

Cookridge Night Score – 03rd December 2025

Position	Name	Club	Age Class	45 or 60	Time taken	Points	Penalties	Total
1	Adam Lomas	IND	M35	60	00:53:20	230	0	230
2	David Alcock	AIRE	M45	60	00:56:30	230	0	230
3	Rolf Crook	AIRE	M50	60	00:58:00	230	0	230
4	Sam Crook	AIRE	M14	60	00:58:20	230	0	230
5	Dave Murgatroyd	AIRE	M35	60	00:59:22	220	0	220
6	John Blatherwick	AIRE	M35	60	00:58:59	210	0	210
7	Rob Groves	AIRE	M35	60	00:59:20	210	0	210
8	Steve Mead	AIRE	M50	60	00:59:40	210	0	210
9	Rebecca Gray	AIRE	W35	60	00:59:02	190	0	190
10	Andrea Sendula	LUUOC	W21	60	01:00:15	170	10	160
11	Ian Marshall	AIRE	M60	45	00:40:30	110	0	147
=12	Grace Aldridge	IND	W40	60	00:55:00	140	0	140
=12	Sophie Tuley	IND	W40	60	00:55:00	140	0	140
14	Tom Bell	IND	M21	60	00:56:00	140	0	140
15	Richard Cartwright	AIRE	M40	60	00:58:58	130	0	130
16	Peter Jones	AIRE	M65	60	01:00:15	130	10	120
17	Matthias Dalheimer	IK Vikings OK	M55	45	00:42:00	80	0	107
18	Nick Bell	IND	M50	60	00:58:28	100	0	100
19	Dave Tait	AIRE	M75	45	00:41:15	60	0	80

Thank you to everyone who came to Cookridge, I hope you enjoyed your run even if there were some post boxes that seem to have gone AWOL. Thank you to Peter Haines who planned the event and to Nicola Parkinson who stepped in to host the event on the night allowing me to run.

Dave Murgatroyd