

# Handy Cross 5k RESULTS 14TH JUNE 2016

Race Num	Position	Time	Name	Club	Cat	Pin Cat
20	1	00:16:45	James Samson	DD	MS	1
114	2	00:17:20	Chris Bradfield	DD	MV40	1
962	3	00:17:29	Laurence Miles	MAC	MV40	2
956	4	00:17:54	Kai Furnell-Brennan	MAC	MJ	1
904	5	00:17:57	Will Burkitt	MAC	MS	2
740	6	00:18:02	Paul Fallon	BJ	MV40	3
406	7	00:18:03	Chris Moseley	WAR	MS	3
905	8	00:18:07	Neil Hynes	MAC	MV40	4
423	9	00:18:16	Alex Scott	WAR	MV40	5
57	10	00:18:17	Toby Herbert	DD	MS	4
586	11	00:18:23	James Allchin	HC	MS	5
1104	12	00:18:23	Adam Gambrill	CRC	MJ	2
809	13	00:18:33	Jason Shaw	BJ	MS	6
600	14	00:18:43	Stephen Knock	HC	MV40	6
546	15	00:18:44	Steve Roberts	HC	MV50	1
410	16	00:18:45	Dean Thatcher	WAR	MS	7
254	17	00:18:52	Simon Sikora	MS	MS	8
782	18	00:19:03	Tamsin Neale	BJ	FV40	1
405	19	00:19:08	Carlton Shorter	WAR	MS	9
219	20	00:19:14	Chris Pinkham	MS	MS	10
606	21	00:19:18	Alun Jones	HC	MV60	1
1034	22	00:19:18	Luke-Lom Hynes	MAC	MJ	3
604	23	00:19:20	Sarah Pope	HC	FS	1
89	24	00:19:23	Philip Jones	DD	MV50	2
798	25	00:19:26	Chris Rose	BJ	MV50	3
793	26	00:19:28	Claire Pusey	BJ	FV40	2
47	27	00:19:31	Kenneth Brown	DD	MV50	4
592	28	00:19:33	David Rees-Hall	HC	MS	11
598	29	00:19:37	Matt Evans	HC	MS	12
584	30	00:19:38	Charles Pugh	HC	MV40	7
402	31	00:19:42	Nick Flann	WAR	MV40	8
220	32	00:19:48	Tom Pinkham	MS	MS	13
524	33	00:19:52	Dave Wallace	HC	MV40	9
1120	34	00:20:08	Matt Finn	CRC	MS	14
968	35	00:20:09	Chris Bell	MAC(G)	MS	15
1123	36	00:20:14	James Cotter	CRC	MS	16
1001	37	00:20:16	Abbie Jones	MAC	FJ	1
228	38	00:20:23	Simon O'Neill	MS	MV50	5
797	39	00:20:25	Sean Rooney	BJ	MV40	10
953	40	00:20:36	Jacob Tinson	MAC	MS	17
1031	41	00:20:37	Toby Ralphs	MAC	MJ	4
961	42	00:20:39	Colin Symons	MAC	MV40	11
75	43	00:20:43	Matthew Wellington	DD	MJ	5
581	44	00:20:49	Mark Dewey	HC	MV40	12
755	45	00:20:53	Bev Holmes	BJ	FV40	3
617	46	00:20:57	John Houston	HC	MS	18

403	47	00:21:03	Rich Bookless	WAR	MS	19
63	48	00:21:04	Peter Blanshard	DD	MS	20
412	49	00:21:08	Matthew Gingell	WAR	MV50	6
233	50	00:21:13	Mike Thomspen	MS	MV50	7
421	51	00:21:17	Jenna Thatcher	WAR	FS	2
501	52	00:21:19	Paul Dineen	HC	MV40	13
21	53	00:21:22	Stuart Armstrong	DD	MV50	8
70	54	00:21:23	Michael Hill	DD	MV60	2
80	55	00:21:25	Tom Durance	DD	MS	21
922	56	00:21:30	Tim Williams	MAC	MV40	14
1103	57	00:21:32	David Ridley	CRC	MV40	15
1040	58	00:21:32	Amy Reike	MAC	FJ	2
703	59	00:21:34	Colin Baker	BJ	MV50	9
503	60	00:21:35	Keith Round	HC	MV50	10
933	61	00:21:37	Margarate Maton	MAC	FV40	4
552	62	00:21:44	Howard Williams	HC	MV40	16
218	63	00:21:45	Wayne Samuel	MS	MS	22
401	64	00:21:46	Alex Flann	WAR	MJ	6
1106	65	00:21:50	Gareth Walters	CRC	MS	23
226	66	00:21:50	Lyndsey Markham	MS	FS	3
85	67	00:21:53	Janet Binns	DD	FV50	1
206	68	00:21:55	Paul Connor	MS	MV50	11
427	69	00:21:56	Brandon Theron	WAR	MS	24
967	70	00:22:00	Dymphna Murphy	MAC	FS	4
208	71	00:22:01	Paul Bushby	MS	MV50	12
404	72	00:22:02	Caroline Macaskill	WAR	FS	5
502	73	00:22:17	Craig Atkins	HC	MV40	17
846	74	00:22:19	Ben Cronin	BJ	MS(G)	
239	75	00:22:20	Matt Grove	MS	MV40	18
616	76	00:22:21	Bryony Houston	HC	FS	6
924	77	00:22:22	Alejandro Del Campo	MAC	MV40	19
62	78	00:22:22	Emma Twomey	DD	FV40	5
16	79	00:22:25	John Mcculloch	DD	MV50	13
23	80	00:22:26	John Hayes	DD	MV50	14
1125	81	00:22:29	Sarah Walker	CRC	FV40	6
40	82	00:22:39	David Priddy	DD	MV50	15
60	83	00:22:47	Julie Refseth	DD	FS	7
1030	84	00:22:47	Harry Shrimpton	MAC	MJ	7
205	85	00:22:53	Deborah Howard	MS	FV40	7
531	86	00:22:58	Phil Tippett	HC	MV50	16
913	87	00:22:59	Gareth Ralphs	MAC	MV50	17
253	88	00:23:04	Ollie Cooke	MS	MJ	8
609	89	00:23:07	Jolyon Roe	HC	MV40	20
224	90	00:23:11	Deborah Hope	MS	FV40	8
9	91	00:23:12	Helen Bolt	DD	FV50	2
736	92	00:23:13	Mick Driver	BJ	MV50	18
1042	93	00:23:15	Pawel Czarnomski	MAC	MV40	21
557	94	00:23:17	John Peerless	HC	MV60	3
1036	95	00:23:19	Laura House	MAC	FJ	3
230	96	00:23:23	Nigel Rose	MS	MV60	4

422	97	00:23:28	Steve Norris	WAR	MS	25
718	98	00:23:28	Helen Butler	BJ	FV40	9
750	99	00:23:31	Vincent Grinney	BJ	MV40	22
957	100	00:23:32	Jeremy Lockett	MAC	MV50	19
1110	101	00:23:35	James Dickinson	CRC	MS	26
213	102	00:23:35	Steve Coleman	MS	MV50	20
1041	103	00:23:38	Harriet Graham	MAC	FJ	4
46	104	00:23:40	Craig Sherratt	DD	MV40	23
547	105	00:23:47	Paul Frith	HC	MV50	21
902	106	00:23:51	Caroline Shrimpton	MAC	FV40	10
221	107	00:23:52	Ann Bowles	MS	FV60	1
931	108	00:23:53	Paul Thomas	MAC	MV40	24
523	109	00:23:53	Gareth Ward	HC	MV40	25
540	110	00:23:54	Mark Tooley	HC	MS	27
527	111	00:23:55	Charles Britton	HC	MS	28
506	112	00:23:55	Brodie Mclellan	HC	MS	29
535	113	00:23:56	James Cunnane	HC	MV50	22
724	114	00:23:58	Lindsay Chan	BJ	FS	8
920	115	00:23:58	David Irvine	MAC	MS	30
1122	116	00:23:59	Steve Cottrell	CRC	MV50	23
999	117	00:24:02	Simon Goldfinch	MAC	MV40	26
919	118	00:24:03	Laura Loveridge	MAC	FS	9
1044	119	00:24:04	Jess Dibley	MAC	FJ	5
4	120	00:24:09	Colin Adams	DD	MV50	24
560	121	00:24:10	Ellen Fulcher	HC	FV50	3
559	122	00:24:10	Frank Fulcher	HC	MV40	27
209	123	00:24:17	Suzy Holliday	MS	FS	10
608	124	00:24:18	Claire Ponsford	HC	FS	11
730	125	00:24:21	Alison Cronin	BJ	FV50	4
944	126	00:24:23	John Scaife	MAC	MV60	5
225	127	00:24:30	Julie Newstead	MS	FV40	11
55	128	00:24:34	Bella Shah	DD	FV40	12
951	129	00:24:39	Darrell Bressington	MAC	MV50	25
966	130	00:24:42	Susan Mcewen	MAC	FV60	2
104	131	00:24:53	Alison Allen	DD	FV50	5
505	132	00:24:58	Oscar Mclellan	HC	MJ	9
65	133	00:25:01	Sarah Moss	DD	FS	12
624	134	00:25:09	Ben Paddon	HC	MS	31
222	135	00:25:09	Patrick Grindley	MS	MS	32
932	136	00:25:14	John Rickman	MAC	MV60	6
30	137	00:25:24	Alan Dray	DD	MV50	26
544	138	00:25:32	Sarah Cuthbert	HC	FV40	13
516	139	00:25:32	Jacqueline Ing	HC	FS	13
917	140	00:25:33	David Waterman	MAC	MV70	1
246	141	00:25:34	Amy Scenity	MS	FS	14
1320	142	00:25:38	Cathy Staunton	RS	FV60	3
6	143	00:25:41	David Glazier	DD	MV60	7
837	144	00:25:42	Jenny Zaremba	BJ	FV40	14
522	145	00:25:44	Helen Moseley	HC	FV40	15
252	146	00:25:47	Nick Cooke	MS	MV40	28

515	147	00:25:50	Phil Burrige	HC	MV40	29
241	148	00:25:56	Blanche Morrissey	MS	FV60	4
940	149	00:25:56	Leila Oliver	MAC	FS	15
939	150	00:26:01	Jonathan Oliver	MAC	MS	33
563	151	00:26:04	Robert James	HC	MS	34
923	152	00:26:05	Lynsey Robbins	MAC	FS	16
415	153	00:26:07	Damien Woolmer	WAR	MV60	8
249	154	00:26:08	Nigel Moorhouse	MS	GUEST	
417	155	00:26:09	Eoin Sharkey	WAR	MV50	27
1038	156	00:26:14	Olivia D'Aversa	MAC	FJ	6
1045	157	00:26:15	Grace Goldfinch	MAC	FJ	7
848	158	00:26:17	Julia Crepineau	BJ	FV40	16
937	159	00:26:19	Sarah Fogg	MAC	FV50	6
601	160	00:26:20	Emi Round	HC	FV40	17
615	161	00:26:31	Ian Smith	HC	MV50	28
29	162	00:26:35	Derek Baker	DD	MV70	2
50	163	00:26:47	David Mcshane	DD	MV50	29
1301	164	00:26:49	Jane Perry	RS	FV50	7
1119	165	00:26:52	Gerald Cooper	CRC	MV50	30
66	166	00:26:59	Shakoor Mughal	DD	MV40	30
237	167	00:27:03	Oonagh Thompson	MS	FV50	8
1000	168	00:27:05	Shirin Irvine	MAC	FS	17
620	169	00:27:12	Helen Sharp	HC	FV40	18
251	170	00:27:15	Erica Barclay	MS	FS	18
533	171	00:27:18	Gary Marsh	HC	MV50	31
744	172	00:27:27	Dave Ford	BJ	MV60	9
1331	173	00:27:28	Nina Bradley	RS	FS	19
212	174	00:27:29	Les Lepper	MS	MV50	32
512	175	00:27:32	Peter Edington	HC	MV50	33
625	176	00:27:36	Rebecca Sturgess	HC	FV40	19
425	177	00:27:36	Karen Reilly	WAR	FV40	20
1309	178	00:27:38	Myriam Silverman	RS	FV50	9
71	179	00:27:45	Gillian Richards	DD	FV40	21
947	180	00:27:46	Michael Fursedon	MAC	MV60	10
1306	181	00:28:14	Paula Kelly	RS	FS	20
107	182	00:28:16	Katy Hughes	DD	FS	21
1048	183	00:28:25	Hayley D'Aversa	MAC(G)	FS	22
964	184	00:28:25	Carolyn Lockett	MAC(G)	FS	23
1321	185	00:28:27	Paula Walker	RS	FV60	5
723	186	00:28:31	Steve Chambers	BJ	MS	35
38	187	00:28:36	Lucinda Longster	DD	FV40	22
702	188	00:28:42	Perveen Appleby	BJ	FV40	23
737	189	00:28:46	Yvette Dumler	BJ	FV60	6
713	190	00:28:52	Jackie Brosnan	BJ	FV60	7
943	191	00:28:54	Benita Scaife	MAC	FV60	8
420	192	00:28:58	Sarah Evans	WAR	FS	24
771	193	00:29:00	Mary Lord	BJ	FV50	10
18	194	00:29:02	Mark Olney	DD	MV50	34
580	195	00:29:04	Fran Dewey	HC	FS	25
545	196	00:29:08	Linda Weedon	HC	FV60	9

1305	197	00:29:13	Lucille Weinberger	RS	FV60	10
1311	198	00:29:15	Tricia Hayne	RS	FV60	11
929	199	00:29:16	Yash Maudgil	MAC	MV60	11
565	200	00:29:16	Lisa Axford	HC	FV40	24
787	201	00:29:27	Zoe Norcott	BJ	FS	26
578	202	00:29:34	Hannah Vincent	HC	FS	27
24	203	00:29:35	Isobel Carron	DD	FV50	11
1109	204	00:29:36	Richard Williams	CRC	MV50	35
112	205	00:29:47	Vicky Weston	DD	FV40	25
914	206	00:29:51	Jayne House	MAC	FV40	26
945	207	00:29:53	Brian Roles	MAC	MV60	12
214	208	00:30:16	Sue Leaver	MS	FV50	12
954	209	00:30:17	Steve Tinson	MAC	MV50	36
207	210	00:30:24	Oonagh Eastmond	MS	FS	28
231	211	00:30:24	Becky Whitworth	MS	FV40	27
811	212	00:30:28	Sukjit Singh	BJ	MV50	37
921	213	00:30:39	Dawn Goldfinch	MAC	FV40	28
1302	214	00:30:51	Carolyn Britton	RS	FS	29
602	215	00:31:09	Chris Edington	HC	MV50	38
1318	216	00:31:14	Julie Gutteridge	RS	FS	30
514	217	00:31:21	Lorraine Warman	HC	FV40	29
1043	218	00:31:42	Carole Dibley	MAC	FV50	13
1308	219	00:31:45	Trudy Ridgley	RS	FV50	14
714	220	00:32:17	Michael Brosnan	BJ	MV50	39
619	221	00:32:24	Nicci Theodoulou	HC	FV40	30
622	222	00:32:24	Andrew King	HC	MV40	31
765	223	00:32:33	Robert Legge	BJ	MV50	40
579	224	00:32:51	Meg Knight	HC	FV70	1
623	225	00:33:11	Rae Brewer	HC	FV60	12
1326	226	00:33:29	Inske Allso	RS	FS	31
1323	227	00:33:50	Charlotte Cooper	RS	FS	32
1324	228	00:33:52	Sonya Birgani	RS	FS	33
1115	229	00:34:12	Fiona Coulter	CRC	FV40	31
534	230	00:34:24	Linda Marsh	HC	FV50	15
84	231	00:34:32	Anne Mograby	DD	FV50	16
1328	232	00:35:52	Jenny Fullwood	RS	FV40	32
621	233	00:35:54	Nick Brewer	HC	MV60	13
1329	234	00:35:57	Audrey George	RS	FV50	17
739	235	00:37:07	Bob Engel	BJ	MV70	3
1	236	00:39:11	Rachhpal Bath	DD	MV80	1
1327	237	00:41:08	Georgie Fell	RS	FV60	13