

XC1 - Anslow (5.5 miles)

Please note, your target time is calculated from your XC results in the last 12 months. If you have not participated in XC in the last 12 months, then your 5M PB will be used. If you haven't completed a 5M in the last 12 months your target time is the fastest time achieved by any runner of the same sex during that time

Name		Running Time	Target Time	Improvement	XC Points
		hr:min:sec	hr:min:sec		
Ruth	Kennedy-Green	00:46:00	00:47:03	2.22%	100
Owen	Davies	00:37:39	00:35:43	-5.42%	99
Helen	King	00:52:19	00:49:31	-5.65%	98
James	Pickering	00:35:05	00:32:01	-9.60%	97
Radhika	Mccathie	00:48:40	00:44:08	-10.28%	96
John	Doyle	00:34:50	00:31:34	-10.34%	95
Dave	Sanders	00:37:29	00:33:36	-11.54%	94
Denise	Softley	00:52:08	00:45:59	-13.38%	93
Marian	Lowther	01:00:00	00:52:22	-14.59%	92
Sean	Keeley	00:38:19	00:30:03	-27.52%	91
James	Taylor	00:42:06	00:30:03	-40.11%	90
Chris	Cheek	00:43:30	00:30:03	-44.77%	89
David	Gould	00:45:49	00:30:03	-52.48%	88



XC2 - Anslow (5.5 miles)

Please note, your target time is calculated from your XC results in the last 12 months. If you have not participated in XC in the last 12 months, then your 5M PB will be used. If you haven't completed a 5M in the last 12 months your target time is the fastest time achieved by any runner of the same sex during that time

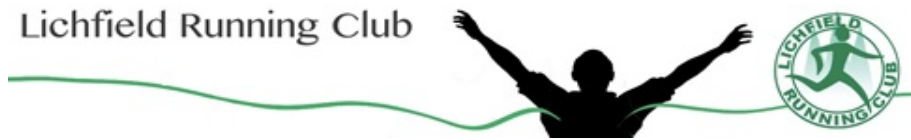
Name		Running Time	Target Time	Improvement	XC Points
		hr:min:sec	hr:min:sec		
Nick	Parkes	00:44:42	00:55:33	19.53%	100
Marian	Lowther	00:56:57	01:00:00	5.08%	99
John	Doyle	00:34:45	00:34:50	0.24%	98
Denise	Softley	00:52:05	00:52:08	0.10%	97
James	Taylor	00:42:10	00:42:06	-0.16%	96
Chris	Cheek	00:44:19	00:43:30	-1.88%	95
Helen	King	00:53:25	00:52:19	-2.10%	94
Ruth	Kennedy-Green	00:47:18	00:46:00	-2.83%	93
Owen	Davies	00:39:58	00:37:39	-6.15%	92
Jo	Turrell	00:53:20	00:49:52	-6.95%	91
Sarah	Hayman	00:42:08	00:39:11	-7.54%	90
Kim	Leary	00:57:05	00:48:46	-17.05%	89
Kate	Dell	00:49:32	00:37:42	-31.41%	88
Anna	Sanders	00:52:55	00:37:42	-40.39%	87
Lauren	Foulds	00:55:10	00:37:42	-46.36%	86
Jane	Bradbury	00:56:41	00:37:42	-50.38%	85



XC3 - Allestree (6 miles)

Please note, your target time is calculated from your XC results in the last 12 months. If you have not participated in XC in the last 12 months, then your 5M PB will be used. If you haven't completed a 5M in the last 12 months your target time is the fastest time achieved by any runner of the same sex during that time

Name		Running Time	Target Time	Improvement	XC Points
		hr:min:sec	hr:min:sec		
Stephen	Howard	00:56:32	00:50:54	-11.07%	100
Nick	Parkes	00:54:12	00:48:46	-11.15%	99
Kate	Dell	01:01:10	00:54:02	-13.20%	98
Anna	Sanders	01:06:26	00:57:44	-15.08%	97
Helen	King	01:07:42	00:58:16	-16.18%	96
Marian	Lowther	01:22:53	01:02:08	-33.41%	95
David	Gould	00:57:58	00:32:47	-76.84%	94
Kieran	Brown	01:21:52	00:41:07	-99.09%	93



XC4 - Boothorpe (5.5 miles)

Please note, your target time is calculated from your XC results in the last 12 months. If you have not participated in XC in the last 12 months, then your 5M PB will be used. If you haven't completed a 5M in the last 12 months your target time is the fastest time achieved by any runner of the same sex during that time

Name	Running Time	Target Time	Improvement	XC Points
	hr:min:sec	hr:min:sec		
Stephen Howard	00:47:35	00:51:49	8.18%	100
Nick Parkes	00:44:27	00:44:42	0.56%	99
John Doyle	00:36:38	00:34:50	-5.17%	98
Anna Sanders	00:55:40	00:52:55	-5.20%	97
Owen Davies	00:39:48	00:37:39	-5.71%	96
Helen King	00:57:06	00:53:25	-6.90%	95
Sarah Hayman	00:45:10	00:42:08	-7.20%	94
Marian Lowther	01:01:51	00:56:57	-8.60%	93
Chris Cheek	00:48:49	00:43:30	-12.22%	92
Gareth Stubbs	00:40:36	00:30:03	-35.12%	91
Konrad Wainaina	00:40:53	00:30:03	-36.06%	90
Beckie Head-Stubbs	00:57:58	00:37:42	-53.78%	89
Phil Gillingham	00:55:22	00:30:03	-84.26%	88



XC5 - Sinai (5.25 miles)

Please note, your target time is calculated from your XC results in the last 12 months. If you have not participated in XC in the last 12 months, then your 5M PB will be used. If you haven't completed a 5M in the last 12 months your target time is the fastest time achieved by any runner of the same sex during that time

Name		Running Time	Target Time	Improvement	XC Points
		hr:min:sec	hr:min:sec		
David	Gould	00:49:52	00:50:43	1.68%	100
Konrad	Wainaina	00:40:27	00:39:02	-3.65%	99
Stephen	Howard	00:48:39	00:45:25	-7.11%	98
Nick	Parkes	00:46:58	00:42:26	-10.69%	97
Helen	King	00:56:56	00:50:59	-11.66%	96
Owen	Davies	00:40:59	00:35:56	-14.04%	95
Anna	Sanders	00:59:03	00:50:31	-16.90%	94
Marian	Lowther	01:05:30	00:54:22	-20.49%	93
Laura	Allen	01:18:54	00:35:59	-119.29%	92



XC Results (best 3 results count)

Name	XC1	XC2	XC3	XC4	XC5	Total
Nick Parkes	0	100	99	99	97	298*
Stephen Howard	0	0	100	100	98	298*
John Doyle	95	98	0	98	0	291
Owen Davies	99	92	0	96	95	290
Helen King	98	94	96	95	96	290
Anna Sanders	0	87	97	97	94	288
Marian Lowther	92	99	95	93	93	287
David Gould	88	0	94	0	100	282
Ruth Kennedy-Green	100	93	0	0	0	193
Denise Softley	93	97	0	0	0	190
Konrad Wainaina	0	0	0	90	99	189
James Taylor	90	96	0	0	0	186
Sarah Hayman	0	90	0	94	0	184
James Pickering	97	0	0	0	0	97
Radhika McCathie	96	0	0	0	0	96
Dave Sanders	94	0	0	0	0	94
Kieran Brown	0	0	93	0	0	93
Laura Allen	0	0	0	0	92	92
Gareth Stubbs	0	0	0	91	0	91
Jo Turrell	0	91	0	0	0	91
Beckie Head-Stubbs	0	0	0	89	0	89
Kim Leary	0	89	0	0	0	89
Phil Gillingham	0	0	0	88	0	88
Jane Bradbury	0	85	0	0	0	85

* Rules state that if there is a tie then the runner with the highest percentage improvement in any XC event is the winner. Nick's 19.53% improvement in XC2 - Anslow was higher than Steve's highest improvement (8.18%)