| Marathon 10k 2023 (female) | $\begin{array}{\|l\|} \hline \text { Overal } \\ \text { I Pos } \end{array}$ | FirstName | LastName | $\begin{array}{\|c} \text { Race } \\ \text { No } \end{array}$ | Net <br> Time | $\begin{gathered} \text { Catego } \\ \text { ry } \end{gathered}$ | $\begin{gathered} \text { Categ } \\ \text { Pos } \end{gathered}$ | Gender | Penalty Time | Club | 1k_SPLIT | T1_SPLIT | 2k_SPLIT | T2_SPLIT | 3k_SPLIT | T3_SPLIT | 4k_SPLIT | T4_SPLIT | 5k_SPLIT | T5_SPLIT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 | Hayley | Moore | 1005 | 02:33:00 | Senior | 1 | Female |  | Slough Dolphins | 00:14:34 | 00:00:19 | 00:14:46 | 00:00:15 | 00:15:20 | 00:00:19 | 00:15:18 | 00:00:14 | 00:14:58 | 00:00:13 |
| 2 | 4 | Laura | Ralph | 1012 | 02:44:48 | Senior | 2 | Female |  |  | 00:15:47 | 00:00:18 | 00:15:35 | 00:00:22 | 00:15:56 | 00:00:26 | 00:16:13 | 00:00:20 | 00:15:51 | 00:00:25 |
| 3 | 6 | Myriam | Prasow-Emond | 1013 | 02:52:11 | Senior | 3 | Female |  |  | 00:15:39 | 00:00:15 | 00:16:01 | 00:00:18 | 00:16:12 | 00:00:20 | 00:16:24 | 00:00:25 | 00:16:41 | 00:01:01 |
| 4 | 7 | zoe | Thorne | 1102 | 02:55:32 | Senior | 4 | Female | +00:00:10 | Farnham Swimming Club | 00:16:40 | 00:00:22 | 00:16:18 | 00:00:25 | 00:16:20 | 00:00:18 | 00:16:32 | 00:00:27 | 00:17:21 | 00:00:39 |
| 5 | 12 | Juliette | Rampley | 1024 | 03:01:56 | Senior | 5 | Female |  | Long Eaton Swimming Club | 00:16:33 | 00:00:21 | 00:16:40 | 00:00:22 | 00:16:52 | 00:00:22 | 00:17:19 | 00:00:35 | 00:18:14 | 00:00:34 |
| 6 | 13 | Rosie | Galvin | 1020 | 03:02:02 | Senior | 6 | Female |  |  | 00:17:23 | 00:00:18 | 00:17:16 | 00:00:33 | 00:17:38 | 00:00:23 | 00:17:45 | 00:00:41 | 00:17:44 | 00:00:19 |
| 7 | 17 | Rebecca | Bell | 1068 | 03:04:37 | Vet40+ | 1 | Female |  | Farnham Swimming Club | 00:16:31 | 00:00:40 | 00:16:52 | 00:00:28 | 00:17:30 | 00:00:39 | 00:17:43 | 00:00:28 | 00:18:08 | 00:00:44 |
| 8 | 20 | Kerry | King | 1047 | 03:07:56 | Vet40+ | 2 | Female |  | Aylesbury \& District Swimming Cl\| | 00:17:35 | 00:00:54 | 00:17:20 | 00:00:48 | 00:17:13 | 00:01:17 | 00:17:14 | 00:01:05 | 00:17:34 | 00:01:15 |
| 9 | 21 | Rebecca | Loyd | 1049 | 03:08:48 | Senior | 8 | Female |  |  | 00:17:15 | 00:00:20 | 00:17:48 | 00:00:22 | 00:18:01 | 00:00:39 | 00:18:10 | 00:02:29 | 00:18:10 | 00:00:36 |
| 10 | 22 | Rachael | Mort | 1008 | 03:09:03 | Vet50+ | 1 | Female |  | Hoddesdon Swimming Club Maste | 00:15:27 | 00:01:46 | 00:16:14 | 00:01:34 | 00:17:26 | 00:01:03 | 00:17:57 | 00:01:12 | 00:17:48 | 00:01:27 |
| 11 | 25 | Lucy | Roper | 9991 | 03:13:45 | Vet50+ | 2 | Female |  | Reading Swimming Club (Masters | 00:18:03 | 00:00:20 | 00:18:14 | 00:00:20 | 00:18:34 | 00:00:22 | 00:18:57 | 00:00:23 | 00:18:32 | 00:00:45 |
| 12 | 27 | Hannah | Nicholson | 1067 | 03:18:58 | Senior | 9 | Female |  | The Hurlingham Club | 00:18:15 | 00:00:31 | 00:18:54 | 00:00:38 | 00:18:19 | 00:01:53 | 00:18:07 | 00:01:29 | 00:19:22 | 00:00:27 |
| 13 | 33 | Emily | Rowell | 1039 | 03:22:41 | Senior | 10 | Female |  |  | 00:17:46 | 00:00:42 | 00:17:49 | 00:00:53 | 00:19:06 | 00:00:40 | 00:19:15 | 00:01:51 | 00:19:30 | 00:02:28 |
| 14 | 34 | Mel | Milson | 1050 | 03:23:13 | Vet40+ | 3 | Female |  |  | 00:18:59 | 00:00:27 | 00:18:34 | 00:00:27 | 00:19:19 | 00:00:18 | 00:19:45 | 00:00:20 | 00:20:05 | 00:01:09 |
| 15 | 35 | Rachel | Sully | 1061 | 03:23:13 | Senior | 11 | Female |  | Guildford City Swimming Club | 00:18:02 | 00:00:25 | 00:18:27 | 00:00:52 | 00:19:05 | 00:00:21 | 00:19:30 | 00:00:48 | 00:19:12 | 00:00:29 |
| 16 | 36 | Nami | Gould | 1037 | 03:24:25 | Senior | 12 | Female |  | Aquavision (Arristic Swimming) | 00:17:39 | 00:01:29 | 00:18:25 | 00:01:58 | 00:18:10 | 00:00:47 | 00:19:00 | 00:00:47 | 00:19:27 | 00:01:17 |
| 17 | 44 | Nicola | Thorne | 1046 | 03:31:29 | Vet40+ | 4 | Female |  | Bourne End Masters | 00:19:26 | 00:01:13 | 00:19:21 | 00:02:06 | 00:18:47 | 00:02:10 | 00:18:22 | 00:02:28 | 00:18:46 | 00:01:38 |
| 18 | 45 | Valentin | Servel | 1077 | 03:31:57 | Senior | 13 | Female |  |  | 00:19:06 | 00:00:53 | 00:19:16 | 00:00:44 | 00:18:56 | 00:00:39 | 00:20:21 | 00:00:31 | 00:19:37 | 00:00:43 |
| 19 | 46 | Ratal | Marcinek | 1060 | 03:32:03 | Vet40+ | 5 | Female |  | West Nortok Swimming Club | 00:18:39 | 00:01:12 | 00:19:10 | 00:00:29 | 00:19:26 | 00:00:27 | 00:19:29 | 00:00:30 | 00:19:51 | 00:00:54 |
| 20 | 47 | Natalie | Whity | 1080 | 03:33:58 | Senior | 14 | Female |  |  | 00:18:43 | 00:00:22 | 00:19:28 | 00:00:20 | 00:19:43 | 00:00:27 | 00:20:34 | 00:01:35 | 00:20:47 | 00:00:25 |
| 21 | 49 | Hannah | Evits | 1056 | 03:34:54 | Senior | 15 | Female |  |  | 00:18:36 | 00:00:23 | 00:19:40 | 00:00:31 | 00:19:49 | 00:01:07 | 00:20:15 | 00:00:43 | 00:21:04 | 00:00:50 |
| 22 | 50 | Kirsty | Hoffmann | 1117 | 03:35:30 | Senior | 16 | Female |  |  | 00:19:27 | 00:00:31 | 00:19:31 | 00:00:46 | 00:20:41 | 00:01:02 | 00:21:24 | 00:01:34 | 00:20:52 | 00:00:53 |
| 23 | 51 | Lara | Proctor | 1070 | 03:36:50 | Senior | 17 | Female |  | Saxon Crown | 00:18:51 | 00:01:06 | 00:20:08 | 00:00:56 | 00:20:40 | 00:01:04 | 00:20:24 | 00:01:06 | 00:20:32 | 00:01:29 |
| 24 | 53 | Anna | Sykes | 1087 | 03:38:38 | Veti4+ | 6 | Female |  | Wakefield Harriers | 00:20:19 | 00:00:23 | 00:20:45 | 00:00:40 | 00:21:30 | 00:00:30 | 00:21:18 | 00:00:42 | 00:20:52 | 00:01:04 |
| 25 | 56 | Sarah | Mulholland | 1072 | 03:41:50 | Senior | 18 | Female |  |  | 00:20:42 | 00:00:45 | 00:20:34 | 00:00:48 | 00:21:30 | 00:00:34 | 00:21:40 | 00:00:41 | 00:21:43 | 00:00:43 |
| 26 | 57 | Natalie | Prosser | 1051 | 03:41:59 | Vet40+ | 7 | Female |  | Ironish Swimmers | 00:19:56 | 00:00:34 | 00:20:48 | 00:00:38 | 00:21:39 | 00:00:57 | 00:21:56 | 00:00:53 | 00:21:37 | 00:00:26 |
| 27 | 58 | Alecia | Gould | 1036 | 03:43:06 | Senior | 19 | Female |  | Aquavision (Arristic Swimming) | 00:18:38 | 00:00:28 | 00:19:43 | 00:19:17 | 00:01:41 | 00:00:39 | 00:21:50 | 00:00:49 | 00:22:14 | 00:01:14 |
| 28 | 61 | Jessica | Trahar | 1075 | 03:43:42 | Veti0+ | 8 | Female |  |  | 00:21:02 | 00:00:32 | 00:20:39 | 00:01:22 | 00:20:48 | 00:00:29 | 00:20:53 | 00:02:12 | 00:21:14 | 00:00:39 |
| 29 | 63 | Lauren | Laing | 1026 | 03:44:42 | Senior | 20 | Female |  | Meridian Triathon Club | 00:18:41 | 00:00:30 | 00:20:00 | 00:01:03 | 00:20:23 | 00:00:51 | 00:20:41 | 00:01:25 | 00:20:58 | 00:01:59 |
| 30 | 66 | Sandra | Levet | 1129 | 03:48:27 | Vet50+ | 3 | Female |  |  | 00:21:46 | 00:00:44 | 00:21:34 | 00:00:35 | 00:21:53 | 00:00:28 | 00:22:11 | 00:00:41 | 00:22:10 | 00:01:21 |
| 31 | 69 | Ruth | Horne | 1097 | 03:49:47 | Senior | 21 | Female |  |  | 00:19:43 | 00:00:55 | 00:19:56 | 00:03:12 | 00:20:01 | 00:02:51 | 00:20:44 | 00:01:21 | 00:21:06 | 00:02:10 |
| 32 | 70 | Alice | Thwaite | 1076 | 03:49:59 | Senior | 22 | Female |  | AC Aquatics | 00:19:52 | 00:00:51 | 00:20:46 | 00:00:42 | 00:21:36 | 00:02:47 | 00:21:11 | 00:01:09 | 00:21:17 | 00:03:15 |
| 33 | 71 | Marie | Keane | 1093 | 03:52:29 | Vet60+ | 1 | Female |  | Comans SC | 00:20:10 | 00:00:49 | 00:20:27 | 00:01:06 | 00:20:50 | 00:01:48 | 00:21:42 | 00:01:28 | 00:21:27 | 00:01:42 |
| 34 | 72 | zoe | Parsons | 1111 | 03:52:56 | Senior | 23 | Female |  |  | 00:19:32 | 00:01:24 | 00:20:38 | 00:00:52 | 00:21:02 | 00:02:01 | 00:21:47 | 00:02:56 | 00:23:04 | 00:03:36 |


| Marathon 10k 2023 (female) | $\begin{array}{\|l\|l\|} \hline \text { Overal } \\ \text { I Pos } \end{array}$ | FirstName | LastName | $\begin{gathered} \text { Race } \\ \text { No } \end{gathered}$ | Net <br> Time | $\begin{gathered} \text { Catego } \\ \text { ry } \end{gathered}$ | Categ Pos | Gender | Penalty Time | Club | 1k_SPLIT | T1_SPLIT | 2k_SPLIT | T2_SPLIT | 3k_SPLIT | T3_SPLIT | 4k_SPLIT | T4_SPLIT | 5k_SPLIT | T5_SPLIT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 35 | 74 | Victoria | Green | 1040 | 03:54:45 | Senior | 24 | Female |  |  | 00:19:47 | 00:00:27 | 00:21:21 | 00:00:34 | 00:22:16 | 00:00:44 | 00:22:56 | 00:00:41 | 00:23:20 | 00:01:01 |
| 36 | 75 | Emily | Gridey | 1082 | 03:54:55 | Senior | 25 | Female |  |  | 00:21:29 | 00:00:55 | 00:20:49 | 00:00:42 | 00:21:25 | 00:01:19 | 00:22:00 | 00:01:00 | 00:23:14 | 00:01:02 |
| 37 | 77 | Vanessa | Christou | 1125 | 03:55:22 | Vet40+ | 9 | Female |  |  | 00:20:22 | 00:00:41 | 00:20:14 | 00:00:35 | 00:21:25 | 00:01:17 | 00:21:50 | 00:01:24 | 00:22:48 | 00:03:06 |
| 38 | 80 | Helen | Russell | 1114 | 03:58:11 | Senior | 26 | Female |  |  | 00:20:54 | 00:00:32 | 00:22:21 | 00:00:30 | 00:23:11 | 00:00:27 | 00:23:28 | 00:00:15 | 00:23:35 | 00:00:52 |
| 39 | 82 | Louisa | Bagshaw | 1122 | 04:06:11 | Vet40+ | 10 | Female |  |  | 00:21:16 | 00:01:09 | 00:22:26 | 00:01:39 | 00:21:44 | 00:01:40 | 00:22:11 | 00:01:37 | 00:23:25 | 00:01:32 |
| 40 | 83 | Debbie | Early | 1137 | 04:07:14 | vet50+ | 4 | Female |  |  | 00:20:13 | 00:00:29 | 00:20:54 | 00:00:59 | 00:21:35 | 00:00:35 | 00:23:04 | 00:01:12 | 00:23:16 | 00:00:35 |
| 41 | 85 | Lyndsey | Cubit | 1164 | 04:08:19 | Senior | 27 | Female |  | Mid Sutfolk Leisure | 00:21:03 | 00:00:49 | 00:21:42 | 00:01:35 | 00:22:06 | 00:02:37 | 00:22:31 | 00:01:54 | 00:22:54 | 00:01:48 |
| 42 | 86 | Remy | Cresswell | 1104 | 04:08:35 | Senior | 28 | Female |  |  | 00:22:06 | 00:00:42 | 00:22:34 | 00:00:31 | 00:23:38 | 00:00:24 | 00:24:07 | 00:00:29 | 00:24:02 | 00:00:23 |
| 43 | 87 | Helen | Jones | 1074 | 04:10:58 | Vet40+ | 11 | Female |  | Kingswood Tri | 00:20:35 | 00:00:48 | 00:21:03 | 00:00:54 | 00:22:43 | 00:02:09 | 00:22:46 | 00:01:39 | 00:23:40 | 00:02:11 |
| 44 | 88 | Kate | Peters | 1127 | 04:11:41 | Vet40+ | 12 | Female |  |  | 00:22:57 | 00:00:50 | 00:23:01 | 00:01:05 | 00:23:46 | 00:02:53 | 00:23:31 | 00:00:56 | 00:23:52 | 00:00:25 |
| 45 | 89 | Danny | Mccarney | 1138 | 04:15:30 | Vet40+ | 13 | Female |  |  | 00:22:50 | 00:00:39 | 00:23:29 | 00:00:52 | 00:22:25 | 00:03:17 | 00:22:58 | 00:03:58 | 00:23:08 | 00:03:08 |
| 46 | 90 | Julie | Ryan | 1134 | 04:15:51 | Vet50+ | 5 | Female |  |  | 00:23:13 | 00:00:53 | 00:23:31 | 00:00:49 | 00:24:08 | 00:02:09 | 00:23:30 | 00:01:29 | 00:24:26 | 00:01:45 |
| 47 | 92 | Gill | Hampson | 1131 | 04:20:46 | Vet60+ | 2 | Female |  |  | 00:22:47 | 00:00:35 | 00:23:54 | 00:00:45 | 00:22:57 | 00:03:46 | 00:23:32 | 00:00:53 | 00:24:11 | 00:05:01 |
| 48 | 94 | Martine | 1 saac | 1107 | 04:21:34 | Vet50+ | 6 | Female |  |  | 00:20:42 | 00:00:50 | 00:20:44 | 00:00:39 | 00:20:46 | 00:01:13 | 00:21:45 | 00:00:46 | 00:21:46 | 00:01:30 |
| 49 | 95 | Helen | Bull | 1101 | 04:21:39 | Vet40+ | 14 | Female |  | Tuff Fitty Triathon Club | 00:21:33 | 00:00:47 | 00:22:32 | 00:02:56 | 00:22:26 | 00:08:24 | 00:21:56 | 00:03:51 | 00:22:43 | 00:07:41 |
| 50 | 96 | Tara | Allen | 1140 | 04:22:27 | Senior | 29 | Female |  | Ipswich Triathon Club | 00:23:41 | 00:00:33 | 00:24:35 | 00:00:49 | 00:24:44 | 00:03:47 | 00:23:59 | 00:02:28 | 00:23:16 | 00:02:25 |
| 51 | 97 | Danielle | Gash | 1126 | 04:26:28 | Senior | 30 | Female |  |  | 00:23:04 | 00:01:18 | 00:22:31 | 00:01:31 | 00:23:43 | 00:00:53 | 00:24:14 | 00:01:50 | 00:24:10 | 00:03:47 |
| 52 | 98 | Anna | Street | 1139 | 04:31:58 | Vet50+ | 7 | Female |  | West Suffolk Wheelers | 00:23:46 | 00:00:27 | 00:25:01 | 00:00:31 | 00:25:02 | 00:01:38 | 00:24:32 | 00:00:45 | 00:26:19 | 00:02:36 |
| 53 | 99 | Mary | Thane | 1118 | 04:33:43 | Vet60+ | 3 | Female |  | Blackwater Valley Runners | 00:23:09 | 00:00:46 | 00:24:13 | 00:00:44 | 00:24:14 | 00:02:04 | 00:25:02 | 00:01:09 | 00:25:02 | 00:02:23 |
| 54 | 100 | Eleanor | Andrews | 1162 | 04:33:46 | Senior | 31 | Female |  |  | 00:23:10 | 00:00:31 | 00:24:26 | 00:01:01 | 00:25:18 | 00:01:48 | 00:25:10 | 00:02:26 | 00:25:01 | 00:03:11 |
| 55 | 103 | Laura | Eve | 1083 | 04:37:44 | Veti0+ | 15 | Female |  |  | 00:22:23 | 00:02:37 | 00:21:45 | 00:02:18 | 00:23:01 | 00:01:21 | 00:24:27 | 00:01:03 | 00:26:38 | 00:02:55 |
| 56 | 104 | Elsa | Poulter | 1130 | 04:42:05 | Senior | 32 | Female |  |  | 00:23:19 | 00:00:50 | 00:23:48 | 00:01:39 | 00:24:50 | 00:05:25 | 00:25:06 | 00:01:07 | 00:23:52 | 00:02:55 |
| 57 | 109 | Kate | Norton | 1168 | 04:57:03 | Vet50+ | 8 | Female |  |  | 00:23:55 | 00:00:43 | 00:24:14 | 00:00:49 | 00:25:43 | 00:02:59 | 00:24:57 | 00:07:08 | 00:25:44 | 00:00:54 |
| 58 | 110 | Ellie | Deamer | 1167 | 04:58:13 | Senior | 33 | Female |  |  | 00:22:26 | 00:02:36 | 00:24:26 | 00:05:21 | 00:24:14 | 00:08:01 | 00:24:21 | 00:06:41 | 00:25:21 | 00:09:21 |
| 59 | 111 | Nia | Bevan | 1169 | 05:00:28 | Senior | 34 | Female |  |  | 00:27:10 | 00:00:24 | 00:29:27 | 00:00:27 | 00:29:13 | 00:00:40 | 00:31:22 | 00:01:08 | 00:31:48 | 00:00:52 |
| 60 | 113 | Sarah | Shears | 1174 | 05:01:14 | Senior | 35 | Female |  |  | 00:23:26 | 00:01:00 | 00:24:32 | 00:03:00 | 00:24:27 | 00:06:17 | 00:24:24 | 00:01:53 | 00:24:46 | 00:005:51 |
| 61 | 114 | Alessia | Angelica | 1154 | 05:07:25 | Senior | 36 | Female |  |  | 00:25:05 | 00:01:30 | 00:25:46 | 00:02:38 | 00:26:53 | 00:04:33 | 00:27:13 | 00:07:07 | 00:26:22 | 00:04:43 |
| 62 | 115 | Anna | Seecharan | 1161 | 05:15:13 | Vet40+ | 16 | Female |  |  | 00:25:00 | 00:00:31 | 00:26:16 | 00:03:02 | 00:25:51 | 00:03:53 | 00:25:57 | 00:04:03 | 00:27:33 | 00:08:12 |
| 63 | 116 | Janette | Heath | 1002 | 05:25:46 | Vet60+ | 4 | Female |  |  | 00:26:14 | 00:02:31 | 00:27:20 | 00:01:05 | 00:27:45 | 00:04:45 | 00:28:20 | 00:04:51 | 00:27:55 | 00:02:56 |
| 64 | 117 | Britany | Carter | 1149 | 05:30:02 | Senior | 37 | Female |  |  | 00:25:17 | 00:04:15 | 00:26:06 | 00:00:57 | 00:26:25 | 00:04:47 | 00:26:22 | 00:11:03 | 00:25:29 | 00:05:19 |
| 65 | 118 | Juliet | Brown | 1166 | 05:46:42 | Vet50+ | 9 | Female |  |  | 00:29:57 | 00:01:31 | 00:31:15 | 00:01:52 | 00:32:16 | 00:01:06 | 00:32:03 | 00:02:35 | 00:33:45 | 00:02:43 |


| Marathon 10k 2023 (female) | $\begin{array}{\|l\|} \hline \text { Overal } \\ \hline \text { I Pos } \\ \hline \end{array}$ | FirstName | LastName | $\begin{array}{\|c} \hline \text { Race } \\ \text { No } \\ \hline \end{array}$ | 6k_SPLIT | T6_SPLIT | 7k_SPLIT | T7_SPLIT | 8k_SPLIT | T8_SPLIT | 9k_SPLIT | T9_SPLIT | 10k_SPLIT | $\begin{gathered} \text { Finish_GU } \\ \mathbf{N}^{2} \\ \hline \end{gathered}$ | $\underset{\text { Finish_SP }}{\text { LIT }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 | Hayley | Moore | 1005 | 00:15:15 | 00:00:20 | 00:15:14 | 00:00:15 | 00:15:04 | 00:00:15 | 00:15:08 | 00:00:13 | 00:14:47 | 02:33:00 | 00:00:12 |
| 2 | 4 | Laura | Ralph | 1012 | 00:16:10 | 00:00:21 | 00:16:22 | 00:00:30 | 00:16:41 | 00:00:23 | 00:16:12 | 00:00:25 | 00:16:19 | 02:44:48 | 00:00:10 |
| 3 | 6 | Myriam | Prasow-Emond | 1013 | 00:17:00 | 00:00:38 | 00:16:43 | 00:01:08 | 00:17:16 | 00:00:34 | 00:17:38 | 00:00:31 | 00:17:22 | 02:52:11 | 00:00:07 |
| 4 | 7 | zoe | Thorne | 1102 | 00:17:23 | 00:00:26 | 00:17:11 | 00:00:29 | 00:17:31 | 00:01:11 | 00:17:51 | 00:00:40 | 00:17:19 | 02:55:32 | 00:00:07 |
| 5 | 12 | Juliette | Rampley | 1024 | 00:18:50 | 00:00:30 | 00:18:07 | 00:01:10 | 00:18:31 | 00:00:38 | 00:18:12 | 00:00:22 | 00:17:38 | 03:01:56 | 00:00:09 |
| 6 | 13 | Rosie | Galvin | 1020 | 00:17:47 | 00:00:27 | 00:18:06 | 00:00:21 | 00:17:55 | 00:00:27 | 00:18:05 | 00:00:20 | 00:18:11 | 03:02:02 | 00:00:23 |
| 7 | 17 | Rebecca | Bell | 1068 | 00:18:28 | 00:00:51 | 00:18:51 | 00:00:51 | 00:18:18 | 00:00:31 | 00:17:48 | 00:00:39 | 00:18:01 | 03:04:37 | 00:00:36 |
| 8 | 20 | Kerry | King | 1047 | 00:17:54 | 00:01:46 | 00:17:43 | 00:01:08 | 00:18:11 | 00:01:16 | 00:18:01 | 00:01:28 | 00:18:08 | 03:07:56 | 00:00:09 |
| 9 | 21 | Rebecca | Loyd | 1049 | 00:18:15 | 00:00:23 | 00:18:26 | 00:00:40 | 00:18:54 | 00:00:47 | 00:18:21 | 00:00:33 | 00:18:34 | 03:08:48 | 00:00:05 |
| 10 | 22 | Rachael | Mort | 1008 | 00:17:33 | 00:01:41 | 00:18:30 | 00:00:43 | 00:18:27 | 00:00:53 | 00:18:33 | 00:00:32 | 00:18:54 | 03:09:03 | 00:01:22 |
| 11 | 25 | Lucy | Roper | 9991 | 00:18:38 | 00:00:24 | 00:19:20 | 00:00:21 | 00:19:49 | 00:00:45 | 00:19:53 | 00:00:23 | 00:19:33 | 03:13:45 | 00:00:08 |
| 12 | 27 | Hannah | Nicholson | 1067 | 00:19:33 | 00:00:38 | 00:20:10 | 00:00:28 | 00:19:52 | 00:00:27 | 00:19:49 | 00:00:40 | 00:19:23 | 03:18:58 | 00:00:06 |
| 13 | 33 | Emily | Rowell | 1039 | 00:19:22 | 00:02:06 | 00:18:52 | 00:02:21 | 00:19:04 | 00:00:54 | 00:19:25 | 00:00:59 | 00:19:33 | 03:22:41 | 00:00:06 |
| 14 | 34 | Mel | Milson | 1050 | 00:20:53 | 00:00:33 | 00:20:28 | 00:00:27 | 00:19:58 | 00:00:22 | 00:20:12 | 00:00:21 | 00:20:31 | 03:23:13 | 00:00:07 |
| 15 | 35 | Rachel | Sully | 1061 | 00:20:02 | 00:00:54 | 00:20:30 | 00:00:45 | 00:21:10 | 00:00:26 | 00:20:48 | 00:00:24 | 00:20:59 | 03:23:13 | 00:00:04 |
| 16 | 36 | Naomi | Gould | 1037 | 00:19:46 | 00:01:02 | 00:19:52 | 00:01:07 | 00:20:20 | 00:01:11 | 00:20:45 | 00:00:54 | 00:20:24 | 03:24:25 | 00:00:04 |
| 17 | 44 | Nicola | Thorne | 1046 | 00:18:31 | 00:02:48 | 00:18:44 | 00:04:37 | 00:19:09 | 00:02:52 | 00:18:54 | 00:02:16 | 00:19:09 | 03:31:29 | 00:00:11 |
| 18 | 45 | valentin | Servel | 1077 | 00:20:14 | 00:01:00 | 00:20:49 | 00:01:16 | 00:21:00 | 00:01:01 | 00:21:41 | 00:00:50 | 00:23:13 | 03:31:57 | 00:00:07 |
| 19 | 46 | Ratal | Marcinek | 1060 | 00:20:31 | 00:01:28 | 00:20:40 | 00:01:01 | 00:20:45 | 00:01:26 | 00:22:07 | 00:01:27 | 00:22:19 | 03:32:03 | 00:00:12 |
| 20 | 47 | Natalie | Whity | 1080 | 00:21:45 | 00:00:35 | 00:21:33 | 00:01:49 | 00:21:20 | 00:00:26 | 00:21:38 | 00:00:36 | 00:21:39 | 03:33:58 | 00:00:12 |
| 21 | 49 | Hannah | Evits | 1056 | 00:20:59 | 00:01:14 | 00:20:39 | 00:01:07 | 00:21:44 | 00:00:44 | 00:22:39 | 00:00:41 | 00:21:58 | 03:34:54 | 00:00:09 |
| 22 | 50 | Kirsty | Hoftmann | 1117 | 00:20:37 | 00:01:26 | 00:21:08 | 00:01:10 | 00:21:05 | 00:01:21 | 00:20:42 | 00:00:55 | 00:20:14 | 03:35:30 | 00:00:12 |
| 23 | 51 | Lara | Proctor | 1070 | 00:20:28 | 00:01:46 | 00:20:56 | 00:01:34 | 00:21:35 | 00:01:09 | 00:21:56 | 00:00:51 | 00:20:13 | 03:36:50 | 00:00:05 |
| 24 | 53 | Anna | Sykes | 1087 | 00:21:01 | 00:01:30 | 00:21:11 | 00:00:22 | 00:21:37 | 00:00:44 | 00:21:38 | 00:00:41 | 00:21:46 | 03:33:38 | 00:00:04 |
| 25 | 56 | Sarah | Mulholland | 1072 | 00:22:30 | 00:00:40 | 00:22:01 | 00:00:28 | 00:21:33 | 00:00:34 | 00:21:49 | 00:00:46 | 00:21:43 | 03:41:50 | 00:00:07 |
| 26 | 57 | Nataie | Prosser | 1051 | 00:21:52 | 00:01:10 | 00:21:52 | 00:00:31 | 00:22:01 | 00:00:46 | 00:21:58 | 00:00:25 | 00:21:54 | 03:41:59 | 00:00:06 |
| 27 | 58 | Alecia | Gould | 1036 | 00:22:20 | 00:00:34 | 00:23:03 | 00:00:41 | 00:23:18 | 00:01:00 | 00:22:18 | 00:00:57 | 00:22:16 | 03:43:06 | 00:00:06 |
| 28 | 61 | Jessica | Trahar | 1075 | 00:21:38 | 00:01:47 | 00:20:46 | 00:01:44 | 00:21:51 | 00:02:01 | 00:21:50 | 00:00:47 | 00:21:21 | 03:43:42 | 00:00:07 |
| 29 | 63 | Lauren | Laing | 1026 | 00:21:13 | 00:02:15 | 00:21:53 | 00:01:51 | 00:22:11 | 00:01:55 | 00:22:09 | 00:02:21 | 00:22:13 | 03:44:42 | 00:00:09 |
| 30 | 66 | Sandra | Levet | 1129 | 00:21:58 | 00:01:04 | 00:21:49 | 00:00:47 | 00:22:48 | 00:01:03 | 00:22:05 | 00:01:02 | 00:22:20 | 03:48:27 | 00:00:09 |
| 31 | 69 | Ruth | Horne | 1097 | 00:20:44 | 00:02:26 | 00:21:04 | 00:02:36 | 00:21:38 | 00:03:39 | 00:21:54 | 00:02:48 | 00:20:52 | 03:49:47 | 00:00:08 |
| 32 | 70 | Alice | Thwaite | 1076 | 00:21:22 | 00:01:35 | 00:21:33 | 00:02:32 | 00:21:55 | 00:01:17 | 00:22:56 | 00:00:36 | 00:22:41 | 03:49:59 | 00:00:05 |
| 33 | 71 | Marie | Keane | 1093 | 00:22:11 | 00:01:33 | 00:22:47 | 00:01:54 | 00:22:53 | 00:01:30 | 00:22:39 | 00:01:43 | 00:23:41 | 03:52:29 | 00:00:07 |
| 34 | 72 | zoe | Parsons | 1111 | 00:22:00 | 00:02:12 | 00:21:01 | 00:01:02 | 00:21:27 | 00:03:00 | 00:21:43 | 00:01:27 | 00:22:06 | 03:52:56 | 00:00:06 |


| $\begin{aligned} & \hline \text { Marathon } \\ & 10 \mathrm{k} 2023 \\ & \text { (female) } \\ & \hline \end{aligned}$ | Overal IPos | FirstName | LastName | $\begin{array}{\|c} \text { Race } \\ \text { No } \end{array}$ | 6k_SPLIT | T6_SPLIT | 7k_SPLIT | T7_SPLIT | 8k_SPLIT | T8_SPLIT | 9k_SPLIT | T9_SPLIT | 10k_SPLIT | $\begin{array}{\|c\|} \hline \text { Finish_GU } \\ \mathbf{N} \end{array}$ | $\begin{array}{\|c} \text { Finish_SP } \\ \text { LIT } \end{array}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 35 | 74 | Victoria | Green | 1040 | 00:23:03 | 00:00:35 | 00:23:28 | 00:00:31 | 00:23:50 | 00:00:38 | 00:24:22 | 00:00:37 | 00:24:27 | 03:54:45 | 00:00:08 |
| 36 | 75 | Emily | Gridley | 1082 | 00:21:55 | 00:01:22 | 00:22:08 | 00:03:09 | 00:22:45 | 00:01:57 | 00:23:33 | 00:01:23 | 00:22:43 | 03:54:55 | 00:00:05 |
| 37 | 77 | Vanessa | Christou | 1125 | 00:22:13 | 00:01:21 | 00:22:54 | 00:02:22 | 00:22:32 | 00:01:09 | 00:23:59 | 00:01:46 | 00:23:14 | 03:55:22 | 00:00:07 |
| 38 | 80 | Helen | Russell | 1114 | 00:24:18 | 00:00:20 | 00:24:17 | 00:00:35 | 00:23:35 | 00:00:50 | 00:23:38 | 00:00:40 | 00:23:48 | 03:58:11 | 00:00:06 |
| 39 | 82 | Louisa | Bagshaw | 1122 | 00:22:43 | 00:01:29 | 00:24:06 | 00:02:52 | 00:24:17 | 00:03:02 | 00:23:47 | 00:01:48 | 00:23:22 | 04:06:11 | 00:00:05 |
| 40 | 83 | Debbie | Earry | 1137 | 00:23:53 | 00:01:18 | 00:24:59 | 00:01:26 | 00:25:26 | 00:00:52 | 00:27:14 | 00:02:03 | 00:27:02 | 04:07:14 | 00:00:09 |
| 41 | 85 | Lyndsey | Cubit | 1164 | 00:24:04 | 00:02:12 | 00:23:42 | 00:02:24 | 00:24:05 | 00:01:11 | 00:24:23 | 00:01:00 | 00:24:26 | 04:08:19 | 00:01:50 |
| 42 | 86 | Remy | Cresswell | 1104 | 00:24:22 | 00:00:28 | 00:25:18 | 00:01:02 | 00:25:22 | 00:00:26 | 00:25:37 | 00:00:47 | 00:26:02 | 04:08:35 | 00:00:13 |
| 43 | 87 | Helen | Jones | 1074 | 00:23:36 | 00:02:42 | 00:24:43 | 00:02:15 | 00:24:42 | 00:02:31 | 00:24:51 | 00:02:00 | 00:24:58 | 04:10:58 | 00:00:12 |
| 44 | 88 | Kate | Peters | 1127 | 00:24:37 | 00:01:03 | 00:25:09 | 00:01:18 | 00:24:34 | 00:00:36 | 00:25:26 | 00:00:55 | 00:24:41 | 04:11:41 | 00:00:06 |
| 45 | 89 | Danny | Mccartney | 1138 | 00:23:17 | 00:03:23 | 00:23:34 | 00:01:59 | 00:23:33 | 00:03:05 | 00:23:50 | 00:01:21 | 00:24:32 | 04:15:30 | 00:00:10 |
| 46 | 90 | Julie | Ryan | 1134 | 00:24:32 | 00:01:25 | 00:24:58 | 00:01:17 | 00:24:58 | 00:01:10 | 00:25:13 | 00:01:02 | 00:25:13 | 04:15:51 | 00:00:11 |
| 47 | 92 | Gill | Hampson | 1131 | 00:24:22 | 00:03:44 | 00:24:31 | 00:02:29 | 00:24:10 | 00:02:01 | 00:24:09 | 00:02:19 | 00:24:27 | 04:20:46 | 00:00:15 |
| 48 | 94 | Martine | Isaac | 1107 | 00:22:37 | 00:08:20 | 00:22:15 | 00:06:56 | 00:23:08 | 00:11:12 | 00:23:02 | 00:08:17 | 00:24:57 | 04:21:34 | 00:00:08 |
| 49 | 95 | Helen | Bull | 1101 | 00:22:52 | 00:01:01 | 00:24:27 | 00:00:57 | 00:26:12 | 00:01:38 | 00:23:04 | 00:03:12 | 00:22:15 | 04:21:39 | 00:01:13 |
| 50 | 96 | Tara | Allen | 1140 | 00:26:18 | 00:01:48 | 00:23:17 | 00:03:01 | 00:23:27 | 00:02:23 | 00:24:51 | 00:01:44 | 00:25:04 | 04:22:27 | 00:00:15 |
| 51 | 97 | Danielle | Gash | 1126 | 00:24:13 | 00:01:29 | 00:24:21 | 00:01:40 | 00:25:29 | 00:02:21 | 00:25:24 | 00:08:32 | 00:25:50 | 04:26:28 | 00:00:10 |
| 52 | 98 | Anna | Street | 1139 | 00:26:23 | 00:02:05 | 00:26:17 | 00:03:26 | 00:26:39 | 00:02:03 | 00:26:13 | 00:02:26 | 00:25:40 | 04:31:58 | 00:00:11 |
| 53 | 99 | Mary | Thane | 1118 | 00:25:24 | 00:02:59 | 00:25:10 | 00:02:54 | 00:25:53 | 00:02:50 | 00:26:25 | 00:02:44 | 00:27:02 | 04:33:43 | 00:03:38 |
| 54 | 100 | Eleanor | Andrews | 1162 | 00:24:57 | 00:01:49 | 00:26:02 | 00:05:20 | 00:26:07 | 00:02:34 | 00:26:24 | 00:02:27 | 00:25:59 | 04:33:46 | 00:00:06 |
| 55 | 103 | Laura | Eve | 1083 | 00:22:56 | 00:02:59 | 00:27:06 | 00:02:53 | 00:26:34 | 00:03:32 | 00:29:08 | 00:06:24 | 00:24:37 | 04:37:44 | 00:00:08 |
| 56 | 104 | Elsa | Poulter | 1130 | 00:26:30 | 00:01:49 | 00:26:45 | 00:03:40 | 00:26:58 | 00:02:34 | 00:27:51 | 00:03:30 | 00:27:28 | 04:42:05 | 00:00:10 |
| 57 | 109 | Kate | Norton | 1168 | 00:27:35 | 00:00:57 | 00:28:47 | 00:02:07 | 00:30:31 | 00:07:53 | 00:30:14 | 00:01:05 | 00:30:41 | 04:57:03 | 00:00:10 |
| 58 | 110 | Ellie | Deamer | 1167 | 00:25:08 | 00:09:00 | 00:25:32 | 00:07:34 | 00:24:12 | 00:05:59 | 00:23:15 | 00:04:00 | 00:20:37 | 04:58:13 | 00:00:09 |
| 59 | 111 | Nia | Bevan | 1169 | 00:30:25 | 00:01:48 | 00:26:16 | 00:00:59 | 00:28:39 | 00:01:37 | 00:28:56 | 00:01:10 | 00:27:53 | 05:00:28 | 00:00:12 |
| 60 | 113 | Sarah | Shears | 1174 | 00:24:28 | 00:17:28 | 00:24:48 | 00:04:51 | 00:24:50 | 00:12:39 | 00:24:31 | 00:02:36 | 00:25:05 | 05:01:14 | 00:00:23 |
| 61 | 114 | Alessia | Angelica | 1154 | 00:26:51 | 00:05:17 | 00:28:19 | 00:03:59 | 00:27:54 | 00:04:24 | 00:28:43 | 00:02:56 | 00:27:05 | 05:07:25 | 00:00:07 |
| 62 | 115 | Anna | Seecharan | 1161 | 00:27:37 | 00:04:35 | 00:29:13 | 00:03:49 | 00:29:29 | 00:02:01 | 00:31:34 | 00:06:15 | 00:30:12 | 05:15:13 | 00:00:10 |
| 63 | 116 | Janette | Heath | 1002 | 00:29:20 | 00:06:50 | 00:29:22 | 00:04:40 | 00:30:15 | 00:07:37 | 00:29:13 | 00:04:37 | 00:29:54 | 05:25:46 | 00:00:16 |
| 64 | 117 | Britany | Carter | 1149 | 00:26:32 | 00:00:37 | 00:26:55 | 00:14:38 | 00:28:41 | 00:03:54 | 00:29:52 | 00:03:14 | 00:30:21 | 05:30:02 | 00:00:18 |
| 65 | 118 | Juliet | Brown | 1166 | 00:33:16 | 00:02:24 | 00:35:25 | 00:01:12 | 00:33:40 | 00:03:23 | 00:33:39 | 00:01:00 | 00:33:37 | 05:46:42 | 00:00:06 |

