

BIB	POS	GENDER	ATHLETE	TIME	Race Date	AGE GRAD	POINTS
288	50 th	F 10 th	Nicola RUNKEE	0:44:40	29 June 2023	66.6	20
145	58 th	F 11 th	Ellen HARDY	0:46:26	29 June 2023	64	19
332	235 th	F 87 th	Anna THOMAS	1:01:42	29 June 2023	61.53	18
97	125 th	F 32 nd	Julia EDWARDS	0:51:44	29 June 2023	60.47	17
184	156 th	F 47 th	Ruth JOHNSTONE	0:54:52	29 June 2023	59.45	16
62	101 st	F 22 nd	Antonia Cleak	0:50:27	29 June 2023	59.04	15
252	225 th	F 81 st	Debra PARSONS	1:00:27	29 June 2023	58.34	14
187	158 th	F 48 th	Laura JONES	0:55:03	29 June 2023	55.77	13
237	208 th	F 70 th	Jennifer NISBETT	0:58:48	29 June 2023	51.47	12
152	266 th	F 110 th	Sian HARRIS	1:05:10	29 June 2023	51.13	11
137	278 th	F 121 st	Wendy Gwinneth	1:07:14	29 June 2023	48.07	10
315	282 nd	F 125 th	Helen SPILSBURY	1:07:32	29 June 2023	46.67	9

BIB	POS	GENDER	ATHLETE	TIME	Race Date	AGE GRAD	POINTS
206	10 th	M 10 th	Ian LEONARD	0:37:13	29 June 2023	79.85	20
46	8 th	M 8 th	Andy BUSH	0:36:54	29 June 2023	76.02	19
135	22 nd	M 21 st	Adrian GRIMSHAW	0:40:12	29 June 2023	72.1	18
2	44 th	M 39 th	Brian ADAMSON	0:43:17	29 June 2023	70.43	17
19	21 st	M 20 th	Tom BAGGOTT	0:40:10	29 June 2023	65.73	16
125	119 th	M 89 th	Duncan GOUGH	0:51:05	29 June 2023	61.83	15
151	86 th	M 71 st	Richard HARRIS	0:49:04	29 June 2023	60.05	14
400	127 th	M 94 th	Mark WILLOUGHBY	0:52:04	29 June 2023	59.57	13
190	108 th	M 83 rd	Tom KAVANAGH	0:50:36	29 June 2023	55.9	12