

## STRAGGLERS 2023 LADDER

## Provisional Final Placings

31/12/2023

## Combined

Distance	Posn	Name	H	M	S	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
1 Mile	1	Andrew Simpson		4	: 59	M	81.1%	1	3	03/06/2023
1 Mile	2	Crispin Allen		5	: 8	M	86.3%	2	1	28/06/2023
1 Mile	3	Merilyn Davis		6	: 27	F	86.3%	1	2	06/09/2023
1 Mile	4	John Beer		6	: 53	M	76.1%	3	4	14/06/2023

Distance	Posn	Name	H	M	S	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
10 Miles	1	Rhys Doherty		53	: 16	M	82.1%	1	7	15/10/2023
10 Miles	2	Rob Eveson		55	: 0	M	79.5%	2	13	15/10/2023
10 Miles	3	Harry Tivnen		55	: 48	M	78.4%	3	14	15/10/2023
10 Miles	4	Jim Lurkins		56	: 41	M	77.7%	4	17	15/10/2023
10 Miles	5	Eliza Hawthorn		58	: 6	F	84.6%	1	4	15/10/2023
10 Miles	6	Filip Egierszдорff		58	: 59	M	81.2%	5	8	15/10/2023
10 Miles	7	Sarah Holt		59	: 9	F	87.6%	2	1	15/10/2023
10 Miles	8	Chi Ming Wu		59	: 11	M	80.9%	6	9	15/10/2023
10 Miles	9	Ian Riley		59	: 28	M	74.7%	7	25	07/04/2023
10 Miles	10	Chris Coates		59	: 53	M	75.5%	8	23	15/10/2023
10 Miles	11	Lisa Bailey	1	:	0 : 19	F	85.9%	3	2	15/10/2023
10 Miles	12	Simon Mumme	1	:	1 : 16	M	74.4%	9	28	15/10/2023
10 Miles	13	Andrew Simpson	1	:	2 : 13	M	74.4%	10	27	15/10/2023
10 Miles	14	Crispin Allen	1	:	3 : 40	M	79.9%	11	11	15/10/2023
10 Miles	15	Alastair Hall	1	:	4 : 20	M	68.7%	12	35	15/10/2023
10 Miles	16	Harri Daniel	1	:	4 : 35	F	79.6%	4	12	15/10/2023
10 Miles	17	Daniel Gardham	1	:	4 : 49	M	67.5%	13	39	15/10/2023
10 Miles	18	Duncan McConnell	1	:	6 : 24	M	67.2%	14	40	15/10/2023
10 Miles	19	Freysen Maritz	1	:	6 : 26	M	73.3%	15	29	15/10/2023
10 Miles	20	Steven Clelland	1	:	6 : 36	M	67.9%	16	36	15/10/2023
10 Miles	21	Abu-Turab Bharwana	1	:	6 : 46	M	74.8%	17	24	15/10/2023
10 Miles	21	Joshua Ingold	1	:	6 : 46	M	65.8%	17	45	04/06/2023
10 Miles	23	Chance Rowan	1	:	6 : 53	M	72.2%	19	32	15/10/2023
10 Miles	24	Laurence Duffy	1	:	6 : 59	M	82.6%	20	6	15/10/2023
10 Miles	25	Steve Smith	1	:	7 : 12	M	83.1%	21	5	15/10/2023
10 Miles	26	Claire Curtin	1	:	8 : 19	F	77.1%	5	18	15/10/2023
10 Miles	27	Liz Fraser	1	:	8 : 56	F	73.2%	6	30	15/10/2023
10 Miles	28	Sonia Bandeira	1	:	9 : 5	F	77.7%	7	16	15/10/2023
10 Miles	29	Nick Little	1	:	9 : 37	M	75.8%	22	22	15/10/2023
10 Miles	30	Ian Hawkes	1	:	10 : 11	M	75.9%	23	21	15/10/2023
10 Miles	31	Ted Fraser	1	:	12 : 34	M	76.2%	24	20	15/10/2023
10 Miles	32	Aaron Israel	1	:	13 : 13	M	67.7%	25	37	15/10/2023
10 Miles	33	David Brewin	1	:	13 : 24	M	78.4%	26	15	15/10/2023
10 Miles	34	Simon Brazil	1	:	14 : 12	M	71.1%	27	34	07/04/2023
10 Miles	35	Katie Wright	1	:	14 : 31	F	74.5%	8	26	15/10/2023
10 Miles	36	Neil Browning	1	:	14 : 39	M	67.5%	28	38	15/10/2023
10 Miles	37	Alex McKenna	1	:	15 : 54	M	57.7%	29	51	15/10/2023
10 Miles	38	Merilyn Davis	1	:	17 : 30	F	85.5%	9	3	15/10/2023

10 Miles	39	Peter Colwill	1 : 18 : 18	M	72.0%	30	33	15/10/2023
10 Miles	40	Jacintha Bailey	1 : 20 : 0	F	61.5%	10	49	15/10/2023
10 Miles	41	Shirley Buckley	1 : 20 : 36	F	80.0%	11	10	15/10/2023
10 Miles	42	Izabel Grindal	1 : 21 : 27	F	77.1%	12	19	15/10/2023
10 Miles	43	Mike Taylor	1 : 21 : 40	M	65.8%	31	44	15/10/2023
10 Miles	44	Richard Bowes	1 : 22 : 20	M	55.8%	32	53	16/04/2023
10 Miles	45	Carys Mills	1 : 22 : 33	F	72.2%	13	31	15/10/2023
10 Miles	46	Ashleigh Lezard	1 : 23 : 32	F	63.6%	14	47	15/10/2023
10 Miles	47	Dave Clark	1 : 23 : 39	M	64.9%	33	46	15/10/2023
10 Miles	48	Chris Taylor	1 : 24 : 33	M	59.1%	34	50	15/10/2023
10 Miles	49	Jeannie Taylor	1 : 28 : 1	F	66.1%	15	43	15/10/2023
10 Miles	50	Stuart Thompson	1 : 28 : 22	M	66.5%	35	42	15/10/2023
10 Miles	51	Richard Patient	1 : 29 : 20	M	56.9%	36	52	15/10/2023
10 Miles	52	Amanda Rencontre	1 : 31 : 50	F	66.6%	16	41	15/10/2023
10 Miles	53	Mark Sutherland	1 : 37 : 32	M	63.1%	37	48	15/10/2023
10 Miles	54	Karen Cousins	1 : 52 : 43	F	53.6%	17	54	15/10/2023

Distance	Posn	Name	H	M	S	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
10k	1	Tim Jennis		33	: 11	M	88.0%	1	2	24/09/2023
10k	2	Sonny Maund		33	: 19	M	79.4%	2	20	25/06/2023
10k	3	Jim Lurkins		34	: 28	M	77.0%	3	27	25/06/2023
10k	4	Harry Tivnen		34	: 31	M	76.5%	4	30	12/02/2023
10k	5	Pete Gregorowski		35	: 21	M	80.6%	5	15	12/02/2023
10K	6	Eliza Hawthorn		35	: 49	F	83.4%	1	8	05/08/0023
10K	7	Sam Hawthorn		35	: 53	M	73.6%	6	47	12/07/2023
10K	8	Jacob Law-Sales		36	: 5	M	73.6%	7	46	03/06/2023
10K	9	Lisa Bailey		36	: 8	F	87.2%	2	5	20/12/2023
10K	10	Ian Riley		36	: 20	M	73.6%	8	45	04/03/2023
10k	10	Scott Singleton		36	: 20	M	72.7%	8	54	29/06/2023
10K	12	Sarah Holt		36	: 37	F	85.4%	3	7	18/02/2023
10K	13	Andrew Simpson		36	: 57	M	75.3%	10	35	04/03/2023
10k	14	Danny Glebocki		37	: 2	M	71.7%	11	58	29/06/2023
10k	15	Crispin Allen		37	: 11	M	82.7%	12	10	23/07/2023
10K	16	Imogen Parker-Elms		37	: 20	F	81.1%	4	13	05/02/2023
10k	17	Chi Ming Wu		37	: 25	M	76.8%	13	28	25/06/2023
10k	18	Ed Buckley		37	: 26	M	78.7%	14	22	25/06/2023
10k	19	James Howell		37	: 56	M	72.8%	15	52	29/06/2023
10k	20	Joshua Ingold		38	: 5	M	69.7%	16	64	29/06/2023
10k	21	David Curtin		38	: 16	M	72.7%	17	53	12/02/2023
10k	22	Donovan Duffy		38	: 36	M	75.1%	18	38	29/06/2023
10k	23	George Beck		39	: 11	M	67.4%	19	86	12/02/2023
10k	24	Harri Daniel		39	: 33	F	79.1%	5	21	24/09/2023
10k	25	Roy Reeder		39	: 46	M	79.4%	20	19	17/06/2023
10k	26	Nicole Hamilton		40	: 14	F	78.3%	6	24	23/07/2023
10K	27	Laurence Duffy		40	: 26	M	81.8%	21	12	14/05/2023
10k	28	Liz Fraser		40	: 33	F	75.3%	7	36	12/02/2023
10k	29	Chance Rowan		40	: 44	M	71.9%	22	57	12/11/2023
10k	30	Alastair Hall		40	: 53	M	65.2%	23	99	29/06/2023
10k	31	Bert Smith		41	: 17	M	69.6%	24	65	29/06/2023

10K	32	Claire Curtin	41 : 21	F	77.5%	8	25	03/06/2023
10k	33	John Western	41 : 22	M	63.8%	25	109	17/06/2023
10k	34	David Sheldon	41 : 32	M	68.6%	26	77	12/02/2023
10K	35	Jacky Balfour	41 : 34	F	92.5%	9	1	08/01/2023
10k	36	Duncan McConnell	41 : 39	M	64.9%	27	102	23/07/2023
10k	36	Steve Smith	41 : 39	M	80.9%	27	14	29/06/2023
10K	38	Denis Mustafa	41 : 45	M	75.0%	29	39	14/05/2023
10k	39	Kevin Price	41 : 46	M	76.3%	30	31	12/02/2023
10k	40	Daniel Gardham	41 : 59	M	62.9%	31	117	29/06/2023
10k	41	Richard Gould	42 : 12	M	69.8%	32	63	29/06/2023
10k	42	Pavel Przepiorski	42 : 14	M	63.1%	33	116	29/06/2023
10k	43	Sonia Bandeira	42 : 20	F	77.1%	10	26	23/07/2023
10k	44	Adam Davies	42 : 25	M	62.3%	34	121	24/09/2023
10k	45	Nicky Hornzee	42 : 40	F	74.4%	11	41	29/06/2023
10k	46	Steve Clelland	42 : 48	M	64.0%	35	108	29/06/2023
10k	47	David Maund	42 : 58	M	69.1%	36	69	25/06/2023
10k	48	Stuart Hambling	42 : 59	M	69.6%	37	70	12/11/2023
10k	49	Richard Bowes	43 : 0	M	64.7%	38	105	29/06/2023
10k	50	Aaron Israel	43 : 12	M	69.4%	39	66	23/07/2023
10k	51	Steven Clelland	43 : 19	M	63.2%	40	112	25/06/2023
10k	52	Sue Hall	43 : 21	F	80.4%	12	16	17/06/2023
10k	53	Libby Ferguson	43 : 27	F	76.7%	13	29	12/02/2023
10k	54	Ian Robertson	43 : 29	M	75.3%	41	37	12/02/2023
10k	55	David Brewin	43 : 39	M	78.7%	42	23	12/02/2023
10k	56	Malcolm Davies	43 : 45	M	71.5%	43	60	17/06/2023
10k	57	Helen Davies	43 : 49	F	79.6%	14	18	17/06/2023
10k	58	Ian Hawkes	43 : 54	M	75.9%	44	49	12/11/2023
10k	59	Martin Vivian	44 : 0	M	69.3%	45	68	25/06/2023
10k	60	Ian Peggs	44 : 2	M	72.0%	46	62	12/11/2023
10k	61	Lex Prince	44 : 9	F	72.5%	15	55	23/07/2023
10k	62	Kelly Page	44 : 10	F	74.6%	16	40	12/02/2023
10k	63	John Cheal	44 : 33	M	69.0%	47	72	23/07/2023
10k	64	Neil Carrington	44 : 42	M	67.0%	48	88	29/06/2023
10k	65	Gareth Pritchard	44 : 43	M	70.1%	49	76	12/11/2023
10k	65	Rachel Simpson	44 : 43	F	75.3%	17	34	12/02/2023
10k	67	Simon Webster	44 : 46	M	63.2%	50	114	29/06/2023
10k	68	Pam Whitter	44 : 52	F	88.0%	18	3	12/02/2023
10k	69	Richard Kennedy	44 : 58	M	73.5%	51	48	17/06/2023
10k	70	Jason Nourse	45 : 4	M	67.6%	52	82	12/02/2023
10k	71	Philip Hammett	45 : 17	M	74.4%	53	42	24/09/2023
10k	72	Chandramouli Ramamoorthy	45 : 26	M	63.3%	54	110	12/02/2023
10k	73	Fraser Wigley	45 : 45	M	72.9%	55	51	12/02/2023
10k	74	Emily Wattret	45 : 48	F	64.9%	19	103	12/02/2023
10k	74	Patricia Ronksley	45 : 48	F	86.2%	19	6	12/11/2023
10K	76	Merilyn Davis	45 : 49	F	87.3%	21	4	08/10/2023
10k	76	Richard Bulkley	45 : 49	M	67.7%	56	81	29/06/2023
10k	78	Lea Rochester	45 : 50	M	71.5%	57	61	29/06/2023
10k	79	Simon Brazil	45 : 59	M	69.3%	58	67	23/07/2023
10k	80	James Isberg	46 : 19	M	57.0%	59	141	12/11/2023
10k	81	Neil Mitchell	46 : 36	M	71.6%	60	59	29/06/2023

10k	82	Andrew Allen	46 : 43	M	74.2%	61	44	12/02/2023
10k	83	Nick Brown	46 : 51	M	68.0%	62	79	17/06/2023
10k	84	Des Hoar	46 : 56	M	61.2%	63	129	23/07/2023
10k	85	Andy Howarth	47 : 11	M	68.8%	64	75	12/11/2023
10k	86	David Scotten	47 : 16	M	59.8%	65	131	29/06/2023
10k	87	Michael Trott	47 : 29	M	73.1%	66	50	17/06/2023
10K	88	Andy Greene	47 : 51	M	61.6%	67	127	29/01/2023
10k	88	Victoria Wood	47 : 51	F	65.4%	22	97	24/09/2023
10k	90	Jade Bedford	47 : 58	F	63.1%	23	115	29/06/2023
10k	91	Abi Frame	48 : 2	F	61.9%	24	122	24/09/2023
10k	92	Julia Snaith	48 : 9	F	65.5%	25	96	25/06/2023
10k	93	Richard Gray	48 : 30	M	72.3%	68	74	12/11/2023
10k	94	Emily Barrow	48 : 47	F	61.8%	26	125	17/06/2023
10k	95	Julie Holmes	48 : 49	F	79.8%	27	17	25/06/2023
10k	96	Camilla Finnigan-Gore	49 : 6	F	61.9%	28	123	12/02/2023
10k	97	John Beer	49 : 12	M	74.3%	69	43	29/06/2023
10k	98	Peter Colwill	49 : 15	M	69.1%	70	71	29/06/2023
10K	99	Dave Clark	49 : 23	M	66.3%	71	93	30/09/2023
10k	100	June Hall	49 : 35	F	82.9%	29	9	12/11/2023
10k	101	Steven Giddings	49 : 42	M	67.9%	72	98	12/11/2023
10k	102	Antony Maxwell	49 : 47	M	62.9%	73	118	29/06/2023
10k	103	Mike Taylor	49 : 49	M	67.7%	74	100	12/11/2023
10k	104	Izabel Grindal	49 : 59	F	75.9%	30	32	12/02/2023
10k	105	Steve Giddings	50 : 16	M	64.6%	75	106	29/06/2023
10k	106	Dan Lill	50 : 46	M	58.0%	76	135	29/06/2023
10k	107	Phil Hall	50 : 47	M	64.5%	77	107	17/06/2023
10k	108	Chris Berry	51 : 22	M	53.0%	78	150	29/06/2023
10k	109	Stuart Thompson	51 : 54	M	67.5%	79	84	12/02/2023
10k	110	Peter Wedderburn	52 : 23	M	69.0%	80	73	12/02/2023
10k	111	Ashleigh Lezard	52 : 34	F	61.5%	31	128	29/06/2023
10k	112	Joby Thomas	52 : 35	M	58.0%	81	136	24/09/2023
10k	113	Sally Boulton	52 : 55	F	82.2%	32	11	12/02/2023
10k	114	Becky Peirani	53 : 26	F	61.7%	33	126	12/11/2023
10k	115	Nick Goodchild	53 : 44	M	57.7%	82	140	29/06/2023
10k	116	Sarah Bell	53 : 51	F	67.9%	34	80	23/07/2023
10k	117	Iain Bell	54 : 34	M	59.5%	83	138	12/11/2023
10k	118	Amanda Rencontre	54 : 44	F	66.8%	35	92	12/02/2023
10k	119	Michael Holden	54 : 46	M	74.9%	84	78	12/11/2023
10k	120	Dave Griffiths	54 : 50	M	65.9%	85	94	12/11/2023
10k	121	Janet Robinson	54 : 54	F	67.4%	36	85	29/06/2023
10k	122	Tom Eastwood	55 : 4	M	48.1%	86	157	12/11/2023
10k	123	Paul Keeler	55 : 7	M	64.9%	87	104	24/09/2023
10k	124	Andrew McCrorie	55 : 39	M	57.8%	88	139	29/06/2023
10k	125	Mike Tivnen	55 : 48	M	62.8%	89	119	12/02/2023
10k	126	Sue Waters	56 : 1	F	66.9%	37	90	29/06/2023
10k	127	Carol Dickinson	56 : 15	F	65.0%	38	101	12/02/2023
10k	128	Paul Boca	56 : 55	M	54.0%	90	149	25/06/2023
10k	129	Joanna Watson	57 : 3	F	62.6%	39	120	24/09/2023
10k	130	Laura Bowden	57 : 9	F	54.7%	40	146	29/06/2023
10k	131	Anne Woods	57 : 40	F	67.5%	41	83	23/07/2023

10k	132	Timothy Bruce		57 : 46	M	55.2%	91	143	17/06/2023
10k	133	Tom Bucke		57 : 49	M	57.6%	92	142	12/11/2023
10k	134	Sarah Fogden		58 : 32	F	63.2%	42	113	12/11/2023
10k	135	Michael Jacobs		58 : 44	M	61.3%	93	137	12/11/2023
10k	136	Stuart Chalmers		58 : 49	M	50.5%	94	154	24/09/2023
10k	137	Lynda Chase		59 : 11	F	72.4%	43	56	12/02/2023
10k	138	Steve Lorde		59 : 13	M	54.3%	95	147	17/06/2023
10k	139	Amy Rolston		59 : 32	F	54.3%	44	148	23/07/2023
10k	140	Matt Parker		59 : 37	M	46.7%	96	158	29/06/2023
10k	141	Sarah Randall		59 : 41	F	59.1%	45	132	17/06/2023
10k	142	Gail caruana		59 : 49	F	66.9%	46	91	29/06/2023
10k	143	Ed Randall	1 : 1	: 50	M	51.1%	97	151	17/06/2023
10k	144	Richard Steeden	1 : 2	: 24	M	50.6%	98	153	23/07/2023
10k	145	Kevin Jones	1 : 2	: 31	M	54.9%	99	144	29/06/2023
10k	146	Jonty Archibald	1 : 2	: 32	M	49.6%	100	155	29/06/2023
10k	147	Sue Hobbs	1 : 2	: 52	F	67.2%	47	87	12/11/2023
10k	148	Stephanie Radoja	1 : 4	: 6	F	46.5%	48	159	12/02/2023
10k	149	Sue Howarth	1 : 4	: 19	F	58.3%	49	134	12/02/2023
10k	150	Sophie Frame	1 : 4	: 55	F	60.8%	50	130	24/09/2023
10k	151	Chrissie Glew	1 : 5	: 18	F	65.6%	51	95	29/06/2023
10k	152	Helen Brett	1 : 5	: 35	F	61.8%	52	124	12/02/2023
10k	153	John Greaves	1 : 6	: 22	M	50.8%	101	152	29/06/2023
10k	154	Merran Sell	1 : 7	: 2	F	75.4%	53	33	12/11/2023
10k	155	Fiona Mathieson	1 : 7	: 42	F	59.1%	54	133	12/11/2023
10k	156	Jim Sell	1 : 7	: 48	M	69.5%	102	111	12/11/2023
10k	157	Rachel O'Gara-Lu	1 : 9	: 56	F	43.1%	55	160	17/06/2023
10k	158	Liz Zass	1 : 11	: 13	F	66.9%	56	89	17/06/2023
10k	159	Sophie Humphries	1 : 14	: 22	F	40.5%	57	161	24/09/2023
10k	160	Katharine Haynes	1 : 18	: 13	F	48.5%	58	156	25/06/2023
10k	161	Sue Olsen	1 : 18	: 16	F	54.8%	59	145	17/06/2023

Distance	Posn	Name	H	M	S	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
5 Miles	1	Lisa Bailey			29 : 52	F	84.3%	1	1	05/10/2023
5 Miles	2	Richard Bowes			34 : 53	M	64.0%	1	2	04/07/2023

Distance	Posn	Name	Time	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
5K	1	Tim Jenns	15 : 47	M	90.4%	1	2	21/04/2023
5k	2	Scott Singleton	16 : 39	M	77.2%	2	27	03/06/2023
5k	3	Jim Lurkins	16 : 50	M	77.2%	3	28	03/06/2023
5k	4	Pete Gregorowski	16 : 54	M	83.8%	4	9	03/06/2023
5k	5	Eliza Hawthorn	17 : 2	F	86.6%	1	6	28/10/2023
5k	6	Filip Egierszдорff	17 : 17	M	82.6%	5	11	03/06/2023
5K	7	Sarah Holt	17 : 22	F	88.2%	2	3	21/01/2023
5k	8	Jacob Law-Sales	17 : 35	M	73.9%	6	48	25/05/2023
5k	9	Ian Riley	17 : 41	M	74.9%	7	43	22/06/2023
5K	9	Lisa Bailey	17 : 41	F	86.6%	3	5	08/07/2023
5k	11	Chi Ming Wu	17 : 43	M	79.9%	8	18	03/06/2023
5K	12	Joshua Ingold	17 : 53	M	72.6%	9	53	20/07/2023

5K	13	Andrew Simpson	17 : 54	M	76.7%	10	29	04/04/2023
5K	14	Imogen Parker-Elms	18 : 2	F	82.0%	4	13	11/02/2023
5k	15	Donovan Duffy	18 : 21	M	77.8%	11	24	03/06/2023
5k	16	Alastair Hall	18 : 22	M	71.1%	12	61	31/08/2023
5k	17	Simon Mumme	18 : 25	M	74.0%	13	47	31/08/2023
5k	18	Crispin Allen	18 : 26	M	81.9%	14	14	25/05/2023
5k	19	Roy Reeder	18 : 49	M	82.2%	15	12	25/05/2023
5k	20	Paul Bowden	19 : 5	M	73.6%	16	49	03/06/2023
5k	21	Tom Haworth	19 : 7	M	67.3%	17	99	03/06/2023
5k	22	Bert Smith	19 : 13	M	73.1%	18	51	25/05/2023
5k	23	Dean Morley	19 : 15	M	81.1%	19	15	27/04/2023
5k	23	Nicole Hamilton	19 : 15	F	80.2%	5	17	03/06/2023
5k	25	Richard Baggott	19 : 19	M	68.5%	20	88	22/06/2023
5k	26	Laurence Duffy	19 : 23	M	83.3%	21	10	03/06/2023
5k	27	Duncan McConnell	19 : 32	M	68.3%	22	92	25/05/2023
5k	28	Abu-Turab Bharwana	19 : 40	M	74.9%	23	42	03/06/2023
5k	29	Liz Fraser	19 : 43	F	76.0%	6	34	03/06/2023
5K	30	Robert Hodge	19 : 44	M	76.5%	24	32	12/08/2023
5k	31	Jim Desmond	19 : 48	M	77.5%	25	25	03/06/2023
5k	32	Denis Mustafa	19 : 51	M	77.3%	26	26	03/06/2023
5k	33	Sabrina Cant	19 : 52	F	78.9%	7	20	03/06/2023
5K	34	Claire Curtin	19 : 56	F	78.6%	8	21	11/02/2023
5k	35	Malcolm Davies	20 : 1	M	76.6%	27	30	03/06/2023
5k	35	Martin Vivian	20 : 1	M	74.8%	27	45	31/08/2023
5K	37	Jacky Balfour	20 : 6	F	94.3%	9	1	19/08/2023
5k	38	Richard Bowes	20 : 16	M	67.8%	29	94	03/06/2023
5k	39	David Sheldon	20 : 17	M	69.8%	30	74	25/05/2023
5k	40	Aaron Israel	20 : 18	M	72.0%	31	56	03/06/2023
5k	41	Pavel Przepiorski	20 : 23	M	64.1%	32	123	22/06/2023
5k	42	Sonia Bandeira	20 : 25	F	78.2%	10	22	03/06/2023
5k	43	Rebecca Gravell	20 : 30	F	71.9%	11	57	25/05/2023
5k	44	Steve Clelland	20 : 33	M	65.8%	33	109	22/06/2023
5k	45	Chance Rowan	20 : 34	M	69.9%	34	73	03/06/2023
5k	46	Amelia Tearle	20 : 45	F	71.0%	12	62	03/06/2023
5k	46	Nicky Hornzee	20 : 45	F	74.9%	12	41	22/06/2023
5k	48	Ian Hawkes	20 : 49	M	75.6%	35	36	03/06/2023
5k	49	Kevin Price	20 : 54	M	75.3%	36	37	22/06/2023
5k	50	Jonathan Bremner	20 : 58	M	70.2%	37	70	29/04/2023
5k	51	Rupert Gregory	21 : 3	M	68.9%	38	85	03/06/2023
5K	52	Ian Robertson	21 : 6	M	75.9%	39	35	25/02/2023
5k	52	John Cheal	21 : 6	M	71.5%	39	59	03/06/2023
5k	54	Libby Ferguson	21 : 11	F	77.8%	14	23	27/04/2023
5k	55	Simon Webster	21 : 16	M	65.6%	41	110	03/06/2023
5k	56	Mark Bateman	21 : 21	M	69.0%	42	84	03/06/2023
5k	57	Malcolm Fletcher	21 : 30	M	76.5%	43	31	03/06/2023
5k	58	James Isberg	21 : 32	M	59.7%	44	154	27/04/2023
5k	59	Emily Wattret	21 : 47	F	67.6%	15	97	03/06/2023
5k	60	Lucy Hoseason	21 : 54	F	67.3%	16	100	29/04/2023
5k	61	Neil Mitchell	21 : 55	M	74.3%	45	46	31/08/2023
5k	61	Rachel Simpson	21 : 55	F	75.2%	17	38	03/06/2023

5k	63	Patricia Ronksley	22 : 8	F	86.7%	18	4	03/06/2023
5k	63	Tom Howarth	22 : 8	M	58.1%	46	161	03/06/2023
5k	65	Andy Howarth	22 : 15	M	71.3%	47	60	03/06/2023
5k	66	David Scotten	22 : 16	M	62.6%	48	132	22/06/2023
5k	67	Nick Little	22 : 27	M	69.5%	49	78	25/05/2023
5k	68	Ben Rees-Jones	22 : 29	M	62.5%	50	135	31/08/2023
5k	69	Des Hoar	22 : 31	M	62.9%	51	130	27/04/2023
5k	70	Tracey Lenthall	22 : 32	F	72.4%	19	55	04/04/2023
5k	71	Lea Rochester	22 : 33	M	71.0%	52	63	22/06/2023
5k	72	Mike Taylor	22 : 35	M	70.3%	53	69	03/06/2023
5k	73	Mark Manners	22 : 39	M	69.5%	54	79	25/05/2023
5k	74	Emily Barrow	22 : 40	F	65.4%	20	112	03/06/2023
5k	75	Nick Brown	22 : 41	M	68.8%	55	86	25/05/2023
5K	76	Merilyn Davis	22 : 43	F	85.6%	21	7	07/10/2023
5k	77	Philip Hammett	22 : 45	M	71.6%	56	58	03/06/2023
5k	78	Charles Harmer	22 : 50	M	70.1%	57	72	03/06/2023
5k	79	Ian Peggs	22 : 53	M	65.9%	58	108	03/06/2023
5k	80	Pedro Das Gupta	22 : 54	M	67.6%	59	98	03/06/2023
5k	81	Steve Baller	23 : 5	M	69.4%	60	81	03/06/2023
5k	82	Simon Brazil	23 : 18	M	67.0%	61	102	25/05/2023
5k	83	Varuna Rajapakse	23 : 21	M	62.6%	62	133	25/05/2023
5k	84	Phil Hammett	23 : 22	M	70.4%	63	68	31/08/2023
5k	85	Andrew Allen	23 : 24	M	72.9%	64	52	22/06/2023
5k	86	Steve Giddings	23 : 26	M	67.7%	65	95	03/06/2023
5k	87	Richard Barman	23 : 33	M	66.3%	66	107	03/06/2023
5k	88	Ramona Thevenet	23 : 42	F	81.0%	22	16	25/05/2023
5k	89	John Beer	23 : 48	M	75.2%	67	39	22/06/2023
5k	89	Livia Munaretto	23 : 48	F	63.6%	23	125	27/04/2023
5k	91	Matt Parker	23 : 50	M	57.6%	68	163	25/05/2023
5k	92	Sian Pritchard	23 : 51	F	61.8%	24	139	22/06/2023
5k	92	Steven Giddings	23 : 51	M	66.5%	69	105	27/04/2023
5K	94	Dave Clark	23 : 55	M	66.9%	70	103	04/02/2023
5k	95	David Brewin	23 : 57	M	70.5%	71	65	29/04/2023
5k	95	Julia Snaith	23 : 57	F	64.4%	25	119	03/06/2023
5k	97	John Turner	24 : 2	M	71.0%	72	64	03/06/2023
5k	98	Dean Tyler	24 : 9	M	62.5%	73	136	31/08/2023
5k	99	Jon Forster	24 : 10	M	63.5%	74	126	03/06/2023
5k	100	Izabel Grindal	24 : 19	F	76.1%	26	33	25/05/2023
5k	101	Ashleigh Lezard	24 : 20	F	65.0%	27	114	31/08/2023
5k	102	Lex Prince	24 : 23	F	64.3%	28	122	29/04/2023
5k	102	Michael Axton	24 : 23	M	69.3%	75	82	03/06/2023
5k	104	Suzi Hornby	24 : 24	F	73.1%	29	50	03/06/2023
5k	105	Chris Berry	24 : 27	M	54.9%	76	175	25/05/2023
5k	106	Nick Goodchild	24 : 29	M	62.1%	77	138	27/04/2023
5k	107	Simon Moore	24 : 37	M	63.9%	78	124	31/08/2023
5k	108	Stuart Thompson	24 : 39	M	69.2%	79	83	25/05/2023
5k	109	Stephen Penpraze	24 : 42	M	60.1%	80	150	03/06/2023
5k	110	Julie Haworth	24 : 44	F	79.6%	30	19	31/08/2023
5k	110	Simon Webb	24 : 44	M	55.9%	81	171	31/08/2023
5k	112	Richard Patient	24 : 45	M	61.0%	82	143	03/06/2023

5k	113	Sally Boulton	24 : 58	F	84.4%	31	8	25/05/2023
5k	114	Sarah Bell	25 : 7	F	70.2%	32	71	03/06/2023
5k	115	Pamela McHutchon	25 : 21	F	74.8%	33	44	27/04/2023
5k	116	David Venter	25 : 24	M	60.4%	83	149	31/08/2023
5k	117	Peter Wedderburn	25 : 25	M	70.4%	84	67	25/05/2023
5k	118	David Worth	25 : 39	M	69.8%	85	76	03/06/2023
5k	119	Mike Tivnen	25 : 43	M	66.3%	86	106	25/05/2023
5k	120	Alexandra Mason	25 : 48	F	68.4%	34	91	03/06/2023
5k	121	Timothy Bruce	25 : 49	M	60.4%	87	148	03/06/2023
5k	122	Thomas Eastwood	25 : 51	M	49.7%	88	190	25/05/2023
5k	123	Carmel Brady	25 : 55	F	65.0%	35	113	22/06/2023
5k	124	Janet Robinson	26 : 0	F	69.4%	36	80	25/05/2023
5k	125	Joby Thomas	26 : 10	M	57.2%	89	165	03/06/2023
5k	126	Iain Bell	26 : 11	M	58.6%	90	157	03/06/2023
5k	127	Steve Miller	26 : 27	M	62.7%	91	131	03/06/2023
5k	128	Mark Sutherland	26 : 30	M	68.5%	92	89	25/05/2023
5k	129	Sarah Randall	26 : 31	F	65.0%	37	115	03/06/2023
5k	130	Charles Worth	26 : 32	M	61.4%	93	142	03/06/2023
5k	131	Dave Griffiths	26 : 38	M	65.5%	94	111	25/05/2023
5k	132	Susie Mcnicol	26 : 43	F	68.4%	38	90	03/06/2023
5k	133	Breda McGree	26 : 50	F	72.5%	39	54	03/06/2023
5k	134	Andrew Mccrorie	26 : 52	M	58.6%	95	158	03/06/2023
5k	134	Dave Alvarez	26 : 52	M	57.1%	95	166	03/06/2023
5k	136	Julie Garner	26 : 54	F	70.5%	40	66	03/06/2023
5k	137	Amanda Rencontre	27 : 2	F	66.8%	41	104	03/06/2023
5k	138	Laura Bowden	27 : 11	F	56.4%	42	168	03/06/2023
5k	139	Paul Keeler	27 : 12	M	63.4%	97	127	25/05/2023
5k	140	Sue Waters	27 : 14	F	67.1%	43	101	25/05/2023
5k	141	Anne Woods	27 : 19	F	68.5%	44	87	03/06/2023
5k	142	Florrie Andrew	27 : 27	F	53.7%	45	177	03/06/2023
5k	143	Mike Hutchinson	27 : 30	M	59.8%	98	152	31/08/2023
5k	144	Eddie Robertson	27 : 37	M	61.8%	99	140	27/04/2023
5k	145	Joanna Watson	27 : 39	F	63.1%	46	128	03/06/2023
5k	146	Kevin Jones	27 : 41	M	60.5%	100	147	25/05/2023
5k	147	Alma Dedic	27 : 44	F	57.6%	47	164	27/04/2023
5k	148	Alison Parsons	27 : 53	F	62.5%	48	134	25/05/2023
5k	149	Gail Caruana	27 : 54	F	69.7%	49	77	25/05/2023
5k	150	Julie Monnery	27 : 56	F	52.7%	50	182	25/05/2023
5k	151	Ed Randall	28 : 8	M	55.0%	101	174	31/08/2023
5k	152	David Rowsell	28 : 21	M	57.0%	102	167	03/06/2023
5k	153	Ian Scott	28 : 23	M	51.9%	103	186	03/06/2023
5k	154	Jonty Archibald	28 : 30	M	53.4%	104	180	22/06/2023
5k	154	Lynton Nicholson	28 : 30	M	60.5%	104	146	03/06/2023
5k	156	Ali Kennedy	28 : 42	F	64.4%	51	118	29/04/2023
5k	157	Sabine Duffy	28 : 54	F	54.2%	52	176	03/06/2023
5k	158	Mike Foster	29 : 4	M	58.7%	106	156	03/06/2023
5k	159	Julie Melotte	29 : 10	F	65.0%	53	116	03/06/2023
5k	160	Patrick Bevan	29 : 12	M	51.3%	107	188	03/06/2023
5k	161	Mark Thomas	29 : 13	M	56.3%	108	169	03/06/2023
5k	162	Richard Steeden	29 : 20	M	52.7%	109	183	03/06/2023



5k	163	Sue Hobbs	29 : 22	F	69.8%	54	75	31/08/2023
5k	164	Helen Brett	29 : 30	F	67.6%	55	96	25/05/2023
5k	165	Suzanne Cardillo-Zallo	29 : 33	F	59.7%	56	153	03/06/2023
5k	166	Nigel Clemens	29 : 41	M	53.5%	110	179	31/08/2023
5k	167	Anne Williams	30 : 4	F	62.3%	57	137	03/06/2023
5k	168	Vera Parfitt	30 : 6	F	60.7%	58	144	03/06/2023
5k	169	Chrissie Glew	30 : 32	F	68.0%	59	93	25/05/2023
5k	170	John Greaves	30 : 57	M	53.1%	111	181	29/04/2023
5k	171	Fenn Porter	31 : 0	F	47.5%	60	193	03/06/2023
5k	172	Patricia Gillespie	31 : 19	F	62.9%	61	129	03/06/2023
5k	173	Graham Mortimer	32 : 4	M	60.6%	112	145	31/08/2023
5k	174	Merran Sell	32 : 6	F	75.0%	62	40	31/08/2023
5k	175	Ingrid Wagner	32 : 15	F	55.3%	63	173	31/08/2023
5k	176	Derek Blackmore	32 : 17	M	61.5%	113	141	03/06/2023
5k	177	Helen Nance	32 : 27	F	64.9%	64	117	31/08/2023
5k	178	Noel Kelly	32 : 41	M	51.2%	114	189	29/04/2023
5k	179	Pauline Stones	32 : 44	F	64.3%	65	120	03/06/2023
5k	180	Sophie Frame	32 : 59	F	58.2%	66	160	03/06/2023
5k	181	Jim Sell	33 : 3	M	64.3%	115	121	31/08/2023
5k	182	Katharine Haynes	33 : 5	F	55.9%	67	172	03/06/2023
5k	183	Rosemarie Clancy	33 : 15	F	52.4%	68	184	03/06/2023
5k	184	Sophie Elloy	33 : 33	F	44.9%	69	196	31/08/2023
5k	185	Tim Wood	33 : 40	M	51.8%	116	187	25/05/2023
5k	186	Peter Buckley	34 : 38	M	56.1%	117	170	03/06/2023
5k	187	Kate Murphy	35 : 25	F	43.0%	70	198	31/08/2023
5k	188	Rachel O'Gara-Lu	35 : 52	F	41.3%	71	199	03/06/2023
5k	189	Richard Moore	36 : 2	M	45.2%	118	194	03/06/2023
5k	190	Pat Mcgrath	38 : 22	M	48.9%	119	191	03/06/2023
5k	191	Maxine Kelly	38 : 44	F	58.4%	72	159	03/06/2023
5k	192	Glynda Mortimer	38 : 58	F	59.9%	73	151	31/08/2023
5k	193	Francesca Thomas	39 : 36	F	44.5%	74	197	03/06/2023
5k	194	Donald Bell	39 : 44	M	53.5%	120	178	25/05/2023
5k	195	Ann Coward	39 : 47	F	57.8%	75	162	03/06/2023
5k	196	Bert Kidwell	40 : 57	M	45.0%	121	195	22/06/2023
5k	197	Joy Bell	42 : 33	F	58.7%	76	155	03/06/2023
5k	198	Mike Bangham	44 : 11	M	52.3%	122	185	03/06/2023
5k	199	Becky Peirani	49 : 55	F	32.3%	77	205	03/06/2023
5k	199	Laura La Frenais	49 : 55	F	32.3%	77	205	03/06/2023
5k	201	Jacqueline Sinclair	50 : 51	F	35.1%	79	202	03/06/2023
5k	202	Katherine Curtis Tyler	50 : 52	F	33.1%	80	204	03/06/2023
5k	203	Stella Hammond	51 : 50	F	37.0%	81	201	03/06/2023
5k	204	Anne Middlemiss	55 : 40	F	48.2%	82	192	03/06/2023
5k	205	Ann Jachmich	56 : 39	F	33.5%	83	203	03/06/2023
5k	206	Carolyn Cooper-Burrows	58 : 56	F	37.8%	84	200	03/06/2023

Distance	Posn	Name	H	M	S	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
Half.Mar	1	Filip Egierszдорff	1	17	0	M	81.6%	1	8	12/03/2023
Half.Mar	2	Pete Gregorowski	1	17	7	M	81.5%	2	10	07/05/2023
Half.Mar	3	Jim Lurkins	1	17	12	M	75.4%	3	16	12/03/2023

Half.Mar	4	Chi Ming Wu	1 : 18 : 0	M	80.6%	4	12	12/03/2023
Half.Mar	5	Eliza Hawthorn	1 : 18 : 14	F	82.7%	1	6	12/03/2023
Half.Mar	6	Sarah Holt	1 : 18 : 18	F	86.3%	2	1	26/02/2023
Half.Mar	7	Ian Riley	1 : 18 : 56	M	74.2%	5	18	26/02/2023
Half.Mar	8	Lisa Bailey	1 : 21 : 40	F	82.7%	3	5	07/05/2023
Half.Mar	9	David Curtin	1 : 22 : 9	M	74.0%	6	19	12/03/2023
Half.Mar	10	Imogen Parker-Elms	1 : 22 : 21	F	80.8%	4	11	04/01/2023
Half.Mar	11	Joshua Ingold	1 : 25 : 11	M	68.3%	7	33	02/07/2023
Half.Mar	12	Dean Morley	1 : 25 : 12	M	82.0%	8	7	22/01/2023
Half.Mar	13	Nicole Hamilton	1 : 28 : 50	F	76.6%	5	15	07/05/2023
Half.Mar	14	Claire Curtin	1 : 28 : 58	F	77.8%	6	14	11/03/2023
Half.Mar	15	Steve Smith	1 : 29 : 8	M	83.1%	9	4	07/05/2023
Half.Mar	16	Liz Fraser	1 : 30 : 45	F	72.7%	7	22	07/05/2023
Half.Mar	17	David Sheldon	1 : 32 : 28	M	67.9%	10	34	07/05/2023
Half.Mar	18	Martin Vivian	1 : 32 : 55	M	71.9%	11	24	07/05/2023
Half.Mar	19	Kevin Price	1 : 33 : 42	M	75.3%	12	17	07/05/2023
Half.Mar	20	Denis Mustafa	1 : 35 : 23	M	71.9%	13	23	07/05/2023
Half.Mar	21	Robert Hodge	1 : 33 : 35	M	69.9%	14	31	28/05/2023
Half.Mar	22	Sonia Bandeira	1 : 36 : 4	F	73.5%	8	21	07/05/2023
Half.Mar	23	Phyllis Flynn	1 : 36 : 25	F	85.8%	9	2	07/05/2023
Half.Mar	24	David Brewin	1 : 36 : 43	M	78.9%	15	13	07/05/2023
Half.Mar	25	Gareth Pritchard	1 : 36 : 44	M	69.0%	16	32	07/05/2023
Half.Mar	26	Lex Prince	1 : 37 : 22	F	70.5%	10	29	26/02/2023
Half.Mar	27	Simon Brazil	1 : 38 : 0	M	71.3%	17	27	26/03/2023
Half.Mar	28	Ian Hawkes	1 : 38 : 27	M	71.7%	18	25	07/05/2023
Half.Mar	29	Aaron Israel	1 : 40 : 16	M	64.9%	19	36	07/05/2023
Half.Mar	29	Richard Bowes	1 : 40 : 16	M	60.6%	19	39	02/04/2023
Half.Mar	31	Lea Rochester	1 : 40 : 33	M	71.5%	21	26	07/05/2023
Half.Mar	32	Kelly Page	1 : 41 : 29	F	70.3%	11	30	07/05/2023
Half.Mar	33	Rachel Simpson	1 : 42 : 59	F	70.9%	12	28	07/05/2023
Half.Mar	34	Chance Rowan	1 : 43 : 47	M	61.6%	22	38	07/05/2023
Half.Mar	35	Merilyn Davis	1 : 43 : 57	F	84.1%	13	3	07/05/2023
Half.Mar	36	Richard Bulkley	1 : 44 : 5	M	65.3%	23	35	07/05/2023
Half.Mar	37	Julie Holmes	1 : 44 : 14	F	81.6%	14	9	07/05/2023
Half.Mar	38	Mitch Peacock	1 : 45 : 40	M	57.5%	24	42	12/03/2023
Half.Mar	39	Emily Wattret	1 : 51 : 36	F	57.8%	15	41	07/05/2023
Half.Mar	40	Des Hoar	1 : 55 : 55	M	54.2%	25	43	07/05/2023
Half.Mar	41	Philip Tauwhare	1 : 57 : 56	M	59.8%	26	40	12/03/2023
Half.Mar	42	Stuart Thompson	2 : 3 : 28	M	62.5%	27	37	07/05/2023
Half.Mar	43	Sally Boulton	2 : 9 : 57	F	73.5%	16	20	07/05/2023

Distance	Posn	Name	H	M	S	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
Marathon	1	Scott Singleton	2	38	39	M	76.7%	1	10	23/04/2023
Marathon	2	Jim Lurkins	2	42	18	M	75.2%	2	16	23/04/2023
Marathon	3	Harry Tivnen	2	42	39	M	74.8%	3	17	16/04/2023
Marathon	4	Chi Ming Wu	2	42	49	M	80.9%	4	5	23/04/2023
Marathon	5	Sarah Holt	2	45	4	F	84.3%	1	1	23/04/2023
Marathon	6	Matt Coakes	2	45	55	M	80.1%	5	7	08/10/2023
Marathon	7	Chris Coates	2	48	40	M	74.4%	6	20	23/04/2023

Marathon	8	Filip Egierszдорff	2 : 49 : 24	M	78.4%	7	8	24/09/2023
Marathon	9	Tom Gwynn	2 : 50 : 32	M	73.1%	8	22	15/10/2023
Marathon	10	Jacob Law-Sales	2 : 51 : 11	M	71.3%	9	27	08/10/2023
Marathon	11	Donovan Duffy	2 : 52 : 38	M	77.0%	10	9	23/04/2023
Marathon	12	Lisa Bailey	2 : 52 : 58	F	80.4%	2	6	16/04/2023
Marathon	13	James Howell	2 : 57 : 5	M	71.4%	11	26	24/09/2023
Marathon	14	Eliza Hawthorn	2 : 57 : 9	F	75.7%	3	14	23/04/2023
Marathon	15	Ed Buckley	2 : 58 : 35	M	75.7%	12	13	02/04/2023
Marathon	16	James Drake	2 : 58 : 49	M	72.5%	13	24	23/04/2023
Marathon	17	Dean Morley	3 : 3 : 1	M	81.0%	14	4	28/05/2023
Marathon	18	Joshua Ingold	3 : 2 : 52	M	66.7%	15	35	03/09/2023
Marathon	19	Nicole Hamilton	3 : 4 : 14	F	76.1%	4	11	15/10/2023
Marathon	20	Imogen Parker-Elms	3 : 4 : 43	F	74.5%	5	19	23/04/2023
Marathon	21	Nicole Hamilton	3 : 5 : 5	F	75.8%	6	12	23/04/2023
Marathon	22	Freysen Maritz	3 : 9 : 6	M	70.9%	16	29	16/04/2023
Marathon	23	Claire Curtin	3 : 9 : 32	F	75.3%	7	15	23/04/2023
Marathon	24	Steve Smith	3 : 11 : 10	M	81.2%	17	3	23/04/2023
Marathon	25	Duncan McConnell	3 : 11 : 42	M	64.3%	18	38	02/04/2023
Marathon	26	Sonia Bandeira	3 : 15 : 12	F	74.7%	8	18	23/04/2023
Marathon	27	Martin Vivian	3 : 16 : 42	M	71.2%	19	28	23/04/2023
Marathon	28	Dan Shepherd	3 : 18 : 5	M	66.0%	20	36	02/04/2023
Marathon	29	David Sayers	3 : 18 : 52	M	68.0%	21	32	23/04/2023
Marathon	30	Ana Ramos	3 : 19 : 23	F	72.3%	9	25	23/04/2023
Marathon	31	Kevin Price	3 : 22 : 6	M	73.2%	22	21	16/04/2023
Marathon	32	Steven Clelland	3 : 22 : 41	M	61.9%	23	42	23/04/2023
Marathon	33	Robert Hodge	3 : 29 : 47	M	67.3%	24	33	24/09/2023
Marathon	34	Denis Mustafa	3 : 32 : 35	M		25	31	24/09/2023
Marathon	35	Libby Ferguson	3 : 32 : 43	M	64.1%	26	39	24/09/2023
Marathon	36	Amelia Tearle	3 : 33 : 33	F	62.8%	10	41	23/04/2023
Marathon	37	Tom Haworth	3 : 34 : 25	M	56.7%	27	46	23/04/2023
Marathon	38	Ian Hawkes	3 : 35 : 10	M	68.8%	28	30	23/04/2023
Marathon	39	Simon Brazil	3 : 43 : 53	M	65.5%	29	37	23/04/2023
Marathon	40	Merilyn Davis	3 : 44 : 43	F	81.5%	11	2	23/04/2023
Marathon	41	Pedro Das Gupta	3 : 49 : 18	M	63.3%	30	40	23/04/2023
Marathon	42	Andrew Lane	3 : 56 : 38	M	67.0%	31	34	23/04/2023
Marathon	43	June Hall	4 : 14 : 47	F	73.0%	12	23	23/04/2023
Marathon	44	Chris Adams	4 : 14 : 55	M	54.4%	32	50	23/04/2023
Marathon	45	Laura La Frenais	4 : 16 : 4	F	57.6%	13	45	02/04/2023
Marathon	46	Becky Peirani	4 : 22 : 24	F	55.5%	14	47	23/04/2023
Marathon	46	Stuart Thompson	4 : 22 : 24	M	61.6%	33	43	23/04/2023
Marathon	48	Carl Pretorius	4 : 27 : 14	M	48.9%	34	52	23/04/2023
Marathon	49	Dave Clark	4 : 35 : 24	M	54.8%	35	49	02/04/2023
Marathon	50	Peter Wedderburn	4 : 42 : 45	M	59.8%	36	44	08/10/2023
Marathon	51	Alexandra Mason	4 : 56 : 39	F	54.3%	15	51	02/04/2023
Marathon	52	Lorraine Dillamore	5 : 3 : 29	F	55.3%	16	48	23/04/2023
Marathon	53	Ian Scott	5 : 32 : 3	M	41.4%	37	53	23/04/2023

N.B. You can submit the time for additional runs using this link

[Club Ladder](#)

If you think your time, or the date of the run is wrong, just submit it again using the same link and it will be included next time. Thanks!

The age-grades are calculated using the latest (2020) tables and so may be lower than shown on websites using older (2010 or 2015) tables.

Follow this link to an age-grade calculator with all the tables.

[Age-Grade-Calculator](#)