Overall Results 2023

Name	5k			5 mile			10k			10 mile			1/2 M			Marathon			Open Best	Open 2nd Best	Open 3rd Best	Open 4th Best	Open Total
	Time	Place	Pts	Time	Place	Pts	Time	Place	Pts	Time	Place	Pts	Time		Pts	Time	Place	Pts					
Mens																							
Tom Watts	0:16:53	Coventry	250	0:28:19	Sphinx AC	250	0:35:47	Northbrook	249	0:58:56	Sneyd	250	1:17:14	Warwick Half	250	2:55:00	Manchester	250	250	250	250	250	1000
Paul Bradly	0:17:29	Podium 5K	249	0:29:12	Tewkesbury	249	0:35:34	Telford	250	1:00:29	Derby	249	1:21:06	Cambridge	249			0	250	249	249	249	997
Martyn Rubery	0:18:51	Coventry	246	0:31:50	Sphinx AC	247	0:41:41	Two Castles	244	1:07:39	South Run	248	1:28:21	Cambridge	248			0	248	248	247	246	989
Alan McDougall	0:20:25	Coventry	240	0:34:14	Sphinx AC	242	0:41:41	Northbrook	244	1:12:43	Sneyd	246	1:30:24	Brighton	245	3:21:25	Manchester	249	249	246	245	244	984
Alex Cotterill			0	0:32:25	Banbury	246	0:42:43	Weedon	242			0	1:28:26	Milton Keynes	247	3:25:02	London	248	248	247	246	242	983
Stephen Glaze	0:19:25	Warwick	244	0:33:05	Sphinx AC	245	0:41:02	Wilne	246	1:09:36	Derby	247	1:37:27	Kenilworth	239			0	247	246	245	244	982
Mark Eastwood	0:21:36	Burnaby	232	0:35:36	Sphinx AC	240	0:44:57	Cosford	238	1:13:18	South Run	244	1:36:05	Coventry	243	3:44:43	Manchester	246	246	244	243	240	973
Stephen Friswell	0:20:50	Coventry	237	0:35:19	Sphinx AC	241	0:46:47	Carsington	235	1:13:01	Derby	245	1:36:08	Coventry	242	3:49:22	Leeds	245	245	245	242	241	973
Mark Ursell	0:19:48	Avon	242	0:34:02	Ryton	243	0:42:58	Two Castles	241			0	1:33:10	Coventry	244			0	244	243	242	241	970
Philip McCarron	0:22:36	Bushy	222	0:38:10	Sphinx AC	237	0:49:11	Balsall	232	1:23:40	South Run	241	1:55:39	Battersea	230	4:25:29	Chicago	241	241	241	237	232	951
Barry Allen	0:21:56	Leamington	228			0	0:48:13	Market Drayton	234			0	1:45:27	Warwick Half	236	3:58:16	Manchester	244	244	236	234	228	942
Graham Tait	0:22:51	Aviemore	220	0:38:10	Sphinx AC	237	0:51:41	Two Castles	227	1:23:32	Rugby	242	1:47:03	Coventry	235			0	242	237	235	227	941
Kevin Hinson	0:22:02	Coventry	227	0:36:52	Sphinx AC	239	0:46:20	Regency	236			0	1:49:53	Coventry	234			0	239	236	234	227	936
Simon Smith	0:21:05	Rushcliffe	236			0	1:11:02	Compton Verney	207			0	1:42:09	Robin Hood	237	3:43:39	Tissington	247	247	237	236	207	927
John Bennett	0:25:20	Coventry	209	0:47:22	Ryton	227	0:54:44	Northbrook	224			0	2:21:51	Coventry	221	4:22:24	Newport	242	242	227	224	221	914
Ian O'Donnell	0:25:37	Coventry	206	0:40:47	Sphinx AC	232			0			0	1:59:25	Coventry	225	5:26:13	Snowdonia	238	238	232	225	206	901
David Goodwin	0:24:49	Gloucester	214			0	0:56:30	Northbrook	221			0	1:59:01	coventry	226	5:28:51	Brighton	237	237	226	221	214	898
Jason Douglas			0	0:40:01	Sphinx AC	233	1:07:55	Northbrook	208			0	2:33:58	Compton Verney	219	5:32:56	New York	236	236	233	219	208	896
Phillip Hayes	0:25:04	Rugby	211	0:42:28	Sphinx AC	231	0:57:26	Northbrook	220			0	2:15:42	Kenilworth	223			0	231	223	220	211	885
David Rowbottom	0:27:11	Coventry	201	0:43:54	Sphinx AC	230	1:00:19	Two Castles	214			0	1:58:11	Coventry	227			0	230	227	214	201	872
Kelvin Elliott	0:38:17	Kingsbury Water	192	1:02:39	Sphinx AC	225	1:20:50	Regency	204			0	3:08:53	Coventry	215			0	225	215	204	192	836
Simon Neale	0:18:19	Rugby	248	0:31:25	Banbury	248	0:41:24	Weedon	245			0			0			0	248	248	245	0	741
Gary Lawson	0:20:41	Dallas Burston	239	0:33:19	Sphinx AC	244			0			0	1:28:33	Warwick Half	246			0	246	244	239	0	729
Peter Paprcka	0:21:08	Kenilworth	235			0	0:43:37	Balsall	240	1:14:32	Rugby	243			0			0	243	240	235	0	718
Nathan Bignall			0			0	0:50:44	Regency	231			0	1:52:14	Coventry	231	4:27:37	London	240	240	231	231	0	702
Paul Curtis	0:21:53	Warwick	230	0:36:56	Sphinx AC	238			0			0	1:56:17	Longhorn	228			0	238	230	228	0	696
Andrew Rollins	0:22:39	Coventry	221			0	0:48:41	Balsall	233			0	1:41:41	Coventry	238			0	238	233	221	0	692
Andrew Popplewell	0:24:19	Rugby	215	0:39:51	Centurian GP	234	0:50:48	Northbrook	230			0			0			0	234	230	215	0	679
Christopher Foxall	0:24:50	Babbs Mill	213			0	0:53:01	Northbrook	226			0	1:55:56	Coventry	229			0	229	226	213	0	668
Dave Bickley	0:25:36	Coventry	207	0:46:58	Sphinx AC	229			0			0	2:05:15	Coventry	224			0	229	224	207	0	660
Chris Haydon	0:28:53	Coventry	198			0	1:02:48	Stratford's Big	213			0	2:16:51	Belfast	222			0	222	213	198	0	633
Terence Lawson	0:30:51	Rugby	196	0:52:35	Ryton	226	1:05:56	Northbrook	210			0			0			0	226	210	196	0	632
Michael Hammond	0:30:48	Coventry	197			0	1:02:52		212			0	2:25:11	Leamington Spa	220			0	220	212	197	0	629
Chris Moore	0:18:29	Coventry	247			0	0:38:42	Milton Keynes	247			0			0			0	247	247	0	0	494
John Hosie	0:19:27	Warwick	243			0	0:38:19	Northbrook	248			0			0			0	248	243	0	0	491
Joseph Goodwin	0:20:03	Beacon and Oaklan	241			0	0:45:21	Northbrook	237			0			0			0	241	237	0	0	478
Marc Skelton	0:20:43	Coventry	238			0			0			0	1:37:11	Coventry	240			0	240	238	0	0	478
Dave Lee	0:21:09	Walsall Arboretum	234			0			0			0	1:36:14	Birmingham	241			0	241	234	0	0	475
David Cass			0			0	0:51:32	Two Castles	229			0	1:50:57	Coventry	233			0	233	229	0	0	462
David James	0:23:21	Avon	219			0	0:51:33	Two Castles	228			0			0			0	228	219	0	0	447
Richard Pearce			0	0:47:08	Sphinx AC	228	0:59:58	Northbrook	215			0			0			0	228	215	0	0	443
Jonathan Kingston	0:24:55	Warwick	212			0	0:54:17	Regency	225			0			0			0	225	212	0	0	437
Ian Livingstone			0			0	0:57:28	Coombe	219			0	02:46:51	Kenilworth	218			0	219	218	0	0	437
Richard Middleton	0:23:42	Coventry	217			0	0:57:35	Two Castles	217			0			0			0	217	217	0	0	434
Nicholas Connolly	0:25:11	Pont y Bala	210			0	0:56:17	Two Castles	222			0			0			0	222	210	0	0	432
Stuart Sahan	0:25:26	Bedworth	208			0	0:55:34	Regency	223			0			0			0	223	208	0	0	431
Paul Cooper			0			0	1:16:52	Stratford's Big	205			0	2:52:31	Coventry	217			0	217	205	0	0	422
Robert Storey			0			0	1:15:42	Regency	206			0	3:00:24	Leamington Spa	216			0	216	206	0	0	422
Daniel Connolly	0:26:15	Clacton Seafront	202			0	0:59:35	Ilmington	216			0			0			0	216	202	0	0	418
Colin James	0:28:35	Babbs Mill	199			0	0:57:28	Two Castles	219			0			0			0	219	199	0	0	418
David Robbins	0:25:47	Cannon Hill	204			0	1:06:36	Two Castles	209			0			0			0	209	204	0	0	413
David Phillips	0:42:18	Colby	190			0	1:31:46	Ilmington	203			0			0			0	203	190	0	0	393
Sean Emson	0:19:06	Coventry	245			0			0			0			0			0	245	0	0	0	245
Scott Kirton			0			0			0			0			0	4:03:17	Manchester	243	243	0	0	0	243
Marc Bester			0			0			0			0			0	4:43:47	Manchester	239	239	0	0	0	239
Andrew Moore			0			0	0:44:22	Two Castles	239			0			0			0	239	0	0	0	239
Ian Bourne			0	0:38:21	Ryton	235			0			0			0			0	235	0	0	0	235
Ian Redford	0:21:26	Coventry	233			0			0			0			0			0	233	0	0	0	233
Oliver Keeling			0			0			0			0	1:51:55	Coventry	232			0	232	0	0	0	232
Ross Cooper	0:21:43	Coventry	231			0			0			0			0			0	231	0	0	0	231
Jeremy Smith	0:21:55	Shrewsbury	229			0			0			0			0			0	229	0	0	0	229
Patrick Grady	0:22:08	Warwick	226			0			0			0			0			0	226	0	0	0	226
David Clarke	0:22:18	Chipping Norton	225			0			0			0			0			0	225	0	0	0	225
Ab Woolass	0:22:21	Coventry	224			0			0			0			0			0	224	0	0	0	224
Tony Hoy	0:22:25	Coventry	223			0			0			0			0			0	223	0	0	0	223
Martin Grant	0:23:41	Coventry	218			0			0			0			0			0	218	0	0	0	218
Adrian Smith	0:24:01	Coventry	216			0			0			0			0			0	216	0	0	0	216
Andrew Cox			0			0	1:03:02	Stratford's Big	211			0			0			0	211	0	0	0	211
Sam Lowe	0:25:37	Cannon Hill	206			0			0			0			0			0	206	0	0	0	206
Simon Trenchard	0:26:14	Coventry	203			0			0			0			0			0	203	0	0	0	203
Martin Smith	0:28:04	Leamington	200			0			0			0			0			0	200	0	0	0	200
Joe Reynolds	0:32:19	Cannock Chase	195			0			0			0			0			0	195	0	0	0	195
David McKay	0:37:30	Babbs Mill	194			0			0			0			0			0	194	0	0	0	194
Dave Adams	0:38:09	Bedworth	193			0			0			0			0			0	193	0	0	0	193
Edwin Goodwin	0:38:46	Avon	191			0			0			0			0			0	191	0	0	0	191
Simon Brown			0			0			0			0			0			0	0	0	0	0	0
Martyn Brunt			0			0			0			0			0			0	0	0	0	0	0
Mathew Butler			0			0			0			0			0			0	0	0	0	0	0
John Clarke			0			0			0			0			0			0	0	0	0	0	0
David Johnson			0			0			0			0			0			0	0	0	0	0	0
Robert Kerr			0			0			0			0			0			0	0	0	0	0	0
Dominic Lenehan			0			0			0			0			0			0	0	0	0	0	0
David Mellor			0			0			0			0			0			0	0	0	0	0	0
Richard Taylor			0			0			0			0			0			0	0	0	0	0	0
Adam Williams			0			0			0			0			0			0	0	0	0	0	0
Paul Williams			0			0			0			0			0			0	0	0	0	0	0
John Wilson			0			0			0			0			0			0	0	0	0	0	0