

Males Senior

Race										
	High Legh 10K	Liverpool Half Marathon	Chester Spring 5 Miler	Rob McHarry Memorial Birchwood Park 5k	Heaton Park 10 Miler	The Tony Barnes Memorial Sefton Park 5 Mile Race	Mid Cheshire 5k	Clun Road Mile	Club Track Mile	Club Track 3k
Name	06/03/2022	27/03/2022	13/04/2022	09/06/2022	22/06/2022	13/07/2022	26/08/2022	08/09/2022	September	September
James Blundell	4,451	4,020							5,022	4,913
David Mayes									6,550	6,405
Alex Roberts	5,587								5,411	5,543
Stuart Johnson	6,620									
Billy Hankinson								4,716	4,838	5,173

Males Senior

Race	Warring Festival of Running 10k	Warring Festival of Running Half Marathon	Green Drive 5 Miler		
Name	25/09/2022	25/09/2022	23/10/2022	Total Points	Best 5 Points
James Blundell	4,507			22,913	22,913
David Mayes	6,618			19,572	19,572
Alex Roberts				16,541	16,541
Stuart Johnson	6,667			13,287	13,287
Billy Hankinson				14,727	14,727

Males Vet

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Name	06/03/2022	27/03/2022	13/04/2022	09/06/2022	22/06/2022	13/07/2022	26/08/2022	08/09/2022	September	September	25/09/2022
Andrew Garnett	7,722			7,502			7,368	6,824			
Daniel Chadwick	6,827			7,080					6,731	5,891	
Witold Laszcz								7,329		7,468	
Mike Hall				7,084				7,034		7,415	
Julian Spencer	6,974			6,503					7,100		
Jason Sage	6,861								6,974	6,634	
Graham Driver								6,488	6,633	6,731	
Terry Coles	6,427			6,751				6,648			
Nigel Fuller								7,076	7,305		
Kenny Forster	7,000					7,144					
Stephen Pickford			6,083	6,173							
Vincent Alcock									6,641		
John Dooley	6,140			5,936							
Malcolm Lingard						6,429					
Mike Brady				6,428							
Richard Macilwaine										6,311	

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Anthony Atkinson	6,111										
Ian Gravener									6,110		
James Vaile									6,077		
Dennis Yarwood				5,898							
David Thompson				5,805							
Alec Henderson									5,658		
David McGowan									5,456		
Ian Dunbar								4,232			

Race	Warring Festival of Running Half Marathon	Green Drive 5 Miler		
Name	25/09/2022	23/10/2022	Total Points	Best 5 Points
Andrew Garnett	7,494		29,416	29,416
Daniel Chadwick			26,529	26,529
Witold Laszcz			22,292	22,292
Mike Hall			21,533	21,533
Julian Spencer			20,577	20,577
Jason Sage			20,469	20,469
Graham Driver			19,852	19,852
Terry Coles			19,826	19,826
Nigel Fuller			14,380	14,380
Kenny Forster	5,580		14,144	14,144
Stephen Pickford			12,256	12,256
Vincent Alcock			12,222	12,222
John Dooley			12,076	12,076
Malcolm Lingard			6,429	6,429
Mike Brady			6,428	6,428
Richard Macilwaine			6,311	6,311

Race	Warring Festival of Running Half Marathon	Green Drive 5 Miler		
Name	25/09/2022	23/10/2022	Total Points	Best 5 Points
Anthony Atkinson			6,111	6,111
Ian Gravener			6,110	6,110
James Vaile			6,077	6,077
Dennis Yarwood			5,898	5,898
David Thompson			5,805	5,805
Alec Henderson			5,658	5,658
David McGowan			5,456	5,456
Ian Dunbar			4,232	4,232

Ladies Senior

Race											
	High Legh 10K	Liverpool Half Marathon	Chester Spring 5 Miler	Rob McHarry Memorial Birchwood Park 5k	Heaton Park 10 Miler	The Tony Barnes Memorial Sefton Park 5 Mile Race	Mid Cheshire 5k	Clun Road Mile	Club Track Mile	Club Track 3k	Warring Festival of Running 10k
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Emily Yarwood	4,747										

Race	Warring Festival of Running Half Marathon	Green Drive 5 Miler		
Name	25/09/2022	23/10/2022	Total Points	Best 5 Points
Emily Yarwood			4,747	4,747

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Name	06/03/2022	27/03/2022	13/04/2022	09/06/2022	22/06/2022	13/07/2022	26/08/2022	08/09/2022	September	September	25/09/2022
Karon Forster	7,656					7,263		7,500		7,643	7,922
Eleanor Roberts	7,169							7,119	7,415	7,288	
Claire Ellison	5,846			6,044				6,076	6,163	6,207	5,781
Helen Caldwell	6,712								6,878	6,928	
Ursula Harrison	6,482			6,796					6,688		
Suzy Wild	7,138							6,843			
Kate Grimoldby									5,563	5,509	
Liz Whitfield				7,193							
Alison Russell	6,849										
Linda Owen	6,558										
Emma Shillabeer	6,020										

Race	Warring Festival of Running Half Marathon	Green Drive 5 Miler		
Name	25/09/2022	23/10/2022	Total Points	Best 5 Points
Karon Forster	6,579		37,984	37,984
Eleanor Roberts			35,570	35,570
Claire Ellison			36,117	30,337
Helen Caldwell			20,517	20,517
Ursula Harrison			19,966	19,966
Suzy Wild			13,981	13,981
Kate Grimoldby			11,071	11,071
Liz Whitfield			7,193	7,193
Alison Russell			6,849	6,849
Linda Owen			6,558	6,558
Emma Shillabeer			6,020	6,020