2022 Female Road/Trail Championship	Best parkrun	Best Age-Grade parkrun	Best 10K	Best half-marathon	Winter Handicap	MAC Down & Up	MAC MAD	Summer Handicap	Joe Percy	MAC Up & Down	December Burger Run	TOTAL
Lorna Robinson	18	14		18	16	19						85
	23.59	62.54%		1.51.55	25.21	59.03						
Anna Hazelton	16	13	20		15	18						82
	25.42	59.86%	52.44		28.02	1.05.15						
Rachel Tomlinson	19	16		19	18							72
	23.38	65.59%		1.50.50	25.17							
Sara Lewis				20	20	20						60
				1.42.26	22.35	54.15						
Ruth Thomas	15	18				17						50
	25.57	71.68%				1.11.31						
Gilly Markham	14	19			14							47
	27.55	73.73%			29.14							
Alice Buttle	20	17										37
	21.47	69.47%										
Lesley Willis	17	20										37
	25.38	74.64%										
Allie Lamb	12	11			13							36
	29.36	52.36%			33.01							
Zena Whalley	13	15										28
	28.02	63.73%										
Sharon Whitworth	11	12										23
	30.12	56.90%										
Sarah Brewer					19							19
					22.50							
Rebecca Johnstone					17							17
					25.18							

2022 Female Road/Trail Championship Handicap	Best parkrun	Best Age-Grade parkrun	Best 10K	Best half-marathon	Winter Handicap	MAC Down & Up	MAC MAD	Summer Handicap	Joe Percy	MAC Up & Down	December Burger Run	TOTAL
Lorna Robinson	16	14		19	15	20						84
	20.25	62.54%		1.35.15	35.21	50.15						
Anna Hazelton	13	13	20		14	18						78
	20.34	59.86%	42.11		35.32	52.12						
Rachel Tomlinson	18	16		20	17							71
	20.07	65.59%		1.34.20	35.17							
Sara Lewis				18	19	19						56
				1.37.33	34.04	51.09						
Ruth Thomas	20	18				17						55
	19.05	71.68%				53.59						
Allie Lamb	19	11			20							50
	19.55	51.87%			33.01							
Gilly Markham	15	19			13							47
	20.29	73.73%			36.14							
Alice Buttle	17	17										34
	20.16	69.47%										
Lesley Willis	14	20										34
	20.30	74.64%										
Zena Whalley	12	15										27
	21.09	63.73%										
Sharon Whitworth	11	12										23
	21.34	56.90%										
Sarah Brewer					18							18
					34.50							
Rebecca Johnstone					16							16
					35.18							

2022 Male Road/Trail Championship	Best parkrun	Best Age-Grade parkrun	Best 10K	Best half-marathon	Winter Handicap	MAC Down & Up	MAC MAD	Summer Handicap	Joe Percy	MAC Up & Down	December Burger Run	TOTAL
Matthew Croaghan	19 20.31	14 70.19%		19 1.51.22	16 21.30	15 1.00.20						83
Pete Dukes	17 21.12	16 71.31%			18 20.34	20 50.57						71
Graeme Lee	18 20.51	19 73.70%			13 22.45	18 53.50						68
Martin Bayliss	21 19.40	23 84.97%		20 1.36.07								64
Steve Whalley	15 21.52	15 70.88%			15 22.09	19 53.24						64
Andy Whitworth	20 20.13	21 76.01%			19 20.02							60
Thomas Whitworth	23 17.54	17 72.35%			20 18.03							60
John Gray	10 22.46	10 65.81%	20 44.57		12 23.22							52
Nigel Thomas	9 23.11	13 69.81%			11 24.17	16 58.58						49
Tony Daniels	13 22.19	18 72.52%			14 22.44							45
Dan Greenwood	22 18.36	22 78.67%										44
Seton Waddington	12 22.13	8 63.32%				17 57.38						37
Paul Gandy	3 28.10	7 60.65%			9 31.50	13 1.15.51						32
Richard Isaac	4 26.19	4 59.40%			10 30.50	14 1.08.20						32
James Stables	16 21.38	11 66.02%										27
Paul Elliott	11 22.43	12 68.23%										23
Jeff Taylor	2 30.51	20 73.85%										22
Brian Hutson					17 21.01							17
Callum Liburd	14 22.08	3 58.24%										17
Julian Saunders	6 25.20	9 63.29%										15
Steve Randall	7 24.07	6 60.19%										13
Mark Cope	5 25.23	5 60.01%										10
Matthew Potter	8 23.51	2 54.09%										10
Andrew Potter	1 32.56	1 48.66%										2

2022 Male Road/Trail Championship Handicap	Best parkrun	Best Age-Grade parkrun	Best 10K	Best half-marathon	Winter Handicap	MAC Down & Up	MAC MAD	Summer Handicap	Joe Percy	MAC Up & Down	December Burger Run	TOTAL
Matthew Croaghan	16 18.42	14 70.19%		19 1.41.30	20 33.30	13 54.43						82
Graeme Lee	21 18.05	19 73.70%			17 34.15	18 46.42						75
Pete Dukes	15 18.51	16 71.31%			18 34.04	20 45.17						69
Martin Bayliss	23 17.29	23 84.97%		20 1.25.40								66
Steve Whalley	15 18.45	15 70.88%			15 34.39	19 45.46						64
Nigel Thomas	18 18.38	13 69.51%			12 35.47	17 47.10						60
John Gray	5 19.17	10 65.81%	20 38.08		14 34.52							49
Andy Whitworth	11 18.54	21 76.01%			16 34.32							48
Jeff Taylor	22 17.55	20 73.85%										42
Paul Gandy	10 18.57	7 60.65%			9 38.50	14 51.02						40
Thomas Whitworth	10 18.57	17 72.35%			13 35.03							40
Dan Greenwood	17 18.36	22 78.67%										39
Richard Isaac	6 19.09	4 59.40%			10 37.50	16 49.12						36
Tony Daniels	4 19.25	18 72.52%			11 36.14							33
James Stables	20 18.07	11 66.02%										31
Seton Waddington	7 19.03	8 63.32%				15 49.24						30
Julian Saunders	19 18.14	9 63.29%										28
Paul Elliott	14 18.48	12 68.23%										26
Brian Hutson					19 33.31							19
Steve Randall	12 18.53	6 60.19%										18
Mark Cope	8 19.02	5 60.01%										13
Callum Liburd	3 19.26	3 58.24%										6
Matthew Potter	2 19.31	2 54.09%										4
Andrew Potter	1 19.46	1 48.66%										2