

Bonus Week – ARC Virtual 5k Handicap Results

1 st	Adam	Smith	16:18
2 nd	Lisa	Wakeman	16:19
3 rd	Daniel	Day	16:22
4 th	Alex	Dicken	16:23
5 th	Daniel	Williams	16:46
6 th	Rebecca	Beale	16:58
7 th	John	Quinn	16:59
8 th	Mark	Shaw	17:05
9 th	Nick	Ford	17:25
10 th	Kara	Nichols	17:37

1 st	Adam	Smith	16:10
2 nd	Daniel	Williams	17:42
3 rd	Alex	Dicken	17:45
4 th	Daniel	Day	18:12
5 th	Mark	Shaw	18:46
6 th	Lisa	Wakeman	19:28
7 th	Steve	Blakemore	19:47
8 th	Nick	Ford	22:58
9 th	John	Quinn	24:23
10 th	Rebecca	Beale	25:33

Bonus Week – ARC Virtual 10k Handicap Results

“Adjusted” 10k League Table			
1 st	Lisa	Wakeman	36:09
2 nd	Nick	Ford	37:14
3 rd	Steve	Blakemore	37:20
4 th	Louise	Berry	37:48
5 th	Louise	Gadd	38:14
6 th	Jane	Quinn	38:23
7 th	John	Quinn	38:24
8 th	Wendy	Sargeant	40:26
9 th	Rebecca	Beale	40:40
10 th	Mark	Shaw	41:37

“Absolute” 10k League Table			
1 st	Steve	Blakemore	41:26
2 nd	Lisa	Wakeman	42:27
3 rd	Mark	Shaw	44:59
4 th	Nick	Ford	48:20
5 th	John	Quinn	53:12
6 th	Rebecca	Beale	57:50
7 th	Jane	Quinn	58:07
8 th	Emma	Lawton	59:37
9 th	Louise	Gadd	60:22
10 th	Wendy	Sargeant	61:32

Bonus Week – ARC Virtual Elevation Handicap Results

Elevation League Table

1 st	Steve	Blakemore	402
2 nd	Mark	Shaw	321
3 rd	Daniel	Williams	271
4 th	Sarah Anne	Fitzsimmons	158
5 th	Wendy	Sargeant	126
6 th	Nicola	James	85

Bonus Week Participants:

- 20 5k Participants
- 13 10k Participants
- 6 Elevation Challenge Participants

Adam Smith

Nick Ford

Abigail Wright

Daniel Williams

John Quinn

Wendy Sargeant

Alex Dicken

Rebecca Beale

Gemma Archer

Daniel Day

Kara Nichols

Kat Stevenson

Mark Shaw

Emma Lawton

Nicola James

Steve Blakemore

Jane Quinn

Sarah Anne Fitzsimmons

Lisa Wakeman

Louise Gadd

Louise Berry

Week 18 – ARC Virtual 5k Handicap Results

1 st	Eamon	Lyons	15:57
2 nd	Sue	Desborough	16:11
3 rd	John	Quinn	16:36
4 th	Sharon	Shirley	16:45
5 th	Jane	Quinn	16:51
6 th	Kara	Nichols	17:17
7 th	Kat	Stevenson	17:18
8 th	Wendy	Sargeant	17:19
9 th	Anne	Kelsall	17:45
10 th	Louise	Gadd	17:55

1 st	Eamon	Lyons	22:06
2 nd	John	Quinn	24:00
3 rd	Sue	Desborough	26:10
4 th	Kara	Nichols	26:28
5 th	Jane	Quinn	26:43
6 th	Anne	Kelsall	26:54
7 th	Wendy	Sargeant	27:52
8 th	Louise	Gadd	28:59
9 th	Sharon	Shirley	29:58
10 th	Kat	Stevenson	34:39

Top Improvements			
1 st	Wendy	Sargeant	-98
2 nd	Sue	Desborough	-79
3 rd	Sarah Anne	Fitzsimmons	-58
4 th	Gemma	Archer	-27
5 th	Kara	Nichols	-21
6 th	John	Quinn	1
7 th	Kat	Stevenson	1
8 th	Louise	Gadd	2
9 th	Jane	Quinn	15
10 th	Anne	Kelsall	25

Week 18 Participants

- 12 participants
- Average Time: 28:48
- Average Improvement: +10 seconds

Eamon Lyons

Sue Desborough

John Quinn

Sharon Shirley

Jane Quinn

Kara Nichols

Kat Stevenson

Wendy Sargeant

Anne Kelsall

Louise Gadd

Gemma Archer

Sarah Anne Fitzsimmons

Week 17 – ARC Virtual 5k Handicap Results

1 st	Adam	Smith	16:04
2 nd	Rebecca	Beale	16:19
3 rd	John	Quinn	16:35
4 th	Jane	Quinn	16:36
5 th	Kat	Stevenson	17:17
6 th	Anne	Kelsall	17:20
7 th	Sue	Desborough	17:30
8 th	Louise	Berry	17:34
9 th	Kara	Nichols	17:38
10 th	Louise	Gadd	17:53

1 st	Adam	Smith	16:04
2 nd	John	Quinn	23:59
3 rd	Rebecca	Beale	24:54
4 th	Jane	Quinn	26:28
5 th	Anne	Kelsall	26:29
6 th	Kara	Nichols	26:49
7 th	Sue	Desborough	27:29
8 th	Louise	Gadd	28:57
9 th	Wendy	Sargeant	29:30
10 th	Louise	Berry	33:45

Top Improvements			
1 st	Kat	Stevenson	-299
2 nd	Louise	Berry	-105
3 rd	Rebecca	Beale	-76
4 th	Jane	Quinn	-30
5 th	Anne	Kelsall	-22
6 th	Sarah Anne	Fitzsimmons	-19
7 th	John	Quinn	-18
8 th	Kara	Nichols	12
9 th	Gemma	Archer	35
10 th	Sue	Desborough	45

Week 17 Participants

- 13 participants
- Average Time: 28:38
- Average Improvement: -6 seconds

Adam Smith

Rebecca Beale

John Quinn

Jane Quinn

Kat Stevenson

Anne Kelsall

Sue Desborough

Louise Berry

Kara Nichols

Louise Gadd

Gemma Archer

Wendy Sargeant

Sarah Anne Fitzsimmons

Week 16 – ARC Virtual 5k Handicap Results

1 st	Lisa	Wakeman	16:44
2 nd	Sue	Desborough	16:45
3 rd	John	Quinn	16:53
4 th	Jane	Quinn	17:06
5 th	Steve	Blakemore	17:23
6 th	Kara	Nichols	17:26
7 th	Rebecca	Beale	17:35
8 th	Anne	Kelsall	17:42
9 th	Wendy	Sargeant	18:05
10 th	Gemma	Archer	18:10

1 st	Steve	Blakemore	19:26
2 nd	Lisa	Wakeman	19:53
3 rd	John	Quinn	24:17
4 th	Rebecca	Beale	26:10
5 th	Kara	Nichols	26:37
6 th	Sue	Desborough	26:44
7 th	Anne	Kelsall	26:51
8 th	Jane	Quinn	26:58
9 th	Wendy	Sargeant	28:38
10 th	Gemma	Archer	34:34

Top Improvements			
1 st	Kara	Nichols	-88
2 nd	Steve	Blakemore	+1
3 rd =	Sue	Desborough	+11
3 rd =	Anne	Kelsall	+11
5 th	Wendy	Sargeant	+12
6 th	Jane	Quinn	+23
7 th	John	Quinn	+41
8 th	Gemma	Archer	+118
9 th	Kat	Stevenson	+141

Week 16 Participants

- 13 participants
- Average Time: 28:44
- Average Improvement: +1:54

Lisa Wakeman

Sue Desborough

John Quinn

Jane Quinn

Steve Blakemore

Kara Nichols

Rebecca Beale

Anne Kelsall

Wendy Sargeant

Gemma Archer

Louise Berry

Kat Stevenson

Sarah Anne Fitzsimmons

Week 15 – ARC Virtual 5k Handicap Results

This week saw ARC take on Sneyd Striders in a 'head to head' race. Congratulations go to Sneyd for triumphing in this event:

- Number of runners participating: ARC - 28 (10 of whom ran season bests), Sneyd: 51 (23 of whom ran season bests).
- Average time compared to season best: ARC +40 seconds (ie 40 seconds slower than best time on average), Sneyd +12 seconds (12 seconds slower on average)

There will be a rematch!

ARC Results:

"Adjusted" League Table			
1 st	Jo	Yarnall	14:22
2 nd	Gemma	Archer	14:58
3 rd	Lynda	Elmore	15:11
4 th	John	Quinn	15:56
5 th	Sharon	Shirley	16:08
6 th	Lizi	Chambers	16:09
7 th	Adam	Smith	16:22
8 th	Lucy	Walters	16:31
9 th	Sue	Desborough	16:34
10 th	Jane	Quinn	16:43

"Absolute" League Table			
1 st	Adam	Smith	16:22
2 nd	Liam	Harrold	16:53
3 rd	Daniel	Day	19:24
4 th	Steve	Blakemore	19:25
5 th	Mark	Shaw	19:45
6 th	Tony	Dutton	22:52
7 th	Lizi	Chambers	23:23
8 th	Paul	Butler	23:33
9 th	John	Quinn	23:36
10 th	Martin	Wall	24:55

Top Improvements			
1st	Gemma	Archer	-542
2nd	Sharon	Shirley	-165
3rd	Mark	Shaw	-45
4 th	Sue	Desborough	-42
5 th	John	Quinn	-38
6th	Louise	Gadd	-33
7th	Steve	Blakemore	-24
8 th	Jane	Quinn	-15
9 th	Wendy	Sargeant	-14
10 th	Anne	Kelsall	21

Week 15 Participants

- 28 participants
- Average Time: 26:50
- Average Improvement: 1:39

Jo Yarnall

Richard Lodge

Wendy Sargeant

Gemma Archer

Paul Butler

Mark Shaw

Lynda Elmore

Tony Dutton

Les Reeves

John Quinn

Liam Harrold

Kara Nichols

Sharon Shirley

Rebecca Grimshaw

Martin Wall

Lizi Chambers

Sarah Hinckley

Kat Stevenson

Adam Smith

Steve Blakemore

Emma Preston

Lucy Walters

Anne Kelsall

Nicola James

Sue Desborough

Daniel Day

Jane Quinn

Louise Gadd

Week 14 – ARC Virtual 5k Handicap Results

1 st	John	Quinn	16:34
2 nd	Jane	Quinn	16:58
3 rd	Anne	Kelsall	17:10
4 th	Sue	Desborough	17:16
5 th	Jason	Lee	17:18
6 th	Kara	Nichols	17:31
7 th =	Emma	Preston	17:36
7 th =	Simon	Brown	17:36
9 th	Steve	Blakemore	17:46
10 th	Louise	Berry	17:47

1 st	Steve	Blakemore	19:49
2 nd	Mark	Shaw	20:30
3 rd	Jason	Lee	23:14
4 th	Laura	Kirwan	23:17
5 th	John	Quinn	24:14
6 th	Anne	Kelsall	26:19
7 th	Simon	Brown	26:21
8 th	Kara	Nichols	26:42
9 th	Jane	Quinn	26:50
10 th	Sue	Desborough	27:15

Top Improvements			
1st	Sue	Desborough	-242
2nd	Jane	Quinn	-239
3rd	John	Quinn	-78
4 th	Laura	Kirwan	-68
5 th	Anne	Kelsall	-13
6th	Louise	Berry	68
7th	Mark	Shaw	108
8 th	Sarah Anne	Fitzsimmons	229
9 th	Gemma	Archer	412

Week 14 Participants

- 17 participants
- Average time: 28:29
- Average improvement: +15s

John Quinn

Emma Preston

Louise Gadd

Jane Quinn

Simon Brown

Mark Shaw

Anne Kelsall

Steve Blakemore

Sharon Shirley

Sue Desborough

Louise Berry

Gemma Archer

Jason Lee

Wendy Sargeant

Sarah Anne Fitzsimmons

Kara Nichols

Laura Kirwan

Week 13 – ARC Virtual 5k Handicap Results

1 st	Lizi	Chambers	16:12
2 nd	Louise	Berry	16:39
3 rd	Mark	Shaw	17:01
4 th	Toby	Oury	17:05
5 th	Gemma	Archer	17:08
6 th	Richard	Lodge	17:20
7 th	Anne	Kelsall	17:23
8 th	Lisa	Wakeman	17:26
9 th	Angela	Oury	17:32
10 th	Louise	Booker	17:46

1 st	Toby	Oury	16:59
2 nd	Mark	Shaw	18:42
3 rd	Lisa	Wakeman	20:35
4 th	Louise	Booker	22:58
5 th	Lizi	Chambers	23:26
6 th	Laura	Kirwan	24:25
7 th	John	Quinn	25:32
8 th	Anne	Kelsall	26:32
9 th	Richard	Lodge	26:50
10 th	Tony	Dutton	28:07

Week 13 5k Participants

- 19 participants
- Average Time: 28:10

Toby Oury

Mark Shaw

Lisa Wakeman

Louise Booker

Lizi Chambers

Laura Kirwan

John Quinn

Anne Kelsall

Richard Lodge

Tony Dutton

Jane Quinn

Lucy Walters

Sue Desborough

Louise Berry

Sarah Hinckley

Angela Oury

Gemma Archer

Nicola James

Sarah Anne Fitzsimmons

Week 13 – ARC Virtual Handicap Results - 10k Special

1 st	Liam	Harrold	34:16
2 nd	Adam	Smith	34:39
3 rd	Toby	Oury	34:42
4 th	Lizi	Chambers	34:54
5 th	Daniel	Day	35:02
6 th	Sharon	Shirley	35:55
7 th	Sue	Desborough	35:57
8 th	Daniel	Williams	36:10
9 th	Steve	Blakemore	36:23
10 th	Richard	Lodge	36:33

1 st	Liam	Harrold	34:08
2 nd	Toby	Oury	34:30
3 rd	Adam	Smith	34:39
4 th	Daniel	Williams	38:02
5 th	Daniel	Day	39:02
6 th	Steve	Blakemore	40:29
7 th	Mark	Shaw	40:59
8 th	Alex	Dicken	42:22
9 th	Lisa	Wakeman	43:59
10 th	Lizi	Chambers	49:42

Week 13 10k Participants

- 26 participants
- Average Time: 51:58

Liam Harrold

Richard Lodge

John Quinn

Adam Smith

Kara Nichols

Alex Dicken

Toby Oury

Mark Shaw

Nicola James

Lizi Chambers

Lisa Wakeman

Marcus Nye

Daniel Day

Anne Kelsall

Paul Butler

Sharon Shirley

Wendy Sargeant

Louise Booker

Sue Desborough

Rebecca Beale

Jane Quinn

Daniel Williams

Louise Berry

Sarah Hinckley

Steve Blakemore

Lucy Walters

Week 12 – ARC Virtual 5k Handicap Results

1 st	Jane	Quinn	15:13
2 nd	Laura	Kirwan	15:22
3 rd	Steve	Blakemore	15:26
4 th	John	Quinn	15:50
5 th	Gemma	Archer	16:00
6 th	Lisa	Wakeman	16:02
7 th	Daniel	Williams	16:05
8 th	Lucy	Walters	16:09
9 th	Louise	Berry	16:16
10 th	Emma	Lawton	16:23

1 st	Daniel	Williams	17:08
2 nd	Steve	Blakemore	18:15
3 rd	Brett	Antill	18:38
4 th	Lisa	Wakeman	19:21
5 th	Laura	Kirwan	21:21
6 th	John	Quinn	23:52
7 th	Emma	Lawton	24:19
8 th	Lucy	Walters	24:57
9 th	Simon	Hudson	25:48
10 th	Jane	Quinn	26:04

Top 10 Improvements			
1 st	Lisa	Wakeman	-97
2 nd	Louise	Berry	-72
3 rd	Nicola	James	-64
4 th =	Jane	Quinn	-59
4 th =	Wendy	Sargeant	-59
6 th	Lucy	Walters	-49
7 th	John	Quinn	-22
8 th	Gemma	Archer	-12
9 th	Kara	Nichols	2
10 th	Anne	Kelsall	16

Week 12 Participants

- 20 participants
- Average Time: 26:19
- Average improvement: 1:23

Jane Quinn

Lucy Walters

Kara Nichols

Laura Kirwan

Louise Berry

Nicola James

Steve Blakemore

Emma Lawton

Simon Hudson

John Quinn

Brett Antill

Wendy Sargeant

Gemma Archer

Anne Kelsall

Louise Booker

Lisa Wakeman

Sue Desborough

Sarah Anne Fitzsimmons

Daniel Williams

Sharon Shirley

Week 11 – ARC Virtual 5k Handicap Results

1 st	John	Quinn	15:11
2 nd	Jane	Quinn	15:52
3 rd	Gemma	Archer	16:03
4 th	Sharon	Shirley	16:12
5 th	Sue	Desborough	16:57
6 th	Lucy	Walters	16:58
7 th =	Anne	Kelsall	17:04
7 th =	Karen	Murphy	17:04
9 th	Louise	Berry	17:28
10 th	Lisa	Wakeman	17:39

1 st	Mark	Shaw	19:51
2 nd	Lisa	Wakeman	20:58
3 rd	Louise	Booker	23:27
4 th	John	Quinn	24:14
5 th	Lucy	Walters	25:46
6 th	Anne	Kelsall	26:13
7 th	Rebecca	Beale	26:21
8 th	Simon	Brown	26:26
9 th	Kara	Nichols	26:52
10 th	Sue	Desborough	26:56

Top 10 Improvements			
1st	Gemma	Archer	-392
2nd	Sue	Desborough	-257
3rd	Louise	Booker	-145
4 th	Sharon	Shirley	-104
5 th	Nicola	James	-94
6th	Louise	Berry	-69
7th	Anne	Kelsall	-43
8 th	Wendy	Sargeant	-27
9 th	Kara	Nichols	-16
10 th	Mark	Shaw	+18

Week 11 Participants

- 18 participants
- Average Time: 27:45
- Average improvement: 2:34

Mark Shaw

Rebecca Beale

Sharon Shirley

Lisa Wakeman

Simon Brown

Wendy Sargeant

Louise Booker

Kara Nichols

Karen Murphy

John Quinn

Sue Desborough

Louise Berry

Lucy Walters

Jane Quinn

Gemma Archer

Anne Kelsall

Claire Crook

Nicola James

Week 10 – ARC Virtual 5k Handicap Results

1 st	Simon	Hudson	16:17
2 nd	Anne	Kelsall	17:47
3 rd	Mark	Shaw	17:52
4 th	Sharon	Shirley	17:56
5 th	Kara	Nichols	17:57
6 th =	Louise	Berry	18:37
6 th =	Emma	Desborough	18:37
8 th	Wendy	Sargeant	19:52
9 th	Nicola	James	20:34
10 th	Louise	Booker	20:40

1 st	Mark	Shaw	19:33
2 nd	Simon	Hudson	23:58
3 rd	Louise	Booker	25:52
4 th	Anne	Kelsall	26:56
5 th	Kara	Nichols	27:08
6 th	Tony	Dutton	27:19
7 th	Wendy	Sargeant	30:25
8 th =	Sue	Desborough	31:13
8 th =	Emma	Desborough	31:13
8 th =	Sharon	Shirley	31:13

Week 10 Participants

- 14 participants
- Average Time: 30:19

Mark Shaw

Simon Hudson

Louise Booker

Anne Kelsall

Kara Nichols

Tony Dutton

Wendy Sargeant

Sharon Shirley

Sue Desborough

Emma Desborough

Louise Berry

Sarah Anne Fitzsimmons

Nicola James

Gemma Archer

Week 9 – ARC Virtual Handicap Elevation Challenge

“Elevation gain” League Table

1 st	Liam	Harrold	414
2 nd	Steve	Blakemore	399
3 rd	Toby	Oury	386
4 th	Sue	Desborough	372
5 th	Mark	Shaw	363
6 th	Emma	Desborough	357
7 th	Marcus	Nye	325
8 th	Daniel	Williams	291
9 th	Lizi	Chambers	276
10 th	Louise	Booker	269

11 th	John	Quinn	246
12 th	Simon	Hudson	236
13 th	Anne	Kelsall	234
14 th	Brett	Antill	232
15 th	Lucy	Walters	226
16 th	Adam	Smith	224
17 th	Rebecca	Beale	214
18 th	Jane	Quinn	191
19 th	Sarah Anne	Fitzsimmons	180
20 th	Kara	Nichols	174
21 st	Wendy	Sargeant	127

Week 9 Participants

- 21 participants

Liam Harrold

Daniel Williams

Lucy Walters

Toby Oury

Lizi Chambers

Adam Smith

Sue Desborough

Louise Booker

Rebecca Beale

Mark Shaw

John Quinn

Jane Quinn

Emma Desborough

Simon Hudson

Sarah Anne Fitzsimmons

Steve Blakemore

Anne Kelsall

Kara Nichols

Marcus Nye

Brett Antill

Wendy Sargeant

Week 8 – ARC Virtual 5k Handicap Results

1 st	Sharon	Shirley	15:41
2 nd	Lizi	Chambers	16:01
3 rd	Lisa	Wakeman	16:07
4 th	Lucy	Walters	16:12
5 th	John	Quinn	16:20
6 th	Daniel	Williams	16:22
7 th	Toby	Oury	16:30
8 th	Simon	Hudson	16:44
9 th	Emma	Desborough	17:01
10 th	Gemma	Archer	17:15

1 st	Toby	Oury	16:24
2 nd	Daniel	Williams	17:25
3 rd	Lisa	Wakeman	19:31
4 th	Lizi	Chambers	23:26
5 th	Simon	Hudson	24:25
6 th	Lucy	Walters	25:00
7 th	John	Quinn	25:23
8 th	Tony	Dutton	25:31
9 th	Rebecca	Beale	25:50
10 th	Kara	Nichols	27:45

Top 10 Improvements			
1 st	Wendy	Sargeant	-182
2 nd	Gemma	Archer	-169
3 rd	Sharon	Shirley	-31
4 th	Simon	Hudson	-29
5 th	Daniel	Williams	-24
6 th	Toby	Oury	-20
7 th	John	Quinn	-19
8 th	Emma	Desborough	-3
9 th	Lucy	Walters	0
10 th	Kara	Nichols	+52

Week 8 Participants

- 21 participants
- Average Time: 27:37

Toby Oury

Tony Dutton

Wendy Sargeant

Daniel Williams

Rebecca Beale

Sue Desborough

Lisa Wakeman

Kara Nichols

Louise Gadd

Lizi Chambers

Louise Booker

Louise Berry

Simon Hudson

Jane Quinn

Gemma Archer

Lucy Walters

Sharon Shirley

Nicola James

John Quinn

Emma Desborough

Sarah Anne Fitzsimmons

Week 7 – ARC Virtual Race Results for One Mile

1 st	Eamon	Lyons	3:32
2 nd	Toby	Oury	3:38
3 rd	Lisa	Wakeman	3:39
4 th	Lucy	Walters	3:40
5 th	Simon	Hudson	3:41
6 th =	Daniel	Williams	3:42
6 th =	Sarah	Baggott	3:42
8 th	Steve	Hammond	3:43
9 th	Brett	Antill	3:46
10 th	John	Quinn	3:49

1 st	Toby	Oury	4:23
2 nd	Daniel	Williams	4:47
3 rd	Adam	Smith	4:48
4 th	Liam	Harrold	4:49
5 th	Mark	Shaw	5:10
6 th =	Brett	Antill	5:12
6 th =	Daniel	Day	5:12
8 th	Lisa	Wakeman	5:26
9 th	Steve	Blakemore	5:34
10 th	Steve	Hammond	5:40

Week 7 Participants

- 34 participants
- Average Time: 6:50

Toby Oury

Eamon Lyons

Tony Dutton

Daniel Williams

Todd Nash

John Quinn

Adam Smith

Louise Booker

Simon Brown

Liam Harrold

Nick Ford

Jane Quinn

Mark Shaw

Simon Hudson

Sue Desborough

Brett Antill

Lizi Chambers

Rebecca Grimshaw

Daniel Day

Jason Lee

Kara Nichols

Lisa Wakeman

Sarah Baggott

Sharon Shirley

Steve Blakemore

Lucy Walters

Emma Desborough

Steve Hammond

Emma Lawton

Wendy Sargeant

Matthew Emery

Rebecca Beale

Louise Gadd

Nicola James

Week 6– ARC Virtual 5k Race Results

“Adjusted” League Table			
1 st	Jane	Quinn	14:52
2 nd	Sharon	Shirley	15:48
3 rd	Todd	Nash	15:52
4 th	Lucy	Walters	16:03
5 th	Daniel	Day	16:26
6 th	Steve	Blakemore	16:31
7 th	Matthew	Emery	16:38
8 th	John	Quinn	16:39
9 th	Daniel	Williams	16:46
10 th	Simon	Brown	16:49

“Absolute” League Table			
1 st	Toby	Oury	16:44
2 nd	Adam	Smith	17:05
3 rd	Liam	Harrold	17:28
4 th	Daniel	Williams	17:19
5 th	Daniel	Day	18:16
6 th	Steve	Blakemore	19:20
7 th	Brett	Antill	19:44
8 th	Mark	Shaw	20:15
9 th	Todd	Nash	21:00
10 th	Matthew	Emery	21:24

Top 10 Improvements			
1 st	Jane	Quinn	-87
2 nd	Simon	Brown	-50
3 rd	John	Quinn	-44
4 th	Simon	Hudson	-40
5 th	Sharon	Shirley	-24
6 th	Todd	Nash	-21
7 th	Louise	Gadd	-19
8 th	Steve	Blakemore	-18
9 th	Nicola	James	-15
10 th	Mark	Shaw	-12

Week 6 Participants

- 30 participants
- Average Time: 25:42
- Average Improvement: +27 seconds

Wendy Sargeant

Emma Desborough

Simon Hudson

Anne Kelsall

Brett Antill

Sharon Shirley

Adam Smith

Tim Farmer

Todd Nash

Josephine Clensy

Gemma Archer

Louise Gadd

Liam Harrold

Louise Booker

Steve Blakemore

Matthew Emery

Rebecca Grimshaw

Nicola James

Tony Dutton

Gav Parrott

Mark Shaw

Daniel Williams

Jane Quinn

Lucy Walters

Toby Oury

Simon Brown

Kara Nichols

Sue Desborough

John Quinn

Daniel Day

Week 5 – ARC Virtual 5k Race Results

1st	Lucy	Farrington	14:10
2nd	Tim	Farmer	15:10
3 rd	Emma	Desborough	15:17
4 th	Lucy	Walters	15:34
5 th	Brett	Antill	15:42
6 th	Gemma	Archer	15:52
6 th =	Sharon	Shirley	15:52
6 th =	Matthew	Emery	15:52
9 th	Sue	Desborough	15:54
10 th	Sarah	Baggott	16:00

1st	Toby	Oury	16:06
2nd	Adam	Smith	16:48
3 rd	Liam	Harrold	17:05
4 th	Daniel	Williams	17:15
5th	Daniel	Day	18:17
6th	Brett	Antill	18:26
7th	Lisa	Wakeman	19:36
8 th	Steve	Blakemore	19:38
9th	Mark	Shaw	20:27
10 th	Matthew	Emery	20:58

Top 10 Improvements			
1st	Emma	Desborough	-250
2nd	Jane	Quinn	-180
3rd	Wendy	Sargeant	-108
4 th	Sue	Desborough	-53
5 th	Sarah Anne	Fitzsimmons	-49
6th	Sarah	Baggott	-46
7th	Lucy	Walters	-38
8 th	John	Quinn	-31
9 th	Simon	Brown	-24
10 th	Sharon	Shirley	-21

Week 5 Participants

- 36 participants
- Average Time: 25:15
- Average Improvement: -70 seconds

Toby Oury

Sarah Anne Fitzsimmons

Anne Kelsall

Adam Smith

Eamon Lyons

Kara Nichols

Liam Harrold

Nick Ford

Chris Waple

Daniel Williams

Emma Lawton

Emma Desborough

Daniel Day

Sarah Baggott

Jane Quinn

Brett Antill

Lucy Walters

Louise Gadd

Lisa Wakeman

Lucy Farrington

Sharon Shirley

Steve Blakemore

Simon Hudson

Josephine Clensy

Mark Shaw

Rebecca Beale

Wendy Sargeant

Matthew Emery

Sue Desborough

Gemma Archer

Todd Nash

Simon Brown

Tim Farmer

Tony Dutton

John Quinn

Nicola James

Week 4 – ARC Virtual 5k Race Results

1st	Karen	Murphy	11:44
2nd	Gav	Parrott	15:12
3 rd	Tony	Dutton	15:28
4 th	Gemma	Archer	15:29
5 th	Matthew	Emery	15:35
6th	Josephine	Clensy	16:02
7th	Pete	Kelsall	16:07
8 th =	Toby	Oury	16:08
8 th =	Chris	Waple	16:08
10 th	Lucy	Walters	16:11

1st	Toby	Oury	16:16
2nd	Adam	Smith	16:51
3 rd	Daniel	Williams	17:31
4 th	Daniel	Day	18:30
5th	Steve	Blakemore	19:20
6th	Lisa	Wakeman	19:59
7th	Matthew	Emery	21:18
8 th	Tony	Dutton	22:10
9th	Eamon	Lyons	23:01
10 th	Emma	Lawton	24:37

Top 10 Improvements			
1st	Wendy	Sargeant	-224
2nd	Tony	Dutton	-81
3rd	Louise	Gadd	-77
4 th	Gemma	Archer	-76
5 th	Gav	Parrott	-75
6th	Rebecca	Beale	-65
7th	Steve	Blakemore	-60
8 th	Matthew	Emery	-50
9 th	Chris	Waple	-41
10 th	Toby	Oury	-39

Week 4 Participants

- 31 participants
- Average Time: 26:25
- Average Improvement: +38 seconds

Toby Oury

Rebecca Beale

Sharon Shirley

Adam Smith

Pete Kelsall

Josephine Clensy

Daniel Williams

Sarah Baggott

Jane Quinn

Daniel Day

Lucy Walters

Karen Murphy

Steve Blakemore

Anne Kelsall

Emma Desborough

Lisa Wakeman

Kara Nichols

Gemma Archer

Matthew Emery

Simon Brown

Wendy Sargeant

Tony Dutton

John Quinn

Nicola James

Eamon Lyons

Sue Desborough

Sarah Anne Fitzsimmons

Emma Lawton

Louise Gadd

Chris Waple

Gav Parrott

Week 3 – ARC Virtual 5k Race Results

1st	Emma	Desborough	15:18
2nd	Marcus	Nye	15:49
3 rd =	Liam	Harrold	16:00
3 rd =	Brett	Antill	16:00
5 th	Lucy	Walters	16:01
6th	Josephine	Clensy	16:06
7th	Emma	Lawton	16:09
8 th	Sharon	Shirley	16:13
9th	Lizi	Chambers	16:19
10 th	Hayley	Reid	16:20

1st	Liam	Harrold	16:08
2nd	Adam	Smith	16:44
3 rd	Toby	Oury	16:55
4 th	Daniel	Williams	17:38
5th	Alex	Dicken	18:10
6th	Daniel	Day	18:44
7th	Brett	Antill	18:56
8 th	Steve	Blakemore	20:20
9th	Marcus	Nye	20:54
10 th	Mark	Shaw	21:20

Top 10 Improvements			
1st	Chris	Waple	-228
2nd	Tim	Farmer	-167
3rd	Hayley	Reid	-67
4 th =	Liam	Harrold	-54
4 th =	Emma	Desborough	-54
6th	Rebecca	Grimshaw	-51
7th	Gav	Parrott	-50
8 th =	Emma	Preston	-39
8 th =	Sharon	Shirley	-39
10 th	Simon	Brown	-38

Week 3 Participants

- 42 participants
- Average Time: 25:47
- Average Improvement: +9 seconds

Liam Harrold

Adam Smith

Toby Oury

Daniel Williams

Alex Dicken

Daniel Day

Brett Antill

Steve Blakemore

Marcus Nye

Mark Shaw

Matthew Emery

Jason Lee

Laura Kirwan

Tony Dutton

Lizi Chambers

Emma Lawton

Nick Ford

Simon Hudson

Louise Booker

Chris Waple

Sarah Baggott

Simon Brown

Lucy Walters

Rebecca Beale

Kara Nichols

Anne Kelsall

Sue Desborough

Claire Crook

Rebecca Grimshaw

John Quinn

Hayley Reid

Emma Desborough

Sharon Shirley

Louise Gadd

Gav Parrott

Josephine Clensy

Jane Quinn

Nicola James

Gemma Archer

Tim Farmer

Emma Preston

Wendy Sargeant

Week 2 – ARC Virtual 5k Race Results

“Adjusted” League Table			
1st	Laura	Kirwan	12:49
2nd	Matthew	Emery	14:28
3 rd =	Emma	Lawton	15:05
3 rd =	Josephine	Emily	15:05
5th	Gemma	Archer	15:29
6th	Lucy	Walters	15:47
7th	Sarah	Hinckley	15:55
8 th	Brett	Antill	15:59
9th	Emma	Desborough	16:00
10 th	Lisa	Wakeman	16:07
1st	Laura	Kirwan	12:49

“Absolute” League Table			
1st	Toby	Oury	16:38
2nd=	Adam	Smith	17:02
2nd=	Liam	Harrold	17:02
4th	Alex	Dicken	17:48
5th	Daniel	Williams	17:56
6th	Daniel	Day	18:53
7th	Brett	Antill	19:08
8th	Lisa	Wakeman	19:39
9th	Mark	Shaw	20:03
10th	Steve	Blakemore	20:21

Top 10 Improvements			
1st	Gav	Parrott	251
2nd	Jane	Quinn	250
3rd	Sue	Desborough	209
4th	Paul	Butler	148
5th	Si	Brown	134
6th	Josephine	Emily	116
7th	Tim	Farmer	72
8 th	Louise	Booker	68
9th	Emma	Lawton	67
10 th	Emma	Preston	56

Week 2 Participants:

- 40 participants
- Average Time: 25:38
- Average Improvement: 95 seconds

Toby Oury

Adam Smith

Liam Harrold

Alex Dicken

Daniel Williams

Daniel Day

Brett Antill

Lisa Wakeman

Mark Shaw

Steve Blakemore

Matthew Emery

Laura Kirwan

Nick Ford

Lizi Chambers

Tony Dutton

Emma Lawton

Simon Hudson

Paul Butler

Sarah Baggott

Louise Booker

Rebecca Beale

Lucy Walters

Si Brown

Pete Kelsall

Anne Kelsall

Kara Nichols

Sue Desborough

Rebecca Grimshaw

Chris Waple

Hayley Reid

Sarah Hinckley

Emma Desborough

Jane Quinn

Sharon Shirley

Josephine Emily

Gav Parrott

Nicola James

Gemma Archer

Emma Preston

Tim Farmer

Week 1 – ARC Virtual 5 Race Results

“Adjusted” League Table			
1st	Lucy	Farrington	14:43
2nd	Sarah	Hinckley	15:01
3rd	Emma	Desborough	15:05
4th	Emma	Lawton	15:51
5th	Gemma	Archer	15:58
6th	Toby	Oury	16:02
7th	Lucy	Walters	16:06
8th=	Brett	Antill	16:10
8th=	Jason	Lee	16:10
10 th =	Daniel	Day	16:16
10 th =	Marcus	Nye	16:16

“Absolute” League Table			
1st	Toby	Oury	16:20
2nd	Adam	Smith	16:57
3rd	Liam	Harrold	17:12
4th	Daniel	Williams	17:52
5th	Daniel	Day	18:06
6th	Alex	Dicken	18:16
7th	Brett	Antill	19:21
8th	Marcus	Nye	21:21
9th	Jason	Lee	22:08
10th	James	Whitehouse	22:57

Week 1 Participants:

Lucy Farrington

Sarah Hinckley

Emma Desborough

Emma Lawton

Gemma Archer

Toby Oury

Lucy Walters

Jason Lee

Brett Antill

Daniel Day

Marcus Nye

Kat Stevenson

Simon Hudson

Daniel Williams

Lizi Chambers

Alex Dicken

Adam Smith

Josephine Emily

Liam Harrold

Sarah Baggott

Anne Kelsall

Eamon Lyons

Sharon Shirley

Karen Waple

Pete Kelsall

Rebecca Beale

Chris Waple

Hayley Reid

Rebecca Grimshaw

Kara Nichols

John Quinn

Emma Preston

James Whitehouse

Claire Crook

Si Brown

Paul Butler

Sue Desborough

Tim Farmer

Gav Parrott

Louise Booker

Jane Quinn

Wendy Sargeant

Rules

- Before beginning your first run you must send Mark O'Rourke an EMAIL** with your FASTEST parkrun (or other evidenced 5k) time from the last 12 months with your name to be entered into the event.
- You will be assigned a handicap score (which will NOT be shared with you or anyone!) from which Mark will be able to statistically adjust weekly recorded times.
- You must run 3.11miles (or 5k) each week between 09:00 on Saturday and 22:00 on Thursday.
- You must record this run (without interruption) on a GPS device (Strava, Garmin Connect, etc) and send evidence via EMAIL to Mark by Friday at 22:00.
- Over the weekend Mark will calculate adjusted times and aim to upload a league table of results before the Tuesday.
- There will be a published top 10 of "adjusted" times and also top 10 of "absolute" times.
- All runs must be completed by yourself alone and in line with the government guidance of the necessary time period (i.e. presently not running while showing symptoms and self-isolating). It may be the virtual runs need to be suspended if government guidance dictates.
- No tinkering with times, GPS or stopping watches part way through runs – the organiser reserves the right to adjust runs he feels might involve this!
- Any 3.11mile (or 5k) route can be used so think carefully about elevation, crossing roads, etc.
- The same route does NOT need to be used each week.
- You can only submit ONE time each week.
- Your handicap is calculated by subtracting the club record (16:12) from your best time over the last 12 months (including any handicap times from previous weeks). Adjusted times are calculated by subtracting your handicap from your week's result. Improver times show the difference in seconds between this week's time and last week's.
- All decisions made by the organiser are final – no appeals, no arguing, no moaning (it's only for fun folks!).

** If you do not have Mark's email address please email your initial time to aldridgerunningclub@gmail.com and ask them to forward your message.