

ARC 5k Race Series Results - April 2025

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.

Name	Position	Overall Time Elapsed	Time to Complete	Points
Matthew Emery	1	46:25	20:25	30
Sarah Bishop	2	46:32	29:02	29
George Brizell	3	46:47	17:17	28
Louis Hinton	4	47:10	23:40	27
Michael Mason	5	47:19	22:19	26
Simon Taylor	6	47:22	22:22	25
Emma Emery	7	47:30	27:30	24
Toby Oury	8	47:34	16:34	23
Laura Sprules	9	47:53	47:53	22
Emily Beard	10	47:54	27:54	21
Rebecca Grimshaw	11	48:03	26:03	20
Tom Glibbery	12	48:06	20:36	19
Paul Moseley	13	48:19	27:19	18
Karen Waple	14	48:27	31:27	17
Mark Chapman	15	48:28	31:28	16
Mandy Bee	16	48:39	35:09	15
Jason Copp	17	48:42	25:42	14
Michael Morley	18	48:44	19:14	13
Abby Wright	19	48:58	27:58	12
Louise Walters	20	49:07	29:07	11
Euan Copp	21	49:10	26:10	10
Emma Williams	22	49:12	25:42	9
Chris Waple	23	49:25	27:25	8
Terence Hastings	24	49:28	34:28	7
Kara Nicholls	25	49:30	27:30	6
Simon Hudson	26	49:31	27:31	5
Ian Jennings	27	49:32	26:02	4
Holly Nicholls	28	49:36	26:36	3
Jack Micklewright	29	49:37	26:37	2
Emma Preston	30	49:38	40:08	1
Peter Waterhouse	31	49:39	37:09	0
Michelle Morgan	32	49:40	36:10	0
Roxy Babla	33	49:44	26:14	0
Vicky Badderley	34	49:47	29:47	0
Peter Dimbleby	35	50:00	21:30	0
Sarah-Anne Fitzsimmons	36	50:25	38:55	0
Thomas Edwards	37	50:35	27:05	0
Tony Dutton	38	51:20	27:50	0
Kate Garrard	39	51:40	31:40	0
Baz Singh Cheema	40	52:05	29:05	0
Richard Moore	41	52:30	33:00	0

ARC 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 2025 are:

- Tues 15th April
- Tues 13th May
- Tues 3rd June
- Tues 8th July
- Tues 12th 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 James Nelson 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 the ARC 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.