

Eden Runners	2023 Club Road Championships								2023 Club Road Championships								2023 Club Road Championships								2023 Club Road Championships								2023 Club Road Championships								2023 Road Championships																
Event ->		2023 Club Road Championships				2023 Club Road Championships				2023 Club Road Championships				2023 Club Road Championships				2023 Club Road Championships				2023 Club Road Championships				2023 Road Championships																															
Distance ->		Resolution 10k				Cross-Border 10k				Kewick Round the Houses				Kirby Stephen 10k				Hawthwood 10k				Appley 10k				Total Points																															
Venue ->		3.8k				7.2k				4.5k				5.0k				6.1k				after																																			
Date ->		Sun 22 January 2023				Sun 22 January 2023				Wed 26 April 2023				Wed 26 April 2023				Wed 14 June 2023				Sun 25 June 2023				events																															
		Current changes 10k PB after Race #1				Current changes 10k PB after Race #2				Current changes 10k PB after Race #3				Current changes 10k PB after Race #4				Current changes 10k PB after Race #5				Current changes 10k PB after Race #6								Positions after each race -																											
		Time				Time				Time				Time				Time				Time				Time				Total Points All Events																											
1	Andrew Douglas	00:37:40	00:36:52	00:36:12	00:35:52	00:36:12	00:37:40	1	37	0	5	40	00:36:52	1	23	15	5	43	00:27:46	2	33	0	5	38	00:40:05	1	20	0	5	25	00:39:01	1	15	0	5	20	00:39:53	3	21	0	5	26	1	149	15	30	194	Andrew Douglas	6	1	2	1	1	1	1		
2	James Grimberg	00:38:54	00:38:34	00:38:34	00:38:34	00:38:54	00:38:54	2	36	0	5	41	00:38:34	2	36	0	5	41	00:29:19	3	30	0	5	35	00:42:46	3	18	0	5	28	00:42:46	3	18	0	5	28	00:42:46	3	18	0	5	28	17	54	0	10	64	James Grimberg	9	2	13	20	14	5	15	17	
3	Mike Allison	00:39:54	00:39:54	00:39:54	00:39:54	00:39:54	00:39:54	3	35	0	5	40	00:39:54	3	35	0	5	40	00:28:41	4	29	0	5	34	00:41:08	4	17	0	5	27	00:41:08	4	17	0	5	27	00:41:08	4	17	0	5	27	19	5	6	10	70	Mike Allison	5	5	4	15	6	7	8	9	19

No of ER Finishes		790				466				875				220				120				301				47				2580				47			
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Event ->		Resolution 10k				Cross-Border 10k				Kewick Round the Houses				Kirby Stephen 10k				Hawthwood 10k				Appley 10k				Total Points																													
Distance ->		10k (1st of 7)				10k (2nd of 7)				4.5m				10k (3rd of 7)				10k (4th of 7)				10k (5th of 7)				after																													
Venue ->		3.8k				7.2k				4.5k				5.0k				6.1k				after																																	
Date ->		Sun 22 January 2023				Sun 22 January 2023				Wed 26 April 2023				Wed 26 April 2023				Wed 14 June 2023				Sun 25 June 2023				events																													
		Current changes 10k PB after Race #1				Current changes 10k PB after Race #2				Current changes 10k PB after Race #3				Current changes 10k PB after Race #4				Current changes 10k PB after Race #5				Current changes 10k PB after Race #6								Positions after each race -																									
		Time				Time				Time				Time				Time				Time				Time				Total Points All Events																									
1	Emma Nelson	00:41:41	00:41:41	00:41:41	00:41:41	00:41:41	00:41:41	1	34	0	5	39	00:42:04	3	28	0	5	33	00:31:44	4	19	0	5	24	00:47:02	2	14	0	5	18	00:45:38	1	13	0	5	18	00:47:02	2	14	0	5	18	10	62	0	10	72	Emma Nelson	6	1	3	4	6	7	10
2	Karen Bridge	00:43:34	00:43:34	00:43:34	00:43:34	00:43:34	00:43:34	2	33	0	5	39	00:43:34	2	29	15	5	40	00:31:44	4	19	0	5	24	00:47:02	2	14	0	5	18	00:45:38	1	13	0	5	18	00:47:02	2	14	0	5	18	16	79	0	20	99	Karen Bridge	6	2	12	9	5	4	6
3	Sally McCloskey	00:43:50	00:43:50	00:43:50	00:43:50	00:43:50	00:43:50	3	32	0	5	40	00:43:50	3	32	0	5	40	00:31:41	3	20	0	5	23	00:45:38	1	15	0	5	20	00:45:38	1	15	0	5	20	00:45:38	1	15	0	5	20	17	5	3	11	81	Sally McCloskey	5	3	11	1	1	1	1

No of ER Finishes		675				645				273				105				66				273				44				2037				44			
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