

NICSAC Members Competition 2021 (Final Result)

Name	May 21	June 21	July 21	August 21	September 21	October 21	Total
	Quality Run	Increase Distance	Virtual 10km	Quality Run	Increase Distance	Virtual 10km	Points
Adam Heanen	15	19	20	20	18	20	112
Stewart Malcolm	15	18	18	20	19	19	109
Stephen Lemon	5	20	16	20	20	18	99
Arthur Watson	15	16	15	20		17	83
Paul O'Hare		17	17				34
Michael Williamson	5		14	15			34
Alan Weir			19				19
Philip Carson	15						15
							0

Name	May 21	June 21	July 21	August 21	September 21	October 21	Total
	Quality Run	Increase Distance	Virtual 10km	Quality Run	Increase Distance	Virtual 10km	Points
Samantha Anderson	15	19	19	20	19	19	111
Claire Ellis	15	20	20	15	20	20	110
Heidi Rodgers	15			20			35
Anne McNally	15						15
							0
							0
							0
							0
							0

June % Increase				
Name	May	June	% Increase	Pts
Stephen Lemon	10.75km	46.25km	330.20%	20
Adam Heanen	135.9km	198km	45.70%	19
Stewart Malcolm	142km	192km	35.20%	18
Paul O'Hare	32km	36km	12.50%	17
Arthur Watson	139.98km	142.33km	1.70%	16

June % Increase				
Name	May	June	% Increase	Pts
Claire Ellis	69.4km	102km	47.00%	20
Samantha Anderson	272km	273km	0.40%	19

July 10km Times			
Name		Time	Pts
Adam Heanen		00:41:00	20
Alan Weir		00:46:05	19
Stewart Malcolm		00:49:27	18
Paul O'Hare		00:53:07	17
Stephen Lemon		00:53:36	16
Arthur Watson		00:53:55	15
Michael Williamson		00:58:52	14

July 10km Times			
Name		Time	Pts
Claire Ellis		00:55:18	20
Samantha Anderson		01:12:47	19

September % Increase				
Name	August	Sept	% Increase	Pts
Stephen Lemon	42km	81km	92.90%	20
Stewart Malcolm	145km	201km	38.60%	19
Adam Heanen	186.8km	234.8km	25.70%	18

September % Increase				
Name	August	September	% Increase	Pts
Claire Ellis	77.6km	105.1km	35.40%	20
Samantha Anderson	167.3km	181.28km	8.40%	19

October 10km Times			
Name		Time	Pts
Adam Heanen		00:42:25	20
Stewart Malcolm		00:44:05	19
Stephen Lemon		00:52:25	18
Arthur Watson		00:53:58	17

October 10km Times			
Name		Time	Pts
Claire Ellis		00:57:16	20
Samantha Anderson		01:07:47	19