	2018/19 Club Championships								1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Position	Club Member - Women	Number of Races completed	Minimum 8 Races Completed	Completed 10 mile or over race	Completed 6 mile to under 10 mile race	Completed under 6 mile race	Total Points	Club Championship Score	Croydon Half Marathon	Any Road Half Marathon (May, June, July)	Dave Clarke 5k	Sutton 10k	Dorking 10	Any Near-as-damn-it 10k	Any Recurring Handicap	Tour of Epsom - NESCOT	Tour of Epsom - Nonsuch Park	Tour of Epsom - Hogsmill Open Space	Tour of Epsom - Nonsuch Park Time Trials	Tour of Epsom - NESCOT Handicap	Richmond 10k	Nonsuch Park Relays	Elmore 7	Elmbridge 10k	Wimbledon 5k	Any September Road Marathon	Andrew Griffin Mile	Croydon Switchback 5	East Surrey League Cross Country	Surrey Cross Country League - Ladies 1	Croydon 10k	Any Surrey Classic 10k	Surrey Cross Country League - Ladies 2	Tadworth 10	Surrey Cross Country League - Ladies 3	Surrey Cross Country League - Ladies 4	Valentines 10k	Any March Parkrun
1	Shun-Lai Chan	2		Y		Y	80		40		40																											
2	Hannah Langmead-Thorpe	2		Y		Y	75		38		37																											
2=	Ruth Cottam	2		Y		Y	75		39		36																											
4	Karen Chart	2		Y		Y	71		37		34																											
5	Elaine Reid	1				Y	39				39																											
6	Annette Helliwell	1				Y	38				38																											
7	Sarah Tindley	1				Y	35				35																											
8	Rosa Constantinou	1				Y	33				33																											
9	Gill Stalley	1				Y	32				32																											
10	Maria Lawrence	1				Y	31				31																											
11	Ria Trundley	1				Y	30				30																											

	2018/19 Club Championships								1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Position	Club Member - Men	Number of Races completed	Minimum 8 Races Completed	Completed 10 mile or over race	Completed 6 mile to under 10 mile race	Completed under 6 mile race	Total Points	Club Championship Score	Croydon Half Marathon	Any Road Half Marathon (May, June, July)	Dave Clarke 5k	Sutton 10k	Dorking 10	Any Near-as-damn-it 10k	Any Recurring Handicap	Tour of Epsom - NESCOT	Tour of Epsom - Nonsuch Park	Tour of Epsom - Hogsmill Open Space	Tour of Epsom - Nonsuch Park Time Trials	Tour of Epsom - NESCOT Handicap	Richmond 10k	Nonsuch Park Relays	Elmore 7	Elmbridge 10k	Wimbledon 5k	Any September Road Marathon	Andrew Griffin Mile	Croydon Switchback 5	East Surrey League Cross Country	Surrey Cross Country League - Men 1	Croydon 10k	Any Surrey Classic 10k	Surrey Cross Country League - Men 2	Tadworth 10	Surrey Cross Country League - Men 3	Surrey Cross Country League - Men 4	Valentines 10k	Any March Parkrun
1	James Mcclintock	2		Y		Y	78		40		38																											
2	Keith Dunning	2		Y		Y	74		38		36																											
3	Andy Schendel	2		Y		Y	67		36		31																											
4	Mark Constantinou	1				Y	40				40																											
5	Antony Constantinou	1				Y	39				39																											
5=	Glen Smith	1		Y			39		39																													
7	Jonathan Sharrock	1		Y			37		37																													
7=	Richard Fox	1				Y	37				37																											
9	Joe Victor	1				Y	35				35																											
10	Martin Lloyd	1				Y	34				34																											
11	Gary Thompson	1				Y	33				33																											
12	Robert Nyman	1				Y	32				32																											
13	Melvin Trundley	1				Y	30				30																											

	2018/19 Age-Graded			1	2	3	4	5	6	8	9	10	11	12	13	6	14	15	16	6	17	18	18	19	20	21	22	23	24	24	25	24	26	27	28	29	30	30	30	30	7
Position	Club Member - Women	Race Completed	Club Age-Graded Competition Score	Croydon Half Marathon	Richmond Half Marathon	Dave Clarke 5k	Sutton 10k	Dorking 10	Near-as-damn-it 10k (May)	Tour of Epsom - NESCOT	Tour of Epsom - Nonsuch Park	Tour of Epsom - Hogsmill Open Space	Tour of Epsom - Nonsuch Park Time Trials	Tour of Epsom - NESCOT Handicap	Richmond 10k	Near-as-damn-it 10k (June)	Nonsuch Park Relays	Elmore 7	Elmbridge 10k	Near-as-damn-it 10k (July)	Wimbledon 5k	Kent Coastal Marathon	Richmond Marathon	Andrew Griffin Mile	Croydon Switchback 5	East Surrey League Cross Country	Surrey Cross Country League - Ladies 1	Croydon 10k	Surrey Classic 10k - Oxshott	Surrey Classic 10k - Nonsuch Park	Surrey Cross Country League - Ladies 2	Surrey Classic 10k - Horton Country Park	Tadworth 10	Surrey Cross Country League - Ladies 3	Surrey Cross Country League - Ladies 4	Valentines 10k	Parkrun 1st Saturday	Parkrun 2nd Saturday	Parkrun 3rd Saturday	Parkrun 4th Saturday	Any Recurring Handicap
1	Shun-Lai Chan	3	31	8	8	15																																			
2	Ruth Cottam	3	24	6	6	12																																			
3	Annette Helliwell	1	19			19																																			
4	Elaine Reid	2	18		5	13																																			
5	Karen Chart	2	9	2		7																																			
5=	Sarah Tindley	1	9			9																																			
7	Ria Trundley	1	8			8																																			
8	Hannah Langmead-Thorpe	2	7	1		6																																			
9	Gill Stalley	1	5			5																																			
10	Rosa Constantinou	1	2			2																																			
11	Maria Lawrence	1	1			1																																			

	2018/19 Age-Graded			1	2	3	4	5	6	8	9	10	11	12	13	6	14	15	16	6	17	18	19	20	21	22	23	24	24	25	24	26	27	28	29	30	30	30	30	7
Position	Club Member - Men	Race Completed	Club Age-Graded Competition Score	Croydon Half Marathon	Richmond Half Marathon	Dave Clarke 5k	Sutton 10k	Dorking 10	Near-as-damn-it 10k (May)	Tour of Epsom - NESCOT	Tour of Epsom - Nonsuch Park	Tour of Epsom - Hogsmill Open Space	Tour of Epsom - Nonsuch Park Time Trials	Tour of Epsom - NESCOT Handicap	Richmond 10k	Near-as-damn-it 10k (June)	Nonsuch Park Relays	Elmore 7	Elmbridge 10k	Near-as-damn-it 10k (July)	Wimbledon 5k	Kent Coastal Marathon	Andrew Griffin Mile	Croydon Switchback 5	East Surrey League Cross Country	Surrey Cross Country League - Men 1	Croydon 10k	Surrey Classic 10k - Oxshott	Surrey Classic 10k - Nonsuch Park	Surrey Cross Country League - Men 2	Surrey Classic 10k - Horton Country Park	Tadworth 10	Surrey Cross Country League - Men 3	Surrey Cross Country League - Men 4	Valentines 10k	Parkrun 1st Saturday	Parkrun 2nd Saturday	Parkrun 3rd Saturday	Parkrun 4th Saturday	Any Recurring Handicap
1	James Mcclintock	3	28	7	7	14																																		
2	Keith Dunning	2	27	9		18																																		
3	Mark Constantinou	1	22			22																																		
4	Antony Constantinou	1	21			21																																		
5	Richard Fox	1	20			20																																		
6	Martin Lloyd	1	17			17																																		
7	Joe Victor	1	16			16																																		
8	Gary Thompson	1	11			11																																		
9	Andy Schendel	3	10	3	4	3																																		
9=	Robert Nyman	1	10			10																																		
11	Glen Smith	1	5	5																																				
12	Jonathan Sharrock	1	4	4																																				
12=	Melvin Trundley	1	4			4																																		

	2018/19 Handicap			1	2	3	4	5	6	8	9	10	11	12	13	6	14	15	16	6	17	18	18	19	20	21	22	23	24	24	25	24	26	27	28	29	30	30	30	30	7
Position	Club Member - Women	Race Completed	Club Handicap Competition Score	Croydon Half Marathon	Richmond Half Marathon	Dave Clarke 5k	Sutton 10k	Dorking 10	Near-as-damn-it 10k (May)	Tour of Epsom - NESCOT	Tour of Epsom - Nonsuch Park	Tour of Epsom - Hogsmill Open Space	Tour of Epsom - Nonsuch Park Time Trials	Tour of Epsom - NESCOT Handicap	Richmond 10k	Near-as-damn-it 10k (June)	Nonsuch Park Relays	Elmore 7	Elmbridge 10k	Near-as-damn-it 10k (July)	Wimbledon 5k	Kent Coastal Marathon	Richmond Marathon	Andrew Griffin Mile	Croydon Switchback 5	East Surrey League Cross Country	Surrey Cross Country League - Ladies 1	Croydon 10k	Surrey Classic 10k - Oxshott	Surrey Classic 10k - Nonsuch Park	Surrey Cross Country League - Ladies 2	Surrey Classic 10k - Horton Country Park	Tadworth 10	Surrey Cross Country League - Ladies 3	Surrey Cross Country League - Ladies 4	Valentines 10k	Parkrun 1st Saturday	Parkrun 2nd Saturday	Parkrun 3rd Saturday	Parkrun 4th Saturday	Any Recurring Handicap
1	Shun-Lai Chan	3	28	9	7	12																																			
2	Karen Chart	2	24	6		18																																			
3	Hannah Langmead-Thorpe	2	23	1		22																																			
4	Annette Helliwell	1	20			20																																			
5	Ria Trundley	1	19			19																																			
6	Maria Lawrence	1	15			15																																			
7	Gill Stalley	1	14			14																																			
7=	Ruth Cottam	3	14	3	6	5																																			
9	Elaine Reid	2	11		4	7																																			
10	Rosa Constantinou	1	3			3																																			
11	Sarah Tindley	1	1			1																																			

	2018/19 Handicap			1	2	3	4	5	6	8	9	10	11	12	13	6	14	15	16	6	17	18	19	20	21	22	23	24	24	25	24	26	27	28	29	30	30	30	30	7
Position	Club Member - Men	Race Completed	Club Handicap Competition Score	Croydon Half Marathon	Richmond Half Marathon	Dave Clarke 5k	Sutton 10k	Dorking 10	Near-as-damn-it 10k (May)	Tour of Epsom - NESCOT	Tour of Epsom - Nonsuch Park	Tour of Epsom - Hogsmill Open Space	Tour of Epsom - Nonsuch Park Time Trials	Tour of Epsom - NESCOT Handicap	Richmond 10k	Near-as-damn-it 10k (June)	Nonsuch Park Relays	Elmore 7	Elmbridge 10k	Near-as-damn-it 10k (July)	Wimbledon 5k	Kent Coastal Marathon	Andrew Griffin Mile	Croydon Switchback 5	East Surrey League Cross Country	Surrey Cross Country League - Men 1	Croydon 10k	Surrey Classic 10k - Oxshott	Surrey Classic 10k - Nonsuch Park	Surrey Cross Country League - Men 2	Surrey Classic 10k - Horton Country Park	Tadworth 10	Surrey Cross Country League - Men 3	Surrey Cross Country League - Men 4	Valentines 10k	Parkrun 1st Saturday	Parkrun 2nd Saturday	Parkrun 3rd Saturday	Parkrun 4th Saturday	Any Recurring Handicap
1	James Mcclintock	3	29	8	8	13																																		
2	Melvin Trundley	1	21			21																																		
3	Keith Dunning	2	19	2		17																																		
4	Joe Victor	1	16			16																																		
5	Andy Schendel	3	13	4	5	4																																		
6	Richard Fox	1	11			11																																		
7	Martin Lloyd	1	10			10																																		
8	Mark Constantinou	1	9			9																																		
9	Antony Constantinou	1	8			8																																		
10	Glen Smith	1	7	7																																				
11	Gary Thompson	1	6			6																																		
12	Jonathan Sharrock	1	5	5																																				
13	Robert Nyman	1	2			2																																		