



Penistone Footpath Runners & AC Club Championship 2016

List of Champions and Runners-Up

Men

Overall champion	Robin Clough
runner-up	Simon Pike
Road champion	Shaun Dimelow
runner-up	Andrew Heppenstall
Cross country champion	Damian Kilpin
runner-up	Robin Clough
Fell champion	Damian Kilpin
runner-up	Simon Pike

Challenge champion
runner-up

Laura Gill
Barbara Haigh

Ladies

Overall champion	Julie Darigala
runner-up	Samantha Shaw
Road champion	Samantha Shaw
runner-up	Julie Darigala
Cross country champion	Julie Darigala
runner-up	Laura Gill
Fell champion	Samantha Shaw
runner-up	Lesley Latchem

Senior Men

Road champion	Andrew Heppenstall
runner-up	-
Cross country champion	-
runner-up	-
Fell champion	Daniel Limb
runner-up	-

Vet 35 Men

Road champion	Simon Pike
runner-up	-
Cross country champion	Damian Kilpin
runner-up	Simon Pike
Fell champion	Damian Kilpin
runner-up	Simon Pike

Vet 40 Men

Road champion	Martin Ball
runner-up	-
Cross country champion	Mark Riordan
runner-up	Matthew Coldwell
Fell champion	Steve Sanders
runner-up	Matthew Coldwell

Vet 45 Men

Road champion	Shaun Dimelow
runner-up	Robin Clough
Cross country champion	Robin Clough
runner-up	Matthew Robinson
Fell champion	Robin Clough
runner-up	Paul Fryers

Senior Ladies

Road champion	Samantha Shaw
runner-up	Laura Gill
Cross country champion	Laura Gill
runner-up	Helen Wright
Fell champion	Samantha Shaw
runner-up	Laura Gill

Vet 35 Ladies

Road champion	Jill Carlton
runner-up	Jude Matthews
Cross country champion	Sarah Walch
runner-up	-
Fell champion	Sarah Walch
runner-up	Jude Matthews

Vet 40 Ladies

Road champion	Faye Williams
runner-up	Jane Partridge
Cross country champion	Annie Lightowler
runner-up	-
Fell champion	Lesley Latchem
runner-up	Faye Williams

Vet 45 Ladies

Road champion	Julie Darigala
runner-up	Julie Moxon
Cross country champion	Julie Darigala
runner-up	Andrea Henson
Fell champion	Julie Darigala
runner-up	Andrea Henson

Men**Vet 50 Men**

Road champion	-
runner-up	-
Cross country champion	John Howsham
runner-up	-
Fell champion	Christopher Deacon
runner-up	John Howsham

Vet 55 Men

Road champion	Martyn Goodwin
runner-up	Ian Wragg
Cross country champion	Martyn Goodwin
runner-up	-
Fell champion	Steve Storey
runner-up	Martyn Goodwin

Vet 60 Men

Road champion	Nick Whittingham
runner-up	Stuart Smith
Cross country champion	Nick Whittingham
runner-up	Geoff Dimelow
Fell champion	Alan Knox
runner-up	Nick Whittingham

Vet 65 Men

Road champion	Keith Gordon
runner-up	David Needham
Cross country champion	David Needham
runner-up	Bob Innes
Fell champion	Bob Innes
runner-up	David Needham

Vet 70 Men

Road champion	-
runner-up	-
Cross country champion	Ray Brown
runner-up	-
Fell champion	Ray Brown
runner-up	-

Ladies**Vet 50 Ladies**

Road champion	Denise Pozorski
runner-up	Karen Schofield
Cross country champion	Jane Cockerton
runner-up	Denise Pozorski
Fell champion	Jane Cockerton
runner-up	-

Vet 55 Ladies

Road champion	Susan Beevers
runner-up	Teresa Wall
Cross country champion	Teresa Wall
runner-up	Susan Beevers
Fell champion	Teresa Wall
runner-up	-

Vet 60 Ladies

Road champion	-
runner-up	-
Cross country champion	-
runner-up	-
Fell champion	-
runner-up	-

Vet 65 Ladies

Road champion	Barbara Haigh
runner-up	Susan Higham
Cross country champion	Barbara Haigh
runner-up	Susan Higham
Fell champion	Barbara Haigh
runner-up	-

Vet 70 Ladies

Road champion	-
runner-up	-
Cross country champion	-
runner-up	-
Fell champion	-
runner-up	-



Penistone Footpath Runners & AC Club Championship 2016

Overall Championship – Final Standings

11 men and 16 ladies qualified for the Overall Championship

To qualify, runners complete nine Championship events (out of 15) with at least two from each section (road, cross country and fell): points from best nine results (including at least two from each section) count

Men	Category	Races	Points	Ladies	Category	Races	Points		
1	Robin Clough	MV45	10	517	1	Julie Darigala	FV45	10	535
2	Simon Pike	MV35	12	504	2	Samantha Shaw	F Senior	10	531
3	Martyn Goodwin	MV55	11	476	3	Laura Gill	F Senior	14	527
4	Matthew Coldwell	MV40	11	463	4	Faye Williams	FV40	10	518
5	Dean Allcroft	MV45	11	445	5	Julie Moxon	FV45	9	510
6	Nick Whittingham	MV60	12	430	6	Andrea Henson	FV45	13	496
7	Paul Fryers	MV45	10	418	7	Sarah Walch	FV35	11	493
8	David Needham	MV65	13	407	8	Helen Wright	F Senior	11	492
9	Geoff Dimelow	MV60	12	399	9	Barbara Haigh	FV65	15	466
10	Stuart Smith	MV60	12	396	10	Jude Matthews	FV35	9	451
11	John Spencer	MV60	10	369	11	Jane Cockerton	FV50	11	451
12	John Howsham	MV50	7	369	12	Susan Beevers	FV55	10	430
13	Shaun Dimelow	MV45	6	358	13	Teresa Wall	FV55	11	430
14	Damian Kilpin	MV35	6	356	14	Annie Lightowler	FV40	12	428
15	Martin Ball	MV40	6	344	15	Susan Higham	FV65	9	416
16	Steve Storey	MV55	6	326	16	Jane Partridge	FV40	9	413
17	Bob Innes	MV65	8	312	17	Jill Carlton	FV35	7	378
18	Alan Knox	MV60	6	300	18	Denise Pozorski	FV50	8	309
19	Christopher Deacon	MV50	6	290	19	Eleanor Law	FV45	6	306
20	John Lawcock	MV45	6	288	20	Lesley Latchem	FV40	5	297
21	Andrew Heppenstall	M Senior	5	287	21	Susan Charlesworth	FV50	5	236
22	Matthew Robinson	MV45	5	285	22	Alison Nockels	FV50	4	218
23	David Foster	MV60	7	279	23	Karen Schofield	FV50	5	207
24	Ray Brown	MV70	7	279	24	Julia Johnson	FV50	3	173
25	Steve Sanders	MV40	5	277	25	Seuranie Johnstone	F Senior	3	163
26	Mark Riordan	MV40	5	260	26	Miriam Simpson	F Senior	3	162
27	Gary Dean	MV45	5	247	27	Sarah Halstead	FV45	3	151
28	Keith Gordon	MV65	5	235	28	Emily Duckett	F Senior	2	113
29	Daniel Limb	M Senior	5	226	29	Jacqueline Armitage	FV50	2	107
30	Lee Storey	MV35	4	220	30	Ailsa Storey	F Senior	2	105
31	Martyn Cartwright	MV65	5	216	31	Valentina Wright	FV45	2	105
32	Stuart Woodhead	MV60	5	203	32	Sarah Plummer	FV45	2	102
33	Chris Charlesworth	MV40	4	197	33	Rachel Jarvis	FV45	2	99
34	Steve Dickinson	MV50	4	194	34	Sophie Billington	FV35	2	90
35	Peter Claydon	MV50	4	189	35	Kirstie Rickerby	FV40	2	81
36	Andy Swift	M Senior	3	180	36	Jill Davis	FV60	2	78
37	Richard Mackie	MV40	3	175	37	Karen Bowskill	FV55	2	78
38	Ian Wragg	MV55	4	170	38	Dawn Broom	FV50	1	60
39	Bryan Hague	MV55	4	163	39	Megan Button	F Senior	1	60
40	Jonathan Bentley	MV45	3	157	40	Heather Parkin	FV40	1	58
41	Brett Barraclough	MV40	3	155	41	Hope Claydon	F Junior	1	58
42	Pete Stanley	MV55	3	141	42	Sarah Jones-Morris	FV40	1	53

Men	Category	Races	Points	
43	Jan Pozorski	MV70	4	139
44	Scott Hinchcliffe	M Senior	2	119
45	Jon Waller	MV35	2	118
46	Daren Nockels	MV45	2	117
47	Daniel Hague	M Senior	2	113
48	Julian Williams	MV45	2	109
49	Tim Brooke	MV40	2	107
50	Phil Hinchliffe	MV40	2	107
51	Shaun Walker	MV45	2	106
52	Damien Briscoe	M Senior	2	106
53	Peter Knight	MV40	2	105
54	Gary Briscoe	M Senior	2	103
55	Tom Fryers	M Junior	2	98
56	Ian Sutcliffe	MV50	2	87
57	Steve Frith	MV60	2	83
58	Wayne Parkinson	MV50	2	82
59	Kelvin Bowskill	MV60	2	80
60	Brent Lindsay	MV55	2	78
61	John Broom	MV45	1	59
62	Richard Hayes	M Senior	1	59
63	Adrian Tarasiuk	M Senior	1	59
64	Robert Lees	MV35	1	56
65	Ian Charlesworth	MV50	1	55
66	Antony Wright	MV45	1	55
67	Martin Cooper	MV45	1	52
68	Alex Simon	MV45	1	52
69	Kenny Rowe	MV60	1	49
70	Bill Phillips	MV65	1	48
71	Jim Bell	MV55	1	48
72	Paul Gee	MV45	1	47
73	John Pitt	MV65	1	44
74	Charles Halstead	MV50	1	44
75	Ian Walker	MV40	1	40
76	Colin Porteous	MV55	1	29

Ladies	Category	Races	Points	
43	Bernice Nixon	FV60	1	51
44	Jane Williams	FV50	1	51
45	Dawn Godley	FV55	1	48
46	Marysia Pozorski	F Senior	1	45
47	Cath Fergusson	FV40	1	43
48	Debra Cable	FV50	1	42
49	Jane Foster	FV60	1	38
50	Donna Kilpin	FV35	1	37

Where scores are level, the runner who has scored better head to head is placed higher. Where this fails to separate runners, total times in head to head races are used. Failing this, the older runner is placed higher.



Penistone Footpath Runners & AC

Club Championship 2016

Road Section – Final Standings

17 men and 17 ladies qualified for the Road Championship

To qualify, runners complete three events (out of five): points from best three results count

Men	Category	Races	Points	Ladies	Category	Races	Points		
1	Shaun Dimelow	MV45	3	179	1	Samantha Shaw	F Senior	4	178
2	Andrew Heppenstall	M Senior	4	176	2	Julie Darigala	FV45	3	178
3	Martin Ball	MV40	4	176	3	Faye Williams	FV40	4	174
4	Robin Clough	MV45	3	170	4	Julie Moxon	FV45	5	174
5	Simon Pike	MV35	5	168	5	Laura Gill	F Senior	4	173
6	Martyn Goodwin	MV55	4	159	6	Andrea Henson	FV45	4	166
7	Dean Allcroft	MV45	5	153	7	Helen Wright	F Senior	5	165
8	Keith Gordon	MV65	3	150	8	Jill Carlton	FV35	3	160
9	Paul Fryers	MV45	3	147	9	Jude Matthews	FV35	4	159
10	John Lawcock	MV45	3	144	10	Susan Beevers	FV55	5	151
11	David Needham	MV65	5	144	11	Barbara Haigh	FV65	5	150
12	Nick Whittingham	MV60	3	140	12	Susan Higham	FV65	4	142
13	Stuart Smith	MV60	5	139	13	Jane Partridge	FV40	5	140
14	Geoff Dimelow	MV60	5	137	14	Annie Lightowler	FV40	4	137
15	Ian Wragg	MV55	3	136	15	Teresa Wall	FV55	3	131
16	Martyn Cartwright	MV65	4	131	16	Denise Pozorski	FV50	3	128
17	John Spencer	MV60	4	127	17	Karen Schofield	FV50	3	127
18	Daren Nockels	MV45	2	117	18	Alison Nockels	FV50	2	111
19	Matthew Robinson	MV45	2	113	19	Sarah Walch	FV35	2	106
20	Jonathan Bentley	MV45	2	109	20	Sarah Plummer	FV45	2	102
21	Matthew Coldwell	MV40	2	104	21	Jane Cockerton	FV50	2	99
22	Gary Briscoe	M Senior	2	103	22	Susan Charlesworth	FV50	2	97
23	David Foster	MV60	2	88	23	Sophie Billington	FV35	2	90
24	Ian Sutcliffe	MV50	2	87	24	Karen Bowskill	FV55	2	78
25	Jan Pozorski	MV70	2	78	25	Dawn Broom	FV50	1	60
26	Scott Hinchcliffe	M Senior	1	60	26	Megan Button	F Senior	1	60
27	John Broom	MV45	1	59	27	Julia Johnson	FV50	1	59
28	Richard Hayes	M Senior	1	59	28	Emily Duckett	F Senior	1	56
29	Tim Brooke	MV40	1	56	29	Seuranie Johnstone	F Senior	1	55
30	Robert Lees	MV35	1	56	30	Miriam Simpson	F Senior	1	53
31	Antony Wright	MV45	1	55	31	Jacqueline Armitage	FV50	1	52
32	Gary Dean	MV45	1	55	32	Eleanor Law	FV45	1	49
33	Julian Williams	MV45	1	54	33	Dawn Godley	FV55	1	48
34	Mark Riordan	MV40	1	54	34	Debra Cable	FV50	1	42
35	Damien Briscoe	M Senior	1	53	35	Jill Davis	FV60	1	40
36	Steve Storey	MV55	1	52	36	Kirstie Rickerby	FV40	1	40
37	John Howsham	MV50	1	52	37	Jane Foster	FV60	1	38
38	Martin Cooper	MV45	1	52					
39	Alan Knox	MV60	1	51					
40	Kenny Rowe	MV60	1	49					
41	Tom Fryers	M Junior	1	49					
42	Jim Bell	MV55	1	48					
43	Steve Dickinson	MV50	1	46					

Men	Category	Races	Points
44 Bryan Hague	MV55	1	45
45 John Pitt	MV65	1	44
46 Kelvin Bowskill	MV60	1	42
47 Stuart Woodhead	MV60	1	41
48 Bob Innes	MV65	1	40
49 Ray Brown	MV70	1	37

Andrew Heppenstall and Martin Ball both ran Wombwell 5, Norton 9 and Cusworth 10K. In those three races Andrew scored 176 points and Martin 175.

Ladies	Category	Races	Points
Where scores are level, the runner who has scored better head to head is placed higher. Where this fails to separate runners, total times in head to head races are used. Failing this, the older runner is placed higher.			
Sam Shaw and Julie Darigala both ran Spencers Dash, Cusworth 10K and Travellers 6 and both scored 178 points, but Sam's cumulative time was less than Julie's.			

Faye Williams and Julie Moxon both ran Wombwell 5, Norton 9, Spencers Dash and Cusworth 10K. In those four races Faye scored 230 points and Julie 228.



Penistone Footpath Runners & AC Club Championship 2016

Cross Country Section – Final Standings

20 men and 12 ladies qualified for the Cross Country Championship

To qualify, runners completed three events (out of five): points from best three results count

Men				Ladies					
	Category	Races	Points		Category	Races	Points		
1	Damian Kilpin	MV35	3	177	1	Julie Darigala	FV45	4	179
2	Robin Clough	MV45	4	175	2	Laura Gill	F Senior	5	178
3	Matthew Robinson	MV45	3	172	3	Sarah Walch	FV35	5	168
4	Simon Pike	MV35	4	166	4	Andrea Henson	FV45	4	167
5	Lee Storey	MV35	3	164	5	Barbara Haigh	FV65	5	157
6	Martyn Goodwin	MV55	4	156	6	Helen Wright	F Senior	3	156
7	Mark Riordan	MV40	3	153	7	Jane Cockerton	FV50	4	147
8	Matthew Coldwell	MV40	5	153	8	Teresa Wall	FV55	4	146
9	John Howsham	MV50	3	152	9	Susan Higham	FV65	3	142
10	Gary Dean	MV45	4	151	10	Denise Pozorski	FV50	5	139
11	Nick Whittingham	MV60	5	146	11	Susan Beevers	FV55	3	137
12	Dean Allcroft	MV45	3	137	12	Annie Lightowler	FV40	4	137
13	Paul Fryers	MV45	4	131	13	Lesley Latchem	FV40	2	119
14	David Needham	MV65	4	131	14	Samantha Shaw	F Senior	2	117
15	Geoff Dimelow	MV60	4	121	15	Faye Williams	FV40	2	116
16	John Spencer	MV60	3	120	16	Julie Moxon	FV45	2	113
17	David Foster	MV60	4	119	17	Jill Carlton	FV35	2	112
18	Ray Brown	MV70	3	117	18	Alison Nockels	FV50	2	107
19	Stuart Smith	MV60	4	114	19	Valentina Wright	FV45	2	105
20	Bob Innes	MV65	3	108	20	Eleanor Law	FV45	2	103
21	Richard Mackie	MV40	2	117	21	Sarah Halstead	FV45	2	103
22	Martin Ball	MV40	2	111	22	Jude Matthews	FV35	2	101
23	Steve Storey	MV55	2	108	23	Susan Charlesworth	FV50	2	92
24	Phil Hinchliffe	MV40	2	107	24	Jane Partridge	FV40	2	89
25	Peter Knight	MV40	2	105	25	Heather Parkin	FV40	1	58
26	Peter Claydon	MV50	2	95	26	Julia Johnson	FV50	1	57
27	Chris Charlesworth	MV40	2	95	27	Emily Duckett	F Senior	1	57
28	Daniel Limb	M Senior	2	88	28	Jacqueline Armitage	FV50	1	55
29	Wayne Parkinson	MV50	2	82	29	Miriam Simpson	F Senior	1	54
30	Bryan Hague	MV55	2	78	30	Sarah Jones-Morris	FV40	1	53
31	Christopher Deacon	MV50	2	70	31	Seuranie Johnstone	F Senior	1	52
32	Jan Pozorski	MV70	2	61	32	Jane Williams	FV50	1	51
33	Shaun Dimelow	MV45	1	60	33	Ailsa Storey	F Senior	1	50
34	Andy Swift	M Senior	1	60	34	Rachel Jarvis	FV45	1	49
35	Jon Waller	MV35	1	59	35	Marysia Pozorski	F Senior	1	45
36	Scott Hinchcliffe	M Senior	1	59	36	Cath Fergusson	FV40	1	43
37	Steve Sanders	MV40	1	56	37	Kirstie Rickerby	FV40	1	41
38	Daniel Hague	M Senior	1	56	38	Karen Schofield	FV50	1	39
39	Ian Charlesworth	MV50	1	55	39	Jill Davis	FV60	1	38
40	Brett Barraclough	MV40	1	54	40	Donna Kilpin	FV35	1	37
41	Andrew Heppenstall	M Senior	1	53					
42	Damien Briscoe	M Senior	1	53					
43	Alex Simon	MV45	1	52					

Men	Category	Races	Points	
44	Tim Brooke	MV40	1	51
45	Shaun Walker	MV45	1	50
46	Bill Phillips	MV65	1	48
47	Alan Knox	MV60	1	48
48	Jonathan Bentley	MV45	1	48
49	Paul Gee	MV45	1	47
50	John Lawcock	MV45	1	47
51	Charles Halstead	MV50	1	44
52	Keith Gordon	MV65	1	40
53	Ian Walker	MV40	1	40
54	Pete Stanley	MV55	1	39
55	Kelvin Bowskill	MV60	1	38
56	Stuart Woodhead	MV60	1	37
57	Ian Wragg	MV55	1	34
58	Steve Frith	MV60	1	32
59	Brent Lindsay	MV55	1	30
60	Colin Porteous	MV55	1	29

Ladies	Category	Races	Points
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Where scores are level, the runner who has scored better head to head is placed higher. Where this fails to separate runners, total times in head to head races are used. Failing this, the older runner is placed higher.



Penistone Footpath Runners & AC Club Championship 2016

Fell Section – Final Standings

22 men and 14 ladies qualified for the Fell Championship

To qualify, runners complete three events (out of five): points from best three results count

Men	Category	Races	Points	Ladies	Category	Races	Points		
1	Damian Kilpin	MV35	3	179	1	Samantha Shaw	F Senior	4	180
2	Simon Pike	MV35	3	170	2	Lesley Latchem	FV40	3	178
3	Robin Clough	MV45	3	170	3	Julie Darigala	FV45	3	178
4	Christopher Deacon	MV50	4	169	4	Laura Gill	F Senior	5	175
5	Steve Sanders	MV40	4	167	5	Faye Williams	FV40	4	172
6	Steve Storey	MV55	3	166	6	Sarah Walch	FV35	4	165
7	John Howsham	MV50	3	165	7	Helen Wright	F Senior	3	164
8	Martyn Goodwin	MV55	3	161	8	Andrea Henson	FV45	5	162
9	Matthew Coldwell	MV40	4	160	9	Barbara Haigh	FV65	5	159
10	Alan Knox	MV60	4	154	10	Jane Cockerton	FV50	5	155
11	Steve Dickinson	MV50	3	148	11	Eleanor Law	FV45	3	154
12	Nick Whittingham	MV60	4	144	12	Annie Lightowler	FV40	4	149
13	Paul Fryers	MV45	3	140	13	Teresa Wall	FV55	4	147
14	Daniel Limb	M Senior	3	138	14	Jude Matthews	FV35	3	144
15	Geoff Dimelow	MV60	3	137	15	Julie Moxon	FV45	2	112
16	Dean Allcroft	MV45	3	135	16	Jill Carlton	FV35	2	106
17	Stuart Smith	MV60	3	134	17	Jane Partridge	FV40	2	94
18	Bob Innes	MV65	4	130	18	Susan Beevers	FV55	2	90
19	David Needham	MV65	4	128	19	Susan Higham	FV65	2	88
20	Stuart Woodhead	MV60	3	125	20	Hope Claydon	F Junior	1	58
21	Ray Brown	MV70	3	125	21	Julia Johnson	FV50	1	57
22	John Spencer	MV60	3	118	22	Seuranie Johnstone	F Senior	1	56
23	Andy Swift	M Senior	2	120	23	Ailsa Storey	F Senior	1	55
24	Shaun Dimelow	MV45	2	119	24	Miriam Simpson	F Senior	1	55
25	Pete Stanley	MV55	2	102	25	Bernice Nixon	FV60	1	51
26	Chris Charlesworth	MV40	2	102	26	Rachel Jarvis	FV45	1	50
27	Brett Barraclough	MV40	2	101	27	Sarah Halstead	FV45	1	48
28	John Lawcock	MV45	2	97	28	Susan Charlesworth	FV50	1	47
29	Peter Claydon	MV50	2	94	29	Karen Schofield	FV50	1	41
30	Jon Waller	MV35	1	59					
31	Adrian Tarasiuk	M Senior	1	59					
32	Richard Mackie	MV40	1	58					
33	Daniel Hague	M Senior	1	57					
34	Shaun Walker	MV45	1	56					
35	Lee Storey	MV35	1	56					
36	Julian Williams	MV45	1	55					
37	Mark Riordan	MV40	1	53					
38	Steve Frith	MV60	1	51					
39	Tom Fryers	M Junior	1	49					
40	David Foster	MV60	1	48					
41	Brent Lindsay	MV55	1	48					
42	Keith Gordon	MV65	1	45					
43	Martyn Cartwright	MV65	1	44					
44	Bryan Hague	MV55	1	40					

Where scores are level, the runner who has scored better head to head is placed higher. Where this fails to separate runners, total times in head to head races are used. Failing this, the older runner is placed higher.

Simon Pike and Robin Clough both ran the Hartcliff Hill and Cop Hill races. Simon scored 113 points in those two races and Robin scored 112.

Lesley Latchem and Julie Darigala both ran the David Bell Memorial and Hartcliff Hill races. They both scored 119 points in those two races, but Lesley's total time was 49:55 and Julie's was 50:05.



Penistone Footpath Runners & AC Club Championship 2016

Challenge Championship – Final Standings

Everyone qualifies – the Challenge Champion is simply the athlete with the greatest total points from all 15 events

		Races	Points	Amble's Revenge	Wombwell 5	Norton 9	David Bell Memorial	Hartcliff Hill	Spencers Dash	Oughtibridge Chase	Bamford Carnival	Denis Stitt Memorial	Bawtry Forest	Penistone Hill Race	Cusworth 10K	SYCCL – Norfolk Park	Cop Hill	Travellers 6
1	Laura Gill	14	808	56	56		58	56	57	59	58	59	60	59	58	56	58	58
2	Barbara Haigh	15	752	50	48	52	49	46	47	49	52	54	54	53	49	47	53	49
3	Andrea Henson	13	703		55	56	53	51	52	54	53	51	59	54	55	54	56	
4	Simon Pike	12	662	50	57	55	57	55	54	56				54	54	56	58	56
5	Sarah Walch	11	594	48			54	54		55	55	56	57	56	53	53		53
6	Julie Darigala	10	593	59			59	60	60	60				60	59	58	59	59
7	Helen Wright	11	590	47	54	54		52	55	53		55	56		51		57	56
8	Samantha Shaw	10	582	57	51		56		58		60	60			60	60	60	60
9	Martyn Goodwin	11	571	46	55	53	53	50		49		58	58		49	49		51
10	Faye Williams	10	571	58	58	59	57	53	56	58	57	58			57			
11	Robin Clough	10	570	55	58			53		60	58		60	55	55		59	57
12	Annie Lightowler	12	557	43	44		48		44	47	49	49		47	47	42	51	46
13	David Needham	13	552		50	48		33	38	35	41	41	52	39	46	40	46	43
14	Nick Whittingham	12	543	31		50		39	46	43	47	48	53	46		47	49	44
15	Matthew Coldwell	11	542	33	54			46		46	51	55	56	51		46	54	50
16	Jane Cockerton	11	541	45	49		50	45		50	51	50		49		48	54	50
17	Dean Allcroft	11	520	37	53	52		38	48	45	46		55		48		51	47
18	Teresa Wall	11	512			47	47		41	46	50	47	52	48		41	50	43
19	Julie Moxon	9	510		57	58		55	59			57	58		54	55		57
20	Geoff Dimelow	12	502	28	47	45			39	36	44	45		43	45	42	48	40
21	Stuart Smith	12	491	27	49	46	47		35	33	40			42	44	39	47	42
22	Susan Beevers	10	474		50	51		43	48	48	47			45	50	44		48
23	Paul Fryers	10	452	34	51			41	47	41		49		45		45	50	49
24	Jude Matthews	9	451		47	53		44				48		50	52	51	52	54
25	Susan Higham	9	416	44	46	50	46	42	46				53			45		44
26	Jane Partridge	9	413		45	49			45		48	46		46	46	43		45
27	John Spencer	10	401		44	44	44	35	36	32	39		50	38				39
28	Jill Carlton	7	378		52	55			53	57	54	52		55				
29	John Howsham	7	369	45							54	56	57			50	55	52
30	Shaun Dimelow	6	358				59		59						60	60	60	60
31	Damian Kilpin	6	356	60			60				59	60		58		59		
32	Denise Pozorski	8	349	42	41					44			51	44	45	40		42
33	Martin Ball	6	344	54	59	59				57					57			58
34	Steve Storey	6	326					52		54	57				52	54	57	
35	Bob Innes	8	312	26			45	34	40	39	42	43				43		
36	Eleanor Law	6	306				52	49	49	51		53		52				
37	Alan Knox	6	300				52	47	51	48	50						52	
38	Lesley Latchem	5	297	60			60	59			59					59		

		Races	Points	Amble's Revenge	Wombwell 5	Norton 9	David Bell Memorial	Hartcliff Hill	Spencers Dash	Oughtibridge Chase	Barnford Carnival	Denis Stitt Memorial	Bawtry Forest	Penistone Hill Race	Cusworth 10K	SYCCL – Norfolk Park	Cop Hill	Travellers 6
88	Tom Fryers	2	98					49	49									
89	Sophie Billington	2	90			48			42									
90	Ian Sutcliffe	2	87												42			45
91	Steve Frith	2	83	32								51						
92	Wayne Parkinson	2	82	35										47				
93	Kirstie Rickerby	2	81	41					40									
94	Kelvin Bowskill	2	80	38	42													
95	Jill Davis	2	78		40												38	
96	Karen Bowskill	2	78		39				39									
97	Brent Lindsay	2	78	30							48							
98	Dawn Broom	1	60		60													
99	Megan Button	1	60			60												
100	John Broom	1	59												59			
101	Richard Hayes	1	59															59
102	Adrian Tarasiuk	1	59									59						
103	Heather Parkin	1	58											58				
104	Hope Claydon	1	58					58										
105	Robert Lees	1	56						56									
106	Ian Charlesworth	1	55															
107	Antony Wright	1	55						55									
108	Sarah Jones-Morris	1	53	53														
109	Martin Cooper	1	52						52									
110	Alex Simon	1	52											52				
111	Bernice Nixon	1	51					51										
112	Jane Williams	1	51	51														
113	Kenny Rowe	1	49			49												
114	Bill Phillips	1	48											48				
115	Dawn Godley	1	48												48			
116	Jim Bell	1	48															48
117	Paul Gee	1	47	47														
118	Marysia Pozorski	1	45							45								
119	John Pitt	1	44						44									
120	Charles Halstead	1	44							44								
121	Cath Fergusson	1	43											43				
122	Debra Cable	1	42		42													
123	Ian Walker	1	40	40														
124	Jane Foster	1	38		38													
125	Donna Kilpin	1	37														37	
126	Colin Porteous	1	29	29														

Where scores are level, the older runner is placed higher.



Penistone Footpath Runners & AC Club Championship 2016

Amble's Revenge, 3 January

Race winners Stuart Vas, Unattached 54:02
 Kerry Storrar, Barnsley AC 64:28

59 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Damian Kilpin	2	54:29	60	MV35	101%
Jon Waller	6	56:09	59	MV35	104%
Richard Mackie	9	56:55	58	MV40	105%
Matthew Robinson	10	57:19	57	MV45	106%
Daniel Hague	12	57:23	56	M Senior	106%
Robin Clough	14	58:04	55	MV45	107%
Martin Ball	18	58:53	54	MV40	109%
Andrew Heppenstall	21	59:29	53	M Senior	110%
Lee Storey	22	59:38	52	MV35	110%
Tim Brooke	30	60:55	51	MV40	113%
Simon Pike	31	61:13	50	MV35	113%
Phil Hinchliffe	32	61:32	49	MV40	114%
Jonathan Bentley	41	64:24	48	MV45	119%
Lesley Latchem	45	64:36	60	FV40	100%
Paul Gee	53	66:13	47	MV45	123%
Martyn Goodwin	59	67:29	46	MV55	125%
John Howsham	63	67:58	45	MV50	126%
Peter Claydon	66	68:18	44	MV50	126%
Mark Riordan	70	68:27	43	MV40	127%
Chris Charlesworth	71	68:34	42	MV40	127%
Gary Dean	73	68:40	41	MV45	127%
Ian Walker	77	69:46	40	MV40	129%
Pete Stanley	81	70:47	39	MV55	131%
Kelvin Bowskill	87	71:42	38	MV60	133%
Julie Darigala	94	73:28	59	FV45	114%
Dean Allcroft	96	73:56	37	MV45	137%
Bryan Hague	99	74:23	36	MV55	138%
Wayne Parkinson	101	74:28	35	MV50	138%
Paul Fryers	102	74:47	34	MV45	138%
Matthew Coldwell	104	75:10	33	MV40	139%
Steve Frith	105	75:29	32	MV60	140%
Nick Whittingham	111	76:39	31	MV60	142%
Brent Lindsay	112	76:50	30	MV55	142%
Faye Williams	114	77:15	58	FV40	120%
Samantha Shaw	116	78:16	57	F Senior	121%
Laura Gill	117	78:22	56	F Senior	122%
Alison Nockels	118	78:29	55	FV50	122%
Miriam Simpson	120	78:53	54	F Senior	122%
Colin Porteous	122	79:16	29	MV55	147%
Sarah Jones-Morris	126	79:58	53	FV40	124%
Geoff Dimelow	131	81:02	28	MV60	150%
Stuart Smith	132	81:11	27	MV60	150%
Sarah Halstead	136	82:34	52	FV45	128%

59 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Bob Innes	137	82:42	26	MV65	153%
Jane Williams	138	82:45	51	FV50	128%
Barbara Haigh	140	82:53	50	FV65	129%
Rachel Jarvis	142	83:23	49	FV45	129%
Sarah Walch	143	83:25	48	FV35	129%
Helen Wright	145	83:35	47	F Senior	130%
Ray Brown	147	83:43	25	MV70	155%
David Foster	149	83:57	24	MV60	155%
Susan Charlesworth	155	85:20	46	FV50	132%
Jane Cockerton	157	85:32	45	FV50	133%
Susan Higham	167	91:49	44	FV65	142%
Annie Lightowler	179	94:50	43	FV40	147%
Jan Pozorski	192	1:47:50	23	MV70	200%
Denise Pozorski	193	1:48:06	42	FV50	168%
Kirstie Rickerby	194	1:48:40	41	FV40	169%
Christopher Deacon	200	2:05:25	22	MV50	232%



Penistone Footpath Runners & AC Club Championship 2016

Wombwell 5, 21 February

Race winners Joe Sweetnam-Powell, Sheffield Running Club 27:31
Faye Beckett, Wakefield Harriers 31:49

42 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Andrew Heppenstall	7	29:15	60	M Senior	106%
Martin Ball	15	30:27	59	MV40	111%
Robin Clough	21	31:09	58	MV45	113%
Simon Pike	24	31:27	57	MV35	114%
Jonathan Bentley	44	33:03	56	MV45	120%
Dawn Broom	67	34:54	60	FV50	110%
Julia Johnson	73	35:09	59	FV50	110%
Martyn Goodwin	84	35:50	55	MV55	130%
Matthew Coldwell	97	37:15	54	MV40	135%
Dean Allcroft	109	38:10	53	MV45	139%
Keith Gordon	118	38:32	52	MV65	140%
Faye Williams	119	38:38	58	FV40	121%
Julie Moxon	130	39:08	57	FV45	123%
Paul Fryers	135	39:27	51	MV45	143%
Laura Gill	141	39:38	56	F Senior	125%
Andrea Henson	142	39:40	55	FV45	125%
Helen Wright	143	39:42	54	F Senior	125%
David Needham	144	39:42	50	MV65	144%
Miriam Simpson	151	40:03	53	F Senior	126%
Stuart Smith	158	40:23	49	MV60	147%
Jill Carlton	160	40:35	52	FV35	128%
Martyn Cartwright	170	41:22	48	MV65	150%
Geoff Dimelow	171	41:27	47	MV60	151%
Samantha Shaw	172	41:33	51	F Senior	131%
Ian Wragg	184	42:20	46	MV55	154%
David Foster	199	42:55	45	MV60	156%
Susan Beevers	201	43:01	50	FV55	135%
Jane Cockerton	206	43:21	49	FV50	136%
Barbara Haigh	217	44:03	48	FV65	138%
Jude Matthews	221	44:13	47	FV35	139%
Susan Higham	240	45:18	46	FV65	142%
Jane Partridge	241	45:21	45	FV40	143%
Annie Lightowler	249	45:42	44	FV40	144%
John Spencer	256	46:26	44	MV60	169%
John Lawcock	259	46:44	43	MV45	170%
Karen Schofield	278	48:27	43	FV50	152%
Debra Cable	288	49:37	42	FV50	156%
Denise Pozorski	292	50:02	41	FV50	157%
Jill Davis	321	53:34	40	FV60	168%
Karen Bowskill	323	54:02	39	FV55	170%
Kelvin Bowskill	324	54:02	42	MV60	196%
Jane Foster	340	60:20	38	FV60	190%



Penistone Footpath Runners & AC Club Championship 2016

Norton 9, 6 March

Race winners

Gareth Sampson, Rotherham Harriers

48:19

Jennifer Rich, Steel City Striders

56:20

31 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Daren Nockels	13	53:08	60	MV45	110%
Martin Ball	34	55:32	59	MV40	115%
Andrew Heppenstall	35	55:33	58	M Senior	115%
Matthew Robinson	40	56:18	57	MV45	117%
Tim Brooke	51	57:39	56	MV40	119%
Simon Pike	60	58:22	55	MV35	121%
Julian Williams	92	61:09	54	MV45	127%
Megan Button	135	64:58	60	F Senior	115%
Martyn Goodwin	170	67:42	53	MV55	140%
Dean Allcroft	193	69:47	52	MV45	144%
Faye Williams	203	70:15	59	FV40	125%
Julie Moxon	207	70:39	58	FV45	125%
Keith Gordon	208	70:45	51	MV65	146%
Alison Nockels	226	71:39	57	FV50	127%
Nick Whittingham	227	71:45	50	MV60	148%
Kenny Rowe	236	72:53	49	MV60	151%
Andrea Henson	262	74:50	56	FV45	133%
Jill Carlton	267	75:01	55	FV35	133%
Helen Wright	268	75:12	54	F Senior	133%
David Needham	274	75:29	48	MV65	156%
Ian Wragg	317	78:09	47	MV55	162%
Stuart Smith	327	78:45	46	MV60	163%
Geoff Dimelow	340	79:17	45	MV60	164%
Jude Matthews	345	79:22	53	FV35	141%
Barbara Haigh	362	80:26	52	FV65	143%
Susan Beevers	369	81:06	51	FV55	144%
Susan Higham	391	83:10	50	FV65	148%
Jane Partridge	429	86:36	49	FV40	154%
Sophie Billington	430	86:37	48	FV35	154%
John Spencer	448	89:36	44	MV60	185%
Teresa Wall	463	91:17	47	FV55	162%



Penistone Footpath Runners & AC Club Championship 2016

David Bell Memorial, 20 March

Race winners Dave Lund, Dark Peak 20:57
Lesley Latchem, Penistone Footpath Runners 26:25

32 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Damian Kilpin	2	21:10	60	MV35	101%
Shaun Dimelow	5	21:57	59	MV45	105%
Steve Sanders	8	24:59	58	MV40	119%
Simon Pike	11	25:28	57	MV35	122%
Christopher Deacon	14	25:32	56	MV50	122%
Julian Williams	15	25:46	55	MV45	123%
Lesley Latchem	20	26:25	60	FV40	100%
Chris Charlesworth	22	26:48	54	MV40	128%
Martyn Goodwin	24	27:18	53	MV55	130%
Julie Darigala	25	27:21	59	FV45	104%
Alan Knox	30	28:03	52	MV60	134%
Laura Gill	31	28:48	58	F Senior	109%
Brett Barraclough	32	29:16	51	MV40	140%
Peter Claydon	35	30:13	50	MV50	144%
Faye Williams	36	30:52	57	FV40	117%
Samantha Shaw	37	30:54	56	F Senior	117%
Miriam Simpson	38	30:57	55	F Senior	117%
Daniel Limb	40	31:17	49	M Senior	149%
David Foster	42	32:20	48	MV60	154%
Sarah Walch	43	32:20	54	FV35	122%
Andrea Henson	45	32:33	53	FV45	123%
Stuart Smith	46	32:34	47	MV60	155%
Eleanor Law	48	33:18	52	FV45	126%
Bernice Nixon	49	33:24	51	FV60	126%
Ray Brown	50	33:38	46	MV70	161%
Jane Cockerton	51	34:20	50	FV50	130%
Barbara Haigh	52	36:00	49	FV65	136%
Annie Lightowler	54	36:26	48	FV40	138%
Bob Innes	56	37:28	45	MV65	179%
Teresa Wall	57	37:35	47	FV55	142%
John Spencer	58	37:43	44	MV60	180%
Susan Higham	59	37:55	46	FV65	144%



Penistone Footpath Runners & AC Club Championship 2016

Hartcliff Hill, 21 April

Race winners Andy Swift, Penistone Footpath Runners 17:00
Caitlin Rice, Glossopdale Harriers 19:21

48 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Andy Swift	1	17:00	60	M Senior	100%
Jon Waller	8	18:28	59	MV35	109%
Richard Mackie	12	19:04	58	MV40	112%
Daniel Hague	13	19:09	57	M Senior	113%
Lee Storey	17	19:41	56	MV35	116%
Simon Pike	19	19:49	55	MV35	117%
Steve Sanders	20	19:51	54	MV40	117%
Robin Clough	22	19:57	53	MV45	117%
Steve Storey	30	20:41	52	MV55	122%
Christopher Deacon	34	21:08	51	MV50	124%
Martyn Goodwin	42	22:07	50	MV55	130%
Tom Fryers	44	22:22	49	M Junior	132%
Chris Charlesworth	45	22:38	48	MV40	133%
Julie Darigala	46	22:44	60	FV45	117%
Alan Knox	48	23:13	47	MV60	137%
Matthew Coldwell	49	23:22	46	MV40	137%
Lesley Latchem	52	23:30	59	FV40	121%
Hope Claydon	54	23:32	58	F Junior	122%
Julia Johnson	55	23:33	57	FV50	122%
John Lawcock	57	23:40	45	MV45	139%
Laura Gill	58	23:44	56	F Senior	123%
Peter Claydon	60	23:56	44	MV50	141%
Steve Dickinson	61	24:02	43	MV50	141%
Daniel Limb	62	24:10	42	M Senior	142%
Julie Moxon	63	24:49	55	FV45	128%
Paul Fryers	64	24:53	41	MV45	146%
Bryan Hague	70	25:26	40	MV55	150%
Nick Whittingham	71	25:30	39	MV60	150%
Sarah Walch	75	25:38	54	FV35	132%
Faye Williams	76	25:53	53	FV40	134%
Dean Allcroft	82	26:19	38	MV45	155%
Helen Wright	83	26:37	52	F Senior	138%
Andrea Henson	85	27:02	51	FV45	140%
Rachel Jarvis	88	27:09	50	FV45	140%
Eleanor Law	89	27:11	49	FV45	140%
Sarah Halstead	96	29:04	48	FV45	150%
Susan Charlesworth	99	29:17	47	FV50	151%
Barbara Haigh	100	29:22	46	FV65	152%
Jane Cockerton	102	29:34	45	FV50	153%
Ray Brown	103	30:07	37	MV70	177%
Stuart Woodhead	104	30:41	36	MV60	180%
Jude Matthews	108	31:40	44	FV35	164%
John Spencer	109	32:04	35	MV60	189%

48 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Bob Innes	110	32:17	34	MV65	190%
Susan Beevers	113	32:49	43	FV55	170%
Susan Higham	114	33:23	42	FV65	173%
David Needham	115	33:25	33	MV65	197%
Karen Schofield	117	33:51	41	FV50	175%



Penistone Footpath Runners & AC Club Championship 2016

Spencers Dash, 4 May

Race winners

Scott Hinchcliffe, Penistone Footpath Runners

20:46

Kerry Storrar, Barnsley AC

24:37

48 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Scott Hinchcliffe	1	20:46	60	M Senior	100%
Shaun Dimelow	2	20:57	59	MV45	101%
Andrew Heppenstall	3	22:13	58	M Senior	107%
Daren Nockels	4	22:16	57	MV45	107%
Robert Lees	7	22:57	56	MV35	111%
Antony Wright	8	22:58	55	MV45	111%
Simon Pike	10	23:20	54	MV35	112%
Jonathan Bentley	22	24:39	53	MV45	119%
Martin Cooper	24	24:49	52	MV45	120%
Alan Knox	27	25:50	51	MV60	124%
John Lawcock	34	26:39	50	MV45	128%
Julie Darigala	38	27:07	60	FV45	110%
Julie Moxon	45	27:48	59	FV45	113%
Samantha Shaw	48	28:02	58	F Senior	114%
Tom Fryers	50	28:14	49	M Junior	136%
Laura Gill	53	28:41	57	F Senior	117%
Dean Allcroft	54	28:48	48	MV45	139%
Faye Williams	58	29:03	56	FV40	118%
Helen Wright	59	29:03	55	F Senior	118%
Alison Nockels	62	29:25	54	FV50	119%
Paul Fryers	63	29:29	47	MV45	142%
Nick Whittingham	65	29:37	46	MV60	143%
Jill Carlton	67	29:51	53	FV35	121%
Bryan Hague	68	30:05	45	MV55	145%
John Pitt	72	30:20	44	MV65	146%
Andrea Henson	73	30:24	52	FV45	123%
Sarah Plummer	75	30:41	51	FV45	125%
Ian Wragg	77	30:54	43	MV55	149%
Susan Charlesworth	78	30:59	50	FV50	126%
Martyn Cartwright	81	31:15	42	MV65	150%
Stuart Woodhead	82	31:28	41	MV60	152%
Bob Innes	83	31:35	40	MV65	152%
Geoff Dimelow	84	31:37	39	MV60	152%
Eleanor Law	86	31:44	49	FV45	129%
David Needham	90	32:00	38	MV65	154%
Susan Beevers	93	32:52	48	FV55	134%
Barbara Haigh	98	33:14	47	FV65	135%
Ray Brown	100	33:38	37	MV70	162%
John Spencer	105	34:13	36	MV60	165%
Susan Higham	107	34:36	46	FV65	141%
Jane Partridge	109	35:05	45	FV40	143%
Annie Lightowler	113	35:40	44	FV40	145%
Stuart Smith	115	35:59	35	MV60	173%

48 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Karen Schofield	116	36:20	43	FV50	148%
Sophie Billington	117	36:56	42	FV35	150%
Teresa Wall	118	37:23	41	FV55	152%
Kirstie Rickerby	121	37:43	40	FV40	153%
Karen Bowskill	123	38:16	39	FV55	155%



Penistone Footpath Runners & AC Club Championship 2016

Oughtibridge Chase, 15 June

Race winners Joe Sweetnam-Powell, Sheffield Running Club 23:00
Rio Cooper, Steel City Striders 27:45

46 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Robin Clough	3	24:19	60	MV45	106%
Richard Mackie	4	24:27	59	MV40	106%
Phil Hinchliffe	6	24:51	58	MV40	108%
Martin Ball	7	24:56	57	MV40	108%
Simon Pike	8	25:07	56	MV35	109%
Lee Storey	9	25:31	55	MV35	111%
Steve Storey	13	26:49	54	MV55	117%
Damien Briscoe	14	27:02	53	M Senior	118%
Peter Knight	15	27:04	52	MV40	118%
Mark Riordan	18	27:31	51	MV40	120%
Gary Dean	19	27:35	50	MV45	120%
Martyn Goodwin	22	28:01	49	MV55	122%
Alan Knox	23	28:21	48	MV60	123%
Julie Darigala	24	28:48	60	FV45	104%
John Lawcock	26	28:55	47	MV45	126%
Laura Gill	31	30:21	59	F Senior	109%
Matthew Coldwell	32	30:42	46	MV40	133%
Dean Allcroft	33	31:18	45	MV45	136%
Charles Halstead	34	31:28	44	MV50	137%
Nick Whittingham	35	31:36	43	MV60	137%
Bryan Hague	38	31:48	42	MV55	138%
Faye Williams	39	31:52	58	FV40	115%
Jill Carlton	40	32:00	57	FV35	115%
Paul Fryers	41	32:07	41	MV45	140%
Valentina Wright	42	32:26	56	FV45	117%
Sarah Walch	43	32:31	55	FV35	117%
Andrea Henson	45	32:57	54	FV45	119%
Keith Gordon	46	33:05	40	MV65	144%
Helen Wright	47	33:15	53	F Senior	120%
Seuranie Johnstone	48	33:43	52	F Senior	122%
Bob Innes	49	33:51	39	MV65	147%
Eleanor Law	50	34:01	51	FV45	123%
David Foster	51	34:12	38	MV60	149%
Stuart Woodhead	52	34:20	37	MV60	149%
Geoff Dimelow	54	34:26	36	MV60	150%
David Needham	55	35:15	35	MV65	153%
Jane Cockerton	56	35:38	50	FV50	128%
Ian Wragg	58	36:25	34	MV55	158%
Barbara Haigh	59	36:32	49	FV65	132%
Stuart Smith	61	37:08	33	MV60	161%
Susan Beevers	62	37:09	48	FV55	134%
Annie Lightowler	65	38:28	47	FV40	139%
Teresa Wall	67	39:42	46	FV55	143%

46 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
John Spencer	68	39:59	32	MV60	174%
Marysia Pozorski	69	40:02	45	F Senior	144%
Denise Pozorski	72	42:41	44	FV50	154%



Penistone Footpath Runners & AC Club Championship 2016

Bamford Carnival, 13 July

Race winners Matt Elkinton, Dark Peak 29:33
Helen Thornhill, Buxton AC 36:37

36 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Andy Swift	5	31:04	60	M Senior	105%
Damian Kilpin	14	33:09	59	MV35	112%
Robin Clough	25	35:25	58	MV45	120%
Steve Storey	49	37:19	57	MV55	126%
Samantha Shaw	63	38:28	60	F Senior	105%
Christopher Deacon	68	38:57	56	MV50	132%
Lesley Latchem	84	40:08	59	FV40	110%
Steve Sanders	92	40:40	55	MV40	138%
John Howsham	100	41:05	54	MV50	139%
Mark Riordan	109	41:50	53	MV40	142%
Steve Dickinson	124	42:38	52	MV50	144%
Matthew Coldwell	126	42:41	51	MV40	144%
Alan Knox	127	42:42	50	MV60	145%
Pete Stanley	128	42:44	49	MV55	145%
Brent Lindsay	138	44:07	48	MV55	149%
Laura Gill	139	44:11	58	F Senior	121%
Nick Whittingham	147	44:30	47	MV60	151%
Faye Williams	158	45:57	57	FV40	125%
Seuranie Johnstone	161	46:08	56	F Senior	126%
Dean Allcroft	168	46:42	46	MV45	158%
Sarah Walch	169	46:43	55	FV35	128%
Keith Gordon	183	48:17	45	MV65	163%
Jill Carlton	187	48:44	54	FV35	133%
Geoff Dimelow	188	48:50	44	MV60	165%
Andrea Henson	189	48:53	53	FV45	134%
Barbara Haigh	198	50:44	52	FV65	139%
Stuart Woodhead	199	50:49	43	MV60	172%
Jane Cockerton	206	52:44	51	FV50	144%
Bob Innes	210	53:50	42	MV65	182%
David Needham	215	54:22	41	MV65	184%
Stuart Smith	216	54:26	40	MV60	184%
Teresa Wall	220	54:54	50	FV55	150%
Annie Lightowler	222	55:51	49	FV40	153%
Jane Partridge	226	57:41	48	FV40	158%
Susan Beevers	227	60:29	47	FV55	165%
John Spencer	228	60:45	39	MV60	206%



Penistone Footpath Runners & AC Club Championship 2016

Denis Stitt Memorial, 11 August

Race winners Rob James, Royton Road Runners 29:19
Katie Walshaw, Holmfirth Harriers 32:27

35 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Damian Kilpin	10	33:07	60	MV35	113%
Samantha Shaw	18	37:24	60	F Senior	115%
Adrian Tarasiuk	20	38:02	59	M Senior	130%
Martyn Goodwin	24	39:32	58	MV55	135%
Christopher Deacon	25	39:44	57	MV50	136%
John Howsham	27	40:29	56	MV50	138%
Matthew Coldwell	30	41:21	55	MV40	141%
Steve Sanders	37	42:30	54	MV40	145%
Pete Stanley	40	42:57	53	MV55	147%
John Lawcock	42	43:19	52	MV45	148%
Laura Gill	43	43:41	59	F Senior	135%
Steve Frith	45	43:53	51	MV60	150%
Brett Barraclough	46	43:54	50	MV40	150%
Paul Fryers	48	44:31	49	MV45	152%
Nick Whittingham	49	44:45	48	MV60	153%
Faye Williams	53	45:51	58	FV40	141%
Julie Moxon	54	46:14	57	FV45	142%
Sarah Walch	55	46:49	56	FV35	144%
Daniel Limb	56	48:29	47	M Senior	165%
Helen Wright	59	49:01	55	F Senior	151%
Barbara Haigh	60	49:10	54	FV65	152%
Stuart Woodhead	64	49:45	46	MV60	170%
Geoff Dimelow	65	50:06	45	MV60	171%
Eleanor Law	66	50:21	53	FV45	155%
Jill Carlton	67	50:23	52	FV35	155%
Andrea Henson	68	50:49	51	FV45	157%
Martyn Cartwright	69	51:28	44	MV65	176%
Bob Innes	70	51:49	43	MV65	177%
Jane Cockerton	71	52:01	50	FV50	160%
Ray Brown	72	52:42	42	MV70	180%
Annie Lightowler	73	53:45	49	FV40	166%
Jude Matthews	74	54:59	48	FV35	169%
Teresa Wall	75	56:22	47	FV55	174%
Jane Partridge	78	57:48	46	FV40	178%
David Needham	79	58:42	41	MV65	200%



Penistone Footpath Runners & AC Club Championship 2016

Bawtry Forest Trail Race, 4 September

Race winners

Simon Wright, Doncaster AC

42:56

Becky Briggs, Beverley AC

44:42

21 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Robin Clough	7	45:52	60	MV45	107%
Mark Riordan	19	53:09	59	MV40	124%
Martyn Goodwin	35	54:15	58	MV55	126%
John Howsham	36	54:18	57	MV50	126%
Matthew Coldwell	38	54:55	56	MV40	128%
Laura Gill	40	55:07	60	F Senior	123%
Dean Allcroft	41	55:08	55	MV45	128%
Andrea Henson	46	55:41	59	FV45	125%
Brett Barraclough	52	56:02	54	MV40	131%
Nick Whittingham	64	56:49	53	MV60	132%
Julie Moxon	66	57:01	58	FV45	128%
Sarah Walch	67	57:07	57	FV35	128%
David Needham	82	58:31	52	MV65	136%
Helen Wright	85	58:47	56	F Senior	132%
Ray Brown	129	62:48	51	MV70	146%
Jacqueline Armitage	139	63:27	55	FV50	142%
Barbara Haigh	143	64:45	54	FV65	145%
Susan Higham	149	65:22	53	FV65	146%
Teresa Wall	188	72:05	52	FV55	161%
Denise Pozorski	193	72:45	51	FV50	163%
John Spencer	209	76:43	50	MV60	179%



Penistone Footpath Runners & AC Club Championship 2016

Penistone Hill Race, 25 September

Race winners Andy Swift, Penistone Footpath Runners 43:35
Caitlin Rice, Glossopdale Harriers 50:06

41 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Andy Swift	1	43:35	60	M Senior	100%
Scott Hinchcliffe	4	46:06	59	M Senior	106%
Damian Kilpin	6	47:54	58	MV35	110%
Matthew Robinson	9	50:02	57	MV45	115%
Steve Sanders	13	51:39	56	MV40	119%
Robin Clough	14	51:55	55	MV45	119%
Simon Pike	18	53:35	54	MV35	123%
Chris Charlesworth	24	57:01	53	MV40	131%
Alex Simon	25	57:14	52	MV45	131%
Matthew Coldwell	26	57:33	51	MV40	132%
Julie Darigala	28	58:19	60	FV45	116%
Shaun Walker	32	59:14	50	MV45	136%
Gary Dean	33	59:18	49	MV45	136%
Laura Gill	34	59:45	59	F Senior	119%
Bill Phillips	35	60:01	48	MV65	138%
Wayne Parkinson	41	62:27	47	MV50	143%
Heather Parkin	43	63:10	58	FV40	126%
Nick Whittingham	44	63:15	46	MV60	145%
Paul Fryers	46	64:30	45	MV45	148%
Emily Duckett	49	65:35	57	F Senior	131%
Sarah Walch	52	67:06	56	FV35	134%
Jill Carlton	53	67:55	55	FV35	136%
Andrea Henson	55	68:44	54	FV45	137%
Daniel Limb	57	70:41	44	M Senior	162%
Geoff Dimelow	59	72:21	43	MV60	166%
Barbara Haigh	60	72:34	53	FV65	145%
Eleanor Law	61	72:49	52	FV45	145%
Stuart Smith	63	73:13	42	MV60	168%
Ray Brown	64	74:35	41	MV70	171%
David Foster	65	75:18	40	MV60	173%
Sarah Halstead	66	75:44	51	FV45	151%
Jude Matthews	68	75:58	50	FV35	152%
Jane Cockerton	69	76:30	49	FV50	153%
David Needham	70	78:25	39	MV65	180%
Teresa Wall	76	81:43	48	FV55	163%
Annie Lightowler	77	81:49	47	FV40	163%
Jane Partridge	78	82:25	46	FV40	165%
Susan Beevers	79	82:46	45	FV55	165%
John Spencer	80	90:39	38	MV60	208%
Denise Pozorski	81	91:56	44	FV50	183%
Cath Fergusson	82	96:44	43	FV40	193%



Penistone Footpath Runners & AC Club Championship 2016

Cusworth 10K, 2 October

Race winners Joe Wilkinson, Lincoln Wellington 32:26
Sarah McCormack, Ambleside AC 35:15

37 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	6	34:35	60	MV45	107%
John Broom	20	37:15	59	MV45	115%
Andrew Heppenstall	23	37:40	58	M Senior	116%
Martin Ball	26	38:02	57	MV40	117%
Matthew Robinson	29	38:16	56	MV45	118%
Robin Clough	32	39:01	55	MV45	120%
Simon Pike	37	39:21	54	MV35	121%
Damien Briscoe	44	39:50	53	M Senior	123%
Steve Storey	53	41:01	52	MV55	126%
John Lawcock	67	42:01	51	MV45	130%
Samantha Shaw	80	42:54	60	F Senior	122%
Gary Briscoe	87	43:42	50	M Senior	135%
Julie Darigala	114	45:29	59	FV45	129%
Martyn Goodwin	117	45:29	49	MV55	140%
Dean Allcroft	120	45:51	48	MV45	141%
Laura Gill	136	46:44	58	F Senior	133%
Faye Williams	143	47:21	57	FV40	134%
Emily Duckett	149	47:42	56	F Senior	135%
Andrea Henson	151	47:43	55	FV45	135%
Julie Moxon	154	48:09	54	FV45	137%
Keith Gordon	159	48:40	47	MV65	150%
David Needham	167	49:49	46	MV65	154%
Sarah Walch	178	50:27	53	FV35	143%
Jude Matthews	179	50:33	52	FV35	143%
Helen Wright	184	50:55	51	F Senior	144%
Geoff Dimelow	204	52:22	45	MV60	161%
Stuart Smith	211	52:47	44	MV60	163%
David Foster	227	53:34	43	MV60	165%
Susan Beevers	251	54:48	50	FV55	155%
Barbara Haigh	250	54:51	49	FV65	156%
Ian Sutcliffe	260	55:30	42	MV50	171%
Dawn Godley	261	55:31	48	FV55	157%
Martyn Cartwright	270	56:12	41	MV65	173%
Annie Lightowler	283	56:55	47	FV40	161%
Jane Partridge	324	60:04	46	FV40	170%
Denise Pozorski	349	62:03	45	FV50	176%
Jan Pozorski	395	69:11	40	MV70	213%



Penistone Footpath Runners & AC Club Championship 2016

SYCAA Cross Country League – Norfolk Park, 16 October

Race winners	Jonathan Shields, City of Sheffield & Dearne (Men <65)	25:06
	Bronwen Owen, Scarborough AC (Ladies)	18:35
	Bob Tintager, Rotherham Harriers (Men 65+)	23:23

47 Penistone finishers

	Time		Points	Category	% relative to winning time
	5.3km	7.6km			
Shaun Dimelow		27:40	60	MV45	110%
Damian Kilpin		30:23	59	MV35	121%
Matthew Robinson		31:00	58	MV45	124%
Lee Storey		31:32	57	MV35	126%
Simon Pike		31:55	56	MV35	127%
Ian Charlesworth		32:36	55	MV50	130%
Steve Storey		32:49	54	MV55	131%
Samantha Shaw	22:47	33:23	60	F Senior	123%
Lesley Latchem	23:25	34:19	59	FV40	126%
Peter Knight		34:38	53	MV40	138%
Gary Dean		35:26	52	MV45	141%
Julie Darigala	24:14	35:31	58	FV45	130%
Julia Johnson	24:17	35:35	57	FV50	131%
Peter Claydon		35:44	51	MV50	142%
John Howsham		35:58	50	MV50	143%
Martyn Goodwin		36:00	49	MV55	143%
Christopher Deacon		36:44	48	MV50	146%
Laura Gill	25:46	37:45	56	F Senior	139%
Nick Whittingham		38:59	47	MV60	155%
Matthew Coldwell		39:06	46	MV40	156%
Julie Moxon	26:51	39:21	55	FV45	144%
Andrea Henson	27:10	39:48	54	FV45	146%
Paul Fryers		40:36	45	MV45	162%
Daniel Limb		41:39	44	M Senior	166%
Sarah Walch	28:30	41:46	53	FV35	153%
Bob Innes	28:37	41:56	43	MV65	122%
Geoff Dimelow		42:06	42	MV60	168%
Alison Nockels	29:02	42:33	52	FV50	156%
David Foster		42:35	41	MV60	170%
Jude Matthews	29:15	42:52	51	FV35	157%
Ailsa Storey	29:30	43:14	50	F Senior	159%
David Needham	30:12	44:15	40	MV65	129%
Valentina Wright	30:47	45:06	49	FV45	166%
Jane Cockerton	30:50	45:11	48	FV50	166%
Barbara Haigh	30:54	45:17	47	FV65	166%
Susan Charlesworth	31:10	45:40	46	FV50	168%
Susan Higham	31:27	46:05	45	FV65	169%
Susan Beevers	31:37	46:20	44	FV55	170%
Jane Partridge	32:12	47:11	43	FV40	173%
Stuart Smith		48:23	39	MV60	193%
Annie Lightowler	33:36	49:14	42	FV40	181%
Teresa Wall	34:41	50:49	41	FV55	187%
Denise Pozorski	36:29	53:28	40	FV50	196%
Karen Schofield	36:43	53:48	39	FV50	198%

47 Penistone finishers

	Time		Points	Category	% relative to winning time
	5.3km	7.6km			
Jill Davis	36:55	54:06	38	FV60	199%
Jan Pozorski	37:27	54:53	38	MV70	160%
Donna Kilpin	39:15	57:31	37	FV35	211%

Note: 5.3km times have been converted to 7.6km equivalent times using the Riegel formula:

$$\hat{t}_{7.6k} = t_{5.3k} \left(\frac{7.6}{5.3} \right)^{1.06}$$



Penistone Footpath Runners & AC Club Championship 2016

Cop Hill, 6 November

Race winners Kieran Hodgson, Helm Hill 39:22
Helen Berry, Holmfirth Harriers 45:10

26 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	2	39:47	60	MV45	101%
Robin Clough	10	44:29	59	MV45	113%
Simon Pike	19	45:52	58	MV35	117%
Samantha Shaw	22	46:14	60	F Senior	102%
Steve Storey	23	46:44	57	MV55	119%
Shaun Walker	25	47:40	56	MV45	121%
John Howsham	37	50:33	55	MV50	128%
Matthew Coldwell	38	50:51	54	MV40	129%
Julie Darigala	40	51:31	59	FV45	114%
Laura Gill	47	53:43	58	F Senior	119%
Steve Dickinson	50	54:21	53	MV50	138%
Alan Knox	52	54:46	52	MV60	139%
Dean Allcroft	55	55:10	51	MV45	140%
Helen Wright	64	57:17	57	F Senior	127%
Paul Fryers	66	57:34	50	MV45	146%
Nick Whittingham	69	57:44	49	MV60	147%
Geoff Dimelow	75	00:36	48	MV60	154%
Andrea Henson	78	01:29	56	FV45	136%
Ailsa Storey	79	01:50	55	F Senior	137%
Stuart Smith	84	03:38	47	MV60	162%
Jane Cockerton	86	03:58	54	FV50	142%
Barbara Haigh	87	04:19	53	FV65	142%
David Needham	89	04:50	46	MV65	165%
Jude Matthews	90	05:03	52	FV35	144%
Annie Lightowler	94	10:16	51	FV40	156%
Teresa Wall	96	11:55	50	FV55	159%



Penistone Footpath Runners & AC Club Championship 2016

Denby Dale Travellers 6, 18 December

Race winners Adam Peers, Wakefield Harriers 33:28
Margaret Sykes, Holmfirth Harriers 40:29

43 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	4	35:36	60	MV45	106%
Richard Hayes	6	36:50	59	M Senior	110%
Martin Ball	11	38:37	58	MV40	115%
Robin Clough	12	38:51	57	MV45	116%
Simon Pike	19	40:26	56	MV35	121%
Samantha Shaw	21	41:10	60	F Senior	102%
Gary Dean	28	42:33	55	MV45	127%
Mark Riordan	33	43:42	54	MV40	131%
Gary Briscoe	36	44:01	53	M Senior	132%
John Howsham	37	44:16	52	MV50	132%
Martyn Goodwin	40	44:31	51	MV55	133%
Matthew Coldwell	49	45:34	50	MV40	136%
Julie Darigala	54	45:45	59	FV45	113%
Paul Fryers	62	46:45	49	MV45	140%
Jim Bell	64	46:57	48	MV55	140%
Dean Allcroft	67	47:26	47	MV45	142%
Laura Gill	70	47:46	58	F Senior	118%
Steve Dickinson	78	48:26	46	MV50	145%
Ian Sutcliffe	81	48:38	45	MV50	145%
Nick Whittingham	88	49:24	44	MV60	148%
Julie Moxon	93	50:41	57	FV45	125%
Helen Wright	98	51:00	56	F Senior	126%
David Needham	103	51:42	43	MV65	154%
Stuart Smith	104	51:54	42	MV60	155%
Seuranie Johnstone	106	52:12	55	F Senior	129%
Jude Matthews	112	53:05	54	FV35	131%
Sarah Walch	117	53:56	53	FV35	133%
Martyn Cartwright	118	54:14	41	MV65	162%
Jacqueline Armitage	121	54:38	52	FV50	135%
Geoff Dimelow	124	55:07	40	MV60	165%
Sarah Plummer	127	55:36	51	FV45	137%
Jane Cockerton	128	55:37	50	FV50	137%
Barbara Haigh	134	56:27	49	FV65	139%
Susan Beevers	135	56:45	48	FV55	140%
Susan Charlesworth	150	59:10	47	FV50	146%
Annie Lightowler	152	59:41	46	FV40	147%
Jane Partridge	156	60:09	45	FV40	149%
Susan Higham	159	60:52	44	FV65	150%
Teresa Wall	160	61:07	43	FV55	151%
John Spencer	171	63:38	39	MV60	190%
Denise Pozorski	173	64:10	42	FV50	159%
Karen Schofield	177	65:10	41	FV50	161%
Jan Pozorski	184	67:50	38	MV70	203%