

Cowdray 5k & 10k Final Results - 10k

Position	Number	First Name	Last Name	Gender	Gender pos	Category	Cat pos	Race	Time	Team
1	62	Mike	Houston	M	1	Under 50	1	10k	00:38:39	Chichester Runners & AC
2	137	Graham	Woodward	M	2	Under 50	2	10k	00:41:30	Chichester Runners & AC
3	135	Seth	Wise	M	3	Under 50	3	10k	00:41:41	
4	80	Oliver	McDonald	M	4	Under 50	4	10k	00:42:05	Tuff Fitty Triathlon Club
5	20	Nick	Casburn	M	5	Under 50	5	10k	00:42:45	South Downs Harriers
6	31	Richard	Cowell	M	6	Under 50	6	10k	00:42:55	
7	127	Laurence	Ward	M	7	Under 50	7	10k	00:43:30	Tone Zone
8	108	Stephen	Russell	M	8	over 50	1	10k	00:44:30	
9	24	Stefano	Cerea	M	9	Under 50	8	10k	00:44:39	Chichester Runners & AC
10	67	Matthew	James	M	10	Under 50	9	10k	00:44:45	
11	25	Richard	Clark-Lyons	M	11	Under 50	10	10k	00:44:55	Totton RC
12	77	Heath	Lewis	M	12	Under 50	11	10k	00:45:36	HeAls Bognor Regis
13	37	Colin	Enticknap	M	13	Under 50	12	10k	00:45:40	
14	117	Duncan	Stephenson-Gill	M	14	over 50	2	10k	00:46:02	Bognor Regis Tone Zone Runners
15	33	Joe	Davis	M	15	Under 50	13	10k	00:46:10	
16	14	Ben	Brown	M	16	Under 50	14	10k	00:46:25	Ben Brown
17	116	Juliet	Stallard	F	1	Under 50	1	10k	00:46:31	Bognor Regis Tone Zone Runners
18	142	Gary	Griffiths	M	17	under 50	15	10k	00:47:40	
19	19	Simon	Carey	M	18	over 50	3	10k	00:47:59	Bexhill Runners & Triathletes
20	78	Darren	Maple	M	19	Under 50	16	10k	00:48:14	
21	41	Peter	Field	M	20	over 50	4	10k	00:48:24	
22	18	Oliver	Carey	M	21	Under 50	17	10k	00:48:41	
23	139	Liana	Zeglovskis	F	2	Under 50	2	10k	00:49:08	
24	122	David	Treacher	M	22	over 50	5	10k	00:49:23	

25	64	Tony	Humberstone	M	23	Under 50	18	10k	00:49:40	
26	60	Tony	Holcombe	M	24	over 50	6	10k	00:50:01	Bognor Regis Tone Zone Runners
27	119	Paul	Stevens	M	25	Under 50	19	10k	00:50:14	
28	11	Ashley	Booth	M	26	Under 50	20	10k	00:50:20	
29	107	Jonathan	Russell	M	27	Under 50	21	10k	00:50:34	
30	143	Jonathan	Stevens	M	28	under 50	22	10k	00:50:59	
31	39	Nicola	Evans	F	3	over 50	1	10k	00:51:06	Midhurst Milers
32	65	Mike	Irvine	M	29	Under 50	23	10k	00:51:31	
33	141	Robbie	Owen	M	30	over 50	7	10k	00:52:19	
34	84	Clare	Molyneux	F	4	over 50	2	10k	00:52:37	New Energy Runners
35	79	Alex	McAvoy	F	5	Under 50	3	10k	00:53:35	
36	42	Andre	Frullo	M	31	Under 50	24	10k	00:53:58	
37	81	Jonathan	McElhill	M	32	over 50	8	10k	00:54:04	
38	92	Paul	Parkin	M	33	over 50	9	10k	00:54:12	
39	97	Mark	Poole	M	34	Under 50	25	10k	00:54:48	Petersfield Triathlon Club
40	82	Michael	Millyard	M	35	over 50	10	10k	00:54:52	
41	136	Sarah	Wood	F	6	Under 50	4	10k	00:54:55	
42	15	Sue	Browne	F	7	over 50	3	10k	00:55:15	Runnyhoney
43	74	Cheryl	Laing	F	8	Under 50	5	10k	00:55:23	Bognor Regis Tone Zone Runners
44	144	Robert	Little	M	36	under 50	26	10k	00:55:23	tone zone
45	68	Rebecca	Jewitt	F	9	Under 50	6	10k	00:55:24	
46	131	John	Whittingham	M	37	over 50	11	10k	00:56:34	
47	43	Martin	Fryer	M	38	over 50	12	10k	00:56:39	
48	106	Hamish	Rushin	M	39	Under 50	27	10k	00:56:42	
49	53	Jo	Hall	F	10	Under 50	7	10k	00:56:57	Bognor Tone Zone Runners
50	126	James	Wainwright	M	40	Under 50	28	10k	00:57:03	
51	109	Melissa	Russhard	F	11	Under 50	8	10k	00:57:17	Horsham Joggers
52	28	Michael	Collins	M	41	Under 50	29	10k	00:57:22	Jogging Buddy
53	17	Nicola	Capes	F	12	Under 50	9	10k	00:57:36	Midhurst Milers
54	29	Michelle	Cooke	F	13	Under 50	10	10k	00:58:00	Emsworth Joggers

55	145	Daniel	Hughes	M	42	under 50	30	10k	00:58:12	Tone zone
56	146	Michael	Mills	M	43	over 50	13	10k	00:58:16	
57	8	Tony	Benfield	M	44	Under 50	31	10k	00:58:19	
58	32	Sophie	Crawford	F	14	Under 50	11	10k	00:58:25	
59	34	Susi	Drummond	F	15	Under 50	12	10k	00:58:32	
60	36	Venetia	Dunlop	F	16	over 50	4	10k	00:58:40	
61	130	Tracey	Westacott	F	17	Under 50	13	10k	00:58:46	
62	4	peter	jenkins	m	45	over 50	14	10k	00:58:54	worthing striders
63	73	Krzysztof	Kosmowski	M	46	Under 50	32	10k	00:58:57	
64	111	Charles	Simmonds	M	47	Under 50	33	10k	00:59:19	
65	83	Claire	Mitchell	F	18	Under 50	14	10k	00:59:21	
66	104	Lisa	Robinson	F	19	over 50	5	10k	00:59:49	Bognor regis tone zone
67	59	Katherine	Hogan	F	20	Under 50	15	10k	00:59:54	
68	147	Desmond	Daymond	M	48	over 50	15	10k	01:00:05	tone zone
69	99	Vickie	Pucher	F	21	Under 50	16	10k	01:00:42	
70	89	Amy	O'Donnell	F	22	Under 50	17	10k	01:00:50	
71	86	Lee	Neale	M	49	over 50	16	10k	01:00:51	
72	120	Rachel	Stock	F	23	over 50	6	10k	01:00:52	Petersfield Tri club
73	50	Jim	Green	M	50	over 50	17	10k	01:01:02	
74	88	Michelle	Nutting	F	24	Under 50	18	10k	01:01:27	
75	105	Peter	Rose	M	51	over 50	18	10k	01:01:31	
76	30	Tina	Cottrell	F	25	Under 50	19	10k	01:01:36	
77	23	Robert	Catlin	M	52	over 50	19	10k	01:01:39	
78	1	Joshua	Abell	M	53	Under 50	34	10k	01:01:46	
79	94	Debbie	Patching	F	26	over 50	7	10k	01:01:55	Bognor Regis Tone Zone Runners
80	113	Sarah	Smith	F	27	over 50	8	10k	01:02:45	
81	112	Sam	Smith	M	54	Under 50	35	10k	01:03:34	Sarah Smith
82	45	Alison	Gilbert	F	28	Under 50	20	10k	01:03:43	
83	27	Nigel	Cleeves	M	55	over 50	20	10k	01:04:01	
84	129	Shiobhaun	Watt	F	29	Under 50	21	10k	01:04:06	

85	66	Melissa	Isaacs	F	30	Under 50	22	10k	01:04:52	
86	101	Gina	Quest	F	31	Under 50	23	10k	01:04:56	
87	134	Lorna	Winter	F	32	Under 50	24	10k	01:05:23	Henfield Joggers
88	70	Mandy	Kianfar	F	33	over 50	9	10k	01:05:23	Henfield Joggers
89	46	Josie	Gittoes	F	34	Under 50	25	10k	01:05:59	
90	103	Ian	Robertson	M	56	Under 50	36	10k	01:06:00	Chichester R&AC
91	75	Tessa	Lawrence	F	35	over 50	10	10k	01:06:06	
92	21	Pat	Castleman	F	36	over 50	11	10k	01:06:07	
93	26	Julie	Cleeves	F	37	Under 50	26	10k	01:06:24	
94	3	Janet	Attwater	F	38	over 50	12	10k	01:06:24	
95	93	Clare	Parsons	F	39	Under 50	27	10k	01:06:43	Runnyhoneys
96	48	Jane	Godwin	F	40	over 50	13	10k	01:06:48	Runnyhoneys
97	90	Kelly	O'Leary	F	41	Under 50	28	10k	01:06:56	Chichester Westgate Tri Club
98	2	Sonsoles	Acosta	F	42	Under 50	29	10k	01:07:11	Chichester Runners & AC
99	40	Pegs	Field	F	43	over 50	14	10k	01:07:28	Runnyhoneys
100	55	Joanne	Hartley	F	44	Under 50	30	10k	01:07:28	Runnyhoneys
101	91	Jan	Parker	F	45	over 50	15	10k	01:07:51	Liss Runners
102	71	Sarah	Kinch	F	46	over 50	16	10k	01:07:52	Liss Runners
103	95	Lis	Peskett	F	47	Under 50	31	10k	01:08:08	Chichester Runners & AC
104	63	Louise	Hughes	F	48	Under 50	32	10k	01:08:14	
105	118	Marie	Stevens	F	49	Under 50	33	10k	01:08:21	
106	44	Sarah	Garland	F	50	Under 50	34	10k	01:08:30	Runnyhoneys
107	132	Esther	Williams	F	51	Under 50	35	10k	01:08:34	Runnyhoneys
108	96	Lisa	Piper	F	52	over 50	17	10k	01:09:17	
109	9	Debbie	Birch	F	53	Under 50	36	10k	01:09:18	
110	13	Julie	Broad	F	54	over 50	18	10k	01:09:57	
111	51	Hilary	Greetham	F	55	Under 50	37	10k	01:10:07	Runnyhoneys
112	125	Karen	Wainwright	F	56	over 50	19	10k	01:10:15	
113	52	Debi	Haddleton	F	57	Under 50	38	10k	01:11:07	Bognor Regis Tone Zone Runners
114	49	Martyn	Greaves	M	57	over 50	21	10k	01:11:19	Fittleworth Flyers

115	133	Alexa	Winn	F	58	Under 50	39	10k	01:12:08	
116	110	Kylie	Savage	F	59	Under 50	40	10k	01:12:47	
117	72	Nicky	King	F	60	over 50	20	10k	01:13:10	Bognor Regis Tone Zone Runners
118	6	Steve	Baldwin	M	58	Under 50	37	10k	01:14:36	
119	128	Anita	Watkins	F	61	over 50	21	10k	01:14:54	Arunners
120	102	Ronnie	Redstone	F	62	over 50	22	10k	01:15:37	
121	69	Nicola	Kettley	F	63	Under 50	41	10k	01:17:56	Tone Zone
122	47	Elaine	Goddard	F	64	Under 50	42	10k	01:18:32	
123	123	Donna	Vincent	F	65	Under 50	43	10k	01:18:39	Bognor Regis Tone Zone Runners
124	115	Ian	Smith	M	59	over 50	22	10k	01:21:34	
125	114	Gary	Smith	M	60	over 50	23	10k	01:21:35	
126	10	Helen	Bishop	F	66	over 50	23	10k	01:24:26	
127	198	Laura	Bagnall	F	67	over 50	24	10k	01:27:42	Arunners
128	57	Frances	Hodgson	F	68	Under 50	44	10k	01:36:58	Portsmouth Joggers
129	58	Darren	Hodgson	M	61	Under 50	38	10k	01:36:58	