

Riverside Runners Championship 2009 Points Report

Event Date Comp Pts Star Pts New Star Totals

Adrian Jarvis 1 points

RNR	20-Sep-09	1	0	0	1
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Alan Huckle 22 points

Sandv 10m	29-Mar-09	2	3	0	5
Cambourne 10k	05-Apr-09	1	2	0	3
Sheffield Half	26-Apr-09	3	3	0	6
Eye 10k	10-May-09	1	3	0	4
Des Plage 10k	07-Jun-09	1	2	0	3
Bushfield Frostbite	08-Nov-09	1	0	0	1

Alan Turnbull 1 points

Offord Xmas XC	27-Dec-09	1	0	0	1
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Alison Cooper 72 points

Ramsey Frostbite	04-Jan-09	1	0	0	1
Folksworth 15m	18-Jan-09	3	0	0	3
Stamford Valentine	15-Feb-09	3	0	0	3
Belvoir 15m	28-Feb-09	3	0	0	3
BRJ Frostbite	01-Mar-09	1	0	0	1
Nike Milton Keynes Half	08-Mar-09	3	4	2	9
Sandv 10m	29-Mar-09	2	4	0	6
Oakley 20m	05-Apr-09	3	0	0	3
Shakespeare Marathon	26-Apr-09	4	3	0	7
Eye 10k	10-May-09	1	4	0	5
Ramsey 10k	14-Jun-09	1	4	0	5
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	2	0	5
Gt Cambs Half	13-Sep-09	3	3	0	6
RNR	20-Sep-09	3	0	0	3
Dublin Marathon	26-Oct-09	4	4	2	10

Allison Farrer 22 points

Oakley 20m	05-Apr-09	3	0	0	3
London Marathon	26-Apr-09	4	1	2	7
Gt Eastern Half	11-Oct-09	3	1	2	6
Frostbite Hinch	13-Dec-09	1	0	0	1
Ely 10k	31-Dec-09	1	2	2	5

Amanda Phillips 11 points

Bath Half	16-Mar-09	3	1	0	4
London Marathon	26-Apr-09	4	1	2	7

Andrew Moraghan 22 points

Serp LFOTM Apr 09	24-Apr-09	1	0	0	1
Cambs T&F	09-May-09	1	0	0	1
Serp LFOTM May	29-May-09	1	0	0	1
St Ives Dev	10-Jun-09	1	0	0	1
St Ives Mile	10-Jun-09	1	0	0	1
BMTC 1500m	04-Jul-09	1	0	0	1
Cambs Mile	22-Jul-09	1	0	0	1
Watford Open July	29-Jul-09	1	0	0	1
Watford Aug 3k	12-Aug-09	1	0	0	1
Watford Aug 200m	12-Aug-09	1	0	0	1
Kettering Open	23-Aug-09	1	0	0	1
Watford Open	26-Aug-09	1	0	0	1
Pboro City Games	31-Aug-09	1	0	0	1

	Event Date	Comp Pts	Star Pts	New Star	Totals
Boston Poppy 5m	08-Nov-09	1	0	0	1
Ely 10k	31-Dec-09	1	5	2	8
Andy Anderson					1 points
Ramsey Frostbite	04-Jan-09	1	0	0	1
Andy Boast					1 points
RNR	20-Sep-09	1	0	0	1
Andy Phillips					2 points
Ramsey Frostbite	04-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Ann Storey					1 points
Ramsey Frostbite	04-Jan-09	1	0	0	1
Anne Furbank					2 points
RNR	20-Sep-09	2	0	0	2
Barbara Reading					2 points
Ramsey Frostbite	04-Jan-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1
Chris Boddy					7 points
Bourne Frostbite	01-Feb-09	1	0	0	1
Silverstone Half	16-Mar-09	3	0	0	3
Sandy 10m	29-Mar-09	2	0	0	2
Eve 10k	10-May-09	1	0	0	1
Christine Bissell					9 points
Ramsey Frostbite	04-Jan-09	1	0	0	1
Folksworth 15m	18-Jan-09	3	0	0	3
SEAA Masters XC	31-Jan-09	1	0	0	1
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3
Dan Vajzovic					90 points
Flitwick 10k	19-Apr-09	1	3	2	6
Eve 10k	10-May-09	1	3	0	4
Ross Peers Half	17-May-09	3	3	2	8
Ramsey 10k	14-Jun-09	1	3	0	4
Colworth 13.1	21-Jun-09	3	3	0	6
Girton Feast 5k	09-Jul-09	1	0	0	1
Bushy 10k	12-Jul-09	1	4	2	7
St Ives 10k	19-Jul-09	1	4	0	5
March 5m Spud	26-Jul-09	1	0	0	1
5th Peterbro 5k	29-Jul-09	1	0	0	1
Grunty Fen Half	13-Sep-09	3	3	0	6
Cransley Hospice Half	20-Sep-09	3	3	0	6
Cambs 10k	27-Sep-09	1	3	0	4
Frostbite Priorv	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	4	2	9
Fenland 10	25-Oct-09	2	4	2	8
Bushfield Frostbite	08-Nov-09	1	0	0	1
Cambs 10k no5	29-Nov-09	1	4	0	5
Nene Valley 10m	06-Dec-09	2	3	0	5
Forces XC	09-Dec-09	1	0	0	1
Frostbite Hinch	13-Dec-09	1	0	0	1
Darren Cantell					7 points
Nike Milton Keynes Half	08-Mar-09	3	2	2	7
David Flory					1 points
Ramsey Frostbite	04-Jan-09	1	0	0	1

Event Date Comp Pts Star Pts New Star Totals

David Irwin **25 points**

Offord XC	25-Jan-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	1	0	4
Gt Cambs Half	13-Sep-09	3	1	0	4
Gt Eastern Half	11-Oct-09	3	2	0	5
Pumpkin 10k	31-Oct-09	1	2	0	3
Nene Valley 10m	06-Dec-09	2	2	0	4
Frostbite Hinch	13-Dec-09	1	0	0	1

Dianne Prout **17 points**

St Ives 10k	19-Jul-09	1	3	0	4
RNR	20-Sep-09	2	0	0	2
Beachv Head Marathon	24-Oct-09	4	0	0	4
Bushfield Frostbite	08-Nov-09	1	0	0	1
Bedford Half	13-Dec-09	3	3	0	6

Emma Ritchie **5 points**

Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3

Emma Wallis **35 points**

Folksworth 15m	18-Jan-09	3	0	0	3
Stamford Valentine	15-Feb-09	3	0	0	3
Belvoir 15m	28-Feb-09	3	0	0	3
Sandv 10m	29-Mar-09	2	3	2	7
Oaklev 20m	05-Apr-09	3	0	0	3
London Marathon	26-Apr-09	4	0	0	4
Eye 10k	10-May-09	1	3	2	6
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3
Frostbite Hinch	13-Dec-09	1	0	0	1

Frank Scutt **6 points**

Swineshead 10m	13-Sep-09	2	1	0	3
New Ware 10m	11-Oct-09	2	0	0	2
Bushfield Frostbite	08-Nov-09	1	0	0	1

Gary Newman **5 points**

BRJ Frostbite	01-Mar-09	1	0	0	1
Cambourne 10k	05-Apr-09	1	1	2	4

Gavin Reynolds **3 points**

RNR	20-Sep-09	3	0	0	3
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Helen Liddle **1 points**

Offord Xmas XC	27-Dec-09	1	0	0	1
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Ian Cameron **24 points**

Ramsey 10k	14-Jun-09	1	3	2	6
St Ives 10k	19-Jul-09	1	4	2	7
RNR	20-Sep-09	1	0	0	1
Frostbite Priory	04-Oct-09	1	0	0	1
Fenland 10	25-Oct-09	2	4	2	8
Frostbite Hinch	13-Dec-09	1	0	0	1

Ian Cousins **2 points**

Frostbite Priory	04-Oct-09	1	0	0	1
Frostbite Hinch	13-Dec-09	1	0	0	1

Event Date Comp Pts Star Pts New Star Totals

Ikjoo Hwang **6 points**

BRJ Frostbite	01-Mar-09	1	0	0	1
Halstead Marathon	10-May-09	4	1	0	5

Iona Marks **4 points**

Fairlands Valley Half	01-Nov-09	3	1	0	4
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Jack Rivers **22 points**

Ramsey Frostbite	04-Jan-09	1	0	0	1
Hardwick Xstream	15-Feb-09	1	0	0	1
Muddy Marvel 5	16-Mar-09	1	0	0	1
Brugges 1/4 Ironman	20-Jun-09	4	0	0	4
Antwerp Ironman	02-Aug-09	3	0	0	3
Gt North Run	20-Sep-09	3	0	0	3
Bedford Autum Tri	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	0	0	3
Bedford Half	13-Dec-09	3	0	0	3
Buntingford 10m	28-Dec-09	2	0	0	2

James Bolm **33 points**

Bourne Frostbite	01-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Sandy 10m	29-Mar-09	2	0	0	2
Cambourne 10k	05-Apr-09	1	1	0	2
Flitwick 10k	19-Apr-09	1	1	0	2
Kedington 5k	13-Jun-09	1	0	0	1
Newmarket 10k	05-Jul-09	1	1	0	2
Bushy 10k	12-Jul-09	1	1	0	2
Dunstable Downs Half	13-Sep-09	3	0	0	3
RNR	20-Sep-09	3	0	0	3
Frostbite Priory	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	2	2	7
Beachy Head Marathon	24-Oct-09	4	0	0	4
Frostbite Hinch	13-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1

Jason Street **3 points**

Frostbite Priory	04-Oct-09	1	0	0	1
Frostbite Hinch	13-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1

Jenny Dowling **2 points**

Buntingford 10m	28-Dec-09	2	0	0	2
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Joanne Owen **18 points**

BRJ Frostbite	01-Mar-09	1	0	0	1
Nike Milton Keynes Half	08-Mar-09	3	2	2	7
Cambourne 10k	05-Apr-09	1	2	2	5
Beachy Head Marathon	24-Oct-09	4	0	0	4
Bushfield Frostbite	08-Nov-09	1	0	0	1

John Lindsay **3 points**

Silverstone Half	16-Mar-09	3	0	0	3
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John Storey **2 points**

Ramsey Frostbite	04-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1

John Willcock **1 points**

Offord Xmas XC	27-Dec-09	1	0	0	1
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Jon Mackay **1 points**

SEAA Masters XC	31-Jan-09	1	0	0	1
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Event Date Comp Pts Star Pts New Star Totals

Jonathan Clarke **1 points**

Wellingborough 1 18-Jan-09 1 0 0 1

Jonnie Prouse **2 points**

Frostbite Hinch 13-Dec-09 1 0 0 1

Offord Xmas XC 27-Dec-09 1 0 0 1

Karen Childerley **2 points**

Ramsey Frostbite 04-Jan-09 1 0 0 1

Offord XC 25-Jan-09 1 0 0 1

Karl Hiner **114 points**

Ramsey Frostbite 04-Jan-09 1 0 0 1

Cambs XC 11-Jan-09 1 0 0 1

Folksworth 15m 18-Jan-09 3 0 0 3

Offord XC 25-Jan-09 1 0 0 1

SEAA Masters XC 31-Jan-09 1 0 0 1

Bourne Frostbite 01-Feb-09 1 0 0 1

BRJ Frostbite 01-Mar-09 1 0 0 1

Nike Milton Keynes Half 08-Mar-09 3 0 0 3

Silverstone Half 16-Mar-09 3 3 0 6

Ashby 20m 22-Mar-09 3 0 0 3

Thorney 10k 29-Mar-09 1 4 0 5

Regents Park 10k 04-Apr-09 1 0 0 1

Bungav Marathon 19-Apr-09 4 0 0 4

Eye 10k 10-May-09 1 4 0 5

Ross Peers Half 17-May-09 3 3 0 6

Hatfield Broad Oak 10k 25-May-09 1 0 0 1

Barton le Clay 10k 14-Jun-09 1 3 0 4

Colworth 13.1 21-Jun-09 3 0 0 3

Sutton Feast 7m 28-Jun-09 1 0 0 1

Cranfield 5m 03-Jul-09 1 0 0 1

Newmarket 10k 05-Jul-09 1 3 0 4

Girton Feast 5k 09-Jul-09 1 0 0 1

Bushy 10k 12-Jul-09 1 4 0 5

Marham 10m 19-Jul-09 2 4 2 8

Newark Half 09-Aug-09 3 4 0 7

Garden City 10m 06-Sep-09 2 4 0 6

Swineshead 5m 13-Sep-09 1 0 0 1

Cransley Hospice Half 20-Sep-09 3 0 0 3

Run to the Beat Half 27-Sep-09 3 0 0 3

Frostbite Priory 04-Oct-09 1 0 0 1

Royal Parks Half 11-Oct-09 3 4 0 7

Amphill Trophy XC 18-Oct-09 1 0 0 1

Beachy Head Marathon 24-Oct-09 4 0 0 4

Fairlands Valley Half 01-Nov-09 3 3 0 6

Bushfield Frostbite 08-Nov-09 1 0 0 1

Nene Valley 10m 06-Dec-09 2 0 0 2

Frostbite Hinch 13-Dec-09 1 0 0 1

Offord Xmas XC 27-Dec-09 1 0 0 1

Kathryn McCready **1 points**

SEAA Masters XC 31-Jan-09 1 0 0 1

Keith Pritchard **134 points**

Belvoir 15m 28-Feb-09 3 0 0 3

BRJ Frostbite 01-Mar-09 1 0 0 1

Nike Milton Keynes Half 08-Mar-09 3 4 0 7

Muddy Marvel 5 16-Mar-09 1 0 0 1

East Retford Half 22-Mar-09 3 4 0 7

Sandy 10m 29-Mar-09 2 4 0 6

Belvoir Half 12-Apr-09 3 4 0 7

	Event Date	Comp Pts	Star Pts	New Star	Totals
Flitwick 10k	19-Apr-09	1	4	0	5
Titchmarsh 10k	02-May-09	1	4	0	5
Breckland 10k	04-May-09	1	5	2	8
Silverstone 10k	05-May-09	1	5	0	6
Brandon Half	25-May-09	3	4	0	7
Wallingford Thames 10k	31-May-09	1	4	0	5
Notts 10m	05-Jun-09	2	4	0	6
Whipsnade 10k	07-Jun-09	1	4	0	5
Ramsey 10k	14-Jun-09	1	4	0	5
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	3	0	6
Newmarket 10k	05-Jul-09	1	4	0	5
Bushy 10k	12-Jul-09	1	4	0	5
St Ives 10k	19-Jul-09	1	3	0	4
Bedford 10k Trail	29-Aug-09	1	4	0	5
Grimsthorpe Castle 10k	31-Aug-09	1	3	0	4
Swineshead 10m	13-Sep-09	2	4	0	6
RNR	20-Sep-09	1	0	0	1
Frostbite Priory	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	5	2	10
Frostbite Hinch	13-Dec-09	1	0	0	1

Keith Ritchie

44 points

Offord XC	25-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Sandy 10m	29-Mar-09	2	3	0	5
Flitwick 10k	19-Apr-09	1	3	0	4
Shakespeare Half	26-Apr-09	3	3	0	6
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	1	0	4
F3 Mid-Week Tri Aug	12-Aug-09	1	0	0	1
Bedford Tri	30-Aug-09	1	0	0	1
Swineshead 10m	13-Sep-09	2	3	0	5
RNR	20-Sep-09	1	0	0	1
Team Tri (5k)	27-Sep-09	1	0	0	1
Frostbite Priory	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	3	0	6
Bushfield Frostbite	08-Nov-09	1	0	0	1
Frostbite Hinch	13-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1

Kevin Hewitt

21 points

Ramsey Frostbite	04-Jan-09	1	0	0	1
Offord XC	25-Jan-09	1	0	0	1
Nike Milton Keynes Half	08-Mar-09	3	1	0	4
Oakley 20m	05-Apr-09	3	0	0	3
Shakespeare Marathon	26-Apr-09	4	0	0	4
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	1	0	4
RNR	20-Sep-09	2	0	0	2

Kevin Hickling

34 points

BRJ Frostbite	01-Mar-09	1	0	0	1
Eve 10k	10-May-09	1	2	2	5
Ramsey 10k	14-Jun-09	1	2	0	3
Bushy 10k	12-Jul-09	1	2	0	3
St Ives 10k	19-Jul-09	1	3	2	6

	Event Date	Comp Pts	Star Pts	New Star	Totals
RNR	20-Sep-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	3	2	8
Fenland 10	25-Oct-09	2	2	2	6
Frostbite Hinch	13-Dec-09	1	0	0	1
Les Thomas					8 points
Guanteng 21.1k	17-May-09	3	2	0	5
Serp LFOTM Sep 09	25-Sep-09	1	0	0	1
Serp LFOTM Nov 09	27-Nov-09	1	0	0	1
Frostbite Hinch	13-Dec-09	1	0	0	1
Lindsay Mitton					3 points
Folksworth 15m	18-Jan-09	3	0	0	3
Liz Hainsby					7 points
Bourne Frostbite	01-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Eye 10k	10-May-09	1	2	2	5
Liz Sandever					67 points
Ramsev Frostbite	04-Jan-09	1	0	0	1
Cambs XC	11-Jan-09	1	0	0	1
Folksworth 15m	18-Jan-09	3	0	0	3
Offord XC	25-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Nike Milton Keynes Half	08-Mar-09	3	0	0	3
Silverstone Half	16-Mar-09	3	0	0	3
Ashby 20m	22-Mar-09	3	0	0	3
Thornev 10k	29-Mar-09	1	0	0	1
Regents Park 10k	04-Apr-09	1	1	0	2
Bungay Marathon	19-Apr-09	4	0	0	4
Eye 10k	10-May-09	1	1	0	2
Eye 3k	10-May-09	1	0	0	1
Ross Peers Half	17-May-09	3	0	0	3
Hatfield Broad Oak 10k	25-May-09	1	1	0	2
Barton le Clay 10k	14-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3
Newark Half	09-Aug-09	3	0	0	3
Cransley Hospice Half	20-Sep-09	3	0	0	3
Run to the Beat Half	27-Sep-09	3	1	2	6
Frostbite Priory	04-Oct-09	1	0	0	1
Royal Parks Half	11-Oct-09	3	1	0	4
Amphill Trophy XC	18-Oct-09	1	0	0	1
Beachy Head Marathon	24-Oct-09	4	0	0	4
Fairlands Valley Half	01-Nov-09	3	0	0	3
Bushfield Frostbite	08-Nov-09	1	0	0	1
Nene Valley 10m	06-Dec-09	2	1	0	3
Frostbite Hinch	13-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1
Lucy Boothby					51 points
Ramsev Frostbite	04-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Sandy 10m	29-Mar-09	2	0	0	2
Cambourne 10k	05-Apr-09	1	1	2	4
Flitwick 10k	19-Apr-09	1	1	0	2
Eye 10k	10-May-09	1	1	0	2
Stevington 12k	17-May-09	1	0	0	1
Whipsnade 10k	07-Jun-09	1	2	2	5
Ramsev 10k	14-Jun-09	1	1	0	2
Colworth 5m	19-Jun-09	1	0	0	1

	Event Date	Comp Pts	Star Pts	New Star	Totals
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3
St Ives 10k	19-Jul-09	1	1	0	2
Newark Half	09-Aug-09	3	0	0	3
Thornev 5m	15-Aug-09	1	0	0	1
RNR	20-Sep-09	1	0	0	1
Frostbite Priory	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	1	2	6
Beachv Head Marathon	24-Oct-09	4	0	0	4
Bushfield Frostbite	08-Nov-09	1	0	0	1
Nene Valley 10m	06-Dec-09	2	1	2	5
Frostbite Hinch	13-Dec-09	1	0	0	1

Madeline Boardman

58 points

Ramsey Frostbite	04-Jan-09	1	0	0	1
Cambs XC	11-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Silverstone Half	16-Mar-09	3	6	0	9
Cambourne 10k	05-Apr-09	1	5	0	6
London Marathon	26-Apr-09	4	5	2	11
Ramsey 10k	14-Jun-09	1	5	0	6
Girton Feast 5k	09-Jul-09	1	0	0	1
Bushv 10k	12-Jul-09	1	5	0	6
St Ives 10k	19-Jul-09	1	5	0	6
Nottingham Half	13-Sep-09	3	5	0	8
Frostbite Hinch	13-Dec-09	1	0	0	1

Malcolm Pritchard

72 points

Offord XC	25-Jan-09	1	0	0	1
Belvoir 15m	28-Feb-09	3	0	0	3
Nike Milton Keynes Half	08-Mar-09	3	3	0	6
Sandy 10m	29-Mar-09	2	3	2	7
Belvoir Half	12-Apr-09	3	3	0	6
Flitwick 10k	19-Apr-09	1	3	0	4
Titchmarsh 10k	02-May-09	1	3	0	4
Silverstone 10k	05-May-09	1	4	2	7
Notts 10m	05-Jun-09	2	4	2	8
Whipsnade 10k	07-Jun-09	1	3	0	4
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	3	0	6
St Ives 10k	19-Jul-09	1	3	0	4
MK Half	26-Jul-09	3	3	0	6
London Pride 10k	15-Aug-09	1	3	0	4

Mark Beagley

33 points

BRJ Frostbite	01-Mar-09	1	0	0	1
Nike Milton Keynes Half	08-Mar-09	3	3	0	6
East Retford Half	22-Mar-09	3	3	0	6
Stowmarket Half	29-Mar-09	3	3	0	6
Belvoir Half	12-Apr-09	3	3	0	6
London Marathon	26-Apr-09	4	0	0	4
Ramsey 10k	14-Jun-09	1	2	0	3
RNR	20-Sep-09	1	0	0	1

Mark Forster

23 points

Ramsev Frostbite	04-Jan-09	1	0	0	1
Offord XC	25-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Sandy 10m	29-Mar-09	2	2	2	6
Stevington 12k	17-May-09	1	0	0	1

	Event Date	Comp Pts	Star Pts	New Star	Totals
	Colworth 5m	19-Jun-09	1	0	1
	Colworth 8.1	20-Jun-09	1	0	1
	Colworth 13.1	21-Jun-09	3	0	3
	RNR	20-Sep-09	2	0	2
	Bedford Half	13-Dec-09	3	2	5
	Offord Xmas XC	27-Dec-09	1	0	1

Martyn Blackwell

21 points

	Ramsev Frostbite	04-Jan-09	1	0	0	1
	Cambs XC	11-Jan-09	1	0	0	1
	SEAA Masters XC	31-Jan-09	1	0	0	1
	Bourne Frostbite	01-Feb-09	1	0	0	1
	BRJ Frostbite	01-Mar-09	1	0	0	1
	Beds Spring Mtg 800m	05-Apr-09	1	0	0	1
	Cambs T&F	09-May-09	1	0	0	1
	Bath Hilly 10	23-May-09	2	4	0	6
	1st Peterbro 5k	03-Jun-09	1	0	0	1
	2nd Peterbro 5k	17-Jun-09	1	0	0	1
	5th Peterbro 5k	29-Jul-09	1	0	0	1
	RNR	20-Sep-09	2	0	0	2
	Frostbite Priory	04-Oct-09	1	0	0	1
	Bushfield Frostbite	08-Nov-09	1	0	0	1
	Frostbite Hinch	13-Dec-09	1	0	0	1

Mat Dowle

20 points

	Nice Prom 10k	11-Jan-09	1	4	0	5
	Cannes Half	15-Feb-09	3	4	0	7
	Nice - Cannes Marathon	08-Nov-09	4	3	0	7
	Frostbite Hinch	13-Dec-09	1	0	0	1

Matt Pycroft

9 points

	Sandy 10m	29-Mar-09	2	1	0	3
	Bedford Harriers 10k	13-Sep-09	1	1	0	2
	Bedford Half	13-Dec-09	3	1	0	4

Maurice Hemingway

169 points

	Ramsev Frostbite	04-Jan-09	1	0	0	1
	Cambs XC	11-Jan-09	1	0	0	1
	Folksworth 15m	18-Jan-09	3	0	0	3
	Offord XC	25-Jan-09	1	0	0	1
	SEAA Masters XC	31-Jan-09	1	0	0	1
	Bourne Frostbite	01-Feb-09	1	0	0	1
	Wellingborough 2	08-Feb-09	1	0	0	1
	Stamford Valentine	15-Feb-09	3	0	0	3
	Ilkley Moor Fell Race	22-Feb-09	1	0	0	1
	Serp LFOTM Feb 09	27-Feb-09	1	0	0	1
	BRJ Frostbite	01-Mar-09	1	0	0	1
	Nike Milton Keynes Half	08-Mar-09	3	3	0	6
	Silverstone Half	16-Mar-09	3	4	0	7
	Ashby 20m	22-Mar-09	3	0	0	3
	Serp LFOTM Mar 09	27-Mar-09	1	0	0	1
	Sandy 10m	29-Mar-09	2	4	0	6
	Oakley 20m	05-Apr-09	3	0	0	3
	Fort William Marathon	19-Apr-09	4	3	0	7
	Serp LFOTM Apr 09	24-Apr-09	1	0	0	1
	Langtoft 10k	02-May-09	1	4	0	5
	Eye 10k	10-May-09	1	4	0	5
	White Peak Marathon	16-May-09	4	2	0	6
	Windermere Marathon	17-May-09	4	2	0	6
	Edinburgh Marathon	31-May-09	4	2	0	6
	Ramsev 10k	14-Jun-09	1	4	0	5
	Colworth 5m	19-Jun-09	1	0	0	1

	Event Date	Comp Pts	Star Pts	New Star	Totals
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	3	0	6
Serp LFOTM June	26-Jun-09	1	0	0	1
Prestwold 10k	28-Jun-09	1	4	0	5
Newmarket 10k	05-Jul-09	1	4	0	5
Bushy 10k	12-Jul-09	1	4	0	5
St Ives 10k	19-Jul-09	1	4	0	5
Faversham Marathon	25-Jul-09	4	2	0	6
Thornev 5m	15-Aug-09	1	0	0	1
Ilkley Incline	02-Sep-09	1	0	0	1
Littleport 10k	06-Sep-09	1	4	0	5
Dunstable Downs 20m	13-Sep-09	3	0	0	3
RNR	20-Sep-09	3	0	0	3
Serp LFOTM Sep 09	25-Sep-09	1	0	0	1
Spalding 10k	27-Sep-09	1	5	2	8
Frostbite Priory	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	4	0	7
Amphill Trophy XC	18-Oct-09	1	0	0	1
Fenland 10	25-Oct-09	2	4	0	6
Serp LFOTM Oct 09	30-Oct-09	1	0	0	1
Nice - Cannes Marathon	08-Nov-09	4	3	0	7
Frostbite Hinch	13-Dec-09	1	0	0	1
Serp LFOTM Dec 09	18-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1
Ely 10k	31-Dec-09	1	3	0	4

Michael Reading

12 points

Ramsey Frostbite	04-Jan-09	1	0	0	1
Offord XC	25-Jan-09	1	0	0	1
Swineshead 10m	13-Sep-09	2	3	0	5
Beachy Head Marathon	24-Oct-09	4	0	0	4
Offord Xmas XC	27-Dec-09	1	0	0	1

Michaela Ridley

55 points

Cambs XC	11-Jan-09	1	0	0	1
Wellingborough 1	18-Jan-09	1	0	0	1
Offord XC	25-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
Ilkley Moor Fell Race	22-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Nike Milton Keynes Half	08-Mar-09	3	1	2	6
Sandy 10m	29-Mar-09	2	1	2	5
Cambourne 10k	05-Apr-09	1	1	0	2
Flitwick 10k	19-Apr-09	1	2	2	5
Eye 10k	10-May-09	1	2	0	3
Ross Peers Half	17-May-09	3	1	0	4
Ramsey 10k	14-Jun-09	1	1	0	2
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3
St Ives 10k	19-Jul-09	1	2	0	3
Grimsthorpe Castle 10k	31-Aug-09	1	0	0	1
Swineshead 5m	13-Sep-09	1	0	0	1
RNR	20-Sep-09	1	0	0	1
Cambs 10k	27-Sep-09	1	1	0	2
Frostbite Priory	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	1	0	4
Offord Xmas XC	27-Dec-09	1	0	0	1
Ely 10k	31-Dec-09	1	1	0	2

Event Date Comp Pts Star Pts New Star Totals

Michala Forster **30 points**

Offord XC	25-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Sandy 10m	29-Mar-09	2	1	2	5
Titchmarsh 10k	02-May-09	1	1	2	4
Eye 10k	10-May-09	1	1	0	2
Stevington 12k	17-May-09	1	0	0	1
Bedford 6m	19-May-09	1	0	0	1
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3
St Ives 10k	19-Jul-09	1	1	0	2
RNR	20-Sep-09	1	0	0	1
Bedford Half	13-Dec-09	3	1	2	6
Offord Xmas XC	27-Dec-09	1	0	0	1

Mike Entwistle **5 points**

Fort William Marathon	19-Apr-09	4	0	0	4
Offord Xmas XC	27-Dec-09	1	0	0	1

Naomi Goldsmith **16 points**

Swineshead 10m	13-Sep-09	2	2	2	6
Frostbite Priory	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	3	2	8
Bushfield Frostbite	08-Nov-09	1	0	0	1

Natalie Fairbairn **5 points**

Offord XC	25-Jan-09	1	0	0	1
Cambourne 10k	05-Apr-09	1	0	0	1
Bedford Half	13-Dec-09	3	0	0	3

Neil Adams **152 points**

Ramsev Frostbite	04-Jan-09	1	0	0	1
Cambs XC	11-Jan-09	1	0	0	1
Wellingborough 1	18-Jan-09	1	0	0	1
Offord XC	25-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
Stamford Valentine	15-Feb-09	3	0	0	3
English Nat XC	21-Feb-09	1	0	0	1
Wellingborough 3	01-Mar-09	1	0	0	1
Silverstone Half	16-Mar-09	3	3	0	6
Thorney 10k	29-Mar-09	1	4	0	5
Cambourne 10k	05-Apr-09	1	4	0	5
Stanwick 10k	13-Apr-09	1	4	0	5
Flitwick 10k	19-Apr-09	1	4	0	5
Titchmarsh 10k	02-May-09	1	4	0	5
Silverstone 10k	05-May-09	1	4	0	5
Tewkesbury Half	10-May-09	3	3	0	6
Ross Peers Half	17-May-09	3	4	0	7
Wokingham Half	24-May-09	3	3	0	6
1st Peterbro 5k	03-Jun-09	1	0	0	1
Ramsey 10k	14-Jun-09	1	3	0	4
2nd Peterbro 5k	17-Jun-09	1	0	0	1
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	3	0	6
Wellingbro 10k	28-Jun-09	1	0	0	1
La Santa 5k	05-Jul-09	1	0	0	1
La Santa Duathlon	06-Jul-09	1	0	0	1
La Santa Half	07-Jul-09	3	3	0	6
Bushy 10k	12-Jul-09	1	3	0	4

	Event Date	Comp Pts	Star Pts	New Star	Totals
St Ives 10k	19-Jul-09	1	3	0	4
Harlow 10k	26-Jul-09	2	3	0	5
Newark Half	09-Aug-09	3	3	0	6
Grimsthorpe Castle 10k	31-Aug-09	1	3	0	4
Dunstable Downs Half	13-Sep-09	3	1	0	4
RNR	20-Sep-09	3	0	0	3
Cambs 10k	27-Sep-09	1	3	0	4
Frostbite Priory	04-Oct-09	1	0	0	1
Amsterdam Half	18-Oct-09	3	3	0	6
Pumpkin 10k	31-Oct-09	1	3	0	4
Met X Country	07-Nov-09	1	0	0	1
Hillingdon Duathlon	08-Nov-09	1	0	0	1
Nene Valley 10m	06-Dec-09	2	3	0	5
Frostbite Hinch	13-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1
Buntingford 10m	28-Dec-09	2	3	0	5
Ely 10k	31-Dec-09	1	3	0	4

Neil Shorten

24 points

Wellingborough 1	18-Jan-09	1	0	0	1
Wellingborough 3	01-Mar-09	1	0	0	1
Nike Milton Keynes Half	08-Mar-09	3	2	0	5
Bushy 10k	12-Jul-09	1	3	2	6
St Ives 10k	19-Jul-09	1	3	0	4
Gt Cambs Half	13-Sep-09	3	2	0	5
Frostbite Priory	04-Oct-09	1	0	0	1
Bushfield Frostbite	08-Nov-09	1	0	0	1

Neil Stevenson

39 points

Offord XC	25-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
Nike Milton Keynes Half	08-Mar-09	3	3	2	8
Fritton Tri	07-Jun-09	4	0	0	4
St Albans Half	14-Jun-09	3	4	2	9
Big Cow Tri	28-Jun-09	4	0	0	4
London Tri	02-Aug-09	1	0	0	1
F3 Mid-Week Tri Aug	12-Aug-09	1	0	0	1
RNR	20-Sep-09	2	0	0	2
Cambs 10k	27-Sep-09	1	4	2	7
Frostbite Priory	04-Oct-09	1	0	0	1

Netta Tyler

12 points

Thorney 10k	29-Mar-09	1	3	0	4
Edinburgh Marathon	31-May-09	4	2	2	8

Nick McGlashan

19 points

Ramsey Frostbite	04-Jan-09	1	0	0	1
Offord XC	25-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Sandy 10m	29-Mar-09	2	1	0	3
Cambourne 10k	05-Apr-09	1	2	0	3
Eve 10k	10-May-09	1	2	0	3
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3
Saab Salomon 10k	09-Jul-09	1	0	0	1

Nigel Prout

1 points

Bushfield Frostbite	08-Nov-09	1	0	0	1
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Noel Betts

12 points

Colworth 5m	19-Jun-09	1	0	0	1
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	Event Date	Comp Pts	Star Pts	New Star	Totals
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	1	0	4
Swineshead 10m	13-Sep-09	2	2	2	6
Norma Leckie					7 points
Ramsey Frostbite	04-Jan-09	1	0	0	1
Belvoir 26m	28-Feb-09	4	0	0	4
Frostbite Hinch	13-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1
Norman King					40 points
Ramsey Frostbite	04-Jan-09	1	0	0	1
Folksworth 15m	18-Jan-09	3	0	0	3
Stamford Valentine	15-Feb-09	3	0	0	3
Bury 20m	22-Feb-09	3	0	0	3
Meon Valley	01-Mar-09	4	0	0	4
Nike Milton Kevnes Half	08-Mar-09	3	0	0	3
Oakley 20m	05-Apr-09	3	0	0	3
Flitwick 10k	19-Apr-09	1	0	0	1
Bourne 5	31-May-09	1	0	0	1
1st Peterbro 5k	03-Jun-09	1	0	0	1
Eve Charity 5m	11-Jun-09	1	0	0	1
Ramsey 10k	14-Jun-09	1	0	0	1
2nd Peterbro 5k	17-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
3rd Peterbro 5k	24-Jun-09	1	0	0	1
Cranfield 5m	03-Jul-09	1	0	0	1
Bushy 10k	12-Jul-09	1	0	0	1
4th Peterbro 5k	15-Jul-09	1	0	0	1
St Ives 10k	19-Jul-09	1	0	0	1
Doug Anderson 5k	22-Jul-09	1	0	0	1
5th Peterbro 5k	29-Jul-09	1	0	0	1
Wellingborough 5m	02-Aug-09	1	0	0	1
Thorney 5m	15-Aug-09	1	0	0	1
Burnham Beeches Half	23-Aug-09	3	0	0	3
Moulton 10k	30-Aug-09	1	0	0	1
Oliver Wright					40 points
Folksworth 15m	18-Jan-09	3	0	0	3
Gt Bentley Half	08-Feb-09	3	4	2	9
Stamford Valentine	15-Feb-09	3	0	0	3
Halstead Marathon	10-May-09	4	2	0	6
Southend Half	14-Jun-09	3	3	0	6
Felsted 10k	12-Jul-09	1	3	0	4
Frostbite Priority	04-Oct-09	1	0	0	1
Frankfurt Marathon	25-Oct-09	4	2	2	8
Pam Hemingway					51 points
Ramsey Frostbite	04-Jan-09	1	0	0	1
Cambs XC	11-Jan-09	1	0	0	1
Folksworth 15m	18-Jan-09	3	0	0	3
Offord XC	25-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
Wellingborough 2	08-Feb-09	1	0	0	1
Stamford Valentine	15-Feb-09	3	0	0	3
Ilkley Moor Fell Race	22-Feb-09	1	0	0	1
Silverstone Half	16-Mar-09	3	0	0	3
Ashby 20m	22-Mar-09	3	0	0	3
Sandy 10m	29-Mar-09	2	2	0	4
Oakley 20m	05-Apr-09	3	0	0	3
Eve 10k	10-May-09	1	1	0	2

	Event Date	Comp Pts	Star Pts	New Star	Totals
White Peak Half	16-May-09	3	1	0	4
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3
Bushv 10k	12-Jul-09	1	2	0	3
St Ives 10k	19-Jul-09	1	2	0	3
Dunstable Downs Half	13-Sep-09	3	0	0	3
RNR	20-Sep-09	1	0	0	1
Frostbite Hinch	13-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1
Ely 10k	31-Dec-09	1	1	0	2

Paul Adams

18 points

Stanwick 10k	13-Apr-09	1	1	2	4
Titchmarsh 10k	02-May-09	1	1	0	2
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	0	0	3
Bushv 10k	12-Jul-09	1	1	0	2
St Ives 10k	19-Jul-09	1	1	0	2
Dunstable Downs Half	13-Sep-09	3	0	0	3
Frostbite Priory	04-Oct-09	1	0	0	1

Paul Meadows

30 points

Stamford Valentine	15-Feb-09	3	0	0	3
BRJ Frostbite	01-Mar-09	1	0	0	1
Bath Half	16-Mar-09	3	1	2	6
Sandy 10m	29-Mar-09	2	1	2	5
Paddock Wood Half	05-Apr-09	3	1	0	4
Bushy 10k	12-Jul-09	1	1	2	4
Conkwell Killer 8	26-Jul-09	1	0	0	1
Newark Half	09-Aug-09	3	0	0	3
RNR	20-Sep-09	3	0	0	3

Paul Reader

35 points

Folksworth 15m	18-Jan-09	3	0	0	3
Stamford Valentine	15-Feb-09	3	0	0	3
Mick n Phil Half	08-Mar-09	3	0	0	3
Oakley 20m	05-Apr-09	3	0	0	3
London Marathon	26-Apr-09	4	0	0	4
Marlbro' Downs 33m	16-May-09	4	0	0	4
Pathfinder	20-Jun-09	4	0	0	4
Nottingham Half	13-Sep-09	3	0	0	3
Toronto Marathon	27-Sep-09	4	0	0	4
Doven of the Downs	06-Dec-09	4	0	0	4

Paul Ridley

78 points

Ramsey Frostbite	04-Jan-09	1	0	0	1
Cambs XC	11-Jan-09	1	0	0	1
Wellingborough 1	18-Jan-09	1	0	0	1
Offord XC	25-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
Wellingborough 2	08-Feb-09	1	0	0	1
Ilkley Moor Fell Race	22-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Nike Milton Keynes Half	08-Mar-09	3	0	0	3
Sandy 10m	29-Mar-09	2	3	0	5
Oakley 20m	05-Apr-09	3	0	0	3
Flitwick 10k	19-Apr-09	1	0	0	1
London Marathon	26-Apr-09	4	1	0	5
Silverstone 10k	05-May-09	1	4	0	5
Eve 10k	10-May-09	1	4	0	5

	Event Date	Comp Pts	Star Pts	New Star	Totals
Ross Peers Half	17-May-09	3	0	0	3
Ramsey 10k	14-Jun-09	1	0	0	1
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	2	0	5
St Ives 10k	19-Jul-09	1	4	0	5
Newark Half	09-Aug-09	3	2	0	5
Grimsthorpe Castle 10k	31-Aug-09	1	0	0	1
Swineshead 10m	13-Sep-09	2	3	0	5
RNR	20-Sep-09	3	0	0	3
Cambs 10k	27-Sep-09	1	4	0	5
Frostbite Priory	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	0	0	3
Frostbite Hinch	13-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1
Ely 10k	31-Dec-09	1	0	0	1

Paul Veitch

44 points

Ramsev Frostbite	04-Jan-09	1	0	0	1
Cambs XC	11-Jan-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Cambourne 10k	05-Apr-09	1	3	0	4
Shakespeare Marathon	26-Apr-09	4	6	0	10
Bedford 6m	19-May-09	1	0	0	1
Ramsey 10k	14-Jun-09	1	4	0	5
Weald of Kent 10m	21-Jun-09	2	4	0	6
Frostbite Priory	04-Oct-09	1	0	0	1
Beachy Head Marathon	24-Oct-09	4	0	0	4
Bushfield Frostbite	08-Nov-09	1	0	0	1
Bedford Half	13-Dec-09	3	5	0	8
Offord Xmas XC	27-Dec-09	1	0	0	1

Pauline Eastoe

21 points

BRJ Frostbite	01-Mar-09	1	0	0	1
Sandy 10m	29-Mar-09	2	2	2	6
Ramsey 10k	14-Jun-09	1	2	0	3
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Fairlands Valley Half	01-Nov-09	3	1	0	4
Bushfield Frostbite	08-Nov-09	1	0	0	1
Bedford Half	13-Dec-09	3	1	0	4

Peter Bissell

12 points

Ramsey Frostbite	04-Jan-09	1	0	0	1
Folksworth 15m	18-Jan-09	3	0	0	3
SEAA Masters XC	31-Jan-09	1	0	0	1
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	2	0	5

Peter Daum

27 points

Folksworth 15m	18-Jan-09	3	0	0	3
Cambourne 10k	05-Apr-09	1	2	2	5
London Marathon	26-Apr-09	4	1	2	7
Ramsey 10k	14-Jun-09	1	1	0	2
Girton Feast 5k	09-Jul-09	1	0	0	1
Bourne 10k	13-Sep-09	1	2	0	3
Fenland 10	25-Oct-09	2	2	2	6

Peter Dunning

1 points

Offord XC	25-Jan-09	1	0	0	1
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Event Date Comp Pts Star Pts New Star Totals

Petra Otto **1 points**

March 5m Spud 26-Jul-09 1 0 0 1

Phil Redden **89 points**

Ramsey Frostbite 04-Jan-09 1 0 0 1
 Cambs XC 11-Jan-09 1 0 0 1
 Offord XC 25-Jan-09 1 0 0 1
 SEAA Masters XC 31-Jan-09 1 0 0 1
 Bourne Frostbite 01-Feb-09 1 0 0 1
 Stamford Valentine 15-Feb-09 3 0 0 3
 English Nat XC 21-Feb-09 1 0 0 1
 Belvoir 15m 28-Feb-09 3 0 0 3
 BRJ Frostbite 01-Mar-09 1 0 0 1
 Muddy Marvel 5 16-Mar-09 1 0 0 1
 Sandy 10m 29-Mar-09 2 6 0 8
 Cambourne 10k 05-Apr-09 1 6 0 7
 Flitwick 10k 19-Apr-09 1 7 0 8
 Titchmarsh 10k 02-May-09 1 6 0 7
 Eye 10k 10-May-09 1 1 0 2
 Ross Peers Half 17-May-09 3 6 0 9
 Ramsey 10k 14-Jun-09 1 6 0 7
 Colworth 5m 19-Jun-09 1 0 0 1
 Colworth 8.1 20-Jun-09 1 0 0 1
 Colworth 13.1 21-Jun-09 3 4 0 7
 Fairlands Valley Marathon 19-Jul-09 4 2 0 6
 Gt Cambs Half 13-Sep-09 3 5 0 8
 RNR 20-Sep-09 3 0 0 3
 Offord Xmas XC 27-Dec-09 1 0 0 1

Rachel Sutcliffe **12 points**

Ramsey Frostbite 04-Jan-09 1 0 0 1
 BRJ Frostbite 01-Mar-09 1 0 0 1
 Colworth 5m 19-Jun-09 1 0 0 1
 Colworth 8.1 20-Jun-09 1 0 0 1
 Colworth 13.1 21-Jun-09 3 5 0 8

Ray Willett **4 points**

Tooting Bec 24hr 17-Oct-09 4 0 0 4

Richard Furbank **2 points**

Offord XC 25-Jan-09 1 0 0 1
 Bourne Frostbite 01-Feb-09 1 0 0 1

Rob Moir **12 points**

Thorney 10k 29-Mar-09 1 3 0 4
 Cambourne 10k 05-Apr-09 1 0 0 1
 Eye 10k 10-May-09 1 3 0 4
 Swineshead 10m 13-Sep-09 2 1 0 3

Rob Parker **17 points**

Cambs XC 11-Jan-09 1 0 0 1
 Wellingborough 1 18-Jan-09 1 0 0 1
 Wellingborough 2 08-Feb-09 1 0 0 1
 White Peak Half 16-May-09 3 3 0 6
 Frostbite Priory 04-Oct-09 1 0 0 1
 Gt Eastern Half 11-Oct-09 3 3 0 6
 Frostbite Hinch 13-Dec-09 1 0 0 1

Rod Mackenzie **1 points**

Ramsey Frostbite 04-Jan-09 1 0 0 1

Ron Eastoe **1 points**

Ramsey Frostbite 04-Jan-09 1 0 0 1

	Event Date	Comp Pts	Star Pts	New Star	Totals
Whipsnade 10k	07-Jun-09	1	0	0	1
Ramsey 10k	14-Jun-09	1	0	0	1
Bushy 10k	12-Jul-09	1	2	0	3
St Ives 10k	19-Jul-09	1	2	0	3
Newark Half	09-Aug-09	3	2	2	7
Thorney 5m	15-Aug-09	1	0	0	1
Grunty Fen Half	13-Sep-09	3	3	2	8
RNR	20-Sep-09	1	0	0	1
Frostbite Priory	04-Oct-09	1	0	0	1
Gt Eastern Half	11-Oct-09	3	4	2	9
Frostbite Hinch	13-Dec-09	1	0	0	1

Simon Deacon **2 points**

Cambourne 10k	05-Apr-09	1	0	0	1
Eye 10k	10-May-09	1	0	0	1

Simon Gallagher **1 points**

BRJ Frostbite	01-Mar-09	1	0	0	1
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Simon Miller **5 points**

Bushy 10k	12-Jul-09	1	1	2	4
RNR	20-Sep-09	1	0	0	1

Stephanie Williams **15 points**

Thorney 10k	29-Mar-09	1	2	0	3
Cambourne 10k	05-Apr-09	1	1	0	2
Eye 10k	10-May-09	1	3	2	6
Swineshead 10m	13-Sep-09	2	2	0	4

Steve Childerley **27 points**

Ramsey Frostbite	04-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
Shakespeare Marathon	26-Apr-09	4	2	0	6
Eye 10k	10-May-09	1	3	0	4
Isle of Wight Half	16-Aug-09	3	1	0	4
RNR	20-Sep-09	3	0	0	3
Gt Eastern Half	11-Oct-09	3	3	2	8

Steve Deacon **7 points**

Ramsey Frostbite	04-Jan-09	1	0	0	1
Offord XC	25-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Cambourne 10k	05-Apr-09	1	0	0	1
Eye 10k	10-May-09	1	0	0	1
Frostbite Priory	04-Oct-09	1	0	0	1

Steve Pledger **5 points**

Cambs XC	11-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
RNR	20-Sep-09	3	0	0	3

Suzi Boast **1 points**

Ramsey Frostbite	04-Jan-09	1	0	0	1
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Tina Blackwell **23 points**

Ramsey Frostbite	04-Jan-09	1	0	0	1
Cambs XC	11-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Bourne Frostbite	01-Feb-09	1	0	0	1
BRJ Frostbite	01-Mar-09	1	0	0	1
Cambourne 10k	05-Apr-09	1	2	0	3
Eye 10k	10-May-09	1	2	0	3
1st Peterbro 5k	03-Jun-09	1	0	0	1

	Event Date	Comp Pts	Star Pts	New Star	Totals
2nd Peterbro 5k	17-Jun-09	1	0	0	1
St Ives 10k	19-Jul-09	1	2	0	3
5th Peterbro 5k	29-Jul-09	1	0	0	1
RNR	20-Sep-09	3	0	0	3
Bushfield Frostbite	08-Nov-09	1	0	0	1
Frostbite Hinch	13-Dec-09	1	0	0	1
Offord Xmas XC	27-Dec-09	1	0	0	1

Tracey Patmore

194 points

Ramsey Frostbite	04-Jan-09	1	0	0	1
Cambs XC	11-Jan-09	1	0	0	1
Wellingborough 1	18-Jan-09	1	0	0	1
SEAA Masters XC	31-Jan-09	1	0	0	1
Watford Half	01-Feb-09	3	5	0	8
Stamford Valentine	15-Feb-09	3	0	0	3
English Nat XC	21-Feb-09	1	0	0	1
Wellingborough 3	01-Mar-09	1	0	0	1
UK XC Wollaton Park	07-Mar-09	1	0	0	1
Silverstone Half	16-Mar-09	3	6	0	9
Oakley 20m	05-Apr-09	3	0	0	3
Flitwick 10k	19-Apr-09	1	5	0	6
London Marathon	26-Apr-09	4	6	0	10
Silverstone 10k	05-May-09	1	5	0	6
Tewkesbury Half	10-May-09	3	6	0	9
Wokingham Half	24-May-09	3	6	0	9
St Albans Half	14-Jun-09	3	6	0	9
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	5	0	8
La Santa 10k	05-Jul-09	1	5	0	6
La Santa Half	07-Jul-09	3	5	0	8
Fairlands Valley Marathon	19-Jul-09	4	2	0	6
Harlow 10k	26-Jul-09	2	6	0	8
Newark Half	09-Aug-09	3	6	0	9
Grimsthorpe Castle 10k	31-Aug-09	1	5	0	6
Wissey Half	06-Sep-09	3	6	0	9
Dunstable Downs 20m	13-Sep-09	3	0	0	3
RNR	20-Sep-09	3	0	0	3
Cambs 10k	27-Sep-09	1	6	2	9
Frostbite Priory	04-Oct-09	1	0	0	1
Amsterdam Marathon	18-Oct-09	4	7	2	13
Met X Country	07-Nov-09	1	0	0	1
Hillingdon Duathlon	08-Nov-09	1	0	0	1
Nene Valley 10m	06-Dec-09	2	6	2	10
Frostbite Hinch	13-Dec-09	1	0	0	1
Buntingford 10m	28-Dec-09	2	7	2	11

Will Mackay

14 points

Ramsey Frostbite	04-Jan-09	1	0	0	1
Cambs XC	11-Jan-09	1	0	0	1
SEAA XC Snrs 15k	24-Jan-09	1	0	0	1
English Nat XC	21-Feb-09	1	0	0	1
Colworth 5m	19-Jun-09	1	0	0	1
Colworth 8.1	20-Jun-09	1	0	0	1
Colworth 13.1	21-Jun-09	3	5	0	8