Eden Runners | **2019/20 Club Long Distance Road Championships** | **Men**

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	2019/20 Club Long Distance Road Championships
Finishers	448	689					0	63	
Event ->	Derwentwater	Brampton-Carlisle	Dentdale 14	3 Villages 10	Keswick Half Marathon	Dumfries Half Marathon	Great Cumbrian Run	Heart of Eden Half marathon	Total Points
Distance ->	10m (1st of ?)	10m (2nd of ?)	14m	10m (3rd of 3)	13.1m (1st of 4)	13.1m (2nd of 4)	13.1m (3rd of 4)	13.1m (4th of 4)	after
Venue ->	Keswick	Brampton	Dent	Wetheral	Keswick	Dumfries Half Marathon	Carlisle	Appleby	2
Date ->	Sun Nov 3 2019	Sun Nov 17 2019	Sat March 7, 2020	Sun April 7 2019	Sun May 5 2019	Sun Sept 22 2019	Sun Oct 6 2019	Sun Oct 20 2019	events

Men – Races 1 and 2

#	Name	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	Jon Hemingway	01:06:13	1	19	0	5	**24**	01:04:18	1	21	15	5	**41**
2	Tom Taggart	01:08:00	2	18	0	5	**23**	01:06:10	4	18	15	5	**38**
3	John Williams	01:08:07	3	17	0	5	**22**				0		**0**
4	James Grinbergs	01:08:49	4	16	0	5	**21**	01:04:56	2	20	15	5	**40**
5	Paul Nickells	01:09:22	5	15	0	5	**20**	01:05:22	3	19	15	5	**39**
6	Mike Bell	01:12:45	6	14	0	5	**19**	01:07:42	5	17	15	5	**37**
7	Geoff Chapman	01:15:43	7	13	0	5	**18**	01:09:46	8	14	15	5	**34**
8	Andrew Walker	01:20:44	8	12	0	5	**17**	01:15:55	9	13	15	5	**33**
9	Nigel Hierons	01:24:41	9	11	0	5	**16**	01:20:05	10	12	15	5	**32**
10	Ian Robinson	01:25:48	10	10	0	5	**15**				0		**0**
11	Joe Webb				0		**0**	01:07:49	6	16	0	5	**21**
12	Grant Keeler				0		**0**	01:09:35	7	15	0	5	**20**
13	Richard Thorburn				0		**0**	01:20:36	11	11	0	5	**16**
14	David Challis				0		**0**	01:23:55	12	10	0	5	**15**
15					0		**0**				0		**0**
16					0		**0**				0		**0**
17					0		**0**				0		**0**
18					0		**0**				0		**0**
19					0		**0**				0		**0**
20					0		**0**				0		**0**
21					0		**0**				0		**0**
22					0		**0**				0		**0**
23					0		**0**				0		**0**
24					0		**0**				0		**0**
25					0		**0**				0		**0**
26					0		**0**				0		**0**
27					0		**0**				0		**0**
28					0		**0**				0		**0**
29					0		**0**				0		**0**
30					0		**0**				0		**0**
31					0		**0**				0		**0**
32					0		**0**				0		**0**
33					0		**0**				0		**0**
34					0		**0**				0		**0**
35					0		**0**				0		**0**
36					0		**0**				0		**0**
37					0		**0**				0		**0**
38					0		**0**				0		**0**
39					0		**0**				0		**0**
					0		**0**				0		**0**
			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5	
	No of ER Finishers	10	0	0		5		12	0	0		5	

Men – Races 3 to 8 (each race: Time | ER Ranking | Ranking Points | PB Points | Completion Points | Total Points this Event)

#	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**	R6 Time	ER Ranking	Ranking Points	PB Points	Completion Points	**Total Points this Event**	R7 Time	ER Ranking	Ranking Points	PB Points	Completion Points	**Total Points this Event**	R8 Time	ER Ranking	Ranking Points	PB Points	Completion Points	**Total Points this Event**
1			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
2			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
3			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
4			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
5			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
6			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
7			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
8			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
9			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
10			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
11			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
12			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
13			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
14			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
15			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
16			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
17			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
18				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
19				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
20				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
21				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
22				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
23				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
24				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
25				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
26				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
27				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
28				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
29				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
30				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
31				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
32				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
33				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
34				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
35				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
36				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
37				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
38				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
39				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			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5	
	-1	0	-9		0		-1	0	-9		0		-1	0	-9		0		-1	0	-9		0		-1	0	-9		0		-1	0	-9		0	

Men – Total Points after 2 events; Positions after each race

#	Time	ER Ranking	Ranking Points	PB Points	Completion Points	**Total Points All Events**	Name	Positions after - **2**	Race no - **1**	**2**	**3**
1		1	40	15	10	**65**	Jon Hemingway	1	1	1	
2		2=	36	15	10	**61**	Tom Taggart	2=	2	2=	
3		9	17	0	5	**22**	John Williams	9	3	9	
4		2=	36	15	10	**61**	James Grinbergs	2=	4	2=	
5		4	34	15	10	**59**	Paul Nickells	4	5	4	
6		5	31	15	10	**56**	Mike Bell	5	6	5	
7		6	27	15	10	**52**	Geoff Chapman	6	7	6	
8		7	25	15	10	**50**	Andrew Walker	7	8	7	
9		8	23	15	10	**48**	Nigel Hierons	8	9	8	
10		13=	10	0	5	**15**	Ian Robinson	13=	10	13=	
11		10	16	0	5	**21**	Joe Webb	10		10	
12		11	15	0	5	**20**	Grant Keeler	11		11	
13		12	11	0	5	**16**	Richard Thorburn	12		12	
14		13=	10	0	5	**15**	David Challis	13=		13=	
15		0	0	0	0	**0**	0				
16		0	0	0	0	**0**	0				
17		0	0	0	0	**0**	0				
18		0	0	0	0	**0**	0				
19		0	0	0	0	**0**	0				
20		0	0	0	0	**0**	0				
21		0	0	0	0	**0**	0				
22		0	0	0	0	**0**	0				
23		0	0	0	0	**0**	0				
24		0	0	0	0	**0**	0				
25		0	0	0	0	**0**	0				
26		0	0	0	0	**0**	0				
27		0	0	0	0	**0**	0				
28		0	0	0	0	**0**	0				
29		0	0	0	0	**0**	0				
30		0	0	0	0	**0**	0				
31		0	0	0	0	**0**	0				
32		0	0	0	0	**0**	0				
33		0	0	0	0	**0**	0				
34		0	0	0	0	**0**	0				
35		0	0	0	0	**0**	0				
36		0	0	0	0	**0**	0				
37		0	0	0	0	**0**	0				
38		0	0	0	0	**0**	0				
39		0	0	0	0	**0**	0				
		0	0	0	0	**0**	0				
							14				

Eden Runners | **2019/20 Club Long Distance Road C** | **Ladies**

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	2019/20 Club Long Distance Road Championships
	Ladies	**0** / **Ladies**	**0** / **Ladies**	**0** / **Ladies**	**0** / **Ladies**	**0** / **Ladies**	**0** / **Ladies**	**0** / **Ladies**	
Event ->	Derwentwater	Brampton-Carlisle	Dentdale 14	3 Villages 10	Keswick Half Marathon	Dumfries Half Marathon	Great Cumbrian Run	Heart of Eden Half marathon	Total Points
Distance ->	10m (1st of ?)	10m (2nd of ?)	14m	10m (3rd of 3)	13.1m (1st of 4)	13.1m (2nd of 4)	13.1m (3rd of 4)	13.1m (4th of 4)	after
Venue ->	Keswick	Brampton	Dent	Wetheral	Keswick	Dumfries Half Marathon	Carlisle	Appleby	2
Date ->	Sun Nov 3 2019	Sun Nov 17 2019	Sat March 7, 2020	Sun April 7 2019	Sun May 5 2019	Sun Sept 22 2019	Sun Oct 6 2019	Sun Oct 20 2019	events

Ladies – Races 1 and 2

#	Name	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	Karen Bridge	01:12:12	1	19	0	5	**24**	01:07:55	1	18	15	5	**38**
2	Nicola King	01:14:26	2	18	0	5	**23**				0		**0**
3	Susanne Enhard	01:15:59	3	17	0	5	**22**	01:12:11	2	17	15	5	**37**
4	Kathryn Metcalfe	01:19:12	4	16	0	5	**21**	01:14:12	3	16	15	5	**36**
5	Kerry Grinbergs	01:21:46	5	15	0	5	**20**	01:16:44	4	15	15	5	**35**
6	Samantha Sugden	01:22:11	6	14	0	5	**19**				0		**0**
7	Susan Pattinson	01:23:58	7	13	0	5	**18**	01:19:55	5	14	15	5	**34**
8	Helen Tyson	01:24:03	8	12	0	5	**17**	01:20:50	6	13	15	5	**33**
9	Angela Watson	01:27:48	9	11	0	5	**16**				0		**0**
10	Steph Foudy	01:38:09	10	10	0	5	**15**	01:33:44	8	11	15	5	**31**
11	Olivia Kidd				0		**0**	01:28:38	7	12	0	5	**17**
12	Helen Graham				0		**0**	01:48:17	9	10	0	5	**15**
13					0		**0**				0		**0**
14					0		**0**				0		**0**
15					0		**0**				0		**0**
16					0		**0**				0		**0**
17					0		**0**				0		**0**
18					0		**0**				0		**0**
19					0		**0**				0		**0**
20					0		**0**				0		**0**
21					0		**0**				0		**0**
22					0		**0**				0		**0**
23					0		**0**				0		**0**
24					0		**0**				0		**0**
25					0		**0**				0		**0**
26					0		**0**				0		**0**
27					0		**0**				0		**0**
28					0		**0**				0		**0**
29					0		**0**				0		**0**
30					0		**0**				0		**0**
31					0		**0**				0		**0**
32					0		**0**				0		**0**
33					0		**0**				0		**0**
34					0		**0**				0		**0**
35					0		**0**				0		**0**
36					0		**0**				0		**0**
37					0		**0**				0		**0**
					0		**0**				0		**0**
			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5	
	No of ER Finishers	10	0	0		5		9	0	0		5	
	Total ER finishers	20						21					

Ladies – Races 3 to 8 (each race: Time | ER Ranking | Ranking Points | PB Points | Completion Points | Total Points this Event)

#	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**	R6 Time	ER Ranking	Ranking Points	PB Points	Completion Points	**Total Points this Event**	R7 Time	ER Ranking	Ranking Points	PB Points	Completion Points	**Total Points this Event**	R8 Time	ER Ranking	Ranking Points	PB Points	Completion Points	**Total Points this Event**
1			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
2			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
3			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
4			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
5			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
6			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
7			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
8			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
9			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
10			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
11			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**			0	0		**0**
12				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
13				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
14				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
15				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
16				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
17				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
18				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
19				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
20				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
21				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
22				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
23				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
24				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
25				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
26				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
27				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
28				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
29				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
30				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
31				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
32				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
33				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
34				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
35				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
36				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**				0		**0**
37				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			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5	
	-1	0	-9		0		-1	0	-9		0		-1	0	-9		0		-1	0	-9		0		-1	0	-9		0		-1	0	-9		0	
	-2						-2						-2						-2						-2						-2					

Ladies – Total Points after 2 events; Positions after each race

#	Time	ER Ranking	Ranking Points	PB Points	Completion Points	**Total Points All Events**	Name	Positions after - **2**	Race no - **1**	**2**	**3**
1		1	37	15	10	**62**	Karen Bridge	1	1	1	
2		8	18	0	5	**23**	Nicola King	8	2	8	
3		2	34	15	10	**59**	Susanne Enhard	2	3	2	
4		3	32	15	10	**57**	Kathryn Metcalfe	3	4	3	
5		4	30	15	10	**55**	Kerry Grinbergs	4	5	4	
6		9	14	0	5	**19**	Samantha Sugden	9	6	9	
7		5	27	15	10	**52**	Susan Pattinson	5	7	5	
8		6	25	15	10	**50**	Helen Tyson	6	8	6	
9		11	11	0	5	**16**	Angela Watson	11	9	11	
10		7	21	15	10	**46**	Steph Foudy	7	10	7	
11		10	12	0	5	**17**	Olivia Kidd	10		10	
12		12	10	0	5	**15**	Helen Graham	12		12	
13		0	0	0	0	**0**	0				
14		0	0	0	0	**0**	0				
15		0	0	0	0	**0**	0				
16		0	0	0	0	**0**	0				
17		0	0	0	0	**0**	0				
18		0	0	0	0	**0**	0				
19		0	0	0	0	**0**	0				
20		0	0	0	0	**0**	0				
21		0	0	0	0	**0**	0				
22		0	0	0	0	**0**	0				
23		0	0	0	0	**0**	0				
24		0	0	0	0	**0**	0				
25		0	0	0	0	**0**	0				
26		0	0	0	0	**0**	0				
27		0	0	0	0	**0**	0				
28		0	0	0	0	**0**	0				
29		0	0	0	0	**0**	0				
30		0	0	0	0	**0**	0				
31		0	0	0	0	**0**	0				
32		0	0	0	0	**0**	0				
33		0	0	0	0	**0**	0				
34		0	0	0	0	**0**	0				
35		0	0	0	0	**0**	0				
36		0	0	0	0	**0**	0				
37		0	0	0	0	**0**	0				
		0	0	0	0	**0**	0				
	0						12				
							26				