**🟢🔵🏆ER Parkrun Champs 2023 – points update after first event – Jan 14th 🟢🔵**

📊71 ERs took part - 37 men & 34 women - in a field of 264.

🤷🏻‍♂️I have no idea what the weather or running conditions were like😆, but it was probably damp and quite likely windy. Full results with points are attached - PB times are highlighted green - any error or omissions please let me know and I’ll investigate.

ℹ️ We’re back to 4 pace-based groups for 2023 after the 2022 free-for all 😁.

🏃🏽‍♀️**Ladies** first – Group A had 10 finishers, with several runners straight out of the blocks with PB times – 🏆Kathryn M, Sally McC, Nicola K, Katie M & Anna McC. Extra 15 pts to each of those ppl, and new target times to aim for next time round (this Sat Feb 18th)

🏃🏽‍♀️Group B had 12 runners, with 4 PB times – 🏆for Alison T, Claire C, Carol M, and Jodie C.

🏃🏽‍♀️Group C – had only 6 on the day, but 🏆PBs for Sarah Br and Viv C mean that they occupy 1 & 2 on the grid going into the next round (this Sat Feb 18th)

🏃🏽‍♀️Group D – this is for runners who didn’t take part in 2022 so have no recent PB to aim at. There were 6 ppl here, fastest finisher was Lisa J, then Shannon R and Clare K. 3 more first-timers were Emma J, Anna L and Naomi T. Their finish times now become PB targets for round #2 (this Saturday Feb 18th 😬) Welcome (back) to those guys 😊.

🏃🏽‍♂️**Men** – Group A . 8 runners on the day, with Harry L throwing down the gauntlet with a PB 🏆, as did James G and Kevin S.

🏃🏽‍♂️Group B – again,8 runners. Only 🏆PB on the day was Garry B so he obviously takes an early lead…. But there are many laps (18, actually) to run yet.

🏃🏽‍♂️Group C – 13 runners. PB times for Gary M, Dave C and Keith B (by the smallest possible margin 👏) so they occupy the 1-2-3 going into round #2 (this Sat Feb 18th 😗). Hard cheese award this time goes to 🧀 Michael H who needed to run a whole second quicker for a PB😐.

🏃🏽‍♂️Group D – 8 runners. Chris P, Paul R, Ant K, Raymond S, Tim B, Mark W, John H, and William D…welcome (back) to the party

➜**🗓Almost forgot** to mention that Round #2 is this coming Saturday February 18th 😊. Awards will go to the Top 3 in each Group at presentation night in November.

Any questions or queries on how this all works, please just message me.

🙏Again, big thanks to everyone who is taking part, and especially to all the numerous regular volunteers (many Eden Runners among them) who turn out in all weathers at Penrith parkrun – without them this would not happen…😊👍