SHORT RACES

Pos	Name/Cat		Ilkley Moor (AS) 27-Feb	Bunny Runs (CS) - Best only 5, 12, 19-Apr	Jack Bloor (BS) 10-May	Otley Chevin (AS) 01-Jun	Abbey Anniversary (AS) 09-Jun	Buckden Pike (BS) 18-Jun	Stoodley Pike (BS) 05-Jul	Addingham Gala (AS) 09-Jul	Great Whernside (AS) 28-Oct	Stoop (BS) 18-Dec
1	Matthew John	M	91.47	95.11	93.39	93.61	95.30	92.78		98.10		
2	Richard Foster	M				81.62	82.26			79.25		
3	John Fortescue	M40	71.57				75.93					
4	Dominic Nurse	M40	77.51									
5	Mike Ayers	M50					75.35					
6	Sarah Grant	L40	69.05									
7	Cat Purdy	F										
8	Andrew Davidson	M40								74.69		
9	Phil Livermore	M				88.83	90.12			92.06		
10	Simon Bowens	M40		68.56		62.41						
11	Brian Goodison	M50	81.48									
12	Ann Hall	L45										
13	Greg Weatherhead	M					84.75					
14	James Franklin	M										
15	Hilary Lane	L50										
16	Tim Jacobs	M40										
17	Ian Patchett	M40					72.29			74.79		
18	Allison Skillicorn	F										
19	Sarah Edwards	F			67.50							
20	Liz Casey	L50	58.35									
21	Dave Beston	M50	59.17									
22	Alan Hirons	M40					71.00					
23	Kevin Jackson	M45										
24	Sharon Woodruff	F										
25	Sheelagh Ratcliff	F40										
26	Gail Tombs	L55										
27	Polly Wilding	F										
28	Stella Cross	L50										
29	Duncan Clark	M50				82.61						
30	Chris Oddy	M				79.23						
31	Rachel Mackie	F35								71.58		
32	Jackson Layburn	U18					68.62					
33	Kate Bell	F40										
34	John Ward	M50					64.97					
35												
36												
37												

MEDIUM RACES

Pos	Name/Cat		Stanbury Splash (BM) 23-Jan	Winter Hill (AM) 13-Feb	Noonstone (AM) 26-Feb	Coniston (AM) 30-Apr	Fairfield Horseshoe (AM) 14-May	Hutton Roof (BM) 28-May	Austwick Amble (BM) 30-May	Ingleborough (AM) 16-Jul	Kentmere H'shoe (AM) 17-Jul	Round Hill (BM) 07-Aug	Withins Skyline (BM) 23-Oct	Shepherd's Skyline (BM) 05-Nov	Auld Lang Syne 31-Dec
1	Matthew John	M		95.45									93.55		
2	Richard Foster	M		72.58								88.65			
3	John Fortescue	M40		68.26								81.18		69.66	
4	Dominic Nurse	M40	75.76	77.02									80.66		
5	Mike Ayers	M50	71.81	71.11	74.92								72.62		
6	Sarah Grant	L40	71.57	71.05									72.36	73.08	
7	Cat Purdy	F		65.00	68.90										
8	Andrew Davidson	M40	70.17												
9	Phil Livermore	M			87.16										
10	Simon Bowens	M40	61.12												
11	Brian Goodison	M50	82.68												
12	Ann Hall	L45		62.60	64.24										
13	Greg Weatherhead	M										85.10	77.88		
14	James Franklin	M	79.12	77.80									83.34		
15	Hilary Lane	L50		58.99	60.84								60.32		
16	Tim Jacobs	M40	73.64									81.20			
17	Ian Patchett	M40													
18	Allison Skillicorn	F			67.51										
19	Sarah Edwards	F					60.37	64.69							
20	Liz Casey	L50	60.03	58.04									58.68	60.36	
21	Dave Beston	M50												56.62	
22	Alan Hirons	M40												69.17	
23	Kevin Jackson	M45													
24	Sharon Woodruff	F		58.75								69.80			
25	Sheelagh Ratcliff	F40													
26	Gail Tombs	L55													
27	Polly Wilding	F													
28	Stella Cross	L50	50.70		50.98								60.72		
29	Duncan Clark	M50													
30	Chris Oddy	M													
31	Rachel Mackie	F35													
32	Jackson Layburn	U18													
33	Kate Bell	F40													
34	John Ward	M50													
35															
36															
37															

LONG RACES

Pos	Name/Cat		Mickleden Straddle (BL) 06-Feb	Edale Skyline (AL) 27-Mar	3 Peaks (AL) 30-Apr	Helvellyn & the Dodds (AL) 29-May	Ennerdale (AL) 04-Jun	Wasdale (AL) 09-Jul	Yorkshireman Half (BL) 11-Sep	Whernside (BL) 24-Sep	Duddon (Long) (AL) 04-Jun	Haworth Hobble (BL) 13-Mar	Manx MM (AL) 23-Apr	Heptonstall (BL) 20-Mar	Wharfedale Half (BL) 04-Jun	Wharfedale TTT Race 2 (BL) 02-Jul	Borrowdale (AL) 06-Aug	Sedbergh Hills (AL) 21-Aug	Langdale Horseshoe 08-Oct	Good Shepherd (BL) 08-Oct	Tour of Pendle 19-Nov	Tot for counting races only (best 2 races from each cat) Totals	No of counting races	Average pts per race	No of Short Races run	No of Medium Races run	No of Long races run	Total Number of Races Run	Total Points Accumulated	Average of all races run
1	Matthew John	M			81.65				100.00								85.40		73.70		93.28	575.7	6	95.9	7	2	5	14	1282.8	91.6
2	Richard Foster	M			55.49				84.04													464.6	6	77.4	3	2	2	7	543.9	77.7
3	John Fortescue	M40			66.07	70.23																434.6	6	72.4	2	3	2	7	502.9	71.8
4	Dominic Nurse	M40			65.95											80.44					73.04	388.7	5	77.7	1	3	3	7	530.4	75.8
5	Mike Ayers	M50			65.86	72.52											61.00				69.49	364.9	5	73.0	1	4	4	9	634.7	70.5
6	Sarah Grant	L40	73.88		63.64					73.26												361.6	5	72.3	1	4	3	8	567.9	71.0
7	Cat Purdy	F			64.76							67.17					54.03			69.66	68.78	272.3	4	68.1		2	5	7	458.3	65.5
8	Andrew Davidson	M40			63.48																62.05	270.4	4	67.6	1	1	2	4	270.4	67.6
9	Phil Livermore	M																				269.3	3	89.8	3	1		4	358.2	89.5
10	Simon Bowens	M40								60.44												252.5	4	63.1	2	1	1	4	252.5	63.1
11	Brian Goodison	M50													86.82							251.0	3	83.7	1	1	1	3	251.0	83.7
12	Ann Hall	L45	66.40																		55.88	249.1	4	62.3		2	2	4	249.1	62.3
13	Greg Weatherhead	M																				247.7	3	82.6	1	2		3	247.7	82.6
14	James Franklin	M	82.19																			244.7	3	81.6		3	1	4	322.4	80.6
15	Hilary Lane	L50	61.95		56.78					56.95											56.39	240.1	4	60.0		3	4	7	412.2	58.9
16	Tim Jacobs	M40																			62.66	217.5	3	72.5		2	1	3	217.5	72.5
17	Ian Patchett	M40								66.80												213.9	3	71.3	2		1	3	213.9	71.3
18	Allison Skillicorn	F								65.87				66.20	72.69							206.4	3	68.8		1	3	4	272.3	68.1
19	Sarah Edwards	F																				192.6	3	64.2	1	2		3	192.6	64.2
20	Liz Casey	L50																				178.7	3	59.6	1	4		5	295.5	59.1
21	Dave Beston	M50			53.40																	169.2	3	56.4	1	1	1	3	169.2	56.4
22	Alan Hirons	M40																				140.2	2	70.1	1	1		2	140.2	70.1
23	Kevin Jackson	M45								69.11		61.35	66.72						51.86		63.92	135.8	2	67.9			5	5	313.0	62.6
24	Sharon Woodruff	F																				128.6	2	64.3		2		2	128.6	64.3
25	Sheelagh Ratcliff	F40			52.11					58.89											56.39	115.3	2	57.6			3	3	167.4	55.8
26	Gail Tombs	L55	59.76								55.16							53.51				114.9	2	57.5			3	3	168.4	56.1
27	Polly Wilding	F	59.17		55.49																	114.7	2	57.3			2	2	114.7	57.3
28	Stella Cross	L50																				111.7	2	55.8		3		3	162.4	54.1
29	Duncan Clark	M50																				82.6	1	82.6	1			1	82.6	82.6
30	Chris Oddy	M																				79.2	1	79.2	1			1	79.2	79.2
31	Rachel Mackie	F35																				71.6	1	71.6	1			1	71.6	71.6
32	Jackson Layburn	U18																				68.6	1	68.6	1			1	68.6	68.6
33	Kate Bell	F40								66.73												66.7	1	66.7			1	1	66.7	66.7
34	John Ward	M50																				65.0	1	65.0	1			1	65.0	65.0
35																														
36																														
37																														

Rules of Competition

Only FRA races count, the idea is to encourage as many Abbey's as possible to turn up to Fell Races and begin to make our mark in the Fell Running Community.

Your score for a particular race is given as a percentage of the overall race winner's time (in the same way as done for the road league)

A total of 6 races will count for the overall results - 2 short, 2 medium and 2 long.

If you do more than 2 races in each category, only your best two race results will count. For the Bunny runs - only your best result from the series will count as one short race.

Short and Medium races are nominated as above, as are some longs, but any FRA category A or B long race will count (please email me if you do one). If there any other Short or Medium races that you think should be included (i.e. local races where lots of Abbeys run), please email.

Prizes will be awarded for each category.

Any errors - please email foster.richardjohn@gmail.com