

Total Score = Performance + Participation																			
Score	Performance = Best 3 Scores of 5 (season's best times)					Participation = Best 3 Scores of 6 (ranked first by numbers completed)					Scores			Positions					
	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: total score across races (up to your best 4), from HXCL website	Volunteering: 1 point for each ParkRun, 10 points for our Stinger, 5 points for our CC6s, and 5 points for our RR10.	Performance best 3 of 5 scores			Participation best 3 of 6 scores		Total score	Position	Name
20	Esther Wiley Victory 31.55 PB	Alice Burch Two Turnels 41.44	Alice Burch Hayling 1.09.35	Alice Burch Gosport 1:29.12 PB	Alice Burch Goodwood 3:20.15	Helen Wallington 9 4 races	Alice Burch 96.2% 7 races	Kirsty Macbeth 22.18 21-30 runs (27)	Sophie Coady 20 10 PR+S	Sue Tizard 20	19 18 17	20 18 16	20 18 16	19 18 16	19 18 16	118	1	Alice Burch	SEN
19	Alice Burch Victory 41.56	Esther Wiley Subblington 43.49 PB	Esther Hardie Great South 1:19.43	Jacques Barlow Gosport 1:40.03	Jacques Barlow Berlin 3:44.08	Alice Burch 34 4 races	Dot Kennard 34.4% 21-30 runs (26)	Alice Burch 243 4 races	Zea Brencley 16 6 PR+S	Sue Tizard 20	2 9 16	14 10 16	16 12 12	13 9 9	87	4	Ann-Marie Vanderplank	V40	
18	Sophie Coady Victory 34.27	Sophie Coady Subblington 43.49 PB	Jacques Barlow Hayling 1:21.09	Sophie Coady Gosport 1:40.33 PB	Virginia Collins Toronto 4:18.21	Sophie Coady 48 4 races	Sophie Coady 87.9% 21-30 runs (24)	A. Vanderplank 26.24 4 races	Emma Pilbeam 14 4 PR+S	Dot Kennard 14	7 12 11	7 13 11	3 15 9	19 13 13	79	7	Dot Kennard	V40	
17	Kirsty Macbeth Victory 34.54 PB	Beth Hammond Goodwood GP 44.09	Sarah Whitley Great South 1:26.45 PB	Esther Hardie Solent 1:45.53	Abigail Cacia Chicago 4:42.31 PB	Sarah Lewis 64 4 races	Virginia Collins 64.2% 5 races	Abigail Cacia 26.35 21-30 runs (25)	Zea Brencley 489 4 races	Alison Kaines 12 2 PR+S	13 15 4	14 19 17	11 14 11	2 4 10	65	10	Emma Pilbeam	V40	
16	Jacques Barlow Victory 35.22 PB	Kirsty Macbeth Subblington 44.46 PB	Zea Brencley Hayling 1:28.03 PB	Kirsty Macbeth Solent 1:46.54 PB	A. Vanderplank Bourneouth 4:50.14	Emma Pilbeam 104 4 races	A. Vanderplank 35.5% 5 races	Lyn Hatchett 100+ 21-30 runs (22)	A. Vanderplank 547 4 races	A. Vanderplank 12 2 PR+S	20 19 1	19 2 2	7 14 12	17 15 17	46	13	Esther Wiley	V40	
15	Esther Hardie Victory 37.04 PB	Jacques Barlow Leeds Abbey Dash 45.32	Carly Lucas Great South 1:29.03 PB	Gina Suddaby Angkor Wat 1:47.03	Dot Kennard Bourneouth 5:02.51 PB	Sarah Gordon 124 4 races	Emily Stoodley 6.3% 5 races	Tina Mills 27.45 21-30 runs (23)	Kira Taylor 581 4 races	Diana Davies 12 2 PR+S	9 15 8	8 4 4	4 4 10	40	16	Carly Lucas	SEN		
14	Sarah Lewis Victory 38.04 PB	Emma Pilbeam Subblington 48.22	Donna Pike Great South 1:31.29	Sophie James Gosport 1:49.47	Donna Pike Bourneouth 5:09.56	Amarda Jones 188 4 races	Alison Kaines 28.2% 4 races	Viv Alexander 100+ 21-30 runs (22)	Teresa Dodkin 605 4 races	Amarda Jones 1 1 PR+S	8 3 2	10 10 10	15 16 6	37	18	Viv Alexander	V50		
13	Sarah Gordon Victory 38.06	Sarah Gordon Subblington 48.50 PB	Kira Taylor Great South 1:31.29	Virginia Collins Gosport 1:51.37	Claire Drainey Singapore 5:41.27 PB	A. Vanderplank 235 4 races	Caroline Irwin 5.6% 4 races	Dot Kennard 27.55 21-30 runs (25)	Dot Kennard 637 4 races	Debbie Garrett 11 1 PR+S	9 9 9	17 9 5	17 5 4	32	24	Mel Green	V40		
12	Sarah Gordon Victory 39.06 PB	Mai Wakatsuki Subblington 49.08	Donna Pike Hayling 1:32.05	Zea Brencley New Forest 1:52.05 PB	Lyn Hatchett 244 4 races	Lynda Massey 244 4 races	Jacques Barlow 88.8% 21-30 runs (22)	Alison Kaines 28.39 4 races	Rene Pilbeam 658 1 PR+S	Kirsty Macbeth 11 1 PR+S	8 3 13	10 13 8	15 25 8	31	26	Caroline Irwin	V50		
11	Virginia Collins Victory 39.34	Lara Cove Subblington 49.16	Sonia Clutt Great South 1:32.47	Sarah Gordon Gosport 1:52.07 PB	Donna Pike Surrey 1:52.51	Donna Pike 265 4 races	Kirsty Macbeth 85.1% 4 races	Heather Reid 100+ 21-30 runs (29)	Samantha Bowyer 687 4 races	Pam Blanshard 11 1 PR+S	10 5 11	7 5 1	7 1 1	28	29	Lizzy White	SEN		
10	Lizzy White Victory 39.35	Zea Brencley Maiden 49.36 PB	Virginia Collins Ryde 1:32.51	Mai Wakatsuki Surrey 1:52.51	Lyn Hatchett 284 4 races	Lyn Hatchett 284 4 races	Sarah Gordon 75.0% 3 races	Carol Irwin 33.12 21-30 runs (25)	Donna Pike 441 3 races	Rachel Standing 11 1 PR+S	5 17 1	5 1 1	1 3 4	26	30	Rachel Standing	SEN		
9	Zea Brencley Victory 39.52 PB	Mel Green Subblington 51.44 PB	Tina Woodlridge Great South 1:34.16	Mel Green Gosport 1:54.11 PB	Dot Kennard 315 3 races	Dot Kennard 315 3 races	Zea Brencley 65.4% 21-30 runs (29)	Emily Stoodley 33.59 21-30 runs (29)	Tina Mills 540 1 PR+S	Rene Pilbeam 11 1 PR+S	12 10 6	10 6 6	22 22 22	34	36	Pam Blanshard	V60		
8	Viv Alexander Victory 44.44	Carly Lucas Subblington 51.44 PB	Claire Drainey Bideford 1:34.43 PB	Carly Lucas Gosport 1:54.23 PB	Tina Mills 319 4 races	Tina Mills 319 4 races	Teresa Dodkin 17.8% 21-30 runs (20)	Sophie Coady 21.43 21-30 runs (20)	Caroline Irwin 405 1 PR+S	Sarah Lewis 11 1 PR+S	4 17 17	11 11 11	4 19 38	38	39	Heather Reid	V50		
7	Dot Kennard Overtown 45.51 PB	Lisa James Winchester 51.51 PB	Dot Kennard Great South 1:36.29	Lizzy White Solent 1:59.04	Rene Pilbeam 341 4 races	Rene Pilbeam 341 4 races	Esther Wiley 96.9% 1:20 runs (19)	Lizzy White 24.25 1:20 runs (19)	Gina Suddaby 90 1 PR+S	Viv Alexander 11 1 PR+S	5 11 11	5 11 11	11 15 15	40	41	Samantha Bowyer	SEN		
6	Stephanie Rickson Victory 46.11	Virginia Collins Denmead 53.06	Tanya Davis Great South 1:42.18 PB	A. Vanderplank Gosport 2:01.32	Pam Blanshard 372 4 races	Pam Blanshard 372 4 races	Esther Hardie 76.3% 1:20 runs (19)	Claire Drainey 24.35 PB 1:20 runs (19)	Lyn Hatchett 152 1 PR+S	Sarah Gordon 11 1 PR+S	14 12 11	14 12 11	12 14 11	44	45	Lara Cove	V40		
5	Rachel Standing Victory 46.12 PB	Sonia Clutt Ageas Bowl 55.12 PB	Rachel Standing Great South 1:42.37 PB	Claire Drainey Bideford 1:52.54 PB	Samantha Bowyer 413 4 races	Samantha Bowyer 413 4 races	Mel Green 65.2% 21-30 runs (20)	Virginia Collins 100+ 1:20 runs (20)	Mel Green 180 1 race	Jacques Barlow 410 1 PR+S	6 7 7	9 1 1	4 4 4	45	48	Stephanie Rickson	V50		
4	Donna Pike Overtown 46.31	Claire Drainey Taunton 54.50 PB	Heather Reid Great South 2:09.46 PB	Kira Taylor Wokingham 2:09.46 PB	Emily Stoodley 413 4 races	Emily Stoodley 413 4 races	Carly Lucas 64.6% 1:20 runs (17)	Donna Pike 25.15 PB 1:20 runs (17)	Angela Sofie 10 S	Angela Sofie 10 S	6 6 6	6 6 6	49	51	Jeanette Hiscocks	V40			
3	Lyn Hatchett Victory 47.25	Kira Taylor Great South 54.53 PB	Jo Ingle-Smith Great South 1:47.27 PB	Dot Kennard Solent 2:10.24 PB	Caroline Irwin 425 4 races	Caroline Irwin 425 4 races	Lizzy White 59.2% 21-30 runs (15)	Sarah Whitley 11:20 runs (15)	Heather Reid 301 1 PR+S	Heather Reid 10 S	4 4 4	4 4 4	51	51	Rebecca Rees	V40			
2	A. Vanderplank Victory 48.23	Lyn Hatchett Thrueton 54.58	Teresa Dodkin Ryde 1:48.59	Alison Kaines Gosport 2:17.35	Zea Brencley 133 3 races	Zea Brencley 133 3 races	Donna Pike 46.6% 1:20 runs (18)	Kira Taylor 25.29 PB 1:20 runs (18)	Sophie Coady 10 S	Sophie Coady 10 S	4 4 4	4 4 4	51	51	Amy Marsden	SEN			
1	Alison Kaines Victory 48.51	Donna Pike Winchester 55.54	Jeanette Hiscocks Great South 1:52.32 PB	Vicky Couzens Surrey 2:19.58 PB	Sarah Whitley 137 3 races	Sarah Whitley 137 3 races	Rachel Standing 39.1% 1:20 runs (13)	Kay Bunney 11:20 runs (13)	Jeanette Hiscocks 137 1 PR+S	Jeanette Hiscocks 10 S	3 1 1	2 2 2	65	66	Shelby Vincent	V40			
	Teresa Dodkin Victory 50.07	Sarah Whitley New Forest 56.42 PB	Alison Kaines Great South 1:52.35	Teresa Dodkin Winchester 2:22.15	Lizzy White 159 3 races	Lizzy White 159 3 races	Lyn Hatchett 35.7% 1:20 runs (18)	Rachel Standing 26.7% 1:20 runs (18)	Anita Clarke 10 S	Anita Clarke 10 S	3 1 1	2 2 2	3	3	Kyle Nugus	V40			
	Helen Miles Victory 50.07 PB	A. Vanderplank Subblington 57.22	Helen Miles Great South 1:52.45 PB	Hannah Renyard Winchester 2:24.54	Vicky Couzens 175 3 races	Vicky Couzens 175 3 races	Samantha Bowyer 25.2% 1:20 runs (13)	Alison Cooper 28.39 1:20 runs (13)	Sylvia Timms 10 S	Sylvia Timms 10 S						Gill Davies	V60		
	Samantha Bowyer Victory 50.10 PB	Dot Kennard Subblington 57.50	Sohini Frame Great South 1:59.12 PB	Tina Mills New Forest 2:30.15	Jeanette Hiscocks 301 3 races	Jeanette Hiscocks 301 3 races	Heather Reid 22.0% 1:10 runs (1)	Helen Wallington 1:10 runs (1)	Tina Mills 10 S	Tina Mills 10 S						Jo Ingle-Smith	SEN		
	Heather Reid Victory 51.38	Kim Hall Subblington 58.14	Emily Stoodley Great South 1:59.15 PB	Vicky Couzens Winchester 2:32.48	Kirsty Macbeth 52 2 races	Kirsty Macbeth 52 2 races	Mai Wakatsuki 80.5% 1:10 runs (3)	Alice Burch 19.53 PB 1:10 runs (3)	Kylie Nugus 10 S	Kylie Nugus 10 S						Kim Hall	V40		
	Emily Stoodley Victory 54.03 PB	Alison Kaines Subblington 58.18	Caroline Irwin Great South 2:06.41 PB	Emily Stoodley Gosport 2:45.39 PB	Francesca Hough 89 2 races	Francesca Hough 89 2 races	Lara Cove 80.4% 1:10 runs (9)	Beth Hammond 100+ 2:01.19 PB 1:10 runs (9)	Emily Stoodley 10 S	Emily Stoodley 10 S						Francesca Hough	SEN		
	Caroline Irwin Victory 55.50 PB	Rachel Standing Winchester 58.52 PB		Caroline Irwin Winchester 2:45.54 PB	Virginia Collins 96 2 races	Virginia Collins 96 2 races	Emma Pilbeam 78.3% 1:10 runs (7)	Sarah Lewis 22.18 1:10 runs (7)	Rebecca Rees 10 S	Rebecca Rees 10 S						Caroline Irwin	V50		
	Hannah Corlass New Forest 59.33 PB	Tanya Davis Bourneouth 59.55 PB			Farah Hibbard 143 2 races	Farah Hibbard 143 2 races	Sophie James 74.4% 1:10 runs (10)	Jacques Barlow 22.20 1:10 runs (10)	Gill Davies 10 S	Gill Davies 10 S						Farah Hibbard	V40		
	Laura Martin Subblington 59.56	Vicky Couzens Ageas Bowl 1:00.20 PB			Esther Wiley 10 1 race	Esther Wiley 10 1 race	Viv Alexander 45.6% 1:10 runs (7)	Gina Suddaby 22.34 1:10 runs (7)	Sonia Clutt 10 S	Sonia Clutt 10 S						Esther Wiley	V40		
	Vicky Couzens Ageas Bowl 1:00.20 PB	Teresa Dodkin Winchester 1:00.35			Lara Cove 31 1 race	Lara Cove 31 1 race	Kim Hall 45.3% 1:10 runs (3)	Zea Brencley 24.05 PB 1:10 runs (3)	Emma Pilbeam 10 S	Emma Pilbeam 10 S						Lara Martin	V40		
	Farah Hibbard Winchester 1:00.36	Lyn Hatchett Subblington 1:01.39			Lisa James 50 1 race	Lisa James 50 1 race	Laura Martin 40.0% 1:10 runs (8)	Sarah Gordon 24.20 1:10 runs (8)	Carly Lucas 10 S	Carly Lucas 10 S						Lisa James	V40		
	Samantha Bowyer Subblington 1:02.37	Priscilla Cook Subblington 1:04.14 PB			Diana Davis 63 1 race	Diana Davis 63 1 race	Stephanie Rickson 39.6% 1:10 runs (1)	Sophie James 24.21 1:10 runs (1)	Laura Martin 10 S	Laura Martin 10 S						Diana Davis	V40		
	Heather Reid Subblington 1:05.08	Sian Molyer Subblington 1:05.46			Anita Clarke 64 1 race	Anita Clarke 64 1 race	Claire Drainey 38.5% 1:10 runs (10)	Amarda Jones 25.16 1:10 runs (10)	Rachel McCulloch 10 S	Rachel McCulloch 10 S						Stephanie Rickson	V40		
	Sian Molyer Subblington 1:05.46	Sohini Frame Ageas Bowl 1:09.48 PB			Millie Webb 69 1 race	Millie Webb 69 1 race	Priscilla Cook 30.2% 1:10 runs (1)	Mel Green 25.48 PB 1:10 runs (1)	Amy Marsden 10 S	Amy Marsden 10 S						Millie Webb	V40		
	Tracy Nightingale Remembrance 1:15.39 PB	Pam Blanshard New Forest 1:19.52 PB			Teresa Dodkin 70 1 race	Teresa Dodkin 70 1 race	Helen Miles 23.0% 1:10 runs (6)	Rebecca Rees 26.05 1:10 runs (6)	Sarah Whitley 10 S	Sarah Whitley 10 S						Teresa Dodkin	V40		
					Kira Taylor 71 1 race	Kira Taylor 71 1 race	Hannah Renyard 26.49 1:10 runs (2)	Hannah Renyard 26.49 1:10 runs (2)	Helen Wallington 10 S	Helen Wallington 10 S						Kira Taylor	V40		
					Rachel McCulloch 71 1 race	Rachel McCulloch 71 1 race	Rachel Evans 1:10 runs (6)	Rachel Evans 1:10 runs (6)	Janel Foote 10 S	Janel Foote 10 S						Rachel McCulloch	V40		
					Sohini Frame 101 1 race	Sohini Frame 101 1 race	Kate Peel 27.08 1:10 runs (1)	Kate Peel 27.08 1:10 runs (1)	Lara Cove 10 S	Lara Cove 10 S						Sohini Frame	V40		
					Michelle Gammon 1:10 runs (8)	Michelle Gammon 1:10 runs (8)	Rachel Townsend 27.15 PB 1:10 runs (10)	Rachel Townsend 27.15 PB 1:10 runs (10)	Pam Burgay 10 S	Pam Burgay 10 S						Michelle Gammon	V40		
							Lorna Lavers 28.02 PB 1:10 runs (9)	Lorna Lavers 28.05 PB 1:10 runs (9)	Virginia Collins 10 S	Virginia Collins 10 S						Lorna Lavers	V40		
							Millie Webb 28.05 PB 1:10 runs (1)	Millie Webb 28.05 PB 1:10 runs (1)	Farah Hibbard 10 S	Farah Hibbard 10 S						Millie Webb	V40		
							Vicky Couzens 28.46 1:10 runs (8)	Vicky Couzens 28.46 1:10 runs (8)	Stephanie Rickson 10 S	Stephanie Rickson 10 S						Vicky Couzens	V40		
							Hannah Corlass 28.52 1:10 runs (10)	Hannah Corlass 28.52 1:10 runs (10)	Mel Green 10 S	Mel Green 10 S						Hannah Corlass	V40		
							Veronica McClune 28.52 1:10 runs (9)	Veronica McClune 28.52 1:10 runs (9)	Sarah Parry 10 S	Sarah Parry 10 S						Veronica McClune	V40		
							Jeanette Hiscocks 29.20 PB 1:10 runs (8)	Jeanette Hiscocks 29.20 PB 1:10 runs (8)								Jeanette Hiscocks	V40		
							Kim Hall 29.40 1:10 runs (8)	Kim Hall 29.40 1:10 runs (8)	Marlene Letheren 8 8 PR	Marlene Letheren 8 8 PR						Kim Hall	V40		
							Teresa Dodkin 29.45 1:10 runs (7)	Teresa Dodkin 29.45 1:10 runs (7)	Francesca Hough 8 8 PR	Francesca Hough 8 8 PR						Teresa Dodkin	V40		
							Samantha Bowyer 30.10 PB 1:10 runs (9)	Samantha Bowyer 30.10 PB 1:10 runs (9)	Samantha Bowyer 4 4 PR	Samantha Bowyer 4 4 PR						Samantha Bowyer	V40		
							Esther Wiley 31.00 1:10 runs (1)	Esther Wiley 31.00 1:10 runs (1)	Kira Taylor 2 2 PR	Kira Taylor 2 2 PR						Esther Wiley	V40		
							Diana Davis 100+ 1:10 runs (5)	Diana Davis 100+ 1:10 runs (5)	Donna Pike 2 2 PR	Donna Pike 2 2 PR						Diana Davis	V40		
							Tanya Davis 31.56 1:10 runs (1)	Tanya Davis 31.56 1:10 runs (1)	Abigail Cacia 2 2 PR	Abigail Cacia 2 2 PR						Tanya Davis	V40		
							Tracy Nightingale 32.39 PB 1:10 runs (2)	Tracy Nightingale 32.39 PB 1:10 runs (2)	Alison Cooper 1 1 PR	Alison Cooper 1 1 PR						Tracy Nightingale	V40		
							Pam Blanshard 32.40 1:10 runs (5)	Pam Blanshard 32.40 1:10 runs (5)	Caroline Irwin 1 1 PR	Caroline Irwin 1 1 PR						Pam Blanshard	V40		
							Sohini Frame 32.51 1:10 runs (8)	Sohini Frame 3											