

Ron's 5k Race Series Results and Placings 2024

Positions after July

Key: Yellow = 4 races, Pink = 3 races, Green = 2 races, Blue = 1 race

Name	April	May	June	July	Total of top 3 points
Sally Gordon	1	30	1	30	61
Claire Crook	0	13	25	22	60
Andrew Birkbeck	0	0	26	29	55
Rachel Antoine	0	20	24	10	54
Angela Oury	15	0	16	21	52
Hayden Nicholls	0	26	3	23	52
Jessica Jungklaus	24	1	1	26	51
Louis Hinton	26	19	0	5	50
Tom Glibbery	18	1	29	3	50
Thomas Edwards	10	5	23	16	49
Maria Taylor	0	18	2	26	46
James Nelson	17	6	1	20	43
George Brizell	13	16	13	0	42
Nicky Jones	0	0	17	25	42
Carl Nicholls	0	23	18	0	41
Harshad Patel	12	25	1	4	41
Elizabeth Freeth	21	1	1	18	40
Mark Chapman	11	17	1	12	40
Anne Kelsall	5	1	22	11	38
Nic Baker	0	22	15	0	37
Abby Wright	2	1	19	13	34
Gemma Archer	4	29	1	0	34
Paul Archer (member since May)	N/A	28	6	0	34
Mandy Brassington	22	10	0	0	32
Colin Nicholls	0	21	1	9	31
Rachael Jones	1	0	30	0	31
Darryl Coleman	29	0	1	0	30
Louise O Reilly	30	0	0	0	30
Emma Archer	28	0	1	0	29
Leigh Sprules	14	1	7	8	29
Louise Walters	0	1	0	28	29
Terry Hastings	0	0	10	19	29
Victoria Kerrigan	0	1	28	0	29
Mark Johnson	0	1	27	0	28
Kara Nicholls	0	27	0	0	27
Stephen Allmark	27	0	0	0	27

Name	April	May	June	July	Total of top 3 points
Vicki Baddeley (member since July)	N/A	N/A	N/A	27	27
Natasha Partridge	1	24	1	0	26
Pete Waterhouse	25	0	0	0	25
Cathryn Jones	23	1	0	0	24
Tia Mason (member since July)	N/A	N/A	N/A	24	24
Tony Baker	0	0	8	15	23
Mark Foster	7	15	0	0	22
Simon Hudson	0	0	21	0	21
Edward Morris	19	1	0	0	20
Kay McHugh	20	0	0	0	20
Shelly Nicholls	0	0	20	0	20
Martin Wall	0	1	0	17	18
Chris Boden	16	1	0	0	17
Emma Williams	0	3	14	0	17
Barry Cheema	0	1	9	6	16
Michael Mason	0	14	0	2	16
Tony Dutton	1	11	4	0	16
Stephen Roberts	0	12	1	0	13
Catherine Birkbeck	0	0	12	0	12
Laura Sprules	9	1	1	0	11
Matt Emery	0	0	11	0	11
Andrew Pullen	1	9	0	0	10
Kate Southern	8	0	0	0	8
Rebecca Grimshaw	0	8	0	0	8
David Roberts	6	1	0	0	7
Mimi Acton (member since July)	N/A	N/A	N/A	7	7
Sarah Bishop	0	7	0	0	7
Geoff Card	0	1	5	0	6
Ian Jennings	0	4	0	0	4
Emily Grimwade	3	0	0	0	3
Alex Crook	1	1	0	0	2
Daniel Williams	0	2	0	0	2
Jane Quinn	1	0	0	0	1
Lawrence Hewitt	0	0	1	0	1

Name	April	May	June	July	Total of top 3 points
Louise Booker	0	1	0	0	1
Marcus Nye	0	1	0	0	1
Mel Cowley	1	0	0	0	1
Melissa Condley	0	1	0	0	1
Michelle Morgan	0	1	0	0	1

Name	April	May	June	July	Total of top 3 points
Mike Donoghue	0	1	0	0	1
Nicola James	0	1	0	0	1
Roxy Babla	0	1	0	0	1
Steve Benzie	0	1	0	0	1

Ron's 5k Race Series Results - July 2024

Position	Name	Time	Points
1	49:45	Sally Gordon	30
2	50:05	Andrew Birkbeck	29
3	50:11	Louise Walters	28
4	50:12	Vicki Baddeley	27
5	50:32	Maria Taylor	26
6	50:51	Nicky Jones	25
7	50:52	Tia Mason	24
8	51:01	Hayden Nicholls	23
9	51:02	Claire Crook	22
10	51:12	Angela Oury	21
11	51:12	James Nelson	20
12	51:13	Terry Hastings	19
13	51:16	Elizabeth Freeth	18
14	51:22	Martin Wall	17
15	51:28	Thomas Edwards	16

Position	Name	Time	Points
16	51:36	Tony Baker	15
17	51:40	Jessica Jungklaus	14
18	51:44	Abby Wright	13
19	51:57	Mark Chapman	12
20	51:58	Anne Kelsall	11
21	52:00	Rachel Antoine	10
22	52:01	Colin Nicholls	9
23	52:17	Leigh Sprules	8
24	52:32	Mimi Ackon	7
25	52:48	Barry Cheema	6
26	52:50	Louis Hinton	5
27	53:03	Harshad Patel	4
28	53:13	Tom Glibbery	3
29	54:32	Michael Mason	2

Some stats from July's race

- 3 first timers
- 11 runners have completed 4 races
- 13 runners have completed 3 races
- 26 runners have completed 2 races
- 29 runners have completed 1 race

Most improved from June to July

- Sally Gordon - faster by 4 mins 44s
- Claire Crook - faster by 2 mins 13s
- Maria Taylor - faster by 1 min 47s
- Andrew Birkbeck - faster by 1 min 19s
- Hayden Nicholls - faster by 1 min 17s

Runners with the most consistent time from June to July

- Anne Kelsall - 8 seconds difference
- Abby Louise - 12 seconds difference
- Rachel Antoine - 14 seconds difference
- Leigh Sprules - 15 seconds difference
- Harshad Patel - 15 seconds difference

Many thanks to Emma once again, also to Liam for being a cycle marshal and to Simon Hudson for signing the course, Jo for timekeeping with me and Sue Benzie for organising the bring and share.

Date of the next race = 27th August

Actual times (July):

Position	Name	Time
1	Harshad Patel	21:03
2	Claire Crook	21:32
3	James Nelson	21:42
4	Louis Hinton	22:20
5	Martin Wall	22:22
6	Tom Glibbery	22:43
7	Colin Nicholls	23:01
8	Nicky Jones	23:51
9	Hayden Nicholls	25:01
10	Michael Mason	25:02
11	Andrew Birkbeck	25:05
12	Leigh Sprules	25:17
13	Thomas Edwards	25:28
14	Elizabeth Freeth	25:46
15	Jessica Jungklaus	26:10
16	Sally Gordon	26:45
17	Tia Mason	26:52
18	Abby Wright	27:14
19	Anne Kelsall	27:28
20	Barry Cheema	27:48
21	Maria Taylor	28:32
22	Angela Oury	29:12
23	Rachel Antoine	29:30
24	Mark Chapman	30:27
25	Louise Walters	31:11
26	Vicki Baddeley	31:12
27	Terry Hastings	32:13
28	Tony Baker	34:36
29	Mimi Ackon	44:32

The overall season winner will be calculated by adding together the points obtained from the **best three** races in the season. Trophies will be awarded to those in the top **three** places in this final table. For full rules, please see the end of this document.

Dates this season:

- Tues 16th April
- Tues 14th May
- Tues 4th June
- Tues 2nd July
- Tues 27th August

Positions after June

Key: Pink = 3 races, Green = 2 races, Blue = 1 race

Name	April	May	June	Total points so far
Tom Glibbery	18	1	29	48
Louis Hinton	26	19	0	45
Rachel Antoine	0	20	24	44
George Brizell	13	16	13	42
Carl Nicholls	0	23	18	41
Claire Crook	0	13	25	38
Harshad Patel	12	25	1	38
Thomas Edwards	10	5	23	38
Nic Baker	0	22	15	37
Gemma Archer	4	29	1	34
Paul Archer (member since May)	N/A	28	6	34
Mandy Brassington	22	10	0	32
Sally Gordon	1	30	1	32
Angela Oury	15	0	16	31
Rachael Jones	1	0	30	31
Darryl Coleman	29	0	1	30
Louise O'Reilly	30	0	0	30
Emma Archer	28	0	1	29
Hayden Nicholls	0	26	3	29
Mark Chapman	11	17	1	29
Victoria O'Connor	0	1	28	29
Anne Kelsall	5	1	22	28
Mark Johnson	0	1	27	28
Kara Nicholls	0	27	0	27
Stephen Allmark	27	0	0	27
Andrew Birkbeck	0	0	26	26
Jessica Jungklaus	24	1	1	26
Natasha Partridge	1	24	1	26
Pete Waterhouse	25	0	0	25
Cathryn Jones	23	1	0	24
James Nelson	17	6	1	24
Elizabeth Freeth	21	1	1	23
Abby Wright	2	1	19	22
Colin Nicholls	0	21	1	22
Leigh Sprules	14	1	7	22
Mark Foster	7	15	0	22
Simon Hudson	0	0	21	21
Edward Morris	19	1	0	20

Name	April	May	June	Total points so far
Kay McHugh	20	0	0	20
Maria Taylor	0	18	2	20
Shelley Nicholls	0	0	20	20
Chris Boden	16	1	0	17
Emma Williams	0	3	14	17
Nicky Jones	0	0	17	17
Tony Dutton	1	11	4	16
Michael Mason	0	14	0	14
Stephen Roberts	0	12	1	13
Catherine Birkbeck	0	0	12	12
Laura Sprules	9	1	1	11
Matt Emery	0	0	11	11
Andrew Pullen	1	9	0	10
Barry Cheema	0	1	9	10
Terry Hastings	0	0	10	10
Kate Southern	8	0	0	8
Rebecca Grimshaw	0	8	0	8
Tony Baker	0	0	8	8
David Roberts	6	1	0	7
Sarah Bishop	0	7	0	7
Geoff Card	0	1	5	6
Ian Jennings	0	4	0	4
Emily Grimwade	3	0	0	3
Alex Crook	1	1	0	2
Daniel Williams	0	2	0	2
Jane Quinn	1	0	0	1
Lawrence Hewitt	0	0	1	1
Louise Booker	0	1	0	1
Louise Walters	0	1	0	1
Marcus Nye	0	1	0	1
Martin Wall	0	1	0	1
Melissa Crowley	1	0	0	1
Melissa Condley	0	1	0	1
Michelle Morgan	0	1	0	1
Mike Donoghue	0	1	0	1
Nicola James	0	1	0	1
Roxy Babla	0	1	0	1
Steve Benzie	0	1	0	1

Ron's 5k Race Series Results - June 2024

Position	Name	Time	Points
1	Rachael Jones	49:32	30
2	Tom Glibbery	49:45	29
3	Victoria O'Connor	50:09	28
4	Mark Johnson	50:17	27
5	Andrew Birkbeck	50:24	26
6	Claire Crook	50:45	25
7	Rachel Antoine	50:46	24
8	Thomas Edwards	50:47	23
9	Anne Kelsall	50:50	22
10	Simon Hudson	50:50	21
11	Shelley Nicholls	50:54	20
12	Abby Wright	50:56	19
13	Carl Nicholls	50:56	18
14	Nicky Jones	50:57	17
15	Angela Oury	51:01	16
16	Nic Baker	51:05	15
17	Emma Williams	51:06	14
18	George Brizell	51:21	13
19	Catherine Birkbeck	51:39	12
20	Matt Emery	51:48	11
21	Terry Hastings	51:51	10
22	Barry Cheema	51:57	9

Position	Name	Time	Points
23	Tony Baker	52:02	8
24	Leigh Sprules	52:02	7
25	Paul Archer	52:06	6
26	Geoff Card	52:11	5
27	Tony Dutton	52:15	4
28	Hayden Nicholls	52:18	3
29	Maria Taylor	52:19	2
30	Colin Nicholls	52:21	1
31	Lawrence Hewitt	52:24	1
32	Elizabeth Freeth	52:26	1
33	Natasha Partridge	52:30	1
34	Stephen Roberts	52:39	1
35	James Nelson	52:40	1
36	Harshad Patel	52:48	1
37	Laura Sprules	52:59	1
38	Mark Chapman	53:14	1
39	Jessica Jungklaus	53:23	1
40	Emma Archer	53:41	1
41	Gemma Archer	53:46	1
42	Darryl Coleman	55:31	1
43	Sally Gordon	56:59	1

Some stats from June's results:.

- 9 first timers raced
- 16 runners have completed 3 races so far
- 27 runners have completed 2 races so far
- 33 runners have completed 1 race so far
- We have had a total of 76 different runners take part across the 3 races so far.

Most improvement from May to June

- Carl Nicolls 5 mins 29s
- Tom Glibbery 2 mins 27s
- Thomas Edwards 1 mins 22s
- Paul Archer 1 mins 13s
- Rachel Antoine 1 mins 10s

Most accurate 5K predictions from this month's first-time runners

- Tony Baker 2 seconds' difference
- Terry Hastings 9 seconds' difference
- Catherine Birkbeck 21 seconds' difference
- Lawrence Hewitt 24 seconds' difference
- Matt Emery 26 seconds' difference

Most consistent runners from the May to June race

- Abby Wright 8s difference
- George Brizell 8s difference
- Maria Taylor 8s difference
- Tony Dutton 14s difference
- Barry Cheema 19s difference

Date of the next race = 2nd July

Actual times (June):

Position	Name	Time
1	George Brizell	18:21
2	Matt Emery	20:18
3	Harshad Patel	20:48
4	Tom Glibbery	21:15
5	Carl Nicholls	21:56
6	Rachel Jones	22:02
7	James Nelson	22:40
8	Colin Nicholls	23:21
9	Claire Crook	23:45
10	Paul Archer	24:06
11	Tony Dutton	24:15
12	Nicky Jones	24:57
13	Leigh Sprules	25:02
14	Thomas Edwards	25:47
15	Shelley Nicholls	25:54
16	Emma Williams	26:06
17	Hayden Nicholls	26:18
18	Andrew Birkbeck	26:24
19	Jessica Jungklaus	26:53
20	Elizabeth Freeth	26:56
21	Barry Cheema	26:57

22	Anne Kelsall	27:20
23	Simon Hudson	27:20
24	Abby Wright	27:26
25	Rachel Antoine	29:16
26	Angela Oury	29:31
27	Nic Baker	29:35
28	Catherine Birkbeck	29:39
29	Darryl Coleman	30:01
30	Emma Archer	30:11
31	Maria Taylor	30:19
32	Geoff Card	30:41
33	Natasha Partridge	31:00
34	Mark Chapman	31:14
35	Sally Gordon	31:29
36	Lawrence Hewitt	31:54
37	Stephen Roberts	32:09
38	Victoria O'Connor	32:39
39	Terry Hastings	32:51
40	Mark Johnson	33:17
41	Gemma Archer	33:46
42	Tony Baker	35:02
43	Laura Sprules	52:59

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Dates this season:

- Tues 16th April
- Tues 14th May
- Tues 4th June
- Tues 2nd July
- Tues 27th August

Positions after May

Name	April	May	Total points so far
Louis Hinton	26	19	45
Harshad Patel	12	25	37
Gemma Archer	4	29	33
Mandy Brassington	22	10	32
Sally Gordon	1	30	31
Louise O Reilly	30	0	30
Darryl Coleman	29	0	29
George Brizell	13	16	29
Emma Archer	28	0	28
Mark Chapman	11	17	28
Paul Archer (member since May)	N/A	28	28
Kara Nicholls	0	27	27
Stephen Allmark	27	0	27
Hayden Nicholls	0	26	26
Jessica Jungklaus	24	1	25
Natasha Partridge	1	24	25
Pete Waterhouse	25	0	25
Cathryn Jones	23	1	24
Carl Nicholls	0	23	23
James Nelson	17	6	23
Elizabeth Freeth	21	1	22
Mark Foster	7	15	22
Nic Baker	0	22	22
Colin Nicholls	0	21	21
Edward Morris	19	1	20
Kay McHugh	20	0	20
Rachel Antoine	0	20	20
Tom Glibbery	18	1	19
Maria Taylor	0	18	18
Chris Boden	16	1	17
Angela Oury	15	0	15
Leigh Sprules	14	1	15
Thomas Edwards	10	5	15
Michael Mason	0	14	14

Name	April	May	Total points so far
Claire Crook	0	13	13
Stephen Roberts	0	12	12
Tony Dutton	1	11	12
Andrew Pullen	1	9	10
Laura Sprules	9	1	10
Kate Southern	8	0	8
Rebecca Grimshaw	0	8	8
David Roberts	6	1	7
Sarah Bishop	0	7	7
Anne Kelsall	5	1	6
Ian Jennings	0	4	4
Abby Wright	2	1	3
Emily Grimwade	3	0	3
Emma Williams	0	3	3
Alex Crook	1	1	2
Daniel Williams	0	2	2
Barry Cheema	0	1	1
Geoff Card	0	1	1
Jane Quinn	1	0	1
Louise Booker	0	1	1
Louise Walters	0	1	1
Marcus Nye	0	1	1
Mark Johnson	0	1	1
Martin Wall	0	1	1
Mel Crowley	1	0	1
Melissa Condley	0	1	1
Michelle Morgan	0	1	1
Mike Donoghue	0	1	1
Nicola James	0	1	1
Rachael Jones	1	0	1
Roxy Babla	0	1	1
Steve Benzie	0	1	1
Victoria O'Connor	0	1	1

Ron's 5k Race Series Results - May 2024

Position	Name	Time	Points
1	Sally Gordon	43:59	30
2	Gemma Archer	46:29	29
3	Paul Archer	47:19	28
4	Kara Nicholls	48:13	27
5	Hayden Nicholls	48:20	26
6	Harshad Patel	48:21	25
7	Natasha Partidge	48:24	24
8	Carl Nicholls	48:25	23
9	Nic Baker	48:27	22
10	Colin Nicholls	48:37	21
11	Rachel Antoine	48:56	20
12	Louis Hinton	49:09	19
13	Maria Taylor	49:11	18
14	Mark Chapman	49:13	17
15	George Brizell	49:13	16
16	Mark Foster	49:19	15
17	Michael Mason	49:22	14
18	Claire Crook	49:26	13
19	Stephen Roberts	49:26	12
20	Tony Dutton	49:31	11
21	Mandy Brassington	49:32	10
22	Andrew Pullen	49:33	9
23	Rebecca Grimshaw	49:36	8
24	Sarah Bishop	49:36	7
25	James Nelson	49:37	6
26	Thomas Edwards	49:39	5
27	Ian Jennings	49:40	4
28	Emma Williams	49:41	3

Position	Name	Time	Points
29	Daniel Williams	49:45	2
30	Chris Boden	49:51	1
31	David Roberts	49:53	1
32	Elizabeth Freeth	49:57	1
33	Laura Sprules	50:01	1
34	Unknown	50:12	0
35	Mike Donoghue	50:17	1
36	Abby Wright	50:18	1
37	Ed Morris	50:26	1
38	Leigh Sprules	50:30	1
39	Louise Booker	50:33	1
40	Roxy Babla	50:35	1
41	Catheryn Jones	50:39	1
42	Michelle Morgan	50:41	1
43	Marcus Nye	50:45	1
44	Louise Walters	50:51	1
45	Melissa Condley	50:55	1
46	Jessica Jungklaus	51:05	1
47	Tom Glibbery	51:12	1
48	Nicola James	51:17	1
49	Anne Kelsall	51:24	1
50	Mark Johnson	51:28	1
51	Alex Crook	51:31	1
52	Victoria O'Connor	51:32	1
53	Martin Wall	51:33	1
54	Steve Benzie	51:56	1
55	Geoff Card	52:12	1
56	Barry Cheema	52:38	1

Some stats from May's results..

- Total of 56 runners.
- There were 26 first timers, with 30 running their 2nd race

Most accurate pace predictors

Of the first timers, here are the 3 who predicted closest to the time they achieved:-

- Nicola James within 6 seconds
- Louise Walters within 6 seconds
- Daniel Williams was just 1 second out.

Most improved runners

Of the runners who raced in April and May, here are the 5 who improved upon their times the most.

- Sally Gordon 4 mins 18s
- Gemma Archer 2 mins 58s
- Alex Crook 2 mins 19s
- Louis Hinton 1 min 43s
- Paul Archer 1 min 23s

Most consistent runners

Here are the 5 runners who raced almost the same time in April and May

- Mark Foster = exactly the same time
- Andrew Pullen = 1 second difference
- Leigh Sprules = 2 seconds difference
- Chris Boden = 2 seconds difference
- Edward Morris = 5 seconds difference

Date of next race = June 4th

Actual times (May):

Position	Name	Time
1	Daniel Williams	17:45
2	George Brizell	18:13
3	Mark Foster	19:19
4	Harshad Patel	19:51
5	Andrew Pullen	20:03
6	David Roberts	21:53
7	James Nelson	22:07
8	Louis Hinton	22:09
9	Michael Mason	22:22
10	Louise Booker	22:33
11	Ian Jennings	22:40
12	Martin Wall	23:33
13	Colin Nicholls	23:37
14	Tom Glibbery	23:42
15	Marcus Nye	23:45
16	Tony Dutton	24:01
17	Claire Crook	24:26
18	Edward Morris	24:26
19	Leigh Sprules	24:30
20	Paul Archer	25:19
21	Emma Williams	25:41
22	Chris Boden	25:51
23	Elizabeth Freeth	25:57
24	Jessica Jungklaus	26:05
25	Mike Donoghue	26:17
26	Roxy Babla	26:35
27	Rebecca Grimshaw	26:36
28	Barry Cheema	26:38

Position	Name	Time
29	Sally Gordon	26:59
30	Thomas Edwards	27:09
31	Kara Nicholls	27:13
32	Abby Wright	27:18
33	Hayden Nicholls	27:20
34	Carl Nicholls	27:25
35	Anne Kelsall	27:54
36	Alex Crook	29:31
37	Maria Taylor	30:11
38	Mark Chapman	30:13
39	Natasha Partridge	30:24
40	Rachel Antoine	30:26
41	Nic Baker	30:27
42	Geoff Card	31:12
43	Stephen Roberts	31:26
44	Unknown	31:42
45	Louise Walters	32:21
46	Melissa Condley	32:25
47	Gemma Archer	32:29
48	Sarah Bishop	32:36
49	Cathryn Jones	32:39
50	Victoria O'Connor	33:32
51	Mark Johnson	33:58
52	Nicola James	35:17
53	Michelle Morgan	37:41
54	Mandy Brassington	41:32
55	Laura Sprules	50:01
56	Steve Benzie	50:56

The overall season winner will be calculated by adding together the points obtained from the **best three** races in the season. Trophies will be awarded to those in the top **three** places in this final table. For full rules, please see the end of this document.

Dates this season:

- Tues 16th April
- Tues 14th May
- Tues 4th June
- Tues 2nd July
- Tues 27th August

Ron's 5k Race Series Results - April 2024

Points			
Position	Name	Time	Points
1	Louise O Reilly	45:55	30
2	Darryl Coleman	46:07	29
3	Unknown	46:12	0
4	Emma Archer	46:17	28
5	Stephen Allmark	46:19	27
6	Louis Hinton	46:22	26
7	Unknown	46:30	0
8	Pete Waterhouse	46:49	25
9	Jessica Jungklaus	46:58	24
10	Cathryn Jones	47:00	23
11	Mandy Brassington	47:11	22
12	Elizabeth Freeth	47:17	21
13	Kay McHugh	47:19	20
14	Edward Morris	47:31	19
15	Tom Glibbery	47:40	18
16	James Nelson	47:46	17
17	Chris Boden	47:53	16
18	Angela Oury	48:00	15
19	Leigh Sprules	48:02	14
20	George Brizell	48:20	13
21	Harshad Patel	48:24	12
22	Mark Chapman	48:27	11
23	Thomas Edwards	48:28	10
24	Laura Sprules	48:32	9
25	Kate Southern	48:33	8
26	Mark Foster	48:49	7
27	David Roberts	48:51	6
28	Anne Kelsall	48:55	5
29	Gemma Archer	48:57	4
30	Emily Grimwade	49:02	3
31	Abby Wright	49:04	2
32	Racheal Jones	49:17	1
33	Tony Dutton	49:18	1
34	Mel Cowley	49:27	1
35	Andrew Pullen	49:32	1
36	Jane Quinn	50:36	1
37	Natasha Partridge	51:42	1
38	Sally Gordon	51:47	1
39	Alex Crook	52:50	1

Actual Times		
Position	Name	Time
1	George Brizell	18:20
2	Mark Foster	19:19
3	Andrew Pullen	20:02
4	Harshad Patel	20:24
5	David Roberts	21:21
6	Tom Glibbery	22:10
7	James Nelson	22:16
8	Stephen Allmark	23:19
9	Racheal Jones	23:47
10	Louis Hinton	23:52
11	Tony Dutton	24:18
12	Edward Morris	24:31
13	Leigh Sprules	24:32
14	Jessica Jungklaus	24:58
15	Kate Southern	25:03
16	Chris Boden	25:53
17	Elizabeth Freeth	26:17
18	Unknown	26:42
19	Thomas Edwards	27:28
20	Abby Wright	27:34
21	Darryl Coleman	28:37
22	Kay McHugh	29:19
23	Emma Archer	29:47
24	Angela Oury	30:00
25	Mel Cowley	30:27
26	Mark Chapman	30:57
27	Natasha Partridge	31:12
28	Sally Gordon	31:17
29	Anne Kelsall	31:25
30	Alex Crook	31:50
31	Unknown	32:00
32	Cathryn Jones	32:30
33	Jane Quinn	34:36
34	Gemma Archer	35:27
35	Pete Waterhouse	36:19
36	Emily Grimwade	36:32
37	Mandy Brassington	42:41
38	Louise O Reilly	45:55
39	Laura Sprules	48:32

The overall season winner will be calculated by adding together the points obtained from the **best three** races in the season. Trophies will be awarded to those in the top **three** places in this final table. For full rules, please see the end of this document.

Ron's 5k Race Series

Rules:

The races take place on a club night each month from April to August. Each event starts as soon as possible after 7pm.

Dates for 2024 are:

- Tues 16th April
- Tues 14th May
- Tues 4th June
- Tues 2nd July
- Tues 27th August

Runners start at different times, according to their 5k time, with slower runners starting first and faster runners later – this ensures that if all run to form we will all finish at the same time. Therefore those who finish first will have exceeded expectations and the first to come home is the winner, with points awarded from 30* (first place) down to 1 (30th and successive places). This means that anyone, no matter how fast or slow, has a chance of winning and all who complete a race gain at least one point.

Start times will change throughout the season, so if you are improving you will see your start time get later, whilst if you are struggling you will start earlier the next time.

The overall season winner will be calculated by adding together the points obtained from the **best three** races and trophies will be awarded to the winner and to the members placed second and third.

Route: Right out of The Green, right into Noddy Park Road, right into Walsall Wood Road, right into Lazy Hill Road, left into Kingshayes Road, left into Greenwood Road, left into Northgate, left at the bottom back to the club - signs will be put out to ensure no-one can get lost. The route can be found on this [Strava segment](#).

To take part, please contact Emma Shaw at least **one week before** the race date, giving your best 5k time (this might be your best parkrun in the last year, but if you know you don't race to the full at parkrun you need to be realistic with the time you send in) so that she can calculate your start time.

We do encourage **all** club members to take part in Ron's race series. Not only is it fun but it is good to have a challenge once a month and there are trophies to be won (see above)! There will be no official runs organised on handicap evenings.

Whilst visitors are welcome to take part in the event, only members will appear in the results table. Any non-member will appear as 'unknown'.

*Whilst 30 is the default points maximum, this can be increased or decreased for a season, at the discretion of the organiser, where numbers warrant it, but will remain constant for a season.