

Total Score = Performance + Participation											Participation = all 3 remaining columns count (ranked first by number completed)			Scores			Positions																				
Performance = Best 3 Scores of 5 (season's best times)											RR10s: % rank across races (up to your best 5), from RR10 website			ParkRuns: ranked by number completed as a member since 1st September, in bands of 10, then by season's best time			Volunteering: 1 point for each ParkRun, 10 points for our Stinger, 5 points for our CCG, and 5 points for our RR10			Performance: best 3 of 5 scores			Participation: all 3 scores			Total score			Position			Name			Category		
Score	5 Mile	10K	10 Mile	Half Marathon	Marathon	RR10s	ParkRuns	Volunteering	Performance	Participation	Total score	Position	Name	Category																							
20	Lee Truman Headington 31:28 PB	Adam Davis Eastleigh 36:20 PB	Carl Driney Lee Valley 1:08:47 PB	Graham Bungay Goodwood GP 1:24:52	Dave Nightingale Boston 3:16:48 PB	Nick Bus 99.32% 4 races f -10 runs (1)	NALL SHANNON 250+ 18.36 f -10 runs (1)	Carl Driney 3 IPR	20	16	18	13	14	18	106	1	Lee Truman	VAD																			
19	Neil White Newbury 35:54 PB	Adam Wilkinson Eastleigh 35:50 PB	Neil White Lee Valley 1:11:27	Lee Truman Goodwood GP 1:20:06 PB	Lee Truman Lee Valley 3:15:11 PB	Will Greenway 87.02% 4 races f -10 runs (2)	Adam Davis New White 100+ 19.19 f -10 runs (2)	Tony Lees 2 IPR	17	11	17	13	2	7	73	4	Dony Lees	VAD																			
18	Andy Warren Baltinsborough 35:54 PB	Gary Hatch Newbury 35:50 PB	Andy Warren Lythcott 10 1:08:41 PB	Dave Nightingale Dorney Lakes 1:20:19 PB	Andy Warren Goodwood GP 1:20:23 PB	Adam Wilkinson 87.97% 4 races f -10 runs (2)	Neil White 100+ 19.19 f -10 runs (2)	Craig Taylor 1 IPR	18	10	18	17	9	44	7	Robbie Barlow	SEN																				
17	Tony Lees Rye 41:03	Dave Nightingale Goodwood 41:03	Tony Lees Lythcott 10 1:21:27	Carl Driney Two Turms 1:30:27 PB	Andy Warren Phonix Rowlands 3:46:56	Carl Driney 96.65% 4 races f -10 runs (2)	Paul Bulbin 19.53 f -10 runs (2)	Lee Truman 1 IPR	19	17	19	14	1	18	33	11	Neil Cameron	VAD																			
16	Carl Driney Headington 43:36	Lee Truman Newbury 43:36	Lee Truman Goodwood GP 1:30:35 PB	Will Greenway 1:30:35 PB	Robbie Barlow Isle of Wight 3:02:27 PB	Alex Cooper 90.71% 4 races f -10 runs (1)	19.53 f -10 runs (1)	Neil Cameron 1 IPR	12	13	5	12	17	30	12	Paul Bulbin	VAD																				
15	Neil White Eastleigh 42:29	Neil White Goodwood GP 42:29	Neil White 1:31:13	Neil White Isle of Wight 3:02:27 PB	Lee Truman 1:30:35 PB	Lee Truman 90.23% 4 races f -10 runs (1)	Lee Truman 19.53 f -10 runs (1)		3	20	6	26	15	26	15	Graham Bungay	VAD																				
14	Carl Driney Newbury 42:50 PB	Carl Driney Newbury 42:50 PB	John White Newbury 1:35:41	Neil Cameron Isle of Wight 3:02:27 PB	Neil White 1:35:41	Alex Cooper 90.23% 4 races f -10 runs (2)	Alex Cooper 20.25 f -10 runs (2)		8	10	4	22	19	22	19	Chris Barnes	VAD																				
13	Rob Kendall Eastleigh 43:27 PB	Rob Kendall Eastleigh 43:27 PB	Robbie Barlow Dorney Lakes 1:37:55	Dani Lucas Isle of Wight 3:02:27 PB	Paul Bulbin 89.63% 4 races f -10 runs (2)	Carl Driney 100+ 20.52 f -10 runs (2)	Carl Driney 100+ 20.52 f -10 runs (2)		19	10	18	19	22	18	22	Brian Frampton	VAD																				
12	Dani Lucas Eastleigh 44:39 PB	Dani Lucas Eastleigh 44:39 PB	Andy Warren Goodwood GP 1:38:59	Tony Kenrick Isle of Wight 4:11:39	Carl Driney 88.62% 4 races f -10 runs (2)	Simon Hall 20.53 f -10 runs (2)	Simon Hall 20.53 f -10 runs (2)		18	17	17	18	23	18	23	Gary Hatch	VAD																				
11	Robbie Barlow Eastleigh 45:14	Robbie Barlow Eastleigh 45:14	Tony Lees Newbury 44:53	Chris Barnes Goodwood GP 1:39:39	Chris Barnes 1:39:39	Rob Kendall 83.76% 4 races f -10 runs (2)	20.57 PB 20.57 PB		14	11	11	14	27	11	29	John Gurry	VAD																				
10	Adrian Hayes Eastleigh 46:37 PB	Adrian Hayes Eastleigh 46:37 PB	Adrian Hayes Dorney Lakes 1:39:54	Adam Travers Newbury 1:40:18 PB	Brian Frampton 4:08:34	Brian Frampton 60.99% 4 races f -10 runs (2)	Andy Warren 100+ 21.21 f -10 runs (2)		3	6	9	32	32	9	32	Kirk Jenkins	SEN																				
9	Chris Barnes Eastleigh 46:36	Chris Barnes Eastleigh 46:36	Damen Martin Eastleigh 47:25 PB	Damen Hulme Dorney Lakes 1:40:20 PB	Damen Hulme 1:40:20 PB	Adrian Hayes 56.19% 4 races f -10 runs (6)	Adrian Hayes 21.37 f -10 runs (2)		7	8	8	6	36	6	36	Geoff Wills	VAD																				
8	Damen Martin Eastleigh 47:25 PB	Damen Martin Eastleigh 47:25 PB	Tony Kenrick Newbury 47:48	Neil Cameron Goodwood GP 1:40:20 PB	Neil Cameron 1:40:20 PB	Adrian Hayes 56.19% 4 races f -10 runs (6)	Adrian Hayes 21.37 f -10 runs (2)		5	5	5	37	37	5	37	Richard Dunham	SEN																				
7	Tony Kenrick Newbury 47:48	Tony Kenrick Newbury 47:48	Neil Cameron Goodwood GP 1:40:20 PB	Neil Cameron Goodwood GP 1:40:20 PB	Neil Cameron 1:40:20 PB	Adrian Hayes 56.19% 4 races f -10 runs (6)	Adrian Hayes 21.37 f -10 runs (2)		4	4	4	37	37	4	37	John Gurry	VAD																				
6	David White Eastleigh 48:10	David White Eastleigh 48:10	Richard Dunham Eastleigh 49:57 PB	Kirk Jenkins Eastleigh 51:35 PB	Kirk Jenkins 51:35 PB	Damen Martin 41.94% 4 races f -10 runs (6)	Mark Whitlock 39.35% 4 races f -10 runs (6)		2	2	2	40	40	2	40	Mark Whitlock	VAD																				
5	Richard Dunham Eastleigh 49:57 PB	Richard Dunham Eastleigh 49:57 PB	Kirk Jenkins Eastleigh 51:35 PB	Kirk Jenkins Eastleigh 51:35 PB	Kirk Jenkins 51:35 PB	Damen Martin 41.94% 4 races f -10 runs (6)	Mark Whitlock 39.35% 4 races f -10 runs (6)		2	2	2	40	40	2	40	Mark Whitlock	VAD																				
4	Kirk Jenkins Eastleigh 51:35 PB	Kirk Jenkins Eastleigh 51:35 PB	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Damen Martin 41.94% 4 races f -10 runs (6)	Mark Whitlock 39.35% 4 races f -10 runs (6)		2	2	2	40	40	2	40	Mark Whitlock	VAD																				
3	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Damen Martin 41.94% 4 races f -10 runs (6)	Mark Whitlock 39.35% 4 races f -10 runs (6)		2	2	2	40	40	2	40	Mark Whitlock	VAD																				
2	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Damen Martin 41.94% 4 races f -10 runs (6)	Mark Whitlock 39.35% 4 races f -10 runs (6)		2	2	2	40	40	2	40	Mark Whitlock	VAD																				
1	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Rob Barlow Dorney Lake 50:03	Damen Martin 41.94% 4 races f -10 runs (6)	Mark Whitlock 39.35% 4 races f -10 runs (6)		2	2	2	40	40	2	40	Mark Whitlock	VAD																				