2023 Club Championship - Men

Runner	No. Races Run	Total Race Points	Best 8 Race Points	Llswerry 8 Race 1	Ponty' Reverse 10 Race 2	Cardiff Bay 10k Race 3	Whitchurch 5k Race For Victory Race 4	ROSE IN 4 Miles Race 5	PORTHCAWL 10k Race 6	BUTE TOWN MILE Race 7	SSAFA 3 - 5k Race 8	BARRY ISLAND 10k Race 9	Cardiff 10k Race 10	Cardiff Half Marathon Race 11	Gwent League XC Pembrey Race 12	Richard Burton 10k Race 13	Cosmeston parkrun [Any in Race 14	MARATHON [ANY] Race 15

Championship Rules Summary

Based on chip time, the 1st club runner in each category is awarded 20 points, the 2nd 19 points, etc., down to 1 point.

The best 8 race scores count towards the final championship placings.

Club vest to be worn to score (exceptions - Representing region/county, running for charity or Christmas fancy dress)

A minimum of 4 races must be completed.

Men (All age categories)

				Race Points															Best 8 Race Points							
Luigi Federici	10	194	158		20	20	18	20		19	20	18	19	20		20			20	20	20	20	20	20	19	19
Neil Sigllechner	8	148	148			19	17		19		19	19	17	19			19		19	19	19	19	19	19	17	17
Ross Flanigan	12	217	148	17		18	16	19	18	18	18		18		18	19	18	20	20	19	19	18	18	18	18	18
Kevin Chalke	11	186	141		17	17	14	18	16			17	15	18	19		17	18	19	18	18	18	17	17	17	17
Kit Lambert	13	211	137	19	18		15	16		16	16	14	13	17	17	18	16	16	19	18	18	17	17	16	16	16
Paul Deaton	10	155	129					17		15	14	16	12	16	20	17	14	14	20	17	17	16	16	15	14	14
Mark Carter	11	163	125	18	19	15		15	14		15	12	14	14			12	15	19	18	15	15	15	15	14	14
Stuart Allen	7	109	109			14			17	17		15	16	15			15		17	17	16	15	15	15	14	
Matthew Gwenter	10	124	103			13	11	13	13		13	11	10	11		16	13		16	13	13	13	13	13	11	11
Nick Morgan	13	127	94		14	12	7	9	12	13	12	10	8	2		12	7	9	14	13	12	12	12	12	10	9
Andy Pearce	6	87	87			16	13		15			13		13				17	17	16	15	13	13	13		
Gideon Calder	11	82	77	13	11	5	3	6		9		6		1	13	14	1		14	13	13	11	9	6	6	5
Steven Barker	10	79	77		13	11	10	12	4	13	9	5		1			1		13	13	12	11	10	9	5	4
Massimo Mentasti	10	81	74			6	9	11	7	11	10	8	7	1		11			11	11	11	10	9	8	7	7
John Davies	9	68	67				4		9		6	9	9	10		13	1	7	13	10	9	9	9	7	6	4
Frank Atherton	8	64	64	15		9	8		12			1		8			1	10	15	12	10	9	8	8	1	1
Gareth Davies	9	62	61		12		2			8	7		5	5	12	10	1		12	12	10	8	7	5	5	2
John Fitzpatrick	3	59	59				19			20							20		20	20	19					
Liam Kelly	5	58	58		16		12							3	15			12	16	15	12	12	3			
James Buckingham	12	58	54	9	7	1		5	2	7	4	1		1	11	9	1		11	9	9	7	7	5	4	2
Iain Robins	4	42	42			8				14			11	9					14	11	9	8				
Simon Williamson	9	42	41			7	6	8			5	3		1	10		1	1	10	8	7	6	5	3	1	1
Simon Grant	3	40	40		15									12				13	15	13	12					
James George	6	40	40			2	6		8	10	11						3		11	10	8	6	3	2		
Sam Humphrey	2	40	40									20	20						20	20						
Anthony Bannon	2	36	36								17							19	19	17						
Malcolm Bradley	11	36	33	10		3	1		3	6	3	1	4	1			1	3	10	6	4	3	3	3	3	1
Gareth Jones	4	32	32	14							8			6			4		14	8	6	4				
Peter McDonald	3	31	31						10							15	6		15	10	6					
Andrew May	8	26	26	6	5			3		2		1	1	1		7			7	6	5	3	2	1	1	1
Chris Seal	4	24	24	12					6			4					2		12	6	4	2				
Mike Harrison	2	24	24					14									10		14	10						
Gavin Evans	2	23	23											7	16				16	7						
Tim Cummings	5	22	22	11	8	1											1	1	11	8	1	1	1			
Nathan Piddock	10	22	20	5		1	1	4	1	4	2		2	1			1		5	4	4	2	2	1	1	1
Paul McGilvray	2	19	19														8	11	11	8						
Ian Warburton	4	19	19	8	9												1	1	9	8	1	1				
Colin Caesar	3	16	16					7									1	8	8	7	1					
Nigel Adams	9	16	15			1	1		1	3		1		1		6	1	1	6	3	1	1	1	1	1	1
Richard Sewell	5	15	15		10							2		1			1	1	10	2	1	1	1			
John Frank	3	13	13					5				7					1		7	5	1					
Darren Morgan	6	13	13			1		1				1		1		8		1	8	1	1	1	1	1		
Darryl Beaver	5	11	11	7			1							1			1	1	7	1	1	1	1			
Rick Grosfils	4	11	11										1	1			5	4	5	4	1	1				
Paul Mitchell	3	11	11	4													1	6	6	4	1					
Simon Le Good	1	11	11														11		11							
Steve Hill	3	10	10		6								3					1	6	3	1					
Duncan Baird	1	9	9														9		9							
Peter Balmont	1	9	9												9				9							
Chris Nellins	3	8	8							5							1	2	5	2	1					
Richard Jackson	6	7	7				1		1	2		1		1			1		2	1	1	1	1	1		
Steve Francis	2	6	6											1				5	5	1						
Tim Evans	3	6	6			4								1			1		4	1	1					
Martin Chorley	4	4	4			1	1						1				1		1	1	1	1				
Peter Trott	4	4	4			1	1				1						1		1	1	1	1				
Steve Goodfellow	4	4	4			1	1				1						1		1	1	1	1				
Meurig Chapple	4	4	4			1			1		1	1							1	1	1	1				
Lyn Evans	3	3	3			1						1	1						1	1	1					
Michael Goode	3	3	3			1			1			1							1	1	1					
Dan Jolley	2	2	2											1			1		1	1						
Stephen Farmer	2	2	2			1											1		1	1						
Simon James	2	2	2									1		1					1	1						
Abyd Quinn Aziz	1	1	1														1		1							
Christian Ogden	1	1	1														1		1							
Jon Lewis	1	1	1														1		1							
Pablo Sanz Garcia	1	1	1														1		1							
Andrew Gardner	1	1	1											1					1							

Senior Men

				Race Points															Best 8 Race Points							
Luigi Federici	10	199	160		20	20	20	20		20	20	19	20	20		20			20	20	20	20	20	20	20	20
Neil Sigllechner	8	155	155			19	19		20		19	20	19	19			20		20	20	20	19	19	19	19	19
Nathan Piddock	10	181	146	18		18	18	19	18	19	18		18	18			17		19	19	18	18	18	18	18	18
Chris Seal	4	74	74	19					19			18					18		19	19	18	18				
Simon Le Good	1	19	19														19		19							

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				Race Points															Best 8 Race Points							
Kit Lambert	13	251	157	19	20		18	20		19	19	19	19	20	20	20	19	19	20	20	20	20	19	19	19	19
Matthew Gwenter	10	181	148			20	16	18	19		18	18	17	18		19	18		20	19	19	18	18	18	18	18
Nick Morgan	13	213	138		17	19	15	16	18	17	17	17	16	12		17	16	16	19	18	17	17	17	17	17	16
Gareth Davies	9	137	123		16		14			16	16		14	15	16	16	14		16	16	16	16	16	15	14	14
Liam Kelly	5	84	84		19		17							13	18			17	19	18	17	17	13			
Iain Robins	4	70	70			17				18			18	17					18	18	17	17				
John Fitzpatrick	3	59	59				19			20							20		20	20	19					
Simon Grant	3	55	55		18									19				18	19	18	18					
Martin Chorley	4	54	54			16	13						13				12		16	13	13	12				
Peter McDonald	3	50	50						17							18	15		18	17	15					
Sam Humphrey	2	40	40									20	20						20	20						
Anthony Bannon	2	40	40								20							20	20	20						
Mike Harrison	2	36	36					19									17		19	17						
Gavin Evans	2	35	35											16	19				19	16						
Steve Francis	2	25	25											10				15	15	10						
Pablo Sanz Garcia	1	13	13														13		13							

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				Race Points															Best 8 Race Points							
Ross Flanigan	12	238	160	19		20	20	20	20	20	20		20		19	20	20	20	20	20	20	20	20	20	20	20
Paul Deaton	10	187	152					19		18	18	20	17	20	20	19	18	18	20	20	20	19	19	18	18	18
Mark Carter	11	204	151	20	20	19		18	18		19	18	18	18			17	19	20	20	19	19	19	18	18	18
Gideon Calder	11	174	134	17	18	15	16	14		14		16		16	18	18	12		18	18	18	17	16	16	16	15
Steven Barker	10	159	134		19	17	19	17	15	17	15	15		15			10		19	19	17	17	17	15	15	15
Massimo Mentasti	10	161	132			16	18	16	16	16	16	17	16	13		17			18	17	17	16	16	16	16	16
Stuart Allen	7	132	132			18			19	19		19	19	19			19		19	19	19	19	19	19	18	
Andrew May	8	113	113	15	16			13		13		14	15	11		16			16	16	15	15	14	13	13	11
James George	6	93	93			14	17		17	15	17						13		17	17	17	15	14	13		
Tim Cummings	5	71	71	16	17	13											11	14	17	16	14	13	11			
Gareth Jones	4	63	63	18							14			17			14		18	17	14	14				
Colin Caesar	3	40	40					15									9	16	16	15	9					
Paul Mitchell	3	36	36	14													7	15	15	14	7					
Paul McGilvray	2	32	32														15	17	17	15						
Dan Jolley	2	18	18											12			6		12	6						
Duncan Baird	1	16	16														16		16							
Andrew Gardner	1	14	14											14					14							
Christian Ogden	1	8	8														8		8							
Jon Lewis	1	4	4														4		4							

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				Race Points															Best 8 Race Points							
Kevin Chalke	11	220	160		20	20	20	20	20			20	20	20	20		20	20	20	20	20	20	20	20	20	20
James Buckingham	12	212	150	19	18	16		18	16	20	19	16		17	19	20	14		20	20	19	19	19	18	18	17
Frank Atherton	8	141	141	20		18	18		18			15		18			16	18	20	18	18	18	18	18	16	15
Simon Williamson	9	148	137			17	17	19			20	17		12	18		17	11	20	19	18	17	17	17	17	12
Andy Pearce	6	114	114			19	19		19			19		19				19	19	19	19	19	19	19		
Nigel Adams	9	116	107			12	13		12	19		11		10		18	9	12	19	18	13	12	12	12	11	10
Darren Morgan	6	82	82			11			15			9		15		19		13	19	15	15	13	11	9		
Richard Jackson	6	74	74				12		13	18		10		11			10		18	13	12	11	10	10		
Darryl Beaver	5	74	74	17			15							13			13	16	17	16	15	13	13			
Rick Grosfils	4	70	70										18	16			19	17	19	18	17	16				
Ian Warburton	4	64	64	18	19												12	15	19	18	15	12				
Peter Trott	4	63	63			15	16				17						15		17	16	15	15				
Meurig Chapple	4	58	58			13			14		18	13							18	14	13	13				
John Frank	3	53	53						17			18					18		18	18	17					
Steve Hill	3	50	50		17								19					14	19	17	14					
Steve Goodfellow	4	49	49			8	14				16						11		16	14	11	8				
Lyn Evans	3	43	43			14						12	17						17	14	12					
Michael Goode	3	29	29			10			11			8							11	10	8					
Simon James	2	28	28									14		14					14	14						
Stephen Farmer	2	17	17			9											8		9	8						

Veteran Men 65

				Race Points															Best 8 Race Points							
John Davies	9	180	160				20		20		20	20	20	20		20	20	20	20	20	20	20	20	20	20	20
Malcolm Bradley	11	205	154	20		19	19		19	20	19	18	19	17			16	19	20	20	19	19	19	19	19	19
Richard Sewell	5	91	91		20							19		18			17	17	20	19	18	17	17			
Tim Evans	3	57	57			20								19			18		20	19	18					
Chris Nellins	3	56	56							19							19	18	19	19	18					
Peter Balmont	1	20	20												20				20							
Abyd Quinn Aziz	1	15	15														15		15							