

Avenham Amble 2023

Dist	Race No.	Name	Finish Time
10K	21	Mark Willett	00:51:11
10K	6	Emily McEnnerney	00:54:22
10K	1	Bassel Abouzeid	00:58:52
10K	2	Laura Elliott	00:59:12
10k	12	Laura Scarborough	00:59:12
10k	74	Lucy Wright	01:03:23
10K	73	Rob Wilson	01:04:37
10K	13	Mike Sutcliffe	01:06:38
10K	3	Josh Giles	01:06:58
10K	172	Caragh Pate	01:07:01
10K	5	Nat Mason	01:08:39
10K	9	Paul Molyneux	01:08:39
10K	4	Hugo Labat	01:14:16
1/2 Marathon	169	Neil Ward	01:49:37
1/2 Marathon	158	Andy Fryer	01:51:42
1/2 Marathon	160	Paul Lambert	01:53:15
1/2 Marathon	166	Ted Smith	01:54:58
1/2 Marathon	161	Connor Lloyd	01:55:41
1/2 Marathon	346	Jillian Littler	02:05:10
1/2 Marathon	168	Antony Valentine	02:09:04
1/2 Marathon	155	Mark Brennan	02:15:08
1/2 Marathon	153	Louisa Bolleurs	02:19:05
1/2 Marathon	171	Dannie Kyle	02:19:08

1/2 Marathon	157	Lynn Cox
1/2 Marathon	156	Georgia Brennan
1/2 Marathon	167	keith stuart
1/2 Marathon	164	David Port
1/2 Marathon	353	Adam Tysoe
1/2 Marathon	162	Simon Guy McEwen
1/2 Marathon	154	Sharron Boylan

02:19:35
02:24:13
02:30:25
02:34:06
02:34:16
03:04:42
DNF

1/2 Marathon Virtual		Monika Aldelime
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02:25:29

Marathon	354	Scott Wiggans
Marathon	347	Craig Lovelock
Marathon	352	Mark Pike
Marathon	343	Brian Cumpsty
Marathon	349	John Naylor
Marathon	344	Kate Harrison
Marathon	342	Sophie Birnie
Marathon	351	Carly Pickles
Marathon	356	Colin Wood
Marathon	345	Jane Lightfoot
Marathon	348	Adam Lowe
Marathon	338	Nick Armstrong
Marathon	339	Diane Armstrong
Marathon	165	Joanne Sharman
Marathon	340	Stephanie Attenborough
Marathon	357	Martin Wright

03:42:57
04:10:54
04:10:54
04:15:20
04:35:43
04:44:07
04:44:21
04:56:53
04:57:02
05:04:25
05:12:17
05:40:12
05:40:12
05:55:55
05:55:55
06:06:59