

## Variations to Target

League	Pontefract 10k	Temple Newsam parkrun	Winter Handicap	Peco#3	Dewsbury 10k	Wakefield 10k	Thirsk 10m	Spring Handicap	Monsal Trail Half	Average
<b>1. Gold+</b>	<b>0.09%</b>	<b>-2.55%</b>	<b>-5.22%</b>	<b>-9.90%</b>	<b>2.29%</b>	<b>-0.72%</b>	<b>-0.43%</b>	<b>-4.25%</b>	<b>-1.43%</b>	<b>-1.67%</b>
Helen Morgan	5.33%	2.38%	-4.05%		7.34%	5.60%	4.06%		1.57%	3.17%
Jim Needham							1.51%			1.51%
Adam Connellan					1.46%					1.46%
James Roberts						1.34%				1.34%
Gavin Walker	-0.28%				3.26%	0.52%	0.10%		-0.39%	0.64%
Sue Knowles	0.35%		-3.69%		4.19%					0.28%
Sandy George						0.21%				0.21%
Simon Bennett					-0.07%					-0.07%
Jurie Swanepoel	-2.53%				0.91%	0.56%				-0.35%
Poppy Cooke									-0.50%	-0.50%
Richard Ward		-2.24%	-2.54%		3.09%	-0.14%	0.36%	-4.15%	0.49%	-0.73%
Richard Burke	-0.75%				1.69%	-0.13%		-3.78%	-0.81%	-0.75%
Liane Warren	-1.39%				0.23%	-0.53%			-2.15%	-0.96%
Charlie Lines			-1.10%							-1.10%
Neville Marshall	-1.38%					0.35%		-2.32%	-1.53%	-1.22%
Joanne Burke			-5.32%		0.72%	0.45%		-2.52%	0.31%	-1.27%
Ryan Aubrey		-1.19%						-1.77%		-1.48%
Nicola Thomson		-3.69%	-6.89%		2.92%	0.32%	-1.04%	-2.54%	-1.04%	-1.71%
Sue Francis	-0.24%	-7.18%			6.01%	-2.91%	-2.20%	-8.81%	0.71%	-2.09%
Catherine Warren		-3.20%	-5.62%		3.39%			-4.29%	-1.11%	-2.16%
Adam Callow	0.34%	-0.27%	-4.61%			0.58%	-1.41%	-2.81%	-7.25%	-2.20%
Janet Davis	1.46%		-7.47%							-3.01%
Bill Winder			-4.72%	-7.62%	3.98%	-3.68%		-4.99%	-3.80%	-3.47%
Sarah Hunter				-9.92%	0.47%					-4.72%
Joe Worthington		-5.01%		-7.55%	1.73%	-4.02%		-8.77%		-4.73%
Gail Tombs				-13.94%	-0.90%	-1.40%	-3.73%			-4.99%
Mark Leadbeater			-8.03%	-10.45%	0.84%	-9.36%	-1.51%		-4.59%	-5.52%
Jennifer Knowles			-8.56%							-8.56%
<b>2. Silver</b>	<b>-2.23%</b>	<b>-2.64%</b>	<b>-5.76%</b>	<b>-8.69%</b>	<b>1.21%</b>	<b>-1.96%</b>	<b>0.50%</b>	<b>-4.17%</b>	<b>-2.24%</b>	<b>-3.13%</b>
Terry Mottram	-1.49%						1.76%			0.14%
Laith Flanagan	-0.34%	-3.09%	-0.82%		4.08%	0.48%			0.24%	0.09%
Anna Pujol		-3.50%	-1.99%		3.94%				-1.19%	-0.68%
Bruce Perfect		-0.95%								-0.95%
Martyn Stearn	-0.97%				0.84%	-0.66%		-4.68%		-1.37%
David Hughes			-1.80%			-1.01%				-1.40%
Rachel Cooke	1.34%	0.23%	-4.13%					-2.42%	-2.06%	-1.41%
Sam Lockett	-1.15%		-3.63%		2.60%	-1.79%	-0.76%	-5.92%		-1.77%
Tracy Anastasiou		-3.25%	-3.82%			-0.09%			-1.32%	-2.12%
Lucy Vamplew		-2.02%			-2.81%				-2.16%	-2.33%
Paul Bernardo		-0.62%	-3.76%	-6.08%		0.44%				-2.51%
Amanda McKinnell	-2.11%		-4.25%	-8.87%	2.39%					-3.21%
Ryan Smith	-0.47%	-3.11%	-8.77%	-7.35%	1.66%					-3.61%
Su Smith					-1.51%	-6.27%				-3.89%
Stewart Haigh						-1.79%		-3.44%	-6.87%	-4.03%
Michael Robinson		0.57%	-6.64%	-9.27%				-1.50%		-4.21%





