



Ryston Winter Endurance Series 2020/2021

# months completed	NOVEMBER				DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL				
	5km XC	% AG	2m Lodge Lane	% AG	3000m (track)	% AG	10km Drymere	% AG	9km "XC"	% AG	"Parkrun"	% AG	1 mile	% AG	6 miles	% AG	4 miles	% AG	10k	% AG	1 mile	% AG	5m	% AG	
MEN																									
Chris Chapman	4	00:26:59	59.70%	-	-	-	-	-	00:48:54	61.86%	-	-	-	-	-	-	00:36:47	58.09%	-	-	-	-	00:46:53	57.41	
Charlie Wilson	2	00:33:37	42.89%	00:20:04	44.00%	-	-	01:02:37	46.79%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Richard Wilkins	3	00:30:37	50.19%	00:19:59	47.15%	00:17:28	48.85%	01:01:14	51.22%	-	-	00:29:17	52.37%	-	-	-	-	-	-	-	-	-	-	-	
Mark Fountain	4	-	-	00:13:38	63.28%	-	-	-	-	-	-	00:22:04	64.40%	00:06:15	65.60%	00:41:59	65.03%	-	-	00:45:00	63.33%	-	-	-	
Ian Todd	6	00:21:34	70.88%	00:13:56	68.78%	00:12:28	68.44%	00:43:37	73.18%	00:39:16	72.96%	00:21:52	71.26%	00:06:14	72.88%	00:43:09	70.61%	00:28:00	71.73%	00:44:42	70.66%	00:06:15	71.20%	00:34:17	73.65%
Jeff Reed	4	00:36:12	52.12%	00:23:06	51.23%	00:18:14	60.15%	01:08:11	57.86%	01:06:27	53.20%	00:32:35	58.55%	-	-	-	-	-	-	-	-	00:10:11	54.86%	-	
Will Honeybone	4	-	-	00:12:48	70.09%	-	-	00:40:15	74.00%	-	-	00:28:01	51.87%	-	-	-	-	-	-	-	-	-	00:32:20	72.99%	
Jamie Bransgrove	6	00:20:49	66.77%	00:13:30	62.94%	00:11:43	67.23%	00:42:12	66.71%	00:39:57	63.37%	00:21:00	66.21%	00:06:08	65.87%	00:40:49	65.82%	00:26:20	67.53%	00:42:01	63.94%	00:05:34	70.11%	00:33:14	67.15%
Owen Jary	3	-	-	00:13:19	66.83%	-	-	-	-	-	-	00:21:09	68.71%	-	-	-	-	-	-	-	-	00:06:06	66.72%	-	
John Bowen	3	00:24:13	61.39%	00:15:12	59.98%	00:14:06	58.16%	-	-	00:48:45	55.83%	00:24:41	60.22%	-	-	-	-	-	-	-	-	-	-	-	
James Hornigold	1	00:30:15	49.92%	00:19:06	48.52%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Tony Savage	4	00:24:30	64.90%	00:14:50	65.73%	-	-	-	-	-	-	-	-	00:07:03	65.51%	00:44:53	69.11%	00:35:15	57.97%	00:48:30	66.29%	00:06:26	69.17%	00:34:01	75.55%
Martin Sheldrick	1	-	-	00:12:22	73.12%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Tristan Langley	1	-	-	00:15:08	52.87%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Michael Howlett	6	00:23:24	56.70%	00:14:41	57.68%	-	-	00:41:44	64.62%	00:41:15	58.71%	00:21:30	61.68%	00:06:05	63.26%	00:41:22	62.13%	00:30:45	55.07%	00:42:08	63.25%	-	-	00:34:18	62.10%
John Hopgood	4	00:18:04	76.38%	00:11:20	74.41%	00:10:06	75.34%	-	-	-	-	-	-	-	-	-	00:22:52	77.19%	-	-	00:05:01	77.79%	-	-	
Danny Smith	6	00:19:24	68.73%	-	-	00:10:54	67.38%	00:39:55	67.81%	00:34:41	70.11%	-	-	00:05:19	72.79%	00:36:42	70.35%	00:24:20	69.93%	00:37:52	70.63%	00:05:14	71.64%	-	
Kevin Farquhar	4	00:21:37	62.99%	00:12:57	64.16%	00:11:56	61.55%	-	-	-	-	-	-	00:06:27	61.29%	-	-	-	-	-	-	00:05:52	66.52%	00:33:21	65.87%
Kevin Howlett	6	00:23:20	70.14%	00:14:48	68.24%	-	-	00:46:46	72.13%	00:41:04	73.66%	00:22:18	73.42%	00:07:06	67.32%	00:46:26	69.31%	00:30:43	68.96%	-	-	00:06:38	70.41%	00:36:03	74.66%
Andy Moyle	1	00:30:02	49.11%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Rob Simmonds	2	00:18:11	72.93%	-	-	00:10:28	70.17%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
David Lane	5	00:45:16	33.95%	-	-	00:26:31	32.18%	-	-	01:06:56	42.06%	-	-	00:09:06	49.51%	-	-	-	-	-	-	-	01:19:51	44.12%	
Dan Pratt	5	00:25:01	55.98%	00:13:53	64.95%	00:11:29	66.26%	00:41:47	67.89%	-	-	00:21:09	66.22%	00:05:37	72.68%	00:40:22	67.09%	-	-	-	-	00:05:45	67.87%	-	
Adam Dye	1	-	-	00:15:41	53.93%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Shaun Hamer	2	-	-	-	-	-	-	00:44:16	61.78%	-	-	-	-	-	-	-	-	-	-	-	-	00:06:00	62.49%	00:36:12	60.68%
Simon Able	1	-	-	-	-	-	-	00:39:11	75.41%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Stewart Robins	1	-	-	-	-	-	-	00:45:54	66.56%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Jason Cooper	2	-	-	-	-	-	-	00:40:38	66.16%	-	-	-	-	-	-	-	-	-	-	-	-	-	00:33:11	63.94%	
Steve Harris	1	-	-	-	-	-	-	00:44:02	71.84%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Jimmy Goddard	1	-	-	-	-	-	-	00:39:11	71.29%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Matthew Thrower	3	-	-	-	-	00:10:41	71.23%	-	-	-	-	00:18:22	75.17%	-	-	00:35:24	75.28%	-	-	-	-	-	-	-	
Nic Bensley	1	-	-	-	-	00:10:59	74.66%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Ian Wiggins	2	-	-	-	-	00:12:36	60.39%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Owen Hopgood	4	-	-	-	-	00:10:49	77.23%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Martin Heeley	3	-	-	-	-	-	-	-	-	-	-	00:20:28	70.47%	00:05:42	73.60%	-	-	-	-	-	-	00:05:39	72.03%	-	
Pete Johnson	3	-	-	-	-	-	-	-	-	-	-	00:06:33	75.60%	00:46:50	71.42%	00:29:24	74.77%	-	-	-	-	00:06:08	80.73%	00:37:20	74.20%
Malcolm Tuff	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:26:39	74.73%	-	-	-	00:06:04	67.88%	00:32:24	77.26%
Lee Johnson	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:05:30	68.17%	-	
Sean Connolly	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:05:42	74.59%	-	
Matthew Knott	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:06:05	64.15%	-	
Keith Morris	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:09:05	51.71%	00:58:00	45.14%
Jay Belham	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:35:37	59.15%	
Nigel Kenny	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:37:41	67.01%	
Eamonn McCusker	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:40:43	68.03%	
Gavin Reynolds	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:33:55	63.10%	
Andy Simmonds	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:29:48	73.15%	
Paul Firmage	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:45:50	59.27%	



Ryston Winter Endurance Series 2020/2021

	# months completed	NOVEMBER				DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL			
		5km XC	% AG	2m Lodge Lane	% AG	3000m (track)	% AG	10km Drymere	% AG	9km "XC"	% AG	"Parkrun"	% AG	1 mile	% AG	6 miles	% AG	4 miles	% AG	10k	% AG	1 mile	% AG	5m	% AG
WOMEN																									
Pauline Sparrow	4	00:28:39	76.66%	00:17:42	78.81%	00:16:23	67.97%	00:55:50	79.25%	00:53:00	74.43%	00:26:16	79.27%	-	-	-	-	-	-	-	-	-	-	00:49:01	70.62%
Jane Ashby	6	00:28:11	77.05%	00:17:44	82.85%	00:15:27	78.63%	00:52:56	89.04%	00:49:47	84.33%	00:27:31	80.06%	00:07:59	78.79%	00:53:21	82.13%	00:34:14	83.54%	00:53:55	84.33%	00:07:56	79.29%	00:43:42	82.76%
Irena Marcinek	6	00:27:35	55.28%	00:15:26	62.27%	00:13:51	61.11%	00:48:56	64.68%	00:51:00	55.59%	00:24:34	62.51%	00:06:40	65.78%	00:48:59	61.59%	00:30:12	65.73%	00:46:33	67.20%	00:06:46	65.66%	00:39:07	63.91%
Sue Smith	5	00:45:10	39.15%	00:29:40	38.60%	00:27:22	38.78%	-	-	01:27:30	37.71%	00:43:50	40.33%	00:14:29	34.84%	01:28:00	39.58%	01:02:00	36.59%	-	-	-	-	-	-
Helen Sewell	3	00:44:10	51.36%	00:29:40	51.34%	00:22:27	64.09%	01:18:00	62.48%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Georgina Allen	4	00:30:17	67.22%	-	-	-	-	-	-	00:59:13	62.85%	00:29:29	66.96%	00:09:16	60.83%	01:01:49	63.22%	-	-	-	-	-	-	00:53:53	59.94%
Karen Smith	1	00:30:25	56.39%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Helen Reed	6	00:39:12	44.84%	00:24:26	46.20%	00:20:21	51.44%	01:14:49	48.70%	01:09:42	46.75%	00:33:17	52.50%	-	-	01:12:00	47.80%	-	-	01:13:11	48.78%	00:10:41	46.71%	-	
Helen Melville	6	00:28:48	54.57%	-	-	-	-	00:55:29	58.49%	-	-	00:25:39	61.26%	00:07:29	59.96%	00:55:53	55.60%	00:37:43	53.87%	00:55:22	57.86%	-	-	00:47:55	53.39%
Emma Wood	4	-	-	00:12:57	70.65%	00:11:53	68.18%	-	-	-	-	-	-	00:05:46	73.61%	00:40:05	72.56%	-	-	-	-	00:05:53	72.34%	-	
Maureen Wolfe	1	-	-	00:17:48	69.07%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Pauline Drewery	1	-	-	00:16:22	65.40%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Liz Blakie	6	00:29:52	65.90%	-	-	-	-	00:59:20	67.36%	00:54:47	65.14%	00:29:16	64.92%	00:08:57	60.61%	01:01:11	61.37%	00:38:48	63.45%	01:02:00	63.15%	-	-	00:52:09	59.54%
Wendy Farquhar	6	00:34:53	51.27%	00:20:38	56.22%	00:19:11	51.03%	-	-	-	-	00:40:57	48.35%	00:12:26	41.07%	-	-	00:47:19	48.93%	-	-	00:09:48	52.22%	00:55:26	52.65%
Linda Marshall	6	00:23:59	71.67%	00:15:38	69.37%	00:13:54	66.87%	00:50:45	71.79%	00:46:12	70.53%	00:25:09	69.48%	00:07:11	69.47%	00:49:11	69.98%	00:31:55	71.64%	00:49:37	72.82%	00:07:05	72.25%	00:40:03	71.99%
Wendy Fisher	5	00:28:52	60.51%	-	-	-	-	00:53:41	67.87%	-	-	-	-	00:08:20	59.88%	-	-	00:36:29	62.68%	-	-	00:07:57	64.38%	-	
Katie Moyle	2	00:30:02	49.94%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Janet Moyle	1	00:30:15	53.44%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Kate Penn	5	00:28:51	51.52%	-	-	-	-	-	-	00:49:54	54.64%	00:22:09	66.82%	00:06:49	62.10%	00:45:50	63.24%	00:30:07	63.48%	-	-	-	-	00:38:55	61.76%
Gill Hart	6	00:39:33	53.65%	-	-	00:22:53	48.66%	-	-	-	-	00:32:58	60.31%	00:09:20	62.84%	-	-	00:43:50	60.76%	-	-	00:09:48	59.24%	00:54:55	61.27%
Penny Seeger	1	00:24:43	60.28%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Lesley Robins	4	-	-	-	-	00:13:36	65.15%	00:44:11	74.92%	00:39:20	75.38%	00:22:48	70.20%	00:06:51	66.74%	00:43:20	72.62%	-	-	-	-	00:06:29	71.68%	00:36:39	72.62%
Julie Barrow	4	-	-	-	-	-	-	00:54:56	57.22%	00:46:27	60.64%	-	-	-	-	00:50:45	59.05%	-	-	-	-	00:07:19	60.73%	-	
Lisa Harris	5	-	-	-	-	-	-	00:55:38	62.34%	-	-	00:24:38	67.81%	00:07:26	64.17%	00:52:10	62.97%	-	-	00:53:46	63.36%	00:06:41	72.89%	00:39:45	68.43%
Cath Duhig (%AG walking)	4	-	-	-	-	-	-	-	-	-	-	00:32:02	83.10%	00:10:17	77.30%	01:02:26	86.70%	00:41:19	78.00%	01:04:38	87.00%	00:10:13	77.31%	00:53:58	81.78%
Amy Chapman	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	00:35:15	67.66%	



Ryston Winter Endurance Series 2020/2021

	# months completed	NOVEMBER		DECEMBER		JANUARY		FEBRUARY		MARCH		APRIL	
		2km XC	% AG	1 mile	% AG	2km parkrun	% AG	1 mile	% AG	2km	% AG	1500m	% AG
JUNIORS													
Ruby Smith	6	09:48	65.77%	06:29	73.20%	08:36	74.94%	06:26	71.45%	08:16	71.59%	06:03	70.44%
Leah Beagles	6	12:00	59.79%	07:45	68.55%	10:45	66.47%	07:29	65.95%	09:17	68.44%	07:56	58.14%
Rory Wood	6	09:05	75.61%	06:28	80.44%	08:03	85.32%	06:13	80.48%	07:52	81.17%	06:04	80.20%
Leo Wood	4	09:46	70.32%	-	-	08:32	80.49%	-	-	08:24	76.01%	06:11	78.68%
Izzy Wood	6	10:51	64.10%	07:27	68.05%	09:44	71.46%	07:35	65.08%	09:06	69.82%	06:52	67.17%
Abigail Bransgrove	4	11:16	60.03%	-	-	11:27	59.07%	08:59	53.53%	11:02	56.12%	-	-
Ellie Bransgrove	6	14:00	51.25%	08:52	59.92%	12:51	55.84%	10:14	49.59%	14:54	43.85%	09:11	53.79%
Owen Hoppood	4	08:11	65.68%	05:22	80.66%	-	-	-	-	07:11	69.56%	04:57	83.09%
Lola Kidman	6	09:28	71.44%	06:27	76.51%	08:34	78.95%	06:31	73.79%	08:30	72.84%	05:51	77.28%
Evie Clayton	6	09:33	70.82%	06:43	73.47%	09:05	72.59%	07:24	63.47%	08:36	70.31%	06:10	71.24%
Isabella Ashby-King	5	12:09	51.07%	08:14	55.87%	10:18	60.24%	09:12	48.15%	08:21	68.28%	-	-
Thomas Elsdon	4	09:39	67.43%	06:52	69.57%	-	-	06:52	65.90%	-	-	06:28	68.66%
Ethan Ward	1	09:11	67.62%	-	-	-	-	-	-	-	-	-	-
Chloe Pratt	2	10:45	62.91%	07:16	67.91%	-	-	-	-	-	-	-	-
Alisha Greenwood	2	-	-	07:01	70.33%	-	-	-	-	-	-	06:47	64.37%
Jacob Booth	1	-	-	07:14	66.04%	-	-	-	-	-	-	-	-
Jessica Lawrence	4	-	-	07:46	68.40%	08:53	80.77%	-	-	09:50	66.44%	07:46	63.60%
Poppy Hollingsworth	1	-	-	08:27	62.87%	-	-	-	-	-	-	-	-
Mia Hollingsworth	1	-	-	08:44	56.51%	-	-	-	-	-	-	-	-
Rosie Booth	2	-	-	05:56	74.19%	-	-	-	-	-	-	05:42	70.71%
Archie Rowe	2	-	-	06:18	75.19%	-	-	-	-	-	-	06:37	67.10%
Dylan Whitehouse	2	-	-	06:56	66.54%	-	-	-	-	-	-	06:56	60.66%
Mai Loram	2	-	-	07:02	62.59%	-	-	-	-	-	-	06:08	65.71%
Katie Moyle	2	-	-	07:02	62.59%	-	-	-	-	-	-	-	-