Eden Runners | **2022/23 Club Long Distance Road Championships** | **Men**

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8
	Finishers 421	Finishers 722	Finishers 112	Finishers 672	Finishers 999	Finishers 109	Finishers	Finishers
Event ->	Derwentwater	Brampton-Carlisle	Denttdale 14	Carlisle Half Marathon	Coniston 14	3 Villages 10	One 10	Keswick Half Marathon
Distance ->	10m (1st of 4)	10m (2nd of 4)	14m (1st of 2)	13.1m (1st of 2)	14m (2nd of 2)	10m (3rd of 4)	10m (4th of 4)	13.1m (2nd of 2)
Venue ->	Keswick	Brampton	Dent Village	Carlisle	Coniston, South Lakes	Wetheral	Lakes Distillery, by Bassenthwaite	Keswick
Date ->	Sun Nov 6 2022	Sun Nov 20 2022	Sat March 11, 2023	Sun March 12, 2023	Sat March 25 2023	Sun April 2 2023	Sat Sept 9 2023	Sun Sept 24 2023

	Race 1 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 2 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 3 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 4 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 5 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 6 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 7 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event	Race 8 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Total Points All Events
1 Michael McGleenan	01:00:40	1	34	0	5	39				0		0				0		0				0		0				0		0				0		0				0		0				0		0	39
2 John Williams	01:07:35	2	33	0	5	38				0		0				0		0				0		0				0		0				0		0				0		0				0		0	38
3 James Grinbergs	01:07:42	3	32	0	5	37				0		0				0		0	01:27:24	3	14	0	5	19				0		0				0		0				0		0				0		0	56
4 James Nielson	01:11:16	4	31	0	5	36				0		0				0		0				0		0				0		0				0		0				0		0				0		0	36
5 Stuart Hodgson	01:12:10	5	30	0	5	35	01:10:09	3	21	15	5	41				0		0				0		0				0		0				0		0				0		0				0		0	76
6 David Dicks	01:14:32	6	29	0	5	34	01:09:54	2	22	15	5	42				0		0				0		0				0		0				0		0				0		0				0		0	76
7 John Oakey	01:14:36	7	28	0	5	33	01:10:59	4	20	15	5	40				0		0	01:37:54	4	13	0	5	18	01:50:32	1	16	0	5	21	01:15:30	3	18	0	5	23				0		0				0		0	135
8 Joseph Webb	01:16:24	8	27	0	5	32				0		0				0		0				0		0				0		0				0		0				0		0				0		0	32
9 Jonathan Tombs	01:18:16	9	26	0	5	31				0		0	01:55:10	1	14	0	5	19				0		0				0		0				0		0				0		0				0		0	50
10 Nigel Braithwaite	01:19:03	10	25	0	5	30				0		0				0		0				0		0				0		0				0		0				0		0				0		0	30
11 Chris Naylor	01:20:06	11	24	0	5	29				0		0				0		0				0		0				0		0				0		0				0		0				0		0	29
12 Carl Sealby	01:20:06	12	23	0	5	28	01:15:32	7	17	15	5	37				0		0				0		0				0		0	01:17:45	7	14	0	5	19				0		0				0		0	84
13 David Spence	01:21:25	13	22	0	5	27				0		0				0		0				0		0				0		0				0		0				0		0				0		0	27
14 Paul McKeown	01:22:21	14	21	0	5	26	01:14:19	6	18	15	5	38				0		0				0		0				0		0				0		0				0		0				0		0	64
15 Mark Osborne	01:22:43	15	20	0	5	25	01:17:54	9	15	15	5	35	02:02:30	4	11	0	5	16				0		0	01:54:21	3	14	15	5	34	01:22:39	10	11	0	5	16				0		0				0		0	126
16 Nicky Strong	01:23:42	16	19	0	5	24				0		0				0		0				0		0				0		0				0		0				0		0				0		0	24
17 Simon Thomas	01:24:18	17	18	0	5	23	01:17:00	8	16	15	5	36	01:56:48	2	13	0	5	18				0		0	01:51:21	2	15	15	5	35	01:16:28	4	17	15	5	37				0		0				0		0	149
18 Garry Bower	01:24:42	18	17	0	5	22	01:21:09	11	13	15	5	33				0		0				0		0				0		0	01:18:32	8	13	15	5	33				0		0				0		0	88
19 Carl Naylor	01:25:49	19	16	0	5	21				0		0				0		0				0		0				0		0				0		0				0		0				0		0	21
20 John Hartness	01:26:37	20	15	0	5	20				0		0				0		0	01:36:31	6	11	0	5	16				0		0				0		0				0		0				0		0	36
21 Nigel Hierons	01:28:10	21	14	0	5	19	01:20:14	10	14	15	5	34	02:13:31	5	10	0	5	15				0		0	02:00:36	5	12	15	5	32	01:22:17	9	12	0	5	17				0		0				0		0	117
22 John Davis	01:28:13	22	13	0	5	18				0		0				0		0				0		0				0		0				0		0				0		0				0		0	18
23 Ralph Liddell	01:28:49	23	12	0	5	17				0		0				0		0				0		0				0		0				0		0				0		0				0		0	17
24 Ian Robinson	01:37:53	24	11	0	5	16	01:28:02	13	11	15	5	31				0		0				0		0				0		0				0		0				0		0				0		0	47
25 Mike Ferneyhough	01:47:12	25	10	0	5	15				0		0				0		0				0		0				0		0				0		0				0		0				0		0	15
26 Andrew Douglas				0		0	01:00:50	1	23	0	5	28				0		0	01:25:29	2	15	0	5	20				0		0				0		0				0		0				0		0	48
27 John Andrewartha				0		0	01:12:41	5	19	0	5	24				0		0				0		0				0		0				0		0				0		0				0		0	24
28 Stuart Lowthian				0		0	01:27:39	12	12	0	5	17				0		0	01:58:21	7	10	0	5	15	02:13:12	6	11	0	5	16	01:39:07	11	10	0	5	15				0		0				0		0	69
29 Philip Whitfield				0		0	01:32:03	14	10	0	5	15				0		0				0		0				0		0				0		0				0		0				0		0	15
30 Jamie Jephcott				0		0				0		0	02:01:17	3	12	0	5	17				0		0	01:59:31	4	13	15	5	33	01:17:10	6	15	0	5	20				0		0				0		0	70
31 Jonny Cox				0		0				0		0				0		0	01:11:48	1	16	0	5	21				0		0				0		0				0		0				0		0	21
32 David Chow				0		0				0		0				0		0	01:53:21	5	12	0	5	17				0		0				0		0				0		0				0		0	17
33 James Jardine				0		0				0		0				0		0				0		0	02:43:55	7	10	0	5	15				0		0				0		0				0		0	15
34 John French				0		0				0		0				0		0				0		0				0		0	00:59:20	1	20	0	5	25				0		0				0		0	25
35 Kevin Scott				0		0				0		0				0		0				0		0				0		0	01:11:34	2	19	0	5	24				0		0				0		0	24
36 John Myatt				0		0				0		0				0		0				0		0				0		0	01:16:35	5	16	0	5	21				0		0				0		0	21
37				0		0				0		0				0		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				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		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		25	0	0	5			14	0	0	5			5	0	0	5			7	0	0	5			7	0	0	5			11	0	0	5			-1	0	-9	0			-1	0	-9	0		

2022/23 Club Long Distance Road Championships

	Total Points after 6 events	Positions after each race - Positions after - 6	Race no - 1	2	3	4	5	6
1 Michael McGleenan	39	16	1	11	12	14	16	16
2 John Williams	38	17	2	12	13	15	17	17
3 James Grinbergs	56	12	3	13	14	9	9	12
4 James Nielson	36	18=	4	14	15	16=	18=	18=
5 Stuart Hodgson	76	7=	5	1=	2=	3=	5=	7=
6 David Dicks	76	7=	6	1=	2=	3=	5=	7=
7 John Oakey	135	2	7	3	5	1	1=	2
8 Joseph Webb	32	20	8	15	16	18=	20	20
9 Jonathan Tombs	50	13	9	16	10	11	11=	13
10 Nigel Braithwaite	30	21	10	17	17	20	21	21
11 Chris Naylor	29	22	11	18	18	21	22	22
12 Carl Sealby	84	6	12	4	7	7	7	6
13 David Spence	27	23	13	20	20	22	23	23
14 Paul McKeown	64	10	14	5	8	8	8	10
15 Mark Osborne	126	3	15	6	2=	3=	3	3
16 Nicky Strong	24	25=	16	21=	21=	23=	24=	25=
17 Simon Thomas	149	1	17	7	1	2	1=	1
18 Garry Bower	88	5	18	8	9	10	10	5
19 Carl Naylor	21	28=	19	23	23	25=	26	28=
20 John Hartness	36	18=	20	24	24	16=	18=	18=
21 Nigel Hierons	117	4	21	9	6	6	4	4
22 John Davis	18	31	22	25	25	27	28	31
23 Ralph Liddell	17	32=	23	26=	26=	28=	29=	32=
24 Ian Robinson	47	15	24	10	11	13	15	15
25 Mike Ferneyhough	15	34=	25	28=	29=	31=	31=	34=
26 Andrew Douglas	48	14		19	19	12	13=	14
27 John Andrewartha	24	25=		21=	21=	23=	24=	25=
28 Stuart Lowthian	69	11		26=	26=	18=	13=	11
29 Philip Whitfield	15	34=		28=	29=	31=	31=	34=
30 Jamie Jephcott	70	9		26=	28=	11=	9	
31 Jonny Cox	21	28=			25=	27	28=	
32 David Chow	17	32=			28=	29=	32=	
33 James Jardine	15	34=			31=	34=		
34 John French	25	24					24	
35 Kevin Scott	24	25=					25=	
36 John Myatt	21	28=					28=	
37	0	0						
38	0	0						
39	0	0						
	0	0						
No of ER Finishers	36							

Eden Runners | **2022/23 Club Long Distance Road C** | **Ladies**

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8
	Ladies	Ladies	Ladies	Ladies	Ladies	Ladies	0	Ladies
	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8
Event ->	Derwentwater	Brampton-Carlisle	Denttdale 14	Carlisle Half Marathon	Coniston 14	3 Villages 10	One 10	Keswick Half Marathon
Distance ->	10m (1st of 4)	10m (2nd of 4)	14m (1st of 2)	13.1m (1st of 2)	14m (2nd of 2)	10m (3rd of 4)	10m (4th of 4)	13.1m (2nd of 2)
Venue ->	Keswick	Brampton	Dent Village	Carlisle	Coniston, South Lakes	Wetheral	Lakes Distillery, by Bassenthwaite	Keswick
Date ->	Sun Nov 6 2022	Sun Nov 20 2022	Sat March 11, 2023	Sun March 12, 2023	Sat March 25 2023	Sun April 2 2023	Sat Sept 9 2023	Sun Sept 24 2023

	Race 1 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 2 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 3 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 4 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 5 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 6 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Race 7 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Total Points this Event	Race 8 Time	ER Ranking	Ranking Points	PB Points	Completion Points	Points this Event	Total Points All Events
1 Sally Braithwaite	01:07:38	1	27	0	5	32	01:05:12	1	21	15	5	41				0		0				0		0				0		0				0		0				0		0				0		0	73
2 Robyn Beaty	01:12:30	2	26	0	5	31				0		0				0		0				0		0				0		0				0		0				0		0				0		0	31
3 Emma Neilsen	01:12:45	3	25	0	5	30				0		0				0		0				0		0				0		0				0		0				0		0				0		0	30
4 Karen Bridge	01:15:21	4	24	0	5	29	01:12:10	2	20	15	5	40	01:53:14	1	13	0	5	18				0		0				0		0	01:13:59	1	19	0	5	24				0		0				0		0	111
5 Kerry Grinbergs	01:17:01	5	23	0	5	28				0		0				0		0	01:41:20	2	18	0	5	23				0		0				0		0				0		0				0		0	51
6 Susan Pattinson	01:19:38	6	22	0	5	27	01:15:59	4	18	15	5	38				0		0	01:47:42	4	16	0	5	21	01:56:17	1	17	0	5	23	01:26:46	8	12	0	5	17				0		0				0		0	129
7 Mica Lowthian	01:19:58	7	21	0	5	26	01:14:51	3	19	15	5	39				0		0				0		0	01:58:12	4	14	0	5	19	01:18:10	2	18	0	5	25				0		0				0		0	107
8 Anna McCombie	01:24:00	8	20	0	5	25				0		0				0		0				0		0				0		0	01:19:20	4	16	15	5	36				0		0				0		0	61
9 Susanne Enhard	01:24:34	9	19	0	5	24	01:19:29	5	17	15	5	37	02:03:43	2	12	0	5	17				0		0	01:58:06	3	15	15	5	35	01:24:02	6	14	0	5	19				0		0				0		0	132
10 Helen Tyson	01:24:59	10	18	0	5	23				0		0				0		0	01:50:05	6	14	0	5	19				0		0				0		0				0		0				0		0	42
11 Siobhan Jones	01:26:51	11	17	0	5	22	01:26:12	6	16	15	5	36	02:10:14	3	11	0	5	16				0		0	02:10:59	6	12	0	5	17	01:27:43	9	11	0	5	16				0		0				0		0	107
12 Claire Crewe	01:39:03	12	16	0	5	21	01:26:21	7	15	15	5	35				0		0	01:56:32	8	12	0	5	17				0		0	01:24:54	7	13	15	5	33				0		0				0		0	106
13 Carolyn Burns	01:40:36	13	15	0	5	20				0		0	02:24:43	4	10	0	5	15				0		0	02:27:55	7	11	0	5	16				0		0				0		0				0		0	51
14 Alison Ferneyhough	01:44:44	14	14	0	5	19				0		0				0		0				0		0				0		0				0		0				0		0				0		0	19
15 Michelle Sutherland	01:44:59	15	13	0	5	18				0		0				0		0				0		0				0		0				0		0				0		0				0		0	18
16 Julie Reeves	01:46:18	16	12	0	5	17				0		0				0		0				0		0				0		0				0		0				0		0				0		0	17
17 Katy Drewette	01:48:44	17	11	0	5	16	01:40:43	12	10	15	5	30				0		0	02:29:07	10	10	0	5	15				0		0	01:48:54	10	10	0	5	15				0		0				0		0	76
18 Rosie Liddell	01:59:18	18	10	0	5	15				0		0				0		0				0		0				0		0				0		0				0		0				0		0	15
19 Angela Watson				0		0	01:28:11	8	14	0	5	19				0		0				0		0				0		0				0		0				0		0				0		0	19
20 Katie Bird				0		0	01:29:22	9	13	0	5	18				0		0				0		0				0		0				0		0				0		0				0		0	18
21 Julie Gate				0		0	01:32:23	10	12	0	5	17				0		0				0		0				0		0				0		0				0		0				0		0	17
22 Margaret Mossman				0		0	01:34:21	11	11	0	5	16				0		0				0		0				0		0				0		0				0		0				0		0	16
23 Sally McCullock				0		0				0		0				0		0	01:37:50	1	19	0	5	24				0		0				0		0				0		0				0		0	24
24 Kathryn Metcalfe				0		0				0		0				0		0	01:41:36	3	17	0	5	22				0		0	01:19:07	3	17	0	5	22				0		0				0		0	44
25 Wendy Cannon				0		0				0		0				0		0	01:49:34	5	15	0	5	20	01:56:31	2	16	0	5	21	01:23:56	5	15	0	5	20				0		0				0		0	61
26 Rachel Ash				0		0				0		0				0		0	01:51:58	7	13	0	5	18				0		0				0		0				0		0				0		0	18
27 Sarah Brennand				0		0				0		0				0		0	01:59:37	9	11	0	5	16				0		0				0		0				0		0				0		0	16
28 Hayley Wood				0		0				0		0				0		0				0		0	02:00:00	5	13	0	5	18				0		0				0		0				0		0	18
29 Abigail Jardine				0		0				0		0				0		0				0		0	02:43:55	8	10	0	5	15				0		0				0		0				0		0	15
30				0		0				0		0				0		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				0		0				0		0	0
32				0		0				0		0				0		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				0		0				0		0	0
34				0		0				0		0				0		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				0		0				0		0	0
36				0		0				0		0				0		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
			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		18	0	0	5			12	0	0	5			4	0	0	5			10	0	0	5			8	0	0	5			10	0	0	5			-1	0	-9	0			-1	0	-9	0		

2022/23 Club Long Distance Road Championships

	Total Points after 6 events	Positions after each race - Positions after - 6	Race no - 1	2	3	4	5	6
1 Sally Braithwaite	73	8	1	1	4	5=	6=	8
2 Robyn Beaty	31	15	2	9	10	12	13	15
3 Emma Neilsen	30	16	3	10	11	13	14	16
4 Karen Bridge	111	3	4	2	1	1	4	3
5 Kerry Grinbergs	51	11=	5	11	12	9	9=	11=
6 Susan Pattinson	129	2	6	3=	5=	2	2	2
7 Mica Lowthian	107	4=	7	3=	5=	7	5	4=
8 Anna McCombie	61	9=	8	12	13	14	15	9=
9 Susanne Enhard	132	1	9	5	2	3	1	1
10 Helen Tyson	42	14	10	13	14	10	11	14
11 Siobhan Jones	107	4=	11	6	3	4	3	4=
12 Claire Crewe	106	6	12	7	7	5=	6=	6
13 Carolyn Burns	51	11=	13	14	9	11	9=	11=
14 Alison Ferneyhough	19	18=	14	15=	15=	18=	18=	18=
15 Michelle Sutherland	18	20=	15	17=	17=	20=	20=	20=
16 Julie Reeves	17	24=	16	19=	19=	23=	24=	24=
17 Katy Drewette	76	7	17	8	8	8	8	7
18 Rosie Liddell	15	28=	18	22	22	27	28=	28=
19 Angela Watson	19	18=		15=	15=	18=