2024-25 SEASON — Total Score = Performance + Participation - last updated 10/05/25

Score	5 Mile	10K	10 Mile	Half Marathon	Marathon	CCEs: total score across races (up to your best 3), from CCE website	RR10s: % rank across races (up to your best 6), from RR10 website	HRRs: % rank across races (up to your best 7), from HRRs website	ParkRuns: ranked by number completed as a cumulative (up to your best 7), from HRRs website	HXCL: up to best of 5 scores for 2023/24
	Performance = Best 3 Scores of 5 (season's best times)					Participation = Best 3 Scores of 3 (ranked first by numbers completed)				
30	Amanda Pinckney Victory **32.19 PB**	Jo Haley TRC 10k 41:32	Patrice Spodzieja Ryder **1:10.12 PB**	Claire Dyer Fleet **1:39.16 PB**	Helen Hermon Bonser Manchester **3:55.22 PB**	Claire Dyer 36 2 races	Claire Dyer 88.54% 2 races	Patricia Spodzieja 83.73% 7 races	**Elizabeth White 250+** **22.22 PB** 21-40 parkruns (42)	Claire Dyer 250 2 races
29	Andrea Wiley Romsey 5 34.59	Patrice Spodzieja Stubbington **42.22 PB**	Claire Dyer New Forest 1:14.48	Patrice Spodzieja Gosport **1:26.56 PB**	Claire Dyer London **3:27.20 PB**	Patrice Spodzieja 38 2 races	Elizabeth White 72.36% 8 races	Sharon Palmer 68.64% 7 races	**Amanda Jones 100+** 26.20 21-40 parkruns (40)	Renee Pilbeam 287 2 races
28	Claire Dyer Victory 35.04	Helen Hermon Bonser Victory 43.41	Sophie Coady Ryde **1:16.42 PB**	Julie Denham Southampton 1:36.42	Julie Denham Southampton 3:40.37	Claire Dyer 34 2 races	Sophie Coady 89.47% 4 races	Elizabeth White 71.43% 7 races	**Ann-Marie Vandeyck 250+** **22.22 PB** 21-40 parkruns (41)	Sharon Palmer 287 2 races
27	Patrice Spodzieja Overton 37.20	Claire Dyer Gaythorne 41:48	Sharon Palmer New Forest 1:24.22	Helen Hermon Bonser Solent 1:42.18	Helen Hermon Bonser SR - Regal Relay 3:41.30	Sharon Palmer 111 2 races	Amanda Jones 41.96% 4 races	Sarah Gordon 58.03% 7 races	Lyn Hatchett 250+ 27.18 21-40 parkruns (44)	Amanda Jones 261 2 races
26	Elizabeth White Victory **37.22 PB**	Sophie Coady Stubbington 44:38	Elizabeth White Ryde 1:26.05	Sophie Coady Gosport 1:50.14	Lisa White Manchester 4:08.51	Elizabeth White 118 2 races	Annie Pilbeam 58.27% 4 races	Amanda Jones 52.79% 7 races	**Alison Kenna 250+** 28.20 21-40 parkruns (47)	Ann-Marie Vandeyck 350 2 races
25	Jo Haley Victory **36.52 PB**	Amanda Jones Gaythorne **44.19 PB**	Amanda Jones Tadeburn 1:26.51	Amanda Jones Fleet 1:50.20	Amanda Jones Manchester 4:16.15	Amanda Jones 172 2 races	Emma Lowley 62.22% 4 races	Jo Haley 51.71% 7 races	**Lyn Hatchett 250+** 27.18 21-40 parkruns (32)	Renee Pilbeam 350 2 races
24	Amanda Jones Victory 41.32	Andy Stedeth Stubbington 46:32	Carly Lucas Ryde 1:24.52	Elizabeth White Gosport 1:53.01	Elizabeth White London 4:21.51	Jenny Symonds 141 2 races	Ann-Marie Vandeyck 37.50% 4 races	Rachel McCulloch 55.88% 4 races	Rachel Bunn 27.18 21-40 parkruns (39)	Renee Pilbeam 381 2 races
23	Kathryn Hodgson Victory **42.24 PB**	Beth Whitlock Totton 10K **47.23 PB**	Rachel McCulloch Ryde 1:30.17	Carly Lucas Gosport 1:54.21	Beth Whitlock London **4:23.24 PB**	Amanda Jones 110 2 races	Tina Woolridge 37.07% 4 races	Sophie Coady 76.64% 4 races	Sophie Coady 28.21 21-40 parkruns (38)	Sam Bowyer 462 2 races
22	Jenny Symonds Victory 42.32	Jo Haley Totton 10K 47:30	Jenny Symonds Ryde 1:35.12	Lyn Hatchett Southampton Running Festival 1:55.32	Amanda Jones Yorkshire **4:23.28 PB**	Lyn Hatchett 274 2 races	Alison Kenna 34.42% 4 races	Tina Woolridge 65.90% 4 races	Tina Mills 28.40 21-40 parkruns (36)	Jo Haley 262 2 races
21	Sarah Gordon Overton 42.51	Elizabeth White Eastleigh 48:12	Mel Green Ryde 1:35.08	Amanda Jones Fleet 1:56.39	Kathryn Hodgson Edinburgh **4:27.12 PB**	Teresa Dodkin 249 2 races	Lyn Hatchett 31.86% 4 races	Jeanette Hewcutts 15.60% 4 races	Sue Kennard 250+ 30.39 21-40 parkruns (37)	Patrice Spodzieja 84 1 race
20	Christine Pascoll Victory 45.08 PB	Sharon Palmer Stubbington 49:50 PB	Ally Oliver Ryde 1:36.15 PB	Jenny Symonds Southampton 1:57.49 PB	Ann-Marie Vandeyck London **4:27.44 PB**	Michelle Garrison 2 2 races	Donna Pike 30.56% 4 races	Carly Lucas 64.81% 4 races	**Helena Stoke 250+** 31.41 21-40 parkruns (34)	Lyn Hatchett 131 1 race
19	Carly Lucas Romsey Best 44:55	Sarah Gordon Stubbington 51:16	Louise Hensing Ryde 1:36.07	Sarah Gordon Solent 1:58.48	Mike Webb Edinburgh **4:38.27 PB**	Alison Kenna 272 2 races	Lynne Mooney 28.31% 4 races	Tanya Davies 55.98% 4 races	**Esther Wiley 100+** 31.57 21-40 parkruns (39)	Donna Pike 287 2 races
18	Louise Hensing Romsey Best 45:03	Amanda Jones Stubbington 51:31	Sam Bowyer Salisbury 1:36.58	Rachel McCulloch Solent 1:58.49	Mel Green Manchester 4:53.31	Renee Pilbeam 273 2 races	Annie Pilbeam 28.98% 4 races	Alison Kenna 19.90% 4 races	**North Berdon 100+** 35.05 21-40 parkruns (33)	Jo Haley 262 2 races
17	Sam Bowyer Romsey Best 46:13	Carly Lucas Gaythorne 53:32	Donna Pike Ryde 1:43.14	Louise Hensing Southampton 1:59.53	Susanne Hibbert London **4:57.46 PB**	Ann-Marie Vandeyck 250 2 races	Teresa Dodkin 27.42% 4 races	Claire Dyer 53.24% 4 races	**Laura Hervie 100+** 35.12 21-40 parkruns (32)	Tina Mills 262 2 races
16	Ann-Marie Vandeyck Romsey Best 48:05	Kathryn Hodgson Gaythorne **53.22 PB**	Tanya Davies Ryde 1:42.44	Kathryn Hodgson Southampton **1:59.52 PB**	Alison Kenna Yorkshire **5:16.58**	Teresa Dodkin 264 2 races	Ann-Marie Vandeyck 24.37% 4 races	Louise Hensing 42.2% 2 races	**Jill Hazleton 100+** 37.03 21-40 parkruns (33)	Lyn Hatchett 274 2 races
15	Jane Bottomley Victory 46:13	Hollie Lowe Totton 10K 54:37	Laura Hervie Ryde 1:46.14	Mel Green Gosport 2:44.51	Vicky Bernstein Newport 3:29.01	Tina Mills 303 2 races	Tina Mills 13.46% 4 races	Laura Hervie 29.07% 2 races	Rebecca Hayes 38.28 21-40 parkruns (28)	Donna Pike 287 2 races
14	Louise Gould Victory **46.02 PB**	Jenny Symonds Stubbington 54:20	Tanya Davies Ryde 1:49.35	Jenny Symonds Southampton Hamptonrace **2:45.20 PB**	Vicky Bernstein Newport **3:35.14 PB**	Jo Haley 272 2 races	Tina Mills 8.46% 2 races	Ann-Marie Vandeyck 24.37% 2 races	Vicky Bernstein 38.10 21-40 parkruns (23)	Jenny Symonds 141 2 races
13	Mel Green Romsey Best 50:21	Lara Cove Stubbington 54:33	Alison Kenna Ryde 1:49.64	Ann-Marie Vandeyck Fleet 2:13.58	Dot Kennard Yorkshire 5:56.01	Laura Hervie 161 2 races	Kathryn Hodgson 31.58% 2 races	Helen Hermon Bonser 84.65% 2 races	**Marlene Lefebvre 100+** 32.41 21-40 parkruns (28)	Laura Hervie 161 2 races
12	Renee Kenna Romsey Best 50:31	Louise Pickford Eastleigh 55:12	Lyn Hatchett New Forest 1:50.07	Nikki Gooding Southampton 2:15.12	Tracey Nightingale Miami 6:30.24	Hollie Lowe 156 2 races	Hollie Lowe 35.34% 2 races	Andy Sandell 79.7% 2 races	Helen Hermon Bonser 38.13 21-40 parkruns (27)	Hollie Lowe 156 2 races
11	Jeanette Hewcutts Victory 51:33	Rachel McCulloch Lordshill 54:41	Heather Shaw Reedham 10 **1:54.37 PB**	Kat White Southampton **2:21.32 PB**	Sam Bowyer Miami 6:30.24	Sam Bowyer 2 2 races	Vicky Bernstein 179 2 races	Beth Whitlock 79.51% 2 races	Jill Hazleton 39.20% 2 races	Jeanette Hewcutts 176 2 races
10	Teresa Dodkin Romsey Best 52:19	Ann-Marie Vandeyck Lordshill 56:35	Ann-Marie Vandeyck New Forest 1:57.03	Rachel Griffiths Southampton **2:25.17 PB**		Helen Hermon Bonser 28 1 race	Ally Oliver 68.35% 4 race	Ann-Marie Vandeyck 21.03% 2 race	Vicky Bernstein 40.25% 2 race	Kyla Nagus 22.23 11-20 parkruns (11)
9	Michelle Garrison Romsey Best 52:19	Karen Williams Eastleigh 56:37	Jeanette Hewcutts Ryde 1:58.16	Alison Kenna Southampton 2:30.20		Kathryn Hodgson 52 1 race	Kathryn Hodgson 37.38% 2 race	Jane Bottomley 20.1% 2 race	Rachel Griffiths 41.30 11-20 parkruns (12)	Kathryn Hodgson 52 1 race
8	Louise Hensing Stubbington 55:40	Lara Cove Stubbington 58:39	Sam Bowyer Ryde 1:59.22	Vicky Bernstein Southampton 2:36.49		Sam Bowyer 90 1 race	Beth Whitlock 33.71% 2 race	Lyn Hatchett 26.3% 2 race	Alison Cooper 42.33 11-20 parkruns (13)	Sam Bowyer 90 1 race
7	Ally Oliver Gaythorne 56:30	Michelle Price Gaythorne 58:21	Tina Mills Ryde 2:00.08	Jeanette Hewcutts Southampton 2:36.49		Donna Pike 50 1 race	Jeanette Hewcutts 14.88% 2 race	Teresa Dodkin 13.68% 2 race	**Sam Bowyer 100+** 38.10 11-20 parkruns (11)	Donna Pike 50 1 race
6	Jill Hazleton Victory **56.01 PB**	Lyn Hatchett Stubbington 58:23	Tina Mills Ryde 2:23.08	Tina Mills Southampton 2:39.08		Lara Jones 48 1 race	Jenny Symonds 54.26% 2 race	Jill Hazleton 11.43% 2 race	Tina Woolridge 44.41 11-20 parkruns (12)	Lara Jones 48 1 race
5	Beth Whitlock Totton 10K **56.02 PB**	Beth Whitlock Stubbington 58:39	Rebecca Blundell Southampton 3:00.53			Jeanette Hewcutts 110 1 race	Lynn Jones 52.31% 2 race	Jo Haley 90.50% 2 race	Jeanette Hewcutts 46.47 11-20 parkruns (18)	Jeanette Hewcutts 110 1 race
4	Mel Green Stubbington 56:35					Rebecca Blundell 118 1 race	Rebecca Hayes 51.84% 2 race	Amanda Pinckney 89.66% 1 race	**Teresa Dodkin 100+** 50.24 11-20 parkruns (14)	Rebecca Blundell 118 1 race
3	Tracey Nightingale Stubbington 58:39						Mel White 12.45% 2 race	Mel Green 64.44% 1 race	Carly Lucas 57.30 1-10 parkruns (22)	
2	Michelle Price Gaythorne 58:21						Andy Sedeth 67.86% 2 race	Beth Whitlock 80.00% 1 race	Julie Denham 59.03 1-10 parkruns (20)	
1	Lyn Hatchett Stubbington 58:23						Louise Hensing 56.38% 2 race	Lara Cove 38.6% 1 race	Beth Whitlock 59.20 1-10 parkruns (3)	

SCORES

Score	Performance (best 3 of 5 scores)					Participation (best 3 of 3 scores)			Total score	Position	Name	Category
30	28	27	28	30	30	30	30	0	88	1	Claire Dyer	V40
29	27	29	29	27	28	29	29	0	87	2	Patrice Spodzieja	V40
28	26	26	26	23	26	28	28	0	82	3	Elizabeth White	V40
27	25	22	24	0	27	27	27	0	79	4	Sharon Palmer	V40
26	24	19	20	21	23	26	26	0	68	5	Andrea Jones	V40
25	23	0	22	0	20	0	25	0	67	6	Sophie Coady	SN70
24	22	18	17	18	19	25	24	0	66	7	Helen Hermon Bonser	V50
23	21	0	21	0	18	0	23	0	65	8	Rachel McCulloch	SN70
22	20	17	16	14	17	24	22	0	63	9	Carly Lucas	V40
21	19	16	13	0	15	0	21	0	62	10	Sarah Gordon	V40
20	18	0	12	0	14	0	20	0	61	11	Lara Cove	V40
19	17	15	11	13	13	23	19	0	60	12	Louise Hensing	V40
18	16	14	10	12	12	22	18	0	59	13	Jenny Symonds	V40
17	15	13	9	11	11	21	17	0	58	14	Tracey Nightingale	SN70
16	14	12	8	10	10	20	16	0	57	15	Michelle Price	V40
15	13	11	7	9	9	19	15	0	56	16	Louise Gould	V50
14	12	10	6	8	8	18	14	0	55	17	Andy Sedeth	V50
13	11	9	5	7	7	17	13	0	54	18	Jane Bottomley	V50
12	10	8	4	6	6	16	12	0	53	19	Louise Hensing	V40
11	9	7	3	5	5	15	11	0	52	20	Ann-Marie Vandeyck	V50
10	8	6	2	4	4	14	10	0	51	21	Jenny Symonds	V50
9	7	5	1	3	3	13	9	0	50	22	Michelle Garrison	V50
8	6	4	0	2	2	12	8	0	49	23	Andrea Wiley	V40
7	5	3	0	1	1	11	7	0	48	24	Ally Oliver	V40
6	4	2	0	0	0	10	6	0	47	25	Jeanette Hewcutts	V50
5	3	1	0	0	0	9	5	0	46	26	Jill Hazleton	SN70
4	2	0	0	0	0	8	4	0	45	27	Rebecca Blundell	V50
3	1	0	0	0	0	7	3	0	44	28	Kathryn Hodgson	V50
2	0	0	0	0	0	6	2	0	43	29	Michelle Price	V40

Erika Collins
TRC 10k
32.27 PB

Emma Lowley
TRC 10k
56:16

Vicky Bernstein
Lordshill
58:54

Jea Brenchley
Lordshill
59:27

Ruth Appleby-Smith
Southampton Hamptonrace
59.07 PB

Tanya Davies
Stubbington
1:00:28

Tina Woolridge
Gaythorne
1:00:32

Sebastian Bonson
Lordshill
1:00:55

Alison Kenna
Lordshill
1:02:41

Kat White
Gaythorne
1:03:12

Jeanette Hewcutts
Stubbington
1:05:18

Tina Mills
TRC 10k
1:06:52

Kat White
Solent
1:07.12 PB

Marlene Lefebvre
Southampton
1:07:08

Dot Kennard
Berry Weed
1:08:09

Rachel Griffiths
Run Nomads
1:08:26

Farah Hibbard
Southampton
1:12:25

Rebecca Blundell
Stubbington
1:13:47

Laura Hervie
43.80%
7 race

Mel Green
29.48%
7 race

Jill Hazleton
27.36%
2 race

Jea Brenchley
33.83%
7 race

Vicky Crockens
27.36%
2 race

Andy Sandell
27.36%
2 race

Andy Sandell
75.27%
7 race

Patrice Spodzieja
66.66%
7 race

Kate Mitchell
55.80%
7 race

Sarah Gordon
55.80%
7 race

Katie Murphy
47.46%
7 race

Michelle Robinson
28.42%
7 race

Michelle Le Sueur
19.46%
7 race

Emma Lowley
16.96%
7 race

Kathryn Hodgson
51.6%
1 race

Ally Oliver
24.55%
1 race

Beth Whitlock
38.4%
1 race

Sam Bowyer
36.8%
1 race

Beth Whitlock
75.00%
1 race

Ann-Marie Vandeyck
30.2%
1 race

Rebecca Blundell
3.45%
1 race

Kirsty Wadsworth 100+
36.00
1-10 parkruns (4)
Jenny Symonds
100+
(parkruns 3)
Ally Denham
29.21
1-10 Parkruns (4)
Kathryn Hodgson
28.00 PB
1-10 parkruns (3)
Hollie Lowe
28.00 PB
1-10 parkruns (2)
Beka Bradley
22.32
1-10 parkruns (8)
Andrea Pinckney
22.32
1-10 parkruns (7)
Rachel McCulloch
27.45
1-10 parkruns (7)
Sophie Coady
28.54
1-10 parkruns (2)
Emma Lowley
28.09
1-10 parkruns (10)
Carly Lucas
28.36
1-10 parkruns (7)
Janet Fields
28.36
1-10 parkruns (4)
Mel Green
28.53
1-10 parkruns (9)
Jea Brenchley
30.51
1-10 parkruns (1)
Tanya Davies
30.51
1-10 parkruns (8)
Kat White
30.41
1-10 parkruns (7)
Rachel Griffiths
30.48
1-10 parkruns (3)
Michelle Price
31.08
1-10 parkruns (8)
Veronica Wright
31.08
1-10 parkruns (6)
Farah Hibbard
31.23
1-10 parkruns (4)
Rene Pilbeam
31.48
1-10 parkruns (8)
Diana Gee 100+
32.41
1-10 parkruns (6)
Ann-Mel
33.33
1-10 parkruns (1)
Tanya Tribbeck
33.99
1-10 parkruns (1)
Veronica Wright
35.16
1-10 parkruns (1)
Jo Ingle Smith
36.42
1-10 parkruns (1)
Rebecca Blundell
38.09
1-10 parkruns (3)
Caroline Irwin 100+
41.53
1-10 parkruns (8)
Priscilla Cooke
42.29
1-10 parkruns (3)
Sue Tolcroft
42.29
1-10 parkruns (3)

Volunteering Stats & Totals (parkrun week participations partners, 5 points for each volunteering, for TRC races)

HALIFAX SHARK V300+
76
Alpi 10k CCE 20 RR10

Barry Elsending V60+
66
Ryder 10k CCE 20 RR10 10k

MATTHEW TOMS
V50+
(parkruns 3)
Sarah Sedeen
48
Sun 10k CCE 20 RR10 10k

Dave Barney
V60+
(parkruns 3)
Sun 10k CCE 20 RR10 10k

Fred Cox
V60+
(parkruns 3)
Sun 10k CCE 20 RR10 10k

Tony Dodkin V60+
(parkruns 3)
41
11 Jul CCE RR10 20 10k

Nick White
V60+
(parkruns 3)
13k CCE 20 RR10 10k

Mark Jones
V60+
(parkruns 3)
13k CCE 20 RR10 10k

Rob Hendell
V60+
(parkruns 3)
13k CCE 20 RR10 10k

Angela Saffe
V60+
(parkruns 3)
13k CCE 20 RR10 10k

Helen Hermon Bonser
V50+
(parkruns 3)
13k CCE 20 RR10 10k

Lee Abell
V50+
(parkruns 3)
Sun 10k 20 RR10

MARLENE LYNNINGTON V100+
(parkruns 3)
Ann-Marie Vandeyck V50+
(parkruns 3)
Sun 10k CCE 20 RR10 10k

Mike Gordon
V60+
(parkruns 3)
Sun CCE 20 RR10 10k

Jon Perret
V50+
(parkruns 3)
Sun 10k CCE 20 RR10

Rob Barlow
V50+
(parkruns 3)
Sun 10k CCE 20 RR10

Doug Taylor
V50+
(parkruns 3)
Sun 10k CCE 20 RR10

Andy Walker
V50+
(parkruns 3)
Sun 10k 20 10k

Ken Gardener
V50+
(parkruns 3)
Sun CCE 20 RR10 10k

Stephanie Rickett
27
17 Jul 20

Sid Kennard
V60+
(parkruns 3)
Sun 20 RR10 10k

Alison Cooper
V50+
(parkruns 3)
Sun 20 RR10 10k

Rachel Townend
29
10k 20 RR10

Sam Bowyer
V40+
(parkruns 3)
Sun 10k CCE 10k

Carly Lucas
28
20 RR10 10k

Tina Mills
28
CCE 20 10k

Rachel McCulloch
V50+
(parkruns 3)
20 RR10 10k

Jeanette Hewcutts
28
CCE 20

Paul Gale
V60+
(parkruns 3)
Sun 10k 20 10k

Terry Hemmings
V60+
(parkruns 3)
20 Apr RR10 10k

Denis Coady
27
Sun CCE 20 RR10

Scott Lucas
27
Sun CCE 20 RR10

Sophie Coady
V40+
(parkruns 3)
10k CCE RR10

Ken Gardener
V50+
(parkruns 3)
CCE 20 RR10

Paul Barr
V50+
(parkruns 3)
CCE 20 RR10

Andy Warren
V50+
(parkruns 3)
CCE 20 RR10

Andy Sales
V50+
(parkruns 3)
CCE 20 RR10

Terry Davis
V60+
(parkruns 3)
Sun 10k 10k

Lara Bell
V40+
(parkruns 3)
CCE 20 RR10

Jill Hazleton
V50+
(parkruns 3)
Sun CCE 20 RR10

Gerard Hughes
V60+
(parkruns 3)
Sun CCE 20

Kyla Nagus
V40+
(parkruns 3)
7 Jul 20

Gary Mellon
V50+
(parkruns 3)
Sun RR10

Lynnley Davis
V40+
(parkruns 3)
10k CCE 20

Diana Cox nee
V40+
(parkruns 3)
CCE 20

Caroline Irwin
V40+
(parkruns 3)
10k CCE

Stuart Booth
V50+
(parkruns 3)
10k RR10 10k

Kate Smith
V40+
(parkruns 3)
10k RR10

Farah Hibbard
V40+
(parkruns 3)
10k RR10

Jenny Symonds
V40+
(parkruns 3)
20 RR10

Rene Pilbeam
V40+
(parkruns 3)
20 RR10

Sharon Palmer
V40+
(parkruns 3)
20 RR10

Louise Hensing
V40+
(parkruns 3)
10k RR10

Geoff White
V60+
(parkruns 3)
20 RR10

Lisa White
V40+
(parkruns 3)
20 RR10

Mel Green
V40+
(parkruns 3)
20 RR10

Neil White
V60+
(parkruns 3)
7 Jul 20

Amy Wadsworth V60+
(parkruns 3)
12
13jul
Elizabeth White
V40+
(parkruns 3)
12
20 Jul
Diana Cox
V40+
(parkruns 3)
12
CCE 20

Lara Mills
V40+
(parkruns 3)
11
11Jul

Rebecca Hayes
V40+
(parkruns 3)
11
Sun 20

Mark Bryant
V50+
(parkruns 3)
11
Sun 20

Laura Kenna
V40+
(parkruns 3)
11
Sun CCE RR10

Kate Snow V50+
(parkruns 3)
11
Sun RR10

Patrice Spodzieja
V40+
(parkruns 3)
11
Sun CCE RR10

Suzanne Hartland
V40+
(parkruns 3)
10
Sun 20

Dave Ulett
V60+
(parkruns 3)
10
20

Diana Cox
V40+
(parkruns 3)
10
20

Carolin Gollard
V40+
(parkruns 3)
10
20

Andy Evans
V50+
(parkruns 3)
10
20

Jea Brenchley
V40+
(parkruns 3)
10 10k
Sean Dolbert
V50+
(parkruns 3)
10
20

Graham Burgoy
V60+
(parkruns 3)
10
20

Simon Mason
V50+
(parkruns 3)
10
20

Martin Nagus
V40+
(parkruns 3)
10
20

Hollie Lowe
V40+
(parkruns 3)
10
20

Omar Crockes
V40+
(parkruns 3)
CCE RR10

Lynda Mooney
V50+
(parkruns 3)
CCE RR10

Darren Anderson
V40+
(parkruns 3)
CCE RR10

Lyn Hatchett
V50+
(parkruns 3)
CCE RR10

John Mynott
V60+
(parkruns 3)
CCE RR10

Janet Fields
V50+
(parkruns 3)
CCE RR10

Ally Oliver
V40+
(parkruns 3)
CCE RR10

Karen Williams
V50+
(parkruns 3)
CCE RR10

Brian Frampton
V60+
(parkruns 3)
Sun RR10

Kat White
V40+
(parkruns 3)
Sun RR10

Lisa Jones
V40+
(parkruns 3)
Sun RR10

Rachel Griffiths
V40+
(parkruns 3)
Sun RR10

Ian Bradley
V60+
(parkruns 3)
RR10

Dawn Banks
V50+
(parkruns 3)
RR10

Sara Parry
V40+
(parkruns 3)
RR10

Tina Mills
V40+
(parkruns 3)
RR10

Mark Jones
V60+
(parkruns 3)
RR10 10k

Beka Bradley
V40+
(parkruns 3)
RR10

Chris Dyer
V60+
(parkruns 3)
CCE

Eric Lumbard
V60+
(parkruns 3)
CCE

Shaun Egan
V40+
(parkruns 3)
CCE

Steve Lumley
V60+
(parkruns 3)
CCE

Jo Haley
V40+
(parkruns 3)
CCE
CCE RR10

Sue Burgess
V50+
(parkruns 3)
CCE

Denis Pike
V60+
(parkruns 3)
CCE

Dave Ulett
V60+
(parkruns 3)
CCE

Phil Cook
V60+
(parkruns 3)
RR10

Tony Greening
V60+
(parkruns 3)
RR10

Dave Pilbeam
V60+
(parkruns 3)
RR10

Michelle Le Tissier
V40+
(parkruns 3)
RR10

Vicky Blundell
V40+
(parkruns 3)
RR10 10k

Rebecca Blundell
V40+
(parkruns 3)
RR10

Lindsay Davis
V40+
(parkruns 3)
RR10

Rachel Evans
V40+
(parkruns 3)
Sun

Josh Dorkins
V40+
(parkruns 3)
Sun

Brian Leigh
V60+
(parkruns 3)
Sun

Graeme Browning-Martin
V60+
(parkruns 3)
Sun