Total Score = Performance + Participation

Performance = Best 3 Scores of 5 (season's best times) | **Participation = Best 3 Scores of 5 (ranked first by numbers completed)**

Score	5 Mile	10K	10 Mile	Half Marathon	Marathon	CC6s: total score across races (up to your best 4), from CC6 website	RR10s: % rank across races (up to your best 6), from RR10 website	HRRL: % rank across races (up to your best 7), from HRRL website	ParkRuns: ranked by number completed as a member since 1st September, in bands of 10, then by season's best time	HXCL: up to best of 3 scores for 2023/24)
30	Esther Wiley Romsey 34.15	Amanda Pinckney Goodwood GP 43.34	Jacquie Barlow Salisbury 1.15.25	Jacquie Barlow Fleet 1.38.44	Lisa White Loch Ness **3.54.47 PB**	Sophie Coady 125 *4 race*		Jacquie Barlow 78.2% *7 races*	Alison Kaines 100+ **27.37 PB** *31-40 parkruns (31)*	Sophie Coady 231 *3 race*
29	Jacquie Barlow Victory 35.44	Jacquie Barlow Stubbington 45.12	Kirsty Macbeth Hayling 1.18.56	Julie Densham Southampton **1.40.33 PB**	Elizabeth White Abingdon **3.59.41 PB**	Emma Pilbeam 126 *4 race*		Sarah Gordon 60.0% *7 races*	Esther Wiley 21.25 *21-30 parkruns (21)*	Claire Dyer 232 *3 race*
28	Amanda Pinkney Victory 36.47	Esther Hardie Eastleigh 45.25	Sophie Coady Ryde 1.20.20	Kirsty Macbeth Gosport 1.44..45	Patricia Spodzieja Frankfurt 4.02.25	Sharon Palmer 149 *4 race*		Ann-Marie Vanderplank 43.7% *7 races*	ELIZABETH WHITE 250+ 23.38 *21-30 parkruns (29)*	Emma Pilbeam 270 *3 race*
27	Patricia Spodzieja Victory 37.05	Kirsty Macbeth Eastleigh 45.31	Lisa White Ryde **1.24.22 PB**	Lisa White Goodwood GP **1.45.38 PB**	Helen Herman Bonaer Berlin 4.14.49	Sarah Gordon 184 *4 race*		Dot Kennard 14.2% *7 races*	Sarah Gordon 25.36 *21-30 parkruns (22)*	Ann-Marie Vanderplank 331 *3 race*
26	Sarah Gordon Victory 39.30	Sophie Coady Stubbington 46.13	Elizabeth White Salisbury 1.25.46	Patricia Spodzieja Solent 1.45.57	Rachel McCulloch Manchester **4.27.10 PB**	Amanda Jones 193 *4 race*		Mel Green 33.1% *6 race*	Ann-Marie Vanderplank 100+ 26.10 *21-30 parkruns (30)*	Lyn Hatchett 345 *3 race*
25	Elizabeth White Victory 39.30	Elizabeth White Stubbington **46.57 PB**	Carly Lucas Salisbury **1.25.55 PB**	Sharon Palmer Fleet **1.51.23 PB**	Ann Marie Vanderplank Amsterdam **4.30.36 PB**	Ann-Marie Vanderplank 246 *4 race*		Alison Kaines 26.9% *6 races*	Amanda Jones 100+ 26.22 *21-30 parkruns (25)*	Alison Kaines 362 *3 race*
24	Amanda Jones Victory 40.20	Helen Herman Bonaer Stubbington 47.38	Patricia Spodzieja Salisbury 1.26.24	Barbara Bradley Farnborough **1.51.53 PB**	Carly Lucas Loch Ness 4.38.43	Lyn Hatchett 286 *4 race*		Patricia Spodzieja 72.6% *5 race*	LYN HATCHETT 250+ 26.50 *21-30 parkruns (23)*	Dot Kennard 378 *3 race*
23	Sam Bowyer Victory **41.56 PB**	Lisa White Stubbington 48.10	Sarah Gordon Salisbury **1.27.19**	Elizabeth White Southampton 1.53.50	Louise Henning Loch Ness **4.38.44 PB**	Alison Kaines 339 *4 races*		Elizabeth White 64.5% *5 race*	Alison Cooper 100+ 27.51 *21-30 parkruns (24)*	Rene Pilbeam 381 *3 race*
22	Mel Green Victory 43.11	Patricia Spodzieja Eastleigh 48.26	Amanda Jones Hayling 1.29.07	Rachel Evans Gosport **1.56.25 PB**	Alison Kaines Amsterdam **4.44.24 PB**	Tina Mills 343 *4 race*		Amanda Jones 60.1% *5 races*	DONNA PIKE 250+ 28.50 *21-30 parkruns (24)*	Amanda Jones 211 *2 race*
21	Ann-Marie Vanderplank Victory 43.35	Jenny Symons Eastleigh **49.47 PB**	Sam Bowyer Hayling **1.30.10 PB**	Carly Lucas Southampton 1.57.11	Sam Bowyer Richmond **4.46.16 PB**	Rene Pilbeam 361 *4 race*		Sophie Coady 77.0% *4 races*	Dot Kennard 100+ 29.38 *21-30 parkruns (23)*	Tina Mills 272 *2 race*
20	Lyn Hatchett Victory 45.24	Sharon Palmer Stubbington 50.53	Caroline Orchard Great South **1.34.31 PB**	Sam Bowyer Weymouth **1.58.13 PB**	Babara Bradley Brighton 5.00.29	Dot Kennard 374 *4 race*		Sam Bowyer 50.0% *4 races*	TINA MILLS 250+ 29.52 *21-30 parkruns (24)*	Helen Herman-Bonaer 55 *1 race*
19	Alison Cooper Romsey 45.55	Carly Lucas Stubbington 51.18	Ann-Marie Vanderplank Salisbury 1.35.04	Sarah Gordon Solent 1.58.18	Donna Pike Amsterdam 5.00.55	Lisa White 118 *3 race*		Tanya Davis 31.2% *4 race*	Lisa Smith 100+ 30.51 *21-30 parkruns (23)*	Sam Bowyer 118 *1 race*
18	Tanya Davies Victory **47.05 PB**	Sarah Gordon Stubbington 51.24	Lisa Boden Great South **1.35.19 PB**	Sophie Coady Solent 1.59.27	Clare Bayliss Manchester **5.00.27 PB**	Laura Harvie 226 *3 races*		Kirsty Macbeth 82.8% *3 race*	Helena Shaw 100+ 31.26 *21-30 parkruns (24)*	Donna Pike 130 *1 race*
17	Alison Kaines Victory 47.05	Babs Bradley Eastleigh **52.22 PB**	Louise Henning Salisbury 1.36.08	Rachel McCulloch Gosport 2.03.28	Amanda Jones Linz 5.02.07	Vicky Couzens 243 *3 race*		Lisa White 79.0% *3 race*	Rachel Evans 25.27 *11-20 parkruns (15)*	Vicky Couzens 131 *1 race*
16	Vicky Couzens Victory 48.10	Amanda Jones Stubbington 54.56	Donna Pike Salisbury 1.36.32	Ann-Marie Vanderplank Gosport 2.06.03	Tina Wooldridge Southampton **5.03.31 PB**	Michelle Gammon 250 *3 race*		Carly Lucas 67.1% *3 race*	Vicky Couzens 100+ 28.38 *11-10 parkruns (11)*	Teresa Dodkin 137 *1 race*
15	Donna Pike Overton 49.22	Rachel Evans Eastleigh **52.45 PB**	Ally Driver Salisbury **1.368.58 PB**	Mel Green Gosport 2.11.26	Dot Kennard Amsterdam 5.47.04	Jenny Symons 83 *2 race*		Louise Henning 45.0% *3 race*	Laura Harvie 28.40 *21-30 parkruns (18)*	
14	Tina Mills Victory 50.18	Ann-Marie Vanderplank Eastleigh 55.05	Laura Harvie Hayling **1.40.05 PB**	Clare Bayliss LLHM **2.12.13 PB**		Emma Lockey 134 *2 race*		Rachel McCulloch 44.8% *3 race*	Jeanette Hiscocks 100+ 30.25 *11-20 parkruns (15)*	
13	Dot Kennard Victory 50.35	Ally Driver Eastleigh **55.31 PB**	Alison Kaines Salisbury 1.41.09	Tina Wooldridge Solent 2.13.24		Donna Pike 147 *2 race*		Laura Harvie 35.40% *3 races*	Marlene Letheren 30.57 *11-20 parkruns (17)*	
12	Marlene Letheren Romsey 50.43	Vicky Couzens Eastleigh 56.21	Tanya Davis Salisbury **1.41.12 PB**	Caroline Orchard Solent 2.17.09		Lynda Massey 163 *2 race*		Donna Pike 26.8% *3 races*	VIRGINIA COLLINS 250+ 31.03 *11-20 parkruns (16)*	
11	Laura Harvie Overton **50.44 PB**	Louise Henning Stubbington 56.25	Rebecca Rees Salisbury 1.44.08	Alison Kaines Gosport 2.13.31		Jeanette Hiscocks 171 *2 race*		Vicky Couzens 23.3% *3 race*	Diana Davies 100+ 32.43 *11-20 parkruns (13)*	
10	Jeanette Hiscocks Overton 54.37	Donna Pike Eastleigh 57.01	Dot Kennard Salisbury 1.47.32	Ally Driver Gosport **2.13.37 PB**		Teresa Dodkin 189 *2 race*		Tina Mills 11.5% *3 race*	Caroline Irwin 100+ 42.31 *11-20 parkruns (11)*	
9	Caroline Irwin Overton 1.14.07	Rachel McCulloch Stubbington 57.29	Mel Green Ryde 1.48.04	Kim Hall Southampton **2.17.56 PB**		Elizabeth White 37 *1 race*		Sharon Palmer 64.2% *2 race*	Jacquie Barlow 21.54 *1-10 parkruns (4)*	
8		Laura Harvie Stubbington **57.45 PB**	Teresa Dodkin Hayling 1.49.25	Jeanette Hiscocks Southampton **2.18.50 PB**		Helen Herman-Bonaer 40 *1 race*		Barbara Bradley 62.5% *2 race*	Julie Densham **21.57 PB** *1-10 parkruns (1)*	
7		Louise Ashmore Eastleigh **57.59 PB**	Tina Mills Salisbury 1.53.37	Emma Lockey Southampton **2.18.46 PB**		Kirsty Macbeth 41 *1 race*		Lyn Hatchett 36.1% *2 race*	Nikki Gowers 23.55 *1-10 parkruns (1)*	
6		Lyn Hatchett Stubbington 58.17	Vicky Couzens Great South 1.54.02	Vicky Couzens Southampton 2.20.50		Janet Foote 63 *1 race*		Caroline Orchard 34.7% *2 race*	Sophie Coady 100+ 24.29 *1-10 parkruns (7)*	
5		Lorna Lavers Eastleigh 58.50	Jeanette Hiscocks Great South 1.54.02	Nikki Goulding Southampton **2.21.45 PB**		Debbie Millar 72 *1 race*		Ally Driver 34.3% *2 race*	Helen Herman Bonaer 24.33 *1-10 parkruns (6)*	
4		Alison Kaines Eastleigh 59.11	Natasha Foster Great South **2.03.18 PB**	Jess Rivers LLHM **2,27.21 PB**		Clare Bayliss 82 *1 race*		Teresa Dodkin 17.2% *2 race*	Patricia Spodzieja 25.05 *1-10 parkruns (2)*	
3		Jeanette Hiscocks Eastleigh **59.23 PB**	Rebecca Chambers Great South 2.08.17	Dot Kennard Gosport 2.29.02		Rebecca Rees 86 *1 race*		Jeanette Hiscock 9.2% *2 race*	Kirsty Macbeth 100+ 25.19 *1-10 parkruns (7)*	
2		Tanya Davis Stubbington 60.00		Tina Mills Solent 2.44.11		Caroline Irwin 121 *1 race*		Helen Herman Bonaer 80.60% *1 race*	Jenny Symons 25.55 *1-10 parkruns (2)*	
1		Emma Lockey Eastleigh **1.00.57 PB**		Tracey Nightingale Weymouth 2.44.40				Amanda Pinkney 74.3% *1 race*	Sam Bowyer 26.34 *1-10 parkruns (10)*	
		Mel Green Stubbington 1.01.28		Donna Pike Solent 2.47.08				Rachel Evans 60.7% *1 race*	Rachel Griffiths **26.55 PB** *1-10 parkruns (1)*	
		Sophie James Southampton 1.01.52		Rebecca Chambers Solent 3.12.58				Tina Wooldridge 38.6% *1 race*	Karen Read 27.05 *1-10 parkruns (6)*	
		Veronica Smythe Eastleigh 1.02.27						Rebecca Rees 24.9% *1 race*	Lorna Lavers 27.14 *1-10 parkruns (5)*	
		Teresa Dodkin Stubbington 1.02.42						Caroline Irwin 1.2% *1 race*	Mel Green 27.25 *1-10 parkruns (4)*	
		Marlene Letheren Southampton RF 1.04.48						Rebecca Chambers 0.00% *1 race*	Amanda Pinckney 27.38 *1-10 parkruns (1)*	
		Helena Shaw Eastleigh **1.05.03 PB**							Karen Williams 27.49 *1-10 parkruns (1)*	
		Mille Webb Southampton 1.06.23							Janet Foote 27.50 *1-10 parkruns (2)*	
		Tina Mills Southampton RF 1.07.23							Clare Bayliss 28.11 *1-10 parkruns (6)*	
		Tracey Nightingale Vitality 10k **1.07.53 PB**							Rachael Gardner 100+ 28.47 *1-10 parkruns (4)*	
		Helena Shaw Valentines 10k 1.09.17							Millie Webb 29.33 *1-10 parkruns (6)*	
		Rebecca Chambers Aegeas 1.16.31							Louise Gould 29.34 *1-10 parkruns (1)*	
		Priscilla Cook Southampton 1.18.08							Carly Lucas 29.56 *1-10 parkruns (2)*	
									Kate Peel 30.16 *1-10 parkruns (2)*	
									Louise Henning 30.38 *1-10 parkruns (1)*	
									Kim Hall 30.32 *1-10 parkruns (2)*	
									Tanya Davis 30.53 *1-10 parkruns (3)*	
									Emma Lockey 29.51 *1-10 parkruns (2)*	
									Rachel Townsend 31.08 *1-10 parkruns (1)*	
									Teresa Dodkin 31.20 *1-10 parkruns (6)*	
									Rachel McCulloch 31.29 *1-10 parkruns (1)*	
									Michelle Gammon 31.57 *1-10 parkruns (5)*	
									Veronica Smythe 32.01 *1-10 parkruns (1)*	
									Nikki Goulding 33.00 *1-10 parkruns (1)*	
									Tracey Nightingale 35.50 *1-10 parkruns (2)*	
									Rebecca Chambers 36.00 *1-10 parkruns (9)*	
									Sohini Frame 37-27 *1-10 parkruns (3)*	
									Rebecca Fouch 39.43 *1-10 parkruns (1)*	
									VIV ALEXANDER 250+ 44.15 *1-10 parkruns (5)*	
									Maria Whitlock 49.45 *1-10 parkruns (1)*	
									Patricia Spodzieja 51.32 *1-10 parkruns (5)*	

SCORES

Performance best 3 of 5 scores					Participation best 3 of 5 scores					Total score	Position	Name	Category
	26	28	18		30		21	6	30	153	1	Sophie Coady	SEN
26	18	23	19		27		29	27		151	2	Sarah Gordon	V40
21	14	19	16	25	25		28	26	27	146	3	Ann-Marie Vanderplank	V40
26	25	26	23	29	9		23	28		141	4	Elizabeth White	SEN
24	16	22		17	26		22	25	22	136	5	Amanda Jones	V50
17	4	13	11	22	23		25	30	25	132	6	Alison Kaines	V50
29	29	30	30				30	9		128	7	Jacquie Barlow	V40
	23	27	27	30	19		17			120	8	Lisa White	V40
	27	29	28		7		18	3		112	9	Kirsty Macbeth	V40
13		10	2	15	20		27	21	24	110	10	Dot Kennard	V50
27	22	24	26	28			24	4		109	11	Patricia Spodzieja	V40
23		21	20	21			20	1	19	105	12	Sam Bowyer	V40
15	10	16		19	13		12	22	18	103	13	Donna Pike	V40
20	6				24		7	24	26	100	14	Lyn Hatchett	V40
14	9	7	2		22		10	20	21	93	15	Tina Mills	V60
16	19	25	21	24			16			86	16	Carly Lucas	V40
	24			27	8		2	5	20	84	17	Helen Herman Bonaer	V40
16	12	6	6		17		11	16	17	84	17	Vicky Couzens	SEN
11	8	14			18		15	17		83	19	Laura Harvie	SEN
	20		25		28		9			82	20	Sharon Palmer	V40
22	1	9	15				26			72	21	Mel Green	V40
	17		24	20			8			69	22	Barbara Bradley	V60
	11	17		23			15			66	23	Louise Henning	V40
	9		17	26			14			66	23	Rachel McCulloch	SEN
29	30						1			60	25	Amanda Pinkney	V40
30								29		59	26	Esther Wiley	V40
					29				28	57	27	Emma Pilbeam	V40
	15		22					17		54	28	Rachel Evans	V40
18	2	12					19			51	29	Tanya Davies	V40
	3	5	8		11		3	14		44	30	Jeanette Hiscocks	V50
					21				23	44	30	Rene Pilbeam	V70
	13	15	10				5			43	32	Ally Driver	V50
19								23		42	33	Alison Cooper	V50
		8			10		4		16	38	34	Teresa Dodkin	V50
		20	12				6			38	34	Caroline Orchard	V50
	21				15			2		38	34	Jenny Symons	V40
	8								29	37	36	Claire Dyer	V40
			29					8		37	36	Julie Densham	SEN
			14	18	4					36	38	Clare Bayliss	V40
12	10							13		35	39	Marlene Letheren	V60
			13	16						29	40	Tina Wooldridge	V40
	28									28	41	Esther Hardie	V40
			7		16					23	42	Michelle Gammon	V40
9					2			10		21	43	Caroline Irwin	V50
								19		19	44	Lisa Smith	V50
								18		18	45	Helena Shaw	V50
		18								18	45	Lisa Boden	V50
	1		1		14					16	45	Emma Lockey	V40
		11			3					14	48	Rebecca Rees	V40
								12		12	49	Virginia Collins	V60
					12					12	49	Lynda Massey	V60
								11		11	51	Diana Davies	V60
					10					10	52	Karen Read	V40
			9							9	53	Kim Hall	V40
								7		7	54	Nikki Gowers	SEN
	7									7	54	Louise Ashmore	SEN
					6					6	56	Janet Foote	V60
			5							5	57	Nikki Goulding	SEN
					5					5	57	Debbie Millar	V50
	5									5	57	Lorna Lavers	V40
			4							4	60	Jess Rivers	SEN
		4								4	60	Natasha Foster	V40
		3								3	62	Rebecca Chambers	SEN
			1							1	63	Tracey Nightingale	V50

Volunteering
Male & female 1 point for each parkrun/junior parkrun, 5 points CC6/RR10

Name	Points	Detail
HELENA SHAW V100+	40	*29 pr st*
Emily Stoodley	37	*21 pr st cc6*
SUE TIZARD V100+	36	*26 pr st*
Marlene Letheren V50+	32	*22 pr st*
Alison Kaines V50+	26	*11 pr st cc6*
Kate Snow V50+	24	*9 pr st cc6*
Graham Bungay	24	*24 pr st*
Ann-Marie Vanderplank	22	*6 pr st cc6*
Teresa Dodkin	22	*6 pr st cc6*
Tony Kendrick V25+	21	*11 pr st*
Lindsay Davies	18	*3 pr st cc6*
Sarah Gordon	18	*3 pr st cc6*
Andy Mansfield	18	*8 pr st*
Craig Taylor	18	*3 pr st cc6*
Neil Cameron	18	*3 pr st cc6*
Dot Kennard	17	*2 pr st cc6*
Rob Barlow	17	*2 pr st cc6*
Mike Gordon	17	*2 pr st cc6*
Amanda Jones	17	*2 pr st cc6*
Jon Perrett	17	*2 pr st cc6*
Helen Herman-Bonaer V50+	16	*1 pr st cc6*
Gary Melton	16	*6 pr st*
David Lindsell	16	*1 pr st cc6*
Rene Pilbeam	16	*1 pr st cc6*
Kev Gardener	15	*st cc6*
Ian Dodkin	15	*st cc6*
Denis Coady	15	*st cc6*
Nick White	15	*st cc6*
Andy Gates	15	*st cc6*
Emma Pilbeam	15	*st cc6*
Sam Bowyer	15	*st cc6*
Andy Walker	15	*st cc6*
Angela Soffe	15	*st cc6*
Kirsty Macbeth	15	*st cc6*
Dave Pilbeam	15	*st cc6*
Luke Mills	15	*st cc6*
Mike Mills	15	*st cc6*
Tina Mills	15	*st cc6*
Sharon Palmer	15	*st cc6*
Dave Murray	15	*st cc6*
Shaun Egan	15	*st cc6*
Vicky Couzens	15	*st cc6*
Rebecca Chambers	15	*st cc6*
Barbara Bradley	15	*st cc6*
Dan Burgess	15	*st cc6*
Tony Lees V25+	15	*9 pr cc6*
Keith Whitten	14	*4 pr st*
Lee Start	14	*4 pr st*
Alison Cooper	14	*4pr st*
Peter Ellis	12	*2 pr st*
Dean Lucas	12	*2 pr st*
Paul Gale v50+	12	*2 pr st*
Jill Hazleton	12	*2 pr st*
Neil White	11	*1 pr st*
Patricia Spodzieja	11	*1 pr st*
Caroline Irwin	11	*6 pr cc6*
Scott Linton	11	*1 pr st*
Sean Driscoll	10	*st*
Carly Lucas	10	*st*
Louise Henning	10	*st*
Tanya Davies	10	*st*
Mel Green	10	*st*
Geoff Willis	10	*st*
Rob Kendall	10	*st*
Rebecca Rees	10	*st*
Mark Hayes	10	*st*
Lara Bull	10	*st*
Robbie Barlow	10	*st*
Jenny Symons	10	*st*
Steve Cox	10	*st*
Priscilla Cook	10	*st*
Rachel Townsend	10	*st*
Debs Garrett	10	*st*
Farah Hibberd	10	*st*
Simon Mason	10	*st*
Stuart Booth	10	*st*
Laura Harvie	10	*st*
Steve Cox	10	*st*
Rachel McCulloch	10	*st*
Caroline Orchard	10	*st*
Clare Bayliss	9	*4 pr cc6*
Jeanette Hiscocks	7	*2 pr cc6*
Lyn Hatchett	7	*2 pr cc6*
Donna Pike	6	*1 pr cc6*
Evie Lambert	5	*cc6*
Jon Marsden	5	*cc6*
Janet Foote	5	*cc6*
John Mursell	5	*cc6*
Viv Alexander	4	*4 pr*
Brian Frampton	4	*4 pr*
Rachel Evans	3	*3 pr*
Esther Wiley	2	*2 pr*
Stuart Foster	1	*1 pr*