

COWDRAY 10K RESULTS 31 MAY 2018 Final

POSITION	RACE NUMBER	F NAME	L NAME	OVERALL TIME	DISTANCE	TEAM
1	78	Simon	Gill	00:37:39	10k	Bognor Regis Tone Zone Runners
2	145	Mikey	Neville	00:39:02	10k	Chichester Runners & AC
3	39	Will	Clark	00:41:29	10k	Morpeth Harriers
4	59	Matthew	Dowse	00:42:18	10k	Vegan Runners (Brighton)
5	161	David	Pearson	00:42:21	10k	
6	214	Simon	Thistlethwaite	00:42:38	10k	Tuff Fitty Tri Club
7	224	Richard	Vandermark	00:43:08	10k	
8	111	Byron	Kearns	00:43:10	10k	
9	105	Emily	Iredale	00:43:16	10k	Midhurst Milers
10	3	Steven	Amos	00:43:33	10k	
11	33	Stefano	Cerea	00:44:14	10k	Chichester Runners & AC
12	188	Jason	Snow	00:44:25	10k	Chichester Runners & AC
13	197	Duncan	Stephenson-Gill	00:44:36	10k	Bognor Regis Tone Zone Runners
14	395	tom	sutton	00:45:40	10k	
15	394	harry	wilder	00:45:46	10k	
16	15	Philomel	Bennett	00:47:02	10k	
17	233	Andy	Watson	00:47:50	10k	
18	37	Antonio	Cipollaro	00:47:53	10k	
19	150	Jordan	Osborne	00:48:03	10k	
20	16	Helen	Cruden	00:48:11	10k	
21	131	Angus	McCaffery	00:48:34	10k	
22	5	William	Baigent	00:48:38	10k	

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23	213	Christopher	Tees	00:48:38	10k	
24	103	Kieron	Howard	00:48:43	10k	
25	250	Steven	Zambuni	00:49:30	10k	
26	215	Jessica	Thomson	00:49:44	10k	Bognor Regis Tone Zone Runners
27	100	Tony	Holcombe	00:49:49	10k	Bognor Regis Tone Zone Runners
28	85	Gary	Griffiths	00:50:28	10k	Heals (Bognor Regis)
29	49	Gary	Curran	00:50:42	10k	
30	373	David	Cranmer	00:51:15	10k	
31	175	Paul	Mattock	00:52:02	10k	Chichester Runners & AC
32	90	Marcus	Hammerton	00:52:04	10k	
33	86	Paul	Guarnaccio	00:52:08	10k	
34	19	Emily	Bodman	00:52:11	10k	
35	196	Jake	Steer	00:52:38	10k	Promenade Plodders
36	207	Stefan	Sykes	00:52:38	10k	
37	178	Elizabeth	Robinson	00:52:44	10k	Chichester Runners & AC
38	127	Stephen	Maskens	00:52:46	10k	Horsham Joggers
39	149	Georgina	Ongley	00:53:00	10k	
40	187	Karl	Smith	00:53:18	10k	MacDonald Oates LLP
41	244	Lorna	Woodward	00:53:23	10k	
42	361	Neil	Franks	00:53:39	10k	
43	53	Peter	Davey	00:53:40	10k	Arunners RC
44	190	Heather	Souter	00:53:45	10k	

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45	171	Rebecca	Ramsey	00:53:50	10k	
46	230	Daniel	Warner	00:53:55	10k	Rotary Road Runners
47	30	Emily	Bye	00:54:06	10k	
48	163	Steve	Peet	00:54:33	10k	
49	223	Kai	Usher	00:54:44	10k	
50	243	Graham	Woodward	00:54:51	10k	Chichester Runners & AC
51	76	Michael	Gibbons	00:54:54	10k	
52	73	Andrew	George	00:55:02	10k	
53	183	Jon	Roper	00:55:05	10k	Tuff Fitty Tri Club
54	52	Angela	Darton	00:55:16	10k	Lancing Eagles RC
55	170	Peter	Ramsdale	00:55:24	10k	Bognor Regis Tone Zone Runners
56	160	Natalie	Patience	00:55:42	10k	
57	152	Katie	Ouvaroff	00:55:43	10k	
58	397	Lorraine	Treadwell	00:55:53	10k	Horsham Joggers
59	9	Penny	Barron	00:56:01	10k	Horsham Joggers
60	12			00:56:11	10k	Chichester Runners & AC
61	96	Tracey	Harvey	00:56:13	10k	Storrington Striders
62	211	Alex	Taylor	00:56:14	10k	
63	248	Linda	Wright	00:56:23	10k	Arunners RC
64	202	Tom	Sullivan	00:56:30	10k	
65	169	Myrid	Ramsay	00:56:31	10k	Storrington Striders
66	148	Sean	O'Donnell	00:56:39	10k	Bognor Regis Tone Zone Runners

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67	168	Mark	Poole	00:56:40	10k	
68	141	Michael	Millyard	00:57:02	10k	
69	108	Ian	Jones	00:57:03	10k	
70	358	Marina	Bullivant	00:57:07	10k	
71	219	Sharon	Tidmarsh	00:57:39	10k	Tuff Fitty Tri Club
72	67	Paul	Fairclough	00:57:56	10k	Farnham Tri Club
73	126	Alison	Maskens	00:58:22	10k	
74	99	John	Hodges	00:58:23	10k	
75	1	Katie	Ackling	00:58:54	10k	
76	2	Paul	Ackling	00:58:54	10k	
77	166	Ashley	Pledger	00:58:55	10k	Chichester Runners & AC
78	396	steven	curzon hope	00:59:02	10k	Bracknell Forest Runners
79	218	Nick	Thorpe	00:59:08	10k	
80	237	Rachelle	Williams	00:59:12	10k	
81	138	Jude	Milan	00:59:33	10k	Tuff Fitty Tri Club
82	134	Mary	McCutchan	00:59:38	10k	
83	180	Graham	Robinson	00:59:44	10k	
84	369	Rob	Wall	01:00:22	10k	MacDonald Oates LLP
85	370	Collete	Landells	01:00:42	10k	
86	367	Rob	Pates	01:00:48	10k	
87	95	Clive	Harvey	01:00:59	10k	Tuff Fitty Tri Club
88	10	Richard	Barron	01:01:08	10k	Horsham Joggers

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89	398	Alex	smallman	01:01:17	10k	
90	206	Nicola	Sykes	01:01:20	10k	
91	48	Gerard	Cummins	01:01:28	10k	
92	88	Treena	Haigh	01:01:47	10k	Lancing Eagles RC
93	208	Jane	Taylor	01:01:49	10k	
94	191	Anthony	Spooner	01:01:56	10k	Chichester Runners & AC
95	55	Liz	Davis	01:02:08	10k	
96	46	Helen	Crunden	01:02:08	10k	
97	4	Layla	Andrews	01:02:09	10k	Arunners RC
98	140	Sue	Millard	01:02:33	10k	
99	41	Trish	Clifford	01:02:33	10k	
100	20	Hilary	Boorah	01:02:34	10k	
101	63	Moira	Edwards	01:02:35	10k	
102	61	Rebecca	Dunbar	01:02:37	10k	
103	356	Charlie	Helewell	01:02:38	10k	
104	72	Martin	Fryer	01:02:39	10k	
105	371	Emma	Strange	01:02:42	10k	
106	60	Chantel	Dreckmann	01:02:48	10k	
107	357	Sabrina	Gurling	01:02:53	10k	
108	40	Victoria	Clark	01:03:12	10k	
109	216	Stuart	Thomson	01:03:18	10k	Bognor Regis Tone Zone Runners
110	200	Donna	Strowger	01:04:01	10k	Bognor Regis Tone Zone Runners

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111	209	Rosie	Taylor	01:04:15	10k	
112	181	James	Rodliff	01:04:33	10k	
113	268	ROBERT	SAWERS	01:04:37	10k	MacDonald Oates LLP
114	182	Katie	Rooke	01:04:41	10k	
115	104	Kirstie	Hurst	01:04:47	10k	
116	11	Sue	Barty	01:04:51	10k	Chichester Runners & AC
117	210	Matt	Taylor	01:04:54	10k	
118	159	Debbie	Patching	01:05:03	10k	Bognor Regis Tone Zone Runners
119	47	Elaine	Cruttenden	01:05:32	10k	Chichester Runners & AC
120	189	Yian	Solomon	01:05:38	10k	Lancing Eagles RC
121	238	Lucy	Williams	01:05:41	10k	
122	365	Sarah	Jenkins	01:05:49	10k	
123	116	Tina	Laing	01:05:52	10k	Haslemere Border AC
124	193	Alison	Stead	01:06:09	10k	Bognor Regis Tone Zone Runners
125	162	Michele	Peet	01:06:14	10k	
126	27	Gill	Brown	01:06:20	10k	Chichester Runners & AC
127	26	Lee	Brooker-Payne	01:06:21	10k	
128	151	Robyn	Ostrom	01:06:35	10k	
129	106	Andy	Jefford	01:07:37	10k	Horsham Joggers
130	77	Alison	Gilbert	01:07:46	10k	Promenade Plodders
131	231	Jessica	Warren	01:08:11	10k	
132	249	Holly	Yorston	01:08:16	10k	

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133	201	Alan	Sullivan	01:08:21	10k	HeAl's
134	75	Christine	Gibbons	01:08:42	10k	
135	399	Susannah	Wilson	01:09:32	10k	
136	7	Victoria	Balandis	01:09:33	10k	Chichester Runners & AC
137	156	Emily	Palmer	01:09:44	10k	Runny Honeys
138	192	Sarah	Spurr	01:09:58	10k	
139	229	Karen	Wainwright	01:10:36	10k	
140	147	Amy	O'Donnell	01:11:01	10k	Bognor Regis Tone Zone Runners
141	198	Ian	Stevens	01:11:04	10k	Redway Runners
142	165	Lucy	Pennant	01:11:08	10k	Haslemere Border AC
143	212	David	Tees	01:11:09	10k	
144	28	Adam	Brown	01:11:42	10k	
145	23	Ann	Brady	01:11:56	10k	
146	137	Gordon	Mckinlay	01:12:14	10k	
147	89	Sarah	Hamilton	01:12:16	10k	
148	179	Vikki	Robinson	01:12:36	10k	
149	45	Ellen	Berry	01:12:56	10k	Arunners RC
150	107	Simone	Jones	01:13:07	10k	
151	24	Heather	Brice	01:13:07	10k	
152	32	Natalie	Callaghan	01:13:14	10k	
153	114	Nicola	King	01:13:18	10k	Bognor Regis Tone Zone Runners
154	195	Tracey	Steer	01:13:43	10k	Promenade Plodders

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155	194	Kiley	Steer	01:13:43	10k	Promenade Plodders
156	164	Sara	Pennant	01:14:15	10k	Haslemere Border AC
157	186	Karen	Sinclair	01:14:46	10k	Haslemere Border AC
158	225	Ann	Varnes	01:14:47	10k	Haslemere Border AC
159	97	Zoe	Hepper	01:15:42	10k	
160	35	Stephanie	Charman	01:15:50	10k	Horsham Joggers
161	119			01:15:50	10k	Horsham Joggers
162	38	Edna	Clark	01:15:51	10k	Horsham Joggers
163	136	Martin	McGinlay	01:17:08	10k	
164	110	Wendy	Kane	01:17:09	10k	Lancing Eagles RC
165	118	Gina	Lansdale	01:17:20	10k	Chichester Runners & AC
166	18	Raymond	Blackwell	01:17:48	10k	
167	84	Dawn	Gretton	01:18:54	10k	
168	43	Jane	Copson	01:19:47	10k	
169	101	Olga	Houghton	01:19:47	10k	
170	42	Sarah	Coles-Parry	01:20:07	10k	
171	124	Sue	MacPherson	01:20:09	10k	
172	227	Donna	Vincent	01:21:19	10k	Bognor Regis Tone Zone Runners
173	155	Kathryn	Page	01:21:53	10k	
174	236	Helen	Wilkins	01:22:00	10k	Chichester Runners & AC
175	204	Sally	Swait	01:22:27	10k	
176	109	Kerry	Jordan	01:22:28	10k	

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177	31	Victoria	Caley	01:22:50	10k	
178	174	Catherine	Roberts	01:22:50	10k	Runny Honeys
179	102	Lucy	Howard	01:24:24	10k	Chichester Runners & AC
180	66	Margaret	Enstone	01:24:33	10k	Chichester Runners & AC
181	112	Susan	Kemp	01:24:50	10k	
182	143	Debbie	Moulton	01:24:51	10k	
183	221	Jackie	Tims	01:27:51	10k	Chichester Runners & AC
184	64	Bev	Edwards	01:29:36	10k	
185	113	Sarah	Vockins	01:30:25	10k	Bognor Regis Tone Zone Runners
186	226	Peter	Varnes	01:34:55	10k	
187	158	Deborah	Parry	01:34:56	10k	Haslemere Border Athletic Club
188	25	Thomas	Bromley	01:35:39	10k	Lancing Eagles RC
189	79	Don	Gillies	01:38:44	10k	