



Championship 2014

Last update: 30/12/2014

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						
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17	18	19	20	21	22	23
24	25	26	27	28		

March						
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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
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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 Meltham 10K Sunday, 26/1/2014	7 Bamford Wednesday, 16/7/2014
2 Wombwell 5 Sunday, 16/2/2014	8 Denis Stitt Memorial Thursday, 14/8/2014
3 Norton 9 Sunday, 2/3/2014	9 Penistone Hill Race Sunday, 28/9/2014
4 Silkstone Shuffle Saturday, 29/3/2014	10 Cop Hill Fell Race Sunday, 2/11/2014
5 Castleton Fell Race Friday, 6/6/2014	11 Silkstone Shuffle Saturday, 29/11/2014
6 Oughtibridge Chase Wednesday, 18/6/2014	12 Denby Dale Travellers 6 Sunday, 21/12/2014

Notes: **9** The Penistone Hill Race was added to the championship due to the cancellation of the Wentworth Castle race.
12 The date of the DDT6 has now been confirmed. The race will start this year at 1pm.

Titles and trophies as they are decided...

	Road	XC	Fell		Road	XC	Fell
Men's overall champion	Richard Mackie Richard scored 464 points from his best 8 races			Ladies' overall champion	Lesley Latchem Lesley scored 379 points from her best 8 races		
				Challenge champion	Steve Sanders Steve scored 684 points from all 12 races		
Richard Mackie	Champion	2nd M40	1st M40	Lesley Latchem	Champion	Champion	
Andy Swift		Champion	Champion	Sarah Jones-Morris			Champion
Martin Cooper	1st M45	1st M45		Rachel Fox	1st Senior	1st Senior	
Jon Waller		2nd Senior		Heather Atkinson			1st Senior
Steve Sanders	2nd M40	1st M40	2nd M40	Helen Goulding	2nd Senior		
Mark Riordan	1st M35			Jane Cockerton		1st L50	1st L50
Ian Charlesworth		1st M50	1st M50	Sophie Pogorzelec		2nd Senior	2nd Senior
Martin Booth	1st M50	2nd M50		Annie Lightowler	1st L40	1st L40	2nd L40
Pete Stanley			1st M55	Sue Higham	1st L60	1st L60	
Alan Knox	1st M60	1st M60	1st M60	Bernice Nixon		1st L55	
Steve Dickinson	2nd M45	2nd M45	1st M45	Denise Pozorski	1st L45		
Brent Lindsay			2nd M50	Jill Davis		2nd L60	
Stuart Woodhead		1st M55	2nd M55				
Nick Whittingham	1st M55						
Dave Needham	1st M65	1st M65					
Geoff Dimelow	2nd M55	2nd M55					
Paul Fryers			2nd M45				
Ian Wragg	2nd M50						
Dave Foster			2nd M60				
Ray Brown	1st M70	1st M70					
Bob Innes		2nd M60					

COMING SOON!

Tuesdays at 6:30pm

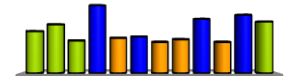
Training evenings

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		
24 runners have qualified in the road section			26 runners have qualified in the XC section			18 runners have qualified in the fell section			15 runners have qualified for the overall championship											
Name	Cat	↓	Name	Cat	↓	Name	Cat	↓	Name	Cat	1	2	3	4	5	6	7	8	↓	↓
1 Richard Mackie M40 175	1 Andy Swift M 180	1 Andy Swift M 180	1 Richard Mackie M40 59	59 58 58 58 57 57	464	521														
2 Martin Cooper M45 170	2 Jon Waller M 174	2 Richard Mackie M40 174	2 Steve Sanders M40 59	59 58 58 57 57 56	462	684														
3 Steve Sanders M40 170	3 Steve Sanders M40 174	3 Steve Sanders M40 174	3 Martin Cooper M45 57	57 56 55 53 52 52 49	431	431														
4 Tim Brooke M40 165	4 Richard Mackie M40 172	4 Ian Charlesworth M50 171	4 Steve Dickinson M45 56	54 53 53 53 51 50 50	420	507														
5 Mark Riordan M35 161	5 Ian Charlesworth M50 163	5 Pete Stanley M55 166	5 Alan Knox M60 52	52 52 52 51 51 51 45	406	593														
6 Martin Booth M50 160	6 Martin Booth M50 159	6 Steve Dickinson M45 163	6 Lesley Latchem L35 53	53 51 49 47 46 44 36	379	379														
7 Alan Knox M60 156	7 Jim Bell M50 157	7 Brent Lindsay M50 159	7 Geoff Dimelow M55 49	48 48 47 47 47 42 40	368	513														
8 Steve Dickinson M45 154	8 Gary Dean M40 156	8 Stuart Woodhead M55 155	8 Nick Whittingham M55 50	49 48 46 45 37 36	360	404														
9 Lesley Latchem L35 146	9 Martin Cooper M45 154	9 Alan Knox M60 152	9 Paul Fryers M45 46	45 45 45 44 44 35	349	421														
10 Dean Allcroft M40 144	10 Steve Dickinson M45 149	10 Sarah Jones-Morris L40 146	10 Rachel Fox L 47	46 45 45 41 40 40 39	343	370														
11 Nick Whittingham M55 144	11 Alan Knox M60 140	11 Nick Whittingham M55 143	11 Dave Needham M65 51	49 46 43 42 39 38 31	339	367														
12 Dave Needham M65 143	12 Stuart Woodhead M55 132	12 Geoff Dimelow M55 142	12 Sophie Pogorzelec L 43	42 41 38 37 36 32 27	296	344														
13 Paul Fryers M45 135	13 Lesley Latchem L35 127	13 Paul Fryers M45 134	13 Annie Lightowler L40 39	39 39 38 37 35 35 23	285	390														
14 Geoff Dimelow M55 131	14 Geoff Dimelow M55 127	14 Heather Atkinson L 133	14 Ray Brown M70 42	40 39 39 36 33 29 21	279	279														
15 Rachel Fox L 131	15 Paul Fryers M45 114	15 Dave Foster M60 128	15 John Spencer M55 38	38 36 34 30 26 21 21	244	260														
16 Ian Wragg M50 127	16 Rachel Fox L 114	16 Jane Cockerton L50 121	16 Andy Swift M 60	60 60 60 60 60 » » » »	420	420														
17 Helen Goulding L 123	17 Dave Needham M65 105	17 Sophie Pogorzelec L 116	17 Brent Lindsay M50 54	53 52 50 48 46 42 » » » »	345	345														
18 Heather Atkinson L 122	18 Bob Innes M60 99	18 Annie Lightowler L40 115	18 Ian Charlesworth M50 58	57 56 56 55 52 » » » »	334	334														
19 Ray Brown M70 111	19 Sophie Pogorzelec L 96	19 John Howsham M45 109	19 Martin Booth M50 56	54 53 53 53 50 » » » »	368	368														
20 Sophie Pogorzelec L 110	20 Bernice Nixon L55 92	20 Martin Cooper M45 107	20 Gary Dean M40 57	55 54 53 48 41 » » » »	308	308														
21 Annie Lightowler L40 106	21 Jane Cockerton L50 92	21 Lesley Latchem L35 106	21 Stuart Woodhead M55 52	52 51 50 48 43 » » » »	372	372														
22 Sue Higham L60 100	22 Ray Brown M70 89	22 Trish Mellor L50 95	22 Heather Atkinson L 46	44 43 43 40 39 28 » » » »	283	283														
23 Denise Pozorski L45 96	23 Annie Lightowler L40 84	23 Bernice Nixon L55 87	23 Sarah Jones-Morris L40 49	49 48 47 44 41 » » » »	278	278														
24 John Spencer M55 90	24 Sue Higham L60 78	24 Rachel Fox L 86	24 Tim Brooke M40 55	55 55 55 52 » » » »	272	272														
25 Andrew Heppenstall M 120	25 John Spencer M55 78	25 Bob Innes M60 85	25 Dave Foster M60 44	43 43 42 35 33 29 » » » »	269	269														
26 Phil Hinchliffe M40 118	26 Jill Davis L60 70	26 Dave Needham M65 80	26 Trish Mellor L50 49	48 46 45 42 38 » » » »	268	268														
27 Gary Dean M40 111	27 Robin Clough M40 113	27 Ray Brown M70 79	27 Jane Cockerton L50 41	41 41 39 38 37 26 » » » »	308	308														
28 Paul Gee M45 101	28 Phil Hinchliffe M40 112	28 John Spencer M55 76	28 Mark Riordan M35 54	54 54 53 47 » » » »	262	262														
29 Trish Mellor L50 93	29 Matthew Marsh M 102	29 Daniel Hague M 59	29 Bob Innes M60 44	42 41 41 33 24 24 » » » »	249	249														
30 Matt Goulding M 87	30 Mark Riordan M35 101	30 Damian Kilpin M35 59	30 Jon Waller M 60	59 59 56 » » » »	234	234														
31 Sue Charlesworth L50 74	31 Julian Williams M45 100	31 Mike Egner M55 58	31 Sue Higham L60 40	38 37 33 29 29 24 » » » »	247	247														
32 Dave Foster M60 68	32 Peter Claydon M45 97	32 James Pierce M35 56	31 Phil Hinchliffe M40 59	59 58 54 » » » »	230	230														
33 Jon Waller M 60	33 Chris Deacon M45 89	33 Tim Brooke M40 55	33 Dean Allcroft M40 50	48 47 47 35 » » » »	227	227														
34 Shaun Dimelow M40 60	34 Brent Lindsay M50 88	34 Kelvin Bowskill M60 51	34 Bernice Nixon L55 47	43 40 34 33 25 » » » »	222	222														
35 Jill Davis L60 59	35 Dean Allcroft M40 83	35 Wayne Parkinson M50 49	35 Pete Stanley M55 57	55 54 46 » » » »	212	212														
36 Robin Clough M40 59	36 Trish Mellor L50 80	36 Emma Stead L35 46	36 Robin Clough M40 59	57 56 » » » »	172	172														
37 Tony Wright M45 58	37 Chris Charlesworth M35 79	37 Colin Porteous M50 46	37 John Howsham M45 55	54 49 » » » »	158	158														
38 Mark Law M45 57	38 Dave Foster M60 73	38 Sue Charlesworth L50 43	38 Ian Wragg M50 44	43 40 30 » » » »	157	157														
39 Jan Pozorski M70 56	39 Nick Whittingham M55 73	39 Heather Parkin L35 42	38 Jim Bell M50 55	51 51 » » » »	157	157														
40 Peter Claydon M45 55	40 Barbara Haigh L65 71	40 Barbara Haigh L65 40	40 Peter Claydon M45 55	50 47 » » » »	152	152														
41 Chris Charlesworth M35 50	41 Daniel Hague M 60	41 Sue Higham L60 40	41 Sue Charlesworth L50 43	38 36 30 » » » »	147	147														
42 Jane Foster L60 49	42 Richard Sunman M45 59	42 Karen Schofield L50 36	42 Helen Goulding L 44	42 37 23 » » » »	146	146														
43 Tim Webster M35 48	43 Martin Ball M40 58		42 Barbara Haigh L65 40	40 35 31 » » » »	146	146														
44 Brent Lindsay M50 48	44 Mick Quinn M50 55		44 Paul Gee M45 51	50 43 » » » »	144	144														
45 Sarah Jones-Morris L40 47	45 Tim Brooke M40 52		45 Denise Pozorski L45 37	32 27 25 19 » » » »	140	140														
46 David Lindop M55 45	46 Simon Pike M 51		46 Jill Davis L60 35	31 28 20 15 » » » »	129	129														
47 Bernice Nixon L55 43	47 John Howsham M45 49		46 Chris Charlesworth M35 50	40 39 » » » »	129	129														
48 Alison Nockels L45 42	48 Jane Foster L60 47		48 Matt Goulding M 47	40 33 » » » »	120	120														
49 Valentina Wright L40 41	49 Pete Stanley M55 46		48 Andrew Heppenstall M 60	60 » » » »	120	120														
50 Bob Innes M60 41	50 Brian Bradder M35 45		50 Daniel Hague M 60	59 » » » »	119	119														

Tie-break rule has been applied

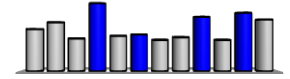
Tie-break rule has been applied

Tie-break rule has been applied



Championship
2014

Cross Country section



29/03/2014 Silkstone Shuffle

18/06/2014 Oughtibridge Chase

28/09/2014 Penistone Hill Race

29/11/2014 Silkstone Shuffle

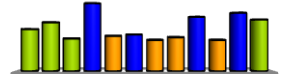
1st	Darren Newbould	Hallamshire	26:05		
1st	Pauline Griffin	Manchester Tri	30:49		
	Name	Cat	Pts	Time	↓
1	Daniel Hague	M	60	27:33	106%
2	Richard Sunman	M45	59	28:12	108%
3	Phil Hinchliffe	M40	58	28:35	110%
4	Richard Mackie	M40	57	28:39	110%
5	Jon Waller	M	56	28:43	110%
6	Mick Quinn	M50	55	28:46	110%
7	Steve Sanders	M40	54	28:52	111%
8	Martin Cooper	M45	53	29:51	114%
9	Ian Charlesworth	M50	52	30:40	118%
10	Jim Bell	M50	51	31:04	119%
11	Peter Claydon	M45	50	31:16	120%
12	Martin Booth	M50	49	31:23	120%
13	Julian Williams	M45	48	31:30	121%
14	Mark Riordan	M35	47	32:32	125%
15	Steve Dickinson	M45	46	32:43	125%
16	Alan Knox	M60	45	33:00	127%
17	Chris Deacon	M45	44	33:02	127%
18	Paul Gee	M45	43	33:05	127%
19	Brent Lindsay	M50	42	33:12	127%
20	Gary Dean	M40	41	34:07	131%
21	Geoff Dimelow	M55	40	34:44	133%
22	Stuart Woodhead	M55	39	35:28	136%
23	Trish Mellor	L50	38	35:44	116%
24	Wayne Blackburn	M40	37	35:51	137%
25	Lesley Latchem	L35	36	36:09	117%
26	Dean Allcroft	M40	35	36:13	139%
27	Paul Fryers	M45	34	36:33	140%
28	Matt Goulding	M	33	36:51	141%
29	Keith Gordon	M65	32	37:18	143%
30	Dave Needham	M65	31	37:20	143%
31	Julie Moxon	L40	30	38:07	124%
32	Dave Foster	M60	29	38:19	147%
33	Joanne Shelbourne	L40	28	38:23	125%
34	Sarah Mann	L45	27	38:53	126%
35	Maxine Deacon	L45	26	39:04	127%
36	Bernice Nixon	L55	25	39:34	128%
37	Bob Innes	M60	24	39:43	152%
38	Helen Goulding	L	23	40:00	130%
39	Sophie Pogorzelec	L	22	40:23	131%
40	Ray Brown	M70	21	41:21	159%
41	Jane Cockerton	L50	20	42:04	137%
42	Annie Lightowler	L40	19	42:41	139%
43	Martyn Cartwright	M65	18	44:30	171%
44	Sue Higham	L60	17	44:48	145%
45	John Spencer	M55	16	46:59	180%
46	Jill Davis	L60	15	48:04	156%
47	May Williams	L	14	51:07	166%
48	Jane Foster	L60	13	56:13	182%
49	Gareth Darby	M	12	56:53	218%
50	Caroline Dean	L35	11	61:13	199%

	Name	Cat	Pts	Time	↓
	Andy Swift	M	60	21:00	100%
	Jon Waller	M	59	24:19	116%
	Steve Sanders	M40	58	24:35	117%
	Richard Mackie	M40	57	25:06	120%
	Martin Booth	M50	56	26:11	125%
	Gary Dean	M40	55	26:42	127%
	Mark Riordan	M35	54	26:49	128%
	Steve Dickinson	M45	53	27:32	131%
	Martin Cooper	M45	52	29:07	139%
	Alan Knox	M60	51	29:18	140%
	Stuart Woodhead	M55	50	29:49	142%
	Geoff Dimelow	M55	49	30:04	143%
	Dean Allcroft	M40	48	30:36	146%
	Rachel Fox	L	47	32:03	111%
	Dave Needham	M65	46	32:05	153%
	Paul Fryers	M45	45	33:16	158%
	Dave Foster	M60	44	33:24	159%
	Sophie Pogorzelec	L	43	33:33	117%
	Bob Innes	M60	42	33:58	162%
	Jane Cockerton	L50	41	34:01	118%
	Barbara Haigh	L65	40	34:18	119%
	Ray Brown	M70	39	35:26	169%
	Annie Lightowler	L40	38	36:45	128%
	Sue Higham	L60	37	38:22	133%
	John Spencer	M55	36	39:00	186%
	Jill Davis	L60	35	41:31	144%
	Jane Foster	L60	34	50:04	174%

	Name	Cat	Pts	Time	↓
	Clive Fitzpatrick	Stockport	43:52		
	Caitlin Rice	Glossopdale	49:14		
	Andy Swift	M	60	46:00	105%
	Steve Sanders	M40	59	49:58	114%
	Martin Ball	M40	58	51:14	117%
	Robin Clough	M40	57	51:32	117%
	Ian Charlesworth	M50	56	51:49	118%
	Jim Bell	M50	55	52:18	119%
	Matthew Marsh	M	54	53:42	122%
	Martin Booth	M50	53	54:35	124%
	Julian Williams	M45	52	55:08	126%
	Simon Pike	M	51	56:04	128%
	Steve Dickinson	M45	50	56:13	128%
	John Howsham	M45	49	56:34	129%
	Gary Dean	M40	48	56:59	130%
	Lesley Latchem	L35	47	57:19	116%
	Brent Lindsay	M50	46	59:13	135%
	Brian Bradder	M35	45	59:27	136%
	Alan Knox	M60	44	60:07	137%
	Stuart Woodhead	M55	43	60:35	138%
	Trish Mellor	L50	42	62:18	127%
	Sarah Jones-Morris	L40	41	62:49	128%
	Rachel Fox	L	40	63:09	128%
	Chris Charlesworth	M35	39	63:19	144%
	Geoff Dimelow	M55	38	63:33	145%
	Nick Whittingham	M55	37	64:04	146%
	Mel Lofts	L	36	64:59	132%
	Sarah Sykes	L40	35	65:13	132%
	Bernice Nixon	L55	34	66:59	136%
	Bob Innes	M60	33	68:23	156%
	Sarah Halstead	L45	32	68:33	139%
	Barbara Haigh	L65	31	68:52	140%
	Sue Charlesworth	L50	30	70:39	144%
	Ray Brown	M70	29	71:02	162%
	Heather Atkinson	L	28	71:21	145%
	Sophie Pogorzelec	L	27	72:09	147%
	Jane Cockerton	L50	26	73:04	148%
	Sarah Clough	L40	25	73:45	150%
	Sue Higham	L60	24	77:37	158%
	Annie Lightowler	L40	23	78:21	159%
	Jackie Armitage	L45	22	85:23	173%
	John Spencer	M55	21	88:25	202%

	Name	Cat	Pts	Time	↓
	Andy Swift	Penistone	26:23		
	Helen Beck	Wakefield H	30:40		
	Andy Swift	M	60	26:23	100%
	Jon Waller	M	59	28:21	107%
	Richard Mackie	M40	58	28:31	108%
	Steve Sanders	M40	57	28:41	109%
	Robin Clough	M40	56	28:50	109%
	Ian Charlesworth	M50	55	30:06	114%
	Phil Hinchliffe	M40	54	30:22	115%
	Gary Dean	M40	53	31:17	119%
	Tim Brooke	M40	52	31:26	119%
	Jim Bell	M50	51	31:51	121%
	Martin Booth	M50	50	31:54	121%
	Martin Cooper	M45	49	32:31	123%
	Matthew Marsh	M	48	32:40	124%
	Peter Claydon	M45	47	32:46	124%
	Pete Stanley	M55	46	33:12	126%
	Chris Deacon	M45	45	33:24	127%
	Lesley Latchem	L35	44	33:57	111%
	Alan Knox	M60	43	34:33	131%
	Charles Halstead	M40	42	34:52	132%
	Steve Dickinson	M45	41	35:00	133%
	Chris Charlesworth	M35	40	35:09	133%
	Samantha Shaw	L	39	35:27	116%
	Heather Parkin	L35	38	35:36	116%
	Stuart Woodhead	M55	37	37:03	140%
	Nick Whittingham	M55	36	37:10	141%
	Paul Fryers	M45	35	37:11	141%
	Alison Nockels	L45	34	37:48	123%
	Bernice Nixon	L55	33	37:50	123%
	Geoff Dimelow	M55	32	37:53	144%
	Alison Cooper	L40	31	38:15	125%
	Ian Wragg	M50	30	38:24	146%
	Shaun Walker	M45	29	39:02	148%
	Dave Needham	M65	28	39:45	151%
	Rachel Fox	L	27	40:22	132%
	Sophie Pogorzelec	L	26	40:44	133%
	Jane Cockerton	L50	25	41:08	134%
	Bob Innes	M60	24	45:43	173%
	Annie Lightowler	L40	23	46:08	150%
	Karen Feetham	L40	22	46:19	151%
	John Spencer	M55	21	48:38	184%
	Jill Davis	L60	20	48:40	159%
	Denise Pozorski	L45	19	50:02	163%
	Jan Pozorski	M70	18	52:14	198%

Analysis of race results



		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)																	
		Mellham 10K	Wombwell 5	Norton 9	Silkestone Shuffle	Castleton Fell Race	Oughthorpe Chase	Barnford	Denis Stitt Memorial	Penistone Hill Race	Cup Hill Fell Race	Silkestone Shuffle	Denby Dale Travellers 6	Total	1	2	3	4	5	6	7	8	Total	1	2	3	4	Total	1	2	3	4	Total	%	(± %)						
Richard Mackie	M40	59		58	57	57	57	58			59	58	58	521	59	59	58	58	58	58	57	57	464	59	58	58	175	58	57	57	172	59	58	57	174	⇒	⇒	113%	(±7%)		
Steve Sanders	M40	58	56	56	54	56	58	57	59	59	58	57	56	684	59	59	58	58	58	57	57	56	462	58	56	56	170	59	58	57	54	174	59	58	57	56	174	⇒	⇒	117%	(±10%)
Martin Cooper	M45	56	57	57	53	52	52	55			49			431	57	57	56	55	53	52	52	49	431	57	57	56	170	53	52	49	154	55	52		107	⇒	⇒	125%	(±17%)		
Steve Dickinson	M45	50	51		46	54	53	53	56	50	41	53	507	56	54	53	53	53	51	50	50	420	53	51	50	154	53	50	46	41	149	56	54	53	163	⇒	⇒	131%	(±9%)		
Alan Knox	M60	52	52	52	45	50	51	50	51	44	51	43	52	593	52	52	52	52	51	51	51	45	406	52	52	52	156	51	45	44	43	140	51	51	50	50	152	⇒	⇒	136%	(±15%)
Lesley Latchem	L35	49	46		36				53	47	53	44	51	379	53	53	51	49	47	46	44	36	379	51	49	46	146	47	44	36	127	53	53		106	⇒	⇒	120%	(±10%)		
Geoff Dimelow	M55	41	42	48	40	47	49	47	48	38	47	32	34	513	49	48	48	47	47	47	42	40	368	48	42	41	131	49	40	38	32	127	48	47	47	142	⇒	⇒	147%	(±13%)	
Nick Whittingham	M55	46	44	49		45			50	37	48	36	49	404	50	49	49	48	46	45	37	36	360	49	49	46	144	37	36		73	50	48	45	143	⇒	⇒	144%	(±13%)		
Paul Fryers	M45	45	38	46	34	44	45	45	45	45		35	44	421	46	45	45	45	45	44	44	35	349	46	45	44	135	45	35	34	114	45	45	44	134	⇒	⇒	149%	(±12%)		
Rachel Fox	L	40	39	45		41	47		40	45	27	46	370	47	46	45	45	41	40	40	39	343	46	45	40	131	47	40	27	114	45	41		86	⇒	⇒	130%	(±18%)			
Dave Needham	M65	43	49	51	31	38	46		42	28	39	367	344	51	49	46	43	42	39	38	31	339	51	49	43	143	46	31	28	105	42	38		80	⇒	⇒	152%	(±26%)			
Sophie Pogorzelec	L	37	32	41	22	36	43	42	38	27		26	344	43	42	41	38	37	36	32	27	296	41	37	32	110	43	27	26	22	96	42	38	36	116	⇒	⇒	140%	(±24%)		
Annie Lightowler	L40	35	31	39	19	35	38	39	37	23	39	23	32	390	39	39	39	38	37	35	35	23	285	39	35	32	106	38	23	23	19	84	39	39	37	35	115	⇒	⇒	149%	(±21%)
Ray Brown	M70	36	33	42	21	39	39	40	29				279	42	40	39	39	36	33	29	21	279	42	36	33	111	39	29	21	89	40	39		79	⇒	⇒	164%	(±12%)			
John Spencer	M55	34	30		16	36	38		21	38	21	26	260	38	38	36	34	30	26	21	21	244	34	30	26	90	36	21	21	16	78	38	38		76	⇒	⇒	186%	(±28%)		
Andy Swift	M				60	60	60	60	60	60	60	60	420	60	60	60	60	60				360					60	60	60	180	60	60	60	60	180	⇒	⇒	102%	(±3%)		
Brent Lindsay	M50				42	53		52	54	46	50	48	345	54	53	52	50	48	46	42		345	48			48	46	42		88	54	53	52	50	159	⇒	⇒	136%	(±9%)		
Ian Charlesworth	M50				52		56	58	56	57	55		334	58	57	56	56	55	52			334					56	55	52	163	58	57	56	171	⇒	⇒	118%	(±4%)			
Martin Booth	M50	53	53	54	49	56		53	50			368	56	54	53	53	53	50				319	54	53	53	160	56	53	50	49	159					⇒	⇒	124%	(±9%)		
Gary Dean	M40		54		41	55		48	53	57		308	57	55	54	53	48	41				308	57	54		111	55	53	48	41	156					⇒	⇒	126%	(±10%)		
Stuart Woodhead	M55				39	48	50	51	52	43	52	37	372	52	52	51	50	48	43			296					50	43	39	37	132	52	52	51	48	155	⇒	⇒	141%	(±11%)	
Heather Atkinson	L	39	43	40		43	46	44	28			283	46	44	43	43	40	39	28			283	43	40	39	122	28			28	46	44	43	133	⇒	⇒	137%	(±9%)			
Sarah Jones-Morris	L40				49	48	49	41	44		47	278	49	49	48	47	44	41				278	47			47	41			41	49	49	48	44	146	⇒	⇒	128%	(±11%)		
Tim Brooke	M40	55	55	55					55	52		272	55	55	55	55	52					272	55	55	55	165	52			52	55			55	⇒	⇒	122%	(±10%)			
Dave Foster	M60		35		29	42	44	43	43			33	269	44	43	43	42	35	33	29		269	35	33		68	44	29		73	43	43	42	128	⇒	⇒	158%	(±11%)			
Trish Mellor	L50	48	45		38		46	42	49			268	49	48	46	45	42	38				268	48	45		93	42	38		80	49	46		95	⇒	⇒	127%	(±11%)			
Jane Cockerton	L50				20	37	41	41	39	26	41	25	38	308	41	41	41	39	38	37	26	263	38			38	41	26	25	20	92	41	41	39	37	121	⇒	⇒	140%	(±22%)	
Mark Riordan	M35	54		53	47	54					54	262	54	54	54	53	47					262	54	54	53	161	54	47		101					⇒	⇒	125%	(±4%)			
Bob Innes	M60				24	42	44	41	33	24	41	249	44	42	41	41	33	24	24			249	41			41	42	33	24	24	99	44	41		85	⇒	⇒	157%	(±16%)		
Jon Waller	M		60		56	59			59			234	60	59	59	56						234	60			60	59	59	56	174					⇒	⇒	113%	(±7%)			
Sue Higham	L60	33	29	38	17	37			24	40	29	247	40	38	37	33	29	29	24			230	38	33	29	100	37	24	17	78	40			40	⇒	⇒	152%	(±19%)			
Phil Hinchliffe	M40	59	59	58					54			230	59	59	58	54						230	59	59		118	58	54		112					⇒	⇒	115%	(±7%)			
Dean Allcroft	M40	47	47	50	35	48						227	50	48	47	47	35					227	50	47	47	144	48	35		83					⇒	⇒	141%	(±7%)			
Bernice Nixon	L55				25	40		47	34	33	43	222	47	43	40	34	33	25				222	43			43	34	33	25	92	47	40		87	⇒	⇒	132%	(±10%)			
Pete Stanley	M55				55		57	54	46			212	57	55	54	46						212					46			46	57	55	54	166	⇒	⇒	130%	(±4%)			
Robin Clough	M40						57	56	59			172	59	57	56							172	59			59	57	56		113					⇒	⇒	112%	(±5%)			
John Howsham	M45				54	55	49					158	55	54	49							158					49			49	55	54		109	⇒	⇒	130%	(±1%)			
Ian Wragg	M50	44		43					30	40	157	157	44	43	40	30						157	44	43	40	127	30			30					⇒	⇒	146%	(±7%)			
Jim Bell	M50				51			55	51			157	55	51	51							157					55	51	51	157					⇒	⇒	120%	(±1%)			
Peter Claydon	M45				50				47	55	152	152	55	50	47							152	55			55	50	47		97					⇒	⇒	122%	(±3%)			
Sue Charlesworth	L50	38	36					30	43			147	43	38	36	30						147	38	36		74	30			30	43			43	⇒	⇒	141%	(±3%)			
Helen Goulding	L	42	37	44	23							146	44	42	37	23						146	44	42	37	123	23			23					⇒	⇒	133%	(±5%)			
Barbara Haigh	L65				40		40	31		35	146	146	40	40	35	31						146	35			35	40	31		71	40			40	⇒	⇒	136%	(±17%)			
Paul Gee	M45	51	50	43								144	51	50	43							144	51	50		101	43			43					⇒	⇒	131%	(±10%)			
Denise Pozorski	L45	32	27	37					19	25	140	140	37	32	27	25	19					140	37	32																	

