



POWER RUN 5-10MILE

POWDERHAM CASTLE

RESULTS

1st April 2023

Pos	No	Distance	Time	Name	Cat	Cat Rank	Club
1	352	10Mile	1:05:04	Gwylm Gibson	MSen	1	SOUTH WEST ROAD RUNNERS
2	375	10Mile	1:11:18	Scott Jamieson	M40+	1	EXMOUTH HARRIERS
3	421	10Mile	1:15:05	Richard Pedrick	M35+	1	VEGAN RUNNERS UK
4	469	10Mile	1:15:22	Karl Williamson	M45+	1	
5	465	10Mile	1:15:24	Laura Wilby	FSen	1	TORBAY TRI/ PETEWILBYTRIATHLON
6	393	10Mile	1:16:23	Alex Mayne	M45+	2	EXETER HARRIERS ATHLETICS CLUB
7	416	10Mile	1:16:58	Joanne Page	F35+	1	OKEHAMPTON RUNNING CLUB
8	342	10Mile	1:17:46	William Duckworth	MSen	2	
9	374	10Mile	1:19:16	Jenny James	F40+	1	
10	388	10Mile	1:19:29	Yong Liu	MSen	3	
11	394	10Mile	1:20:46	Mac McClean	M55+	1	TORBAY TRIATHLON CLUB
12	368	10Mile	1:20:54	Jordan Hewitt	MSen	4	TIVERTON HARRIERS
13	430	10Mile	1:21:22	Simon Rickard	M45+	3	SCOTCH EGG CYCLING SOCIETY
14	454	10Mile	1:22:08	Matt Walmsley	M40+	2	SOUTH WEST ROAD RUNNERS
15	435	10Mile	1:23:28	Mike Saywell	M40+	3	OKEHAMPTON RUNNING CLUB
16	412	10Mile	1:23:42	Geoff Nicholls	M65+	1	GREENBOW RUNNING CLUB
17	379	10Mile	1:24:27	Justin Jones	M45+	4	0
18	333	10Mile	1:25:24	Justin Cudmore	M45+	5	
19	332	10Mile	1:25:29	Kevin Crocker	M40+	4	TORBAY TRI
20	313	10Mile	1:25:36	Kerry Board	F45+	1	AXE VALLEY RUNNERS
21	376	10Mile	1:26:08	David Jarvis	M35+	2	
22	413	10Mile	1:26:21	Mark Nowak	M40+	5	

23	348	10Mile	1:26:26	Barry Frost	M60+	1	SOUTH WEST ROAD RUNNERS
24	425	10Mile	1:26:40	Jenny Reay	F60+	1	EXMOUTH HARRIERS
25	427	10Mile	1:27:01	Graham Reynolds	M60+	2	TORBAY TRI
26	431	10Mile	1:27:11	Julian Ridgley	M50+	1	
27	365	10Mile	1:27:22	Peter Hayward	M60+	3	TORBAY TRI CLUB
28	345	10Mile	1:28:09	Alister Ferguson	M35+	3	SOUTH WEST ROAD RUNNERS
29	450	10Mile	1:28:42	Andy Tinning	M45+	6	
30	378	10Mile	1:28:45	Hannah Jones	F45+	2	
31	438	10Mile	1:29:20	Derek Skinner	M60+	4	TEIGNBRIDGE TROTTERS
32	400	10Mile	1:29:27	Nicole Mohan	FSen	2	SOUTH WEST ROAD RUNNERS
33	329	10Mile	1:29:27	Claire Cornish	F40+	2	SOUTH DEVON ATHLETIC CLUB
34	443	10Mile	1:29:51	Stu Smith	M55+	2	0
35	422	10Mile	1:29:57	Christopher Powlesland	MSen	5	
36	343	10Mile	1:30:24	Matthew Duree	M50+	2	
37	377	10Mile	1:31:19	Ivan Jeary	M50+	3	UKNETRUNNER
38	402	10Mile	1:31:31	Simon Moore	M45+	7	
39	420	10Mile	1:31:41	Mark Peck	M35+	4	
40	381	10Mile	1:31:47	Mat Kelly	M35+	5	PURE ENDURANCE TRIATHLETES
41	336	10Mile	1:31:49	Heather Daniel	F35+	2	N/A
42	380	10Mile	1:31:54	Mike Kay	M60+	5	SOUTH WEST ROAD RUNNERS
43	326	10Mile	1:31:59	Emma Clark	F40+	3	LOOE PIONEERS RC
44	318	10Mile	1:32:01	Dan Burnett	MSen	6	
45	415	10Mile	1:32:20	Simon Oliver	M60+	6	ILFRACOMBE RUNNING CLUB
46	334	10Mile	1:33:26	Jeffrey Curd	M55+	3	TIVERTON HARRIERS
47	461	10Mile	1:33:58	Andrew West	M65+	2	AXE VALLEY RUNNERS
48	455	10Mile	1:34:02	Carl Ward	M55+	4	TAUNTON AC
49	386	10Mile	1:34:38	Archie Leitch	MSen	7	
50	340	10Mile	1:34:46	Sharon Dixon	F50+	1	
51	473	10Mile	1:35:13	Simon Bunday	M60+	7	HALDON TRAIL RUNNERS
52	373	10Mile	1:35:15	Caro Isaac	F60+	2	
53	309	10Mile	1:35:21	Jo Biederman	F45+	3	FREMLINGTON TRAILBLAZERS
54	451	10Mile	1:35:22	Lisa-Marie Todd	F45+	4	FREMLINGTON TRAILBLAZERS
55	370	10Mile	1:35:25	Gary Hogg	M40+	6	
56	366	10Mile	1:35:39	Christian Henderson	M45+	8	
57	339	10Mile	1:35:48	Kevin Dicks	M60+	8	
58	390	10Mile	1:36:05	Maria Lock	F50+	2	

59	460	10Mile	1:36:06	Shaun West	F50+	3	
60	459	10Mile	1:36:07	Mark West	M50+	4	TAVISTOCK AC
61	341	10Mile	1:36:11	John Doyle	M55+	5	FREMINGTON TRAILBLAZERS
62	453	10Mile	1:36:45	Laurien Van De Weijer	FSen	3	
63	442	10Mile	1:36:46	Nicholas Smith	M40+	7	LAUNCESTON ROAD RUNNERS
64	361	10Mile	1:37:14	Stuart Harris	M35+	6	
65	315	10Mile	1:37:22	Sam Broad	M60+	9	HALDON TRAIL RUNNERS
66	314	10Mile	1:38:05	Steve Brannagan	M50+	5	
67	311	10Mile	1:38:40	Suzi Blackett	F40+	4	AXE VALLEY RUNNERS
68	357	10Mile	1:39:01	Joe Grenham	M60+	10	0
69	338	10Mile	1:39:39	Roz Debenham	F40+	5	SOUTH WEST ROAD RUNNERS
70	317	10Mile	1:39:39	Julian Budd	M55+	6	SOUTH WEST ROAD RUNNERS
71	445	10Mile	1:39:45	Dale Stringer	M35+	7	
72	312	10Mile	1:39:50	Suzie Blanche	F40+	6	FREMINGTON TRAIL BLAZERS
73	391	10Mile	1:39:55	Nick Long	MSen	8	
74	363	10Mile	1:39:57	David Harrison	M65+	3	
75	436	10Mile	1:40:05	Simon Searle	M45+	9	
76	433	10Mile	1:40:57	Roger Saunders	M65+	4	HONITON RUNNING CLUB
77	328	10Mile	1:42:42	Suzy Cole	F50+	4	TAUNTON ATHLETIC CLUB
78	369	10Mile	1:42:58	Caroline Hewitt	F55+	1	TIVERTON HARRIERS
79	324	10Mile	1:43:19	Chloe Chart	F40+	7	
80	449	10Mile	1:44:04	Peter Tinning	M45+	10	
81	307	10Mile	1:44:19	Peter Bazley	M65+	5	TAVISTOCK AC
82	302	10Mile	1:44:33	David Allard	M45+	11	
83	387	10Mile	1:45:03	Viet Buixuan	F40+	8	LOOE AND LISKEARD HASH HOUSE HARRIERS
84	322	10Mile	1:45:10	Hayley Carr	F40+	9	FREMINGTON TRAILBLAZERS
85	419	10Mile	1:45:26	Ryan Peare	M35+	8	FREMINGTON TRAILBLAZERS
86	351	10Mile	1:45:34	Laraine Gibbins	F55+	2	DAWLISH COASTERS
87	428	10Mile	1:45:41	Alix Reynolds	F40+	10	TORBAY TRI
88	410	10Mile	1:47:11	Jessica Newman	F40+	11	
89	396	10Mile	1:47:12	Lee Meredith	M50+	6	FREMINGTON TRAILBLAZERS
90	337	10Mile	1:47:35	Mike Dawson	MSen	9	
91	305	10Mile	1:47:58	Mike Atkins	M60+	11	
92	408	10Mile	1:48:15	Mark Myer	M55+	7	VEGAN RUNNERS UK
93	429	10Mile	1:48:24	Julia Richards	F35+	3	
94	462	10Mile	1:49:30	Alison White	F65+	1	EXMOUTH HARRIERS

95	385	10Mile	1:52:34	Claire Legg	F35+	4	FREMINGTON TRAILBLAZERS
96	441	10Mile	1:54:13	Chrisey Smith	F40+	12	
97	440	10Mile	1:54:13	Adam Smith	M50+	7	
98	468	10Mile	1:54:21	Miss Williams	FSen	4	SOUTH WEST ROAD RUNNERS
99	360	10Mile	1:54:28	Karen Hannaford	F45+	5	
100	330	10Mile	1:54:56	Claire Costanza	FSen	5	
101	471	10Mile	1:54:57	Jon Witney	M50+	8	
102	457	10Mile	1:55:03	John Wells	M70+	1	
103	448	10Mile	1:55:28	Chrissie Thirlwell	F50+	5	
104	362	10Mile	1:58:49	Frances Harris	F40+	13	FREMINGTON TRAILBLAZERS
105	354	10Mile	1:59:11	Lucy Gooding	FSen	6	OKEHAMPTON RUNNING CLUB
106	367	10Mile	1:59:55	Sarah Herfet	F55+	3	AXE VALLEY RUNNERS
107	327	10Mile	2:00:17	Neil Clements	M45+	12	0
108	359	10Mile	2:00:53	Dennis Hall	M60+	12	SWRR
109	456	10Mile	2:01:00	Carly Warren	FSen	7	DAWLISH COASTERS
110	395	10Mile	2:01:25	Valerie Mcclean	F55+	4	TORBAY TRI CLUB
111	464	10Mile	2:02:08	Thuza Whittemore	FSen	8	
112	447	10Mile	2:02:11	Nick Tallamy	M50+	9	
113	306	10Mile	2:02:22	Magdalena Bak	F35+	5	
114	401	10Mile	2:02:29	Adriana Moldovan-Nicoara	FSen	9	
115	424	10Mile	2:03:27	Susan Price	F50+	6	FREMINGTON TRAILBLAZERS RUNNING CLUB
116	472	10Mile	2:03:28	Lorrie Woolgar	F60+	3	FREMINGTON TRAILBLAZERS
117	434	10Mile	2:06:17	Martin Saxton	M60+	13	SOUTH WEST ROAD RUNNERS
118	407	10Mile	2:06:50	Catherine Myer	F55+	5	VEGAN RUNNERS UK
119	323	10Mile	2:07:14	Charlotte Ward	FSen	10	
120	458	10Mile	2:12:01	Josephine Wells	F55+	6	
121	406	10Mile	2:19:43	Eve Myer	NBSen	1	
122	389	10Mile	2:23:42	Gemma Lloyd	F35+	6	SOUTH WEST ROAD RUNNERS
123	304	10Mile	2:36:04	Robert Andrews	M75+	1	Q2F
124	409	10Mile	2:44:36	Megan Myer	FSen	11	
125	404	10Mile	2:47:08	Teresa Morris	F45+	6	
126	403	10Mile	2:47:08	Shannon Morris	FSen	12	
Pos	No	Distance	Time	Name	Cat	Cat Rank	Club
1	73	5Mile	0:34:35	Jason Hockridge	M40+	1	SOUTH WEST ROAD RUNNERS
2	27	5Mile	0:35:30	Clare Cowen	FSen	1	EXETER HARRIERS
3	153	5Mile	0:36:35	Tim Vialls	M60+	1	SOUTH WEST ROAD RUNNERS

4	325	5Mile	0:37:22	Kyson Chugg	M35+	1	
5	303	5Mile	0:37:52	Alistair Allen	MSen	1	EXETER HARRIERS
6	165	5Mile	0:40:28	Anna Whittaker	F40+	1	
7	398	5Mile	0:40:33	Jonathan Mill	M45+	1	EXMOUTH HARRIERS AAC
8	105	5Mile	0:41:41	Malcolm Nelson	M50+	1	RIVIERA RACERS
9	78	5Mile	0:41:47	Victoria Jewitt	FSen	2	RIVIERA RACERS
10	115	5Mile	0:43:19	Jessica Perriss	F45+	1	RIVIERA RACERS
11	38	5Mile	0:43:35	Shaun Drew	MSen	2	CRANBROOK RUNNING CLUB
12	9	5Mile	0:44:26	Robert Bates	M55+	1	FREMINGTON TRAILBLAZERS RUNNING CLUB
13	466	5Mile	0:44:27	Bryony Wilde	FSen	3	
14	124	5Mile	0:44:34	Laura Rich	F35+	1	
15	24	5Mile	0:44:55	Lee Cosgrove	MSen	3	
16	399	5Mile	0:45:02	Theo Miller	MSen	4	
17	69	5Mile	0:45:05	Pete Henderson	M35+	2	TORBAY AAC
18	77	5Mile	0:45:50	Chris Isaac	M55+	2	
19	164	5Mile	0:46:06	Andrew Whitby	M60+	2	INSTINCTIVE SPORTS
20	127	5Mile	0:46:10	Tracey Roberts	F50+	1	RIVIERA RACERS
21	163	5Mile	0:46:53	Russell Whelan	M35+	3	GREENBOW RUNNING CLUB
22	79	5Mile	0:47:08	Lewis Jones	M70+	1	SOUTHWEST ROAD RUNNERS
23	58	5Mile	0:47:23	Petra Guzejova	F35+	2	
24	82	5Mile	0:47:28	Becky Kingdon	F35+	3	
25	172	5Mile	0:47:51	Alex Wood	M35+	4	
26	86	5Mile	0:47:56	Kelly Lawson	F45+	2	GREENBOW RUNNING CLUB
27	48	5Mile	0:48:01	Annabel Frost	FSen	4	
28	50	5Mile	0:48:05	Lucy Goddard	F50+	2	RIVIERA RACERS
29	97	5Mile	0:48:08	Clare Melbourne	F35+	4	HONITON RUNNING CLUB
30	106	5Mile	0:48:08	Mark Newson	M55+	3	HONITON RC
31	173	5Mile	0:48:10	Josie Wood	F35+	5	
32	130	5Mile	0:49:04	Leah Rogers	F50+	3	EXETER TRIATHLON CLUB
33	156	5Mile	0:49:25	Henry Warrender	MSen	5	
34	13	5Mile	0:49:26	Kirsty Bickell	F50+	4	GREENBOW RUNNING CLUB
35	32	5Mile	0:49:39	Mary Daymond	F60+	1	SOUTH WEST ROAD RUNNERS
36	414	5Mile	0:49:52	Nicola Oliver	F60+	2	ILFRACOMBE RUNNING CLUB
37	147	5Mile	0:50:02	Andrew Tinkler	M65+	1	UP AND RUNNING
38	60	5Mile	0:50:19	Lydia Hands	FSen	5	
39	104	5Mile	0:50:28	Lucy Nelson	F55+	1	RIVIERA RACERS

40	33	5Mile	0:50:48	Emma Dempster	F45+	3	
41	2	5Mile	0:50:50	Gary Adderley	M55+	4	
42	121	5Mile	0:50:59	Georgina Ramm	FSen	6	RIVIERA RACERS
43	81	5Mile	0:51:08	Jenny King	F40+	2	RIVIERA RACERS
44	417	5Mile	0:51:20	Sue Park	F60+	3	FREMINGTON TRAILBLAZERS RUNNING CLUB
45	7	5Mile	0:51:22	Simon Barrett	M60+	3	INSTINCTIVE SPORT FUN RUNNERS
46	139	5Mile	0:51:24	Katharine Smith	F45+	4	
47	93	5Mile	0:51:44	Albie Mayne	MU20	1	EXETER HARRIERS
48	149	5Mile	0:52:00	Dan Topor	MSen	6	
49	144	5Mile	0:52:01	Ben Teague	MSen	7	
50	6	5Mile	0:52:03	Nicola Ashworth	F55+	2	
51	154	5Mile	0:52:17	Sarah Vizor	F50+	5	
52	118	5Mile	0:52:18	Karen Powlesland	F55+	3	
53	26	5Mile	0:52:28	Charlie Court	MU17	1	
54	25	5Mile	0:52:33	Beth Court	F45+	5	
55	140	5Mile	0:52:40	Jane Smith	F45+	6	
56	57	5Mile	0:52:52	Ian Grimes	M70+	2	LAUNCESTON ROAD RUNNERS
57	54	5Mile	0:53:18	Jackie Gough	F55+	4	0
58	1	5Mile	0:53:19	Nigel Acheson	M55+	5	
59	301	5Mile	0:53:25	Georgina Adams	F55+	5	
60	70	5Mile	0:53:34	Irene Hewings	F65+	1	TORBAY AAC
61	40	5Mile	0:53:47	Lucy Evans	F45+	7	
62	169	5Mile	0:53:58	Sue Williams	F50+	6	0
63	142	5Mile	0:54:07	Daniella Tansley	F40+	3	OKEHAMPTON RUNNING CLUB
64	20	5Mile	0:54:17	B Carpenter	M40+	2	FREMINGTON TRAILBLAZERS
65	110	5Mile	0:54:18	Steven Park	M65+	2	FREMINGTON TRAILBLAZERS
66	67	5Mile	0:54:19	Hannah Harvey	F45+	8	FREMINGTON TRAILBLAZERS RUNNING CLUB
67	152	5Mile	0:54:23	Lisa Venn	F45+	9	
68	171	5Mile	0:54:24	Claire Witham	F45+	10	
69	11	5Mile	0:55:18	Keith Belt	M75+	1	SOUTH DEVON ATHLETIC CLUB
70	83	5Mile	0:55:35	Maria Kusma	F45+	11	
71	131	5Mile	0:56:28	Stephanie Ross	F60+	4	TEIGNBRIDGE TROTTERS
72	71	5Mile	0:56:35	Cheryl Hills	F55+	6	
73	138	5Mile	0:56:46	Rowan Sky	F45+	12	
74	126	5Mile	0:57:01	Jane Richardson	F70+	1	OKEHAMPTON RC
75	85	5Mile	0:57:15	Janet Lathom	F65+	2	LAUNCESTON ROAD RUNNERS

76	10	5Mile	0:57:16	Dawn Bearne	F35+	6	
77	3	5Mile	0:57:22	Piedad Albarracin Seiquer	FSen	7	
78	122	5Mile	0:57:24	Anna Rawles	F50+	7	HEAVITREE AND WONFORD RUNNING GROUP
79	74	5Mile	0:57:54	Bev Holloway	F50+	8	
80	84	5Mile	0:58:13	Susan Langdon	F55+	7	FREMINGTON TRAILBLAZERS
81	112	5Mile	0:58:13	Raylene Parsons	F40+	4	FREMINGTON TRAILBLAZERS RUNNING CLUB
82	55	5Mile	0:58:14	Donald Govan	M45+	2	
83	129	5Mile	0:58:21	Apryl Rodgers	F40+	5	
84	44	5Mile	0:58:25	Jackie Faulkner	F45+	13	PLYMSTOCK ROAD RUNNERS
85	125	5Mile	0:58:27	Lorna Richards	F70+	2	DAWLISH COASTERS
86	100	5Mile	0:58:30	Catherine Moore	F35+	7	
87	21	5Mile	0:58:31	William Christie	M60+	4	PLYMSTOCK ROAD RUNNERS
88	34	5Mile	0:58:31	Rachael Doonan	F50+	9	PLYMSTOCK ROAD RUNNERS
89	62	5Mile	0:58:37	Lynn Hardy	F50+	10	FREMINGTON TRAILBLAZERS RUNNING CLUB
90	36	5Mile	0:58:46	Greg Dove	M55+	6	RIVERIERA RACERS
91	87	5Mile	0:59:36	Tracey Lewis	F45+	14	HEAVITREE RUNNING GROUP
92	64	5Mile	0:59:47	Anita Harrison	F75+	1	TEIGN VALLEY
93	39	5Mile	0:59:49	Adrian Evans	M50+	2	
94	46	5Mile	1:00:18	Paul Fleming	M60+	5	FREMINGTON TRAIL BLAZERS
95	158	5Mile	1:00:21	Roger Webb	M65+	3	SOUTH DEVON AC
96	89	5Mile	1:00:30	Juliet Long	FSen	8	
97	8	5Mile	1:00:37	Ailsa Barrow-Kocher	FSen	9	EXETER TRIATHLON CLUB
98	56	5Mile	1:00:47	Adrienne Green	F40+	6	
99	42	5Mile	1:00:47	Jennie Everill	F40+	6	
100	12	5Mile	1:00:58	Dana Bennett	F35+	8	DAWLISH COASTERS
101	133	5Mile	1:01:13	Helen Russell	F50+	11	
102	119	5Mile	1:02:50	Julia Proctor	F55+	8	
103	72	5Mile	1:03:12	Janice Hindley	F60+	5	WOMEN ON THE RUN
104	405	5Mile	1:03:39	Vikki Moye	F45+	15	
105	452	5Mile	1:04:06	Monika Tyszecka	F35+	9	
106	28	5Mile	1:04:22	Amy Cudmore	F40+	8	
107	148	5Mile	1:04:25	Kateryna Topor	F40+	9	
108	94	5Mile	1:04:27	Clare Mayne	F45+	16	
109	111	5Mile	1:04:33	Andy Park	M70+	3	TORBAY AAC
110	30	5Mile	1:05:02	Hannah Davies	F40+	10	
111	68	5Mile	1:05:17	Charlotte Hawkins	F40+	11	EXETER TRIATHLON CLUB

112	132	5Mile	1:05:40	Karl Runciman	M40+	3	RIVIERA RACERS
113	63	5Mile	1:05:49	Linda Harley	F55+	9	
114	15	5Mile	1:05:56	Sarah Blanchard	F55+	10	TEIGNBRIDGE TROTTERS
115	43	5Mile	1:05:56	Claire Farrar	F40+	12	TEIGNBRIDGE TROTTERS 18-39
116	18	5Mile	1:06:02	Abigail Bryant	FSen	10	RIVIERA RACERS
117	98	5Mile	1:06:40	Laura Menzies	F40+	13	BRADWORTHY RUNNERS
118	16	5Mile	1:07:47	Rebecca Boram	F35+	10	N/A
119	22	5Mile	1:07:47	Anita Clay	F65+	3	N/A
120	109	5Mile	1:07:55	Leigh Nicholls	M45+	3	FREMINGTON TRAILBLAZERS
121	146	5Mile	1:08:04	Ria Thompson	F35+	11	HOLSWORTHY RUNNING CLUB
122	92	5Mile	1:08:05	Laura Mason	F35+	12	DAWLISH COASTERS
123	75	5Mile	1:08:06	Teresa Holmes	F65+	4	TEIGNBRIDGE TROTTERS
124	160	5Mile	1:08:25	Kevin Webb	M65+	4	FREMINGTON TRAILBLAZERS RUNNING CLUB
125	61	5Mile	1:08:45	Thomas Hands	MSen	8	LITTLE PI
126	59	5Mile	1:08:46	Ken Hands	M60+	6	
127	23	5Mile	1:09:33	Carol Cole	F65+	5	FREMINGTON TRAILBLAZERS
128	108	5Mile	1:09:37	Lyn Nicholls	F50+	12	FREMINGTON TRAILBLAZERS
129	99	5Mile	1:09:37	Jenny Meredith	F65+	6	FREMINGTON TRAILBLAZERS
130	166	5Mile	1:09:45	Julie Wilkins	F55+	11	FREMINGTON TRAILBLAZERS RUNNING CLUB
131	467	5Mile	1:09:48	Joanne Williams	FSen	11	
132	151	5Mile	1:10:04	Sally Turner	F60+	6	
133	17	5Mile	1:10:48	Janet Bragg	F65+	7	HOLSWORTHY RUNNING CLUB
134	52	5Mile	1:10:49	Ali Goody	F50+	13	FREMINGTON TRAILBLAZERS
135	37	5Mile	1:10:49	Sharon Doyle	F55+	12	FREMINGTON TRAILBLAZERS
136	350	5Mile	1:11:48	Sharon Gathercole	F45+	17	0
137	114	5Mile	1:11:55	Melanie Perkin	F50+	14	SOUTH WEST ROAD RUNNERS
138	101	5Mile	1:13:25	Catherine Moore	F35+	13	
139	159	5Mile	1:19:14	Jeanette Webb	F65+	8	FREMINGTON TRAILBLAZERS RUNNING CLUB
140	174	5Mile	1:19:15	Wanda Yeo	F60+	7	FREMINGTON TRAILBLAZERS
141	150	5Mile	1:20:34	Amy Tucker	F40+	14	0
142	170	5Mile	1:20:37	Peter Williams	M55+	7	0
143	45	5Mile	1:23:10	Vicki Fillingham	F50+	15	FREMINGTON TRAILBLAZERS RUNNING CLUB
144	161	5Mile	1:23:19	Julie Webber	F50+	16	FREMINGTON TRAILBLAZERS
145	65	5Mile	1:23:58	Paula Harvest	F50+	17	FREMINGTON TRAILBLAZERS RUNNING CLUB