Total Score = Performance + Participation

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
	Performance = Best 3 Scores of 5 (season's best times)					**Participation = Best 3 Scores of 5 (ranked first by numbers completed)**				
20	Alice Burch Overton 33.27	Alice Burch Lordshill 40.03	Julie Densham Great South Run 1.15.37 PB	Julie Densham Southampton 1.43.30 PB	Helen Bonaer London 3.31.16	Alice Burch 2 *1 CC6*		Alice Burch 97.2% *2 races*	Helen Bonaer 21.20 *1-10 runs (3)*	
19	Carly Lucas Romsey 40.22 PB	Helen Bonaer Lordshill 44.42	Kirsty Macbeth Great South Run 1.18.00 PB	Elizabeth White Southampton 1..54.31 PB	Jacquie Barlow London 3.49.38	Flo Studdert-Kennedy 7 *1 CC6*		Virginia Collins 34.1% *2 races*	Elizabeth White 22.44 PB *1-10 runs (4)*	
18	Louise Henning Romsey 43.33 PB	Julie Densham Bournemouth 45.16 PB	Jacquie Barlow Great South Run 1.20.23	Sarah-Jane Loynds Bournemouth 1.55.54 PB	Rachel Evans London 4.09.43	Patricia Spodzieja 15 *1 CC6*		Helen Bonaer 84.9% *1 race*	Jacquie Barlow 23.08 *1-10 runs (2)*	
17	Pam Bungay Romsey 46.06	Kirsty Macbeth Lordshill 46.22	Sophie James Great South Run 1.25.55	Amanda Jones Southampton 2.03.08	Millie Webb Brighton 4.55.35 PB	Amanda Jones 32 *1 CC6*		Kirsty Macbeth 78.9% *1 race*	Sophie Coady 100+ 23.47 *1-10 runs (2)*	
16	Claire Drainey Overton 46.40	Amanda Pinckney Lordshill 46.48	Carly Lucas Great South Run 1.27.04 PB	Claire Drainey Great North Run 2.03.51	Mel Green Southampton 5.00.08 PB	Lyn Hatchett 36 1 CC6		Amanda Pinckney 77.0% *1 race*	Lorna Lavers 25.06 *1-10 runs (1)*	
15	Alison Cooper Romsey 46.42	Sophie Coady Lordshill 47.47	Sarah Gordon Great South Run 1.30.23 PB	Lisa Boden Southampton 2.04.53 PB	Carly Lucas Southampton 5.00.08 PB	Sarah Gordon 37 *1 CC6*		Sophie Coady 72.4% *1 race*	Amanda Jones 25.27 *1-10 parkruns (5)*	
14	Virgina Collins Overton 46.45	Elizabeth White Lordshill 49.26	Louise Henning Great South Run 1.31.25 PB	Rachel McCulloch Southampton 2.10.37 PB	Sam Bowyer Loch Ness 5.11.29 PB	Lynda Massey 41 *1 CC6*		Elizabeth White 66.4% *1 race*	Kirsty Macbeth 26.01 *1-10 runs (1)*	
13	Sarah Hopkins Romsey 49.10 PB	Sophie James Lordshill 51.23	Caroline Orchard Great South Run 1.36.27 PB	Donna Pike Southampton 2.16.10	Vicky Couzens London 5.22.45 PB	Priscilla Cook 48 *1 CC6*		Sophie James 60.5% *1 race*	Lyn Hatchett 100+ 26.04 *1-10 parkruns (7)*	
12	Veronica McClune Romsey 49.53 PB	Lorna Lavers Lordshill 52.13 PB	Rachael Gardner Great South Run 1.38.06 PB	April Woodnutt Southampton 2.21.08 PB	Zea Brenchley Brighton 5.27.06 PB	Lizzie Cook 51 *1 CC6*		Lorna Lavers 56.6% *1 race*	Claire Drainey 100+ 26.12 *1-10 runs (7)*	
11	Sian Motyer Romsey 50.50 PB	Claire Drainey Taunton 54.08 PB	Laura Martin Great South Run 1.41.13 PB	Vicky Couzens Winchester 2.24.14	Helen Miles London 5.48.57	Farah Hibberd 54 *1 CC6*		Caroline Orchard 42.1% *1 race*	Viv Alexander 100+ 26.27 *1-10 runs (5)*	
10	Tanya Davis Romsey 51.59 PB	Caroline Orchard Lordshill 55.35 PB	Teresa Dodkin Great South Run 1.41.23 PB	Teresa Dodkin Southampton 2.23.36	Dot Kennard London 5.51.14	Kelly Brooke 57 *1 CC6*		Lyn Hatchett 41.4% *1 race*	Donna Pike 100+ 27.03 *1-10 runs (5)*	
9	Jeanette Hiscocks Romsey 55.19	Lyn Hatchett Lordshill 55.42	Sarah Hopkins Great South Run 1.44.48 PB	Jane Forbes Southampton 2.41.30		Veronica McClune 61 *1 CC6*		Claire Drainey 34.4% *1 race*	Rachel Evans 27.04 *1-10 runs (1)*	
8		Virginia Collins Lordshill 57.56	Jo Inglis Smith Great South Run 1.45.25 PB	Dot Kennard Southampton 2.51.54		Diana Davis 62 *1 CC6*		Farah Hibberd 25.0% *1 race*	Virgina Collins 100+ 27.35 *1-10 runs (7)*	
7		Farah Hibberd Lordshill 1.00.47	Tanya Davis Great South Run 1.47.31			Jo Inglis- Smith 65 *1 CC6*		Dot Kennard 9.9% *1 race*	Sarah Gordon 28.44 *1-10 runs (1)*	
6		Rachael Gardner Southampton 1.01.26 PB	Dot Kennard Great South Run 1.51.06			Deborah Garrett 70 *1 CC6*		Ann-Marie Vanderplank 5.9% *1 race*	Sarah Whatley 29.43 *1-10 runs (2)*	
5		Veronica Mclune Southampton 1.04.51 PB	Jane Forbes Great South Run 1.59.08			Sian Motyer 71 *1 CC6*		Alison Kaines 5.3% *1 race*	Vicky Couzens 29.56 *1-10 runs (4)*	
4		Dot Kennard Lordshill 1.06.15	Jeanette Hiscocks Great South Run 2.04.22			Caroline Irwin 78 *1 CC6*		Tracey Nightingale 3.3% *1 race*	Kay Bunney 30.07 *1-10 runs (6)*	
3		Alison Kaines Lordshill 1.07.53	Sohini Frame Great South Run 2.04.33					Sohini Frame 2.0% *1 race*	Teresa Dodkin 30.27 *1-10 runs (1)*	
2		Ann-Marie Vanderplank Lordshill 1.07.53						Rebecca Fouch 0.7% *1 race*	Hannah Corlass 30.43 *1-10 runs (2)*	
1		Tracey Nightingale Lordshill 1.09.19							Dot Kennard 100+ 30.55 *1-10 runs (5)*	
		Sohini Frame Lordshill 1.11.18							Tina Mills 32.19 *1-10 parkruns (4)*	
		Rebecca Fouch Lordshill 1.14.18							Kira Taylor 32.20 *1-10 runs (1)*	
		Tina Mills Southampton 1.15.45							Jane Forbes 33.03 *1-10 runs (1)*	
									Heather Reid 100+ 33.11 *1-10 runs (5)*	
									Ann-Marie Vanderplank 34.07 *1-10 runs (3)*	
									Maria Whitlock 34.53 *1-10 runs (3)*	
									Tracey Nightingale 35.02 *1-10 runs (1)*	
									Jeanette Hiscocks 33.37 *1-10 parkruns (3)*	
									Alison Kaines 35.11 *1-10 parkruns (2)*	
									Rebecca Chambers 37.13 PB *1-10 parkruns (3)*	
									Emily Stoodley 100+ 48.32 *1-10 runs (7)*	
									Caroline Irwin 47.11 *1-10 runs (3)*	
									Zea Brenchley 56.14 *1-10 runs (1)*	
									Sue Tizard 1.01.47 *1-10 runs (1)*	
									Kerri Howell 1.01.49 *1-10 runs (1)*	

SCORES / POSITIONS

Performance (best 3 of 5 scores)					Participation (best 3 of 6 scores)					Total score	Position	Name	Category
20	20				20		20			80	1	Alice Burch	SEN
	19			20			18	20		77	2	Helen Bonaer	SEN
	17		19				17	14		67	3	Kirsty Macbeth	V40
	14		19				14	19		66	4	Elizabeth White	SEN
16	11		16				9	12		64	5	Claire Drainey	V40
	18	20	20							58	6	Julie Densham	SEN
		18		19				18		55	7	Jacquie Barlow	V40
19			16	16						51	8	Carly Lucas	V40
14	8						19	8		49	9	Virginia Collins	V60
			17		17			15		49	9	Amanda Jones	V40
	9				16		10	13		48	11	Lyn Hatchett	V40
	15						15	17		47	12	Sophie Coady	SEN
	13		17				13			43	13	Sophie James	SEN
	12						12	16		40	14	Lorna Lavers	SEN
			15		15			7		37	15	Sarah Gordon	V40
	10		13				11			34	16	Caroline Orchard	V40
	4	6	8	10			7	1		32	17	Dot Kennard	V50
	16						16			32	17	Amanda Pinckney	V40
18			14							32	19	Louise Henning	V40
			10	13				5		28	20	Vicky Couzens	SEN
				18				9		27	21	Rachel Evans	V40
12	5				9					26	22	Veronica McClune	V50
	7				11		8			26	22	Farah Hibberd	V50
			13					10		23	24	Donna Pike	V40
		10	10					3		23	24	Teresa Dodkin	V50
13		9								22	25	Sarah Hopkins	V40
					19					19	26	Flo Sutddert- Kennady	U20
	7	12								19	26	Rachael Gardner	SEN
					18					18	27	Patricia Spodzieja	V40
			18							18	27	Sarah-Jane Loynds	SEN
				17						17	29	Millie Webb	SEN
17										17	29	Pam Bungay	V50
10		7								17	29	Tanya Davis	V40
				16						16	32	Mel Green	V40
11					5					16	32	Sian Motyer	V50
			15							15	34	Lisa Boden	V40
15										15	34	Alison Cooper	V50
		8			6					14	36	Jo Inglis-Smith	SEN
			14							14	36	Rachel McCulloch	SEN
				14						14	36	Sam Bowyer	V40
					14					14	36	Lynda Massey	V60
		5	9							14	36	Jane Forbes	V50
9		4								13	41	Jeanette Hiscocks	V40
			12							12	42	April Woodnutt	V40
				12						12	42	Zea Brenchley	SEN
					12					12	42	Priscilla Cook	V50
								11		11	45	Viv Alexander	V60
					11					11	45	Lizzie Cook	U20
				11						11	45	Helen Miles	V40
		11								11	45	Laura Martin	V40
					9					9	49	Kelly Brooke	V50
					8					8	50	Diana Davis	V60
	2						6			8	50	Ann-Marie Vanderplank	V40
	3						5			8	50	Alison Kaines	V50
	1	3					3			7	53	Sohini Frame	V40
					6					6	54	Deborah Garrett	V50
								6		6	54	Sarah Whatley	V40
	1						4			5	56	Tracy Nightingale	V40
								4		4	57	Kay Bunney	V60
					4					4	57	Caroline Irwin	V50
							2			2	59	Rebecca Fouch	V40
								2		2	59	Hannah Corlass	SEN

Volunteering- Male & Female 1 point for each parkrun/junior parkrun, 5 points CC6/RR10
Sue Tizard 4 *3pr* Helena Shaw 4 *3pr*
Helen Bonaer 3 *3pr*
Alison Kaines 2 *2pr* Andy Warren 2 *1 pr* Jacquie Barlow 2 *1 pr* Alice Burch 2 *1 pr*
Craig Taylor 1 *1pr* Donna Pike 1 *1pr* Mark Whitlock 1 *1 pr* Vicky Couzens 1 *1 pr* Neil White *1* *1 pr*