

Total Score = Performance + Participation																					
Performance = Best 3 Scores of 5 (season's best times)						Participation = Best 3 Scores of 6 (ranked first by numbers completed)						Scores						Positions			
Score	5 Mile	10K	10 Mile	Half Marathon	Marathon	CC6s: total score across races (up to your best 4), from CC6 website	RR10s: % rank across races (up to your best 6), from RR10 website	HRRL: % rank across races (up to your best 7), from HRRL website	ParkRuns: 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	Volunteering: 1 point for each ParkRun, 10 points for our Stinger, 5 points for our CC6, and 5 points for our RR10	Performance best 3 of 5 scores	Participation best 3 of 6 scores	Total score	Position	Name	Category				
20		Adam Davis Newbury 36.42 PB		Graham Bungay Goodwood GP 1:24.52	Lee Trueman Isle of Wight 3:25.13 PB							17	16	26	56	1	Lee Trueman	V40			
19		Gary Hatch Newbury 40.33		Lee Trueman Goodwood GP 1:28.06 PB	Andy Warren Goodwood GP 3:43.23 PB							13	12	13	38	2	Tony Kendrick	V60			
18		Dave Nightingale Goodwood 41.15 PB		Dave Nightingale Dorney Lakes 1:30.25 PB	Andy Herman Phoenix Riverside 3:46.56							18	18		35	3	Dave Nightingale	V50			
17		Lee Trueman Newbury 41.03 PB		Carl Draine Two Tunnels 1:30.35 PB	Robbie Barlow Isle of Wight 3:50.27 PB							16	17		33	4	Carl Draine	V40			
16		Carl Draine Easter Power Run 42.50 PB		John White Newbury 1:36.41	Nail White Isle of Wight 3:53.39							15	15		30	5	Tony Lees	V60			
15		Tony Lees Newbury 44.53		Tony Lees 1:39.39	Nail Carmichael Isle of Wight 4:06.34							14	14		28	6	Dan Lucas	V40			
14		Dan Lucas Kew Gardens 45.32 PB		Adam Travers Newbury 1:40.20 PB	Dan Lucas Isle of Wight 4:10.40 PB							20	20		20	7	Adam Davis	U20			
13		Tony Kendrick Newbury 47.46		Chris Barnes 1:43.40	Tony Kendrick Isle of Wight 4:11.39							19			19	8	Graham Bungay	V50			
12				Tony Kendrick Dorney Lakes 1:46.47											19	9	Gary Hatch	V40			
11				Darren Hume Dorney Lakes 1:50.20 PB											18	10	Andy Warren	SEN			
10															17	11	Andy Herman	V40			
9															17	12	Robbie Barlow	SEN			
8															16	13	Nail White	SEN			
7															16	14	John White	SEN			
6															15	15	Nail Carmichael	V40			
5															14	16	Adam Travers	V40			
4															13	17	Chris Barnes	V50			
3															11	18	Darren Hume	V40			
2																					
1																					