Eden Runners — **2022 Club Road Championships** — **Men**

	Race #1	Race #2	Race#3	Race #4	Race #5	2022 Road Championships
Finishers	347	523	187	76		
Event ->	Resolution 10k	Cross-Border 10k	Three Bridges 10k	Kendal 10k	Hawkshead 10k	Total Points
Distance ->	10k (1st of 10)	10k (2nd of 10)	10k (3rd of 10)	10k (4th of 7)	10k (5th of 7)	after
Venue ->	Carlisle	Gretna	Lancaster	Kendal	Hawkshead Village	4
Date ->	Sun 23 January 2022	Sunday 06 February 2022	Sunday 10 Apr 2022	Wed May 4th 2022	Wed 15 June 2022	events

		Current champs 10k PB after Race #1	Current champs 10k PB after Race #2	Current champs 10k PB after Race #3	Current champs 10k PB after Race #4	R1 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event	R2 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event
1	John Williams	00:39:03	00:38:57	00:38:57	00:38:57	00:39:03	1	31	0	5	36	00:38:57	3	21	15	5	41
2	Andy Douglas	00:39:26	00:38:32	00:38:28	00:38:28	00:39:26	2	30	0	5	35	00:38:32	2	22	15	5	42
3	Joe Webb	00:41:02	00:41:02	00:41:02	00:41:02	00:41:02	3	29	0	5	34					0	0
4	Carl Sealby	00:42:17	00:41:32	00:41:32	00:41:32	00:42:17	4	28	0	5	33	00:41:32	4	20	15	5	40
5	Nicky Strong	00:42:29	00:42:18	00:42:18	00:42:18	00:42:29	5	27	0	5	32	00:42:18	5	19	15	5	39
6	James Saxon	00:43:48	00:43:48	00:43:48	00:43:48	00:43:48	6	26	0	5	31	00:44:18	6	18		5	23
7	Paul McKeown	00:43:53	00:43:53	00:43:53	00:43:53	00:43:53	7	25	0	5	30	00:44:28	7	17		5	22
8	Stu Hodgson	00:45:11	00:44:49	00:44:49	00:44:49	00:45:11	8	24	0	5	29	00:44:49	8	16	15	5	36
9	John Andrewartha	00:45:41	00:45:41	00:45:41	00:45:41	00:45:41	9	23	0	5	28					0	0
10	Dave Johnson	00:46:14	00:46:14	00:46:14	00:46:14	00:46:14	10	22	0	5	27					0	0
11	Garry Bower	00:47:00	00:47:00	00:46:57	00:46:57	00:47:00	11	21	0	5	26	00:49:09	11	13		5	18
12	Andrew Walker	00:48:40	00:48:40	00:48:40	00:48:40	00:48:40	12	20	0	5	25					0	0
13	Larry Horne	00:49:00	00:49:00	00:49:00	00:49:00	00:49:00	13	19	0	5	24					0	0
14	Ian Robinson	00:49:50	00:49:50	00:49:50	00:49:50	00:49:50	14	18	0	5	23	00:49:59	12	12		5	17
15	Paul Saager	00:51:34	00:51:34	00:51:34	00:51:34	00:51:34	15	17	0	5	22					0	0
16	David Wills	00:52:10	00:52:10	00:52:10	00:52:10	00:52:10	16	16	0	5	21					0	0
17	David Challis	00:52:56	00:52:56	00:52:56	00:52:56	00:52:56	17	15	0	5	20					0	0
18	Simon Knell	00:53:47	00:52:21	00:52:21	00:52:21	00:53:47	18	14	0	5	19	00:52:21	13	11	15	5	31
19	Simon Flatman	00:55:05	00:55:05	00:55:05	00:55:05	00:55:05	19	13	0	5	18					0	0
20	Stuart Lowthian	00:55:04	00:55:04	00:55:04	00:55:04	00:55:04	20	12	0	5	17					0	0
21	Peter House	00:55:13	00:55:13	00:55:13	00:55:13	00:55:13	21	11	0	5	16					0	0
22	Richard Boyce	00:59:39	00:59:39	00:59:39	00:59:39	00:59:39	22	10	0	5	15					0	0
23	Harry Lancaster		00:33:01	00:33:01	00:33:01				0	0	0	00:33:01	1	23		5	28
24	James Jardine		00:46:11	00:46:11	00:46:11				0	0	0	00:46:11	9	15		5	20
25	Gary Milnes		00:47:25	00:47:25	00:47:25				0	0	0	00:47:25	10	14		5	19
26	Philip Whitfield		00:56:07	00:54:05	00:54:05				0	0	0	00:56:07	14	10		5	15
27	Ralph Liddell				00:51:23				0	0	0					0	0
28									0	0	0					0	0
29									0	0	0					0	0
30									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
								Chk0	Chk0		Chk5			Chk0	Chk0		Chk5
	No of ER Finishers					22	0	0		5	561	14	0	0		5	391

		R3 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event	R4 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event	R5 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event
1	John Williams	00:40:39	2	18	0	5	23	00:39:53	2	17	0	5	22				0	0	0
2	Andy Douglas	00:38:28	1	19	15	5	39	00:39:33	1	18	0	5	23				0	0	0
3	Joe Webb	00:44:26	4	16	0	5	21				0	0	0				0	0	0
4	Carl Sealby	00:43:13	3	17	0	5	22				0	0	0				0	0	0
5	Nicky Strong				0	0	0				0	0	0				0	0	0
6	James Saxon				0	0	0				0	0	0				0	0	0
7	Paul McKeown				0	0	0	00:45:11	3	16	0	5	21				0	0	0
8	Stu Hodgson	00:44:52	5	15	0	5	20	00:46:23	4	15	0	5	20				0	0	0
9	John Andrewartha				0	0	0	00:47:41	5	14	0	5	19				0	0	0
10	Dave Johnson				0	0	0				0	0	0				0	0	0
11	Garry Bower	00:46:57	6	14	15	5	34	00:47:52	6	13	0	5	18				0	0	0
12	Andrew Walker				0	0	0				0	0	0				0	0	0
13	Larry Horne				0	0	0				0	0	0				0	0	0
14	Ian Robinson	00:52:35	7	13	0	5	18	00:53:40	8	11	0	5	16				0	0	0
15	Paul Saager				0	0	0				0	0	0				0	0	0
16	David Wills				0	0	0				0	0	0				0	0	0
17	David Challis				0	0	0				0	0	0				0	0	0
18	Simon Knell	00:55:18	9	11	0	5	16				0	0	0				0	0	0
19	Simon Flatman				0	0	0				0	0	0				0	0	0
20	Stuart Lowthian				0	0	0	00:57:31	9	10	0	5	15				0	0	0
21	Peter House				0	0	0				0	0	0				0	0	0
22	Richard Boyce	01:00:33	10	10	0	5	15				0	0	0				0	0	0
23	Harry Lancaster				0	0	0				0	0	0				0	0	0
24	James Jardine				0	0	0				0	0	0				0	0	0
25	Gary Milnes				0	0	0				0	0	0				0	0	0
26	Philip Whitfield	00:54:05	8	12	15	5	32				0	0	0				0	0	0
27	Ralph Liddell				0	0	0	00:51:23	7	12	0	5	17				0	0	0
28					0	0	0				0	0	0				0	0	0
29					0	0	0				0	0	0				0	0	0
30					0	0	0				0	0	0				0	0	0
					0	0	0				0	0	0				0	0	0
					0	0	0				0	0	0				0	0	0
					0	0	0				0	0	0				0	0	0
					0	0	0				0	0	0				0	0	0
					0	0	0				0	0	0				0	0	0
					0	0	0				0	0	0				0	0	0
			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5	
	No of ER Finishers	10	0	0		5	240	9	0	0		5	171	-1	0	-9		0	0

	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points All Events			Positions after - 4	Race no - 1	2	3	4
1	2	87	15	20	122	John Williams		2	1	1=	2	2
2	1	89	30	20	139	Andy Douglas		1	2	1=	1	1
3	10	45	0	10	55	Joe Webb		10	3	11	9	10
4	5	65	15	15	95	Carl Sealby		5	4	3	3	5
5	8	46	15	10	71	Nicky Strong		8	5	4	6	8
6	11	44	0	10	54	James Saxon		11	6	6	10	11
7	7	58	0	15	73	Paul McKeown		7	7	7	11	7
8	3	70	15	20	105	Stu Hodgson		3	8	5	4	3
9	12=	37	0	10	47	John Andrewartha		12=	9	12=	14=	12=
10	17	22	0	5	27	Dave Johnson		17	10	14	16	17
11	4	61	15	20	96	Garry Bower		4	11	9	5	4
12	18	20	0	5	25	Andrew Walker		18	12	15	17	18
13	19	19	0	5	24	Larry Horne		19	13	16	18	19
14	6	54	0	20	74	Ian Robinson		6	14	10	8	6
15	20	17	0	5	22	Paul Saager		20	15	17	19	20
16	21	16	0	5	21	David Wills		21	16	18	20	21
17	22=	15	0	5	20	David Challis		22=	17	19=	21=	22=
18	9	36	15	15	66	Simon Knell		9	18	8	7	9
19	25	13	0	5	18	Simon Flatman		25	19	22	24	25
20	14	22	0	10	32	Stuart Lowthian		14	20	23	25	14
21	27	11	0	5	16	Peter House		27	21	24	26	27
22	15	20	0	10	30	Richard Boyce		15	22	25=	13	15
23	16	23	0	5	28	Harry Lancaster		16		12=	14=	16
24	22=	15	0	5	20	James Jardine		22=		19=	21=	22=
25	24	14	0	5	19	Gary Milnes		24		21	23	24
26	12=	22	15	10	47	Philip Whitfield		12=		25=	12	12=
27	26	12	0	5	17	Ralph Liddell		26				26
28	0	0	0	0	0	0		0				
29	0	0	0	0	0	0		0				
30	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
No of ER Finishers	27				1363	27						
				Chk	1363							

Eden Runners — **2022 Club Road Championships** — **Ladies**

	Race #1	Race #2	Race#3	Race #4	Race #5	2022 Road Championships
	Ladies	Ladies	Ladies	0 — Ladies		
Event ->	Resolution 10k	Cross-Border 10k	Three Bridges 10k	Kendal 10k	Hawkshead 10k	Total Points
Distance ->	10k (1st of 10)	10k (2nd of 10)	10k (3rd of 10)	10k (4th of 7)	10k (5th of 7)	after
Venue ->	Carlisle	Gretna	Lancaster	Kendal	Hawkshead Village	4
Date ->	Sun 23 January 2022	Sunday 06 February 2022	Sunday 10 Apr 2022	Wed May 4th 2022	Wed 15 June 2022	events

		Current champs 10k PB after Race #1	Current champs 10k PB after Race #2	Current champs 10k PB after Race #3	Current champs 10k PB after Race #4	R1 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event	R2 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event
1	Emma Nielsen	00:42:17	00:41:31	00:41:31	00:41:31	00:42:17	1	26	0	5	31	00:41:31	2	23	15	5	43
2	Kerry Grinbergs	00:42:49	00:42:49	00:42:49	00:42:49	00:42:49	2	25	0	5	30					0	0
3	Kathryn Metcalfe	00:43:28	00:43:28	00:43:28	00:43:28	00:43:28	3	24	0	5	29	00:44:16	3	22		5	27
4	Rachel Ash	00:48:31	00:47:32	00:47:32	00:47:32	00:48:31	4	23	0	5	28	00:47:32	5	20	15	5	40
5	Fiona Ferguson	00:48:55	00:48:55	00:48:55	00:48:55	00:48:55	5	22	0	5	27	00:49:39	7	18		5	23
6	Harriet North	00:49:06	00:49:06	00:49:06	00:49:06	00:49:06	6	21	0	5	26					0	0
7	Olivia Kidd	00:49:39	00:48:45	00:48:45	00:48:45	00:49:39	7	20	0	5	25	00:48:45	6	19	15	5	39
8	Helen Tyson	00:49:47	00:47:30	00:47:30	00:47:30	00:49:47	8	19	0	5	24	00:47:30	4	21	15	5	41
9	Katie Bird	00:50:14	00:50:14	00:50:14	00:50:14	00:50:14	9	18	0	5	23	00:50:20	8	17		5	22
10	Julie Gate	00:52:10	00:51:39	00:51:39	00:51:39	00:52:10	10	17	0	5	22	00:51:39	9	16	15	5	36
11	Sharon Dawson	00:55:07	00:55:07	00:55:07	00:55:07	00:55:07	11	16	0	5	21					0	0
12	Liz Farthing	00:56:13	00:56:13	00:56:13	00:56:13	00:56:13	12	15	0	5	20					0	0
13	Margaret Mossman	00:56:33	00:56:33	00:56:33	00:56:33	00:56:33	13	14	0	5	19					0	0
14	Sally Blackmore	00:56:53	00:55:34	00:55:34	00:55:34	00:56:53	14	13	0	5	18	00:55:34	12	13	15	5	33
15	Anna Larden	00:58:22	00:58:22	00:58:22	00:58:22	00:58:22	15	12	0	5	17					0	0
16	Lisa Culling	01:10:48	01:09:24	01:09:24	01:09:24	01:10:48	16	11	0	5	16	01:09:24	15	10	15	5	30
17	Anne Blues	01:12:06	01:12:06	01:12:06	01:12:06	01:12:06	17	10	0	5	15					0	0
18	Sally Braithwaite		00:40:34	00:40:34	00:40:28				0	0	0	00:40:34	1	24		5	29
19	Claire Crewe		00:52:26	00:52:26	00:52:26				0	0	0	00:52:26	10	15		5	20
20	Laura Stitch		00:53:06	00:53:06	00:53:06				0	0	0	00:53:06	11	14		5	19
21	Michelle Sutherland		00:59:33	00:59:33	00:59:33				0	0	0	00:59:33	13	12		5	17
22	Abigail Jardine		01:01:05	01:01:05	01:01:05				0	0	0	01:01:05	14	11		5	16
23	Karen Bridge			00:43:48	00:43:48				0	0	0					0	0
24	Katy Drewette			01:02:00	01:02:00				0	0	0					0	0
25	Mica Lowthian				00:47:44				0	0	0					0	0
26									0	0	0					0	0
27									0	0	0					0	0
28									0	0	0					0	0
29									0	0	0					0	0
30									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
									0	0	0					0	0
								Chk0	Chk0		Chk5			Chk0	Chk0		Chk5
	No of ER Finishers					17	0	0		5	391	15	0	0		5	435
	Total ERs					39						29					

		R3 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event	R4 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event	R5 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event
1	Emma Nielsen	00:42:52	1	16	0	5	21	00:43:02	2	17	0	5	22			0	0	0	0
2	Kerry Grinbergs				0	0	0				0	0	0			0	0	0	0
3	Kathryn Metcalfe				0	0	0	00:45:47	4	15	0	5	20			0	0	0	0
4	Rachel Ash				0	0	0				0	0	0			0	0	0	0
5	Fiona Ferguson	00:52:33	4	13	0	5	18	00:49:50	6	13	0	5	18			0	0	0	0
6	Harriet North				0	0	0				0	0	0			0	0	0	0
7	Olivia Kidd				0	0	0				0	0	0			0	0	0	0
8	Helen Tyson	00:52:31	3	14	0	5	19	00:51:08	7	12	0	5	17			0	0	0	0
9	Katie Bird				0	0	0				0	0	0			0	0	0	0
10	Julie Gate				0	0	0	00:52:59	8	11	0	5	16			0	0	0	0
11	Sharon Dawson				0	0	0				0	0	0			0	0	0	0
12	Liz Farthing				0	0	0				0	0	0			0	0	0	0
13	Margaret Mossman	01:00:05	6	11	0	5	16				0	0	0			0	0	0	0
14	Sally Blackmore	00:56:36	5	12	0	5	17	00:56:36	9	10	0	5	15			0	0	0	0
15	Anna Larden				0	0	0				0	0	0			0	0	0	0
16	Lisa Culling				0	0	0				0	0	0			0	0	0	0
17	Anne Blues				0	0	0				0	0	0			0	0	0	0
18	Sally Braithwaite				0	0	0	00:40:28	1	18	15	5	38			0	0	0	0
19	Claire Crewe				0	0	0				0	0	0			0	0	0	0
20	Laura Stitch				0	0	0				0	0	0			0	0	0	0
21	Michelle Sutherland				0	0	0				0	0	0			0	0	0	0
22	Abigail Jardine				0	0	0				0	0	0			0	0	0	0
23	Karen Bridge	00:43:48	2	15	0	5	20	00:45:23	3	16	0	5	21			0	0	0	0
24	Katy Drewette	01:02:00	7	10	0	5	15				0	0	0			0	0	0	0
25	Mica Lowthian				0	0	0	00:47:44	5	14	0	5	19			0	0	0	0
26					0	0	0				0	0	0			0	0	0	0
27					0	0	0				0	0	0			0	0	0	0
28					0	0	0				0	0	0			0	0	0	0
29					0	0	0				0	0	0			0	0	0	0
30					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
					0	0	0				0	0	0			0	0	0	0
			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5	
	No of ER Finishers	7	0	0		5	126	9	0	0		5	186	-1	0	-9		0	0
	Total ERs	17						18						-2					

	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points All Events			Positions after - 4	Race no - 1	2	3	4
1	1	82	15	20	117	Emma Nielsen		1	1	1	1	1
2	14	25	0	5	30	Kerry Grinbergs		14	2	11	12	14
3	5	61	0	15	76	Kathryn Metcalfe		5	3	6	8	5
4	7	43	15	10	68	Rachel Ash		7	4	2	3=	7
5	3	66	0	20	86	Fiona Ferguson		3	5	8	3=	3
6	15	21	0	5	26	Harriet North		15	6	13	14	15
7	9	39	15	10	64	Olivia Kidd		9	7	4	6	9
8	2	66	15	20	101	Helen Tyson		2	8	3	2	2
9	11	35	0	10	45	Katie Bird		11	9	10	10	11
10	6	44	15	15	74	Julie Gate		6	10	5	7	6
11	16	16	0	5	21	Sharon Dawson		16	11	14	15	16
12	17=	15	0	5	20	Liz Farthing		17=	12	15=	16=	17=
13	13	25	0	10	35	Margaret Mossman		13	13	17=	11	13
14	4	48	15	20	83	Sally Blackmore		4	14	7	3=	4
15	21=	12	0	5	17	Anna Larden		21=	15	19=	20=	21=
16	10	21	15	10	46	Lisa Culling		10	16	9	9	10
17	24=	10	0	5	15	Anne Blues		24=	17	22	23=	24=
18	8	42	15	10	67	Sally Braithwaite		8		12	13	8
19	17=	15	0	5	20	Claire Crewe		17=		15=	16=	17=
20	19=	14	0	5	19	Laura Stitch		19=		17=	19	19=
21	21=	12	0	5	17	Michelle Sutherland		21=		19=	20=	21=
22	23	11	0	5	16	Abigail Jardine		23		21	22	23
23	12	31	0	10	41	Karen Bridge		12			16=	12
24	24=	10	0	5	15	Katy Drewette		24=			23=	24=
25	19=	14	0	5	19	Mica Lowthian		19=				19=
26	0	0	0	0	0	0		0				
27	0	0	0	0	0	0		0				
28	0	0	0	0	0	0		0				
29	0	0	0	0	0	0		0				
30	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
	0	0	0	0	0	0		0				
						0		0				
								0				
No of ER Finishers	25				1138	25						
				Chk	1138							
Total ERs	52											