Review of RR10 2025 Season

With last week’s race at IBM Hursley, the 2025 season is now complete, with another successful year. We had a total of 88 members running at least one race in the league, of whom 41 ran the 6 to make the overall league standing and 5 members running all races.

Within the team results, we had a total of 4 complete teams for the men’s league, with the A team finishing in 3rd place. This is the best finishing for the men’s team in the 13th years of us competing the league, with a huge well done to all that help this result to happen. The Ladies had 5 complete teams and finished in 7th place overall.

For the individual overall results for the men - Dave H was 3rd, Nick W 7th and Rob D was 12th. A huge congratulations to Dave and Rob for winning their age categories. For the ladies Tracy S 12th, Jo L 19th and Kym 41st. Complete individual results over the season are listed below, and a very well done to you all!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Overall |  | Age | Overall |  | Age |
| Finishing | Name | Category | Finishing | Name | Category |
| Position |  |  | Position |  |  |
| **3** | **Dave HENSON** | **M45** | 12 | Tracey SHEPPERD | F40 |
| 7 | Nicholas WHITTLE | M | 19 | Joanne LABRAM | F50 |
| **12** | **Robert DEMPSTER** | **M50** | 41 | Kimberly CROSSWELL | F |
| 30 | Lee CAIELS | M45 | 50 | Melanie FORD | F65 |
| 58 | Wayne ANDREWS | M50 | 54 | Rachel FLANDERS | F45 |
| 76 | Maurice RICHARDSON | M55 | 55 | Rachael ASHBY | F45 |
| 79 | Henry PENFOLD | M | 74 | Becki ALLMAN | F45 |
| 120 | Keith SPIERS | M60 | 76 | Caroline KERR | F45 |
| 130 | Alex JOHNSON | M50 | 79 | Sian ANDREWS | F45 |
| 140 | Alan COWAN | M45 | 87 | Sheryl JAMES | F60 |
| 144 | David HOOPER | M50 | 90 | Kelly MILNER | F45 |
| 150 | Marek DOWNING | M40 | 99 | Tracy PUTTOCK | F50 |
| 157 | Paul MARCHANT | M55 | 136 | Lisa SMALL | F45 |
| 173 | Mathew BOWERS | M55 | 140 | Diane RICE-ADAMS | F60 |
| 174 | Richard ALLEN | M50 | 143 | Rachel CREASEY | F40 |
| 178 | Chris COLLINS | M40 | 147 | Julie WARD | F65 |
| 181 | Mark POLKINGHORNE | M45 |  |  |  |
| 190 | Stuart PICKARD | M50 |  |  |  |
| 196 | Ian BRADLEY | M55 |  |  |  |
| 198 | Keith SHEPPARD | M65 |  |  |  |
| 203 | Kevin ROWE | M65 |  |  |  |
| 217 | Calum ROWE | M |  |  |  |
| 226 | Robert JONES | M45 |  |  |  |
| 229 | Tim FORD | M60 |  |  |  |
| 234 | Stuart COVE | M55 |  |  |  |

Results sorted to age categories

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Overall |  | Age | Overall |  | Age |
| Finishing | Name | Category | Finishing | Name | Category |
| Position |  |  | Position |  |  |
| 7 | Nicholas WHITTLE | M | 41 | Kimberly CROSSWELL | F |
| 79 | Henry PENFOLD | M | 12 | Tracey SHEPPERD | F40 |
| 217 | Calum ROWE | M | 143 | Rachel CREASEY | F40 |
| 150 | Marek DOWNING | M40 | 54 | Rachel FLANDERS | F45 |
| 178 | Chris COLLINS | M40 | 55 | Rachael ASHBY | F45 |
| **3** | **Dave HENSON** | **M45** | 74 | Becki ALLMAN | F45 |
| 30 | Lee CAIELS | M45 | 76 | Caroline KERR | F45 |
| 140 | Alan COWAN | M45 | 79 | Sian ANDREWS | F45 |
| 181 | Mark POLKINGHORNE | M45 | 90 | Kelly MILNER | F45 |
| 226 | Robert JONES | M45 | 136 | Lisa SMALL | F45 |
| **12** | **Robert DEMPSTER** | **M50** | 19 | Joanne LABRAM | F50 |
| 58 | Wayne ANDREWS | M50 | 99 | Tracy PUTTOCK | F50 |
| 130 | Alex JOHNSON | M50 | 87 | Sheryl JAMES | F60 |
| 144 | David HOOPER | M50 | 140 | Diane RICE-ADAMS | F60 |
| 174 | Richard ALLEN | M50 | 50 | Melanie FORD | F65 |
| 190 | Stuart PICKARD | M50 | 147 | Julie WARD | F65 |
| 76 | Maurice RICHARDSON | M55 |  |  |  |
| 157 | Paul MARCHANT | M55 |  |  |  |
| 173 | Mathew BOWERS | M55 |  |  |  |
| 196 | Ian BRADLEY | M55 |  |  |  |
| 234 | Stuart COVE | M55 |  |  |  |
| 120 | Keith SPIERS | M60 |  |  |  |
| 229 | Tim FORD | M60 |  |  |  |
| 198 | Keith SHEPPARD | M65 |  |  |  |
| 203 | Kevin ROWE | M65 |  |  |  |

Throughout the season we had 5 members that ran every single race. They were:

* Rich A,
* Mark P,
* Tim F,
* Tracey S and
* Mel F

Congratulations and well done for doing all the races this year.

For those who love stats, the results can be also sorted into a ranking tablet based on the percentage of gender you beat thus genders can be listed together. See the below table:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Overall |  | Age | Overall |  | Age |
| Finishing | Name | Category | Finishing | Name | Category |
| Position |  |  | Position |  |  |
| 5 | Dave HENSON | M45 | 239 | Kelly MILNER | F45 |
| 13 | Nicholas WHITTLE | M | 240 | Marek DOWNING | M40 |
| 22 | Robert DEMPSTER | M50 | 251 | Paul MARCHANT | M55 |
| 26 | Tracey SHEPPERD | F40 | 268 | Tracy PUTTOCK | F50 |
| 43 | Joanne LABRAM | F50 | 274 | Mathew BOWERS | M55 |
| 53 | Lee CAIELS | M45 | 275 | Richard ALLEN | M50 |
| 91 | Wayne ANDREWS | M50 | 279 | Chris COLLINS | M40 |
| 115 | Kimberly CROSSWELL | F | 282 | Mark POLKINGHORNE | M45 |
| 120 | Maurice RICHARDSON | M55 | 300 | Stuart PICKARD | M50 |
| 127 | Henry PENFOLD | M | 307 | Ian BRADLEY | M55 |
| 135 | Melanie FORD | F65 | 310 | Keith SHEPPARD | M65 |
| 148 | Rachel FLANDERS | F45 | 322 | Kevin ROWE | M65 |
| 157 | Rachael ASHBY | F45 | 348 | Calum ROWE | M |
| 185 | Keith SPIERS | M60 | 360 | Lisa SMALL | F45 |
| 201 | Becki ALLMAN | F45 | 363 | Robert JONES | M45 |
| 204 | Caroline KERR | F45 | 367 | Tim FORD | M60 |
| 207 | Alex JOHNSON | M50 | 373 | Stuart COVE | M55 |
| 217 | Sian ANDREWS | F45 | 375 | Diane RICE-ADAMS | F60 |
| 221 | Alan COWAN | M45 | 384 | Rachel CREASEY | F40 |
| 229 | David HOOPER | M50 | 393 | Julie WARD | F65 |
| 232 | Sheryl JAMES | F60 |  |  |  |

Also thank you to everyone that help us put on and marshalled the race we organised at Itchen Valley Country park, particularly as we lost a considerable numbers of bakers and marshals from Netley in the last minute. Your compassion and support for the wider running community was really appreciated, particularly by our colleagues at NARs.

Next up are the CC6 races and the Hampshire cross country league over the winter, the RR10 will return next April, with more cake, more laughs and with Chris C failing to get into the team photo because he’s queueing for the loo 🤣

Well done and Thanks

Rob and Kym