Total Score = Performance + Participation - last updated 21/7/24

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

Score	5 Mile	10K	10 Mile	Half Marathon	Marathon	**CCSs**: total number of events (up to your best 4), from CCS website	**RR10S**: % rank across races (up to your best 4), from RRC website	**HRRL**: % rank across races (up to your best 7), from HRRL website - last updated 4/5/24	**ParkRuns**: ranked by number of events completed, then by fastest time, then by September, or bands of six, then by seasons best time	**SXCL**: up to best of 3 scores for 2023/24	**Performance** best 3 of 5 scores	**Participation** best 3 of 5 scores	**Total score**	**Position**	**Name**	**Category**
30	Patricia Spendelow Clarkston 37.2nd	Jo Kirby TRC 10k 41.6th	Claire Dyer New Forest 1.11.4th	Claire Dyer Glasgow 1.42.1st	Rachel Keary Hampton 3.42.1st	Claire Dyer 3th 2 years		Elizabeth White 82.4% 2 race	Amanda Jones 100+ 24.2th 21.(25 parkruns (11)	Claire Dyer 1.1st 2 race	24	24	72	1	Elizabeth White 2 Steven Davies	M40 M60
29	Elizabeth White Clarkston 40.5th	Wesley Pitchess TRC 10k 42.5th	Abigail Tolkien New Forest 1.14.2nd	Patricia Spendelow Glasgow 1.46.1st	Amanda Jones Yorkshire 3.42.1st PB	Patricia Spendelow 3th 2 years		Sarah Gordon 67.65% 2 race	Tim Ward Wednesday 100+ 24.4th 22.(24 parkruns (11)	Servet Pekmezci 2.5th 2 race	22	25	72	2	Patricia Spendelow 3 Sarah Gordon	W60 W50
28	Sarah Gordon Clarkston 40.5th	Lucy Mills TRC 10k 50.0th	Eleanor Palmer New Forest 1.24.2nd	Adam Hannay-Davis School 1.47.1st	Ann-Marie Vandeurzen Yorkshire 4.27.(2 PB	Eleanor Palmer 92 2 race		Jacquie Barlow 79.66% 2 race	ALEXANDRA ROSE 250+ 22.(2 PB 2.(24 parkruns (9)	Eleanor Palmer 2.5th 2 race	24	24	72	3	Ann-Marie Vandeurzen 4 Eleanor Palmer	W60 W50
27		Rachel McCulloch New Forest 1.34.5th	Elizabeth White TRC 10k 1.26.2th	Jacquie Barlow Glasgow 1.47.1st	Alison Kamens Yorkshire 5.32.(5th	Elizabeth White 82 2 years		Vivien Farrer 76.5% 2 race	Jacquie Barlow 21.(24 parkruns (2)	Amanda Jones 2.5th 2 race	24	24	72	4	Tina Mills 5 Rachel McCulloch	W50 W60
26		Elizabeth White TRC 10k 55.0th	Sophie Cowdy New Forest 1.36.2th	Sophie Cowdy Glasgow 1.50.1st	Dot Kennard Yorkshire 5.56.1st	Hollie Lowe 105 2 race		Rachel McCulloch 63.66% 2 race	Kirsten Wiley 20.6th 2.(20 parkruns (9)	Tina Mills 50.5th 2 race	22	24	70	5	Alison Kamens 6 Clarice Daniels	W70 W60
25		Amanda Jones TRC 10k 58.8th	Rachel McCulloch New Forest 1.39.2th	Sharon Palmer Glasgow 1.55.3rd		Tereza Dudkin 105 2 years		Clare Dyer 63.4% 2 race	Rachel Evans 26.1st 2.(20 parkruns (3)	Dot Kennard 2.5th 2 race	23	23	69	6	Rachel Evans 7 Lucy Mills	W40 W50
24		Laura Hands TRC 10k 1.00.1st	Rachel McCulloch New Forest 1.39.2th	Elizabeth White Glasgow 1.57.1st		Dot Kennard 105 2 years		Patricia Spendelow 60.6% 2 race	Patricia Spendelow 26.1st 2.(20 parkruns (3)	Ann-Marie Vandeurzen 1.5th 2 race	23	23	69	7	Laura Hands 8 Rachel McCulloch	W50 W60
23		Vicky Bloomfield TRC 10k 1.00.1st	Neil Green New Forest 1.39.4th	Carly Lewis Glasgow 1.59.2nd		Jo Hailey 99 2 race		Helen Hinman-Bonsor 59.4% 2 race	Sarah Gordon 100+ 26.2nd 2.(20 parkruns (3)	Alison Kamens 1.5th 2 race	23	23	69	8	Clarice Daniels 9 Donna Hughes	W60 W50
22		Tanya Davies TRC 10k 1.03.0	Tanya Davies New Forest 1.39.2nd	Sarah Gorecki School 1.59.4th		Helen Hinman-Bonsor 29 2 race		Sophie Cowdy 58.0% 2 race	Christine Pascoe 26.0th 2.(20 parkruns (3)		22	22	66	9	Donna Hughes 10 Claire Hay	W50 W50
21		Louise Armstrong TRC 10k 1.03.2nd	Jane Marie Vandeurzen New Forest 1.50.1st	Rachel McCulloch School 1.59.4th		Amanda Jones 99 2 race		Tanya Davies 57.1% 2 race	Alison Kamens 100+ 26.4th 2.(20 parkruns (2)		21	21	63	10	Kirsten Wiley 11 Sophie Cowdy	W40 W40
20		Alison Kamens TRC 10k 1.04.1st	Jane Marie Vandeurzen New Forest 1.51.1st	Jane Marie Vandeurzen Glasgow 2.01.1st		Amanda Jones 99 2 race		Tanya Davies 55.9% 2 race	Rebecca Hayes 26.2nd 2.(20 parkruns (2)		20	20	60	11	Christine Pascoe 12 Jane Marie Vandeurzen	W60 W50
19		Tina Mills TRC 10k 1.04.1st	Alison Kamens New Forest 1.51.1st	Neil Green Glasgow 2.03.4th		Kathryn Hodges 62 2 race		Lyn Hopkins 55.9% 2 race	Sarah Forde 26.2th 2.(20 parkruns (2)		19	19	57	12	Sarah Forde 13 Rebecca Hayes	W50 W50
18		Helene Shaw Poor Nowton 1.04.3th	Amanda Jones New Forest 1.55.2th	Tina Mills Glasgow 2.43.6th		Emma Pilbeam 99 2 race		Ann-Marie Vandeurzen 54.9% 2 race	DIANA PAE 250+ 26.4th 2.(20 parkruns (3)		18	18	54	13	Tina Mills 14 Helene Shaw	W50 W50
17		Claire Hay TRC 10k 1.04.3th	Claire Hay New Forest 1.57.2th			Jane Marie Vandeurzen 110 2 race		Jacquie Barlow 54.4% 2 race	Lesley Bennett 100+ 26.6th 2.(20 parkruns (7)		17	17	51	14	Lesley Bennett 15 Claire Hay	W60 W50
16		Lesley Jarrett TRC 10k 1.04.3th	Tina Mills New Forest 2.02.1st			Alison Kamens 111 2 race		Amanda Jones 54.3% 2 race	Kirsty Nicholls 100+ 26.6th 2.(20 parkruns (2)		16	16	48	15	Rachel Griffiths 16 Lesley Jarrett	W50 W50
15						Laura Hands 96 2 race		Kim Richards 53.6% 2 race	Alison Kamens 26.4th 2.(20 parkruns (2)		15	15	45	16	Rebecca Hayes 17 Catherine Lawson	W50 W50
14						Michelle Cameron 104 2 race		Tina Mills 53% 2 race	Rachel Griffiths 26.5th 2.(20 parkruns (2)		14	14	42	17	Caroline Irwin 18 Diana Daniels	W50 W70
13						Jeannette Hitchcock 109 2 race			Vicky Bloomfield 26.1st 2.(20 parkruns (1)		13	13	39			
12						Jane Marie Vandeurzen 113 2 race			Jeannette Hitchcock 100+ 26.1st 2.(20 parkruns (2)		12	12	36			
11						Alison Kamens 111 2 race			Isabel Parrett 26.1th 2.(20 parkruns (3)		11	11	33			
10						Laura Hands 114 2 race			Theresa Dudkin 26.2nd 2.(20 parkruns (2)		10	10	30			
9						Tina Mills 105 2 race			Claire Hughes 26.5th 2.(20 parkruns (4)		9	9	27			
8						Michelle Cameron 104 2 race			Tina Mills 26.6th 2.(20 parkruns (1)		8	8	24			
7									Veronica Tingley 26.1st 2.(20 parkruns (2)		7	7	21			
6									Alison Kamens 100+ 26.2nd 2.(20 parkruns (2)		6	6	18			
5									Stephanie Lawrence 26.4th 2.(20 parkruns (4)		5	5	15			
4									Helena Brown 100+ 26.5th 2.(20 parkruns (3)		4	4	12			
3									Dot Kennard 100+ 26.6th 2.(20 parkruns (2)		3	3	9			
2									Tina Mills 26.1st 2.(20 parkruns (5)		2	2	6			
1									Helena Brown 26.6th 2.(20 parkruns (1)		1	1	3			

Volunteering
Male & female 1 point for each parkrun/junior parkrun, 3 points for marshalling, 5 points for RRC races

Andy Gowdey V50+
2nd
11pm 6th CCS
Michelle Griffith 100+
2nd
11pm 6th CCS

Dave Murray
17
2pm 30th CCS
Jon Perrett
17
2pm 30th CCS
Sarah Gordon
17
2pm 30th CCS

Pete Ellis
18
1pm 16th CCS
Neil Barlow
18
1pm 16th CCS
Craig Taylor
18
1pm 16th CCS

Nick White
18
10th CCS
Mike Wills
18
10th CCS
Caroline Irwin
18
10th CCS
Sam Bowyer
18
10th CCS
Rob Cornwall
18
10th CCS
Dianne Pilbeam
18
10th CCS
Angela Sofia
18
10th CCS
Helen Hinman-Bonsor
18
10th CCS
Marlene Lattimore V100+
18

Ian Ide
Kate Ward
17
1pm
Alison Cooper
17
1pm 10th

Stuart Booth
16
10th
Kate Smith
16
10th
Rachel Townsend
16
10th
Paul Dale
16
10th
Dave Ulbin
16
10th
Andy Walker
16
10th

Kath TOOMEY100+
4
4pm
Tom Hall V60+
4
4pm CCS
Ann-Marie Vandeurzen
4
4pm CCS

Laura Hands
4
CCS
Keith Wilson
4
1pm CCS
Patricia Spendelow
4
1pm CCS
David Lockyer
4
1pm CCS
Mike Gordon
4
1pm CCS

Ken Sanderson
4
CCS
Ian Dodds
4
CCS
Paul Hart
4
CCS
Scott Lister
4
CCS
Omar Crosbie
4
CCS
Teresa Dudkin
4
CCS
Lynda Massey
4
CCS
Claire Dyer
4
CCS
Andy Sears
4
CCS
Ken Lambert
4
CCS
Shaun Egan
4
CCS
Andy Warnes
4
CCS
Steve Lackey
4
CCS
Darren Anderson
4
CCS
Tim Mills
4
CCS
Lyndsey Davis
4
CCS
Lyn Hatchett
4
CCS
Dave Gowdey
4
CCS
Jo Hailey
4
CCS
John Maxwell
4
CCS
Janet Poole
4
CCS
Dan Burgess
4
CCS
Steve Cousins
4
CCS
Amanda Jones
4
CCS
Donna Pike
4
CCS
Jeanette Hitchcock
4
CCS
Neil Cameron
4
CCS
Kirsty Macbeth
4
CCS
Dave Ulbin
4
CCS
Jim Brewer
4
CCS
Robbie Barlow
4
CCS
Lara Bell
4
CCS
Karen Williams
4
CCS

Tony Lees V100+
4
4pm
Kate Ward V50+
4
4pm
Andy Sharpe V50+
4
2pm

Lisa Jones
3
1pm
Neil White
3
1pm
Elizabeth White
3
1pm
Dot Kennard
3
1pm
Alison Kamens V60+
3
1pm
Brian Frampton
3
1pm