



Penistone Footpath Runners & AC Club Championship 2015

Overall Championship – Final Standings

16 men and 3 ladies qualified for the Overall Championship

To qualify, runners completed 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	Shaun Dimelow	MV40	10	540	1	Rachel Fox	F Senior	9	368
2	Daren Nockels	MV45	9	531	2	Barbara Haigh	FV65	10	304
3	Robin Clough	MV40	9	524	3	Annie Lightowler	FV40	12	297
4	Simon Pike	MV35	14	505	4	Lesley Latchem	FV35	7	346
5	Paul Gee	MV45	12	470	5	Susan Charlesworth	FV50	8	268
6	Alan Knox	MV60	10	452	6	Alison Nockels	FV50	7	262
7	Steve Dickinson	MV50	10	442	7	Julia Johnson	FV50	5	239
8	Kelvin Bowskill	MV60	15	438	8	Jane Cockerton	FV50	7	204
9	Dean Allcroft	MV45	11	395	9	Susan Higham	FV65	8	202
10	Paul Fryers	MV45	13	392	10	Heather Atkinson	F Senior	5	178
11	Geoff Dimelow	MV60	15	383	11	Denise Pozorski	FV50	6	164
12	Nick Whittingham	MV60	10	374	12	Rachel Jarvis	FV40	5	151
13	Stuart Woodhead	MV55	10	371	13	Andrea Henson	FV40	4	129
14	Ray Brown	MV70	11	303	14	Sarah Jones-Morris	FV40	3	128
15	John Spencer	MV55	10	251	15	Heather Parkin	FV35	3	125
16	Stuart Smith	MV55	9	237	16	Sarah Plummer	FV45	3	109
17	Tim Brooke	MV40	9	436	17	Emma Stead	FV35	3	103
18	Martin Ball	MV40	7	395	18	Sarah Walch	FV35	3	94
19	Wayne Parkinson	MV50	7	324	19	Sally Smith	FV35	2	93
20	Chris Charlesworth	MV35	7	323	20	Dawn Broom	FV50	2	86
21	Gary Dean	MV40	6	309	21	Emily Duckett	F Senior	2	79
22	Mark Riordan	MV40	6	290	22	Julie Moxon	FV45	2	78
23	Keith Gordon	MV65	8	289	23	Laura Gill	F Senior	2	75
24	Richard Mackie	MV40	5	284	24	Alison Cooper	FV45	2	69
25	Christopher Deacon	MV50	6	264	25	Jill Davis	FV60	2	68
26	Martin Booth	MV50	5	252	26	Faye Williams	FV40	2	68
27	David Foster	MV60	8	246	27	Susan Beevers	FV55	3	68
28	David Needham	MV65	8	244	28	Valentina Wright	FV40	2	66
29	Ian Charlesworth	MV50	4	224	29	Nicky Spinks	FV45	1	52
30	Pete Stanley	MV55	5	223	30	Sophie Billington	FV35	2	52
31	Bob Innes	MV60	6	212	31	Sarah Halstead	FV45	2	50
32	John Howsham	MV50	4	203	32	Bernice Nixon	FV60	1	48
33	Gary Briscoe	M Senior	4	200	33	Trish Mellor	FV55	2	48
34	Peter Claydon	MV45	4	197	34	Elizabeth Deacon	F Junior	1	43
35	Andrew Heppenstall	M Senior	3	176	35	Hope Claydon	F Junior	1	42
36	Steve Sanders	MV40	3	174	36	Maxine Deacon	FV45	2	42
37	Phil Hinchliffe	MV40	3	171	37	Annie Helliwell	F Senior	1	40
38	Robert Lees	MV35	3	163	38	Samantha Shaw	F Senior	1	35
39	Brent Lindsay	MV50	3	133	39	Jess Womersley	F Senior	1	31
40	Brett Barraclough	MV40	3	125	40	Jude Matthews	F Senior	2	30
41	Damian Kilpin	MV35	2	118	41	Jane Foster	FV60	1	28
42	Daniel Hague	M Senior	2	118	42	Helen Goulding	F Senior	1	28
43	Jon Waller	MV35	2	116	43	Jill Carlton	FV35	1	23

Men	Category	Races	Points	
44	Antony Wright	MV45	2	113
45	Andrew Shelbourne	MV45	2	110
46	Jim Bell	MV50	2	107
47	Nick Morris	MV35	2	101
48	Daniel Limb	M Senior	3	101
49	Martin Cooper	MV45	2	99
50	Peter Knight	MV40	2	94
51	Jason Steele	M Senior	2	93
52	Martyn Cartwright	MV65	2	84
53	Jan Pozorski	MV70	3	73
54	Bryan Hague	MV55	2	65
55	Andy Swift	M Senior	1	60
56	Colin Porteous	MV55	2	58
57	Matthew Robinson	MV45	1	58
58	Lee Storey	MV35	1	58
59	Tim Webster	MV40	1	57
60	James Pierce	MV35	1	57
61	Ryan Duckett	MV35	1	56
62	Steve Storey	MV55	1	55
63	Simon Rippon	MV50	1	55
64	Richard Heppenstall	MV40	1	55
65	Steven Stead	MV35	1	54
66	Charles Halstead	MV45	1	51
67	Jonathan Bentley	MV45	1	51
68	Julian Williams	MV45	1	48
69	Tom Fryers	M Junior	1	45
70	Damien Briscoe	M Senior	1	42
71	Matthew Goulding	M Senior	1	41
72	Ian Wragg	MV55	2	33
73	Matthew Coldwell	MV35	1	32
74	Kenny Rowe	MV60	1	29
75	Neil Pearson	MV45	1	17
76	Norman Cole	MV70	1	16
77	Peter Cross	MV60	1	5
78	Gary Partridge	MV40	1	5

Ladies	Category	Races	Points	
44	Teresa Wall	FV55	1	18
45	Jane Pearson	FV50	1	5
46	Jacqueline Armitage	FV50	1	5
47	Julie Robinson	FV45	1	5
48	Lorraine Mackie	FV40	1	5
49	Jane Partridge	FV40	1	5
50	Kirstie Rickerby	FV35	1	5
51	May Williams	F Senior	1	5

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 2015

Road Section – Final Standings

22 men and 10 ladies qualified for the Road Championship

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

Men	Category	Races	Points	Ladies	Category	Races	Points		
1	Shaun Dimelow	MV40	3	180	1	Alison Nockels	FV50	4	121
2	Daren Nockels	MV45	4	179	2	Rachel Fox	F Senior	3	116
3	Andrew Heppenstall	M Senior	3	176	3	Emma Stead	FV35	3	103
4	Robin Clough	MV40	3	174	4	Heather Atkinson	F Senior	3	101
5	Martin Ball	MV40	4	171	5	Annie Lightowler	FV40	5	101
6	Simon Pike	MV35	5	167	6	Susan Charlesworth	FV50	4	97
7	Tim Brooke	MV40	5	165	7	Susan Higham	FV65	4	82
8	Gary Dean	MV40	3	158	8	Denise Pozorski	FV50	3	73
9	Mark Riordan	MV40	3	149	9	Susan Beevers	FV55	3	68
10	Paul Gee	MV45	3	149	10	Jane Cockerton	FV50	3	66
11	Kelvin Bowskill	MV60	5	144	11	Julia Johnson	FV50	2	96
12	Steve Dickinson	MV50	3	137	12	Sally Smith	FV35	2	93
13	Dean Allcroft	MV45	5	135	13	Heather Parkin	FV35	2	87
14	Pete Stanley	MV55	3	126	14	Emily Duckett	F Senior	2	79
15	Stuart Woodhead	MV55	4	126	15	Julie Moxon	FV45	2	78
16	Paul Fryers	MV45	5	126	16	Alison Cooper	FV45	2	69
17	Geoff Dimelow	MV60	5	118	17	Faye Williams	FV40	2	68
18	Keith Gordon	MV65	4	108	18	Andrea Henson	FV40	2	59
19	Ray Brown	MV70	4	99	19	Sophie Billington	FV35	2	52
20	John Spencer	MV55	5	91	20	Trish Mellor	FV55	2	48
21	Stuart Smith	MV55	4	89	21	Rachel Jarvis	FV40	2	47
22	David Needham	MV65	3	83	22	Barbara Haigh	FV65	2	40
23	Robert Lees	MV35	2	108	23	Sarah Plummer	FV45	1	39
24	Alan Knox	MV60	2	102	24	Dawn Broom	FV50	1	38
25	Martin Booth	MV50	2	100	25	Samantha Shaw	F Senior	1	35
26	Martin Cooper	MV45	2	99	26	Jill Davis	FV60	1	31
27	Gary Briscoe	M Senior	2	98	27	Jane Foster	FV60	1	28
28	Peter Claydon	MV45	2	97	28	Helen Goulding	F Senior	1	28
29	Peter Knight	MV40	2	94	29	Valentina Wright	FV40	1	26
30	Wayne Parkinson	MV50	2	92	30	Jill Carlton	FV35	1	23
31	Chris Charlesworth	MV35	2	90	31	Sarah Halstead	FV45	1	18
32	Nick Whittingham	MV60	2	76	32	Jude Matthews	F Senior	1	9
33	Damian Kilpin	MV35	1	59	33	Maxine Deacon	FV45	1	8
34	Colin Porteous	MV55	2	58	34	Debra Cable	FV50	1	5
35	Richard Mackie	MV40	1	58	35	Jane Pearson	FV50	1	5
36	Jan Pozorski	MV70	2	57	36	Jacqueline Armitage	FV50	1	5
37	Antony Wright	MV45	1	56	37	Julie Robinson	FV45	1	5
38	Ryan Duckett	MV35	1	56	38	Lorraine Mackie	FV40	1	5
39	Phil Hinchliffe	MV40	1	55	39	Jane Partridge	FV40	1	5
40	Richard Heppenstall	MV40	1	55	40	Kirstie Rickerby	FV35	1	5
41	Steven Stead	MV35	1	54	41	May Williams	F Senior	1	5
42	Bob Innes	MV60	2	53					
43	John Howsham	MV50	1	53					
44	Jonathan Bentley	MV45	1	51					

Men	Category	Races	Points	
45	Nick Morris	MV35	1	50
46	Julian Williams	MV45	1	48
47	Tom Fryers	M Junior	1	45
48	Damien Briscoe	M Senior	1	42
49	Matthew Goulding	M Senior	1	41
50	Jason Steele	M Senior	1	40
51	Martyn Cartwright	MV65	1	38
52	David Foster	MV60	2	38
53	Daniel Limb	M Senior	1	37
54	Ian Wragg	MV55	2	33
55	Kenny Rowe	MV60	1	29
56	Bryan Hague	MV55	1	29
57	Neil Pearson	MV45	1	17
58	Norman Cole	MV70	1	16
59	Christopher Deacon	MV50	1	8
60	Peter Cross	MV60	1	5
61	Gary Partridge	MV40	1	5

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 2015

Cross country Section – Final Standings

23 men and 5 ladies qualified for the Cross country Championship

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

Men	Category	Races	Points	Ladies	Category	Races	Points
1 Shaun Dimelow	MV40	4	180	1 Lesley Latchem	FV35	3	139
2 Daren Nockels	MV45	3	176	2 Rachel Fox	F Senior	3	123
3 Robin Clough	MV40	4	175	3 Barbara Haigh	FV65	5	112
4 Simon Pike	MV35	5	168	4 Annie Lightowler	FV40	4	104
5 Tim Brooke	MV40	3	166	5 Denise Pozorski	FV50	3	91
6 Paul Gee	MV45	4	157	6 Julia Johnson	FV50	2	91
7 Christopher Deacon	MV50	3	153	7 Alison Nockels	FV50	2	76
8 Alan Knox	MV60	5	153	8 Jane Cockerton	FV50	2	62
9 Martin Booth	MV50	3	152	9 Susan Higham	FV65	2	54
10 Gary Dean	MV40	3	151	10 Nicky Spinks	FV45	1	52
11 Steve Dickinson	MV50	4	145	11 Dawn Broom	FV50	1	48
12 Kelvin Bowskill	MV60	5	139	12 Valentina Wright	FV40	1	40
13 Wayne Parkinson	MV50	3	136	13 Susan Charlesworth	FV50	1	39
14 Dean Allcroft	MV45	3	133	14 Sarah Jones-Morris	FV40	1	39
15 Paul Fryers	MV45	4	126	15 Heather Parkin	FV35	1	38
16 Brett Barraclough	MV40	3	125	16 Heather Atkinson	F Senior	1	38
17 Nick Whittingham	MV60	4	125	17 Laura Gill	F Senior	1	34
18 Geoff Dimelow	MV60	5	123	18 Rachel Jarvis	FV40	1	33
19 Stuart Woodhead	MV55	3	121	19 Sarah Halstead	FV45	1	32
20 David Foster	MV60	4	99	20 Jess Womersley	F Senior	1	31
21 Ray Brown	MV70	4	92	21 Sarah Plummer	FV45	1	28
22 John Spencer	MV55	3	88	22 Sarah Walch	FV35	1	27
23 Stuart Smith	MV55	3	80	23 Teresa Wall	FV55	1	18
24 Daniel Hague	M Senior	2	118				
25 Richard Mackie	MV40	2	112				
26 Martin Ball	MV40	2	110				
27 Jim Bell	MV50	2	107				
28 John Howsham	MV50	2	99				
29 Mark Riordan	MV40	2	89				
30 Chris Charlesworth	MV35	2	85				
31 Brent Lindsay	MV50	2	84				
32 Bob Innes	MV60	2	79				
33 Keith Gordon	MV65	2	77				
34 David Needham	MV65	2	60				
35 Damian Kilpin	MV35	1	59				
36 Matthew Robinson	MV45	1	58				
37 Jon Waller	MV35	1	58				
38 Antony Wright	MV45	1	57				
39 Phil Hinchliffe	MV40	1	57				
40 Steve Sanders	MV40	1	57				
41 Robert Lees	MV35	1	55				
42 Jason Steele	M Senior	1	53				
43 Nick Morris	MV35	1	51				
44 Pete Stanley	MV55	1	47				

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.

Men		Category	Races	Points
45	Gary Briscoe	M Senior	1	46
46	Bryan Hague	MV55	1	36
47	Matthew Coldwell	MV35	1	32
48	Daniel Limb	M Senior	1	23
49	Jan Pozorski	MV70	1	16

Ladies		Category	Races	Points
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Penistone Footpath Runners & AC Club Championship 2015

Fell Section – Final Standings

15 men and 5 ladies qualified for the Fell Championship

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

Men	Category	Races	Points	Ladies	Category	Races	Points
1 Shaun Dimelow	MV40	3	180	1 Lesley Latchem	FV35	4	162
2 Simon Pike	MV35	4	170	2 Rachel Fox	F Senior	3	129
3 Ian Charlesworth	MV50	4	170	3 Barbara Haigh	FV65	3	124
4 Paul Gee	MV45	5	161	4 Susan Charlesworth	FV50	3	113
5 Steve Dickinson	MV50	3	155	5 Annie Lightowler	FV40	3	92
6 Kelvin Bowskill	MV60	5	150	6 Sarah Jones-Morris	FV40	2	89
7 Alan Knox	MV60	3	148	7 Jane Cockerton	FV50	2	76
8 Chris Charlesworth	MV35	3	148	8 Rachel Jarvis	FV40	2	71
9 Paul Fryers	MV45	4	138	9 Andrea Henson	FV40	2	70
10 Nick Whittingham	MV60	4	136	10 Sarah Walch	FV35	2	67
11 Geoff Dimelow	MV60	5	136	11 Susan Higham	FV65	2	61
12 Dean Allcroft	MV45	3	125	12 Julia Johnson	FV50	1	52
13 Stuart Woodhead	MV55	3	124	13 Bernice Nixon	FV60	1	48
14 Ray Brown	MV70	3	112	14 Alison Nockels	FV50	1	43
15 David Needham	MV65	3	101	15 Elizabeth Deacon	F Junior	1	43
16 Robin Clough	MV40	2	119	16 Sarah Plummer	FV45	1	42
17 Daren Nockels	MV45	2	118	17 Hope Claydon	F Junior	1	42
18 Steve Sanders	MV40	2	117	18 Laura Gill	F Senior	1	41
19 Richard Mackie	MV40	2	114	19 Annie Helliwell	F Senior	1	40
20 Andrew Shelbourne	MV45	2	110	20 Heather Atkinson	F Senior	1	39
21 Christopher Deacon	MV50	2	103	21 Jill Davis	FV60	1	37
22 Peter Claydon	MV45	2	100	22 Maxine Deacon	FV45	1	34
23 Wayne Parkinson	MV50	2	96	23 Jude Matthews	F Senior	1	21
24 Bob Innes	MV60	2	80				
25 David Foster	MV60	2	80				
26 Keith Gordon	MV65	2	77				
27 Stuart Smith	MV55	2	62				
28 Andy Swift	M Senior	1	60				
29 Phil Hinchliffe	MV40	1	59				
30 Jon Waller	MV35	1	58				
31 Lee Storey	MV35	1	58				
32 Martin Ball	MV40	1	57				
33 John Spencer	MV55	2	57				
34 Tim Webster	MV40	1	57				
35 James Pierce	MV35	1	57				
36 Gary Briscoe	M Senior	1	56				
37 Steve Storey	MV55	1	55				
38 Simon Rippon	MV50	1	55				
39 Tim Brooke	MV40	1	52				
40 Mark Riordan	MV40	1	52				
41 John Howsham	MV50	1	51				
42 Charles Halstead	MV45	1	51				
43 Pete Stanley	MV55	1	50				
44 Brent Lindsay	MV50	1	49				
45 Daniel Limb	M Senior	1	41				

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 2015

Summary of category qualifiers and final placings

Senior Men

Road	Champion	Andrew Heppenstall
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Senior Ladies

Overall	Champion	Rachel Fox
Road	Champion	Rachel Fox
	Runner-up	Heather Atkinson
Cross country	Champion	Rachel Fox
Fell	Champion	Rachel Fox

Vet 35 Men

Overall	Champion	Simon Pike
Road	Champion	Simon Pike
Cross country	Champion	Simon Pike
Fell	Champion	Simon Pike
	Runner-up	Chris Charlesworth

Vet 35 Ladies

Road	Champion	Emma Stead
Cross country	Champion	Lesley Latchem
Fell	Champion	Lesley Latchem

Vet 40 Men

Overall	Champion	Shaun Dimelow
	Runner-up	Robin Clough
Road	Champion	Shaun Dimelow
	Runner-up	Robin Clough
	3rd	Martin Ball
	4th	Tim Brooke
	5th	Gary Dean
	6th	Mark Riordan
Cross country	Champion	Shaun Dimelow
	Runner-up	Robin Clough
	3rd	Tim Brooke
	4th	Gary Dean
	5th	Brett Barraclough
Fell	Champion	Shaun Dimelow

Vet 40 Ladies

Overall	Champion	Annie Lightowler
Road	Champion	Annie Lightowler
Cross country	Champion	Annie Lightowler
Fell	Champion	Annie Lightowler

Vet 45 Men

Overall	Champion	Daren Nockels
	Runner-up	Paul Gee
	3rd	Dean Allcroft
	4th	Paul Fryers
Road	Champion	Daren Nockels
	Runner-up	Paul Gee
	3rd	Dean Allcroft
	4th	Paul Fryers
Cross country	Champion	Daren Nockels
	Runner-up	Paul Gee
	3rd	Dean Allcroft
	4th	Paul Fryers
Fell	Champion	Paul Gee
	Runner-up	Paul Fryers
	3rd	Dean Allcroft

Vet 45 Ladies

Vet 50 Men

Overall	Champion	Steve Dickinson
Road	Champion	Steve Dickinson
Cross country	Champion Runner-up 3rd 4th	Christopher Deacon Martin Booth Steve Dickinson Wayne Parkinson
Fell	Champion Runner-up	Ian Charlesworth Steve Dickinson

Vet 50 Ladies

Road	Champion Runner-up 3rd 4th	Alison Nockels Susan Charlesworth Denise Pozorski Jane Cockerton
Cross country	Champion	Denise Pozorski
Fell	Champion	Susan Charlesworth

Vet 55 Men

Overall	Champion Runner-up 3rd	Stuart Woodhead John Spencer Stuart Smith
Road	Champion Runner-up 3rd 4th	Pete Stanley Stuart Woodhead John Spencer Stuart Smith
Cross country	Champion Runner-up 3rd	Stuart Woodhead John Spencer Stuart Smith
Fell	Champion	Stuart Woodhead

Vet 55 Ladies

Road	Champion	Susan Beevers
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Vet 60 Men

Overall	Champion Runner-up 3rd 4th	Alan Knox Kelvin Bowskill Geoff Dimelow Nick Whittingham
Road	Champion Runner-up	Kelvin Bowskill Geoff Dimelow
Cross country	Champion Runner-up 3rd 4th 5th	Alan Knox Kelvin Bowskill Nick Whittingham Geoff Dimelow David Foster
Fell	Champion Runner-up 3rd 4th	Kelvin Bowskill Alan Knox Nick Whittingham Geoff Dimelow

Vet 60 Ladies**Vet 65 Men**

Road	Champion Runner-up	Keith Gordon David Needham
Fell	Champion	David Needham

Vet 65 Ladies

Overall	Champion	Barbara Haigh
Road	Champion	Susan Higham
Cross country	Champion	Barbara Haigh
Fell	Champion	Barbara Haigh

Vet 70 Men

Overall	Champion	Ray Brown
Road	Champion	Ray Brown
Cross country	Champion	Ray Brown
Fell	Champion	Ray Brown

Vet 70 Ladies



Penistone Footpath Runners & AC Club Championship 2015

Challenge Championship – Final Standings

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

	Races	Points	Meltham 10K	David Bell Memorial	Hartcliff Hill	SYRL – Oxspring	Oxsp'g Hunsh'f Amble	Oughtibridge Chase	Spencers Dash	Bamford Carnival	Denis Stitt	Bawtry Forest	Penistone Hill Race	Grin n Bear It	SYCCL – Cannon Hall	Half Marathon	Travellers 6	
1	Simon Pike	14	767	54	57	54	54	52	55	58	57	56	57	56	54	48	55	
2	Kelvin Bowskill	15	680	46	51	44	42	38	42	50	51	47	51	37	48	46	39	48
3	Paul Gee	12	606	48	53	49	46	48	49	55	55	53	56		42	52		
4	Shaun Dimelow	10	600	60		60	60	60	60		60	60	60			60	60	
5	Geoff Dimelow	15	549	42	49	31	24	34	35	42	44	40	47	29	43	41	14	34
6	Daren Nockels	9	531				59	59	59	60	59	59				58	58	60
7	Robin Clough	9	524	58	60			56	57	59			59	59	59			57
8	Paul Fryers	13	508	43	50	38	33	35	36	39		42	48		46	42	12	44
9	Alan Knox	10	498	49		46		47	48			49	55	48	53	50		53
10	Tim Brooke	9	489	53		52	53	54	54	56			58				53	56
11	Steve Dickinson	10	480			50	45	45	46	54	53	52	54	43			38	
12	Dean Allcroft	11	466	40	47	35	37	39	41	48		43	53				36	47
13	Nick Whittingham	10	409			37	31	37	39		45	44	49	35	47			45
14	Stuart Woodhead	10	397	44		33	36		40	46	46	45	50	31			26	
15	Martin Ball	7	395	57		57	57	55		57			55				57	
16	Rachel Fox	9	368			36	39	40	43	47	47	46	40				30	
17	Lesley Latchem	7	346		54	45		46	44		54		49	54				
18	Annie Lightowler	12	341	35		24	20		26	30	36	32	44	19		34	5	36
19	Ray Brown	11	333	34	45	28		30	27	32	39		25		35	5	33	
20	Barbara Haigh	10	330		44			31	28		41	39	45	26		36	5	35
21	Wayne Parkinson	7	324				41	44	45	51	48	48		47				
22	Chris Charlesworth	7	323			47	40	41			50		44	51				50
23	Gary Dean	6	309	52					53				45		53	52	54	
24	Mark Riordan	6	290				51	42	47		52						47	51
25	Keith Gordon	8	289			32	27			36			33	45	44	31	41	
26	Richard Mackie	5	284				58		56		58			56	56			
27	Susan Charlesworth	8	268	39	40		23			35	38	35				39	19	
28	Christopher Deacon	6	264			53		51					51	50	51	8		
29	Alison Nockels	7	262				32		33	43	43				43	22	46	
30	John Spencer	10	256	32		22	15		25	29	35		43	20		5	30	
31	Martin Booth	5	252	51			49	50	52					50				
32	David Foster	8	246					32	29	33	42	38		30		37	5	
33	David Needham	8	244		39	25	25	29	31	37	37						21	
34	Julia Johnson	5	239		52		44			52			42		49			
35	Stuart Smith	9	237			26	17	28	30	34		36	22			6	38	
36	Ian Charlesworth	4	224			56					56	54		58				
37	Pete Stanley	5	223				43			49		50			47	34		
38	Bob Innes	6	212		46				34			34			45	11	42	
39	Jane Cockerton	7	204		43		19					33	24		38	10	37	



Penistone Footpath Runners & AC Club Championship 2015

Meltham 10K, 25 January

Race winners David Thompson, Barnsley AC 37:28
Amy Green, Keighley & Craven AC 41:56

33 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	3	38:31	60	MV40	103%
Andrew Heppenstall	7	38:48	59	M Senior	104%
Robin Clough	9	39:01	58	MV40	104%
Martin Ball	23	41:00	57	MV40	109%
Ryan Duckett	29	41:40	56	MV35	111%
Gary Briscoe	30	41:55	55	M Senior	112%
Simon Pike	35	42:15	54	MV35	113%
Tim Brooke	37	42:18	53	MV40	113%
Gary Dean	38	42:25	52	MV40	113%
Martin Booth	55	43:35	51	MV50	116%
Martin Cooper	61	43:53	50	MV45	117%
Alan Knox	75	44:53	49	MV60	120%
Paul Gee	105	46:59	48	MV45	125%
Emily Duckett	110	47:28	47	F Senior	113%
Kelvin Bowskill	124	48:52	46	MV60	130%
Alison Cooper	148	50:48	45	FV45	121%
Stuart Woodhead	150	51:00	44	MV55	136%
Paul Fryers	175	52:33	43	MV45	140%
Geoff Dimelow	183	52:51	42	MV60	141%
Heather Atkinson	187	53:02	41	F Senior	126%
Dean Allcroft	192	53:15	40	MV45	142%
Susan Charlesworth	197	53:33	39	FV50	128%
Andrea Henson	205	54:19	38	FV40	130%
Daniel Limb	220	55:55	37	M Senior	149%
Sophie Billington	225	56:43	36	FV35	135%
Annie Lightowler	243	57:50	35	FV40	138%
Ray Brown	244	58:04	34	MV70	155%
Susan Higham	269	62:28	33	FV65	149%
John Spencer	282	66:10	32	MV55	177%
Jill Davis	284	67:54	31	FV60	162%
Denise Pozorski	294	71:26	30	FV50	170%
Jan Pozorski	295	71:31	29	MV70	191%
Jane Foster	301	76:22	28	FV60	182%



Penistone Footpath Runners & AC Club Championship 2015

David Bell Memorial, 15 March

Race winners
Mike Fanning, Borrowdale Fell Runners 23:42
Sally Newman, Calder Valley Fell Runners 28:23

24 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Robin Clough	4	25:20	60	MV40	107%
Phil Hinchliffe	6	26:10	59	MV40	110%
Steve Sanders	7	26:19	58	MV40	111%
Simon Pike	12	27:31	57	MV35	116%
Gary Briscoe	13	27:42	56	M Senior	117%
Andrew Shelbourne	14	27:48	55	MV45	117%
Lesley Latchem	22	30:37	54	FV35	108%
Paul Gee	23	30:38	53	MV45	129%
Julia Johnson	26	30:48	52	FV50	109%
Kelvin Bowskill	28	31:33	51	MV60	133%
Paul Fryers	32	33:42	50	MV45	142%
Geoff Dimelow	36	34:19	49	MV60	145%
Bernice Nixon	37	34:34	48	FV60	122%
Dean Allcroft	39	35:30	47	MV45	150%
Bob Innes	40	36:54	46	MV60	156%
Ray Brown	41	37:00	45	MV70	156%
Barbara Haigh	42	37:08	44	FV65	131%
Jane Cockerton	43	37:12	43	FV50	131%
Sarah Plummer	44	37:21	42	FV45	132%
Andrea Henson	46	37:36	41	FV40	132%
Susan Charlesworth	47	38:29	40	FV50	136%
David Needham	50	40:08	39	MV65	169%
Susan Higham	52	42:27	38	FV65	150%
Jill Davis	53	45:32	37	FV60	160%



Penistone Footpath Runners & AC Club Championship 2015

Hartcliff Hill, 23 April

Race winners Shaun Dimelow, Penistone Footpath Runners 17:23
Judy Howells, Wharfedale Harriers 22:20

40 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	1	17:23	60	MV40	100%
Steve Sanders	7	19:17	59	MV40	111%
Lee Storey	9	19:42	58	MV35	113%
Martin Ball	10	19:53	57	MV40	114%
Ian Charlesworth	11	19:57	56	MV50	115%
Andrew Shelbourne	13	20:11	55	MV45	116%
Simon Pike	14	20:33	54	MV35	118%
Christopher Deacon	15	20:34	53	MV50	118%
Tim Brooke	16	20:40	52	MV40	119%
Charles Halstead	18	21:12	51	MV45	122%
Steve Dickinson	19	21:43	50	MV50	125%
Paul Gee	21	22:13	49	MV45	128%
Peter Claydon	24	22:23	48	MV45	129%
Chris Charlesworth	25	22:32	47	MV35	130%
Alan Knox	26	22:36	46	MV60	130%
Lesley Latchem	29	22:55	45	FV35	103%
Kelvin Bowskill	30	22:59	44	MV60	132%
Elizabeth Deacon	31	23:04	43	F Junior	103%
Hope Claydon	36	23:36	42	F Junior	106%
Daniel Limb	39	24:30	41	M Senior	141%
Sarah Jones-Morris	41	24:33	40	FV40	110%
Heather Atkinson	42	24:36	39	F Senior	110%
Paul Fryers	44	25:01	38	MV45	144%
Nick Whittingham	45	25:13	37	MV60	145%
Rachel Fox	46	25:17	36	F Senior	113%
Dean Allcroft	47	25:39	35	MV45	148%
Maxine Deacon	48	25:49	34	FV45	116%
Stuart Woodhead	50	25:53	33	MV55	149%
Keith Gordon	51	25:58	32	MV65	149%
Geoff Dimelow	52	26:06	31	MV60	150%
Sarah Walch	54	26:23	30	FV35	118%
Andrea Henson	59	27:27	29	FV40	123%
Ray Brown	60	28:10	28	MV70	162%
Rachel Jarvis	61	28:51	27	FV40	129%
Stuart Smith	62	28:55	26	MV55	166%
David Needham	65	29:20	25	MV65	169%
Annie Lightowler	67	30:48	24	FV40	138%
Susan Higham	69	31:44	23	FV65	142%
John Spencer	70	31:48	22	MV55	183%
Jude Matthews	71	33:52	21	F Senior	152%



Penistone Footpath Runners & AC Club Championship 2015

SYCAA Road League 5 Mile – Oxspring, 13 May

Race winners Daniel Chan, Barnsley AC 26:00
Fiona Davies, Kingstone Runners 29:24

47 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	4	27:16	60	MV40	105%
Daren Nockels	15	28:30	59	MV45	110%
Richard Mackie	38	29:35	58	MV40	114%
Martin Ball	50	30:11	57	MV40	116%
Antony Wright	53	30:21	56	MV45	117%
Phil Hinchliffe	56	30:30	55	MV40	117%
Simon Pike	66	31:06	54	MV35	120%
Tim Brooke	75	31:28	53	MV40	121%
Robert Lees	83	31:44	52	MV35	122%
Mark Riordan	102	32:24	51	MV40	125%
Peter Knight	103	32:30	50	MV40	125%
Martin Booth	105	32:33	49	MV50	125%
Julian Williams	130	33:32	48	MV45	129%
Sally Smith	134	33:43	47	FV35	115%
Paul Gee	141	33:58	46	MV45	131%
Steve Dickinson	145	34:04	45	MV50	131%
Julia Johnson	160	34:30	44	FV50	117%
Pete Stanley	171	34:59	43	MV55	135%
Kelvin Bowskill	180	35:25	42	MV60	136%
Wayne Parkinson	184	35:34	41	MV50	137%
Chris Charlesworth	187	35:38	40	MV35	137%
Rachel Fox	191	35:45	39	F Senior	122%
Heather Parkin	198	35:58	38	FV35	122%
Dean Allcroft	200	36:09	37	MV45	139%
Stuart Woodhead	216	37:18	36	MV55	143%
Trish Mellor	222	37:33	35	FV55	128%
Julie Moxon	225	37:36	34	FV45	128%
Paul Fryers	231	37:51	33	MV45	146%
Alison Nockels	239	38:07	32	FV50	130%
Nick Whittingham	241	38:09	31	MV60	147%
Emma Stead	243	38:09	30	FV35	130%
Bryan Hague	261	38:54	29	MV55	150%
Ian Wragg	262	39:04	28	MV55	150%
Keith Gordon	275	39:32	27	MV65	152%
Valentina Wright	278	39:35	26	FV40	135%
David Needham	284	39:40	25	MV65	153%
Geoff Dimelow	292	39:55	24	MV60	154%
Susan Charlesworth	294	39:59	23	FV50	136%
Rachel Jarvis	295	40:00	22	FV40	136%
Andrea Henson	306	40:51	21	FV40	139%
Annie Lightowler	314	41:14	20	FV40	140%
Jane Cockerton	326	41:46	19	FV50	142%
Susan Higham	359	44:23	18	FV65	151%
Stuart Smith	360	44:24	17	MV55	171%
Norman Cole	370	46:22	16	MV70	178%
John Spencer	378	47:28	15	MV55	183%
Denise Pozorski	391	51:22	14	FV50	175%



Penistone Footpath Runners & AC Club Championship 2015

Oxspring Hunshelf Amble, 13 June

Race winners Shaun Dimelow, Penistone Footpath Runners 52:57
Lesley Latchem, Penistone Footpath Runners 65:44

33 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	1	52:57	60	MV40	100%
Daren Nockels	4	54:40	59	MV45	103%
Daniel Hague	5	58:54	58	M Senior	111%
Phil Hinchliffe	6	55:16	57	MV40	104%
Robin Clough	7	55:43	56	MV40	105%
Martin Ball	12	58:51	55	MV40	111%
Tim Brooke	13	59:01	54	MV40	111%
Jim Bell	15	59:12	53	MV50	112%
Simon Pike	16	60:05	52	MV35	113%
Christopher Deacon	17	60:25	51	MV50	114%
Martin Booth	21	61:29	50	MV50	116%
John Howsham	33	64:25	49	MV50	122%
Paul Gee	34	65:00	48	MV45	123%
Alan Knox	35	65:31	47	MV60	124%
Lesley Latchem	36	65:44	46	FV35	100%
Steve Dickinson	38	65:51	45	MV50	124%
Wayne Parkinson	44	66:53	44	MV50	126%
Brent Lindsay	46	67:24	43	MV50	127%
Mark Riordan	49	68:07	42	MV40	129%
Chris Charlesworth	50	68:09	41	MV35	129%
Rachel Fox	55	70:09	40	F Senior	107%
Dean Allcroft	57	70:43	39	MV45	134%
Kelvin Bowskill	59	71:03	38	MV60	134%
Nick Whittingham	60	71:35	37	MV60	135%
Brett Barraclough	61	71:40	36	MV40	135%
Paul Fryers	70	77:03	35	MV45	146%
Geoff Dimelow	73	78:56	34	MV60	149%
Rachel Jarvis	74	79:13	33	FV40	121%
David Foster	76	81:08	32	MV60	153%
Barbara Haigh	79	81:53	31	FV65	125%
Ray Brown	80	83:26	30	MV70	158%
David Needham	84	93:34	29	MV65	177%
Stuart Smith	85	93:34	28	MV55	177%



Penistone Footpath Runners & AC Club Championship 2015

Oughtibridge Chase, 17 June

Race winners Joseph Sweetham-Powell, Sheffield RC 22:11
Jenny Murray, Unattached 25:21

36 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	3	22:58	60	MV40	104%
Daren Nockels	4	22:59	59	MV45	104%
Jon Waller	5	23:38	58	MV35	107%
Robin Clough	8	24:15	57	MV40	109%
Richard Mackie	9	24:26	56	MV40	110%
Simon Pike	10	24:48	55	MV35	112%
Tim Brooke	11	24:54	54	MV40	112%
Gary Dean	15	25:59	53	MV40	117%
Martin Booth	17	26:11	52	MV50	118%
Nick Morris	18	26:17	51	MV35	118%
John Howsham	21	26:54	50	MV50	121%
Paul Gee	22	26:54	49	MV45	121%
Alan Knox	23	27:00	48	MV60	122%
Mark Riordan	24	27:11	47	MV40	123%
Steve Dickinson	25	27:31	46	MV50	124%
Wayne Parkinson	29	28:12	45	MV50	127%
Lesley Latchem	30	28:17	44	FV35	112%
Rachel Fox	31	28:42	43	F Senior	113%
Kelvin Bowskill	32	28:52	42	MV60	130%
Dean Allcroft	36	29:52	41	MV45	135%
Stuart Woodhead	37	30:08	40	MV55	136%
Nick Whittingham	38	30:16	39	MV60	136%
Heather Atkinson	40	30:22	38	F Senior	120%
Brett Barraclough	42	30:56	37	MV40	139%
Paul Fryers	43	31:13	36	MV45	141%
Geoff Dimelow	44	31:20	35	MV60	141%
Bob Innes	46	31:48	34	MV60	143%
Alison Nockels	47	31:52	33	FV50	126%
Sarah Halstead	49	33:00	32	FV45	130%
David Needham	50	33:29	31	MV65	151%
Stuart Smith	56	34:36	30	MV55	156%
David Foster	57	34:37	29	MV60	156%
Barbara Haigh	58	34:37	28	FV65	137%
Ray Brown	61	35:34	27	MV70	160%
Annie Lightowler	66	38:16	26	FV40	151%
John Spencer	67	38:17	25	MV55	173%



Penistone Footpath Runners & AC

Club Championship 2015

Spencers Dash, 1 July

Race winners
Daren Nockels, Penistone Footpath Runners 22:22
Kaeti Mackenzie, Barnsley AC 25:48

32 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Daren Nockels	1	22:22	60	MV45	100%
Robin Clough	3	23:27	59	MV40	105%
Simon Pike	5	23:53	58	MV35	107%
Martin Ball	7	24:37	57	MV40	110%
Tim Brooke	8	24:53	56	MV40	111%
Paul Gee	11	26:34	55	MV45	119%
Steve Dickinson	13	27:24	54	MV50	123%
John Howsham	14	27:41	53	MV50	124%
Julia Johnson	15	27:49	52	FV50	108%
Wayne Parkinson	18	27:58	51	MV50	125%
Kelvin Bowskill	21	28:05	50	MV60	126%
Pete Stanley	22	28:10	49	MV55	126%
Dean Allcroft	23	28:20	48	MV45	127%
Rachel Fox	24	28:24	47	F Senior	110%
Stuart Woodhead	34	30:04	46	MV55	134%
Tom Fryers	35	30:17	45	M Junior	135%
Julie Moxon	36	30:31	44	FV45	118%
Alison Nockels	38	30:54	43	FV50	120%
Geoff Dimelow	39	31:06	42	MV60	139%
Faye Williams	40	31:25	41	FV40	122%
Heather Atkinson	42	31:48	40	F Senior	123%
Paul Fryers	43	31:55	39	MV45	143%
Martyn Cartwright	44	32:05	38	MV65	143%
David Needham	46	32:23	37	MV65	145%
Keith Gordon	47	33:24	36	MV65	149%
Susan Charlesworth	49	33:51	35	FV50	131%
Stuart Smith	50	33:54	34	MV55	152%
David Foster	52	34:22	33	MV60	154%
Ray Brown	53	34:39	32	MV70	155%
Susan Beevers	58	35:50	31	FV55	139%
Annie Lightowler	60	36:42	30	FV40	142%
John Spencer	64	40:48	29	MV55	182%



Penistone Footpath Runners & AC Club Championship 2015

Bamford Carnival, 15 July

Race winners Steve Franklin, Totley AC 29:57
Hazel Tant, Totley AC 35:47

26 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	5	31:17	60	MV40	104%
Daren Nockels	22	33:49	59	MV45	113%
Richard Mackie	26	35:15	58	MV40	118%
Simon Pike	30	35:37	57	MV35	119%
Ian Charlesworth	50	37:23	56	MV50	125%
Paul Gee	79	38:52	55	MV45	130%
Lesley Latchem	95	40:08	54	FV35	112%
Steve Dickinson	103	40:25	53	MV50	135%
Mark Riordan	114	40:56	52	MV40	137%
Kelvin Bowskill	127	41:35	51	MV60	139%
Chris Charlesworth	131	41:42	50	MV35	139%
Brent Lindsay	134	41:49	49	MV50	140%
Wayne Parkinson	136	42:06	48	MV50	141%
Rachel Fox	140	42:12	47	F Senior	118%
Stuart Woodhead	158	43:25	46	MV55	145%
Nick Whittingham	165	43:40	45	MV60	146%
Geoff Dimelow	177	45:11	44	MV60	151%
Alison Nockels	191	46:46	43	FV50	131%
David Foster	196	47:49	42	MV60	160%
Barbara Haigh	203	48:30	41	FV65	136%
Annie Helliwell	205	48:53	40	F Senior	137%
Ray Brown	211	49:53	39	MV70	167%
Susan Charlesworth	216	50:25	38	FV50	141%
David Needham	228	52:54	37	MV65	177%
Annie Lightowler	229	54:54	36	FV40	153%
John Spencer	232	58:11	35	MV55	194%



Penistone Footpath Runners & AC Club Championship 2015

Denis Stitt Memorial, 13 August

Race winners Chris Law, Holmfirth Harriers 30:49
Helen Berry, Holmfirth Harriers 33:27

29 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	3	32:25	60	MV40	105%
Daren Nockels	6	33:20	59	MV45	108%
Jon Waller	9	34:39	58	MV35	112%
Tim Webster	13	35:41	57	MV40	116%
Simon Pike	15	36:26	56	MV35	118%
Simon Rippon	17	36:46	55	MV50	119%
Ian Charlesworth	19	37:13	54	MV50	121%
Paul Gee	26	39:44	53	MV45	129%
Steve Dickinson	32	40:05	52	MV50	130%
John Howsham	36	41:07	51	MV50	133%
Pete Stanley	37	41:16	50	MV55	134%
Alan Knox	38	41:40	49	MV60	135%
Wayne Parkinson	40	41:44	48	MV50	135%
Kelvin Bowskill	44	42:18	47	MV60	137%
Rachel Fox	47	43:38	46	F Senior	130%
Stuart Woodhead	51	45:07	45	MV55	146%
Nick Whittingham	53	45:44	44	MV60	148%
Dean Allcroft	55	46:21	43	MV45	150%
Paul Fryers	58	47:17	42	MV45	153%
Laura Gill	60	47:23	41	F Senior	142%
Geoff Dimelow	61	47:58	40	MV60	156%
Barbara Haigh	62	48:08	39	FV65	144%
David Foster	63	48:56	38	MV60	159%
Sarah Walch	65	50:14	37	FV35	150%
Stuart Smith	66	50:43	36	MV55	165%
Susan Charlesworth	67	51:06	35	FV50	153%
Bob Innes	68	51:34	34	MV60	167%
Jane Cockerton	70	52:40	33	FV50	157%
Annie Lightowler	72	55:36	32	FV40	166%



Penistone Footpath Runners & AC Club Championship 2015

Bawtry Forest Trail Race, 6 September

Race winners Shaun Dimelow, Penistone Footpath Runners 42:23
Becky Briggs, Beverley AC 45:57

19 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Shaun Dimelow	1	42:23	60	MV40	100%
Robin Clough	3	43:32	59	MV40	103%
Tim Brooke	6	44:58	58	MV40	106%
Simon Pike	9	46:18	57	MV35	109%
Paul Gee	21	48:27	56	MV45	114%
Alan Knox	28	50:33	55	MV60	119%
Steve Dickinson	30	50:55	54	MV50	120%
Dean Allcroft	39	53:30	53	MV45	126%
Brett Barraclough	43	53:54	52	MV40	127%
Kelvin Bowskill	44	54:06	51	MV60	128%
Stuart Woodhead	49	55:27	50	MV55	131%
Nick Whittingham	53	56:15	49	MV60	133%
Paul Fryers	68	58:25	48	MV45	138%
Geoff Dimelow	73	58:41	47	MV60	138%
Martyn Cartwright	93	61:21	46	MV65	145%
Barbara Haigh	94	61:58	45	FV65	135%
Annie Lightowler	127	69:11	44	FV40	151%
John Spencer	141	73:03	43	MV55	172%
Denise Pozorski	143	73:59	42	FV50	161%



Penistone Footpath Runners & AC Club Championship 2015

Penistone Hill Race, 27 September

Race winners Joe Fowler, Sheffield Running Club 43:26
Helen Whitby, Northern Vets AC 51:41

45 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Daniel Hague	8	47:36	60	M Senior	110%
Robin Clough	11	48:37	59	MV40	112%
Matthew Robinson	12	48:57	58	MV45	113%
Steve Sanders	18	49:48	57	MV40	115%
Simon Pike	19	50:08	56	MV35	115%
Martin Ball	21	50:32	55	MV40	116%
Jim Bell	29	52:36	54	MV50	121%
Jason Steele	32	52:58	53	M Senior	122%
Nicky Spinks	33	53:02	52	FV45	103%
Christopher Deacon	36	53:32	51	MV50	123%
Martin Booth	37	53:38	50	MV50	123%
Lesley Latchem	41	54:10	49	FV35	105%
Alan Knox	43	55:13	48	MV60	127%
Wayne Parkinson	45	55:48	47	MV50	128%
Gary Briscoe	52	56:30	46	M Senior	130%
Gary Dean	54	56:44	45	MV40	131%
Chris Charlesworth	55	57:00	44	MV35	131%
Steve Dickinson	58	57:34	43	MV50	133%
Julia Johnson	60	58:09	42	FV50	113%
Brent Lindsay	61	58:20	41	MV50	134%
Rachel Fox	62	58:26	40	F Senior	113%
Sarah Jones-Morris	63	58:53	39	FV40	114%
Heather Parkin	73	60:12	38	FV35	116%
Kelvin Bowskill	75	60:48	37	MV60	140%
Bryan Hague	79	62:05	36	MV55	143%
Nick Whittingham	81	62:47	35	MV60	145%
Laura Gill	82	62:55	34	F Senior	122%
Keith Gordon	85	64:41	33	MV65	149%
Matthew Coldwell	89	66:02	32	MV35	152%
Stuart Woodhead	92	66:21	31	MV55	153%
David Foster	94	66:59	30	MV60	154%
Geoff Dimelow	96	67:59	29	MV60	157%
Sarah Plummer	99	68:43	28	FV45	133%
Sarah Walch	100	68:44	27	FV35	133%
Barbara Haigh	104	69:40	26	FV65	135%
Ray Brown	106	70:13	25	MV70	162%
Jane Cockerton	107	70:44	24	FV50	137%
Daniel Limb	110	72:04	23	M Senior	166%
Stuart Smith	111	72:43	22	MV55	167%
Susan Higham	115	79:06	21	FV65	153%
John Spencer	117	83:07	20	MV55	191%
Annie Lightowler	119	84:32	19	FV40	164%
Teresa Wall	120	86:31	18	FV55	167%
Denise Pozorski	121	89:00	17	FV50	172%
Jan Pozorski	122	89:08	16	MV70	205%



Penistone Footpath Runners & AC Club Championship 2015

Grin n Bear It, 31 October

Race winners Karl Gray, Calder Valley 2:01:32
Sally Fawcett, Dark Peak 2:28:07

19 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Andy Swift	4	2:03:29	60	M Senior	102%
Robin Clough	10	2:24:34	59	MV40	119%
Ian Charlesworth	27	2:31:29	58	MV50	125%
James Pierce	29	2:33:39	57	MV35	126%
Richard Mackie	36	2:38:43	56	MV40	131%
Steve Storey	37	2:38:53	55	MV55	131%
Lesley Latchem	47	2:48:42	54	FV35	114%
Alan Knox	61	2:57:26	53	MV60	146%
Peter Claydon	63	2:59:06	52	MV45	147%
Chris Charlesworth	64	2:59:07	51	MV35	147%
Christopher Deacon	74	3:07:01	50	MV50	154%
Sarah Jones-Morris	77	3:08:49	49	FV40	127%
Kelvin Bowskill	81	3:14:06	48	MV60	160%
Nick Whittingham	99	3:30:11	47	MV60	173%
Paul Fryers	106	3:39:31	46	MV45	181%
Keith Gordon	111	3:43:46	45	MV65	184%
Rachel Jarvis	113	3:45:26	44	FV40	152%
Geoff Dimelow	120	3:58:22	43	MV60	196%
Paul Gee	122	3:58:22	42	MV45	196%



Penistone Footpath Runners & AC Club Championship 2015

SYCAA Cross Country League – Cannon Hall, 15 November

Race winners	Jordan Bell, Sheffield Hallam University (Men <65)	37:02
	Julie Briscoe, Wakefield Harriers (Ladies)	26:13
	Robert Tintinger, Rotherham Harriers (Men 65+)	29:46

<i>30 Penistone finishers</i>	Time		Points	Category	% relative to winning time
	6.3km	10km			
Shaun Dimelow		40:19	60	MV40	109%
Damian Kilpin		42:40	59	MV35	115%
Daren Nockels		43:18	58	MV45	117%
Antony Wright		43:44	57	MV45	118%
Richard Mackie		45:14	56	MV40	122%
Robert Lees		46:53	55	MV35	127%
Simon Pike		48:08	54	MV35	130%
Gary Dean		49:53	53	MV40	135%
Paul Gee		50:19	52	MV45	136%
Christopher Deacon		50:33	51	MV50	136%
Alan Knox		51:19	50	MV60	139%
Julia Johnson	31:34	51:31	49	FV50	120%
Dawn Broom	31:53	52:02	48	FV50	122%
Pete Stanley		54:23	47	MV55	147%
Kelvin Bowskill		56:28	46	MV60	152%
Bob Innes		57:44	45	MV60	156%
Keith Gordon	35:48	58:25	44	MV65	120%
Alison Nockels	36:07	58:56	43	FV50	138%
Paul Fryers		59:18	42	MV45	160%
Geoff Dimelow		59:40	41	MV60	161%
Valentina Wright	36:55	60:15	40	FV40	141%
Susan Charlesworth	37:56	61:54	39	FV50	145%
Jane Cockerton	38:43	63:11	38	FV50	148%
David Foster		63:37	37	MV60	172%
Barbara Haigh	38:59	63:37	36	FV65	149%
Ray Brown	40:27	66:01	35	MV70	136%
Annie Lightowler	41:36	67:53	34	FV40	159%
Susan Higham	42:12	68:52	33	FV65	161%
Denise Pozorski	46:28	75:50	32	FV50	177%
Jess Womersley	49:42	81:06	31	F Senior	190%

Note: 6.3km times have been converted to 10km equivalent times using the Riegel formula:

$$\hat{t}_{10k} = t_{6.3k} \left(\frac{10}{6.3} \right)^{1.06}$$



Penistone Footpath Runners & AC Club Championship 2015

Half Marathon, January – November

Your best time in any UKA-recognised road half marathon between 1 January and 30 November 2015 counts.

73 Penistone finishers

	Time	Points	Category	Event
Shaun Dimelow	77:47	60	MV40	Vale of York, 20 September
Andrew Heppenstall	79:49	59	M Senior	Worksop, 25 October
Daren Nockels	80:32	58	MV45	Palma, Majorca, 22 March
Martin Ball	83:02	57	MV40	Worksop, 25 October
Robert Lees	84:47	56	MV35	Great North Run, Newcastle, 13 September
Richard Heppenstall	85:01	55	MV40	Worksop, 25 October
Steven Stead	85:56	54	MV35	Leeds, 10 May
Tim Brooke	86:05	53	MV40	North Lincolnshire, Scunthorpe, 3 May
Gary Dean	89:40	52	MV40	Wrexham Village Bakery, 15 February
Jonathan Bentley	90:20	51	MV45	Clowne, 22 November
Nick Morris	90:49	50	MV35	Clowne, 22 November
Martin Cooper	91:06	49	MV45	Great North West, Blackpool, 22 February
Simon Pike	91:37	48	MV35	Clowne, 22 November
Mark Riordan	92:31	47	MV40	North Lincolnshire, Scunthorpe, 3 May
Sally Smith	94:05	46	FV35	Leeds, 10 May
Peter Claydon	94:48	45	MV45	Yorkshire, Sheffield, 12 April
Peter Knight	95:06	44	MV40	Brass Monkey, York, 18 January
Gary Briscoe	96:12	43	M Senior	Liversedge, Roberttown, 15 February
Damien Briscoe	97:31	42	M Senior	Worksop, 25 October
Matthew Goulding	97:58	41	M Senior	Leeds, 10 May
Jason Steele	97:59	40	M Senior	Worksop, 25 October
Kelvin Bowskill	98:28	39	MV60	Windmill, Lytham St Annes, 19 July
Dawn Broom	98:50	38	FV50	Vale of York, 20 September
Steve Dickinson	98:50	38	MV50	Amsterdam, 18 October
Dean Allcroft	1:41:09	36	MV45	North Lincolnshire, Scunthorpe, 3 May
Samantha Shaw	1:41:27	35	F Senior	Brass Monkey, York, 18 January
Pete Stanley	1:42:36	34	MV55	Glasgow, 4 October
Emma Stead	1:43:47	33	FV35	Liverpool, 29 March
Emily Duckett	1:44:14	32	F Senior	Yorkshire, Sheffield, 12 April
Keith Gordon	1:45:04	31	MV65	Ackworth, 12 April
Rachel Fox	1:45:36	30	F Senior	Ackworth, 12 April
Kenny Rowe	1:46:33	29	MV60	Clowne, 22 November
Helen Goulding	1:46:48	28	F Senior	Leeds, 10 May
Faye Williams	1:46:57	27	FV40	Clowne, 22 November
Stuart Woodhead	1:48:20	26	MV55	Mablethorpe, 4 October
Rachel Jarvis	1:50:07	25	FV40	Robin Hood, Nottingham, 27 September
Alison Cooper	1:50:38	24	FV45	Yorkshire, Sheffield, 12 April
Jill Carlton	1:50:47	23	FV35	Worksop, 25 October
Alison Nockels	1:52:22	22	FV50	Palma, Majorca, 22 March
David Needham	1:52:36	21	MV65	Retford, 8 March
Heather Atkinson	1:53:00	20	F Senior	Valiants, Out Rawcliffe, 19 April
Susan Charlesworth	1:53:18	19	FV50	Yorkshire, Sheffield, 12 April
Sarah Halstead	1:53:19	18	FV45	Chesterfield, 20 September
Neil Pearson	1:54:16	17	MV45	Amsterdam, 18 October

	Time	Points	Category	Event
Sophie Billington	1:54:43	16	FV35	Blackpool, 22 February
Colin Porteous	1:55:06	15	MV55	Amsterdam, 18 October
Geoff Dimelow	1:55:13	14	MV60	Liversedge, Roberttown, 15 February
Trish Mellor	1:55:21	13	FV55	Huddersfield, 19 April
Paul Fryers	1:55:39	12	MV45	North Lincolnshire, Scunthorpe, 3 May
Bob Innes	1:56:07	11	MV60	Yorkshire, Sheffield, 12 April
Jane Cockerton	1:56:56	10	FV50	Yorkshire, Sheffield, 12 April
Jude Matthews	1:57:31	9	F Senior	Leeds, 10 May
Christopher Deacon	1:57:33	8	MV50	Leeds, 10 May
Maxine Deacon	1:57:33	8	FV45	Leeds, 10 May
Stuart Smith	1:58:10	6	MV55	Worksop, 25 October
Ray Brown	1:59:20	5	MV70	Warrington, 20 September
Ian Wragg	2:00:07	5	MV55	Amsterdam, 18 October
Barbara Haigh	2:02:23	5	FV65	Amsterdam, 18 October
Jacqueline Armitage	2:03:32	5	FV50	Amsterdam, 18 October
Lorraine Mackie	2:03:48	5	FV40	Yorkshire, Sheffield, 12 April
Annie Lightowler	2:06:02	5	FV40	Amsterdam, 18 October
Susan Higham	2:06:23	5	FV65	Amsterdam, 18 October
Susan Beevers	2:07:05	5	FV55	Worksop, 25 October
David Foster	2:07:42	5	MV60	Amsterdam, 18 October
Debra Cable	2:12:03	5	FV50	Amsterdam, 18 October
Julie Robinson	2:12:26	5	FV45	Yorkshire, Sheffield, 12 April
Jane Pearson	2:13:36	5	FV50	Amsterdam, 18 October
Gary Partridge	2:27:11	5	MV40	Amsterdam, 18 October
Jane Partridge	2:27:11	5	FV40	Amsterdam, 18 October
Peter Cross	2:29:02	5	MV60	Great North Run, Newcastle, 13 September
Kirstie Rickerby	2:34:03	5	FV35	Edinburgh, 31 May
John Spencer	2:39:02	5	MV55	Garstang, 13 September
May Williams	2:47:10	5	F Senior	Great North Run, Newcastle, 13 September



Penistone Footpath Runners & AC

Club Championship 2015

Denby Dale Travellers 6, 20 December

Race winners Brendan Moody, Barnsley AC 36:29
 Beth Massey, Barnsley AC 43:39

33 Penistone finishers

	Position	Time	Points	Category	% relative to winning time
Daren Nockels	4	38:02	60	MV45	104%
Damian Kilpin	6	38:13	59	MV35	105%
Andrew Heppenstall	9	39:12	58	M Senior	107%
Robin Clough	12	39:58	57	MV40	110%
Tim Brooke	15	40:42	56	MV40	112%
Simon Pike	20	41:27	55	MV35	114%
Gary Dean	23	41:43	54	MV40	114%
Alan Knox	30	43:30	53	MV60	119%
Peter Claydon	36	44:04	52	MV45	121%
Mark Riordan	38	44:17	51	MV40	121%
Chris Charlesworth	60	47:00	50	MV35	129%
Heather Parkin	69	47:49	49	FV35	110%
Kelvin Bowskill	70	47:50	48	MV60	131%
Dean Allcroft	80	49:31	47	MV45	136%
Alison Nockels	84	50:07	46	FV50	115%
Nick Whittingham	96	51:10	45	MV60	140%
Paul Fryers	102	51:55	44	MV45	142%
Colin Porteous	104	52:16	43	MV55	143%
Bob Innes	108	52:53	42	MV60	145%
Keith Gordon	111	53:00	41	MV65	145%
Emma Stead	112	53:28	40	FV35	122%
Sarah Plummer	113	53:52	39	FV45	123%
Stuart Smith	114	53:57	38	MV55	148%
Jane Cockerton	122	54:55	37	FV50	126%
Annie Lightowler	128	56:15	36	FV40	129%
Barbara Haigh	130	56:56	35	FV65	130%
Geoff Dimelow	131	57:48	34	MV60	158%
Ray Brown	133	58:00	33	MV70	159%
Susan Beevers	138	60:00	32	FV55	137%
Susan Higham	142	61:11	31	FV65	140%
John Spencer	148	63:46	30	MV55	175%
Denise Pozorski	153	68:57	29	FV50	158%
Jan Pozorski	155	69:12	28	MV70	190%