

HATTON DARTS RUNNING CLUB

YEAR 2020's MOST IMPROVED RUNNERS

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Tom Bradley	15	Conkers Parkrun 5 Km Road	01/01/2020	17.31	17.31	17.56		48
		Rosliston Parkrun 5 Km Road	01/01/2020	17.31	17.50	18.56		
		Walsall Parkrun 5 Km Road	04/01/2020	17.31	17.40	17.30	9	
		Kidsgrove 10 Km Road	12/01/2020	36.49		38.33		
		Beacon Parkrun 5 Km Road	18/01/2020	17.30		19.18		
		DR-Allestree 10 Km XC	19/01/2020	39.55	45.04	48.31		
		Conkers Parkrun 5 Km Road	25/01/2020	17.30	17.31	18.39		
		Beacon Parkrun 5 Km Road	01/02/2020	17.30	19.18	19.01	10	
		DR-Boothorpe 8 Km XC	02/02/2020			38.14		
		Rosliston Parkrun 5 Km Road	08/02/2020	17.30	17.50	19.54		
		Alvaston Parkrun 5 Km Road	22/02/2020	17.30	17.42	18.31		
		Rosliston Parkrun 5 Km Road	29/02/2020	17.30	17.50	20.30		
		Conkers Parkrun 5 Km Road	07/03/2020	17.30	17.31	19.00		
		DR-Sinai 5 Miles XC	08/03/2020	34.29	34.29	39.19		
		Beacon Parkrun 5 Km Road	14/03/2020	17.30	19.01	17.40	29	
Mark Slade	10	Markeaton Parkrun 5 Km Road	01/01/2020	17.41	18.38	19.40		32
		Walsall Parkrun 5 Km Road	04/01/2020	17.41	17.41	17.53		
		Kidsgrove 10 Km Road	12/01/2020	37.15		37.48		
		Beacon Parkrun 5 Km Road	18/01/2020	17.41		19.38		
		Alvaston Parkrun 5 Km Road	25/01/2020	17.41	18.26	18.02	13	
		Highbury Fields Parkrun 5 Km R	01/02/2020	17.41		19.36		
		Conkers Parkrun 5 Km Road	15/02/2020	17.41	17.52	18.29		
		Rosliston Parkrun 5 Km Road	29/02/2020	17.41	18.37	21.00		
		Wollaton Hall Parkrun 5 Km Roa	07/03/2020	17.41		19.34		
		Beacon Parkrun 5 Km Road	14/03/2020	17.41	19.38	18.43	19	
Richard Nash	16	Frickley Country Parkrun 5 Km	01/01/2020	18.27		23.30		28
		Pontefract Parkrun 5 Km Road	01/01/2020	18.27		22.53		
		Victoria Dock Parkrun 5 Km Roa	04/01/2020	18.27		21.24		
		Millhouses Parkrun 5 Km Road	11/01/2020	18.27		22.01		
		Beacon Parkrun 5 Km Road	18/01/2020	18.27		21.32		
		DR-Allestree 10 Km XC	19/01/2020	42.24	46.26	51.48		
		Salcey Forest Parkrun 5 Km Ro	25/01/2020	18.27		22.16		
		Cusworth Hall Parkrun 5 Km Ro	01/02/2020	18.27		22.16		
		DR-Boothorpe 8 Km XC	02/02/2020			45.35		
		Irchester Country Parkrun 5 Km	08/02/2020	18.27		22.26		
		Conkers Parkrun 5 Km Road	15/02/2020	18.27	18.44	21.26		
		Rosliston Parkrun 5 Km Road	22/02/2020	18.27	20.07	21.56		
		Folkestone Parkrun 5 Km Road	29/02/2020	18.27		22.08		
		Wollaton Hall Parkrun 5 Km Roa	07/03/2020	18.27		22.33		
		DR-Sinai 5 Miles XC	08/03/2020	34.58	34.58	41.15		
		Alvaston Parkrun 5 Km Road	14/03/2020	18.27	23.53	21.25	28	
James Neilson	4	Great Stirling Castle Run 7.4 K	11/01/2020			37.09		22
		DR-Allestree 10 Km XC	19/01/2020			54.05		

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James Neilson	4	DR-Boothorpe 8 Km XC	02/02/2020			43.51		22
		Stafford 0.5 Marathon Road	15/03/2020	113.06		103.51	22	
James Cassidy	3	Rosliston Parkrun 5 Km Road	01/01/2020	17.11	18.09	17.59	8	19
		DR-Boothorpe 8 Km XC	02/02/2020			36.12		
		Leicester 0.5 Marathon Road	23/02/2020	78.30		77.17	11	
Sarah Austin	9	Conkers Parkrun 5 Km Road	01/01/2020	29.12	29.56	32.44		18
		Rosliston Parkrun 5 Km Road	01/01/2020	29.12	31.42	32.44		
		Markeaton Parkrun 5 Km Road	04/01/2020	29.12	30.40	31.18		
		Starlight Relays C.Abbey 2.4 Mil	10/01/2020			20.33		
		Rosliston Parkrun 5 Km Road	25/01/2020	29.12	31.42	30.43	10	
		Birkenhead Parkrun 5 Km Road	01/02/2020	29.12	30.08	29.37	8	
		Alvaston Parkrun 5 Km Road	29/02/2020	29.12		32.16		
		Rosliston Parkrun 5 Km Road	07/03/2020	29.12	30.43	32.28		
Paul Waters	4	Beachley Speedway 10 Km Roa	19/01/2020	36.49		36.49		16
		Alsager 5 Miles Road	02/02/2020	30.24	30.59	30.01	16	
		Barcelona 0.5 Marathon Road	16/02/2020	80.03	80.03	81.59		
		Fradley 10 Km Road	08/03/2020	36.49		37.50		
Adrian Leigh	12	Rosliston Parkrun 5 Km Road	01/01/2020	19.56	20.25	24.58		14
		Conkers Parkrun 5 Km Road	01/01/2020	19.56	19.56	21.36		
		Markeaton Parkrun 5 Km Road	04/01/2020	19.56		20.35		
		Conkers Parkrun 5 Km Road	11/01/2020	19.56	19.56	20.15		
		Rosliston Parkrun 5 Km Road	18/01/2020	19.56	20.25	21.05		
		Conkers Parkrun 5 Km Road	01/02/2020	19.56	19.56	28.28		
		Conkers Parkrun 5 Km Road	08/02/2020	19.56	19.56	19.54	5	
		Conkers Parkrun 5 Km Road	15/02/2020	19.54	19.54	20.20		
		Markeaton Parkrun 5 Km Road	22/02/2020	19.54	20.35	20.18	9	
		Belvoir Challenge Marathon XC	29/02/2020	272.28		255.22		
		Worcester Parkrun 5 Km Road	07/03/2020	19.54		29.45		
		Rosliston Parkrun 5 Km Road	14/03/2020	19.54	20.25	28.35		
Andy Woolley	10	Alvaston Parkrun 5 Km Road	01/01/2020	20.34		20.42		11
		Rosliston Parkrun 5 Km Road	04/01/2020	20.34	21.27	21.50		
		Rosliston Parkrun 5 Km Road	11/01/2020	20.34	21.27	21.30		
		Rosliston Parkrun 5 Km Road	18/01/2020	20.34	21.27	20.58	11	
		DR-Allestree 10 Km XC	19/01/2020			52.36		
		Beacon Parkrun 5 Km Road	25/01/2020	20.34		20.43		
		Rosliston Parkrun 5 Km Road	01/02/2020	20.34	20.58	21.24		
		DR-Boothorpe 8 Km XC	02/02/2020			44.23		
		Rosliston Parkrun 5 Km Road	08/02/2020	20.34	20.58	21.53		
		Ipswich Parkrun 5 Km Road	15/02/2020	20.34		22.06		
Julie Taylor	7	DR-Groby 5.5 Miles XC	12/01/2020			51.42		10
		Derby Midweek 5 Km Road	15/01/2020	22.47	22.47	22.22	10	
		Derby Midweek Miles Road	15/01/2020	7.07	7.07	7.41		
		Whinlater Forest Parkrun 5 Km	08/02/2020	22.22		27.29		
		Derby Midweek Miles Road	19/02/2020	7.07	7.07	7.40		
		Derby Midweek 5 Km Road	19/02/2020	22.22	22.22	23.01		
		Alvaston Parkrun 5 Km Road	22/02/2020	22.22	24.05	27.37		
Hayley Singleton	3	Conkers Parkrun 5 Km Road	01/01/2020	24.18	25.57	25.50	6	6
		Carsington 0.5 Marathon Road	23/02/2020	109.00	112.41	118.36		

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Hayley Singleton	3	DR-Sinai 5 Miles XC	08/03/2020			57.29		6
Matt McCormack	6	Groe Parkrun 5 Km Road	01/01/2020	20.37		21.06		5
		DR-Allestree 10 Km XC	19/01/2020			49.05		
		DR-Boothorpe 8 Km XC	02/02/2020			42.14		
		The Winter Bash 10 Km Trail	09/02/2020			49.28		
		Markeaton Parkrun 5 Km Road	15/02/2020	20.37	22.34	22.29	5	
		DR-Sinai 5 Miles XC	08/03/2020			43.26		
Andrew Bennett	18	Rosliston Parkrun 5 Km Road	01/01/2020	24.33	26.08	33.15		
		Conkers Parkrun 5 Km Road	01/01/2020	24.33	25.09	29.54		
		Rosliston Parkrun 5 Km Road	04/01/2020	24.33	26.08	27.56		
		Starlight Relays C.Abbey 2.4 Mil	10/01/2020	21.03		18.32		
		Rosliston Parkrun 5 Km Road	11/01/2020	24.33	26.08	29.35		
		Rosliston Parkrun 5 Km Road	18/01/2020	24.33	26.08	28.39		
		DR-Allestree 10 Km XC	19/01/2020	54.09	69.44	67.33		
		Brueton Parkrun 5 Km Road	25/01/2020	24.33		29.20		
		Hanley Parkrun 5 Km Road	01/02/2020	24.33		28.57		
		DR-Boothorpe 8 Km XC	02/02/2020			59.37		
		Rosliston Parkrun 5 Km Road	08/02/2020	24.33	26.08	56.43		
		The Winter Bash 10 Km Trail	09/02/2020	97.24		69.02		
		Beeston Parkrun 5 Km Road	15/02/2020	24.33		29.23		
		Rosliston Parkrun 5 Km Road	22/02/2020	24.33	26.08	29.48		
		Bushy Parkrun 5 Km Road	29/02/2020	24.33		29.58		
		Beacon Parkrun 5 Km Road	07/03/2020	24.33		28.27		
		DR-Sinai 5 Miles XC	08/03/2020	49.56		63.04		
		Rosliston Parkrun 5 Km Road	14/03/2020	24.33	26.08	33.14		
Andrew Tyas	3	Rosliston Parkrun 5 Km Road	08/02/2020	23.50	23.50	23.57		
		Rosliston Parkrun 5 Km Road	22/02/2020	23.50	23.50	24.11		
		Rosliston Parkrun 5 Km Road	29/02/2020	23.50	23.50	24.34		
Bethan Schofield	6	Rosliston Parkrun 5 Km Road	11/01/2020	23.09	25.37	42.13		
		Rosliston Parkrun 5 Km Road	18/01/2020	23.09	25.37	32.22		
		DR-Allestree 10 Km XC	19/01/2020	58.35		57.07		
		DR-Boothorpe 8 Km XC	02/02/2020			46.32		
		Hoka 0.5 Marathon XC	22/02/2020			121.16		
		DR-Sinai 5 Miles XC	08/03/2020			46.17		
Brian Thomas	1	Stamford 30 Km Road	23/02/2020			136.56		
Carol Sharratt	11	Centurion Grand Prix 5 Miles Ro	05/01/2020	38.42	45.42	46.46		
		Derby Midweek 5 Km Road	15/01/2020	22.37	22.37	29.48		
		Derby Midweek Miles Road	15/01/2020	7.02	7.02	9.08		
		DR-Allestree 10 Km XC	19/01/2020	42.36	60.41	73.51		
		Rosliston Parkrun 5 Km Road	25/01/2020	22.37	28.48	30.10		
		DR-Boothorpe 8 Km XC	02/02/2020	41.34		63.02		
		Conkers Parkrun 5 Km Road	15/02/2020	22.37	24.13	30.21		
		Derby Midweek Miles Road	19/02/2020	7.02	7.02	9.21		
		Derby Midweek 5 Km Road	19/02/2020	22.37	22.37	30.31		
		Rosliston Parkrun 5 Km Road	14/03/2020	22.37	28.48	49.23		
		Centurion Grand Prix 5 Miles Ro	15/03/2020	38.42	45.42	49.44		
Chris Fletcher	12	Conkers Parkrun 5 Km Road	01/01/2020	17.47	20.19	22.04		
		Coventry Parkrun 5 Km Road	04/01/2020	17.47		22.10		
		Beacon Parkrun 5 Km Road	25/01/2020	17.47		21.53		

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Chris Fletcher	12	Beacon Parkrun 5 Km Road	01/02/2020	17.47	21.53	22.13		
		DR-Boothorpe 8 Km XC	02/02/2020			46.13		
		Rosliston Parkrun 5 Km Road	08/02/2020	17.47	21.17	22.42		
		Sutton Park Parkrun 5 Km Road	15/02/2020	17.47	22.09	23.22		
		Southend Parkrun 5 Km Road	22/02/2020	17.47		22.25		
		Walsall Parkrun 5 Km Road	29/02/2020	17.47	21.01	21.52		
		DR-Sinai 5 Miles XC	08/03/2020	33.00	35.45	43.48		
		Conkers Parkrun 5 Km Road	14/03/2020	17.47	20.19	24.58		
		Stafford 0.5 Marathon Road	15/03/2020	81.28	81.28	99.53		
Claire Calladine	2	DR-Allestree 10 Km XC	19/01/2020	47.46	51.29	55.59		
		DR-Boothorpe 8 Km XC	02/02/2020			46.21		
Damon Freeston	8	Markeaton Parkrun 5 Km Road	04/01/2020	20.39	20.39	21.16		
		Rosliston Parkrun 5 Km Road	11/01/2020	20.39	21.12	21.44		
		DR-Allestree 10 Km XC	19/01/2020	46.06		52.35		
		Alvaston Parkrun 5 Km Road	01/02/2020	20.39	20.40	20.58		
		DR-Boothorpe 8 Km XC	02/02/2020			42.48		
		Markeaton Parkrun 5 Km Road	29/02/2020	20.39	20.39	22.07		
		Markeaton Parkrun 5 Km Road	07/03/2020	20.39	20.39	21.13		
		DR-Sinai 5 Miles XC	08/03/2020	40.24	40.24	42.48		
Dave Benstead	11	Rosliston Parkrun 5 Km Road	01/01/2020	21.30	21.59	25.13		
		Conkers Parkrun 5 Km Road	01/01/2020	21.30	22.49	22.56		
		Rosliston Parkrun 5 Km Road	04/01/2020	21.30	21.59	24.38		
		Rosliston Parkrun 5 Km Road	11/01/2020	21.30	21.59	24.26		
		Rosliston Parkrun 5 Km Road	18/01/2020	21.30	21.59	23.41		
		Rosliston Parkrun 5 Km Road	25/01/2020	21.30	21.59	24.24		
		Rosliston Parkrun 5 Km Road	01/02/2020	21.30	21.59	25.27		
		Carsington 0.5 Marathon Road	22/02/2020	97.54		103.49		
		Rosliston Parkrun 5 Km Road	29/02/2020	21.30	21.59	24.01		
		Draycote Water 20 Miles Road	08/03/2020			164.04		
		Rosliston Parkrun 5 Km Road	14/03/2020	21.30	21.59	22.55		
Dave Smith	7	Rosliston Parkrun 5 Km Road	01/01/2020	20.36	21.28	24.20		
		Conkers Parkrun 5 Km Road	01/01/2020	20.36	20.51	24.03		
		Alvaston Parkrun 5 Km Road	04/01/2020	20.36	21.12	21.44		
		Beacon Parkrun 5 Km Road	18/01/2020	20.36		23.54		
		Conkers Parkrun 5 Km Road	25/01/2020	20.36	20.51	23.35		
		Conkers Parkrun 5 Km Road	15/02/2020	20.36	20.51	26.34		
		Trelissick Parkrun 5 Km Road	22/02/2020	20.36		27.28		
Duncan Stewart	2	DR-Allestree 10 Km XC	19/01/2020	39.43	43.22	46.37		
		DR-Sinai 5 Miles XC	08/03/2020	32.06	33.57	37.36		
Gareth Simpson	1	Carsington 0.5 Marathon Road	23/02/2020			153.25		
Helen Finn	6	Walsall Parkrun 5 Km Road	04/01/2020	25.40		30.02		
		Beacon Parkrun 5 Km Road	18/01/2020	25.40		31.26		
		Beeston Parkrun 5 Km Road	25/01/2020	25.40		31.03		
		Fire Serv College Parkrun 5 Km	01/02/2020	25.40		35.49		
		Alvaston Parkrun 5 Km Road	22/02/2020	25.40	27.32	33.07		
		Draycote Water 20 Miles Road	08/03/2020			217.36		
Ion Barnea	1	Waterways 30 Ultra 31 Miles Tr	25/01/2020			316.02		
Jamie Fletcher	4	Rosliston Parkrun 5 Km Road	01/01/2020	16.36	16.55	18.21		

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Jamie Fletcher	4	Conkers Parkrun 5 Km Road	01/01/2020	16.36	16.39	17.25		
		NM-Woollaton Park XC 10 Km X	11/01/2020	36.50	39.13	41.53		
		Conkers Parkrun 5 Km Road	14/03/2020	16.36	16.39	17.13		
Jane Wade	6	Belper 5 Miles Road	01/01/2020	38.03		45.02		
		Derby Midweek Miles Road	15/01/2020	7.18	7.18	8.09		
		DR-Allestree 10 Km XC	19/01/2020	50.50	63.11	65.51		
		DR-Boothorpe 8 Km XC	02/02/2020			58.17		
		Rosliston Parkrun 5 Km Road	08/02/2020	23.55	25.19	31.17		
		DR-Sinai 5 Miles XC	08/03/2020	43.39	51.06	65.14		
Jo Butler	9	Lingwood Parkrun 5 Km Road	01/01/2020	25.16		30.07		
		Catton Parkrun 5 Km Road	01/01/2020	25.16		29.04		
		Rosliston Parkrun 5 Km Road	04/01/2020	25.16	26.33	28.34		
		Gorleston Cliffs Parkrun 5 Km R	11/01/2020	25.16	25.30	33.20		
		Gorleston Cliffs Parkrun 5 Km R	18/01/2020	25.16	25.30	27.45		
		Rosliston Parkrun 5 Km Road	08/02/2020	25.16	26.33	31.16		
		Great Yarmouth Parkrun 5 Km	15/02/2020	25.16		37.23		
		Rosliston Parkrun 5 Km Road	22/02/2020	25.16	26.33	32.00		
		Bushy Parkrun 5 Km Road	29/02/2020	25.16		29.58		
Joanne Stevens	1	Rosliston Parkrun 5 Km Road	04/01/2020	27.33	29.24	31.36		
John Finn	6	Walsall Parkrun 5 Km Road	04/01/2020	18.52		22.59		
		Beacon Parkrun 5 Km Road	18/01/2020	18.52		22.22		
		Beeston Parkrun 5 Km Road	25/01/2020	18.52		23.33		
		Fire Serv College Parkrun 5 Km	01/02/2020	18.52		23.28		
		Alvaston Parkrun 5 Km Road	22/02/2020	18.52	20.08	24.00		
		Draycote Water 20 Miles Road	08/03/2020	144.03		217.36		
Jonathon Gregson	14	Rosliston Parkrun 5 Km Road	01/01/2020	20.33	21.28	24.07		
		Conkers Parkrun 5 Km Road	01/01/2020	20.33	20.33	24.44		
		Rosliston Parkrun 5 Km Road	11/01/2020	20.33	21.28	22.58		
		Rosliston Parkrun 5 Km Road	18/01/2020	20.33	21.28	22.52		
		DR-Allestree 10 Km XC	19/01/2020	51.53	51.53	54.19		
		Rosliston Parkrun 5 Km Road	25/01/2020	20.33	21.28	22.55		
		DR-Boothorpe 8 Km XC	02/02/2020			43.53		
		Rosliston Parkrun 5 Km Road	08/02/2020	20.33	21.28	22.58		
		The Winter Bash 10 Km Trail	09/02/2020	76.38		54.18		
		Rosliston Parkrun 5 Km Road	22/02/2020	20.33	21.28	23.21		
		Rosliston Parkrun 5 Km Road	29/02/2020	20.33	21.28	23.44		
		Rosliston Parkrun 5 Km Road	07/03/2020	20.33	21.28	23.46		
		DR-Sinai 5 Miles XC	08/03/2020	37.00	38.31	45.11		
Grindleford Gallop 21 Miles XC	09/03/2020	207.57	207.57	273.37				
Karen Jackson	6	Rosliston Parkrun 5 Km Road	01/01/2020	27.30	29.20	34.17		
		Starlight Relays C.Abbey 2.4 Mil	10/01/2020	24.14		20.47		
		DR-Allestree 10 Km XC	19/01/2020	60.56	70.06	79.45		
		DR-Boothorpe 8 Km XC	02/02/2020			63.45		
		Millennium Way 41 Miles Trail	03/03/2020			669.02		
		Rosliston Parkrun 5 Km Road	14/03/2020	27.30	29.20	33.47		
Kelly Hanson	7	Conkers Parkrun 5 Km Road	01/01/2020	28.02	28.23	32.45		
		Rosliston Parkrun 5 Km Road	01/01/2020	28.02	28.35	29.05		
		Starlight Relays C.Abbey 2.4 Mil	10/01/2020			20.15		
		Alvaston Parkrun 5 Km Road	29/02/2020	28.02		32.14		

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Kelly Hanson	7	Rosliston Parkrun 5 Km Road	07/03/2020	28.02	28.35	32.24		
		DR-Sinai 5 Miles XC	08/03/2020			60.58		
		Stafford 0.5 Marathon Road	15/03/2020			132.50		
Kevin Jackman	3	Cannon Hill Parkrun 5 Km Road	04/01/2020	26.18	27.10	33.51		
		Rosliston Parkrun 5 Km Road	11/01/2020	26.18	26.43	35.36		
		Rosliston Parkrun 5 Km Road	08/02/2020	26.18	26.43	32.27		
Kevin Spare	3	Coventry Parkrun 5 Km Road	18/01/2020	18.59	19.26	20.19		
		DR-Boothorpe 8 Km XC	02/02/2020			40.08		
		DR-Sinai 5 Miles XC	08/03/2020	32.15	36.04	38.05		
Laura Bingham	2	Coventry Parkrun 5 Km Road	11/01/2020	22.37		27.19		
		DR-Allestree 10 Km XC	19/01/2020	53.39		68.25		
Leigh Holmes	2	Rosliston Parkrun 5 Km Road	29/02/2020	23.11	23.11	37.40		
		Rosliston Parkrun 5 Km Road	07/03/2020	23.11	23.11	26.34		
Michael Fishwick	1	Rosliston Parkrun 5 Km Road	01/01/2020	26.20	26.20	33.16		
Pamela Chamberlain	2	DR-Allestree 10 Km XC	19/01/2020	47.07	54.27	65.23		
		DR-Boothorpe 8 Km XC	02/02/2020			56.26		
Pete Stevens	2	DR-Allestree 10 Km XC	19/01/2020	43.31		55.24		
		Beacon Parkrun 5 Km Road	25/01/2020	19.54		22.17		
Pete Wright	5	Markeaton Parkrun 5 Km Road	11/01/2020	16.54		19.45		
		DR-Allestree 10 Km XC	19/01/2020	34.27	47.29	47.55		
		Waterways 30 Ultra 31 Miles Tr	25/01/2020	305.33	305.33	305.52		
		DR-Boothorpe 8 Km XC	02/02/2020			39.30		
		Millennium Way 41 Miles Trail	03/03/2020	420.28	420.28	445.13		
Rachel Elliott	1	Beacon Parkrun 5 Km Road	25/01/2020	23.33		24.33		
Richard Bayliss	6	Rosliston Parkrun 5 Km Road	04/01/2020	20.49	20.49	23.14		
		Rosliston Parkrun 5 Km Road	11/01/2020	20.49	20.49	22.41		
		DR-Allestree 10 Km XC	19/01/2020	46.25	52.38	54.53		
		Tigger Tor 9.7 Miles Fell	25/01/2020	106.03	106.03	107.09		
		DR-Boothorpe 8 Km XC	02/02/2020			47.37		
		DR-Sinai 5 Miles XC	08/03/2020			45.46		
Rob Leadbeater	5	Rosliston Parkrun 5 Km Road	04/01/2020	24.02	24.51	26.33		
		Rosliston Parkrun 5 Km Road	11/01/2020	24.02	24.51	50.38		
		Rosliston Parkrun 5 Km Road	18/01/2020	24.02	24.51	40.13		
		Rosliston Parkrun 5 Km Road	01/02/2020	24.02	24.51	53.52		
		Rosliston Parkrun 5 Km Road	14/03/2020	24.02	24.51	27.58		
Rosie Freeman	1	DR-Allestree 10 Km XC	19/01/2020			61.13		
Sam Owen	5	Rosliston Parkrun 5 Km Road	01/01/2020	29.39	31.45	34.39		
		Starlight Relays C.Abbey 2.4 Mil	10/01/2020			21.36		
		DR-Allestree 10 Km XC	19/01/2020	70.48	77.44	86.59		
		Millennium Way 41 Miles Trail	03/03/2020			669.00		
		Rosliston Parkrun 5 Km Road	14/03/2020	29.39	31.45	65.06		
Sarah Webb	2	Starlight Relays C.Abbey 2.4 Mil	10/01/2020			22.27		
		Rosliston Parkrun 5 Km Road	14/03/2020	30.26	30.26	65.06		
Shane McNamara	3	DR-Allestree 10 Km XC	19/01/2020	44.08		51.56		
		DR-Boothorpe 8 Km XC	02/02/2020			42.20		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Shane McNamara	3	The Winter Bash 10 Km Trail	09/02/2020	76.41		52.12		
Sharon Wright	1	DR-Allestree 10 Km XC	19/01/2020	62.37	72.36	82.18		
Sian Hamilton	8	Conkers Parkrun 5 Km Road	01/01/2020	23.51	23.51	27.51		
		Rosliston Parkrun 5 Km Road	01/01/2020	23.51	25.25	27.37		
		Rosliston Parkrun 5 Km Road	04/01/2020	23.51	25.25	27.03		
		Rosliston Parkrun 5 Km Road	11/01/2020	23.51	25.25	27.49		
		Babbs Mill Parkrun 5 Km Road	25/01/2020	23.51		27.57		
		Rosliston Parkrun 5 Km Road	01/02/2020	23.51	25.25	26.38		
		Rosliston Parkrun 5 Km Road	08/02/2020	23.51	25.25	26.01		
		Rosliston Parkrun 5 Km Road	22/02/2020	23.51	25.25	26.34		
Stanislaw Knopik	3	DR-Allestree 10 Km XC	19/01/2020	35.20	50.16	50.27		
		DR-Sinai 5 Miles XC	08/03/2020	26.33	34.41	42.54		
		Rosliston Parkrun 5 Km Road	14/03/2020	16.48	20.22	21.45		
Steve Clews	7	MP-Milford Common 5.2 Miles X	08/01/2020	37.07	38.15	38.15		
		DR-Allestree 10 Km XC	19/01/2020	40.04	48.15	49.35		
		MP-Northampton 6.6 Miles XC	22/01/2020			49.07		
		DR-Boothorpe 8 Km XC	02/02/2020			41.49		
		MP-Cosford 5.8 Miles XC	13/02/2020	38.46	43.13	47.59		
		DR-Sinai 5 Miles XC	08/03/2020	27.55	36.41	41.22		
		MP-Redditch 5.7 Miles XC	13/03/2020	44.22	44.22	46.53		
Steve Harvey	3	Rosliston Parkrun 5 Km Road	11/01/2020	25.03	25.03	26.31		
		DR-Boothorpe 8 Km XC	02/02/2020			51.45		
		Stafford 0.5 Marathon Road	15/03/2020			113.03		
Tony Press	2	DR-Allestree 10 Km XC	19/01/2020	41.52	57.32	61.28		
		DR-Boothorpe 8 Km XC	02/02/2020			52.16		
Tracey Lambert	13	Frickley Country Parkrun 5 Km	01/01/2020	28.01		31.46		
		Pontefract Parkrun 5 Km Road	01/01/2020	28.01		30.23		
		Victoria Dock Parkrun 5 Km Roa	04/01/2020	28.01		28.27		
		Millhouses Parkrun 5 Km Road	11/01/2020	28.01		31.10		
		Beacon Parkrun 5 Km Road	18/01/2020	28.01		30.34		
		Salcey Forest Parkrun 5 Km Ro	25/01/2020	28.01		31.28		
		Cusworth Hall Parkrun 5 Km Ro	01/02/2020	28.01		31.51		
		Irchester Country Parkrun 5 Km	08/02/2020	28.01		31.52		
		Conkers Parkrun 5 Km Road	15/02/2020	28.01	28.01	30.41		
		Rosliston Parkrun 5 Km Road	22/02/2020	28.01	29.07	32.14		
		Folkestone Parkrun 5 Km Road	29/02/2020	28.01		31.54		
		Wollaton Hall Parkrun 5 Km Roa	07/03/2020	28.01		33.09		
		Alvaston Parkrun 5 Km Road	14/03/2020	28.01	28.46	28.46		
Wendy Allen	2	DR-Allestree 10 Km XC	19/01/2020	52.29		59.47		
		DR-Boothorpe 8 Km XC	02/02/2020			49.59		