



CROSS COUNTRY HANDICAP TROPHY RESULTS

NAME		Anslow XC 1 - Oct 2019	Cliff Lakes XC 2 - Nov 2019	Smalley XC 3 - Dec 2019	Allestree XC 4 - Jan 2020	Conkers XC 5 - Feb 2020	Sinai XC 6 - Mar 2020	POINTS (Best 3)
RUTH	KENNEDY-GREEN	30	30	0	30	0	26	90
JOE	GOODWIN	29	26	30	29	28	27	88
RICHARD	NEWMAN	0	0	25	28	27	28	83
JULIE	TAYLOR	14	29	28	22	24	25	82
ESTHER	HUNT	25	27	24	27	25	24	79
TAMLA	SHORT	0	7	26	0	29	23	78
MORGAN	BRADLEY	23	24	29	21	20	21	76
THOMAS	BRADLEY	0	0	0	15	30	29	74
DAVE	SANDERS	0	25	0	24	23	19	72
JAMES	TAYLOR	7	23	27	20	22	20	72
YVONNE	WEIDNER	27	21	20	17	21	17	69
DANIEL	FLOYD	26	19	0	23	0	0	68
ANDREW	LEWIS	19	22	23	0	0	13	64
LAUREN	FOULDS	0	6	22	0	19	18	59
NICK	PARKES	21	15	21	0	16	0	58
MATTHEW	ORFORD	28	0	0	0	26	0	54
STEVE	RIVERS	0	28	0	25	0	0	53
OWEN	DAVIES	16	15	0	19	15	16	51
CATHERINE	THOMPSON	15	20	0	0	11	15	50
GEORGINA	MARTIN	17	0	0	0	17	14	48
DENISE	SOFTLEY	13	11	18	16	14	10	48
ALAN	MILES	12	16	19	0	0	0	47
EMMA	SPECK	6	13	17	14	13	0	44
RADHIKA	MCCATHIE	0	0	0	12	0	30	42
RACHEL	TOLE	24	18	0	0	0	0	42
KATE	DELL	9	0	0	0	18	11	38
JANE	PHINN	5	10	0	13	12	12	37
ALEXANDRIA	EVANS	8	9	16	0	0	0	33
JOANNA	PALMER	11	0	0	18	0	0	29
JAMES	PICKERING	0	0	0	26	0	0	26
CHRIS	CHEEK	10	12	0	0	0	0	22
JULIAN	WEBB	22	0	0	0	0	0	22
DANIEL	ALLEN	0	0	0	0	0	22	22
LORRAINE	AMOS	20	0	0	0	0	0	20
GAYNOR	WEBB	18	0	0	0	0	0	18
MARIA	BROWNE	0	17	0	0	0	0	17
JANE	MORRIS - HOE	0	0	0	0	0	9	9
RHIANNON	EVANS	0	0	0	0	0	8	8
LOUISE	HINSLEY	0	8	0	0	0	0	8
DAVID	DREW	5	0	0	0	0	0	5

Anslow XC 1 - Oct 2019

*Handicap is calculated using the runners best time from the previous 12 months

NAME	RUNNING TIME	HANDICAP	HANDICAP TIME	HANDICAP	
	hr:min:sec	hr:min:sec	hr:min:sec		
RUTH	KENNEDY-GREEN	00:49:43	00:25:02	00:24:41	30
JOE	GOODWIN	00:35:25	00:02:40	00:32:45	29
MATTHEW	ORFORD	00:33:00	00:00:00	00:33:00	28
YVONNE	WEIDNER	00:48:05	00:14:23	00:33:42	27
DANIEL	FLOYD	00:35:16	00:01:16	00:34:00	26
ESTHER	HUNT	00:42:22	00:08:21	00:34:01	25
RACHEL	TOLE	00:45:19	00:11:05	00:34:14	24
MORGAN	BRADLEY	00:38:03	00:03:42	00:34:21	23
JULIAN	WEBB	00:44:44	00:10:03	00:34:41	22
NICK	PARKES	00:45:15	00:09:56	00:35:19	21
LORRAINE	AMOS	00:48:20	00:12:37	00:35:43	20
ANDREW	LEWIS	00:40:50	00:05:01	00:35:49	19
GAYNOR	WEBB	00:53:38	00:17:43	00:35:55	18
GEORGINA	MARTIN	00:53:30	00:17:32	00:35:58	17
OWEN	DAVIES	00:41:04	00:04:53	00:36:11	16
CATHERINE	THOMPSON	00:51:42	00:15:30	00:36:12	15
JULIE	TAYLOR	00:57:34	00:21:19	00:36:15	14
DENISE	SOFTLEY	00:52:41	00:16:14	00:36:27	13
ALAN	MILES	00:51:07	00:14:35	00:36:32	12
JOANNA	PALMER	00:43:49	00:07:15	00:36:34	11
CHRIS	CHEEK	00:45:11	00:08:16	00:36:55	10
KATE	DELL	00:51:03	00:13:51	00:37:12	9
ALEXANDRIA	EVANS	00:50:10	00:12:54	00:37:16	8
JAMES	TAYLOR	00:47:11	00:09:09	00:38:02	7
EMMA	SPECK	00:49:17	00:10:55	00:38:22	6
JANE	PHINN	00:57:22	00:17:37	00:39:45	5
DAVID	DREW	00:48:28	00:06:28	00:42:00	5

Cliff Lakes XC 2 - Nov 2019

*Handicap is calculated using the runners best time from the previous 12 months

NAME	RUNNING TIME	HANDICAP	HANDICAP TIME	HANDICAP	
	hr:min:sec	hr:min:sec	hr:min:sec		
RUTH	KENNEDY-GREEN	00:49:37	00:19:07	00:30:30	30
JULIE	TAYLOR	00:55:06	00:23:13	00:31:53	29
STEVE	RIVERS	00:37:21	00:04:45	00:32:36	28
ESTHER	HUNT	00:42:35	00:09:39	00:32:56	27
JOE	GOODWIN	00:36:39	00:03:41	00:32:58	26
DAVE	SANDERS	00:38:58	00:05:13	00:33:45	25
MORGAN	BRADLEY	00:38:41	00:04:46	00:33:55	24
JAMES	TAYLOR	00:44:48	00:10:29	00:34:19	23
ANDREW	LEWIS	00:40:36	00:06:09	00:34:27	22
YVONNE	WEIDNER	00:50:36	00:15:58	00:34:38	21
CATHERINE	THOMPSON	00:52:02	00:17:08	00:34:54	20
DANIEL	FLOYD	00:37:15	00:02:13	00:35:02	19
RACHEL	TOLE	00:47:42	00:12:31	00:35:11	18
MARIA	BROWNE	00:52:08	00:15:56	00:36:12	17
ALAN	MILES	00:52:30	00:16:10	00:36:20	16
OWEN	DAVIES	00:42:14	00:05:52	00:36:22	15
NICK	PARKES	00:47:40	00:11:18	00:36:22	15
EMMA	SPECK	00:49:01	00:12:20	00:36:41	13
CHRIS	CHEEK	00:48:03	00:11:22	00:36:41	12
DENISE	SOFTLEY	00:53:42	00:16:59	00:36:43	11
JANE	PHINN	00:57:32	00:19:21	00:38:11	10
ALEXANDRIA	EVANS	00:55:56	00:14:24	00:41:32	9
LOUISE	HINSLEY	01:00:31	00:17:11	00:43:20	8
TAMLA	SHORT	00:44:12	00:00:00	00:44:12	7
LAUREN	FOULDS	00:47:37	00:00:00	00:47:37	6



Smalley XC 3 - Dec 2019

*Handicap is calculated using the runners best time from the previous 12 months

NAME		RUNNING TIME	HANDICAP	HANDICAP TIME	HANDICAP
		hr:min:sec	hr:min:sec	hr:min:sec	
JOE	GOODWIN	00:41:00	00:03:41	00:37:19	30
MORGAN	BRADLEY	00:42:29	00:04:49	00:37:40	29
JULIE	TAYLOR	01:01:14	00:23:13	00:38:01	28
JAMES	TAYLOR	00:49:30	00:10:29	00:39:01	27
TAMLA	SHORT	00:54:13	00:14:54	00:39:19	26
RICHARD	NEWMAN	01:04:31	00:25:03	00:39:28	25
ESTHER	HUNT	00:49:24	00:09:39	00:39:45	24
ANDREW	LEWIS	00:46:07	00:06:09	00:39:58	23
LAUREN	FOULDS	00:54:53	00:13:40	00:41:13	22
NICK	PARKES	00:53:04	00:11:18	00:41:46	21
YVONNE	WEIDNER	01:00:22	00:15:58	00:44:24	20
ALAN	MILES	01:00:35	00:16:10	00:44:25	19
DENISE	SOFTLEY	01:01:52	00:16:59	00:44:53	18
EMMA	SPECK	00:57:49	00:12:20	00:45:29	17
ALEXANDRIA	EVANS	01:04:55	00:14:12	00:50:43	16

Allestree XC 4 - Jan 2020

*Handicap is calculated using the runners best time from the previous 12 months

NAME		RUNNING TIME	HANDICAP	HANDICAP TIME	HANDICAP
		hr:min:sec	hr:min:sec	hr:min:sec	
RUTH	KENNEDY-GREEN	00:59:58	00:20:51	00:39:07	30
JOE	GOODWIN	00:43:32	00:04:02	00:39:30	29
RICHARD	NEWMAN	01:07:56	00:27:20	00:40:36	28
ESTHER	HUNT	00:51:50	00:10:32	00:41:18	27
JAMES	PICKERING	00:47:37	00:05:57	00:41:40	26
STEVE	RIVERS	00:46:58	00:05:11	00:41:47	25
DAVE	SANDERS	00:47:51	00:05:41	00:42:10	24
DANIEL	FLOYD	00:44:38	00:02:26	00:42:12	23
JULIE	TAYLOR	01:07:53	00:25:21	00:42:32	22
MORGAN	BRADLEY	00:48:23	00:05:15	00:43:08	21
JAMES	TAYLOR	00:55:05	00:11:27	00:43:38	20
OWEN	DAVIES	00:51:42	00:06:24	00:45:18	19
JOANNA	PALMER	00:55:55	00:09:17	00:46:38	18
YVONNE	WEIDNER	01:04:06	00:17:26	00:46:40	17
DENISE	SOFTLEY	01:06:41	00:18:32	00:48:09	16
THOMAS	BRADLEY	00:48:31	00:00:00	00:48:31	15
EMMA	SPECK	01:02:59	00:13:28	00:49:31	14
JANE	PHINN	01:10:40	00:21:07	00:49:33	13
RADHIKA	MCCATHIE	01:00:06	00:00:00	01:00:06	12

Conkers XC 5 - Feb 2020

*Handicap is calculated using the runners best time from the previous 12 months

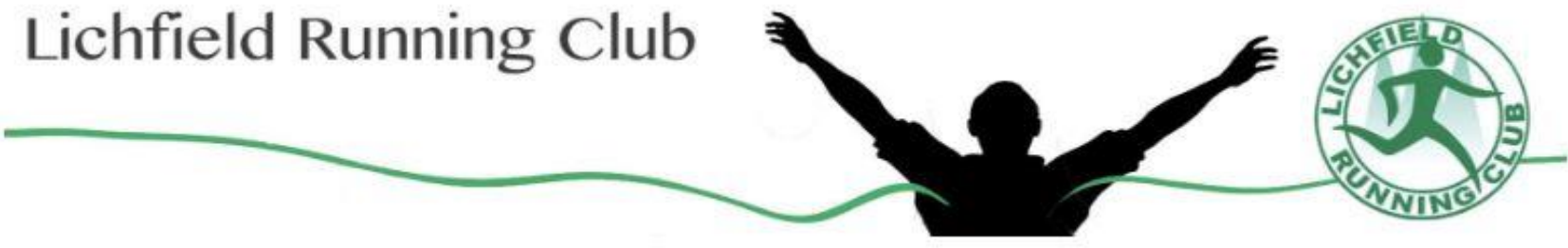
NAME		RUNNING TIME	HANDICAP	HANDICAP TIME	HANDICAP
		hr:min:sec	hr:min:sec	hr:min:sec	
THOMAS	BRADLEY	00:38:14	00:14:16	00:23:58	30
TAMLA	SHORT	00:45:48	00:14:13	00:31:35	29
JOE	GOODWIN	00:36:01	00:03:31	00:32:30	28
RICHARD	NEWMAN	00:56:37	00:23:54	00:32:43	27
MATTHEW	ORFORD	00:33:03	00:00:00	00:33:03	26
ESTHER	HUNT	00:43:10	00:09:12	00:33:58	25
JULIE	TAYLOR	00:56:14	00:22:10	00:34:04	24
DAVE	SANDERS	00:40:25	00:04:58	00:35:27	23
JAMES	TAYLOR	00:45:55	00:10:00	00:35:55	22
YVONNE	WEIDNER	00:51:22	00:15:14	00:36:08	21
MORGAN	BRADLEY	00:41:05	00:04:35	00:36:30	20
LAUREN	FOULDS	00:49:51	00:13:02	00:36:49	19
KATE	DELL	00:52:54	00:14:42	00:38:12	18
GEORGINA	MARTIN	00:56:44	00:18:23	00:38:21	17
NICK	PARKES	00:50:06	00:10:47	00:39:19	16
OWEN	DAVIES	00:45:07	00:05:35	00:39:32	15
DENISE	SOFTLEY	00:56:10	00:16:12	00:39:58	14
EMMA	SPECK	00:53:03	00:11:46	00:41:17	13
JANE	PHINN	01:00:06	00:18:28	00:41:38	12
CATHERINE	THOMPSON	00:58:18	00:15:47	00:42:31	11

Sinai XC 6 - Mar 2020

*Handicap is calculated using the runners best time from the previous 12 months

NAME		RUNNING TIME	HANDICAP	HANDICAP TIME	HANDICAP
		hr:min:sec	hr:min:sec	hr:min:sec	
RADHIKA	MCCATHIE	00:50:53	00:23:15	00:27:38	30
THOMAS	BRADLEY	00:39:19	00:09:52	00:29:27	29
RICHARD	NEWMAN	00:53:49	00:22:46	00:31:03	28
JOE	GOODWIN	00:35:24	00:03:21	00:32:03	27
RUTH	KENNEDY-GREEN	00:49:27	00:17:22	00:32:05	26
JULIE	TAYLOR	00:54:07	00:21:07	00:33:00	25
ESTHER	HUNT	00:41:53	00:08:46	00:33:07	24
TAMLA	SHORT	00:46:58	00:13:32	00:33:26	23
DANIEL	ALLEN	00:45:16	00:10:56	00:34:20	22
MORGAN	BRADLEY	00:38:43	00:04:22	00:34:21	21
JAMES	TAYLOR	00:44:06	00:09:32	00:34:34	20
DAVE	SANDERS	00:39:28	00:04:44	00:34:44	19
LAUREN	FOULDS	00:47:54	00:12:25	00:35:29	18
YVONNE	WEIDNER	00:51:29	00:14:41	00:36:48	17
OWEN	DAVIES	00:43:18	00:05:19	00:37:59	16
CATHERINE	THOMPSON	00:54:37	00:15:02	00:39:35	15
GEORGINA	MARTIN	00:58:32	00:17:31	00:41:01	14
ANDREW	LEWIS	00:46:55	00:05:35	00:41:20	13
JANE	PHINN	00:59:12	00:17:35	00:41:37	12
KATE	DELL	00:54:47	00:13:04	00:41:43	11
DENISE	SOFTLEY	00:59:45	00:15:26	00:44:19	10
JANE	MORRIS - HOE	00:52:52	00:00:00	00:52:52	9
RHIANNON	EVANS	00:53:42	00:00:00	00:53:42	8

Lichfield Running Club



Lichfield Running Club

