

## COWDRAY 5K RESULTS 31 MAY 2018

POSITION	BIB	F NAME	L NAME	OVERALL TIME	DIST	TEAM
1	289	Michael	Rix	00:19:13	5K	
2	241	Seth	Wise	00:20:08	5k	Chichester Runners & AC
3	286	Jon	Plomer	00:21:23	5K	Stubbington Green Runners
4	299	Caroline	Wood	00:22:27	5K	Arena 80 AC
5	251	Clare	Allen	00:24:23	5K	
6	291	Amy	Simmons	00:29:42	5K	Karibu
7	29	Rachel	Brunning	00:31:38	5k	Tuff Fitty Tri Club
8	253	Chris	Armstead	00:31:39	5K	Chichester Runners & AC
9	279	Philippa	Llewellyn-Smith	00:34:59	5K	
10	217	Sandra	Thorpe	00:35:12	5k	Midhurst Milers
11	283			00:35:34	5K	
12	297			00:35:35	5K	
13	300	Sue	Curzon Hope	00:35:59	5K	
14	285	Nikkie	Plomer	00:36:25	5K	Stubbington Green Runners
15	282	Bex	Page	00:37:40	5K	
16	276	Katherine	House	00:37:42	5K	
17	272	Danny	Garland	00:37:43	5K	
18	257	Judi	Bond	00:37:43	5K	Arunners RC
19	270	Maureen	Flint	00:38:11	5K	Arunners RC
20	281	Victoria	Mitchell	00:38:22	5K	
21	235	Louise	Whitmore	00:38:26	5k	
22	256	Nicky	Bench	00:38:40	5K	Arunners RC

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POSITION	BIB	F NAME	L NAME	OVERALL TIME	DIST	TEAM
23	254	Tracey	Arnell	00:39:08	5K	
24	258	Suzy	Bristow	00:39:19	5K	
25	294	Catriona	Speed	00:39:20	5K	
26	267	Helen	Crainey	00:39:26	5K	
27	271	Tony	Flint	00:39:58	5K	Arunners RC
28	261	Kate	Cheshire	00:40:34	5K	
29	284	Sandra	Pidwell	00:40:48	5K	Chichester Runners & AC
30	266	Jenny	Cobby	00:42:11	5K	
31	68	Sue	Fallon	00:42:23	5k	Lancing Eagles RC
32	293	Christine	Southwell	00:42:31	5K	
33	263	Joanna	Cleeve	00:46:10	5K	
34	264			00:53:59	5K	
35	278			00:53:59	5K	
36	262	Peter	Chittenden	01:19:01	5K	Tone Zone Runners