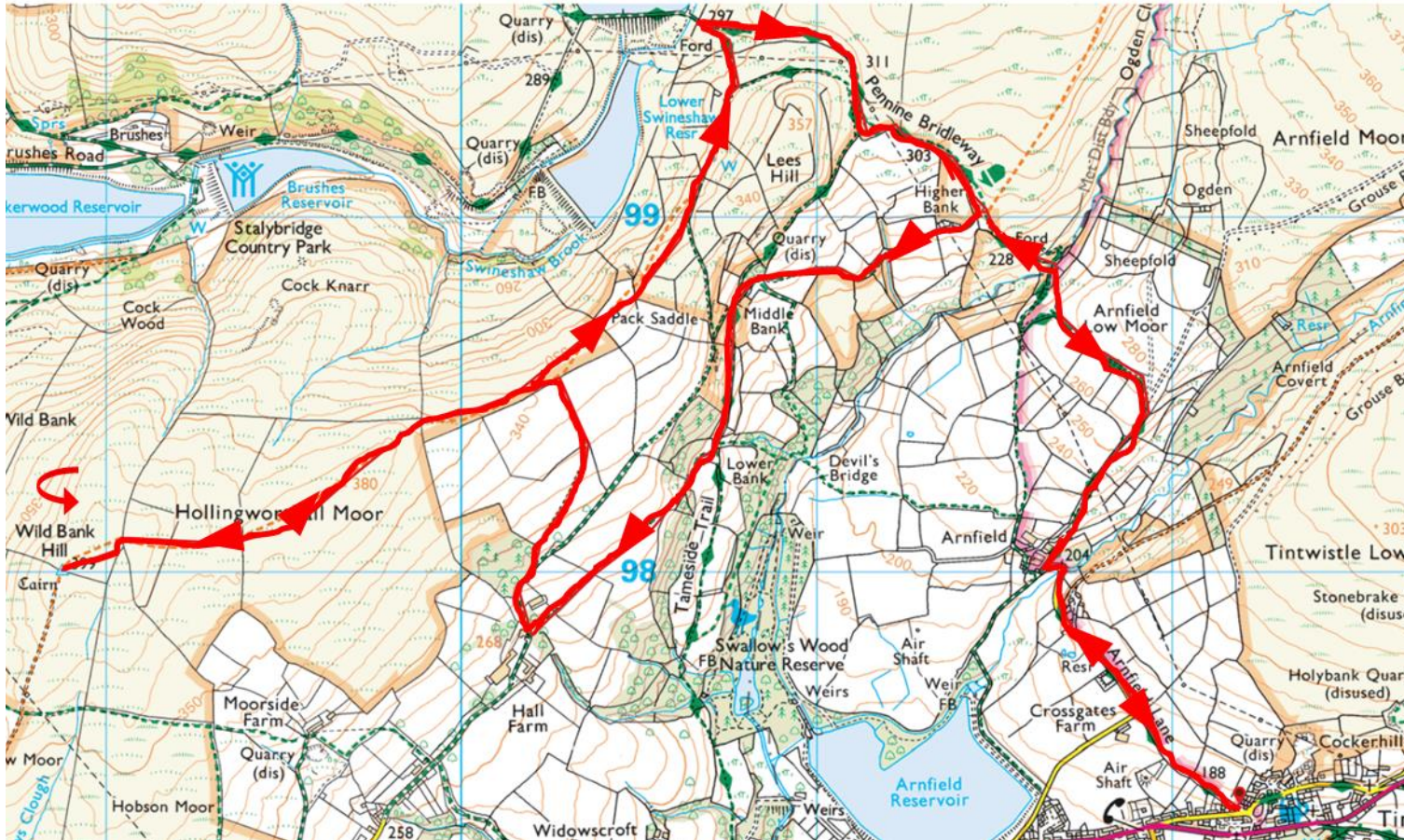




# 2022 Club Championships

**By the Numbers.....**

# February 2022 – David Bray Memorial Race



Discipline = Trail  
8 Miles x 1,400 ft

Time Trial Only

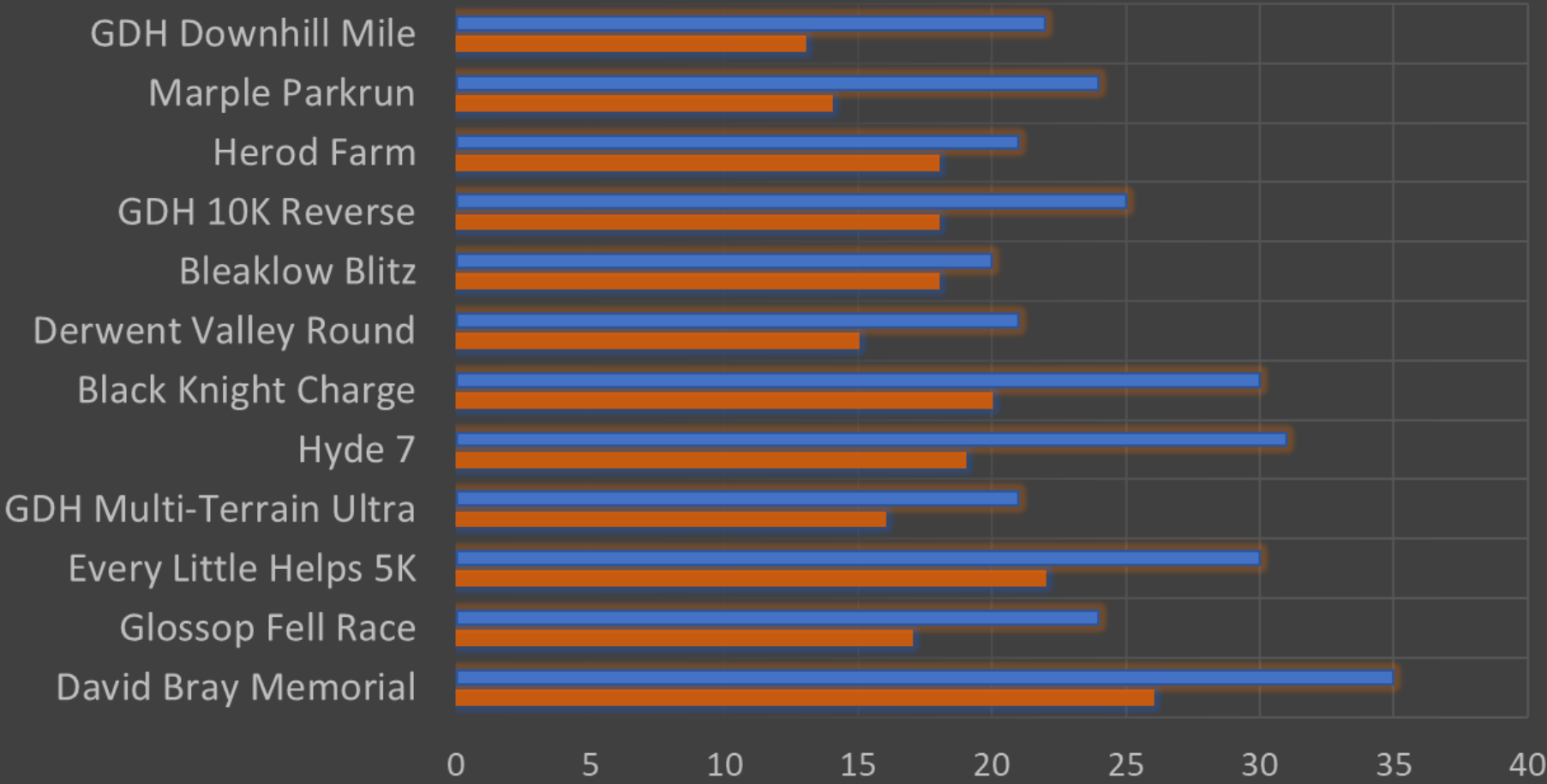
Mens Winner = Josh Southall (58:33)

Womens Winner = Immy Trinder (1:15:22)



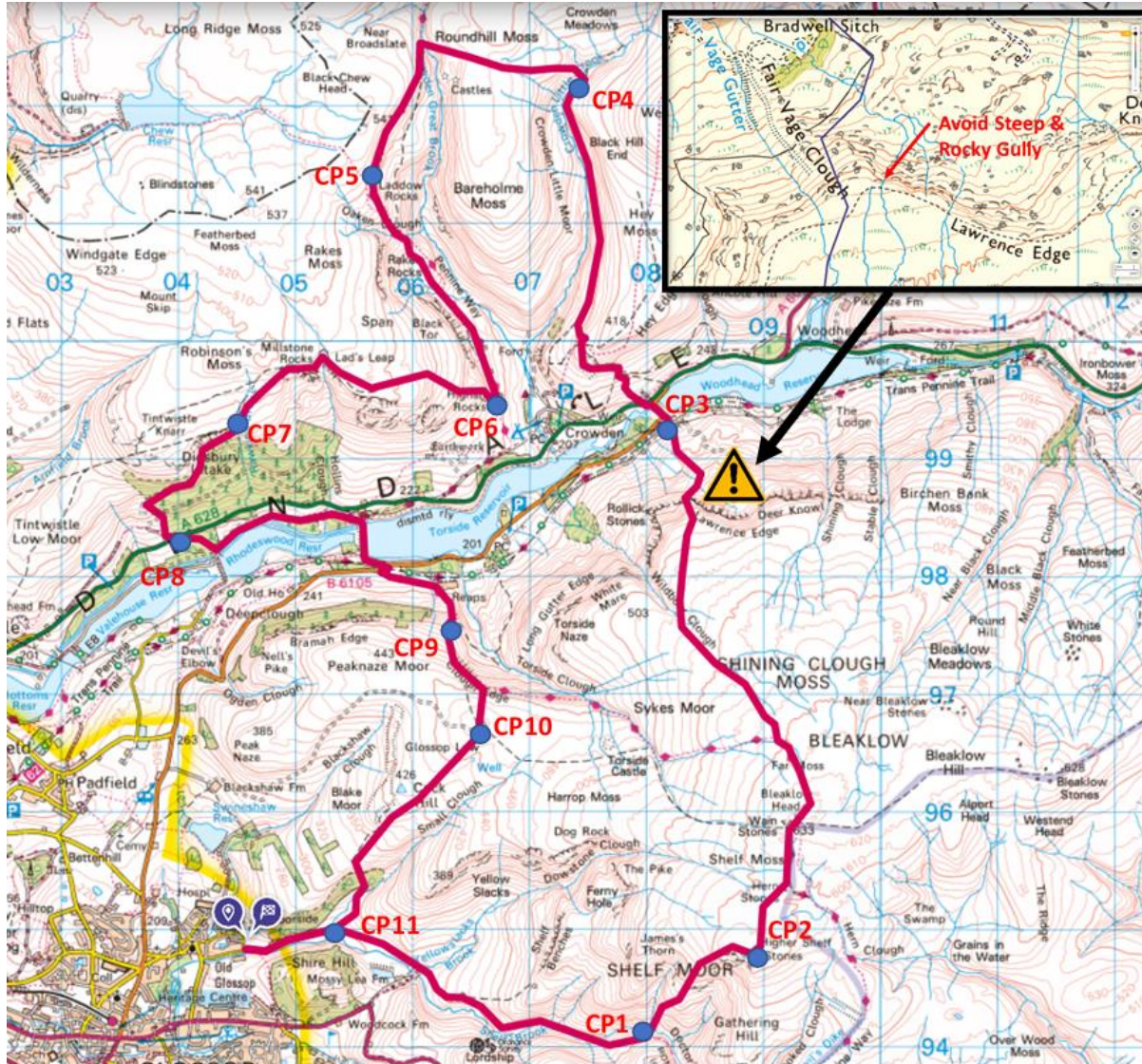
## Number of Participants M/F

■ No of Male ■ No of Female



- 93 Harriers ran 1 race or more.
- David Bray had the highest combined participation (61 Harriers).

# March 2022 – Glossop Fell Race



Discipline = Fell  
19 Miles x 4,200 ft

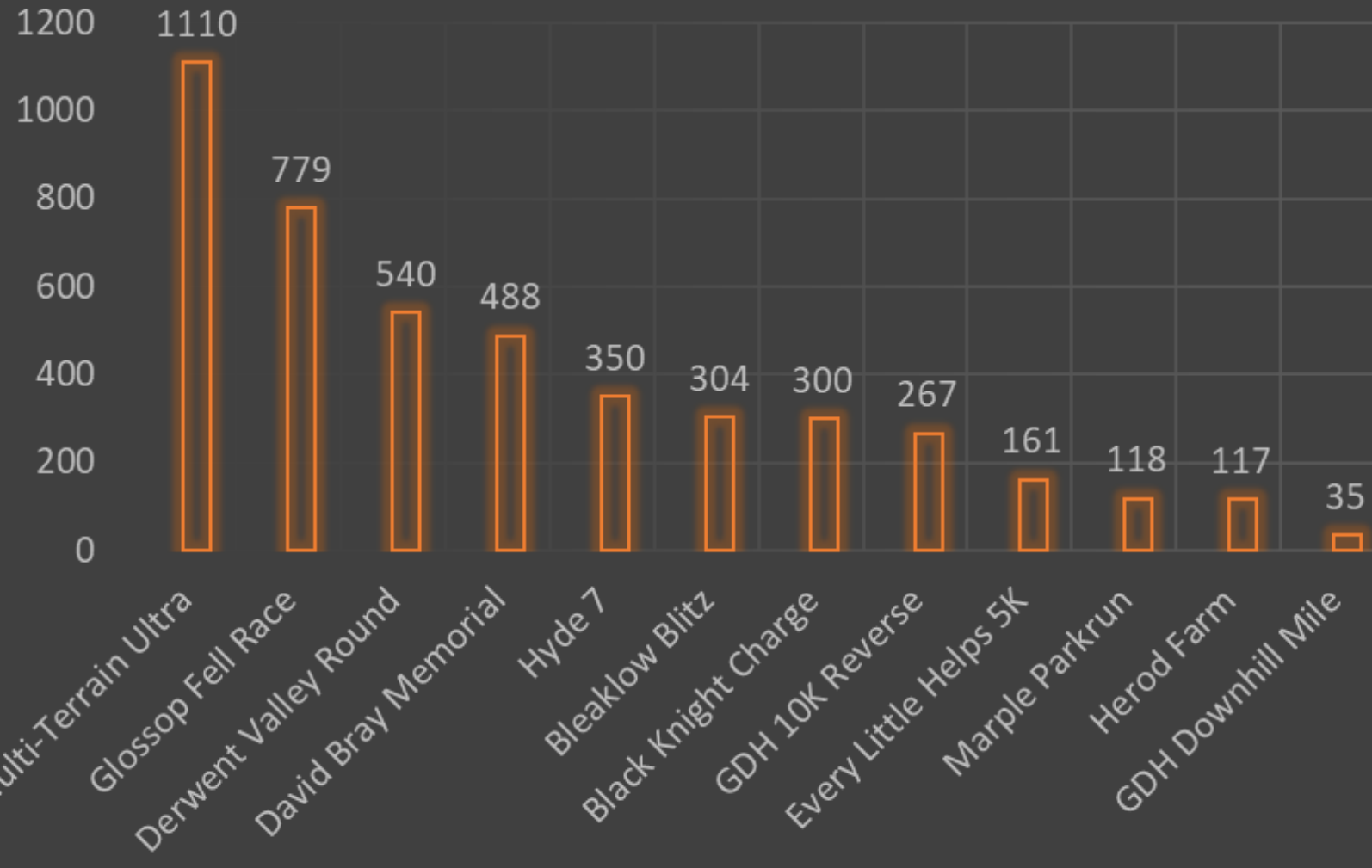
Time Trial Only

Mens Winner = Tim Budd (3:24:06)

Womens Winner = Immy Trinder (4:51:24)

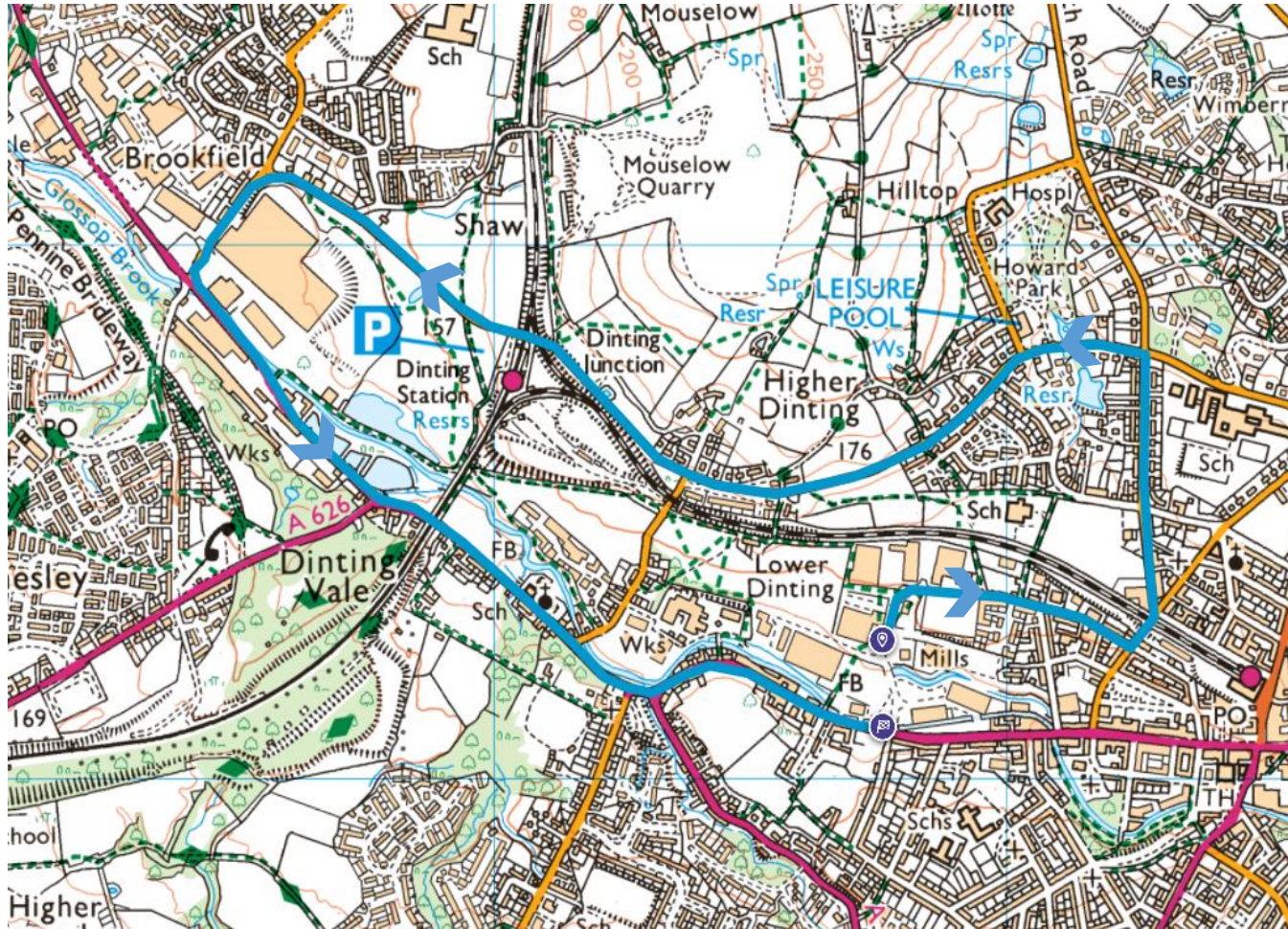


## Club Mileage per Race



- Total miles covered in the 2022 Champs = 4,569 miles (7,353km)

# April 2022 – Every Little Helps 5K



Discipline = Road  
3 Miles x 200 ft

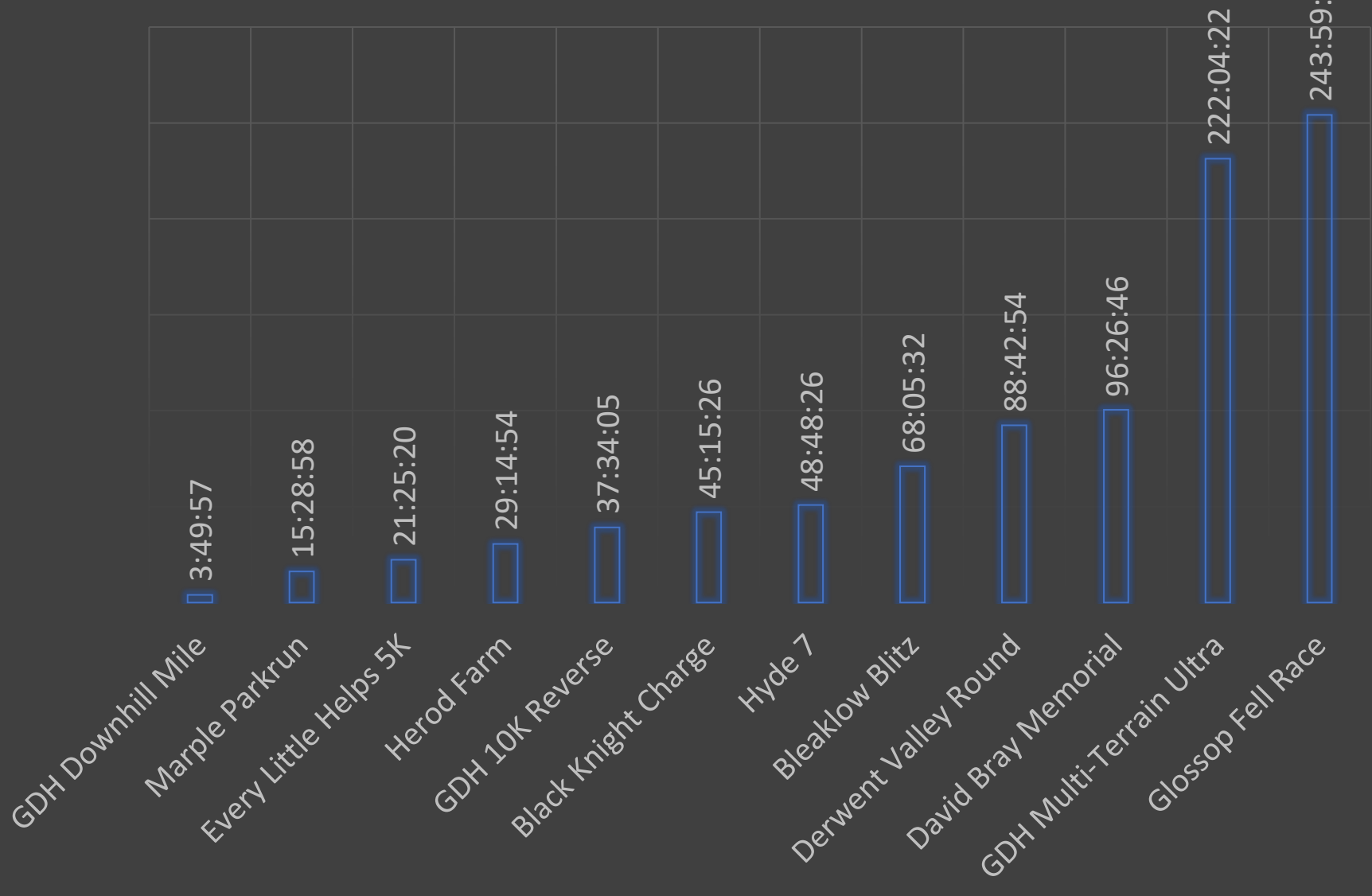
Time Trial Only

Mens Winner = Josh Southall (17:35)

Womens Winner = Immy Trinder (20:44)

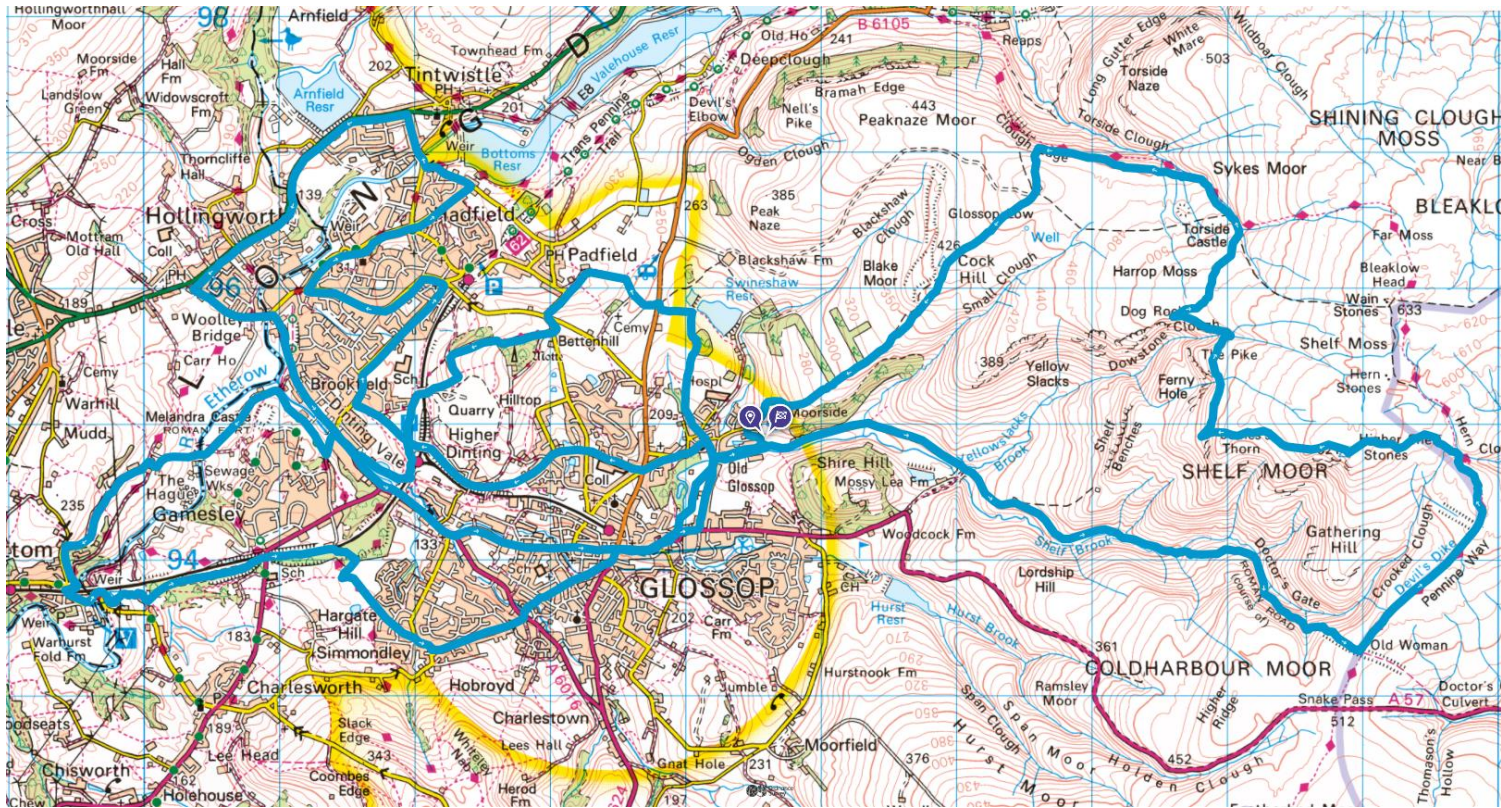


## Club Total Time per Race



- Total Time spent on the 2022 Champs = 921 hours (over 38 days solid!)

# May – GDH Multi-terrain Ultra



30 Miles x 3,700 ft  
3 x 10 Mile Legs  
Fell, Trail, Road

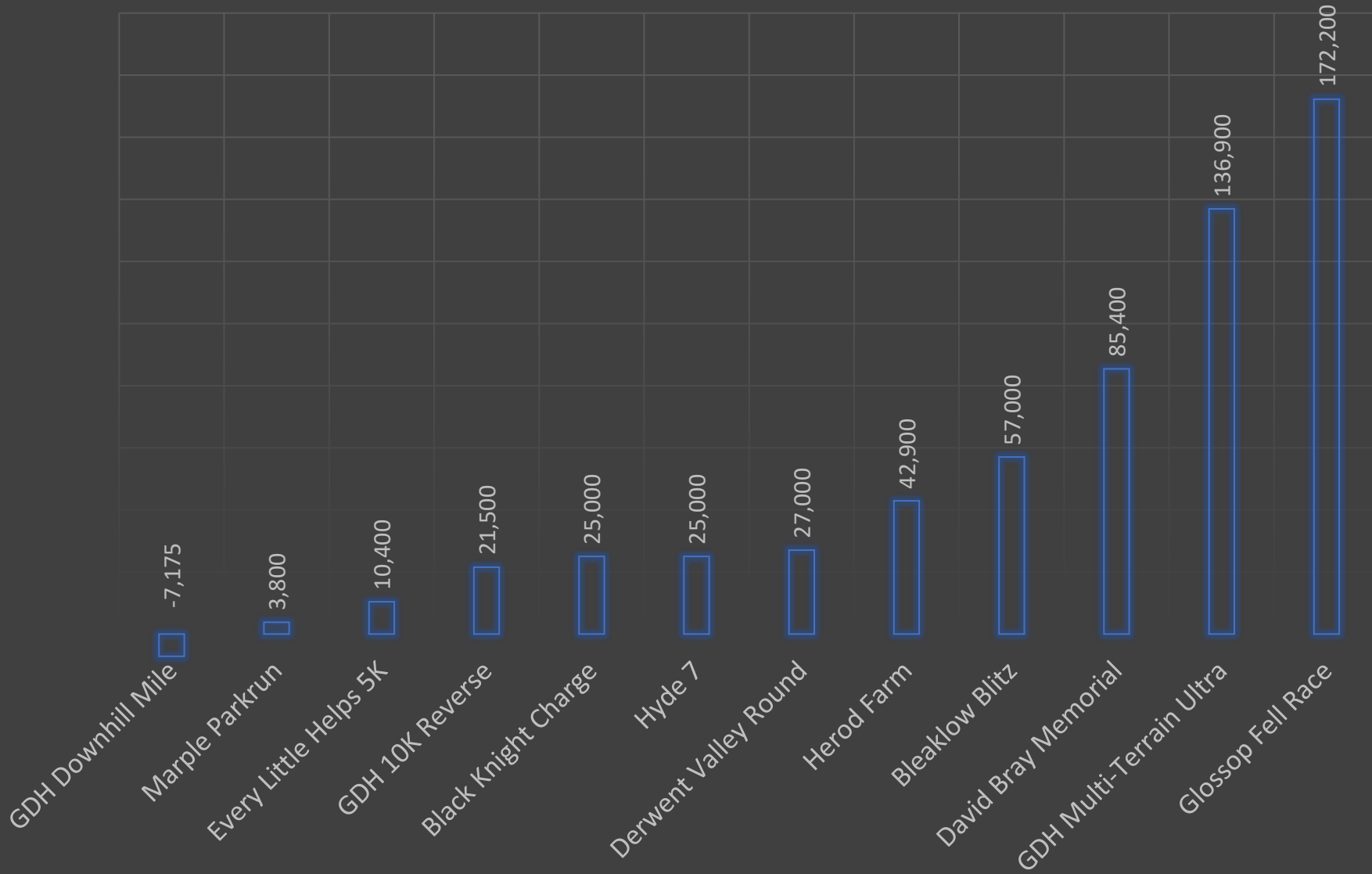
Mens Winner = James Knapper (4:48:45)

Womens Winner = Immy Trinder (5:21:59)



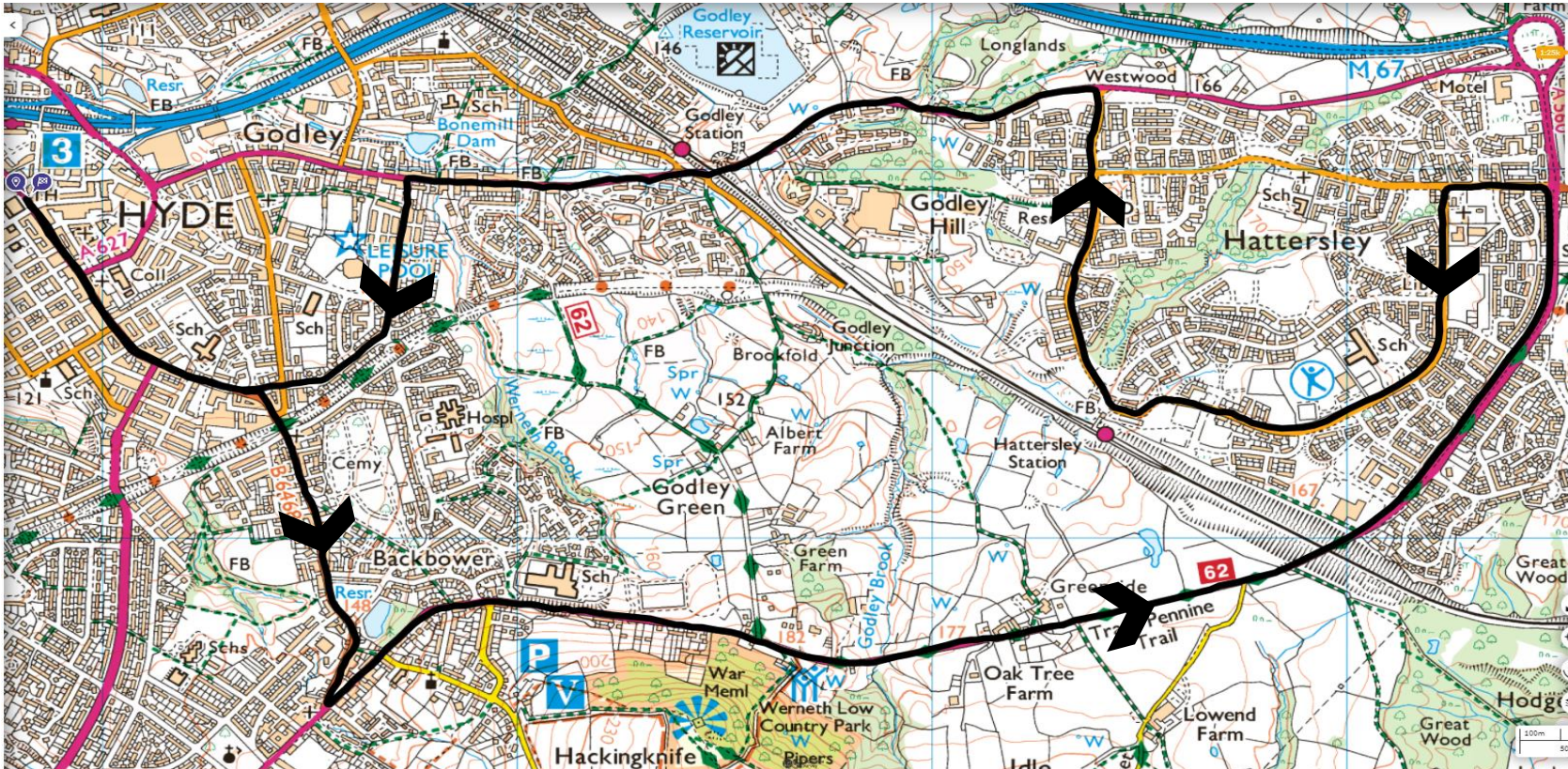


Club Total Climb per Race (ft)



- Total Climb during the 2021 Champs = 599,925 feet (182,857 metres)

# June 2022 – Hyde 7



Discipline = Road  
7 Miles x 500 ft

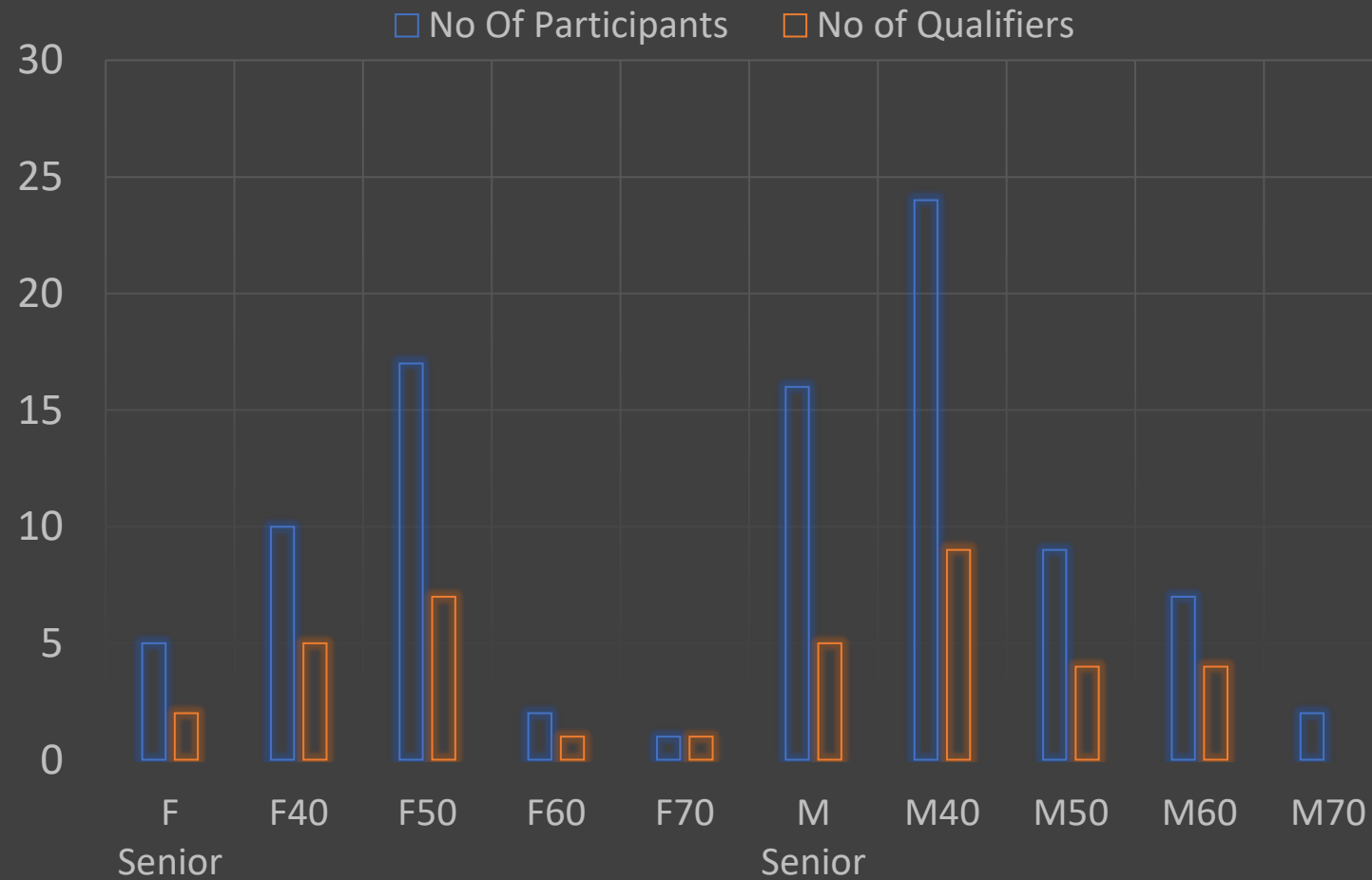
Time Trial or  
Race (19/06/22)

Mens Winner = James Barnard (41:23)

Womens Winner = Immy Trinder (47:11)

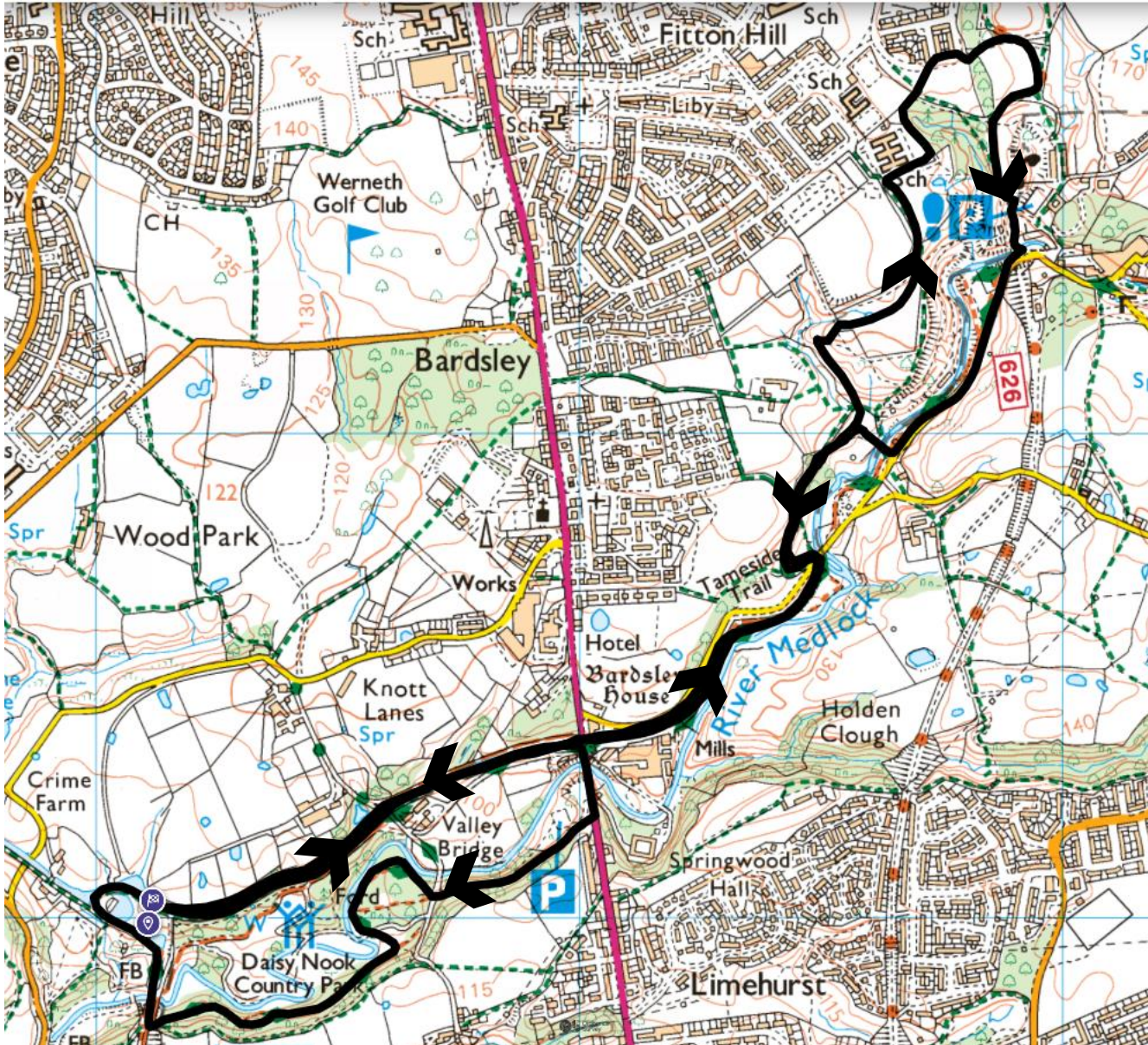


## Age Category Participation & Qualification



- M40 had the highest number of participants.
- M40 had the highest number of qualifiers. Most competitive?

# July 2022 – Black Knight Charge



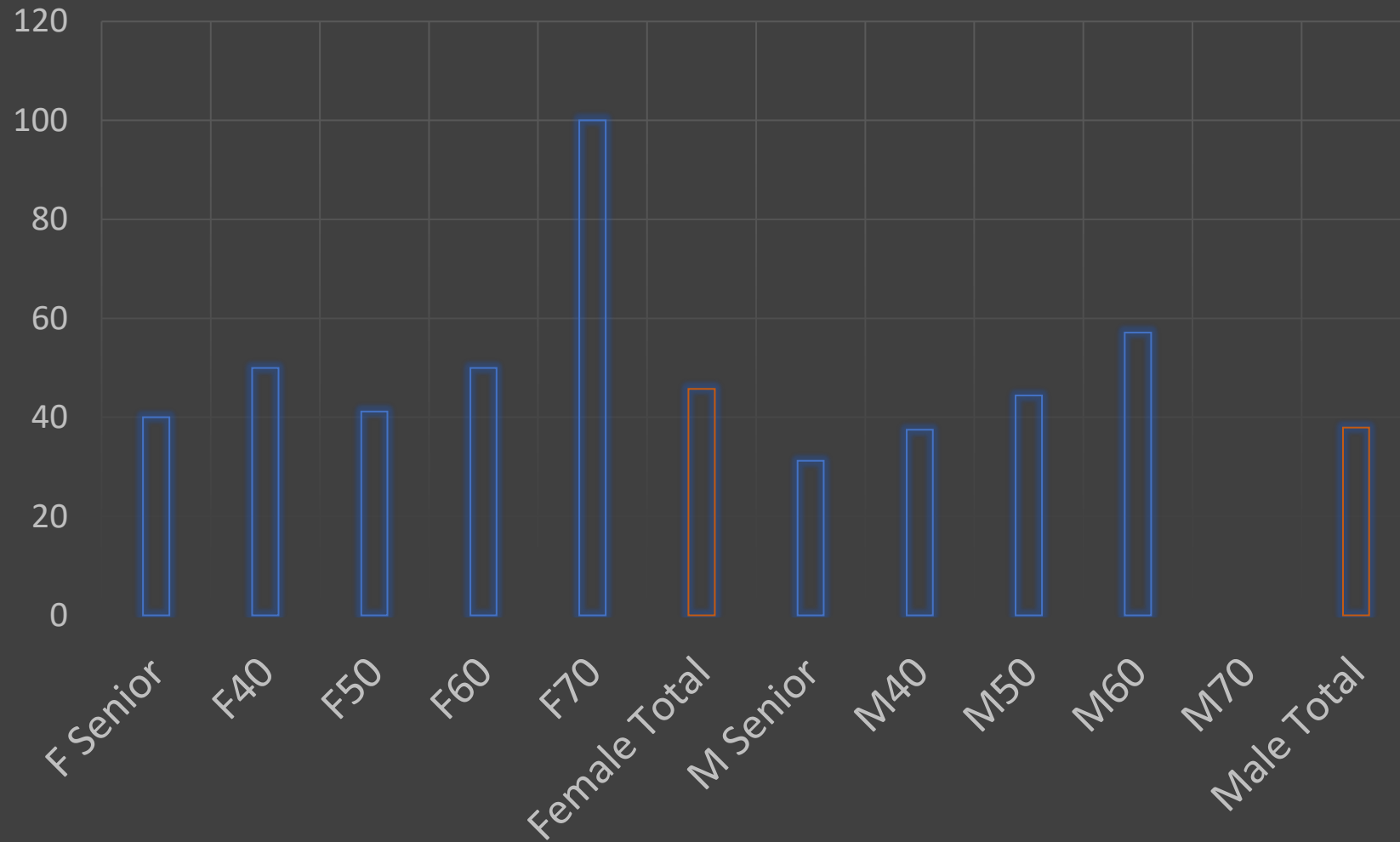
Discipline = Trail  
6 Miles x 500 ft

Time Trial or  
Race (13/07/22)

Mens Winner = Frank Hamilton (38:30)  
Womens Winner = Rachel Sproston (46:17)

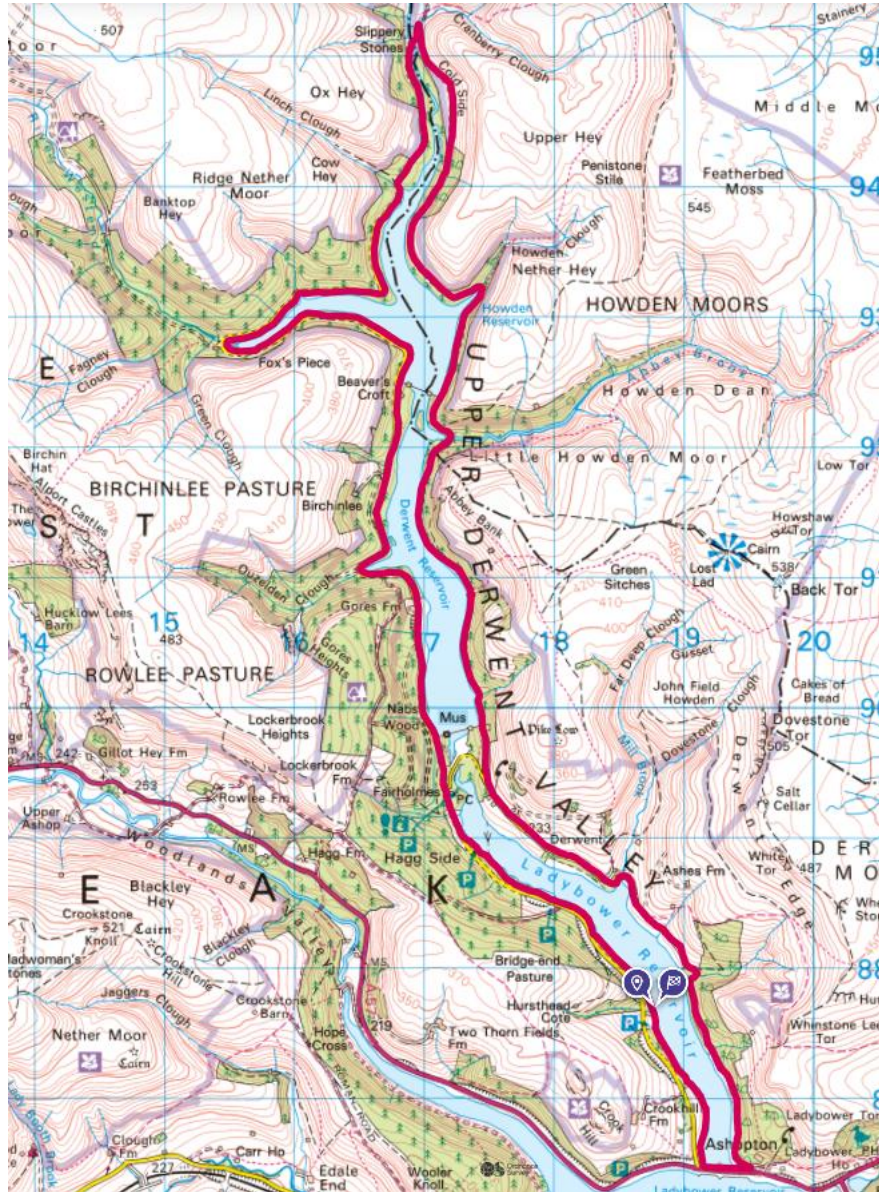


## % Qualified (Overall Champs)



- Overall, the women were “more committed” (46%) than the men (38%).

# August 2022 – The Derwent Valley Round

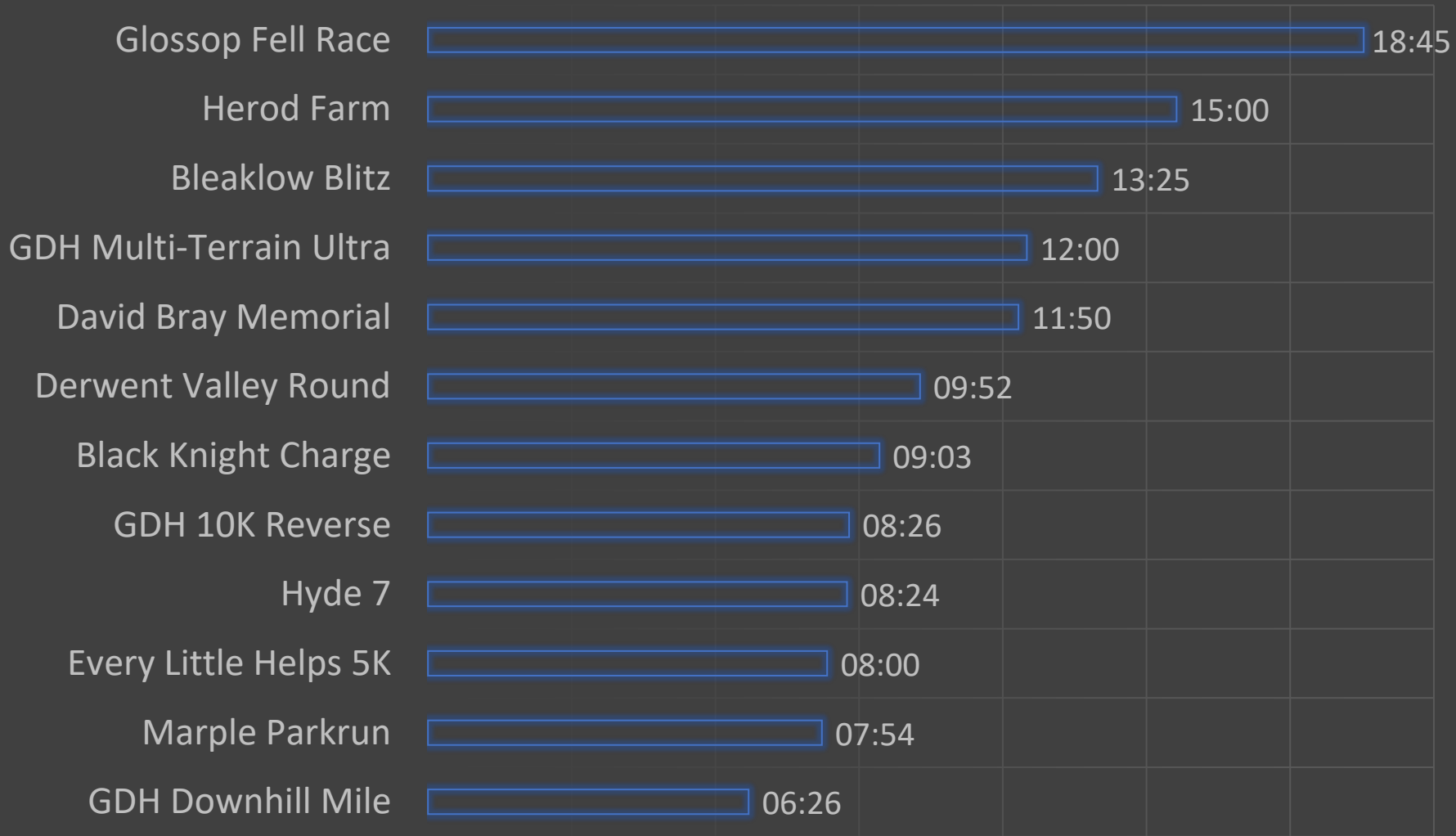


Discipline = Trail  
15 Miles x 750 ft

Time Trial Only

Mens Winner = Joshua Southall (1:44:51)  
Womens Winner = Immy Trinder (2:01:48)

## Average Club Pace Mins / Mile



- GDH Mile gave the fastest mile splits, while NGFR yielded the slowest pace.

# September 2022 – Bleaklow Blitz



Discipline = Fell  
8 Miles x 1,500 ft

Time Trial  
Or Race 11/09/22

Mens Winner = James Barnard (1:07:49)  
Womens Winner = Immy Trinder (1:33:54)



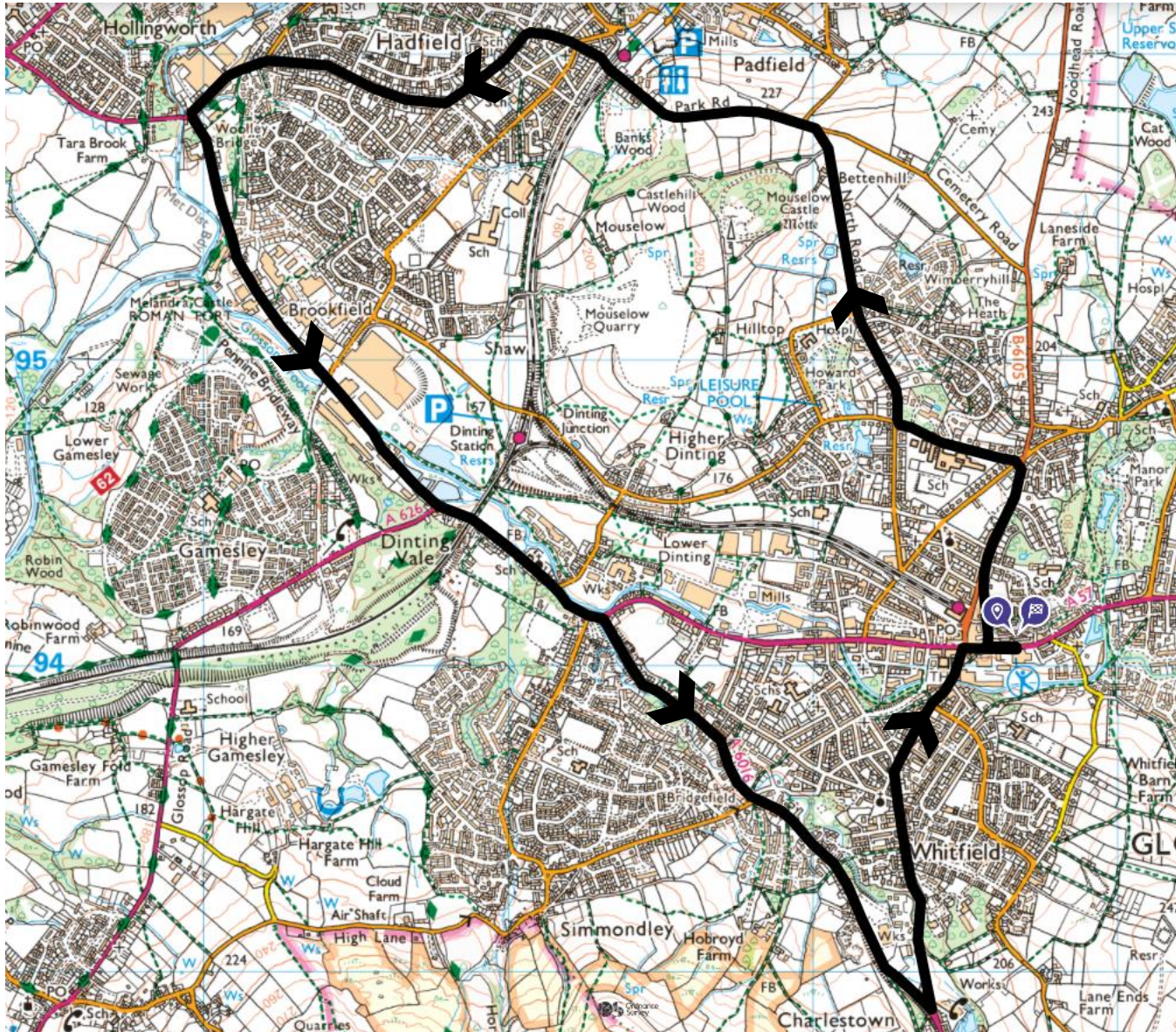


## Completers of Individual Disciplines (All 3 Races)



- Road had the largest number of completers
- Fell had the lowest number of completers (probable GFR effect)

# October 2022 – GDH 10K Reverse



Discipline = Road  
6 Miles x 500 ft

Time Trial Only

Mens Winner = James Barnard (37:42)  
Womens Winner = Immy Trinder (43:06)

# 2022 “All Stars” – All 12 Events Completed (16 Harriers)



(F70) Beryl Buckley

(M60) Rob Murphy

(F60) Christine Peters

(M60) John Stephenson

(F50) Charmayne Brierley

(M50) Sikobe Litaba

(F50) Sue Venton

(M50) Ian Jackson

(F40) Amanda Holtey

(M40) Ian Crutchley

(F40) Rachel Walton

(M40) Riccardo Giussani

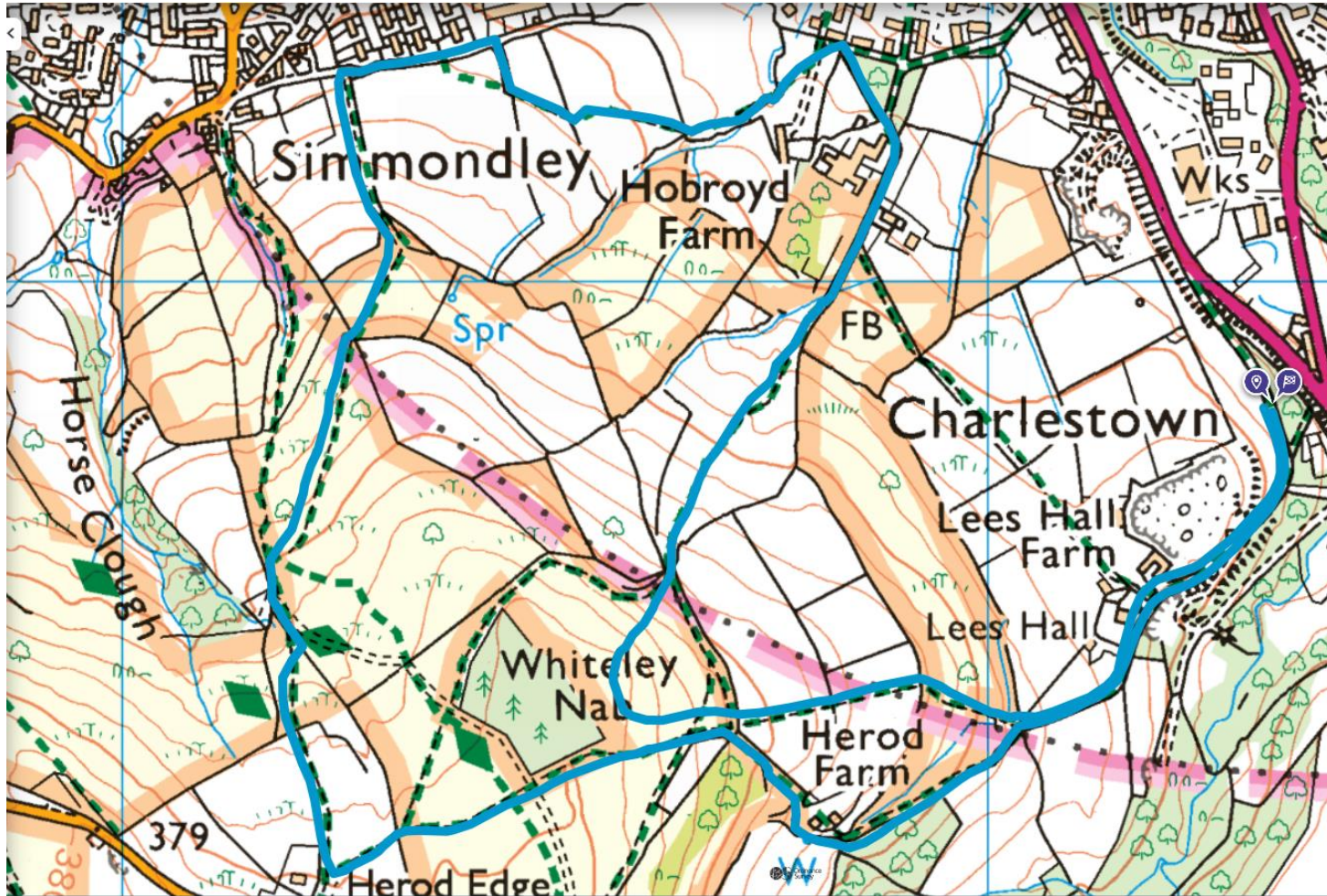
(F) Immy Trinder

(M40) Frank Hamilton

(M40) Rick Steckles

(M) Josh Southall

# November 2022 – Herod Farm



Discipline = Fell  
3 Miles x 1,100 ft

Time Trial Only

Mens Winner = Joshua Southall (28:12)

Womens Winner = Rachel Sproston (35:45)

# Anytime – Downhill Mile & Marple Parkrun



## Top 6 Fastest Miles M

James Barnard	04:36
Joshua Southall	04:45
James Knapper	05:00
Rick Steckles	05:15
Frank Hamilton	05:16
Paul Skuse	05:21

## Top 6 Fastest Miles F

Immy Trinder	05:35
Rachel Sproston	05:51
Anne Williams	06:31
Christine Peters	06:46
Emma Rettig	06:51
Wendy McMahon	06:57

## parkrun

Mens Winner = James Barnard (19:11)

Womens Winner = Immy Trinder (20:51)

# All Stars of the All Stars?



## **Amanda Holtey**

Most Accumulated Time F (Excluding Multi-day Ultra Runners)  
= 28 Hours, 19 Minutes

## **Immy Trinder, Christine Peters, Beryl Buckley**

Highest Accumulated Points Total F = 360 (full house)

## **Sikobe Litaba**

Most Accumulated Time M (Excluding Multi-day Ultra Runners)  
= 34 Hours, 41 Minutes

## **Rob Murphy**

Highest Accumulated Points Total M = 359