



Werrington 3K Juniors Series 31/07/2019

Position	Name	Run Time	PB/SB
37	Logan Gichuhi	00:13:05	
58	Sydney Uren	00:14:39	
66	Emilia Olik	00:15:43	

76 Finishers

Werrington 5K Series 31/07/2019

Position	Name	Run Time	PB/SB
12	Scott Meadows	00:17:04	
13	Martin Gichuhi	00:17:06	
29	Tom Middleton	00:18:17	
51	Mike Daniels	00:19:27	
59	Paul Baxter	00:19:36	
116	Adrian Olik	00:21:51	
136	Sebastian Dabek	00:22:17	PB - 1min 41 Seconds
139	Alan Condon	00:22:21	
177	Michelle Cooper	00:23:51	
203	Joy Atkins	00:24:42	
232	Paul Atherfold	00:25:45	SB - 12 Seconds
240	Laura Edwards	00:26:07	
285	Susan Pawson	00:28:04	
289	Ellena Olik	00:28:22	
290	Charlotte Edwards	00:28:22	
291	Mary Webber	00:28:24	
299	Bryan Smale	00:28:50	
311	Victoria Olik	00:29:38	
317	Barbara Gunn	00:30:18	
344	Wendy Edwards	00:34:00	
344	Barbara Stone	00:34:05	

359 Finishers

Peterborough Parkrun 03/08/2019

Position	Name	Run Time	PB/SB
3	Brian CORLEYS	00:17:11	SB 14 Seconds
10	Mark PEREIRA	00:19:03	
19	Dan GARLAND	00:19:48	1st Bushy Parkrun
91	Eric WINSTONE	00:22:33	
114	Martyn WITTON	00:23:12	
141	Brian GRIFFITHS	00:24:03	
216	Paul ATHERFOLD	00:26:01	
325	Tahir USMAN	00:29:19	
341	Stacey REES-SQUELCH	00:29:44	
342	Wendy COXSHALL	00:29:48	
382	Bryan SMALE	00:30:49	
415	Jenny BUTLER	00:31:30	
420	Adam SMITH	00:31:41	
453	Sue DIBBLE	00:32:33	
458	Rebecca COCHRANE	00:32:47	SB - 1Min 24seconds
459	Chris HOPEWELL	00:32:47	
474	Jenson GARLAND	00:33:01	
475	Polly GARLAND	00:33:01	
481	Joy WHITEHEAD	00:33:20	
482	Jocelyn GARLAND	00:33:21	
498	Barbara STONE	00:34:02	Parkrun PB - 1Min 10 seconds
499	Rachel STONE	00:34:02	
529	Jane CHAMBERS	00:35:14	
644	Jenny BRYANT	00:42:34	
645	Jeff BEEVER	00:42:34	

725 Finishers

York Parkrun 03/08/2019

Position	Name	Run Time	PB/SB
261	Charlotte EDWARDS	00:27:53	

495 Finishers

Wimpole Parkrun 03/08/2019

Position	Name	Run Time	PB/SB
12	Thomas MIDDLETON	00:19:23	

408 Finishers

Sublime 5K 03/08/2019

Position	Name	Run Time	PB/SB
2	Steve Allpress	00:21:02	2nd Place
4	Shane Goldsmith	00:22:42	

86 Finishers

Sublime 10K 04/08/2019

Position	Name	Run Time	PB/SB
6	Shane Goldsmith	00:52:59	

101 Finishers

Cowman Half Ironman 04/08/2019

Position	Name	Swim	Bike	Run	Total Time Inc Transitions
68	Steve Cook	00:34:25	02:58:46	01:53:02	05:31:45

159 Finishers

Sublime 24Hrs 3rd – 4th August 2019

Position	Name	Run Time	Distance Covered
45	Chris Nightingale	22:52:45	117.7Km
73	Dean Chapman	22:52:45	74.9Km

325 Finishers