

2022 Summer Grand Prix Fixtures			How does it work?
Race	May		The aim of the Grand Prix is to encourage members to race, especially where inter club team competition is involved
1	11th	Midweek League Race #1 Stevenage	
2	14th	Summer Handicap Club HQ	
3	19th	Summer Ware Cup LAC	Free - the MidWeek League
4	25th	Midweek League Race #2 St Albans	Small donation - our own low key club races in the forest
	June		Pay entry fee on-line -ELVIS races and Forest Five
5	4th	Forest 5 Race #1 Club HQ	
6	8th	Midweek League Race #3 Club HQ	Trophies for division champions at end of year
7	14th	Elvis Race #2 Havering	Best 12 scores from 21 races
8	17th	John Clarke Fell Race Club HQ	
9	21st	Elvis Race #3 Olympic Park Stratford	In the event of a tie, the runner who scored the most races wins, if still level then head to head scores count.
10	28th	Loughton Summer Relays LAC	
11	30th	Midweek League Race #4 Trent Park	
	July		3 promoted (could be more - see next) 3 point scores relegated plus anyone who doesn't race at all will be put into division 3
12	2nd	Forest 5 Race #2 Club HQ	
13	6th	Midweek League Mobmatch Race #5 WGC	
14	20th	Elvis Race #5 Harold Wood	12 points down to 5 in all divisions, exceptions onlt for the Loughton relays where all who attend will gain 12 points
	August		
15	6th	Forest 5 Race #3 (Also Elvis Race #6) Club HQ	
16	10th	5k on the Rides #1	PLEASE NOTE: Race 20 is the club road championship, you will need to book this race
17	17th	5k on the Rides #2	
18	24th	5k on the Rides #3	
19	29th	Elvis Race #7 Barking	
	Sept		
20	11th	CLUB ROAD CHAMPS, Pleshey Half Marathon	
21	25th	Elvis Race #8 ELR	

2022 Summer Grand Prix

Men's Division 1 Table

		R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	R 9	R 10	R 11	R 12	R 13	R 14	R 15	R 16	R 17	R 18	R 19	R 20	R 21	Total	Runs
Dan	Carroll	11			12	10	9		10		12			12	12	12	12					12	124	11
Steve	Bennett		10	11			8		7	12	12	11		10	11						12		104	10
Dan	Green											10	11	8	10	9	10	11	10	12		9	100	10
Dave	Wilson	12	12				12		12		12	12	12	11									95	8
Dhurmendra	Mistry		8	8		9	5		8	9	12			8	7			8	10				92	11
Danny	Fitzsimons	10	8	9						11	12				8						11	11	80	8
John	Sable		11			12	10									9	12	11				10	75	7
Ben	Fisher		9	10			7				12			9	10			9					66	7
Darren	Welsford			12			11		9						11	11		12					66	6
Bob	Jousiffe	9						12		10				9						11	10		61	6
Andy	Lunn				11	11	6		11			9											48	5
Pete	Bulatis															8	10	7	9				34	4

Women's Division 3 Table

		R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	R 9	R 10	R 11	R 12	R 13	R 14	R 15	R 16	R 17	R 18	R 19	R 20	R 21	Total	Runs
Joanne	Plumb	9	11	9	8		5		12		12	9		12		10	9	12	12		8		125	14
Lorraine	Gosling	11	12		12	11	11			11			12						5				85	8
Karen	West			11			10	12							12	12				11		11	79	7
Joanne	Elferink				9	12	9			7		11				11					9		68	7
Frances	Gamble									12	12	12					12				12		60	5
Hayley	Baron		9		7			11		6		8				9				10			60	7
Jasmin	Fitzpatrick	12		12			12										11				11		58	5
Jenny	Ingrey	10	10		11		7					10											48	5
Katie	Woolf	7	7				5			5	12						5		7				48	7
Sarah	Mills	8		8	6					5	12	6											45	6
Laura	Graham-C				10		5			8	12						10						45	5
Emily	Goodhew										12	7		11									30	3
Kerry	Parker									10	12						6						28	3
Beth	Henry			10						5											10		25	3
Abigail	Hoult																			12		12	24	3
Mona	Patel			7		8										7							22	3
Lucilla	Ashton									9	12												21	2
Paula	Fairlamb															5	11	5					21	3
Sarah	Thomas									5						5		10					20	3
Nikkii	Barnett															7		11					18	2
Dawn	Ashley										12	5											17	2
Ella	Wilson										12												12	1
Lorna	Ross										12												12	1
Sarah	Odell					10																	10	1
Fulva	Giust					9																	9	1
Ellis	Sharman																		9				9	1
Lucy	Sinclair															8							8	1
Han	Lu		8																				8	1
Philippa	Hurd					8																	8	1
Andrea	Macqueen														8								8	1
Gal	Seal																		8				8	1
Emma	Farra	6																					6	1
Alison	Taylor					6																	6	1
Vicki	Colman																		6				6	1
Louise	Cootes															5							5	1
Gabby	Barysaite					5																	5	1
Shayne	Ballas															5							5	1
Lisa	Smith																		5				5	1
Jackie	Bass																		5				5	1

Men's Division 3 Table

		R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8	R 9	R 10	R 11	R 12	R 13	R 14	R 15	R 16	R 17	R 18	R 19	R 20	R 21	Total	Runs
Paul	Goodhew	5	10	5		5	5		5	7	12	5	8	9		11	6	6	5	12	5	11	102	18
Gwilym	Johnston	6	9	5	5	5	5	11		9	12		9		12		5				5		93	13
Scott	Reid			8		10	5				12		11			12	11				7		76	8
Simon	Haigh	5		5	5		5		5		12	5		8		9	5	5	5		5		74	13
Sam	Kennedy	8			9		5					7		11			9	10	9		6		74	9

Russell	Brown	9			11		5				9		12			12		10			68	7	
Glenn	Gosling	5	7	5	7	5	5			10	5	5				5					59	10	
Paul	Quinton										12		12				11	12		12		59	5
Jon	West			5			5	9						11					11		9	50	6
Jason	Wray	10					9		7		12	11										49	5
Matt	Gallagher	5			5					6	12						5	5			10	48	7
Dasos	Gonnella			12	12				10				12									46	4
Henry	Giddens	12				11					12								11			46	4
Bernie	Dawson	5	5					8		5									10	5	8	46	7
Paul	Thornton	5				5	5	10			12		6									43	6
Phu	Ly			7	10		5		5							8				6		41	6
Andrew	Holloway					6							7			10	5	7	5			40	6
Geoff	Whitman						5			12	12						10					39	4
Colin	Read		12	5			5					5					5	5				37	6
Bal	Gill		5							5	12						5	5	5			37	6
Neil	Mcgoun	5					6					8					9	8				36	5
Brendan	Clooney		8	5			5				12	5										35	5
Mick	McTernan			11					11		12											34	3
Buddy	Green	7			8	7	5					5										32	5
Zoltan	Fodor		11						5	11		5										32	4
Chris	Naphine	5			5		5				12	5										32	5
Steve	Taylor			5	5		5				12								5			32	5
Adrian	Smith					9	5						10							8		32	4
Gareth	Allen			9							12									10		31	3
Joe	Ashman						5			8	12								5			30	4
Dan	Moses			10		12	7															29	3
Robert	Dutfield	11							6			10										27	3
Ben	Knight	5			5							5		10								25	4
Martin	Hobley						5			5						5	5	5				25	5
Reece	Barclay						12										12					24	2
Peter	Spelman		5		5		5												5			20	4
Oliver	Purton	5	5							5									5			20	4
Andy	Kennedy		5	5														5	5			20	4
Donald	Bennet						10		8													18	2
Neil	Swift			6							12											18	2
Siavash	Talebipour												5			8	5					18	3
Spencer	Evans						5	12														17	2
Darren	Cordes										12							5				17	2
Adam	Baker						8													9		17	2
James	Quartly				6		5		5													16	3
Seb	Mills						5					5					5					15	3
Simon	Harniess						5		5										5			15	3
Paul	Wilson															5	5	5				15	3
Declan	Hamblin																8	7				15	2
Oliver	Bushdari								12													12	1
Dan	Gritton										12											12	1
Colin	Smith										12											12	1
Raphael	Zenou							5								7						12	2
Chris	Scott																				12	12	1
Ben	Francis						11															11	1
Dave	Mannington											6				5						11	2
Callum	Smyth			5															6			11	2

