

# Individual WSFRL Results

Runner	Events Participated (out of 7)	Future Events Signed Up For (out of 3)	Total Events	Average Points	Most Points in a Race	Total Points	Total Time Running
Amelia Brown	4	1	5	10.0	10	40	2:32:55
Andy Cresswell	1	0	1	4.0	4	4	0:49:28
Bowie Lycett	2	0	2	10.0	10	20	1:08:30
Bryan Darney	5	1	6	1.6	2	8	4:54:29
Charles Simmonds	5	0	5	8.2	9	41	3:20:37
Chris McKeown	3	0	3	9.0	9	27	1:48:16
Craig Lynch	4	0	4	8.5	9	34	2:31:25
Dave Parkinson	4	1	5	1.8	2	7	3:53:37
Deb Hale	3	0	3	7.3	8	22	2:32:36
Emma Pigott	6	1	7	1.8	3	11	6:25:16
Harry De'Giovanni	4	1	5	8.3	9	33	2:33:24
Ian Harcourt	3	1	4	5.0	7	15	2:15:22
Ian Salt	6	0	6	4.7	6	28	4:41:41
James Loose	1	0	1	3.0	3	3	1:00:36
Jay McCardle	1	0	1	7.0	7	7	0:40:00
Jenny Logan	1	0	1	4.0	4	4	0:56:18
Jim Turner	5	1	6	3.0	4	15	3:58:42
John Brown	2	1	3	4.5	5	9	1:21:54
Jon Brookes	3	1	4	4.7	7	14	2:19:05
Josephine Iazard	6	1	7	10.0	10	60	3:57:08
Kevin Howard	3	0	3	10.0	10	30	1:42:41
Leah Wright	1	0	1	8.0	8	8	0:54:38
Luisa Giammattei	5	2	7	7.6	9	38	4:14:51
Lyndsey Osland	1	0	1	7.0	7	7	1:00:45
Martin Loose	7	1	8	4.1	6	29	5:32:39
Martin Smith	4	1	5	2.5	3	10	3:37:10
Matt Orrell	1	0	1	5.0	5	5	0:51:30
Meg Griffiths	1	0	1	6.0	6	6	0:49:31
Michelle Feest	4	0	4	5.3	6	21	3:41:07
Natasha Sparkes	1	0	1	6.0	6	6	0:59:56
Nick Beaumont	4	0	4	6.3	8	25	3:04:00
Pete Phillips	6	2	8	8.3	9	50	3:55:57
Rachel Allison	5	1	6	4.6	6	23	4:33:47
Rebecca Turner	4	0	4	5.8	7	23	3:23:49
Reg Shirley	7	2	9	5.9	8	41	5:09:00
Rod Baker	2	0	2	3.5	4	7	1:28:40
Russell Banks	4	0	4	5.5	6	22	2:44:49
Sarah Webb	6	1	7	8.0	9	48	4:40:56
Silje Hovstad	2	0	2	6.5	7	13	1:34:48
Simon Lewis	3	1	4	1.0	1	3	3:22:34
Skye Holloway	1	0	1	9.0	9	9	0:44:36
Stephen Feest	4	0	4	4.8	6	19	3:12:13
Steve Pigott	7	2	9	7.9	9	55	4:38:01
Sue Pinky	1	0	1	1.0	1	1	1:11:00
Zoe Murphy	1	0	1	9.0	9	9	0:43:29

**TOTAL**

**910**

**5 days, 1 hour,  
33 minutes and 46 seconds**

*\*As at 2pm 12/7/24*