



Championship 2013

Last update: 16/12/2013

January						
M	Tu	W	Th	F	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

May						
M	Tu	W	Th	F	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June						
M	Tu	W	Th	F	Sa	Su
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July						
M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August						
M	Tu	W	Th	F	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September						
M	Tu	W	Th	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October						
M	Tu	W	Th	F	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December						
M	Tu	W	Th	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

1	Tigger Tor	27/01/2013	7	Thurstone Chase	13/07/2013
2	Norton 9	03/03/2013	8	Salt Cellar	02/08/2013
3	Barnsley parkrun*	27/04/2013	9	Wentworth Castle	22/09/2013
4	Eyam Half Marathon	19/05/2013	10	Cusworth 10k	06/10/2013
5	Castleton Fell Race	07/06/2013	11	Cop Hill	03/11/2013
6	Oughtibridge Chase	19/06/2013	12	Denby Dale Travellers 6	15/12/2013

3 Barnsley ParkRun* - Your best time from any of the 2013 Barnsley ParkRun events up to and including 27/04/2013.
If two runners should record the same time in separate runs, the older runner will be placed higher.

Titles and trophies as they are decided...

Men's overall champion	Ladies' overall champion	Challenge champion
Steve Storey <small>Steve scored 455 points from his best 8 races</small>	Sarah Sykes <small>Sarah scored 362 points from her best 8 races</small>	Paul Gee <small>Paul scored 628 points from all 12 races</small>

	Road	XC	Fell
Steve Storey	Champion	1st M55	1st M55
Andy Swift		Champion	Champion
Paul Gee	1st M45	2nd M45	1st M45
Mark Law		1st M45	
Richard Mackie			1st M40
Mark Riordan	1st M35	1st M35	1st M35
Steve Sanders	1st M40	2nd M40	2nd M40
Gary Dean		1st M40	
Geoff Dimelow	2nd M55		2nd M55
Pete Stanley			1st M50
Dave Needham	1st M65	1st M65	
Martin Booth		1st M50	
Dean Allcroft	2nd M40		
Dave Foster	1st M60	1st M60	1st M60
Brian Bradder		2nd Senior	
Alan Knox		2nd M55	
Ray Brown	1st M70	1st M70	1st M70
Paul Fryers	2nd M45		2nd M45

	Road	XC	Fell
Sue Charlesworth	Champion		
Sarah Sykes	1st L40	Champion	Champion
Sue Higham	1st L60	1st L60	
Barbara Haigh			1st L65
Annie Lightowler	2nd L40	2nd L40	2nd L40
Jill Davis		2nd L60	
Denise Pozorski		1st L45	
Lisa Taylor		1st Senior	

COMING SOON!

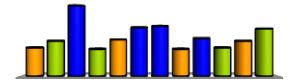
Tuesdays at 6:30pm

Training evenings

Penistone Church Football Club Best wishes to all our readers!

www.pfrac.co.uk

Final championship positions



Road race section			XC race section			Fell race section			Championship & Challenge													
All 4 road races have been completed			All 4 XC races have been completed			All 4 fell races have been completed			Positions after 12 of 12 championship races				Below are the points from the best 8 scoring races, including at least 2 races from each section.				Total for best 3 races	Total for all 12 races				
15 runners have qualified in the road section			25 runners have qualified in the XC section			16 runners have qualified in the fell section			13 runners have qualified for the overall championship													
Name	Cat	↓	Name	Cat	↓	Name	Cat	↓	Name	Cat	1	2	3	4	5	6	7	8	↓	↓		
1 Steve Storey	M55	175	1 Andy Swift	M	180	1 Andy Swift	M	180	1 Steve Storey	M55	59	59	57	57	56	56	55	455	562			
2 Paul Gee	M45	170	2 Mark Law	M45	167	2 Richard Mackie	M40	174	2 Steve Sanders	M40	58	57	55	55	54	54	53	52	438	535		
3 Mark Riordan	M35	164	3 Steve Storey	M55	165	3 Steve Storey	M55	168	3 Paul Gee	M45	57	57	56	53	53	52	52	51	431	628		
4 Steve Sanders	M40	162	4 Gary Dean	M40	160	4 Steve Sanders	M40	163	4 Mark Riordan	M35	55	55	54	52	49	48	48	47	408	542		
5 Geoff Dimelow	M55	157	5 Steve Sanders	M40	160	5 Pete Stanley	M50	160	5 Alan Knox	M55	56	51	50	50	49	49	46	46	397	397		
6 Dave Needham	M65	154	6 Martin Booth	M50	158	6 Paul Gee	M45	158	6 Geoff Dimelow	M55	53	52	52	50	48	47	47	46	395	517		
7 Dean Allcroft	M40	152	7 Paul Gee	M45	152	7 Mark Riordan	M35	149	7 Dave Foster	M60	50	50	49	48	48	47	41	40	373	454		
8 Dave Foster	M60	149	8 Brian Bradder	M	148	8 Geoff Dimelow	M55	145	8 Dean Allcroft	M40	51	51	50	45	45	45	42	39	368	484		
9 Sue Charlesworth	L45	140	9 Alan Knox	M55	145	9 Dave Foster	M60	143	9 Sarah Sykes	L40	51	49	49	46	45	43	40	39	362	400		
10 Sarah Sykes	L40	138	10 Mark Riordan	M35	139	10 Sarah Sykes	L40	140	10 Paul Fryers	M45	47	45	44	44	42	41	39	37	339	407		
11 Ray Brown	M70	132	11 Geoff Dimelow	M55	137	11 Nick Whittingham	M55	139	11 Ray Brown	M70	46	45	44	42	41	41	34	31	324	386		
12 Paul Fryers	M45	125	12 Nick Whittingham	M55	125	12 Paul Fryers	M45	133	12 Annie Lightowler	L40	46	45	42	41	40	39	37	34	324	415		
13 Sue Higham	L60	124	13 Sarah Sykes	L40	122	13 Dean Allcroft	M40	127	13 John Spencer	M55	41	38	37	36	34	29	28	23	266	266		
14 Annie Lightowler	L40	123	14 Dean Allcroft	M40	122	14 Ray Brown	M70	127	14 Andy Swift	M	60	60	60	60	60	60	»	»	»	»	420	
15 John Spencer	M55	106	15 Dave Foster	M60	118	15 Barbara Haigh	L65	126	15 Brian Bradder	M	55	53	53	50	49	49	47	»	»	»	»	356
16 Tim Brooke	M35	108	16 Paul Fryers	M45	117	16 Annie Lightowler	L40	120	16 Richard Mackie	M40	60	59	58	58	58	56	»	»	»	»	349	
17 Alan Knox	M55	106	17 Dave Needham	M65	106	17 Damian Kilpin	M35	119	17 Mark Law	M45	58	57	56	55	55	54	»	»	»	»	335	
18 Julie Moxon	L40	101	18 Annie Lightowler	L40	106	18 Mick Quinn	M50	117	18 Tim Brooke	M35	55	53	52	52	51	48	»	»	»	»	311	
19 Bob Innes	M60	89	19 Sue Higham	L60	100	19 Brian Bradder	M	108	19 Nick Whittingham	M55	50	46	46	46	43	40	39	»	»	»	»	310
20 Alison Nockels	L45	83	20 Ray Brown	M70	89	20 Tim Brooke	M35	103	20 Dave Needham	M65	53	52	49	43	38	36	35	»	»	»	»	339
21 Lisa Taylor	L	82	21 John Spencer	M55	88	21 Alan Knox	M55	100	21 Mick Quinn	M50	59	59	58	57	56	»	»	»	»	»	»	289
22 Stuart Woodhead	M55	81	22 Jill Davis	L60	87	22 Steve Dickinson	M45	100	22 Martin Booth	M50	56	54	54	53	51	»	»	»	»	»	»	268
23 Paul Parkin	M70	78	23 Denise Pozorski	L45	85	23 John Spencer	M55	72	23 Sue Higham	L60	43	43	39	38	37	32	29	»	»	»	»	282
24 Jane Cockerton	L50	70	24 Lisa Taylor	L	81	24 Matthew Marsh	M	59	24 Gary Dean	M40	55	53	52	51	49	»	»	»	»	»	»	260
25 Richard Sunman	M40	60	25 Jane Foster	L60	58	25 Daniel Hague	M	59	25 Julie Moxon	L40	54	47	45	42	41	»	»	»	»	»	»	229
26 Richard Mackie	M40	60	26 Lee Storey	M	116	26 James Pierce	M35	57	26 Sue Charlesworth	L45	48	47	45	37	28	»	»	»	»	»	»	205
27 Andrew Heppenstall	M	60	27 Richard Mackie	M40	115	27 Lee Storey	M	57	27 Pete Stanley	M50	55	53	52	42	»	»	»	»	»	»	»	202
28 Joe Mann	M	60	28 Mick Quinn	M50	113	28 Shaun Walker	M45	57	28 Lisa Taylor	L	42	40	35	31	30	20	»	»	»	»	»	198
29 Steve Stead	M	59	29 Martin Cooper	M45	111	29 Steve Roebuck	M35	56	29 Barbara Haigh	L65	43	43	40	39	29	»	»	»	»	»	»	194
30 Mick Quinn	M50	59	30 Tim Brooke	M35	100	30 Steve Stead	M	56	30 Steve Dickinson	M45	50	50	45	45	»	»	»	»	»	»	»	190
31 Steve Roebuck	M35	58	31 Alex Simon	M40	93	31 Mark Law	M45	56	31 Damian Kilpin	M35	60	59	59	»	»	»	»	»	»	»	»	178
32 Martin Cooper	M45	58	32 Steve Dickinson	M45	90	32 John Howsham	M45	54	32 Bob Innes	M60	48	44	41	41	»	»	»	»	»	»	»	174
33 Mark Law	M45	58	33 Paul Griffiths	M50	87	33 Martin Booth	M50	54	33 Lee Storey	M	58	58	57	»	»	»	»	»	»	»	»	173
34 Simon Marshall	M35	56	33 Julie Moxon	L40	87	34 Martyn Goodwin	M50	51	34 Martin Cooper	M45	58	57	54	»	»	»	»	»	»	»	»	169
35 Martin Booth	M50	56	35 Sarah Jones-Morris	L35	79	35 Gary Dean	M40	49	35 Steve Roebuck	M35	58	56	54	»	»	»	»	»	»	»	»	168
36 Robin Clough	M40	55	36 Keith Gordon	M60	76	36 Craig Birchall	M35	47	36 Jill Davis	L60	36	33	27	27	26	13	»	»	»	»	»	162
37 Phil Buckley	M50	54	37 Sarah Halstead	L45	73	37 Paul Griffiths	M50	46	37 Paul Griffiths	M50	46	44	43	»	»	»	»	»	»	»	»	133
38 Brian Bradder	M	53	38 Debra Cable	L50	66	38 Emma Stead	L	46	38 Denise Pozorski	L45	41	34	26	25	»	»	»	»	»	»	»	126
39 Ian Charlesworth	M45	52	39 Sue Charlesworth	L45	65	39 Trish Mellor	L50	45	39 Craig Birchall	M35	47	44	27	»	»	»	»	»	»	»	»	118
40 Gary Dean	M40	51	40 Jan Pozorski	M70	61	40 Sarah Halstead	L45	44	39 Matthew Marsh	M	59	59	»	»	»	»	»	»	»	»	»	118
41 Valentina Wright	L40	48	41 Damian Kilpin	M35	59	41 Bob Innes	M60	44	39 Daniel Hague	M	59	59	»	»	»	»	»	»	»	»	»	118
42 Nick Whittingham	M55	46	42 Matthew Marsh	M	59	42 Jane Cockerton	L50	43	39 Andrew Heppenstall	M	60	58	»	»	»	»	»	»	»	»	»	118
43 Craig Birchall	M35	44	43 Daniel Hague	M	59	43 Colin Porteous	M50	42	43 Sarah Halstead	L45	44	40	33	»	»	»	»	»	»	»	»	117
44 Sophie Pogorzelec	L	44	44 Phil Hinchliffe	M40	58	44 Sarah Clough	L40	42	44 Steve Stead	M	59	56	»	»	»	»	»	»	»	»	»	115
45 Heather Parkin	L35	44	45 Andrew Heppenstall	M	58	45 Julie Moxon	L40	41	45 Paul Parkin	M70	42	36	35	»	»	»	»	»	»	»	»	113
46 Trish Mellor	L50	42	46 Sophie Pogorzelec	L	57	46 Sue Higham	L60	37	45 Jane Cockerton	L50	43	39	31	»	»	»	»	»	»	»	»	113
47 Denise Pozorski	L45	41	47 Andrew Shelbourne	M45	57	47 Dave Needham	M65	36	47 Stuart Woodhead	M55	46	35	26	»	»	»	»	»	»	»	»	107
48 Jan Pozorski	M70	40	48 Steve Roebuck	M35	54	48 Jill Davis	L60	36	48 Sophie Pogorzelec	L	44	32	25	»	»	»	»	»	»	»	»	101
49 Lee Bridgewater	M40	37	49 Karen Schofield	L45	51	49 Lisa Taylor	L	35	48 Jan Pozorski	M70	40	35	26	»	»	»	»	»	»	»	»	101
50 Gareth Darby	M	36	50 Steve Frith	M60	51	50 Paul Parkin	M70	35	50 Martyn Goodwin	M50	51	47	»	»	»	»	»	»	»	»	»	98

Tie-break rule has been applied

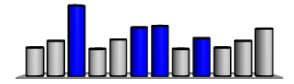
Tie-break rule has been applied

Tie-break rule has been applied



Championship
2013

Cross Country section



27/04/2013 Barnsley parkrun*

19/06/2013 Oughtibridge Chase

13/07/2013 Thurlstone Chase

22/09/2013 Wentworth Castle

1st	Darren Middleton	Leeds	16:25		
1st	Stephanie Burns	Rotherham H	18:40		
	Name	Cat	Pts	Time	↓
1	Andy Swift	M	60	17:30	107%
2	Damian Kilpin	M35	59	18:26	112%
3	Phil Hinchliffe	M40	58	18:38	114%
4	Martin Cooper	M45	57	18:59	116%
5	Steve Storey	M55	56	19:27	118%
6	Mark Law	M45	55	19:27	118%
7	Steve Roebuck	M35	54	19:46	120%
8	Martin Booth	M50	53	20:26	124%
9	Steve Sanders	M40	52	20:35	125%
10	Steve Frith	M60	51	20:50	127%
11	Brian Bradder	M	50	20:50	127%
12	Paul Gee	M45	49	21:05	128%
13	Matthew Burton	M40	48	21:35	131%
14	Martyn Goodwin	M50	47	21:37	132%
15	Alan Knox	M55	46	21:39	132%
16	Steve Dickinson	M45	45	21:54	133%
17	Mark Riordan	M35	44	21:59	134%
18	Alex Simon	M40	43	22:05	135%
19	Pete Stanley	M50	42	22:29	137%
20	Kelvin Bowskill	M60	41	22:30	137%
21	Sarah Sykes	L40	40	23:15	125%
22	Nick Whittingham	M55	39	23:47	145%
23	Dean Allcroft	M40	38	23:49	145%
24	Dave Foster	M60	37	23:51	145%
25	Michael Walsh	M	36	24:00	146%
26	Keith Gordon	M60	35	24:05	147%
27	Colin Porteous	M50	34	24:05	147%
28	Dave Needham	M65	33	24:09	147%
29	Paul Fryers	M45	32	24:11	147%
30	Geoff Dimelow	M55	31	24:19	148%
31	Ian Wragg	M50	30	24:48	151%
32	Annie Lightowler	L40	29	24:52	133%
33	Sue Charlesworth	L45	28	25:06	134%
34	Craig Birchall	M35	27	25:14	154%
35	Stuart Woodhead	M55	26	25:32	156%
36	Sophie Pogorzelec	L	25	26:17	141%
37	Ray Brown	M70	24	26:29	161%
38	John Spencer	M55	23	26:50	163%
39	Martyn Cartwright	M65	22	27:16	166%
40	Sue Higham	L60	21	27:34	148%
41	Lisa Taylor	L	20	27:47	149%
42	Samantha Shaw	L	19	27:53	149%
43	Michelle Millward	L45	18	29:02	156%
44	Nell Law	L40	17	29:02	156%
45	Rianna Armitage	L	16	29:14	157%
46	Norman Cole	M70	15	29:21	179%
47	Karen Schofield	L45	14	30:16	162%
48	Jill Davis	L60	13	30:23	163%
49	Ailsa Park	L	12	31:02	166%
50	Kim Porteous	L50	11	32:33	174%

Andy Swift	Penistone	22:25		
Bev Sutton	Valley Hill	28:35		
Name	Cat	Pts	Time	↓
Andy Swift	M	60	22:25	100%
Matthew Marsh	M	59	23:39	106%
Lee Storey	M	58	23:48	106%
Mick Quinn	M50	57	23:51	106%
Richard Mackie	M40	56	24:00	107%
Mark Law	M45	55	24:58	111%
Martin Cooper	M45	54	25:04	112%
Steve Storey	M55	53	25:11	112%
Gary Dean	M40	52	25:29	114%
Martin Booth	M50	51	25:46	115%
Steve Sanders	M40	50	25:57	116%
Brian Bradder	M	49	26:08	117%
Paul Gee	M45	48	27:00	120%
Mark Riordan	M35	47	27:28	123%
Alan Knox	M55	46	27:38	123%
Steve Dickinson	M45	45	27:55	125%
Geoff Dimelow	M55	44	29:37	132%
Paul Griffiths	M50	43	29:43	133%
Julie Moxon	L40	42	29:49	104%
Dave Foster	M60	41	30:13	135%
Nick Whittingham	M55	40	30:30	136%
Sarah Sykes	L40	39	30:51	108%
Dean Allcroft	M40	38	31:02	138%
Sue Charlesworth	L45	37	31:05	109%
Paul Fryers	M45	36	32:13	144%
Dave Needham	M65	35	32:41	146%
Annie Lightowler	L40	34	32:53	115%
Dave Etherington	M45	33	32:56	147%
Sophie Pogorzelec	L	32	33:59	119%
Ray Brown	M70	31	34:06	152%
Lisa Taylor	L	30	34:19	120%
Sue Higham	L60	29	35:20	124%
Anne Smythe	L60	28	39:12	137%
Jill Davis	L60	27	40:43	142%
Denise Pozorski	L45	26	42:35	149%
Jane Foster	L60	25	45:26	159%

Andy Swift	Penistone	23:54		
L. Lathem	Barnsley	32:50		
Name	Cat	Pts	Time	↓
Andy Swift	M	60	23:54	100%
Daniel Hague	M	59	26:31	111%
Lee Storey	M	58	27:06	113%
Mark Law	M45	57	27:42	116%
Mick Quinn	M50	56	27:59	117%
Gary Dean	M40	55	28:40	120%
Martin Booth	M50	54	28:54	121%
Steve Sanders	M40	53	29:06	122%
Paul Gee	M45	52	30:08	126%
Nick Cable	M40	51	30:41	128%
Alan Knox	M55	50	31:30	132%
Brian Bradder	M	49	31:37	132%
Tim Brooke	M35	48	32:01	134%
Geoff Dimelow	M55	47	33:00	138%
Nick Whittingham	M55	46	33:00	138%
Julie Moxon	L40	45	33:05	101%
Paul Griffiths	M50	44	33:23	140%
Sarah Sykes	L40	43	33:46	103%
Mark Riordan	M35	42	33:51	142%
Bob Innes	M60	41	34:11	143%
Dave Foster	M60	40	35:04	147%
Dean Allcroft	M40	39	35:19	148%
Dave Needham	M65	38	36:57	155%
Paul Fryers	M45	37	37:11	156%
Sarah Jones-Morris	L35	36	37:44	115%
Sarah Mann	L45	35	38:05	116%
Ray Brown	M70	34	38:51	163%
Sarah Halstead	L45	33	40:03	122%
Sue Higham	L60	32	41:22	126%
Lisa Taylor	L	31	41:22	126%
Annie Lightowler	L40	30	41:45	127%
John Spencer	M55	29	44:15	185%
Debra Cable	L50	28	44:18	135%
Jill Davis	L60	27	47:19	144%
Jan Pozorski	M70	26	47:21	198%
Denise Pozorski	L45	25	48:21	147%
Jane Foster	L60	24	56:19	172%

Andy Swift	Penistone	29:58		
Heather Thornton	Unattached	41:24		
Name	Cat	Pts	Time	↓
Andy Swift	M	60	29:58	100%
Richard Mackie	M40	59	32:36	109%
Andrew Heppenstall	M	58	33:28	112%
Andrew Shelbourne	M45	57	34:01	114%
Steve Storey	M55	56	34:52	116%
Steve Sanders	M40	55	35:30	118%
Mark Law	M45	54	36:21	121%
Gary Dean	M40	53	36:59	123%
Tim Brooke	M35	52	37:13	124%
Paul Gee	M45	51	37:21	125%
Alex Simon	M40	50	38:35	129%
Alan Knox	M55	49	39:07	131%
Mark Riordan	M35	48	39:16	131%
Brian Bradder	M	47	40:27	135%
Geoff Dimelow	M55	46	42:07	141%
Dean Allcroft	M40	45	42:59	143%
Paul Fryers	M45	44	43:30	145%
Sarah Jones-Morris	L35	43	45:11	109%
Annie Lightowler	L40	42	46:32	112%
Keith Gordon	M60	41	47:04	157%
Sarah Halstead	L45	40	47:48	115%
Sue Higham	L60	39	51:11	124%
Debra Cable	L50	38	51:56	125%
Karen Schofield	L45	37	54:15	131%
John Spencer	M55	36	54:38	182%
Jan Pozorski	M70	35	56:30	189%
Denise Pozorski	L45	34	59:11	143%
Jill Davis	L60	33	59:20	143%



Championship
2013

Analysis of race results



Name	Age	Championship qualifying races (showing the total from the best 8 races)										Road races (showing the total from the best 3 races)				CrossCountry races (showing the total from the best 3 races)				Fell races (showing the total from the best 3 races)				Average percentage of winner's time (and consistency quotient)																					
		Tigger Tor	Norton 9	Barnsley parkrun*	Eyam Half Marathon	Castleton Fell Race	Oughthwaite Chase	Thuristone Chase	Salt Cellar	Wentworth Castle	Cusworth 10k	Cop Hill	Denby Dale Travellers 6	Total	1	2	3	4	5	6	7	8	Total	1	2	3	4	Total	1	2	3	4	Total	%	(± %)										
Steve Storey	M55		59	56	59	57	53		55	56	57	56	54	562	59	59	57	57	56	56	56	55	455	59	59	57	54	175	56	56	53		165	57	56	55		168	⇒	⇒	120%	(±13%)			
Steve Sanders	M40			52	47	54	50	53	54	55	58	55	57	535	58	57	55	55	54	54	53	52	438	58	57	47		162	55	53	52	50	160	55	54	54		163	⇒	⇒	127%	(±25%)			
Paul Gee	M45	53	57	49	57	52	48	52	51	51	56	53	49	628	57	57	56	53	53	52	52	51	431	57	57	56	49	170	52	51	49	48	152	53	53	52	51	158	⇒	⇒	131%	(±13%)			
Mark Riordan	M35	52	55	44	55	48	47	42	49	48	54		48	542	55	55	54	52	49	48	48	47	408	55	55	54	48	164	48	47	44	42	139	52	49	48		149	⇒	⇒	137%	(±18%)			
Alan Knox	M55	51	56	46		49	46	50		49			50	397	56	51	50	50	49	49	46	46	397	56	50			106	50	49	46	46	145	51	49			100	⇒	⇒	134%	(±16%)			
Geoff Dimelow	M55	50	52	31	52	47	44	47	48	46	53		47	517	53	52	52	50	48	47	47	46	395	53	52	52	47	157	47	46	44	31	137	50	48	47		145	⇒	⇒	144%	(±14%)			
Dave Foster	M60	48	49	37	50	44	41	40	47		50	48		454	50	50	49	48	48	47	41	40	373	50	50	49		149	41	40	37		118	48	48	47	44	143	⇒	⇒	147%	(±16%)			
Dean Allcroft	M40	45	50	38	51	40	38	39	42	45	51		45	484	51	51	50	45	45	45	42	39	368	51	51	50	45	152	45	39	38	38	122	45	42	40		127	⇒	⇒	150%	(±21%)			
Sarah Sykes	L40	49	51	40		45	39	43	46		49		38	400	51	49	49	46	45	43	40	39	362	51	49	38		138	43	40	39		122	49	46	45		140	⇒	⇒	123%	(±20%)			
Paul Fryers	M45		41	32		42	36	37	44	44	45	47	39	407	47	45	44	44	42	41	39	37	339	45	41	39		125	44	37	36	32	117	47	44	42		133	⇒	⇒	155%	(±13%)			
Ray Brown	M70	41	42	24	46	38	31	34	45		44	41		386	46	45	44	42	41	41	34	31	324	46	44	42		132	34	31	24		89	45	41	41	38	127	⇒	⇒	163%	(±15%)			
Annie Lightowler	L40	40		29	45	37	34	30	41	42	46	39	32	415	46	45	42	41	40	39	37	34	324	46	45	32		123	42	34	30	29	106	41	40	39	37	120	⇒	⇒	139%	(±41%)			
John Spencer	M55		37	23	41	34		29	36		38	28	266	41	38	37	36	34	29	28	23	266	41	37	28		106	36	29	23		88	38	34			72	⇒	⇒	184%	(±25%)				
Andy Swift	M	60		60		60	60	60	60	60	60			420	60	60	60	60	60	60			360						60	60	60	60	180	60	60	60		180	⇒	⇒	103%	(±9%)			
Brian Bradder	M			50	53	55	49	49	53	47				356	55	53	53	50	49	49	47		356	53			53		50	49	49	47	148	55	53			108	⇒	⇒	131%	(±15%)			
Richard Mackie	M40				60	58	56		58	59		58		349	60	59	58	58	58	56			349	60			60		59	56			115	58	58	58		174	⇒	⇒	113%	(±13%)			
Mark Law	M45			55		55	57	56	54			58		335	58	57	56	55	55	54			335	58			58		57	55	55	54	167	56				56	⇒	⇒	117%	(±6%)			
Tim Brooke	M35						48	52	52	55	51	53	311	55	53	52	52	51	48				311	55	53			108	52	48			100	52	51			103	⇒	⇒	130%	(±7%)			
Nick Whittingham	M55	46		39		43	40	46	50			46	310	50	46	46	46	43	40	39			310	46			46		46	40	39		125	50	46	43		139	⇒	⇒	147%	(±18%)			
Dave Needham	M65		53	33	49	36	35	38		52		43	339	53	52	49	43	38	36	35			306	53	52	49	43	154	38	35	33		106	36				36	⇒	⇒	152%	(±36%)			
Mick Quinn	M50	58					57	56			59	59	289	59	59	58	57	56					289	59			59		57	56			113	59	58			117	⇒	⇒	113%	(±6%)			
Martin Booth	M50			53			51	54			54	56	268	56	54	54	53	51					268	56			56		54	53	51		158	54				54	⇒	⇒	121%	(±6%)			
Sue Higham	L60		38	21	43		29	32		39	43	37	282	43	43	39	38	37	32	29			261	43	43	38		124	39	32	29	21	100	37				37	⇒	⇒	143%	(±28%)			
Gary Dean	M40						52	55		53		49	51	260	55	53	52	51	49				260	51			51		55	53	52		160	49				49	⇒	⇒	125%	(±16%)			
Julie Moxon	L40		47		54	41	42	45					229	54	47	45	42	41					229	54	47			101	45	42			87	41				41	⇒	⇒	118%	(±18%)			
Sue Charlesworth	L45		45	28	48		37			47			205	48	47	45	37	28					205	48	47	45		140	37	28			65						⇒	⇒	127%	(±19%)			
Pete Stanley	M50	55		42		53					52		202	55	53	52	42						202						42				42	55	53	52		160	⇒	⇒	134%	(±6%)			
Lisa Taylor	L		40	20	42	35	30	31					198	42	40	35	31	30	20				198	42	40			82	31	30	20		81	35				35	⇒	⇒	142%	(±22%)			
Barbara Haigh	L65	43				39			43		40	29	194	43	43	40	39	29					194	43	29			29						43	43	40	39		126	⇒	⇒	143%	(±3%)		
Steve Dickinson	M45			45		50	45				50		190	50	50	45	45						190						45	45			90	50	50			100	⇒	⇒	135%	(±13%)			
Damian Kilpin	M35	59		59							60		178	60	59	59							178						59				59	60	59			119	⇒	⇒	110%	(±2%)			
Bob Innes	M60		48				41				44	41	174	48	44	41	41						174	48	41			89	41			41	44				44	⇒	⇒	148%	(±10%)				
Lee Storey	M						58	58	57				173	58	58	57							173						58	58			116	57				57	⇒	⇒	112%	(±5%)			
Martin Cooper	M45			57	58		54						169	58	57	54							169	58			58		57	54			111						⇒	⇒	117%	(±7%)			
Steve Roebuck	M35	56	58	54									168	58	56	54							168	58			58		54			54	56				56	⇒	⇒	120%	(±2%)				
Jill Davis	L60			13			27	27		33		36	26	162	36	33	27	27	26	13			162	26			26		33	27	27	13	87	36				36	⇒	⇒	156%	(±19%)			
Paul Griffiths	M50					46	43	44					133	46	44	43							133						44	43			87	46				46	⇒	⇒	143%	(±14%)			
Denise Pozorski	L45						26	25		34	41		126	41	34	26	25						126	41			41		34	26	25		85						⇒	⇒	150%	(±11%)			
Craig Birchall	M35	47	44	27									118	47	44	27							118	44			44		27			27	47				47	⇒	⇒	154%	(±4%)				
Matthew Marsh	M					59	59						118	59	59								118						59			59	59		59	⇒	⇒				⇒				
Daniel Hague	M						59	59					118	59	59								118						59			59	59		59	⇒	⇒				⇒				
Andrew Heppenstall	M							58	60				118	60	58								118	60			60		58			58			58	⇒	⇒				⇒				
Sarah Halstead	L45	44					33	40					117	44	40	33							117						40	33			73	44				44	⇒	⇒	126%	(±15%)			
Steve Stead	M																																												

