burton(HD) 10 Km Road	11/08/2019	35.15	41.03	41.08					
		Nottingham 1500 Metres Track	31/08/2019	4.38		5.32					
		Nottingham 100 Metres Track	31/08/2019	13.00		16.07					
		Nottingham 3000 Metres Track	31/08/2019	9.43		11.31					
		Alport Heights Relays 1.7 Miles	04/09/2019			11.23					
		Stratford 10 Km Road	08/09/2019	35.15		39.33					
		Derby Midweek Miles Road	11/09/2019	5.06	5.35	6.21					
		Derby Midweek 5 Km Road	11/09/2019	16.54	17.46	19.15					
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	29.03	31.35	33.11					
		Rosliston Parkrun 5 Km Road	28/09/2019	16.54	19.23	20.33					
		Rosliston Parkrun 5 Km Road	05/10/2019	16.54	19.23	21.14					
		Pattingham Bells 10 Km XC	06/10/2019	34.27		44.22					
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			31.43					
		Derby Midweek 5 Km Road	16/10/2019	16.54	17.46	19.08					
		Walsall Parkrun 5 Km Road	19/10/2019	16.54	18.56	19.21					
		DR-Anslow 5.3 Miles XC	20/10/2019	35.20		37.57					
		Draycote Water 10 Miles Road	10/11/2019	59.43		66.54					
		DR-Cliff Lakes 9 Km XC	24/11/2019			39.14					
		MC XC- Bulwell Hall Park 7 Mile	30/11/2019	42.34		44.51					
		Litton 7.6 Miles Fell	08/12/2019			66.40					
		DR-Smalley 5.5 Miles XC	15/12/2019	33.03		43.56					
		Rosliston Parkrun 5 Km Road	28/12/2019	16.54	19.23	20.19					
		Marcin Wolano	10	BDSL Washland Relays 2.1 Mile	12/06/2019				15.08		16
				Rosliston Parkrun 5 Km Road	13/07/2019				23.53		
				BDSL Burton(HD) 10 Km Road	11/08/2019				50.54		
				Szczecin 10 Km Road	25/08/2019	50.54			48.16	16	
				Rosliston Parkrun 5 Km Road	31/08/2019	23.53	23.53		23.54		
BDSL Tamworth(TAC) 5 Miles R	15/09/2019					37.52					
Hatton HCP Stapenhill 3.7 Miles	08/10/2019					28.45					
DR-Anslow 5.3 Miles XC	20/10/2019					49.11					
Bukowy Kros Gorski 7 Miles XC	17/11/2019					73.00					

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Marcin Wolano	10	Holme Pierrepont 0.5 Marathon	01/12/2019			107.51		16
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	8	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		
		Colin Potter 10 Km Road	05/07/2019	47.23		55.19		
		Stephen Price Memorial 10 Km	15/09/2019	56.12		54.17		
		Shelton Striders 10 Km Road	06/10/2019	47.23	47.23	52.00		
		Derby 10 Miles Road	17/11/2019	84.14		88.54		
Stanislaw Knopik	30	Rosliston Parkrun 5 Km Road	01/01/2019	16.48	20.22	20.58		11
		Conkers Parkrun 5 Km Road	01/01/2019	16.48	18.21	20.18		
		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		
		Derwent Rriver Relays 5 Km XC	06/07/2019	16.41	20.17	20.14		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	27.39	29.19	34.10		
		Thunder Run 10 Km XC	20/07/2019	35.20	42.05	53.06		
		Thunder Run 10 Km XC	20/07/2019	35.20	42.05	50.57		
		Thunder Run 10 Km XC	20/07/2019	35.20	42.05	49.29		
		BDSL Burton(HD) 10 Km Road	11/08/2019	34.35	37.52	43.25		
		Alport Heights Relays 1.7 Miles	04/09/2019			12.02		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	27.39	31.04	34.36		
		Tissington 0.5 Marathon Road	29/09/2019	76.09	95.28	93.03	11	
		Rosliston Parkrun 5 Km Road	05/10/2019	16.48	20.22	21.37		
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			26.10		
		Derby Midweek 5 Km Road	16/10/2019	16.48	17.16	20.37		
		Derby Midweek Miles Road	16/10/2019	5.05	5.45	6.12		
		DR-Anslow 5.3 Miles XC	20/10/2019	33.56		41.30		
		Conkers Parkrun 5 Km Road	26/10/2019	16.48	18.21	20.57		
		DR-Cliff Lakes 9 Km XC	24/11/2019	38.31		41.42		
		Sneyd 10 Miles Road	08/12/2019	56.43		68.57		
		DR-Smalley 5.5 Miles XC	15/12/2019	32.58		47.55		
Tim Wade	34	Conkers Parkrun 5 Km Road	01/01/2019	19.53	19.54	22.02		11
		Rosliston Parkrun 5 Km Road	01/01/2019	19.53	19.53	22.17		
		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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:			
Tim Wade	34	Rosliston Parkrun 5 Km Road	02/03/2019	19.53	19.53	24.55		11			
		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					
		Alvaston Parkrun 5 Km Road	06/07/2019	19.53		21.11					
		Ashbourne 0.5 Marathon Road	07/07/2019	88.32	98.50	103.33					
		Crich Monument Run 7 Miles Fe	13/07/2019	64.20	64.20	57.35					
		Thunder Run 10 Km XC	20/07/2019	41.12		48.19					
		Thunder Run 10 Km XC	20/07/2019	41.12	48.19	53.48					
		Thunder Run 10 Km XC	20/07/2019	41.12	48.19	63.04					
		Thunder Run 10 Km XC	20/07/2019	41.12	48.19	74.02					
		Thunder Run 10 Km XC	20/07/2019	41.12	48.19	54.32					
		Rosliston Parkrun 5 Km Road	27/07/2019	19.53	19.53	21.13					
		Nobles Parkrun 5 Km Road	03/08/2019	19.53		20.58					
		BDSL Burton(HD) 10 Km Road	11/08/2019	39.00	41.34	44.03					
		Rosliston Parkrun 5 Km Road	24/08/2019	19.53	19.53	22.07					
		Cannock Chase Parkrun 5 Km	31/08/2019	19.53		21.07					
		Lichfield 10 Km Road	08/09/2019	39.00		44.15					
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	31.12	33.11	37.26					
		John Piltz	5	Rosliston Parkrun 5 Km Road	01/01/2019	23.05	24.50		24.26	8	8
				Conkers Parkrun 5 Km Road	01/01/2019	23.05	23.05		23.54		
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	51	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 Pierpoint 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					

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:			
Richard Nash	51	Markeaton Parkrun 5 Km Road	09/03/2019	18.27	32.23	20.48		8			
		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					
		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					
		Conwy Parkrun 5 Km Road	20/07/2019	18.27		28.54					
		Centre Vale Parkrun 5 Km Road	27/07/2019	18.27		31.36					
		Fort William Parkrun 5 Km Road	03/08/2019	18.27		32.47					
		Babbs Mill Parkrun 5 Km Road	24/08/2019	18.27		23.41					
		Parkrun de Rouen 5 Km Road	31/08/2019	18.27		23.27					
		Father Collins Parkrun 5 Km Ro	05/10/2019	18.27		22.49					
		Alvaston Parkrun 5 Km Road	19/10/2019	18.27		23.53					
		Morecombe Prom Parkrun 5 Km	26/10/2019	18.27		23.28					
		Camperdown Parkrun 5 Km Roa	02/11/2019	18.27		25.08					
		East Park Parkrun 5 Km Road	09/11/2019	18.27		23.15					
		Oaklands Parkrun 5 Km Road	16/11/2019	18.27		23.20					
		DR-Cliff Lakes 9 Km XC	24/11/2019			45.33					
		Cheddleton 10 Km Road	30/11/2019	38.25		52.45					
		Sandwell Valley Parkrun 5 Km R	30/11/2019	18.27	21.19	24.14					
		Teignmouth Parkrun 5 Km Road	07/12/2019	18.27		22.22					
		Rosliston Parkrun 5 Km Road	14/12/2019	18.27	20.07	24.44					
		DR-Smalley 5.5 Miles XC	15/12/2019	36.10		50.34					
		WarwickRacecourse Parkrun 5	21/12/2019	18.27		23.28					
		Conkers Parkrun 5 Km Road	25/12/2019	18.27	18.44	22.32					
		Leic Victoria Parkrun 5 Km Roa	28/12/2019	18.27	21.43	22.53					
		Debbie Gilman	21	Conkers Parkrun 5 Km Road	01/01/2019	19.45	19.45		21.52		7
				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 Pierrepoint 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					
Ashbourne 0.5 Marathon Road	07/07/2019			87.15		100.10					
BDSL Worthington(IV) 5 Miles R	09/07/2019			33.21	33.33	35.48					
Rosliston Parkrun 5 Km Road	05/10/2019			19.45	21.31	23.00					
Sutton Park Parkrun 5 Km Road	23/11/2019			19.45		23.00					
Conkers Parkrun 5 Km Road	21/12/2019			19.45	19.45	23.11					

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Debbie Gilman	21	Walsall Parkrun 5 Km Road	28/12/2019	19.45		21.47		7
Steve Clews	28	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		
		Derwent Rriver Relays 5 Km XC	06/07/2019	20.48	20.48	20.45		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	28.59	31.01	34.45		
		Brooksie's Bash 10 Miles Trail	14/07/2019	75.13	75.13	74.43		
		BDSL Burton(HD) 10 Km Road	11/08/2019	36.06	40.50	43.37		
		Alport Heights Relays 1.7 Miles	04/09/2019			12.21		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	28.59	33.53	34.31		
		MP Cotswolds Farm Park 4.75	02/10/2019			36.36		
		DR-Anslow 5.3 Miles XC	20/10/2019	41.47		40.09		
		MP-Bradgate Park 6.7 Miles XC	23/10/2019	48.36		52.00		
		MP-Newbold Revel 6 Miles XC	06/11/2019	36.02	43.11	45.15		
		DR-Cliff Lakes 9 Km XC	24/11/2019	46.08		40.45		
		MP Doncaster 5.6 Miles XC	27/11/2019	39.53		48.22		
		MP-Darley Park 6 Miles XC	11/12/2019	36.02		41.19		
		DR-Smalley 5.5 Miles XC	15/12/2019	34.22		45.52		
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		
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	65	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		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Chris Fletcher	65	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		
		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		
		Shipleigh Country Parkrun 5 Km R	06/07/2019	17.47		23.30		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	29.06	31.07	35.11		
		Beverley Westwood Parkrun 5 K	13/07/2019	17.47		22.11		
		Tara Kinder 10 Km Road	19/07/2019	36.22	39.07	44.10		
		Clifton Parkrun 5 Km Road	20/07/2019	17.47		22.26		
		Chasewater Parkrun 5 Km Road	27/07/2019	17.47		22.17		
		Concord Parkrun 5 Km Road	03/08/2019	17.47		21.41		
		Great Lines Parkrun 5 Km Road	10/08/2019	17.47		22.18		
		Tywyn 14 Miles XC	17/08/2019	104.57	104.57	123.55		
		Hanley Parkrun 5 Km Road	31/08/2019	17.47		22.02		
		Alport Heights Relays 1.7 Miles	04/09/2019			12.11		
		Weymouth Coastal Trail 5 Km R	07/09/2019	17.47		21.09		
		Perry Hall Parkrun 5 Km Road	14/09/2019	17.47		23.51		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	29.06	33.51	34.57		
		Ormskirk Parkrun 5 Km Road	21/09/2019	17.47		21.37		
		Hillsborough Parkrun 5 Km Roa	28/09/2019	17.47		23.59		
		Tissington 0.5 Marathon Road	29/09/2019	81.28		97.00		
		Fletcher Moss Parkrun 5 Km Ro	05/10/2019	17.47		31.37		
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			27.11		
		Rosliston Parkrun 5 Km Road	12/10/2019	17.47	21.17	22.42		
		Derby Midweek Miles Road	16/10/2019			6.29		
		Derby Midweek 5 Km Road	16/10/2019	17.47	17.47	21.40		
		York Parkrun 5 Km Road	19/10/2019	17.47		21.29		
Leic Victoria Parkrun 5 Km Roa	26/10/2019	17.47		22.13				
Conkers Parkrun 5 Km Road	09/11/2019	17.47	20.19	21.19				
Derby 10 Miles Road	17/11/2019	62.29		72.32				
Chasewater Parkrun 5 Km Road	23/11/2019	17.47	22.17	22.30				
DR-Cliff Lakes 9 Km XC	24/11/2019	47.04		43.35				
Rosliston Parkrun 5 Km Road	30/11/2019	17.47	21.17	22.09				
Millhouses Parkrun 5 Km Road	07/12/2019	17.47		21.19				
DR-Smalley 5.5 Miles XC	15/12/2019	36.28		48.55				
Rushcliffe Parkrun 5 Km Road	21/12/2019	17.47		21.28				
Babbs Mill Parkrun 5 Km Road	28/12/2019	17.47		22.13				
Claire Calladine	11	DR-Allestree 10 Km XC	20/01/2019	47.46	51.29	54.29		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Claire Calladine	11	Charnwood Hills (Bowline) 14 Mi	03/02/2019	126.27	126.27	132.41		
		Northumberland Coastal Marath	23/02/2019	213.16		254.05		
		Ashbourne 0.5 Marathon Road	07/07/2019	99.32	103.17	113.00		
		Thunder Run 10 Km XC	20/07/2019	47.46	51.00	65.18		
		Thunder Run 10 Km XC	20/07/2019	47.46	51.00	57.16		
		Thunder Run 10 Km XC	20/07/2019	47.46	51.00	63.09		
		Thunder Run 10 Km XC	20/07/2019	47.46	51.00	59.37		
		Thunder Run 10 Km XC	20/07/2019	47.46	51.00	53.06		
		Beachy Head Marathon XC	26/10/2019	254.41	254.41	272.30		
		DR-Cliff Lakes 9 Km XC	24/11/2019			45.51		
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	24	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		
		Birmingham 3000 Metres Track	05/06/2019	9.54		10.29		
		Birmingham 200 Metres Track	05/06/2019	24.80		27.12		
		Birmingham 800 Metres Track	05/06/2019	2.02		2.18		
		BDSL Washland Relays 2.1 Mile	12/06/2019	11.15	11.15	12.24		
		Loughborough 400 Metres Hurdl	16/06/2019			71.20		
		Burton 1500 Metres Track	03/07/2019	4.30		4.45		
		Burton 100 Metres Track	03/07/2019	12.40		14.20		
		Burton 1500 Metres Track	06/07/2019	4.30	4.45	5.05		
		Burton 5000 Metres Track	06/07/2019	17.45		18.35		
		Burton 400 Metres Track	06/07/2019	54.70		71.90		
		Burton 2000 Metres Track S/C	06/07/2019			7.08		
		BDSL Worthington(IV) 5 Miles R	09/07/2019	29.23	29.23	31.50		
		Sutton Coldfield 3000 Metres Tr	31/07/2019	9.54		10.38		
		Sutton Coldfield 800 Metres Tra	31/07/2019	2.02		2.21		
		Sutton Coldfield 200 Metres Tra	31/07/2019	24.80		27.50		
Nottingham 800 Metres Track	31/08/2019	2.02		2.17				
Nottingham 1500 Metres Track	31/08/2019	4.30		5.02				
Nottingham 100 Metres Track	31/08/2019	12.40		14.17				
DR-Smalley 5.5 Miles XC	15/12/2019	33.23		42.07				
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	4	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		
		Thunder Run 10 Km XC	20/07/2019	40.12	48.42	52.57		
		Thunder Run 10 Km XC	20/07/2019	40.12	48.42	65.21		
Ion Barnea	3	DR-Anslow 5.3 Miles XC	20/10/2019			41.20		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Ion Barnea	3	DR-Cliff Lakes 9 Km XC	24/11/2019			41.35		
		DR-Smalley 5.5 Miles XC	15/12/2019	42.12		46.42		
James Maycox	4	Hatton HCP Stapenhill 3.7 Miles	08/10/2019			26.57		
		Hell up North Marathon XC	12/10/2019			401.14		
		Oldham Parkrun 5 Km Road	26/10/2019			22.12		
		DR-Cliff Lakes 9 Km XC	24/11/2019			44.36		
Jeff Heape	5	BDSL Conkers(SDRR) 5 Miles	07/04/2019			46.19		
		Massey Ferguson 10 Km Road	22/04/2019			58.08		
		DR-Cliff Lakes 9 Km XC	24/11/2019			54.38		
		Coombe 8 Miles XC	01/12/2019			84.04		
		DR-Smalley 5.5 Miles XC	15/12/2019			63.26		
Jonathon Gregson	62	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		
		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		
		Great Hucklow 10 Km Fell	07/07/2019	67.26	67.26	65.31		
		Rosliston Parkrun 5 Km Road	13/07/2019	20.33	21.28	23.48		
		Brooksie's Bash 10 Miles Trail	14/07/2019	76.38	85.15	82.37		
Markeaton Parkrun 5 Km Road	20/07/2019	20.33	21.28	23.56				
Rosliston Parkrun 5 Km Road	03/08/2019	20.33	21.28	24.22				
Dovedale Dipper 15 Miles XC	04/08/2019	134.56		201.15				
Rosliston Parkrun 5 Km Road	10/08/2019	20.33	21.28	22.21				
Exmouth Parkrun 5 Km Road	17/08/2019	20.33		23.21				
Tamar Lakes Parkrun 5 Km Roa	24/08/2019	20.33		23.56				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:		
Jonathon Gregson	62	Longshaw 6 Miles Fell	31/08/2019	56.57	56.57	56.29				
		Rosliston Parkrun 5 Km Road	07/09/2019	20.33	21.28	23.27				
		Rosliston Parkrun 5 Km Road	14/09/2019	20.33	21.28	23.13				
		Stanage Struggle 10 Km Fell	15/09/2019	65.31		58.23				
		Markeaton Parkrun 5 Km Road	21/09/2019	20.33	21.28	23.16				
		Charnwood Challenge 10.2 Mile	22/09/2019	95.55		98.00				
		Fell n Back Buxton 12 Miles Fell	28/09/2019			117.41				
		Rosliston Parkrun 5 Km Road	05/10/2019	20.33	21.28	24.45				
		Rosliston Parkrun 5 Km Road	12/10/2019	20.33	21.28	23.53				
		Windgather (Buxton) 0.5 Marath	13/10/2019			156.18				
		Markeaton Parkrun 5 Km Road	19/10/2019	20.33	21.28	22.09				
		DR-Anslow 5.3 Miles XC	20/10/2019	43.00		41.40				
		Rosliston Parkrun 5 Km Road	26/10/2019	20.33	21.28	22.33				
		Rosliston Parkrun 5 Km Road	02/11/2019	20.33	21.28	24.08				
		Rosliston Parkrun 5 Km Road	09/11/2019	20.33	21.28	22.12				
		Rosliston Parkrun 5 Km Road	16/11/2019	20.33	21.28	22.36				
		Rosliston Parkrun 5 Km Road	23/11/2019	20.33	21.28	23.51				
		DR-Cliff Lakes 9 Km XC	24/11/2019	47.37		43.53				
		Rosliston Parkrun 5 Km Road	07/12/2019	20.33	21.28	23.28				
		Litton 7.6 Miles Fell	08/12/2019	74.02	74.02	82.30				
		DR-Smalley 5.5 Miles XC	15/12/2019	40.11		48.24				
		Rosliston Parkrun 5 Km Road	21/12/2019	20.33	21.28	23.50				
		Rosliston Parkrun 5 Km Road	28/12/2019	20.33	21.28	23.43				
		Karen Jackson	37	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				
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				
Fractured Marathon(Calke) 2.6	28/06/2019			25.44	25.44	26.43				
BDSL Gate Gallop(Peel) 10 Km	30/06/2019			60.56	60.56	71.25				
Brooksie's Bash 10 Miles Trail	14/07/2019			119.54	119.54	133.12				
Thunder Run 10 Km XC	20/07/2019			60.56	62.58	74.55				
Thunder Run 10 Km XC	20/07/2019			60.56	62.58	81.12				
Thunder Run 10 Km XC	20/07/2019			60.56	62.58	72.25				
BDSL Burton(HD) 10 Km Road	11/08/2019			59.08	59.08	63.15				
Alport Heights Relays 1.7 Miles	04/09/2019					16.46				

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Karen Jackson	37	BDSL Tamworth(TAC) 5 Miles R	15/09/2019	45.24	47.18	52.57		
		Tissington 0.5 Marathon Road	29/09/2019	125.59	128.24	140.51		
		Hairy Scary Helmet Relays 2 Mil	18/10/2019			22.57		
		DR-Anslow 5.3 Miles XC	20/10/2019	59.31		62.56		
		Starlight RelaysMarkeaton 3 Km	07/11/2019			20.56		
		Seagrave Challenge 16 Miles Fe	09/11/2019	189.38	189.38	242.05		
		Aberystwyth Parkrun 5 Km Roa	16/11/2019	27.30		28.50		
		DR-Cliff Lakes 9 Km XC	24/11/2019	69.36		61.18		
		Starlight Relays Shipley 3 Km X	05/12/2019	20.56		24.17		
Kevin Spare	10	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		
		Coventry Northbrook 10 Km Roa	14/07/2019	39.49		41.09		
		Stratford 6 Miles Road	10/08/2019			39.51		
		Stratford on Avon Parkrun 5 Km	24/08/2019	18.59		19.38		
		DR-Anslow 5.3 Miles XC	20/10/2019			38.05		
		Bedworth parkrun 5 Km Road	26/10/2019	18.59	19.32	20.00		
		Bedworth parkrun 5 Km Road	02/11/2019	18.59	19.32	20.32		
		DR-Cliff Lakes 9 Km XC	24/11/2019			38.34		
		DR-Smalley 5.5 Miles XC	15/12/2019	35.18		42.41		
Laura Bingham	22	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		
		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		
		Thunder Run 10 Km XC	20/07/2019			53.39		
		Thunder Run 10 Km XC	20/07/2019	53.39	53.39	59.44		
		Thunder Run 10 Km XC	20/07/2019	53.39	53.39	63.22		
		Thunder Run 10 Km XC	20/07/2019	53.39	53.39	59.24		
		Thunder Run 10 Km XC	20/07/2019	53.39	53.39	57.54		
		Markeaton Parkrun 5 Km Road	16/11/2019	22.37	24.01	28.54		
		DR-Cliff Lakes 9 Km XC	24/11/2019			56.06		
		Markeaton Parkrun 5 Km Road	07/12/2019	22.37	24.01	28.52		
		Rosliston Parkrun 5 Km Road	14/12/2019	22.37	22.58	28.39		
		DR-Smalley 5.5 Miles XC	15/12/2019			61.52		
St. Sylvester's Race 6 Km Road	28/12/2019			33.20				
Leigh Holmes	7	Rosliston Parkrun 5 Km Road	09/02/2019	23.11	23.11	54.00		
		Millennium Way 41 Miles Trail	03/03/2019			509.08		
		Rosliston Parkrun 5 Km Road	19/10/2019	23.11	23.11	24.28		
		Rosliston Parkrun 5 Km Road	09/11/2019	23.11	23.11	25.18		
		Rosliston Parkrun 5 Km Road	30/11/2019	23.11	23.11	25.09		
		Rosliston Parkrun 5 Km Road	07/12/2019	23.11	23.11	24.43		
		Rosliston Parkrun 5 Km Road	21/12/2019	23.11	23.11	25.15		
Michael Fishwick	3	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		

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Michael Fishwick	3	Rosliston Parkrun 5 Km Road	28/09/2019	26.20	26.20	34.35		
Nigel Elson	3	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		
		BDSL Burton(HD) 10 Km Road	11/08/2019	38.14	39.36	49.08		
Pamela Chamberlain	6	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		
		DR-Anslow 5.3 Miles XC	20/10/2019	42.12		50.47		
		DR-Cliff Lakes 9 Km XC	24/11/2019			50.49		
		DR-Smalley 5.5 Miles XC	15/12/2019	41.10		56.01		
Paul Mellor	17	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		
		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		
		Bluebell 4.4 Miles Fell	01/08/2019			35.10		
		Tywyn 14 Miles XC	17/08/2019	117.22		119.43		
		Alport Heights Relays 1.7 Miles	04/09/2019			11.29		
		BDSL Tamworth(TAC) 5 Miles R	15/09/2019	32.40	33.35	33.52		
		Pattingham Bells 10 Km XC	06/10/2019	41.58		44.02		
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			31.46		
		DR-Anslow 5.3 Miles XC	20/10/2019	40.01		39.07		
		Chasewater Parkrun 5 Km Road	23/11/2019	19.13		21.21		
		DR-Cliff Lakes 9 Km XC	24/11/2019			43.02		
		Litton 7.6 Miles Fell	08/12/2019	68.33	68.33	78.03		
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	21	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		
		Brooksie's Bash 10 Miles Trail	14/07/2019			84.08		
		Parwich Panoramic 5.3 Miles Fe	06/08/2019			46.29		
		Gobigmoor 0.5 Marathon Fell	12/10/2019	120.29	120.29	147.16		

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Richard Bayliss	21	Stretford Parkrun 5 Km Road	19/10/2019	20.49	21.49	21.54		
		Rosliston Parkrun 5 Km Road	02/11/2019	20.49	20.49	22.43		
		Leg it round Lathkil 7 Miles Fell	10/11/2019			66.57		
		Lyme Park Parkrun 5 Km Road	23/11/2019	20.49		25.47		
		Litton 7.6 Miles Fell	08/12/2019	69.20	69.20	82.01		
		Rosliston Parkrun 5 Km Road	21/12/2019	20.49	20.49	23.17		
Richard Finnigan	11	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		
		BDSL Worthington(IV) 5 Miles R	09/07/2019			37.15		
		Woolacombe Dunes Parkrun 5	07/09/2019			27.25		
		Tamworth 10 Km Road	06/10/2019			47.34		
		Hatton HCP Stapenhill 3.7 Miles	08/10/2019			29.38		
DR-Anslow 5.3 Miles XC	20/10/2019			46.39				
Rob Leadbeater	12	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		
		Skafell Pike Marathon Trail	07/07/2019			507.38		
		Thunder Run 10 Km XC	20/07/2019	55.12	56.42	70.17		
		Thunder Run 10 Km XC	20/07/2019	55.12	56.42	67.36		
		Rosliston Parkrun 5 Km Road	28/09/2019	24.02	24.51	26.37		
		Rosliston Parkrun 5 Km Road	05/10/2019	24.02	24.51	25.41		
		Rosliston Parkrun 5 Km Road	12/10/2019	24.02	24.51	29.26		
		Rosliston Parkrun 5 Km Road	26/10/2019	24.02	24.51	27.21		
		Rosliston Parkrun 5 Km Road	16/11/2019	24.02	24.51	29.33		
		Rosliston Parkrun 5 Km Road	28/12/2019	24.02	24.51	27.27		
Rosie Freeman	2	DR-Anslow 5.3 Miles XC	20/10/2019			49.48		
		DR-Cliff Lakes 9 Km XC	24/11/2019			49.08		
Sarah Webb	8	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		
		Rosliston Parkrun 5 Km Road	10/08/2019	30.26	30.26	54.23		
		Hairy Scary Helmet Relays 2 Mil	18/10/2019			25.13		
		Starlight RelaysMarkeaton 3 Km	07/11/2019			24.05		
		Seagrave Challenge 16 Miles Fe	09/11/2019	221.26	221.26	341.42		
		Oak Challenge 14.8 Miles Trail	28/11/2019			237.31		
		Starlight Relays Shipley 3 Km X	05/12/2019	24.05		23.42		
Shane McNamara	11	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		
		BDSL Worthington(IV) 5 Miles R	09/07/2019			33.53		
		Brooksie's Bash 10 Miles Trail	14/07/2019			76.41		
		BDSL Burton(HD) 10 Km Road	11/08/2019			43.02		
		Rosliston Parkrun 5 Km Road	05/10/2019			21.20		
		DR-Anslow 5.3 Miles XC	20/10/2019			44.27		
		Rother Valley R.Festival 0.5 Mar	16/11/2019			102.46		
		DR-Cliff Lakes 9 Km XC	24/11/2019			41.34		

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Shane McNamara	11	DR-Smalley 5.5 Miles XC	15/12/2019			48.05		
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	10	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		
		Tywyn 14 Miles XC	17/08/2019	116.13	116.13	145.03		
		Fell n Back Buxton 12 Miles Fell	28/09/2019			127.20		
		Curbar Commotion 9.8 Miles Fel	05/10/2019			105.48		
		DR-Anslow 5.3 Miles XC	20/10/2019	37.30		49.04		
		DR-Cliff Lakes 9 Km XC	24/11/2019	43.52		49.30		
		Litton 7.6 Miles Fell	08/12/2019	74.15	74.15	85.59		
		DR-Smalley 5.5 Miles XC	15/12/2019	38.24		55.37		
Wendy Allen	2	DR-Cliff Lakes 9 Km XC	24/11/2019			47.09		
		DR-Smalley 5.5 Miles XC	15/12/2019	40.53		54.21		