

| GDH 2023 Championships |          |                   |              |                 |                       |                            | ROAD              |          | TRAIL               |          | FELL                  |          | ROAD                  |          | TRAIL            |          | ROAD           |          | ULTRA                 |           | FELL                     |          | TRAIL               |          | FELL                       |          | ANYTIME             |          | ANYTIME               |          |    |          |
|------------------------|----------|-------------------|--------------|-----------------|-----------------------|----------------------------|-------------------|----------|---------------------|----------|-----------------------|----------|-----------------------|----------|------------------|----------|----------------|----------|-----------------------|-----------|--------------------------|----------|---------------------|----------|----------------------------|----------|---------------------|----------|-----------------------|----------|----|----------|
|                        |          |                   |              |                 |                       |                            | Feb (Gamesley 5K) |          | Mar (Tunnel & Back) |          | Apr (Kinder Downfall) |          | May (Triple Trifecta) |          | Jun (Marple 10K) |          | Jul (Buxton 4) |          | Aug (Mullerain Ultra) |           | Sep (Tintwistle 3 Trigs) |          | Oct (Langsett Loop) |          | Nov (Women-Only Fell Race) |          | Anytime (The Flags) |          | Anytime (Uphill Mile) |          |    |          |
| Name                   | Category | Category Position | Total Points | Cumulative Time | No of Races Completed | No of Challenges Completed | Points            | Time     | Points              | Time     | Points                | Time     | Points                | Time     | Points           | Time     | Points         | Time     | Points                | Time      | Points                   | Time     | Points              | Time     | Points                     | Time     | Points              | Time     |                       |          |    |          |
| Bliss C                | F Senior | 1                 | 177          | 4:54:01         | 5                     | 1                          | 30                | 00:23:50 | 30                  | 01:38:49 |                       |          | 30                    | 00:54:41 |                  |          |                |          |                       |           |                          |          | 29                  | 00:54:25 | 29                         | 00:52:30 |                     |          | 29                    | 00:09:46 |    |          |
| Trinder I              | F Senior | 2                 | 176          | 5:56:49         | 5                     | 1                          | 29                | 00:24:04 | 29                  | 01:47:11 | 28                    | 02:12:54 |                       |          |                  |          |                |          |                       |           |                          |          | 30                  | 00:46:44 | 30                         | 00:37:32 |                     |          | 30                    | 00:08:24 |    |          |
| Wydrych W              | F Senior | 3                 | 83           | 4:49:35         | 3                     | 0                          | 27                | 00:28:10 | 27                  | 02:23:03 | 29                    | 01:58:22 |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Brough C               | F Senior | 4                 | 56           | 2:43:01         | 2                     | 0                          | 28                | 00:27:01 | 28                  | 02:16:00 |                       |          |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Sherwood L             | F Senior | 5                 | 30           | 1:54:51         | 1                     | 0                          |                   |          |                     |          | 30                    | 01:54:51 |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Walton R               | F40      | 1                 | 341          | 22:36:25        | 10                    | 2                          | 30                | 00:25:18 | 28                  | 02:00:34 | 27                    | 02:01:47 | 27                    | 00:59:15 | 29               | 00:55:24 | 30             | 00:33:06 | 29                    | 08:34:20  | 30                       | 04:06:27 | 27                  | 00:56:32 | 27                         | 00:57:08 | 29                  | 00:55:35 | 28                    | 00:10:59 |    |          |
| Holtey A               | F40      | 2                 | 327          | 26:48:05        | 10                    | 2                          | 27                | 00:27:32 | 26                  | 02:20:46 | 24                    | 03:26:08 | 26                    | 01:01:03 | 28               | 00:59:02 | 29             | 00:33:58 | 30                    | 08:27:24  | 26                       | 06:31:10 | 29                  | 00:54:07 | 26                         | 01:02:59 | 30                  | 00:51:21 | 26                    | 00:12:35 |    |          |
| Williamson M           | F40      | 3                 | 313          | 91:55:42        | 10                    | 2                          | 26                | 00:29:03 | 25                  | 02:23:03 | 25                    | 03:22:15 | 24                    | 01:13:57 | 26               | 01:20:01 | 27             | 00:36:02 | 28                    | 73:54:00  | 27                       | 05:09:44 | 28                  | 00:56:19 | 24                         | 01:15:08 | 28                  | 01:03:07 | 25                    | 00:13:03 |    |          |
| McMahon W              | F40      | 4                 | 244          | 269:51:04       | 9                     | 0                          | 28                | 00:26:43 | 29                  | 01:59:28 | 26                    | 02:54:09 | 25                    | 01:02:43 | 27               | 01:09:16 | 28             | 00:34:31 | 27                    | 255:47:00 | 28                       | 04:57:54 | 26                  | 00:59:20 |                            |          |                     |          |                       |          |    |          |
| Wasinski L             | F40      | 5                 | 177          | 5:52:54         | 5                     | 1                          |                   |          | 30                  | 01:37:33 | 28                    | 01:51:52 | 30                    | 00:45:33 |                  |          |                |          |                       |           |                          |          | 30                  | 00:39:07 | 29                         | 00:48:29 |                     |          | 30                    | 00:10:20 |    |          |
| Barton Z               | F40      | 6                 | 176          | 8:08:43         | 5                     | 1                          | 29                | 00:26:01 |                     |          | 30                    | 01:45:02 | 29                    | 00:56:48 |                  |          |                |          |                       |           |                          |          | 29                  | 04:06:28 |                            |          | 30                  | 00:44:02 | 29                    | 00:10:22 |    |          |
| Rettig E               | F40      | 7                 | 162          | 5:45:57         | 5                     | 1                          | 25                | 00:31:25 | 27                  | 02:01:10 |                       |          | 28                    | 00:58:37 | 30               | 00:53:43 |                |          |                       |           |                          |          |                     |          | 25                         | 01:09:52 |                     |          | 27                    | 00:11:10 |    |          |
| Stitt C                | F40      | 8                 | 29           | 1:50:06         | 1                     | 0                          |                   |          |                     |          | 29                    | 01:50:06 |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Sproston R             | F50      | 1                 | 360          | 17:57:42        | 10                    | 2                          | 30                | 00:22:23 | 30                  | 01:41:58 | 30                    | 01:46:15 | 30                    | 00:49:48 | 30               | 00:47:07 | 30             | 00:28:47 | 30                    | 06:20:25  | 30                       | 03:19:41 | 30                  | 00:41:30 | 30                         | 00:44:20 | 30                  | 00:46:17 | 30                    | 00:09:11 |    |          |
| Brack J                | F50      | 2                 | 252          | 14:10:13        | 8                     | 1                          | 28                | 00:25:19 | 26                  | 02:30:01 | 26                    | 02:13:50 |                       |          | 29               | 00:56:51 | 28             | 00:37:16 |                       |           |                          |          | 29                  | 04:56:55 | 29                         | 00:56:14 | 28                  | 01:22:00 |                       |          | 29 | 00:11:47 |
| Brierley C             | F50      | 3                 | 225          | 12:16:02        | 7                     | 1                          | 29                | 00:25:15 | 27                  | 02:28:57 |                       |          |                       |          | 28               | 01:15:00 | 28             | 00:37:16 |                       |           |                          |          | 29                  | 04:56:55 | 28                         | 00:58:38 | 28                  | 01:22:00 |                       |          | 28 | 00:12:01 |
| Bowden K               | F50      | 4                 | 162          | 7:40:33         | 6                     | 0                          | 26                | 00:26:16 | 29                  | 01:56:58 | 25                    | 02:24:27 | 29                    | 00:56:31 | 27               | 01:15:37 | 26             | 00:40:44 |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Trelease W             | F50      | 5                 | 135          | 5:59:03         | 4                     | 1                          | 25                | 00:27:59 | 28                  | 02:05:48 | 27                    | 02:08:30 | 28                    | 01:02:25 |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          | 27 | 00:14:21 |
| Clapham S              | F50      | 6                 | 56           | 1:19:21         | 2                     | 0                          | 27                | 00:25:32 |                     |          |                       |          |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            | 29       | 00:53:49            |          |                       |          |    |          |
| Ashworth R             | F50      | 7                 | 46           | 3:04:15         | 2                     | 0                          | 22                | 00:31:45 |                     |          |                       |          | 24                    | 02:32:30 |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Holt A                 | F50      | 8                 | 44           | 3:04:31         | 2                     | 0                          | 21                | 00:31:56 |                     |          |                       |          | 23                    | 02:32:35 |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Bray M                 | F50      | 9                 | 29           | 0:34:00         | 1                     | 0                          |                   |          |                     |          |                       |          |                       |          |                  |          | 29             | 00:34:00 |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Stansfield J           | F50      | 10                | 29           | 2:08:22         | 1                     | 0                          |                   |          |                     |          | 29                    | 02:08:22 |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Smith R                | F50      | 11                | 28           | 2:08:23         | 1                     | 0                          |                   |          |                     |          | 28                    | 02:08:23 |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Jennings M             | F50      | 12                | 24           | 0:28:32         | 1                     | 0                          | 24                | 00:28:32 |                     |          |                       |          |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Doyle V                | F50      | 13                | 23           | 0:31:12         | 1                     | 0                          | 23                | 00:31:12 |                     |          |                       |          |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Venton S               | F60      | 1                 | 355          | 20:40:25        | 10                    | 2                          | 29                | 00:28:20 | 30                  | 02:01:16 | 30                    | 01:58:52 | 30                    | 01:02:17 | 29               | 01:02:59 | 29             | 00:35:16 | 30                    | 07:21:06  | 30                       | 03:14:59 | 30                  | 00:50:40 | 30                         | 00:51:12 | 29                  | 01:00:52 | 29                    | 00:12:36 |    |          |
| Peters C               | F60      | 2                 | 353          | 25:05:29        | 10                    | 2                          | 30                | 00:26:46 | 29                  | 02:33:03 | 29                    | 01:02:25 | 30                    | 01:00:36 | 30               | 00:34:35 | 29             | 09:17:08 | 29                    | 05:09:49  | 29                       | 05:09:49 | 29                  | 00:51:14 | 29                         | 01:09:08 | 30                  | 00:48:23 | 30                    | 00:10:31 |    |          |
| Buckley B              | F70      | 1                 | 360          | 21:05:34        | 10                    | 2                          | 30                | 00:28:09 | 30                  | 02:04:53 | 30                    | 02:12:21 | 30                    | 01:04:28 | 30               | 01:02:33 | 30             | 00:35:13 | 30                    | 07:22:30  | 30                       | 03:28:05 | 30                  | 00:50:37 | 30                         | 00:54:18 | 30                  | 00:50:56 | 30                    | 00:11:31 |    |          |
| Kinsey S               | M Junior | 1                 | 210          | 12:08:49        | 6                     | 1                          | 30                | 00:18:42 | 30                  | 01:34:36 | 30                    | 01:38:20 | 30                    | 00:45:41 |                  |          |                |          | 30                    | 06:26:38  |                          |          | 30                  | 00:45:08 | 30                         | 00:39:44 |                     |          |                       |          |    |          |
| Barnard J              | M Senior | 1                 | 350          | 13:48:31        | 10                    | 2                          | 28                | 00:18:53 | 30                  | 01:21:19 | 30                    | 01:19:59 | 29                    | 00:41:33 | 30               | 00:39:24 | 30             | 00:22:48 | 28                    | 05:10:08  | 30                       | 02:06:31 | 28                  | 00:34:11 | 29                         | 00:34:03 | 30                  | 00:32:25 | 28                    | 00:07:17 |    |          |
| Southall Josh          | M Senior | 2                 | 317          | 13:25:16        | 10                    | 1                          | 26                | 00:18:59 | 27                  | 01:31:24 | 29                    | 01:24:24 | 28                    | 00:43:17 | 29               | 00:41:06 | 29             | 00:24:02 | 30                    | 04:57:03  | 29                       | 02:12:45 | 30                  | 00:31:54 | 30                         | 00:33:09 |                     |          | 30                    | 00:07:13 |    |          |
| Bidwell L              | M Senior | 3                 | 274          | 13:24:34        | 9                     | 1                          | 24                | 00:19:20 | 28                  | 01:29:45 |                       |          | 26                    | 00:46:57 | 28               | 00:44:21 | 27             | 00:24:22 | 27                    | 05:55:59  | 27                       | 02:21:48 | 29                  | 00:33:17 | 28                         | 00:41:32 |                     |          | 30                    | 00:07:13 |    |          |
| Tomlin P               | M Senior | 4                 | 226          | 10:34:52        | 7                     | 2                          | 20                | 00:25:53 | 24                  | 02:08:13 | 22                    | 03:21:05 |                       |          | 27               | 00:54:47 | 26             | 00:32:11 |                       |           |                          |          | 26                  | 00:55:35 | 25                         | 01:06:16 | 29                  | 00:58:22 | 27                    | 00:12:30 |    |          |
| Southall Jake          | M Senior | 5                 | 162          | 12:07:20        | 6                     | 0                          | 30                | 00:18:44 | 26                  | 01:31:55 | 23                    | 02:04:50 |                       |          |                  |          |                | 29       | 04:57:04              | 28        | 02:12:50                 |          |                     | 26       | 01:01:57                   |          |                     |          |                       |          |    |          |
| Runagle E              | M Senior | 6                 | 120          | 6:07:48         | 5                     | 0                          | 21                | 00:24:34 | 25                  | 01:54:33 | 24                    | 01:50:25 | 23                    | 00:56:21 |                  |          |                |          |                       |           |                          |          |                     |          | 27                         | 01:01:55 |                     |          |                       |          |    |          |
| Knapper J              | M Senior | 7                 | 108          | 3:09:08         | 4                     | 0                          | 25                | 00:19:08 | 29                  | 01:27:32 |                       |          | 27                    | 00:44:40 |                  |          |                |          |                       |           |                          |          |                     |          | 27                         | 00:37:48 |                     |          |                       |          |    |          |
| Hicks N                | M Senior | 8                 | 76           | 1:40:32         | 3                     | 0                          | 23                | 00:19:45 |                     |          |                       |          |                       |          |                  |          | 28             | 00:24:06 |                       |           |                          |          |                     |          | 25                         | 00:56:41 |                     |          |                       |          |    |          |
| Hill A                 | M Senior | 9                 | 74           | 2:48:29         | 3                     | 0                          | 22                | 00:21:50 |                     |          |                       | 27       | 01:35:24              | 25       | 00:51:15         |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Phillips S             | M Senior | 10                | 57           | 1:00:17         | 2                     | 0                          | 27                | 00:18:57 |                     |          |                       |          |                       | 30       | 00:41:20         |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Jordan G               | M Senior | 11                | 49           | 2:34:42         | 2                     | 0                          |                   |          |                     |          | 25                    | 01:42:06 | 24                    | 00:52:36 |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Page S                 | M Senior | 12                | 29           | 0:18:44         | 1                     | 0                          | 29                | 00:18:44 |                     |          |                       |          |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Jackson C              | M Senior | 13                | 28           | 1:27:02         | 1                     | 0                          |                   |          |                     |          | 28                    | 01:27:02 |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Mather W               | M Senior | 14                | 26           | 1:37:16         | 1                     | 0                          |                   |          |                     |          | 26                    | 01:37:16 |                       |          |                  |          |                |          |                       |           |                          |          |                     |          |                            |          |                     |          |                       |          |    |          |
| Bann N                 | M40      | 1                 | 343          | 14:26:01        | 10                    | 2                          | 30                | 00:18:48 | 28                  | 01:32:49 | 28                    | 01:25:58 | 28                    | 00:45:09 | 27               | 00:44:19 | 29             | 00:25:23 | 30                    | 05:06:24  | 30                       | 02:11:23 | 29                  | 00:34:35 | 26                         | 00:38:13 | 30                  | 00:34:40 | 28                    | 00:08:20 |    |          |
| Hamilton F             | M40      | 2                 | 305          | 14:54:16        | 10                    | 1                          | 29                | 00:19:28 | 30                  | 01:25:24 | 24                    | 01:40:42 | 29                    | 00:44:14 | 30               | 00:41:06 | 30             | 00:24:07 | 28                    | 05:39:57  | 24                       | 02:37:34 | 28                  | 00:35:05 | 24                         | 00:38:35 |                     |          | 29                    | 00:08:04 |    |          |
| Crutchley I            | M40      | 3                 | 305          | 15:41:06        | 10                    | 2                          | 17                | 00:29:52 | 25                  | 01:38:18 | 25                    | 01:34:04 | 24                    | 00:49:32 | 25               | 00:46:08 | 24             | 00:28:11 | 29                    | 05:32:36  | 27                       | 02:21:40 | 27                  | 00:38:15 | 28                         | 00:36:06 | 29                  | 00:37:49 | 25                    | 00:08:35 |    |          |
| Riddell G              | M40      | 4                 | 284          | 19:19:15        | 10                    | 2                          | 22                | 00:22:11 | 27                  | 01:43:46 | 23                    | 01:43:46 | 23                    | 00:49:37 | 22               | 00:53:15 | 23             | 00:29:16 | 26                    | 07:44:46  | 23                       | 03:20:04 | 25                  | 00:40:35 | 21                         | 00:48:23 | 28                  | 00:40:14 | 21                    | 00:10:06 |    |          |
| Giussani R             | M40      | 5                 | 275          | 707:10:59       | 10                    | 2                          | 24                | 00:21:52 | 20                  | 02:33:44 | 18                    | 02:39:15 | 22                    | 01:02:32 | 21               | 01:08:09 | 22             | 00:29:18 | 23                    | 692:30:00 | 22                       | 04:04:17 | 26                  | 00:39:33 | 27                         | 00:37:09 | 27                  | 00:55:30 | 23                    | 00:09:40 |    |          |
| Taylor C               | M40      | 6                 | 268          | 13:38:33        | 9                     | 1                          | 28                | 00:19:43 | 29                  | 01:26:55 |                       |          | 27                    | 00:46:52 | 24               | 00:51:34 | 27             | 00:25:44 | 27                    | 05:56:00  | 26                       | 02:21:52 | 24                  | 00:45:58 | 29                         | 00:35:34 |                     |          | 27                    | 00:08:21 |    |          |
| Brown S                | M40      | 7                 | 178          | 5:28:05         | 5                     | 1                          |                   |          |                     |          | 29                    | 01:20:02 | 30                    | 00:43:15 |                  |          |                |          |                       |           |                          |          | 29                  | 02:13:26 | 30                         | 00:29:45 |                     |          |                       |          |    |          |