

HATTON DARTS RUNNING CLUB

YEAR 2023's MOST IMPROVED RUNNERS

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
William Roe	10	Alvaston Parkrun 5 Km Road	07/01/2023	16.59	17.11	16.53	13	86
		DR-Allestree 10 Km XC	08/01/2023	41.31	41.31	41.53		
		Conkers Parkrun 5 Km Road	14/01/2023	16.53	17.51	17.23	15	
		Leicester 10 Km Road	29/01/2023			34.12		
		DR-Shiple Park 10 Km XC	12/02/2023	41.31		36.55		
		Leicester 0.5 Marathon Road	26/02/2023	84.59		76.57	36	
		Alvaston Parkrun 5 Km Road	04/03/2023	16.53	16.53	16.50	6	
		Longeaton Parkrun 5 Km Road	11/03/2023	16.50	17.21	16.55	16	
		DR-Foremark 5 Miles XC	12/03/2023			31.55		
		Amager Faelled Parkrun 5 Km R	25/03/2023	16.50		17.33		
Andrew Tyas	6	Rosliston Parkrun 5 Km Road	01/01/2023	21.38	21.38	22.37		35
		DR-Allestree 10 Km XC	08/01/2023	51.37	51.37	54.29		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	39.56	45.32	44.00		
		Rosliston Parkrun 5 Km Road	25/02/2023	21.38	21.38	21.30	6	
		Rosliston Parkrun 5 Km Road	04/03/2023	21.30	21.38	27.48		
		Graves Parkrun 5 Km Road	18/03/2023	21.30	25.03	22.13	29	
George Eccleston	10	DR-Allestree 10 Km XC	08/01/2023	43.32	43.32	44.50		35
		Conkers Parkrun 5 Km Road	14/01/2023	18.28	18.28	19.11		
		Rosliston Parkrun 5 Km Road	04/02/2023	18.28	19.29	18.27	22	
		DR-Shiple Park 10 Km XC	12/02/2023	43.32		39.32		
		Conkers Parkrun 5 Km Road	18/02/2023	18.27	18.28	21.27		
		Conkers Parkrun 5 Km Road	25/02/2023	18.27	18.28	18.24	6	
		Rosliston Parkrun 5 Km Road	04/03/2023	18.24	18.27	26.52		
		Conkers Parkrun 5 Km Road	11/03/2023	18.24	18.24	18.58		
		Shrewsbury Parkrun 5 Km Road	18/03/2023	18.24		18.16	7	
Rosliston Parkrun 5 Km Road	25/03/2023	18.16	18.27	22.35				
Steve Harvey	9	Rosliston Parkrun 5 Km Road	01/01/2023	23.04	24.11	25.17		27
		DR-Allestree 10 Km XC	08/01/2023	53.16	58.58	63.41		
		Rosliston Parkrun 5 Km Road	21/01/2023	23.04	24.11	25.08		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	51.25	51.25	49.46		
		DR-Shiple Park 10 Km XC	12/02/2023	53.16		54.58		
		Rugeley 10 Miles Road	19/02/2023	84.06	85.56	81.53	15	
		Fradley 10 Km Road	05/03/2023	47.54		46.22	12	
		DR-Foremark 5 Miles XC	12/03/2023			44.28		
		Derby 10 Km Road	26/03/2023	46.22		47.14		
Sarah Tomlinson	7	Rosliston Parkrun 5 Km Road	01/01/2023	23.54	25.41	27.02		23
		Starlight Relays C.Abbey 2 Miles	05/01/2023	16.27		16.32		
		Rosliston Parkrun 5 Km Road	07/01/2023	23.54	25.41	28.20		
		DR-Allestree 10 Km XC	08/01/2023	59.43		66.30		
		Rosliston Parkrun 5 Km Road	04/02/2023	23.54	25.41	25.40	5	
		Rosliston Parkrun 5 Km Road	11/02/2023	23.54	25.40	38.05		
		Derby 10 Km Road	26/03/2023	56.03		52.32	18	

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Kelly Jarvis	6	Rosliston Parkrun 5 Km Road	14/01/2023	26.00	26.00	34.36		17
		DR-Shipley Park 10 Km XC	12/02/2023	74.53		57.55		
		Rosliston Parkrun 5 Km Road	25/02/2023	26.00	26.00	27.09		
		Millennium Way 41 Miles Trail	05/03/2023			578.21		
		Rosliston Parkrun 5 Km Road	11/03/2023	26.00	26.00	36.41		
		Wolverhampton 10 Km Road	28/03/2023	56.58		53.37	17	
Andrew Gadsby	2	Belton House Parkrun 5 Km Roa	25/02/2023	21.35		34.34		11
		Belton House Parkrun 5 Km Roa	04/03/2023	21.35	34.34	33.10	11	
Paul Waters	1	Wrexham 0.5 Marathon Road	12/02/2023	80.03	81.28	80.39	8	8
Helen Finn	3	Futakotamagawa Parkrun 5 Km	04/03/2023	24.36		33.23		6
		Tokyo Marathon Road	05/03/2023	243.51		241.46	6	
		Sunshine Beach Parkrun 5 Km	11/03/2023	24.36		38.56		
Andrew Bennett	19	Rosliston Parkrun 5 Km Road	01/01/2023	24.33	26.08	33.33		
		Starlight Relays C.Abbey 2 Miles	05/01/2023	20.05		19.45		
		Conkers Parkrun 5 Km Road	07/01/2023	24.33	25.09	32.37		
		DR-Allestree 10 Km XC	08/01/2023	54.09	67.33	78.27		
		Coventry Parkrun 5 Km Road	21/01/2023	24.33		54.07		
		Rosliston Parkrun 5 Km Road	28/01/2023	24.33	26.08	34.36		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	49.58	66.27	66.57		
		Rosliston Parkrun 5 Km Road	04/02/2023	24.33	26.08	66.39		
		Brooksie's Winter Bash 10 Miles	05/02/2023	97.24	124.00	126.17		
		Rosliston Parkrun 5 Km Road	11/02/2023	24.33	26.08	33.16		
		Rosliston Parkrun 5 Km Road	18/02/2023	24.33	26.08	33.56		
		Rosliston Parkrun 5 Km Road	25/02/2023	24.33	26.08	33.17		
		Rosliston Parkrun 5 Km Road	04/03/2023	24.33	26.08	34.57		
		Fradley 10 Km Road	05/03/2023	51.25	51.25	59.43		
		Rosliston Parkrun 5 Km Road	11/03/2023	24.33	26.08	32.35		
		DR-Foremark 5 Miles XC	12/03/2023	49.56		56.15		
		Rosliston Parkrun 5 Km Road	18/03/2023	24.33	26.08	60.59		
		Rosliston Parkrun 5 Km Road	25/03/2023	24.33	26.08	58.48		
		Derby 10 Km Road	26/03/2023	51.25	53.06	63.19		
Andy Woolley	17	Rosliston Parkrun 5 Km Road	01/01/2023	20.34	20.58	24.03		
		Bramshall Road Parkrun 5 Km R	07/01/2023	20.34	22.25	24.36		
		DR-Allestree 10 Km XC	08/01/2023	49.11	52.36	57.27		
		Rosliston Parkrun 5 Km Road	14/01/2023	20.34	20.58	22.38		
		Rosliston Parkrun 5 Km Road	21/01/2023	20.34	20.58	22.43		
		Ashbourne Parkrun 5 Km Road	28/01/2023	20.34		24.22		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	44.15	47.47	46.04		
		Rosliston Parkrun 5 Km Road	04/02/2023	20.34	20.58	22.00		
		Rosliston Parkrun 5 Km Road	11/02/2023	20.34	20.58	24.09		
		DR-Shipley Park 10 Km XC	12/02/2023	49.11		51.26		
		Ashton Court Parkrun 5 Km Roa	18/02/2023	20.34		23.48		
		Rosliston Parkrun 5 Km Road	25/02/2023	20.34	20.58	21.52		
		Storeys Field Parkrun 5 Km Roa	04/03/2023	20.34		21.23		
		Rosliston Parkrun 5 Km Road	11/03/2023	20.34	20.58	21.54		
		DR-Foremark 5 Miles XC	12/03/2023			40.37		
		Rosliston Parkrun 5 Km Road	18/03/2023	20.34	20.58	22.41		
		Chasewater Parkrun 5 Km Road	25/03/2023	20.34		25.20		
Bethan Schofield	1	DR-Boothorpe 5.5 Miles XC	29/01/2023	44.50	45.47	45.41		

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Chris Fletcher	12	Beacon Hill Parkrun 5 Km Road	07/01/2023	17.47	21.53	25.10		
		Bushy Parkrun 5 Km Road	14/01/2023	17.47		25.43		
		Lincoln Parkrun 5 Km Road	21/01/2023	17.47		24.29		
		Banbury Parkrun 5 Km Road	28/01/2023	17.47		25.22		
		Rosliston Parkrun 5 Km Road	04/02/2023	17.47	21.17	24.25		
		Rosliston Parkrun 5 Km Road	11/02/2023	17.47	21.17	24.43		
		The Great Field Parkrun 5 Km R	18/02/2023	17.47		24.43		
		Arrow Valley Parkrun 5 Km Roa	25/02/2023	17.47		24.52		
		Barnsley Parkrun 5 Km Road	04/03/2023	17.47		24.40		
		DR-Foremark 5 Miles XC	12/03/2023	33.00		42.37		
		Sherwood Pines Parkrun 5 Km	18/03/2023	17.47		24.45		
		Stratford on Avon Parkrun 5 Km	25/03/2023	17.47		24.11		
Daisy Smith	2	Rosliston Parkrun 5 Km Road	07/01/2023	24.05	24.55	26.37		
		Storeys Field Parkrun 5 Km Roa	11/02/2023	24.05	24.05	24.54		
Damon Freeston	4	DR-Boothorpe 5.5 Miles XC	29/01/2023	45.00	45.00	43.19		
		DR-Shipley Park 10 Km XC	12/02/2023	46.06		47.06		
		Rosliston Parkrun 5 Km Road	25/02/2023	20.39	21.12	22.04		
		Conkers Parkrun 5 Km Road	04/03/2023	20.39		21.43		
Dave Benstead	19	Rosliston Parkrun 5 Km Road	01/01/2023	21.30	21.59	24.25		
		Rosliston Parkrun 5 Km Road	07/01/2023	21.30	21.59	25.40		
		DR-Allestree 10 Km XC	08/01/2023	50.52	58.28	59.23		
		Rosliston Parkrun 5 Km Road	14/01/2023	21.30	21.59	25.32		
		Rosliston Parkrun 5 Km Road	21/01/2023	21.30	21.59	26.39		
		Rosliston Parkrun 5 Km Road	28/01/2023	21.30	21.59	24.56		
		DR-Boothorpe 5.5 Miles XC	29/01/2023			49.37		
		Rosliston Parkrun 5 Km Road	04/02/2023	21.30	21.59	25.41		
		Rosliston Parkrun 5 Km Road	11/02/2023	21.30	21.59	25.04		
		DR-Shipley Park 10 Km XC	12/02/2023	50.52		51.39		
		Rosliston Parkrun 5 Km Road	18/02/2023	21.30	21.59	25.29		
		Derby Midweek 5 Km Road	22/02/2023	21.30	21.30	22.15		
		Rosliston Parkrun 5 Km Road	25/02/2023	21.30	21.59	23.44		
		Bramshall Road Parkrun 5 Km R	04/03/2023	21.30	23.20	23.31		
		Rosliston Parkrun 5 Km Road	11/03/2023	21.30	21.59	23.56		
		DR-Foremark 5 Miles XC	12/03/2023	43.00		42.02		
		Rosliston Parkrun 5 Km Road	18/03/2023	21.30	21.59	24.15		
		Bramshall Road Parkrun 5 Km R	25/03/2023	21.30	23.20	25.22		
Derby 10 Km Road	26/03/2023	44.37		45.49				
Dave Smith	12	Conkers Parkrun 5 Km Road	07/01/2023	20.36	20.51	27.53		
		Conkers Parkrun 5 Km Road	14/01/2023	20.36	20.51	24.21		
		Conkers Parkrun 5 Km Road	21/01/2023	20.36	20.51	22.50		
		Alvaston Parkrun 5 Km Road	28/01/2023	20.36	20.36	23.37		
		DR-Boothorpe 5.5 Miles XC	29/01/2023			47.17		
		Rosliston Parkrun 5 Km Road	04/02/2023	20.36	21.28	22.21		
		Strathclyde Parkrun 5 Km Road	18/02/2023	20.36		21.28		
		Conkers Parkrun 5 Km Road	25/02/2023	20.36	20.51	22.30		
		Rosliston Parkrun 5 Km Road	04/03/2023	20.36	21.28	22.37		
		Alvaston Parkrun 5 Km Road	11/03/2023	20.36	20.36	21.45		
		DR-Foremark 5 Miles XC	12/03/2023			41.49		
		Markeaton Parkrun 5 Km Road	25/03/2023	20.36	21.42	21.47		

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Debbie Gilman	1	Bramshall Road Parkrun 5 Km R	18/03/2023	19.45		22.25		
James Cassidy	3	Leicester 0.5 Marathon Road	26/02/2023	77.17	77.17	80.49		
		Conkers Parkrun 5 Km Road	04/03/2023	17.11	17.11	18.45		
		Derby 10 Km Road	26/03/2023	35.52		36.55		
James Neilson	2	Rosliston Parkrun 5 Km Road	18/03/2023	21.48	22.03	33.43		
		Rosliston Parkrun 5 Km Road	25/03/2023	21.48	22.03	33.08		
Jane Wade	3	Belper 4.8 Miles Road	01/01/2023			44.55		
		Alvaston Parkrun 5 Km Road	14/01/2023	23.55	26.06	26.40		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	47.16	54.26	52.41		
Jeff Heape	14	Starlight Relays C.Abbey 2 Miles	05/01/2023	17.35		18.59		
		Starlight Relays C.Abbey 2 Miles	05/01/2023	17.35	18.59	19.18		
		Rosliston Parkrun 5 Km Road	07/01/2023	27.28	28.06	32.47		
		DR-Allestree 10 Km XC	08/01/2023	61.41	70.05	76.33		
		Rosliston Parkrun 5 Km Road	14/01/2023	27.28	28.06	35.23		
		Rosliston Parkrun 5 Km Road	28/01/2023	27.28	28.06	28.53		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	52.53	60.33	63.45		
		Rosliston Parkrun 5 Km Road	04/02/2023	27.28	28.06	31.09		
		Rosliston Parkrun 5 Km Road	11/02/2023	27.28	28.06	30.38		
		Rosliston Parkrun 5 Km Road	18/02/2023	27.28	28.06	32.23		
		Rosliston Parkrun 5 Km Road	04/03/2023	27.28	28.06	29.43		
		Rosliston Parkrun 5 Km Road	18/03/2023	27.28	28.06	32.05		
		Bluebell 4.3 Miles Fell	19/03/2023	45.41	45.41	57.49		
		Rosliston Parkrun 5 Km Road	25/03/2023	27.28	28.06	31.50		
Jo Butler	16	Starlight Relays C.Abbey 2 Miles	05/01/2023	18.35		18.38		
		Rosliston Parkrun 5 Km Road	07/01/2023	25.16	26.33	29.55		
		DR-Allestree 10 Km XC	08/01/2023	54.46	66.54	75.55		
		Market Bosworth Parkrun 5 Km	14/01/2023	25.16		31.35		
		Coventry Parkrun 5 Km Road	21/01/2023	25.16		29.30		
		Rosliston Parkrun 5 Km Road	04/02/2023	25.16	26.33	39.33		
		Rosliston Parkrun 5 Km Road	11/02/2023	25.16	26.33	38.07		
		DR-Shipley Park 10 Km XC	12/02/2023	54.46		73.36		
		Rosliston Parkrun 5 Km Road	25/02/2023	25.16	26.33	41.33		
		Rosliston Parkrun 5 Km Road	04/03/2023	25.16	26.33	34.56		
		Fradley 10 Km Road	05/03/2023	53.37	58.15	60.44		
		Rosliston Parkrun 5 Km Road	11/03/2023	25.16	26.33	33.02		
		DR-Foremark 5 Miles XC	12/03/2023	50.34		58.41		
		Rosliston Parkrun 5 Km Road	18/03/2023	25.16	26.33	31.26		
		Beacon Hill Parkrun 5 Km Road	25/03/2023	25.16		31.38		
		Ashby 20 Miles Road	26/03/2023	197.50	217.41	225.54		
Joanne Stevens	3	Markeaton Parkrun 5 Km Road	01/01/2023	27.33	28.06	32.56		
		Markeaton Parkrun 5 Km Road	07/01/2023	27.33	28.06	32.30		
		Markeaton 5 Km Road	18/03/2023	27.33		32.38		
John Finn	3	Tokyo Marathon Road	05/03/2023	188.59		241.44		
		Sunshine Beach Parkrun 5 Km	11/03/2023	18.52		22.54		
		Ashby 20 Miles Road	26/03/2023	143.15	143.15	159.30		
Jonathon Gregson	2	DR-Allestree 10 Km XC	08/01/2023	51.53	51.53	59.11		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	40.11	45.57	46.32		

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Karen Jackson	7	Rosliston Parkrun 5 Km Road	01/01/2023	27.30	29.20	42.36		
		Starlight Relays C.Abbey 2 Miles	05/01/2023	21.20		21.08		
		DR-Allestree 10 Km XC	08/01/2023	60.56	70.06	85.23		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	54.58	68.45	68.44		
		DR-Shipley Park 10 Km XC	12/02/2023	60.56		73.36		
		Rosliston Parkrun 5 Km Road	04/03/2023	27.30	29.20	42.08		
		DR-Foremark 5 Miles XC	12/03/2023	53.46	55.27	58.42		
Kelly Hanson	6	Starlight Relays C.Abbey 2 Miles	05/01/2023	21.04	21.52	21.04		
		Starlight Relays C.Abbey 2 Miles	05/01/2023	21.04		21.52		
		DR-Allestree 10 Km XC	08/01/2023	60.12	70.31	90.35		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	63.19	68.40	71.31		
		Llyn Llech Owain Parkrun 5 Km	04/02/2023	28.02		34.32		
		Bluebell 4.3 Miles Fell	19/03/2023	52.23	52.23	57.51		
Kevin Jackman	4	Conkers Parkrun 5 Km Road	28/01/2023	26.18	26.18	34.39		
		Rosliston Parkrun 5 Km Road	04/02/2023	26.18	26.43	33.53		
		Rosliston Parkrun 5 Km Road	25/02/2023	26.18	26.43	30.10		
		Rosliston Parkrun 5 Km Road	25/03/2023	26.18	26.43	32.42		
Kevin Spare	1	Bedworth parkrun 5 Km Road	18/03/2023	18.59	19.32	21.49		
Lucy Benstead	1	Lochore Meadows Parkrun 5 Km	11/03/2023			30.02		
Mitch Pritchard	1	DR-Foremark 5 Miles XC	12/03/2023	47.03		45.31		
Nigel Elson	4	Conkers Parkrun 5 Km Road	01/01/2023	18.15	18.36	23.47		
		Fradley 10 Km Road	05/03/2023	38.14	40.12	45.29		
		Stafford 0.5 Marathon Road	12/03/2023	82.55	82.55	104.12		
		Conkers Parkrun 5 Km Road	18/03/2023	18.15	18.36	22.57		
Paul Jephcott	8	Beacon Hill Parkrun 5 Km Road	07/01/2023	22.11	22.11	23.51		
		DR-Allestree 10 Km XC	08/01/2023	47.11	56.17	60.12		
		Rosliston Parkrun 5 Km Road	11/02/2023	22.11	22.58	36.23		
		Rosliston Parkrun 5 Km Road	18/02/2023	22.11	22.58	24.14		
		Carsington Water 10 Km Road	26/02/2023	47.43		49.29		
		DR-Foremark 5 Miles XC	12/03/2023			46.25		
		Bluebell 4.3 Miles Fell	19/03/2023			42.38		
		Rosliston Parkrun 5 Km Road	25/03/2023	22.11	22.58	24.23		
Paul Mellor	5	Belper 4.8 Miles Road	01/01/2023			34.20		
		DR-Allestree 10 Km XC	08/01/2023	41.58	46.14	49.30		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	36.57		38.09		
		Derby Midweek 5 Km Road	22/02/2023	18.47	20.08	22.17		
		Derby Midweek Miles Road	22/02/2023	5.35	5.35	5.50		
Pete Stevens	3	DR-Allestree 10 Km XC	08/01/2023	43.31	51.36	54.14		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	44.03		44.50		
		DR-Shipley Park 10 Km XC	12/02/2023	43.31		64.49		
Pete Wright	7	DR-Allestree 10 Km XC	08/01/2023	34.27	46.37	52.57		
		MC XC-Leamington 11 Km XC	28/01/2023			43.56		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	33.03		39.25		
		Rosliston Parkrun 5 Km Road	11/02/2023	16.54	19.23	20.43		
		Stamford 30 Km Road	12/02/2023	122.15	122.15	131.00		
		Rosliston Parkrun 5 Km Road	25/02/2023	16.54	19.23	21.25		
		Leicester 0.5 Marathon Road	26/02/2023	78.43		86.20		

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Rachel Stevens	4	DR-Allestree 10 Km XC	08/01/2023	53.00	59.09	62.53		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	48.16		52.24		
		DR-Shiple Park 10 Km XC	12/02/2023	53.00		55.50		
		DR-Foremark 5 Miles XC	12/03/2023	46.41		46.23		
Richard Webb	2	Rosliston Parkrun 5 Km Road	18/02/2023	26.44	26.44	32.32		
		Rosliston Parkrun 5 Km Road	18/03/2023	26.44	26.44	31.57		
Rob Belcher	1	Millennium Way 41 Miles Trail	05/03/2023			578.21		
Rob Leadbeater	1	Derby 10 Km Road	26/03/2023			59.41		
Sam Owen	7	Rosliston Parkrun 5 Km Road	01/01/2023	29.39	31.45	42.35		
		Coventry Parkrun 5 Km Road	21/01/2023	29.39		36.14		
		Rosliston Parkrun 5 Km Road	04/02/2023	29.39	31.45	39.33		
		Rosliston Parkrun 5 Km Road	11/02/2023	29.39	31.45	38.07		
		Rosliston Parkrun 5 Km Road	25/02/2023	29.39	31.45	41.32		
		Rosliston Parkrun 5 Km Road	04/03/2023	29.39	31.45	42.07		
		Rosliston Parkrun 5 Km Road	11/03/2023	29.39	31.45	59.52		
Sarah Smith	13	Rosliston Parkrun 5 Km Road	01/01/2023	26.22	26.47	33.13		
		Rosliston Parkrun 5 Km Road	07/01/2023	26.22	26.47	29.53		
		DR-Allestree 10 Km XC	08/01/2023			67.06		
		Rosliston Parkrun 5 Km Road	21/01/2023	26.22	26.47	32.34		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	52.34		52.39		
		Rosliston Parkrun 5 Km Road	04/02/2023	26.22	26.47	28.18		
		Rosliston Parkrun 5 Km Road	11/02/2023	26.22	26.47	31.41		
		DR-Shiple Park 10 Km XC	12/02/2023	67.06		57.05		
		Rosliston Parkrun 5 Km Road	18/02/2023	26.22	26.47	32.31		
		Rosliston Parkrun 5 Km Road	25/02/2023	26.22	26.47	27.27		
		Fradley 10 Km Road	05/03/2023			55.06		
		Rosliston Parkrun 5 Km Road	11/03/2023	26.22	26.47	36.42		
DR-Foremark 5 Miles XC	12/03/2023			47.10				
Shane McNamara	3	DR-Allestree 10 Km XC	08/01/2023	44.08	51.34	50.59		
		DR-Shiple Park 10 Km XC	12/02/2023	44.08		43.08		
		DR-Foremark 5 Miles XC	12/03/2023			36.41		
Sharon Wright	1	DR-Allestree 10 Km XC	08/01/2023	62.37	72.36	88.20		
Stanislaw Knopik	3	DR-Boothorpe 5.5 Miles XC	29/01/2023	32.58		43.55		
		DR-Shiple Park 10 Km XC	12/02/2023	35.20		48.22		
		DR-Foremark 5 Miles XC	12/03/2023	26.33	38.38	40.23		
Steve Clews	4	DR-Allestree 10 Km XC	08/01/2023	40.04	48.15	55.25		
		DR-Boothorpe 5.5 Miles XC	29/01/2023	34.22	44.06	45.37		
		DR-Shiple Park 10 Km XC	12/02/2023	40.04		48.54		
		DR-Foremark 5 Miles XC	12/03/2023	27.55	39.01	39.40		
Tim Wade	1	Stafford 0.5 Marathon Road	12/03/2023	88.32	95.37	118.16		
Tom Bradley	5	Markeaton Parkrun 5 Km Road	14/01/2023	17.30	19.14	21.17		
		Alvaston Parkrun 5 Km Road	04/02/2023	17.30	17.42	19.44		
		Forest Rec Parkrun 5 Km Road	11/02/2023	17.30		20.47		
		Shiple Country Parkrun 5 Km R	18/02/2023	17.30	19.31	21.54		
		Alvaston Parkrun 5 Km Road	25/03/2023	17.30	17.42	21.20		
Tony Press	1	Brooksie's Winter Bash 10 Miles	05/02/2023	104.48		102.04		

Name:	Tot races:	Course:	Date:	PB:	CB:	Time:	Pts:	Tot pts:
Wasifa Webb	4	Rosliston Parkrun 5 Km Road	21/01/2023	32.31	32.31	32.49		
		Rosliston Parkrun 5 Km Road	28/01/2023	32.31	32.31	32.53		
		Rosliston Parkrun 5 Km Road	18/02/2023	32.31	32.31	32.43		
		Rosliston Parkrun 5 Km Road	18/03/2023	32.31	32.31	34.56		