

Males Senior

Race	High Legh 10k	Wilmslow Half Marathon	Cheshire 10k	Chester Spring 5	Mid Cheshire Spring 5	Walton Park	Chester Half Marathon	Rob McHarry memorial Birchwood Park 5k	Woolston 10k	Club Road Mile	Club Track Mile
Name	12/03/2023	26/03/2023	02/04/2023	12/04/2023	28/04/2023	09/05/2023	21/05/2023	01/06/2023	22/06/2023	14/07/2023	Sept
Alex Roberts	5,803		5,766					6,102	5,837		6,104
Lewis Taylor								6,102			
Neil Marsh											
Stuart Johnson									6,593		
Matthew Bartley	6,078										

Race	Club Track 3k	Stockport 10		
Name	Sept	10/12/2023	Total Points	Best 5 Points
Alex Roberts	6,159		35,771	30,005
Lewis Taylor		5,730	11,832	11,832
Neil Marsh	7,451		7,451	7,451
Stuart Johnson			6,593	6,593
Matthew Bartley			6,078	6,078

Males Vet

Race	High Legh 10k	Wilmslow Half Marathon	Cheshire 10k	Chester Spring 5	Mid Cheshire Spring 5	Walton Park	Chester Half Marathon	Rob McHarry memorial Birchwood Park 5k	Woolston 10k	Club Road Mile	Club Track Mile
Name	12/03/2023	26/03/2023	02/04/2023	12/04/2023	28/04/2023	09/05/2023	21/05/2023	01/06/2023	22/06/2023	14/07/2023	Sept
Andrew Garnett				7,441	7,611		7,648	7,454		7,083	
Daniel Chadwick								6,782	6,521	7,077	7,037
Julian Spencer	5,724							6,761	6,069	6,737	6,866
Graham Driver	6,631						4,942	6,609		6,725	
John Dooley	5,960							6,539		6,728	
Jason SAGE	6,770										6,943
Terry Coles	6,684									6,404	
Nigel Fuller										7,109	7,036
Malcolm Lingard				6,113					6,104		
Alec Henderson											5,699
David McGowan											5,742
Neil Adair											
Kenny Forster											7,532
Alistair Raffel										7,183	
Vincent Alcock								6,292			
Anthony Atkinson									6,118		
Alan Brady									5,972		

Race	Club Track 3k	Stockport 10		
Name	Sept	10/12/2023	Total Points	Best 5 Points
Andrew Garnett			37,237	37,237
Daniel Chadwick	6,921		34,338	34,338
Julian Spencer			32,157	32,157
Graham Driver	6,782		31,688	31,688
John Dooley	6,898		26,125	26,125
Jason SAGE	6,449		20,162	20,162
Terry Coles	6,772		19,860	19,860
Nigel Fuller			14,145	14,145
Malcolm Lingard			12,217	12,217
Alec Henderson	5,689		11,388	11,388
David McGowan		5,462	11,203	11,203
Neil Adair	8,059		8,059	8,059
Kenny Forster			7,532	7,532
Alistair Raffel			7,183	7,183
Vincent Alcock			6,292	6,292
Anthony Atkinson			6,118	6,118
Alan Brady			5,972	5,972

Ladies Senior

Race											
	High Legh 10k	Wilmslow Half Marathon	Cheshire 10k	Chester Spring 5	Mid Cheshire Spring 5	Walton Park	Chester Half Marathon	Rob McHarry memorial Birchwood Park 5k	Woolston 10k	Club Road Mile	Club Track Mile
Name	12/03/2023	26/03/2023	02/04/2023	12/04/2023	28/04/2023	09/05/2023	21/05/2023	01/06/2023	22/06/2023	14/07/2023	Sept
Alison Russell	6,833							6,770	6,596		7,105
Claire Ellison									5,878		5,860
Kate Grimoldby								5,815	5,628		
Caitlin Henderson											5,343

Race	Club Track 3k	Stockport 10		
Name	Sept	10/12/2023	Total Points	Best 5 Points
Alison Russell	7,205		34,509	34,509
Claire Ellison	5,876		17,614	17,614
Kate Grimoldby		5,567	17,010	17,010
Caitlin Henderson	5,242		10,585	10,585

Ladies Vet

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Karon Forster	7,938			7,744	7,968			7,607		7,810	
Eleanor Roberts	6,677	6,628						6,977	6,714		7,398
Helen Caldwell	6,593							6,856		6,792	
Ursula Harrison	6,783							6,868		6,564	6,815
Suzy Wild	7,143										7,017
Kate Johnson											6,757
Jean McGowan	5,113										5,766
Lisa Mackay	6,527										
Joanna Fenton									6,508		

Race	Club Track 3k	Stockport 10		
Name	Sept	10/12/2023	Total Points	Best 5 Points
Karon Forster	7,915		46,981	39,375
Eleanor Roberts	7,212		41,606	34,978
Helen Caldwell	6,855		27,095	27,095
Ursula Harrison			27,030	27,030
Suzy Wild	6,802		20,963	20,963
Kate Johnson	6,909		13,666	13,666
Jean McGowan			10,880	10,880
Lisa Mackay			6,527	6,527
Joanna Fenton			6,508	6,508