	Age Cat	Position	Count		Race 1a			Race 1b			Race 2			Race 3			Race4			Race 5			Race 6			Race 7			Race 8			Race 9			Race 10			Race 11			Race 12			Race 13		
					Round the Lakes 10k			Round the Lakes 30k			Martley Madness			Groe parkrun			Batch Bash			HBXC			Cleobury 10k			Clun Canter			Wild Wolf			Waun Fach			Credenhill Canter			Ludlow parkrun			Ron Skilton Half			Rone Skilton 12k		
				Total	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%	Pos	Time	%
Eric Apperley	MSEN	1st	8	648.16			0.00	0	01:55:44	98.37			0.00	3	00:16:57	102.25	9	00:29:55	95.35	2	00:28:38	104.47	1	00:35:20	112.36	3	00:39:42	104.89			0.00			0.00	1	00:40:14	108.75	1	00:18:59	115.44			0.00			0.00
Sam Juson	MSEN	2nd	5	574.85			0.00	0	01:45:20	108.08	1	00:58:00	121.59	1	00:15:08	114.53			0.00	1	00:26:50	111.48			0.00			0.00	1	01:05:55	119.17			0.00			0.00			0.00			0.00			0.00
Steve Partridge	M40	3rd	9	549.33			0.00	0	02:27:40	77.10			0.00	12	00:19:19	89.72	49	00:36:49	77.48			0.00	11	00:43:09	92.00	13	00:46:42	89.16	20	01:30:41	86.63			0.00	15	00:48:18	90.59	6	00:21:39	101.22	0	02:25:21	79.34			0.00
Gareth Leek	MSEN	4th	5	516.02			0.00			0.00			0.00	9	00:18:04	95.92			0.00			0.00			0.00	7	00:43:10	96.46	4	01:16:00	103.36			0.00	2	00:41:07	106.41			0.00	0	01:41:17	113.86			0.00
Mike Bending	M60	5th	10	484.90			0.00			0.00	31	01:25:34	82.42	35	00:22:10	78.19	88	00:43:53	65.00	78	00:39:37	75.51	36	00:49:46	79.77	35	00:54:02	77.06	34	01:42:14	76.84	50	01:20:24	70.23	34	00:57:34	76.00	12	00:24:11	90.62			0.00			0.00
Samantha Harper	F45	6th	9	484.21			0.00	0	02:54:11	65.36			0.00	32	00:22:01	78.72	71	00:39:42	71.85	68	00:38:53	76.93	62	00:48:45	81.44	26	00:51:38	80.65	30	01:37:23	80.67			0.00	25	00:53:11	82.27	29	00:27:14	80.47			0.00			0.00
Jamie Symonds		7th	7	475.97			0.00			0.00	51	01:31:28	77.10	28	00:21:45	79.69			0.00	95	00:41:10	72.66			0.00	49	01:01:39	67.54			0.00			0.00	50	01:01:42	70.91	22	00:25:48	84.94			0.00	0	01:26:57	90.66
Richard Coltart	M40	8th	7	474.82	0	00:48:13	82.07			0.00	40	01:28:57	79.28	37	00:22:42	76.35	94	00:45:29	62.72	102	00:42:03	71.14			0.00			0.00			0.00			0.00	32	00:56:25	77.55	16	00:24:47	88.43			0.00			0.00
Liza Austin	F55	9th	7	446.36			0.00			0.00	62	01:33:47	75.20			0.00	89	00:43:57	64.90	104	00:42:14	70.83	59	00:54:28	72.89	41	00:57:56	71.88	51	01:49:08	71.98			0.00			0.00	26	00:26:13	83.59			0.00			0.00
Stephanie King	F55	10th	9	441.24			0.00			0.00	89	01:41:14	69.66	51	00:23:28	73.86			0.00	112	00:42:50	69.84	63	00:55:43	71.25	51	01:01:55	67.25	63	01:54:11	68.80	69	01:31:19	61.83	47	01:00:45	72.02	23	00:25:54	84.61			0.00			0.00
Miles Davis	M50	11th	5	433.25	0	00:45:53	86.24			0.00	21	01:22:15	85.74			0.00			0.00			0.00	33	00:46:04	86.18			0.00	21	01:30:46	86.55			0.00	17	00:49:25	88.54			0.00			0.00			0.00
Victoria Dickinson	F55	12th	7	394.00	0	01:01:31	64.33			0.00			0.00	91	00:26:56	64.35	106	00:51:07	55.80	164	00:46:27	64.40	70	00:57:52	68.61	54	01:02:42	66.41	74	01:59:12	65.90			0.00			0.00			0.00			0.00			0.00
Simon Norwood	M50	13th	4	343.31			0.00	0	02:25:29	78.25			0.00	20	00:20:00	86.66			0.00			0.00			0.00			0.00	18	01:29:49	87.46			0.00			0.00	9	00:24:06	90.93			0.00			0.00
Carol Powell	F45	14th	5	336.04			0.00			0.00			0.00			0.00	101	00:47:02	60.65	138	00:44:19	67.50			0.00	45	00:58:59	70.60	58	01:52:28	69.85			0.00	57	01:04:52	67.45			0.00			0.00			0.00
Roland Preece	M60	15th	5	329.78			0.00			0.00			0.00	76	00:25:51	67.05			0.00			0.00	73	00:59:05	67.19	71	01:15:48	54.93			0.00			0.00	61	01:06:55	65.38	40	00:29:08	75.22			0.00			0.00
Joseph Lynch	MSEN	16th	4	325.71			0.00	0	02:37:31	72.27			0.00			0.00			0.00	36	00:35:14	84.90			0.00	31	00:52:36	79.16	12	01:27:54	89.37			0.00			0.00			0.00			0.00			0.00
Tim Jones	M50	17th	4	298.03			0.00			0.00			0.00			0.00	79	00:42:31	67.09			0.00			0.00			0.00	38	01:44:38	75.08			0.00			0.00	28	00:26:47	81.82	0	02:35:46	74.03			0.00
Anna Bromley	F45	18th	5	297.01			0.00	0	03:50:17	49.44			0.00	126	00:28:54	59.97			0.00			0.00	106	01:07:36	58.73			0.00	101	02:20:00	56.11			0.00			0.00			0.00			0.00	0	01:48:20	72.77
Paul Lewis	M40	19th	4	294.99			0.00			0.00			0.00	41	00:23:00	75.36			0.00	116	00:42:54	69.73	52	00:53:02	74.86			0.00			0.00			0.00	37	00:58:18	75.05			0.00			0.00			0.00
Frank Luscott	M60	20th	5	291.53	0	01:09:15	57.14			0.00			0.00			0.00			0.00			0.00	102	01:06:59	59.27	69	01:14:14	56.09			0.00			0.00	82	01:18:55	55.44	75	00:34:28	63.58			0.00			0.00
Mike Hayward	M60	21st	5	290.81	0	01:03:16	62.55			0.00	136	02:03:02	57.32	119	00:28:07	61.64			0.00	200	00:53:32	55.88			0.00	73	01:17:57	53.42			0.00			0.00			0.00			0.00			0.00			0.00
Gary Gunner	M80	22nd	5	279.93			0.00			0.00			0.00			0.00	115	00:53:51	52.97	188	00:50:42	59.00			0.00			0.00			0.00	82	02:05:22	45.04	81	01:16:29	57.21	67	00:33:21	65.71			0.00			0.00
Christina La Monica	F45	23rd	5	254.22			0.00			0.00			0.00	176	00:34:43	49.92			0.00			0.00	129	01:18:50	50.36			0.00	127	02:34:21	50.89			0.00	89	01:31:22	47.89	96	00:39:44	55.16			0.00			0.00
Lisa Gray	F45	24th	4	252.22			0.00			0.00			0.00	101	00:28:07	61.64			0.00	184	00:49:12	60.80			0.00			0.00	91	02:15:42	57.89			0.00			0.00	44	00:30:29	71.89			0.00			0.00
Huw Williams	M60	25th	4	245.41			0.00			0.00	135	02:01:23	58.10			0.00			0.00	201	00:53:43	55.69	105	01:07:27	58.86			0.00			0.00			0.00			0.00			0.00			0.00	0	01:48:20	72.77
Bronwyn Preece	FSEN	26th	4	239.50			0.00			0.00			0.00	128	00:29:01	59.73			0.00	203	00:54:10	55.22			0.00	70	01:15:48	54.93			0.00			0.00			0.00	55	00:31:29	69.61			0.00			0.00
Nicola Luscott	FSEN	27th	4	233.62	0	01:04:40	61.19			0.00			0.00			0.00			0.00			0.00	115	01:11:08	55.81			0.00			0.00			0.00	83	01:19:41	54.91	81	00:35:31	61.70			0.00			0.00
Jim Bowers	M40	28th	3	233.24			0.00	0	02:55:22	64.92			0.00	22	00:20:13	85.73			0.00			0.00			0.00			0.00	27	01:35:07	82.59			0.00			0.00			0.00			0.00			0.00
Jo Marriott	F55	29th	3	222.77			0.00			0.00	55	01:32:18	76.40	50	00:23:28	73.86			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	0	02:39:03	72.51			0.00
Oliver Cameron-Swann	M50	30th	3	195.85			0.00	0	03:30:45	54.02			0.00			0.00			0.00	127	00:43:19	69.06			0.00			0.00			0.00			0.00			0.00			0.00			0.00	0	02:38:28	72.77			0.00
Rob Martin	M60	31st	3	194.14			0.00			0.00			0.00			0.00			0.00			0.00	98	01:05:20	60.77			0.00			0.00			0.00	69	01:10:19	62.22	47	00:30:48	71.15			0.00			0.00
Casper Coltart		32nd	2	188.76			0.00			0.00			0.00	21	00:20:11	85.87			0.00			0.00			0.00			0.00			0.00			0.00			0.00	4	00:21:18	102.89			0.00			0.00
Nigel Taylor	M50	33rd	2	179.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	15	01:28:26	88.83			0.00			0.00			0.00	0	02:07:54	90.17			0.00
Vanessa Bowers	F35	34th	3	172.39	0	01:02:50	62.98			0.00			0.00	177	00:34:44	49.90			0.00	187	00:50:16	59.51			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Mia Davies	FSEN	35th	2	167.63			0.00	0	02:23:18	79.45			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	18	00:49:37	88.18			0.00			0.00			0.00
Henry Eastman	MSEN	36th	2	167.62			0.00	0	02:35:37	73.16			0.00			0.00			0.00	13	00:31:40	94.46			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Janet Hill	F65	37th	3	166.91			0.00	0	03:34:06	53.17	130	01:58:14	59.65			0.00	112	00:52:44	54.09			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Reachel Kenny	F55	38th	3	159.99			0.00			0.00			0.00			0.00			0.00	207	00:56:33	52.90			0.00	72	01:17:14	53.91	124	02:27:44	53.17			0.00			0.00			0.00			0.00			0.00
Russell Limbert	M60	39th	2	150.23			0.00			0.00			0.00			0.00			0.00	95	00:41:10	72.66	42	00:51:11	77.56			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Nina Walmsley	F45	40th	2	149.59			0.00	0	02:44:45	69.10			0.00			0.00			0.00	53	00:37:10	80.48			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Kelly Bowen	F35	41st	2	147.68			0.00	0	02:44:51	69.06			0.00			0.00			0.00	58	00:38:03	78.62			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Flora Gunner	F55	42nd	2	140.15			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	57	01:25:21	66.16			0.00			0.00	0	02:35:51	74.00			0.00
Craig Price	M40	43rd	2	138.97			0.00			0.00			0.00			0.00			0.00	136	00:44:04	67.88			0.00			0.00			0.00			0.00	49	01:01:33	71.09			0.00			0.00			0.00
Kath Hardwick	F45	44th	2	129.40			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	70	01:58:56	66.05	64	01:29:08	63.35			0.00			0.00			0.00			0.00
Rob Wood	M70	45th	2	129.35			0.00			0.00			0.00	95	00:27:13	63.68			0.00	154	00:45:33	65.67			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Guy Whitmarsh	M80	46th	2	126.74			0.00			0.00			0.00			0.00	98	00:46:21	61.54			0.00			0.00	55	01:03:52	65.20			0.00			0.00			0.00			0.00			0.00			0.00
Hayley Colebatch	F35	47th	2	125.11			0.00			0.00			0.00	97	00:27:22	63.33			0.00	178	00:48:25	61.78			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Peter High	M70	48th	2	117.34			0.00			0.00			0.00	125	00:28:51	60.08			0.00	196	00:52:14	57.27			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Sue Wood	F65	49th	2	115.40			0.00			0.00			0.00	161	00:32:18	53.66			0.00	179	00:48:27	61.74			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Sam Mayglothling	M40	50th	1	108.58			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	2	01:12:21	108.58			0.00			0.00			0.00			0.00			0.00
Mark Lamonby	MSEN	51st	1	100.44			0.00			0.00			0.00			0.00			0.00	3	00:29:47	100.44			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Andrew Davies	MSEN	52nd	1	99.71			0.00			0.00			0.00			0.00			0.00	4	00:30:00	99.71			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Max George		53rd	1	93.33			0.00			0.00			0.00			0.00			0.00			0.00			0.00	8	00:44:37	93.33			0.00			0.00			0.00			0.00			0.00			0.00
Hannah Fletcher	F35	54th	1	91.79			0.00			0.00			0.00			0.00			0.00			0.00	12	00:43:15	91.79			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Oscar Austin	MSEN	55th	1	91.43			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	8	01:25:55	91.43			0.00			0.00			0.00			0.00			0.00
Sam Walmsley	M40	56th	1	86.45			0.00			0.00			0.00			0.00			0.00			0.00			0.00	16	00:48:10	86.45			0.00			0.00			0.00			0.00			0.00			0.00
Natalie Covill	F45	57th	1	83.53			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	24	00:52:23	83.53			0.00			0.00			0.00
Stuart Austin	M60	58th	1	82.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	23	00:50:47	82.00			0.00			0.00			0.00			0.00			0.00			0.00
Emma jones	F45	59th	1	81.58			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	0	02:21:22	81.58			0.00
Irina Whitfield	F35	60th	1	78.58			0.00			0.00			0.00			0.00			0.00	59	00:38:04	78.58			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Joanne Tilby	F35	61st	1	78.51			0.00			0.00			0.00			0.00			0.00	60	00:38:06	78.51			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Ian Chubb	M50	62nd	1	77.70			0.00			0.00			0.00			0.00			0.00	63	00:38:30	77.70			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Greg Jones	M50	63rd	1	77.48			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	0	02:28:50	77.48			0.00
Saffi Reid	FJUN	64th	1	77.27			0.00			0.00			0.00			0.00	51	00:36:55	77.27			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Mark Paviour	M60	65th	1	73.65			0.00			0.00			0.00			0.00			0.00	89	00:40:37	73.65			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Tony Howsam	M40	66th	1	72.15			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	49	01:48:53	72.15			0.00			0.00			0.00			0.00			0.00
Paul Parker	M50	67th	1	68.04			0.00	0	02:47:19	68.04			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Thea Preece	FSEN	68th	1	68.01			0.00			0.00			0.00	74	00:25:29	68.01			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Ian Price	M70	69th	1	65.29			0.00			0.00			0.00			0.00			0.00	159	00:45:49	65.29			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Kerry Martin		70th	1	65.26			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00	70	00:33:35	65.26			0.00			0.00
Amy Purvin	FSEN	71st	1	63.37	0	01:02:27	63.37			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00
Suzanne Powell	F55	72nd	1	63.25			0.00			0.00			0.00	99	00:27:24	63.25			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00			0.00

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