

## Falesia 5k 2023

Tuesday 14 March 2023. 10:00 am

### Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/Km	Race	Race
1	0:16:08	WATSON, Kristian	Mansfield AC	Male Vet 35	03:13.6	137	1
2	0:16:28	BYERS, Robert	Steel City Striders	Male Senior	03:17.6	96	2
3	0:16:35	STEVENS, Naeem	Steel City Striders	Male Senior	03:19.0	95	3
4	0:17:10	TAMERI, Tarvi	Tappsportlased	Male Vet 35	03:26.0	172	4
5	0:17:12	CASS, David	Sutton Harriers	Male Vet 45	03:26.4	142	5
6	0:17:49	HUNTER, Ian	Ilkeston Running Club	Male Vet 45	03:33.8	105	6
7	0:17:54	BOTTOMORE, Matt	Mansfield AC	Male Vet 40	03:34.8	134	7
8	0:17:55	OWEN, Mathra	Deestriders RC	Female Senior	03:35.0	112	8
9	0:18:21	ROSS, Jamie	Deestriders RC	Male Vet 45	03:40.2	156	9
10	0:18:28	WHITTINGHAM, Paul	Sutton In Ashfield Harriers & AC	Male Vet 55	03:41.6	139	10
11	0:18:52	BULLED, Charlie	Vegan Runners	Male Senior	03:46.4	153	11
12	0:19:09	WAIN, Brendon		Male Senior	03:49.8	94	12
13	0:19:16	MORGAN, Emyr	Les Croupiers	Male Vet 50	03:51.2	90	13
14	0:19:23	WILSON, James	Steel City Striders	Male Senior	03:52.6	170	14
15	0:19:25	PURCELL, Pat		Male Vet 45	03:53.0	164	15
16	0:19:25	RENSHAW, David	Guildford & Godalming	Male Vet 55	03:53.0	143	16
17	0:19:56	BANNISTER, Mike	Brighton & Hove AC	Male Vet 55	03:59.2	141	17
18	0:20:16	FOWLER, Terry	Garden City Joggers	Male Vet 60	04:03.2	100	18
19	0:20:21	WARRINGTON, Caroline	Bromsgrove & Redditch	Female Vet 45	04:04.2	92	19
20	0:20:31	WOODALL, Anthony	Deestriders RC	Male Vet 50	04:06.2	109	20
21	0:20:46	TAYLOR, Sarah	Ilkeston Running Club	Female Vet 35	04:09.2	106	21
22	0:20:48	EVANS, Graham		Male Vet 45	04:09.6	146	22
23	0:20:50	VON BEIJNUM, Janneke	Les Croupiers	Female Vet 40	04:10.0	91	23
24	0:20:51	ALLCARD, Sarah	Steel City Striders	Female Vet 50	04:10.2	98	24
25	0:21:02	KERR, Amy		Female Vet 50	04:12.4	166	25
26	0:21:38	HOUGH, Rob	Spectrum Striders	Male Vet 50	04:19.6	119	26
27	0:22:09	LEWTEY, Paul	Deestriders RC	Male Vet 45	04:25.8	104	27
28	0:22:22	CAMMILLARE, Christine	Deestriders RC	Female Vet 35	04:28.4	107	28
29	0:22:26	DAVIES, Sian	Bristol & West	Female Vet 60	04:29.2	151	29
30	0:22:28	TOLSON, David	Red Rose RR	Male Vet 65	04:29.6	136	30
31	0:22:43	MEAGER, Nigel		Male Vet 65	04:32.6	114	31
32	0:22:47	FERGUSON, Frances	Calderglen Harriers	Female Vet 55	04:33.4	131	32
33	0:23:26	BYRNE, Kevin	Headington Road Runners	Male Vet 70	04:41.2	171	33
34	0:23:31	KATSONI, Ejonia		Female Vet 35	04:42.2	144	34
35	0:23:34	GARNETT, Andy	Spectrum Striders	Male Vet 65	04:42.8	111	35
36	0:23:42	ROLL, Ian		Male Vet 45	04:44.4	165	36
37	0:23:47	COULTER, Bridget	Steel City Striders	Female Senior	04:45.4	169	37
38	0:23:56	EVANS, Graham	Deestriders RC	Male Vet 50	04:47.2	86	38
39	0:24:09	BROWN, Peter	Steel City Striders	Male Vet 60	04:49.8	97	39
40	0:24:15	GRIFFITHS, Vanessa	Helsby RC	Female Vet 55	04:51.0	116	40
41	0:24:38	SKINNER, William		Male Vet 60	04:55.6	162	41
42	0:24:42	JONES, Eleanor		Female Vet 35	04:56.4	149	42
43	0:24:51	READ, Christopher	Bromley Vets AC	Male Vet 70	04:58.2	125	43
44	0:25:01	BURNETT, Colin		Male Vet 60	05:00.2	161	44
45	0:25:24	PRESCOTT, Simon	Ellesmere Port RC	Male Vet 50	05:04.8	99	45
46	0:25:45	CARSF, Doug	Wimbledon Windmilers	Male Vet 65	05:09.0	123	46
47	0:25:46	READ, Debbie	Helsby RC	Female Vet 65	05:09.2	93	47
48	0:25:48	RUSSELL, Felicity		Female Vet 60	05:09.6	129	48
49	0:25:57	OWEN, Lee		Male Vet 45	05:11.4	85	49
50	0:26:09	WITTY, Martin	Deestriders RC	Male Vet 55	05:13.8	88	50
51	0:26:10	THOM, Mark		Male Senior	05:14.0	160	51
52	0:26:22	BANNISTER, Bob	Walton	Male Vet 65	05:16.4	127	52

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53	0:26:36	OMBLER, Sharon		Female Vet 60	05:19.2	101	53
54	0:26:52	WOODCOCK-PARR, Andrea	Deestriders RC	Female Vet 45	05:22.4	103	54
55	0:26:52	PARR, Nige	Deestriders RC	Male Vet 50	05:22.4	102	55
56	0:26:52	LAMBE, James		Male Vet 55	05:22.4	152	56
57	0:26:53	BATTELL, Kevin	Crowborough Runners	Male Vet 60	05:22.6	155	57
58	0:26:53	HAINES, David	Run Brighton	Male Vet 55	05:22.6	145	58
59	0:26:59	COOK, Ceri	Crowborough Runners	Female Vet 50	05:23.8	154	59
60	0:27:15	BRETAND-SHEWARD, Guilaine		Female Vet 55	05:27.0	150	60
61	0:27:29	PICKIN, Martina		Female Vet 65	05:29.8	159	61
62	0:27:38	BANNISTER, Anne	Runnymede Runners	Female Vet 65	05:31.6	126	62
63	0:27:57	PICKFORD, Stephen	Spectrum Striders	Male Vet 50	05:35.4	121	63
64	0:29:03	ELLISON, Christine		Female Vet 50	05:48.6	158	64
65	0:29:08	LEWIN, Mike		Male Vet 60	05:49.6	128	65
66	0:29:13	MCINDOE, Sue	Deestriders RC	Female Vet 50	05:50.6	87	66
67	0:29:16	BOLTON, Marie	Crowborough Runners	Female Vet 45	05:51.2	157	67
68	0:29:21	WELBURY, James	Crowborough Runners	Male Vet 60	05:52.2	132	68
69	0:29:32	HERBERT, Lisa	Crowborough Runners	Female Vet 50	05:54.4	148	69
70	0:29:53	WILSON, Graham		Male Vet 65	05:58.6	168	70
71	0:30:07	MITCHELL, Tracy	Run Brighton	Female Vet 60	06:01.4	130	71
72	0:30:42	PERCHARD, Mike	Northwich	Male Vet 70	06:08.4	110	72
73	0:30:53	WHEELER, Sharon	Crowborough Runners	Female Vet 60	06:10.6	140	73
74	0:30:59	PATON, John	Runnymede Runners	Male Vet 70	06:11.8	147	74
75	0:31:11	MEBAN, Robert		Male Vet 45	06:14.2	83	75
76	0:31:20	TAYLOR, Claire		Female Vet 55	06:16.0	115	76
77	0:31:53	MCGREGOR, Paul	Run Brighton	Male Vet 65	06:22.6	120	77
78	0:32:01	OWEN, Wendy	Deestriders RC	Female Vet 45	06:24.2	84	78
79	0:32:20	LUTY, Sarah		Female Vet 50	06:28.0	135	79
80	0:32:31	JOHNSON, Joanna		Female Vet 55	06:30.2	138	80
81	0:32:45	WRIGHT, Geoff	Les Croupiers	Male Vet 70	06:33.0	124	81
82	0:32:59	MILLER, Anne	Alton Joggers	Female Vet 60	06:35.8	163	82
83	0:34:23	TALBOT, Alison	Oswestry Olympians	Female Vet 55	06:52.6	118	83
84	0:34:33	WILSON, Jill		Female Vet 65	06:54.6	167	84
85	0:41:06	HUGHES, Ken		Male Vet 75	08:13.2	122	85
86	0:41:12	RAMSDALE, Christine	Spectrum Striders	Female Vet 70	08:14.4	133	86
87	0:48:11	WAUGH, Karen	Deestriders RC	Female Vet 50	09:38.2	108	87

There were 87 finishers in the All Competitors category.