Eden Runners — **2018/19 Club Long Distance Road Championships** — **Men**

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8
	Finishers 439	Finishers 654	Finishers 283	Finishers 313	Finishers 811	Finishers 175	Finishers 0	Finishers 63
Event ->	Derwentwater	Brampton-Carlisle	Dentdale 14	3 Villages 10	Keswick Half Marathon	Dumfries Half Marathon	Great Cumbrian Run	Heart of Eden Half marathon
Distance ->	10m (1st of 3)	10m (2nd of 3)	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)
Venue ->	Keswick	Brampton	Dent	Wetheral	Keswick	Dumfries Half Marathon	Carlisle	Appleby
Date ->	Sun Nov 4 2018	Sun Nov 18 2018	Sat March 9, 2019	Sun April 7 2019	Sun May 5 2019	Sun Sept 22 2019	Sun Oct 6 2019	Sun Oct 20 2019

	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event
1	Jack Eyre	00:58:53	1	26	0	5	31				0		0				0		0				0		0				0		0				0		0				0		0
2	John Williams	01:09:15	2	25	0	5	30	01:04:40	1	22	15	5	42				0		0				0		0	01:33:05	2	20	0	5	25				0		0	01:27:29	2	27	15	5	47				0		0
3	James Grinbergs	01:11:58	3	24	0	5	29	01:08:33	3	20	15	5	40				0	01:09:25	3	19	0	5	24				0	01:35:55	2	16	0	5	21	01:30:32	4	25	15	5	45	01:32:14	4	18	0	5	23
4	Geoff Chapman	01:12:12	4	23	0	5	28	01:07:59	2	21	15	5	41				0	01:19:04	8	14	0	5	19				0	01:41:58	4	14	15	5	34	01:36:08	6	23	15	5	43	01:39:34	8	14	0	5	19
5	James Saxon	01:15:00	5	22	0	5	27				0		0				0		0				0		0				0		0				0		0	01:40:19	11	18	0	5	23
6	John Oakey	01:15:48	6	21	0	5	26	01:11:30	4	19	15	5	39	01:54:43	4	16	0	5	21	01:12:31	4	18	0	5	23	01:36:53	3	19	0	5	24	01:40:15	3	15	0	5	20	01:33:49	5	24	15	5	44	01:39:03	7	15	0	5	20
7	John Davis	01:21:54	7	20	0	5	25	01:15:27	7	16	15	5	36				0	01:19:25	9	13	0	5	18				0	01:49:53	7	15	0	5	20				0		0	01:51:17	15	14	0	5	19				0		0
8	David Bagley	01:22:18	8	19	0	5	24				0		0				0		0				0		0				0		0				0		0	01:39:04	9	20	0	5	25				0		0
9	Dave Johnson	01:24:22	9	18	0	5	23				0		0				0	01:18:19	6	16	15	5	36				0				0				0		0				0		0
10	David Peacock	01:25:02	10	17	0	5	22	01:19:36	9	14	15	5	34	02:13:40	7	13	0	5	18				0		0	01:54:17	9	13	0	5	18	01:53:50	7	11	15	5	31				0		0	01:53:23	12	10	0	5	15
11	Nigel Herons	01:25:58	11	16	0	5	21				0		0				0		0				0		0				0		0				0		0				0		0
12	Paul Saager	01:26:53	12	15	0	5	20				0		0				0		0				0		0				0		0				0		0				0		0
13	Tony Lowery	01:37:31	13	14	0	5	19	01:24:46	11	12	15	5	32	02:14:48	8	12	0	5	17				0		0	02:02:44	11	11	0	5	16	01:53:38	6	12	15	5	32	01:43:35	13	16	15	5	36	01:44:23	10	12	0	5	17
14	Stuart Lowthian	01:39:17	14	13	0	5	18				0		0	02:31:04	9	11	0	5	16				0		0				0		0				0		0	02:07:30	18	11	0	5	16				0		0
15	Stephen Kay	01:42:47	15	12	0	5	17	01:30:48	12	11	15	5	31				0		0				0		0	02:06:44	8	10	0	5	15				0		0				0		0
16	Dennis Cartwright	01:44:27	16	11	0	5	16				0		0				0		0				0		0				0		0				0		0				0		0
17	Kevin Whitemore	01:51:10	17	10	0	5	15	01:43:33	13	10	15	5	30	02:40:44	10	10	0	5	15				0		0	02:19:41	12	10	0	5	15				0		0				0		0
18	John Andrewartha						0	01:21:11	5	18	0	5	23				0		0				0		0				0		0				0		0	01:38:52	8	21	0	5	26				0		0
19	James Simpson						0	01:14:16	6	17	0	5	22				0		0				0		0				0		0				0		0				0		0
20	Mark Osborne						0	01:16:19	8	15	0	5	20	02:00:41	5	15	0	5	20	01:18:48	7	15	0	5	20	01:47:11	5	17	0	5	22				0		0	01:41:31	12	17	15	5	37				0		0
21	Simon Woodrow						0	01:20:25	10	13	0	5	18				0		0				0		0				0		0				0		0				0		0
22	Paul Nickells						0				0		0	01:40:20	1	19	0	5	24				0		0				0		0				0		0	01:34:42	5	17	0	5	22
23	Jon Tombs						0				0		0	01:51:17	2	18	0	5	25				0		0				0		0				0		0				0		0
24	Alex Mitchell						0				0		0	01:31:50	3	17	0	5	25				0		0				0		0				0		0				0		0
25	Andrew Walker						0				0		0	02:12:17	6	14	0	5	19	01:20:08	10	12	0	5	17	01:52:18	8	14	0	5	19				0		0	01:45:47	14	15	15	5	35	01:49:24	11	11	0	5	16
26	Jonny Cox						0				0		0				0	00:53:32	1	21	0	5	26				0				0				0		0				0	01:18:31	11	21	0	5	26
27	Nigel McCombie						0				0		0				0	01:01:51	2	20	0	5	25				0				0				0		0				0	01:26:16	3	19	0	5	24
28	Ken Baker						0				0		0				0	01:17:22	5	17	0	5	22				0	01:47:11	6	16	0	5	21				0		0				0		0
29	Ian Robinson						0				0		0				0	01:22:19	11	11	0	5	16				0				0				0		0	01:31:25	16	13	0	5	18				0		0
30	Andrew Dawson						0				0		0				0	01:33:26	12	10	0	5	15				0	02:02:05	10	12	0	5	17				0		0				0		0
31	Danny Jones						0				0		0				0						0				0	01:20:34	1	21	0	5	26				0		0	01:23:06	2	20	0	5	25
32	Phil Cooper						0				0		0				0						0				0				0	01:29:36	1	17	0	5	23				0		0
33	Joe Webb						0				0		0				0						0				0				0	01:46:04	5	13	0	5	18	01:36:28	7	22	15	5	42	01:39:35	9	13	0	5	18
34	Jon Hemingway						0				0		0				0						0				0				0				0		0	01:27:32	3	26	0	5	31				0		0
35	Harry Lancaster						0				0		0				0						0				0				0				0		0	01:18:07	1	28	0	5	33				0		0
36	Mike Bell						0				0		0				0						0				0				0				0		0	01:39:35	10	19	0	5	34	01:36:12	6	16	15	5	36
37	Ryan Brennand						0				0		0				0						0				0				0				0		0	01:52:27	17	12	0	5	17				0		0
38	Patrick Hall						0				0		0				0						0				0				0				0		0	02:17:29	19	10	0	5	15				0		0
39							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			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5	
	No of ER Finishers	17	0	0		5		13	0	0		5		10	0	0		5		12	0	0		5		12	0	0		5		8	0	0		5		19	0	0		5		12	0	0		5	

2018/19 Club Long Distance Road Championships

Total Points after 8 events

	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Total Points All Events	Positions after each race - Positions after -	Race no - 1	2	3	4	5	6	7	8
							8								
1	Jack Eyre	28=	26	0	5	31	28=	1	10	12	14	16	16	22=	28=
2	John Williams	5	94	30	20	144	5	2	1	3	6	4	7	5	5
3	James Grinbergs	3	122	30	30	182	3	3	2=	4=	2	5	5	3	3
4	Geoff Chapman	2	127	45	35	207	2	4	2=	4=	3	2	2	2	2
5	James Saxon	17=	40	0	10	50	17=	5	11	13	15	17	17	14=	17=
6	John Oakey	1	147	30	40	217	1	6	4	1	1	1	1	1	1
7	John Davis	8	78	15	25	116	8	7	5	7	4	3	6	8	8
8	David Bagley	19=	39	0	10	49	19=	8	12	14=	18=	21=	21=	16=	19=
9	Dave Johnson	14	34	15	10	59	14	9	13=	16=	10	10	11	13	14
10	David Peacock	6	68	30	25	123	6	10	6	2	5	6	3	6	6
11	Nigel Herons	24	26	0	10	36	24	11	19	21	25	27	28	33	24
12	Paul Saager	34	15	0	5	20	34	12	17=	22	26	28	29	34	34
13	Tony Lowery	4	89	45	35	169	4	13	7	6	7	7	4	4	4
14	Stuart Lowthian	17=	35	0	15	50	17=	14	19=	11	13	14	14	14=	17=
15	Stephen Kay	12	33	15	15	63	12	15	8	9	11	12	10	11	12
16	Dennis Cartwright	37	11	0	5	16	37	16	21	25	28=	30=	32	37	37
17	Kevin Whitemore	11	40	13	20	73	11	17	9	8	8=	9	9	10	11
18	John Andrewartha	19=	39	0	10	49	19=	18	13=	16=	20=	23=	23=	16=	19=
19	James Simpson	31=	17	0	5	22	31=	19	15	19=	22=	25=	25=	22=	31=
20	Mark Osborne	7	79	15	25	119	7	20	17=	10	8=	8	8	7	7
21	Simon Woodrow	35	13	0	5	18	35	21	19=	24	27	29	30=	35	35
22	Paul Nickells	22	36	0	10	46	22	22	14=	18=	21=	21=	24=	24=	22
23	Jon Tombs	30	16	0	5	23	30	23	18=	20=	23=	23=	29=	30	30
24	Alex Mitchell	31=	17	0	5	22	31=	24	19=	22=	25=	25=	22=	31=	31=
25	Andrew Walker	9	66	13	25	106	9	25	23	12	11	12	9	9	9
26	Jonny Cox	15	42	0	10	52	15	26	16	18=	18=	24=	15	15	15
27	Nigel McCombie	19=	39	0	10	49	19=	27	17	20	20	26	19=	19=	19=
28	Ken Baker	23	33	0	10	43	23	28	22=	13	13	18	23	23	23
29	Ian Robinson	25	24	0	10	34	25	29	28=	30=	33	19	25	25	25
30	Andrew Dawson	27	22	0	10	32	27	30	15	15	21	27	27	27	27
31	Danny Jones	16	41	0	10	51	16	31	18=	18=	24=	16	16	16	16
32	Phil Cooper	31=	17	0	5	22	31=	32	25=	22=	31=	31=	31=	31=	31=
33	Joe Webb	10	48	13	13	76	10	33	30=	12	10	10	10	10	10
34	Jon Hemingway	28=	26	0	5	31	28=	34	22=	28=	28=	28=	28=	28=	28=
35	Harry Lancaster	26	28	0	5	33	26	35	20=	26	26	26	26	26	26
36	Mike Bell	13	35	13	10	60	13	36	24=	13	13	13	13	13	13
37	Ryan Brennand	36	12	0	5	17	36	37	36	36	36	36	36	36	36
38	Patrick Hall	38	10	0	5	15	38	38	38	38	38	38	38	38	38
39		0	0	0	0	0	0								
		0	0	0	0	0	0								
							38								

Eden Runners — **2018/19 Club Long Distance Road Championships** — **Ladies**

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8
	Ladies	Ladies	Ladies	Ladies	Ladies	Ladies	Ladies	Ladies
Event ->	Derwentwater	Brampton-Carlisle	Dentdale 14	3 Villages 10	Keswick Half Marathon	Dumfries Half Marathon	Great Cumbrian Run	Heart of Eden Half marathon
Distance ->	10m (1st of 3)	10m (2nd of 3)	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)
Venue ->	Keswick	Brampton	Dent	Wetheral	Keswick	Dumfries Half Marathon	Carlisle	Appleby
Date ->	Sun Nov 4 2018	Sun Nov 18 2018	Sat March 9, 2019	Sun April 7 2019	Sun May 5 2019	Sun Sept 22 2019	Sun Oct 6 2019	Sun Oct 20 2019

	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Points this Event
1	Karen Bridge	01:10:33	1	20	0	5	25	01:09:07	1	23	15	5	43				0	01:11:53	2	19	0	5	24				0				0				0		0				0	01:37:19	1	14	0	5	19
2	Kerry Grinbergs	01:18:53	2	19	0	5	24	01:17:33	6	18	15	5	38				0	01:17:27	5	16	15	5	36				0	01:46:05	3	11	0	5	16	01:45:29	4	19	15	5	39	01:48:14	3	12	0	5	17
3	Susanne Enhard	01:19:29	3	18	0	5	23	01:14:07	3	21	15	5	41				0	01:21:45	6	15	0	5	20				0	01:43:11	1	13	15	5	33	01:40:56	2	21	15	5	41	01:52:03	4	11	0	5	16
4	Kathryn Metcalfe	01:21:57	4	17	0	5	22	01:16:22	5	19	15	5	39	01:58:25	1	14	0	5	19				0		0	01:44:39	2	16	0	5	21	01:45:16	2	12	0	5	17	01:42:18	3	20	15	5	40				0		0
5	Mhairi Wear	01:22:37	5	16	0	5	21				0		0				0		0				0		0				0		0				0		0				0		0
6	Susan Pattinson	01:23:27	6	15	0	5	20				0		0				0		0				0		0				0		0				0		0				0		0
7	Laura Benson	01:24:56	7	14	0	5	19	01:17:33	7	17	15	5	37				0		0				0		0				0		0				0		0				0		0
8	Helen Tyson	01:26:42	8	13	0	5	18				0		0				0		0				0		0				0		0				0		0	01:49:48	6	17	0	5	22
9	Julia King	01:33:02	9	12	0	5	17	01:26:25	10	14	15	5	34	02:17:40	3	12	0	5	17				0		0	02:01:24	5	13	0	5	18	02:07:36	4	10	0	5	15	02:01:32	10	13	0	5	18
10	Carolyn Burns	01:36:13	10	11	0	5	16	01:29:16	11	13	15	5	33	02:21:54	5	10	0	5	15	01:37:42	9	12	0	5	17	02:12:06	8	10	0	5	15				0		0				0		0
11	Angela Watson	01:46:46	11	10	0	5	15	01:37:14	12	12	15	5	32	02:18:04	4	11	0	5	16				0		0	02:03:49	6	12	0	5	17				0		0				0	01:54:19	5	10	15	5	35
12	Suzanne Smith						0	01:12:18	2	22	0	5	27				0		0				0		0				0		0				0		0				0		0
13	Sarah O'Leary						0	01:15:06	4	20	0	5	25				0		0				0		0				0		0				0		0	01:45:46	5	18	0	5	23
14	Sarah McIntosh						0	01:18:48	8	16	0	5	21				0		0				0		0				0		0				0		0				0		0
15	Teresa Douglas						0	01:23:53	9	15	0	5	20				0		0				0		0				0		0				0		0				0		0
16	Sophie Wilson						0	01:46:17	13	11	0	5	16				0		0				0		0				0		0				0		0				0		0
17	Jackie Woodrow						0	01:46:36	14	10	0	5	15				0		0				0		0				0		0				0		0				0		0
18	Sarah Brennand						0				0		0	02:00:28	2	13	0	5	18	01:16:50	4	17	0	5	22				0		0	01:40:30	1	22	0	5	27				0		0
19	Heather Eccles						0				0		0				0	01:11:43	1	20	0	5	25				0				0				0		0				0		0
20	Carol Baker						0				0		0				0	01:15:12	3	18	0	5	23				0	01:47:08	3	15	0	5	20				0		0				0		0
21	Anna McCombie						0				0		0				0	01:23:01	7	14	0	5	19				0				0				0		0				0		0
22	Heather Heron						0				0		0				0	01:27:48	8	13	0	5	18				0	02:05:55	7	11	0	5	16				0		0				0		0
23	Zoe Calway						0				0		0				0	01:38:25	10	11	0	5	16				0				0	02:11:46	11	12	0	5	17				0		0
24	Bella Sabbagh						0				0		0				0	01:43:05	11	10	0	5	15				0				0				0		0				0		0
25	Emma Neilsen						0				0		0				0						0				0	01:34:38	1	17	0	5	22				0		0				0		0
26	Katherine Austwick						0				0		0				0						0				0				0				0		0	01:58:33	7	16	0	5	21				0		0
27	Olivia Kidd						0				0		0				0						0				0				0				0		0	01:58:47	8	15	0	5	20				0		0
28	Audrey Turnbull						0				0		0				0						0				0				0				0		0	02:01:31	9	14	0	5	19				0		0
29	Emma Oakey						0				0		0				0						0				0				0				0		0	02:15:51	12	11	0	5	16				0		0
30	Linda McGinley						0				0		0				0						0				0				0				0		0	02:36:23	13	10	0	5	15				0		0
31	Nicola King						0				0		0				0						0				0				0				0		0				0	01:37:56	2	13	0	5	20
32							0				0		0				0						0				0				0				0		0				0		0
33							0				0		0				0						0				0				0				0		0				0		0
34							0				0		0				0						0				0				0				0		0				0		0
35							0				0		0				0						0				0				0				0		0				0		0
36							0				0		0				0						0				0				0				0		0				0		0
37							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			Chk0	Chk0		Chk5			Chk0	Chk0		Chk5	
	No of ER Finishers	11	0	0		5		14	0	0		5		5	0	0		5		11	0	0		5		8	0	0		5		4	0	0		5		13	0	0		5		5	0	0		5	
	Total ER Finishers	28						27						15						23						20						12						32						17						69	

2018/19 Club Long Distance Road Championships

Total Points after 8 events

	Time	ER Ranking	Ranking Points	PB Points	Completed on Points	Total Points All Events	Positions after each race - Positions after -	Race no - 1	2	3	4	5	6	7	8
							8								
1	Karen Bridge	5	76	15	20	111	5	1	1	2=	2	5	6	6	5
2	Kerry Grinbergs	2	95	45	30	170	2	2	3	7	1	3	3	3	2
3	Susanne Enhard	1	113	45