

| SURNAME 2024 | FIRST NAME | CLUB 2024 | REG No | GEN | AGE GROUP 2024 | 4K MED 2K SHT | 6K LNG | 23-3 MIN 2K0 | 23-3 SEC 2K0 | No 1 PLC RYDLMERE | 23rd MARCH No 1 PTS | TOTAL PTS | TOTAL WEEKS | Mins/km 2K Rydalmere W1 |
|-----------------|---------------|--------------|-----------|-----|-------------------|------------------|--------|--------------------|--------------------|----------------------|------------------------|-----------|-------------|-------------------------------|
| | | | | | | | | | | | | | | |
| W10U+ ^ | | Z | | FEM | W11U | S | | | | | | 0 | | |
| W12U ^ | | Z | | FEM | W13U | S | | | | | | 0 | | |
| W14U+ ^ | | Z | | FEM | W15U | S | | | | | | 0 | | |
| W16U ^ | | Z | | FEM | W17U | S | | | | | | 0 | | |
| W18U ^ | | Z | | FEM | W19U | S | | | | | | 0 | | |
| W20U ^ | | Z | | FEM | W21 | S | | | | | | 0 | | |
| W20+ ^ | | Z | | FEM | W23 | S | | | | | | 0 | | |
| W30+ ^ | | Z | | FEM | W31+ | S | | | | | | 0 | | |
| W35+ ^ | | Z | | FEM | W35+ | S | | | | | | 0 | | |
| W40+ ^ | | Z | | FEM | W41+ | S | | | | | | 0 | | |
| LIU DOGGETT | Donna | ASW | 117519 | FEM | W45+ | S | | 12 | 29.0 | 11 | 10 | 10 | 1 | 6.24 |
| W45+ ^ | | Z | | FEM | W46+ | S | | | | | | 0 | | |
| / DAVIES | Jean | GIR | 25728 | FEM | W50+ | S | | 11 | 49.0 | 9 | 10 | 10 | 1 | 5.91 |
| AEGIS | Carolyn | CHE | OFC | FEM | W50+ | S | | 12 | 8.0 | 10 | 9 | 9 | 1 | 6.07 |
| W50+ ^ | | Z | | FEM | W51+ | S | | | | | | 0 | | |
| W55+ ^ | | Z | | FEM | W56+ | S | | | | | | 0 | | |
| W60+ ^ | | Z | | FEM | W61+ | S | | | | | | 0 | | |
| W65+ ^ | | Z | | FEM | W66+ | S | | | | | | 0 | | |
| M10U ^ | | Z | | M | M11U | S | | | | | | 0 | | |
| DOGGETT | Bobby | ASW | 75543 | M | M12U | S | | 15 | 24.0 | 14 | 10 | 10 | 1 | 7.70 |
| M12U ^ | | Z | | M | M13U | S | | | | | | 0 | | 15.00 |
| INMAN | Lachlon | RYD | | M | M14U | S | | 7 | 57.0 | 3 | 10 | 10 | 1 | 3.98 |
| ROGERSON | Alex | XXXX | | M | M14U | M | | 8 | 13.0 | 4 | | 0 | 1 | 4.11 |
| MURONE | Benjamin | INW | 19227 | M | M14U | S | | 10 | 10.0 | 6 | 9 | 9 | 1 | 5.08 |
| M14U ^ | | Z | | M | M15U | S | | | | | | 0 | | |
| M35+ ^ | | Z | | M | M35+ | S | | | | | | 0 | | |
| M40+ ^ | | Z | | M | M41+ | S | | | | | | 0 | | |
| M45+ ^ | | Z | | M | M46+ | S | | | | | | 0 | | |
| ROGERSON | Peter | | | M | M50+ | | 6 | 7 | 27.0 | 1 | | 0 | 1 | 3.73 |
| M50+ ^ | | Z | | M | M51+ | S | | | | | | 0 | | |
| THURLOW | Wayne | GIR | | M | M55+ | S | | 9 | 51.0 | 5 | 10 | 10 | 1 | 4.93 |
| IDRIS | Tony | HIL | 68389 | M | M55+ | S | | 19 | 14.0 | 17 | 9 | 9 | 1 | 9.62 |
| M55+ ^ | | Z | | M | M56+ | S | | | | | | 0 | | |
| SHARPE | Bradley | UTN | 32176 | M | M60+ | S | | 7 | 47.0 | 2 | 10 | 10 | 1 | 3.89 |
| O'DONNELL | Stephen | GIR | 25729 | M | M60+ | M | | 12 | 30.0 | 12 | | 0 | 1 | 6.25 |
| MICALLEF | Gary | GIR | | M | M60+ | S | | 15 | 1.0 | 13 | 9 | 9 | 1 | 7.51 |
| M60+ ^ | | Z | | M | M61+ | S | | | | | | 0 | | |
| LEWIS | David | ASW | 20833 | M | M65+ | S | | 10 | 22.0 | 8 | 10 | 10 | 1 | 5.18 |
| MAR | Roger | GIR | 56018 | M | M65+ | S | | 16 | 28.0 | 15 | 9 | 9 | 1 | 8.23 |
| TERRANOVA | Nicolas | HIL | | M | M65+ | S | | 19 | 14.0 | 16 | 8 | 8 | 1 | 9.62 |
| M65+ ^ | | Z | | M | M66+ | S | | | | | | 0 | | |
| M TEAM 70+ ^ | | Z | | M | M71+ | S | | | | | | 0 | | |
| WRIGHT | Noel | HIL | 36477 | M | M75+ | S | | 10 | 15.0 | 7 | 10 | 10 | 1 | 5.13 |
| ARCHBOLD | David | BLA | 39788 | M | M75+ | S | | | | 18 | | 0 | 1 | 12.71 |
| M TEAM 75+ ^ | | Z | | M | M81+ | S | | | | | | 0 | | |

| SURNAME 2024 | FIRST NAME | CLUB 2024 | NAT No | GEN | D O B D | D O B M | DOB YEAR | AGE 2024 | AGE GROUP 2024 | 2K SHT | 4K MED | 23-3 MIN 4K0 | 23-3 SEC 4K0 | No 1 PLC RYDLMERE | No 1 PTS 23rd MARCH | TOTAL PTS | TOTAL WEEKS | Mins/km 4K0 Rydalmere W1 |
|-------------------------|---------------|--------------|--------|-----|------------------|------------------|-------------|-------------|-------------------|-----------|-----------|--------------------|--------------------|----------------------|------------------------|--------------|----------------|--------------------------------|
| W12U ^ | | | | FEM | | | 2022 | 2 | W13U | S | M | | | | | 0 | | |
| W14U+ ^ | | | | FEM | | | 2022 | 2 | W15U | S | M | | | | | 0 | | |
| W16U ^ | | | | FEM | | | 2022 | 2 | W17U | S | M | | | | | 0 | | |
| W18U ^ | | | | FEM | | | 2022 | 2 | W19U | S | M | | | | | 0 | | |
| W20U ^ | | | | FEM | | | 2022 | 2 | W21 | S | M | | | | | 0 | | |
| W20+ ^ | | | | FEM | | | 2022 | 2 | W23 | S | M | | | | | 0 | | |
| W30+ ^ | | | | FEM | | | 2022 | 2 | W31+ | S | M | | | | | 0 | | |
| W35+ ^ | | | | FEM | | | 2022 | 2 | W36+ | S | M | | | | | 0 | | |
| W40+ ^ | | | | FEM | | | 2022 | 2 | W41+ | S | M | | | | | 0 | | |
| TULLOCH - MURONE | Susan | ASW | | FEM | 8 | 3 | 1978 | 46 | W45+ | M | | 20 | 9.0 | 6 | 10 | 10 | 1 | 5.04 |
| W45+ ^ | | | | FEM | | | 2022 | 2 | W46+ | S | M | | | | | 0 | | |
| W50+ ^ | | | | FEM | | | 2022 | 2 | W51+ | S | M | | | | | 0 | | |
| W55+ ^ | | | | FEM | | | 2022 | 2 | W56+ | S | M | | | | | 0 | | |
| W60+ ^ | | | | FEM | | | 2022 | 2 | W61+ | S | M | | | | | 0 | | |
| DRENNAN | Deborah | UTN | 32177 | FEM | 17 | 5 | 1958 | 66 | W65+ | M | | 18 | 54.0 | 4 | 10 | 10 | 1 | 4.73 |
| RUSSELL | Katrina | GIR | | FEM | 25 | 10 | 1955 | 69 | W65+ | M | | 25 | 50.0 | 13 | 9 | 9 | 1 | 6.46 |
| PETLEY | Karen | HIL | 47678 | FEM | 10 | 5 | 1959 | 65 | W65+ | M | | 30 | 45.0 | 14 | 8 | 8 | 1 | 7.69 |
| W65+ ^ | | | | FEM | | | 2024 | | W66+ | S | M | | | | | 0 | | |
| W70+ ^ | | | | FEM | | | 2024 | | W71+ | S | M | | | | | 0 | | |
| ARGENT | Stacey | GIR | | FM | 19 | 9 | 1990 | 34 | W30+ | M | | 23 | 29.0 | 11 | 10 | 10 | 1 | 5.87 |
| M12U ^ | | | | M | | | 2024 | | M13U | S | M | | | | | 0 | | |
| ROGERSON | Alex | XXXX | | M | 22 | 12 | 2011 | 13 | M14U | M | | 18 | 24.0 | 3 | 10 | 10 | 1 | |
| M14U ^ | | | | M | | | 2022 | 2 | M15U | S | M | | | | | 0 | | |
| M16U ^ | | | | M | | | 2022 | 2 | M17U | S | M | | | | | 0 | | |
| M20+ ^ | | | | M | | | 2022 | 2 | M23 | S | M | | | | | 0 | | |
| M30+ ^ | | | | M | | | 2022 | 2 | M31+ | S | M | | | | | 0 | | |
| M35+ ^ | | | | M | | | 2022 | 2 | M36+ | S | M | | | | | 0 | | |
| M40+ ^ | | | | M | | | 2022 | 2 | M41+ | S | M | | | | | 0 | | |
| M45+ ^ | | | | M | | | 2022 | 2 | M46+ | S | M | | | | | 0 | | |
| ROGERSON | Peter | | | M | 11 | 12 | 1972 | 52 | M50+ | M | | 16 | 52.0 | 1 | 10 | 10 | 1 | 4.22 |
| ZAMMIT | Rodney | GIR | | M | 20 | 12 | 1970 | 54 | M50+ | M | | 18 | 9.0 | 2 | 9 | 9 | 1 | 4.54 |
| M50+ ^ | | | | M | | | 2022 | 2 | M51+ | S | M | | | | | 0 | | |
| THURLOW | Wayne | GIR | | M | 26 | 10 | 1966 | 58 | M55+ | S | | 20 | 9.0 | 7 | | 0 | 1 | 5.04 |
| M55+ ^ | | | | M | | | 2022 | 2 | M56+ | S | M | | | | | 0 | | |
| SARGEANT | Greg | GIR | 30888 | M | 2 | 9 | 1960 | 64 | M60+ | M | | 22 | 7.0 | 10 | 10 | 10 | 1 | |
| O'DONNELL | Stephen | GIR | 25729 | M | 4 | 12 | 1964 | 60 | M60+ | M | | 24 | 45.0 | 12 | 9 | 9 | 1 | |
| M60+ ^ | | | | M | | | 2022 | 2 | M61+ | S | M | | | | | 0 | | |
| SHEARGOLD | Graham | GIR | 38094 | M | 23 | 5 | 1955 | 69 | M65+ | M | | 20 | 25.0 | 9 | 10 | 10 | 1 | 5.10 |
| M65+ ^ | | | | M | | | 2022 | 2 | M66+ | S | M | | | | | 0 | | |
| BALL | Stephen | UTN | 20926 | M | 10 | 8 | 1953 | 71 | M70+ | M | | 19 | 52.0 | 5 | 10 | 10 | 1 | 4.97 |
| M TEAM 70+ ^ | | | | M | | | 2022 | 2 | M71+ | S | M | | | | | 0 | | |
| MATHEWSON | Donald | HIL | | M | 1 | 7 | 1944 | 80 | M80+ | M | | 20 | 15.0 | 8 | 10 | 10 | 1 | 5.06 |
| ALLOMES | Graham | SYP | 20555 | M | 14 | 1 | 1944 | 80 | M80+ | M | | 33 | 11.0 | 15 | 9 | 9 | 1 | 8.30 |
| M TEAM 75+ ^ | | | | M | | | 2022 | 2 | M81+ | S | M | | | | | 0 | | |

| SURNAME 2024 | FIRST NAME | CLUB 2024 | NAT No 2023 | GEN | AGE GROUP 2024 | 2K SHT | 4K MED | 6K LNG | 23-3 MIN 6K0 | 23-3 SEC 6K0 | No 1 PLC RYDLMEERE | No 1 PTS 23rd MARCH | TOTAL PTS | TOTAL WEEKS | Min 6km Rydalmere W1 |
|-----------------|---------------|--------------|-------------------|-----|-------------------|--------|--------|--------|--------------------|--------------------|-----------------------|------------------------|-----------|-------------|-------------------------|
| W16U ^ | | | | FEM | W17U | | | m | L | | | | 0 | 6 | ... |
| W70+ ^ | | | | FEM | W71+ | | | m | L | | | | 0 | 6 | ... |
| M16U ^ | | | | M | M17U | | | m | L | | | | 0 | 6 | ... |
| M16U ^ | | | | M | M17U | | | m | L | | | | 0 | 6 | ... |
| O'DONNELL | Ben | GIR | 28011 | M | M18U | | M | 30 | 45 | 4 | | 0 | 1 | 5.13 | |
| M18U ^ | | | | M | M19 | | | m | L | | | | 0 | 6 | ... |
| M20U ^ | | | | M | M21 | | | m | L | | | | 0 | 6 | ... |
| M20+ ^ | | | | M | M23 | | | m | L | | | | 0 | 6 | ... |
| M30+ ^ | | | | M | M31+ | | | m | L | | | | 0 | 6 | ... |
| M35+ ^ | | | | M | M35+ | | | m | L | | | | 0 | 6 | ... |
| M40+ ^ | | | | M | M41+ | | | m | L | | | | 0 | 6 | ... |
| M45+ ^ | | | | M | M46+ | | | m | L | | | | 0 | 6 | ... |
| DOGGETT | Michael | ASW | 20235 | M | M50+ | | | 6K | 30 | 15 | 2 | 10 | 10 | 1 | 5.04 |
| DAVIE | EJ | SSR | 30809 | M | M50+ | | | 6K | 31 | 43 | 5 | 9 | 9 | 1 | 5.29 |
| M50+ ^ | | | | M | M51+ | | | m | L | | | | 0 | 6 | ... |
| M55+ ^ | | | | M | M56+ | | | m | L | | | | 0 | 6 | ... |
| O'DONNELL | Stephen | GIR | 25729 | M | M60+ | | M | 44 | 57 | 9 | | 0 | 1 | 7.49 | |
| M60+ ^ | | | | M | M61+ | | | m | L | | | | 0 | 6 | ... |
| BYRNE | Peter | HIL | 3141 | M | M65+ | | | 6K | 26 | 27 | 1 | 10 | 10 | 1 | 4.41 |
| ROSE | Ian | HIL | 30665 | M | M65+ | | | 6K | 30 | 15 | 3 | 9 | 9 | 1 | 5.04 |
| M65+ ^ | | | | M | M66+ | | | m | L | | | | 0 | 6 | ... |
| LOVEL | Rodney | SSR | | M | M70+ | | | 6K | 32 | 5 | 7 | 10 | 10 | 1 | 5.35 |
| EAGER | Robert | GIR | 48486 | M | M70+ | | | 6K | 43 | 1 | 8 | 9 | 9 | 1 | 7.17 |
| M TEAM 70+ ^ | | | | M | M71+ | | | m | L | | | | 0 | 6 | ... |
| MATHEWSON | Donald | HIL | | M | M80+ | | M | 31 | 44 | 6 | | 0 | 1 | 5.29 | |
| M TEAM 75+ ^ | | | | M | M81+ | | | m | L | | | | 0 | 6 | ... |