

Total Score = Performance + Participation																
Performance = Best 3 Scores of 5 (season's best times)					Participation = Best 3 Scores of 5 (ranked first by numbers completed)					SCORES			POSITIONS			
Score	5 Mile	10K	10 Mile	Half Marathon	Marathon	CCCs: total score across races (up to your best 4), from CCC website	RR10s: % rank across races (up to your best 5), from RR10 website	HRRL: % rank across races (up to your best 7), from HRRL website	ParRunns: ranked by number completed as a member since 1st September, in bands of 10, then by season's best time	HXCL: total score across races (up to your best 4), from HXCL website	Performance best 3 of 5 scores	Participation best 3 of 5 scores	Total score	Position	Name	Category
20	Adam Wilkinson Romey 26.10 PB	James Dean Winchester 37.03	Lee Trueman Great South Run 01.06.10 PB	James Dean Winchester 1.18.51	Lee Trueman Loch Ness 3.05.46 PB	Ala Cooper 51 2 CCs	38.9%	Terry Greening 2 races	Tony Lees 100+ 21.10 11:20 parkruns (2)	Chris Barnes 242 f race	13	9	15	1	Terry Greening	V40
19	Carl Shirley Romey 30.19 PB	Will Greenway Lorshill 38.52 PB	John White Great South Run 01.09.56	Carl Shirley Winchester 1.25.07 PB	Dave Nightingale London 3.14.02 PB	Paul Bullen 69 2 CCs	80.0%	Will Greenway f race	Chris Barnes 245 f race	Robbie Barlow 246 f race	11	8	14	17	Chris Barnes	V50
18	Paul Bullen Romey 31.32 PB	Adam Wilkinson Winchester 39.17	Carl Draney Bosford 1.14.19 PB	Stuart & Tisser Gosport 1.25.44 PB	Andy Herman Manchester 3.36.16	Nial White 96 2 CCs	61.0%	Dave Nightingale f race	Tony Lees 100+ 22.22 11:20 parkruns (2)	Andy Warren 246 f race	16	13	10	17	Andy Warren	V50
17	Jon Marsden Romey 33.32	Dave Nightingale Lorshill 41.54	Rob Kendall Great South Run 01.14.30 PB	Will Greenway Gosport 1.25.49 PB	Robbie Barlow London 3.40.14 PB	Chris Barnes 130 2 CCs	97.1%	Keith Whitten f race	Gary Melton 100+ 27.41 11:20 parkruns (11)	Goof Willis 261 f race	17	12	7	12	Keith Whitten	V40
16	Robbie Barlow Romey 34.46 PB	Keith Whitten Lorshill 44.02	Dean Lucas Great South Run 01.17.44 PB	Lee Trueman Gosport 1.28.34	Adam Davis London 3.56.11 PB	Steve Wallington 130 2 CCs	45.1%	Carl Draney f race	Lindsay Davies 411.50 11:20 parkruns (11)	Tony Lees 267 f race	19	19	9	19	Paul Bullen	V50
15	Graham Bungay Romey 34.52	Jon Marsden Southampton 44.02	Terry Greening Great South Run 01.18.59	John White Gosport 1.33.42	Andy Warren London 3.56.31 PB	Andy Warren 149 2 CCs	46.3%	Adrian Hayes f race	Will Greenway 151.00 PB 1:10 parkruns (1)	Terry Greening 302 f race	20	20	11	18	Adrian Hayes	V50
14	Carl Draney Oventon 37.50 PB	Adrian Hayes Lorshill 44.52 PB	Mike Gordon Great South Run 01.21.46	Mike Read Southampton 1.34.34 PB	Dean Lucas Richmond 4.17.51	Tony Lees 195 2 CCs	44.4%	Tony Lees f race	Paul Bullen 19.05 1:10 parkruns (3)	Neil Cameron 302 f race	14	5	6	15	Mike Gordon	V50
13	Terry Greening Oventon 38.53 PB	Robbie Barlow Winchester 45.01	Nick Pink Great South Run 1.22.45 PB	Alex Cooper Southampton 1.34.50 PB	Tony Kendrick London 4.18.48	Luke Mills 201 2 CCs	42.0%	Chris Barnes f race	Andy Herman 167 1:10 parkruns (5)	Andy Herman 167 1:10 parkruns (5)	15	10	18	13	Andy Herman	V40
12	Tony Lees Lorshill 45.05	Chris Barnes Lorshill 45.14	Peter Ellis Great South Run 01.26.07	Dave Nightingale Southampton 1.36.04	Harvey Hosock London 4.47.44 PB	Mike Gordon 221 2 CCs	41.9%	Dean Lucas f race	John Marsden 250+ 18.44 1:10 parkruns (9)	Simon King 229 f race	9	9	17	26	Simon King	V50
11	Chris Barnes Lorshill 45.14	Neil Kenrick Great South Run 01.29.02 PB	Kirk Jenkins Great South Run 01.29.02 PB	Neil White Gosport 1.36.15	Craig Taylor Brighton 4.58.53 PB	Craig Taylor 226 f race	41.5%	Lee Trueman f race	Simon King 235 1:10 parkruns (1)	Neil White 100+ 20.06 1:10 parkruns (10)	3	9	16	16	Neil White	V50
10	Dean Lucas Lorshill 45.16	Lee Trueman Lorshill 45.16	Terry Greening Lorshill 46.17	Geoff Wiles Great South Run 01.40.49	Robbie Barlow Brighton 5.27.06 PB	Dave Murray 246 2 CCs	15.1%	Dave Nightingale f race	Neil White 100+ 20.06 1:10 parkruns (10)	Neil White 100+ 20.06 1:10 parkruns (10)	14	11	11	12	Neil White	V50
9	Terry Greening Lorshill 46.17	Lee Trueman Lorshill 46.17	Lee Trueman Lorshill 46.17	Paul Gale Great South Run 02.09.36	Chris Barnes Gosport 1.37.38 PB	Gary Melton 270 2 CCs	8.8%	Diane Coody f race	Neil White 100+ 20.25 PB 1:10 parkruns (10)	Neil White 100+ 20.25 PB 1:10 parkruns (10)	6	14	16	9	Diane Coody	V50
8	Lee Trueman Lorshill 53.52	Lee Trueman Lorshill 53.52	Lee Trueman Lorshill 53.52	Chris Barnes Gosport 1.41.02	Simon Hall Southampton 2.01.09	Carl Shirley 25 1 CCs	0.5%	Paul Gale f race	Carl Shirley 100+ 20.25 PB 1:10 parkruns (10)	Carl Shirley 100+ 20.25 PB 1:10 parkruns (10)	10	13	13	13	Carl Shirley	V40
7	Lee Trueman Lorshill 53.52	Lee Trueman Lorshill 53.52	Lee Trueman Lorshill 53.52	Lee Trueman Lorshill 53.52	Lee Trueman Lorshill 53.52	Jon Marsden 29 1 CCs		Simon Hall f race	Simon Hall 20.26 1:10 parkruns (1)	Simon Hall 20.26 1:10 parkruns (1)	7	7	13	5	Simon Hall	V40
6	Diane Coody Lorshill 56.18	Diane Coody Lorshill 56.18	Diane Coody Lorshill 56.18	Lee Trueman Lorshill 56.18	Lee Trueman Lorshill 56.18	Keith Whitten 51 1 CCs		Keith Whitten f race	Graham Bungay 20.46 1:10 parkruns (2)	Graham Bungay 20.46 1:10 parkruns (2)	12	12	12	40	Keith Whitten	V40
5	Rob Barlow Southampton 1.02.23	Rob Barlow Southampton 1.02.23	Rob Barlow Southampton 1.02.23	Adrian Hayes Gosport 1.41.02	Adrian Hayes Gosport 1.41.02	Adrian Hayes 53 1 CCs		Adrian Hayes f race	Graham Bungay 21.07 1:10 parkruns (8)	Graham Bungay 21.07 1:10 parkruns (8)	4	4	4	4	Adrian Hayes	V50
4	Paul Gale Lorshill 1.16.43	Paul Gale Lorshill 1.16.43	Paul Gale Lorshill 1.16.43	Mark Jones Gosport 1.42.04 PB	Mark Jones Gosport 1.42.04 PB	Mark Jones 55 1 CCs		Mark Jones f race	Simon Hall 21.09 PB 1:10 parkruns (2)	Simon Hall 21.09 PB 1:10 parkruns (2)	5	5	5	48	Mark Jones	V50
3	Paul Gale Lorshill 1.16.43	Paul Gale Lorshill 1.16.43	Paul Gale Lorshill 1.16.43	Dean Lucas Gosport 1.42.56 PB	Dean Lucas Gosport 1.42.56 PB	Dean Lucas 75 1 CCs		Dean Lucas f race	Dave Nightingale 21.21 1:10 parkruns (1)	Dave Nightingale 21.21 1:10 parkruns (1)	2	3	3	3	Dean Lucas	V40
2	Diane Coody Bournemouth 1.13.34	Diane Coody Bournemouth 1.13.34	Diane Coody Bournemouth 1.13.34	Keith Whitten Gosport 1.43.34 PB	Keith Whitten Gosport 1.43.34 PB	Keith Whitten 93 1 CCs		Keith Whitten f race	Diane Coody 100+ 21.41 1:10 parkruns (7)	Diane Coody 100+ 21.41 1:10 parkruns (7)	1	1	1	53	Keith Whitten	V50
1				Terry Greening Gosport 1.46.39 PB	Terry Greening Gosport 1.46.39 PB	Mark Hayes 97 1 CCs		Mark Hayes f race	Robbie Barlow 100+ 21.42 PB 1:10 parkruns (4)	Robbie Barlow 100+ 21.42 PB 1:10 parkruns (4)					Mark Hayes	V50

Volunteering	Male & Female	1 point for each parkrun/parcours	5 points for each parkrun/parcours	5 points for each parkrun/parcours
Sue Tizard	5 pr	1 pr	1 pr	1 pr
Helena Shaw	6 pr	1 pr	1 pr	1 pr
Jacque Barlow	6 pr	1 pr	1 pr	1 pr
Alice Burch	5 pr	1 pr	1 pr	1 pr
Helena Bonaer	4 pr	1 pr	1 pr	1 pr
Rob Barlow	3 pr	1 pr	1 pr	1 pr
Alison Kaines	2 pr	1 pr	1 pr	1 pr
Andy Warren	2 pr	1 pr	1 pr	1 pr
Craig Taylor	2 pr	1 pr	1 pr	1 pr
Donna Pike	1 pr	1 pr	1 pr	1 pr
Mark Whitlock	1 pr	1 pr	1 pr	1 pr
Vicky Cousins	1 pr	1 pr	1 pr	1 pr
Neil White	1 pr	1 pr	1 pr	1 pr
Luke Mills	1 pr	1 pr	1 pr	1 pr
Zoe Brenchley	1 pr	1 pr	1 pr	1 pr
Simon King	1 pr	1 pr	1 pr	1 pr
Andy Herman	1 pr	1 pr	1 pr	1 pr
Luke Mills	1 pr	1 pr	1 pr	1 pr
Adrian Hayes	1 pr	1 pr	1 pr	1 pr
Adrian Hayes	1 pr	1 pr	1 pr	1 pr

David Walls Southampton 117 1 CCs	Simon Mason 21.42 1:10 parkruns (9)
Neil Cameron Gosport 153 1 CCs	Adrian Hayes 21.58 1:10 parkruns (9)
Tony Kendrick Gosport 153.26 1 CCs	Richard Dummer 22.43 PB 1:10 parkruns (3)
Luke Mills Southampton 158.09 PB	Pete Ellis 100 23.21 1:10 parkruns (8)
Ian Dodkin Southampton 158.48	Luke Mills 23.26 PB 1:10 parkruns (8)
Craig Taylor Southampton 2.01.09	Mike Gordon 100+ 23.30 1:10 parkruns (9)
John Curry Southampton 2.04.48	Ian Dodkin 24.10 1:10 parkruns (2)
William Burt Great North Run 2.05.19	Neil Cameron 25.09 1:10 parkruns (5)
Gary Melton Southampton 2.28.49 PB	Nick Pink 25.15 1:10 parkruns (1)
Diane Coody Gosport 2.40.30	Paul Gale 25.37 1:10 parkruns (2)
	Andrew Perram 25.37 1:10 parkruns (2)
	Kirk Jenkins 26.29 PB 1:10 parkruns (3)
	Mark Whitlock 26.44 1:10 parkruns (2)
	Dave Murray 26.55 1:10 parkruns (4)
	Diane Coody 100+ 27.05 1:10 parkruns (3)
	Craig Taylor 100+ 27.20 1:10 parkruns (10)
	Rob Barlow 100+ 27.26 1:10 parkruns (7)
	Tony Kendrick 27.42 1:10 parkruns (3)
	Mike Mills 100+ 27.46 1:10 parkruns (7)
	Paul Gale 100+ 30.34 1:10 parkruns (9)
	Diane Coody 100+ 30.63 1:10 parkruns (9)