HeakHeakHeakNo <th< th=""><th>Marathon 10k 2023</th><th>Overal</th><th></th><th></th><th>Race</th><th>Net</th><th>Catego</th><th>Categ</th><th></th><th>Penalty</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></th<>	Marathon 10k 2023	Overal			Race	Net	Catego	Categ		Penalty											
12 14 14 Pape 15 Pape Pape <th>(female)</th> <th>I Pos</th> <th>FirstName</th> <th>LastName</th> <th>No</th> <th>Time</th> <th>ry</th> <th>Pos</th> <th>Gender</th> <th>Time</th> <th>Club</th> <th>1k_SPLIT</th> <th>T1_SPLIT</th> <th>2k_SPLIT</th> <th>T2_SPLIT</th> <th>3k_SPLIT</th> <th>T3_SPLIT</th> <th>4k_SPLIT</th> <th>T4_SPLIT</th> <th>5k_SPLIT</th> <th>T5_SPLIT</th>	(female)	I Pos	FirstName	LastName	No	Time	ry	Pos	Gender	Time	Club	1k_SPLIT	T1_SPLIT	2k_SPLIT	T2_SPLIT	3k_SPLIT	T3_SPLIT	4k_SPLIT	T4_SPLIT	5k_SPLIT	T5_SPLIT
1 1/2	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
4 7 bas Ione 100 9.00 6.00 0.000	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
5 10 Ann Insplay 100 Bands Insplay Insplay Bands Insplay	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
6 11 Race Gale Gale Race I Race I Race Gale Gale I Race	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
1 0	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 20 Ray Cong 100 0.050 Value 20 Ray 0.0004 0.0173 0.0004 0.0173 0.0174 0.0004 0.0173 0.0174 <td>6</td> <td>13</td> <td>Rosie</td> <td>Galvin</td> <td>1020</td> <td>03:02:02</td> <td>Senior</td> <td>6</td> <td>Female</td> <td></td> <td></td> <td>00:17:23</td> <td>00:00:18</td> <td>00:17:16</td> <td>00:00:33</td> <td>00:17:38</td> <td>00:00:23</td> <td>00:17:45</td> <td>00:00:41</td> <td>00:17:44</td> <td>00:00:19</td>	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
9 10 Reace 100	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
10 12 Ratue Nort 100 1000 Velop 1.1 France Hoddesch Samming CAs Base 0.015.7 0.015.4 </td <td>8</td> <td>20</td> <td>Kerry</td> <td>King</td> <td>1047</td> <td>03:07:56</td> <td>Vet40+</td> <td>2</td> <td>Female</td> <td></td> <td>Aylesbury & District Swimming Clu</td> <td>00:17:35</td> <td>00:00:54</td> <td>00:17:20</td> <td>00:00:48</td> <td>00:17:13</td> <td>00:01:17</td> <td>00:17:14</td> <td>00:01:05</td> <td>00:17:34</td> <td>00:01:15</td>	8	20	Kerry	King	1047	03:07:56	Vet40+	2	Female		Aylesbury & District Swimming Clu	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
11 35 Lay Read 91.0 91.0 91.0 91.0 91.0 91.00	9	21	Rebecca	Lloyd	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
12 27 Navada Netzkion 106 0.165 5 ericr 9 Renait The Hairingtam Clas 0.1615 0.0013 0.0112 0.0113 0.0112 0.0113 0.0113 </td <td>10</td> <td>22</td> <td>Rachael</td> <td>Mort</td> <td>1008</td> <td>03:09:03</td> <td>Vet50+</td> <td>1</td> <td>Female</td> <td></td> <td>Hoddesdon Swimming Club Maste</td> <td>00:15:27</td> <td>00:01:46</td> <td>00:16:14</td> <td>00:01:34</td> <td>00:17:26</td> <td>00:01:03</td> <td>00:17:57</td> <td>00:01:12</td> <td>00:17:48</td> <td>00:01:27</td>	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
13 Emily Rowell 100 Barlo Famale Composition Control Contro <thcontro< th=""> <thcontro< th=""></thcontro<></thcontro<>	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
14 34 Main Hison 105 23.213 Variable 3. Pamba 0 001169 000177 01184 000027 0.01191 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.00118 0.01180 0.01180 0.01181 0.00118 0.01180 0.01181 0.00118 0.01180 0.01181 0.00118 0.01181 0.00118 0.01181 0.00118 0.01181 0.00118 0.01181 0.00118 0.01181 0.00118 0.01181 0.00118 0.01181 0.00128 0.01180 0.00118 0.01121 0.00128 0.01182 0.00128 0.01181 0.00128 0.01182 0.00128 0.01183 <td>12</td> <td>27</td> <td>Hannah</td> <td>Nicholson</td> <td>1067</td> <td>03:18:58</td> <td>Senior</td> <td>9</td> <td>Female</td> <td></td> <td>The Hurlingham Club</td> <td>00:18:15</td> <td>00:00:31</td> <td>00:18:54</td> <td>00:00:38</td> <td>00:18:19</td> <td>00:01:53</td> <td>00:18:07</td> <td>00:01:29</td> <td>00:19:22</td> <td>00:00:27</td>	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
15 Rehal Suly 106 82.213 Berlor 11 Famale Qualitor Ciry Semming Cub 00.1822 00.0125 00.18.05 00.0126 00.0126 00.18.05 00.0021 00.18.00 00.00.47 00.19.20 16 38 Nami Gold 100 03.122 Serior 12 Famale Aguarision (Artisic Swimming Cub 00.128 00.012 00.18.07 00.0147 00.19.20 00.0147 00.0210 00.18.22 00.022 01.18.47 00.0210 00.18.22 00.02.28 01.18.47 00.0210 00.18.22 00.02.28 01.18.47 00.0210 00.18.22 00.02.29 01.18.41 18 44 Valerin Served 100 03.32.05 Servir<11	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
16 36 Neoni Gould 167 03.242 Serior 12 Female Aquasian (Artisic Semming) 00.1120 00.1182 00.0140 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1182 00.0247 00.1183 00.0127 00.024 00.1182 00.0247 00.1182 00.0247 00.0247 00.0247 00.0247 00.0247 00.0137 00.024	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
17 44 Norla Thome 194 0.3123 Ve40+ 4 Fenale Bourne End Masters 00.19.26 00.113 00.19.26 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0216 00.118.7 00.0011 00.118.7 00.0021 00.118.7 00.0023 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.118.7 00.0021 00.018.7 00.0021 00.0021 00.018.7 00.018.7 00.0214 00.0017 00.0216 00.0214 00.0117	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
18 45 Velerin Serel 107 0.3157 Senior 11 Female 0.119.66 0.019.66 0.00.95 0.019.66 0.00.04 0.019.65 0.00.03 0.0221 0.00.01 0.019.37 19 46 Rafal Marcinek 100 0.32.03 Vel40 5 Female West Notfolk Swimming Club 0.018.31 0.0012 0.019.28 0.00.27 0.019.28 0.00.027 0.019.28 0.00.027 0.019.24 0.00.027 0.02.04 0.011.35 0.00.027 0.019.28 0.00.027 0.019.28 0.00.027 0.019.48 0.00.027 0.02.01 0.01.03 0.01.04 0.02.017 0.02.018 0.00.027 0.02.017 0.02.018 0.00.027 0.02.018 0.00.027 0.02.018 0.00.017 0.02.018 0.00.017 0.02.018 0.00.017 0.02.018 0.00.017 0.02.018 0.00.017 0.02.018 0.00.018 0.01.02 0.01.02 0.01.02 0.01.02 0.01.02 0.01.02 0.02.014 0.00.010 0.02.014	16	36	Naomi	Gould	1037	03:24:25	Senior	12	Female		Aquavision (Artistic 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
19 46 Rafal Marcinek 100 03.203 Ve40+ 5 Female West Nortok Swimming Club 00.16.33 00.0112 00.19.20 00.19.20 00.19.27 00.19.27 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.19.29 00.00.27 00.20.31 00.19.29 00.00.27 00.20.41 00.00.27 00.20.41 00.00.27 00.20.41 00.00.27 00.20.41 00.00.27 00.20.41 00.00.27 00.20.41 00.20.41 00.00.27 00.20.41	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
20 47 Natalie Whity 100 03.33.88 Senior 14 Female 00.18.43 00.022 01.122 00.019.43 00.027 00.20.34 00.01.35 00.02.47 21 40 Hamah Evins 1056 03.34.54 Senior 15 Female 00.18.36 00.023 00.19.40 00.01.94 00.01.07 00.20.15 00.00.43 00.21.44 00.21.44 00.01.94 00.01.94 00.01.94 00.01.07 00.20.15 00.00.44 00.21.44 00.01.94 00.01.94 00.01.94 00.01.94 00.01.94 00.01.94 00.01.94 00.01.94 00.01.94 00.01.94 00.01.94 00.01.94 00.21.14 00.01.94 00.21.14 00.01.94 00.20.14 00.01.94 00.20.14 00.01.94 00.20.14 00.01.94 00.01.94 00.01.94 00.20.14 00.20.14 00.20.14 00.20.14 00.20.14 00.20.14 00.20.14 00.20.14 00.20.14 00.20.14 00.20.14 00.20.14 00.20.14 00.20.13	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
21 49 Hannah Evits 1056 03:45.4 Senior 15 Fenale Octobe 00:19:27 00:01:94 00:19:44 00:19:44 00:19:44 00:19:44 00:01:07 00:20:15 00:00:31 00:00:16 22 50 Kirsty Hefmann 1117 03:35:0 Senior 16 Fenale 00:19:27 00:00:31 00:19:31 00:00:46 00:20:40 00:01:02 00:21:24 00:01:34 00:20:22 23 51 Lara Prodor 1070 03:36:50 Senior 17 Fenale Saxon Crown 00:18:51 00:01:66 00:20:80 00:00:40 00:21:30 00:00:30 00:21:18 00:00:42 00:20:22 24 53 Anna Sykes 1087 03:38:38 Vet40+ 6 Fenale Wakefield Harriers 00:20:42 00:00:45 00:20:45 00:00:48 00:21:30 00:00:31 00:01:41 00:21:40 00:01:41 00:21:41 00:01:41 00:21:41 00:01:41 00:	19	46	Rafal	Marcinek	1060	03:32:03	Vet40+	5	Female		West Norfolk 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
22 50 Kirsty Hoffmann 1117 03.35.30 Senior 16 Female 00.019.27 00.00.31 00.19.31 00.00.46 00.20.41 00.01.02 00.21.24 00.01.34 00.20.52 23 51 Lara Proctor 1070 03.36.50 Senior 17 Female Saxon Crown 00.18.51 00.01.06 00.20.46 00.00.30 00.21.18 00.00.42 00.20.24 00.01.04 00.20.24 00.00.30 00.21.18 00.00.42 00.20.24 00.00.48 00.21.30 00.00.31 00.21.43 00.00.31 00.21.43 00.00.44 00.21.40 00.00.42 00.20.24 00.00.48 00.21.40 00.00.41 00.21.40 00.00.41 00.21.43 00.00.42 00.20.44 00.00.48 00.21.40 00.00.41 00.21.44 00.00.41 00.21.40 00.00.41 00.21.43 00.00.48 00.21.40 00.00.41 00.21.44 00.00.41 00.21.44 00.00.41 00.21.44 00.00.41 00.21.44 00.00.41 00.21.44 00.00	20	47	Natalie	Whitty	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
23 51 Lara Proctor 1070 03.3650 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 00:01:04 00:20:24 00:01:04 00:20:24 00:01:04 00:20:24 00:01:04 00:20:24 00:01:04 00:20:24 00:01:04 00:20:24 00:01:04 00:20:24 00:01:04 00:20:24 00:00:40 00:20:34 00:00:40 00:21:30 00:00:34 00:21:18 00:00:41 00:20:32 25 56 Sarah Mulholand 1072 03:41:50 Senior 18 Female ronfish Swimmers 00:19:66 00:00:45 00:00:48 00:20:48 00:00:38 00:21:30 00:00:57 00:21:40 00:00:41 00:21:43 00:00:41 00:00:38 00:21:40 00:00:48 00:21:41 00:00:41 00:00:41 00:01:41 00:00:57 00:21:40 00:01:41 00:01:41 00:00:38 00:21:41 00:00:57 00:21:40 00:01:41 00:01:41 <td< td=""><td>21</td><td>49</td><td>Hannah</td><td>Evitts</td><td>1056</td><td>03:34:54</td><td>Senior</td><td>15</td><td>Female</td><td></td><td></td><td>00:18:36</td><td>00:00:23</td><td>00:19:40</td><td>00:00:31</td><td>00:19:49</td><td>00:01:07</td><td>00:20:15</td><td>00:00:43</td><td>00:21:04</td><td>00:00:50</td></td<>	21	49	Hannah	Evitts	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
24 53 Anna Sykes 1087 0.3.8.38 Vet40+ 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 00:20:42 25 56 Sarah Mulholland 1072 03:41:50 Senior 18 Female 00:20:42 00:00:45 00:20:43 00:00:48 00:21:30 00:00:34 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:21:40 00:00:41 00:01:41 00:00:38 00:21:30 00:00:41 00:01:41 00:00:31 00:21:40 00:01:41 00:02:41 00:01:41 00:00:41 00:01:41 00:02:41 00:01:41 00:02:41 00:01:41 00:02:41 00:01:41 00:02:41 00:02:41 00:02:41 0	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
25 56 Sarah Mulholiand 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 26 57 Natalie Prosser 108 03:41:59 Vet0+ 7 Female Ironfish Swimmers 00:19:56 00:00:48 00:20:48 00:00:38 00:21:39 00:00:57 00:21:50 00:00:49 00:21:40 00:21:40 00:21:40 00:21:43 00:21:41 00:00:38 00:21:39 00:00:57 00:21:50 00:00:49 00:21:41 27 58 Alecia Gould 1036 03:43:06 Senior 19 Female Aquavision (Artistic Swimming) 00:18:38 00:02:8 00:19:43 00:19:43 00:19:43 00:19:43 00:01:42 00:20:48 00:00:23 00:20:48 00:00:23 00:20:41 00:20:41 00:20:41 00:20:41 00:20:43 00:20:48 00:00:23 00:20:43 00:20:43 00:20:43 00:20:48	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
26 57 Natalie Prosser 1051 03:41:59 Vet0+ 7 Female Ironfish 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 27 58 Alecia Gould 1036 03:43:06 Senior 19 Female Aquavision (Artistic Swimming) 00:19:43 00:19:43 00:19:17 00:01:41 00:00:39 00:21:50 00:00:21:0 00:21:41 28 61 Jessica Trahar 1076 03:43:42 Vet0+ 8 Female 00:21:00 00:00:32 00:20:39 00:01:22 00:20:48 00:00:23 00:02:48 00:00:23 00:02:41 00:02:12 00:21:41 29 63 Lauren Laing 1026 03:44:42 Senior 20 Female Meridian Triathlon Club 00:18:41 00:00:30 00:20:00 00:01:03 00:20:43 00:00:23 00:02:41 00:02:41 00:02:14 00:02:153 00:00:24 00:01:21 <td>24</td> <td>53</td> <td>Anna</td> <td>Sykes</td> <td>1087</td> <td>03:38:38</td> <td>Vet40+</td> <td>6</td> <td>Female</td> <td></td> <td>Wakefield Harriers</td> <td>00:20:19</td> <td>00:00:23</td> <td>00:20:45</td> <td>00:00:40</td> <td>00:21:30</td> <td>00:00:30</td> <td>00:21:18</td> <td>00:00:42</td> <td>00:20:52</td> <td>00:01:04</td>	24	53	Anna	Sykes	1087	03:38:38	Vet40+	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
27 58 Alecia Gould 1036 03:43:06 Senior 19 Female Aquavision (Artistic 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 28 61 Jessica Trahar 1075 03:43:42 Vet40+ 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 00:20:41 00:01:25 00:20:41 00:01:25 00:20:44 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41	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
28 61 Jessica Trahar 1075 03:43:42 Vet0+ 8 Female 00:21:02 00:21:02 00:20:39 00:01:22 00:20:48 00:00:29 00:20:58 00:02:12 00:21:14 29 63 Lauren Laing 1026 03:44:42 Senior 20 Female Meridian Triathion 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 30 66 Sandra Levet 1129 03:48:27 Vet50+ 3 Female Meridian Triathion Club 00:21:46 00:00:44 00:21:34 00:00:253 00:20:21 00:20:41 00:20:41 00:20:153 00:00:28 00:22:11 00:20:16 00:22:10 00:21:46 00:00:44 00:21:34 00:00:251 00:20:11 00:00:21 00:22:16 00:21:46 00:00:42 00:20:13 00:00:261 00:20:44 00:01:21 00:21:46 00:21:46 00:03:12 00:20:10 00:02:44 00:01:21 00:21:46	26	57	Natalie	Prosser	1051	03:41:59	Vet40+	7	Female		Ironfish 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
28 61 Jessica Trahar 1075 03:43:42 Vet0+ 8 Female 00:21:02 00:00:32 00:01:22 00:20:48 00:00:29 00:20:53 00:02:12 00:21:14 29 63 Lauren Laing 1026 03:44:42 Senior 20 Female Meridian Triathion 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 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 31 69 Ruth Horne 1097 03:49:47 Senior 21 Female 00:19:43 00:00:55 00:19:56 00:03:12 00:20:10 00:02:44 00:01:21 00:21:16 32 70 Alice Thwaite 1076 03:49:59 Senior 22 Female AC Aquati	27	58	Alecia	Gould	1036	03:43:06	Senior	19	Female		Aquavision (Artistic 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
29 63 Lauren Laing 1026 03:44:2 Senior 20 Female Meridian Triathion 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 00:20:24 00:01:25 00:20:24 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:25 00:20:41 00:01:21 00:21:10 31 69 Ruth Horne 1097 03:49:47 Senior 21 Female AC Aquatics 00:19:43 00:00:55 00:19:56 00:03:12 00:20:41 00:01:21 00:21:10 32 70 Alice	28	61	Jessica	Trahar	1075	03:43:42	Vet40+	8	Female			00:21:02	00:00:32	00:20:39	00:01:22		00:00:29	00:20:53	00:02:12		00:00:39
30 66 Sandra Levet 1129 03.48:7 Vet50+ 3 Female 00.21:46 00.021:46 00:02:44 00:02:34 00:02:35 00:02:85 00:02:21 00:00:28 00:02:21 00:00:21 00:00:21 00:00:28 00:02:21 00:00:21 00:02:14 00:02:15 00:01:15 00:01:25 00:01:15 00:01:15 00:01:15 00:01:15 00:01:15 00:01:15 00:01:15 00:01:16 00:01:1	29	63	Lauren	Laing	1026	03:44:42	Senior	20	Female		Meridian Triathlon Club										00:01:59
31 69 Ruth Horne 1097 03.49:7 Senior 21 Female Comparison 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 32 70 Alice Thwaite 1076 03:49:59 Senior 22 Female AC Aquatics 00:19:52 00:00:51 00:00:42 00:21:36 00:02:47 00:21:11 00:01:09 00:21:17 1000 1000 1000 1000 1000 1000 10000 1000 <td></td> <td>00:01:21</td>																					00:01:21
32 70 Alice Thwaite 1076 03:49:59 Senior 22 Female AC Aquatics 00:19:52 00:00:51 00:20:46 00:21:36 00:21:11 00:01:09 00:21:17								21													00:02:10
	-																				00:03:15
								1													00:01:42
35 71 Wate Rearie 1095 05.32.29 Veto+ 1 Permate Contails SC 00.20.10 00.20.27 00.01.06 00.20.30 00.01.48 00.21.42 00.01.28 00.21.42 00.01.48 00.21.42 00.01.28 00.21.42 00.01.48 00.21.47 00.01.28 00.01.48 00.21.47 00.01.28 00.01.48 00.21.47 00.02.56 00.23.34 34 72 Zoe Parsons 1111 03.52.56 Senior 23 Female 00.1932 00.01.24 00.20.38 00.20.52 00.21.47 00.02.56 00.23.34	-							22			Contails SC										00:01:42

Marathon 10k 2023	Overal			Race	Net	Catego	Categ		Penalty											
(female)	I Pos	FirstName	LastName	No	Time	ry	Pos	Gender	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	Gridley	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	Cubitt	1164	04:08:19	Senior	27	Female		Mid Suffolk 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	Mccartney	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	Isaac	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 Triathlon 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 Triathlon 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	Vet40+	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	00:25:52	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	00:05:51
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	Brittany	Carter	1149	05:30:02	Senior	37	Female			00:25:17	00:04:15	00:26:06	00:05:57	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

1 1 bypy Num 0 0.000 0.010	Marathon 10k 2023 (female)	Overal I Pos	FirstName	LastName	Race No	6k_SPLIT	T6_SPLIT	7k_SPLIT	T7_SPLIT	8k_SPLIT	T8_SPLIT	9k_SPLIT	T9_SPLIT	10k_SPLIT	Finish_GU N	Finish_SP LIT
3 4 Mass Mass M1740 M1740 <th>1</th> <th>1</th> <th>Hayley</th> <th>Moore</th> <th>1005</th> <th>00:15:15</th> <th>00:00:20</th> <th>00:15:14</th> <th>00:00:15</th> <th>00:15:04</th> <th>00:00:15</th> <th>00:15:08</th> <th>00:00:13</th> <th>00:14:47</th> <th>02:33:00</th> <th>00:00:12</th>	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
4 7 Zec Term 1100 01721 0.00.95 01711 0.00.27 0.01.75 0.00.01 0.01.75 0.00.01 0.01.75 0.00.01 0.01.75 0.00.01 0.01.75 0.00.01 0.01.75 0.00.20 0.01.75 0.00.20 0.01.75 0.00.20 0.01.75 0.00.20 0.01.81 0.00.20 0.01.81 0.00.20 0.01.81 0.00.20 0.01.81 0.00.20 0.01.81 0.00.20 0.01.81 0.00.20 0.01.81 0.00.20 0.00.81 0.00.20 0.01.81 0.00.20 0.00.81 0.00.20 0.01.81 0.00.20 0.00.81 0.00.20 0.01.81 0.00.20 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 0.00.21 0.00.81 <th0.021< th=""> 0.00.81 0.</th0.021<>	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
5 10 Alash Raping 102 0.0126 0.0030 0.0127 0.01131 0.0031 0.01321 0.0027 0.01361 0.00281 0.0131 0.0131 0.0131 0.0131 0.0130 0.01131 0.0028 0.0021 0.01361 0.0031 0.0131	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
6 110 Russ Gain 1100 0.0174 0.0027 0.01465 0.0027 0.01465 0.0027 0.01451 0.0027 0.01451 0.0027 0.01451 0.0027 0.01451 0.0027 0.01451 0.00231 0.01451 0.0031 0.01451 0.0031 0.01421 0.0021 0.01421 0.0022 0.01421 0.0032 0.0141 0.0121 0.0032 0.01421 0.0032 0.0141 0.0142 0.0032 0.0141 0.0142 0.0032 0.0121 0.0032 0.0121 0.0032 0.01421 0.0032 0.01421 0.0032 0.01421 0.0032 0.01421 0.0032 0.01421 0.0032 0.01421 0.0032 0.01421 0.0032 0.01421 0.0032 0.01421 0.0032 0.0141 0.0333 0.0121 0.0032 0.0121 0.0032 0.0121 0.0032 0.0121 0.0032 0.0141 0.0121 0.0032 0.0141 0.0121 0.0032 0.0141 0.0121 0.0031 0.0141 </td <td>4</td> <td>7</td> <td>Zoe</td> <td>Thome</td> <td>1102</td> <td>00:17:23</td> <td>00:00:26</td> <td>00:17:11</td> <td>00:00:29</td> <td>00:17:31</td> <td>00:01:11</td> <td>00:17:51</td> <td>00:00:40</td> <td>00:17:19</td> <td>02:55:32</td> <td>00:00:07</td>	4	7	Zoe	Thome	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
7 17 Resco. Bell 108 00123 00123 00111 00033 00174 00039 00.161 00039 00.161 00039 00.161 00039 00.161 00039 00.161 00039 00.161 00110 00	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
8 20 Kery Eng 1017 001744 000146 001743 000161 001161 <th< td=""><td>6</td><td>13</td><td>Rosie</td><td>Galvin</td><td>1020</td><td>00:17:47</td><td>00:00:27</td><td>00:18:06</td><td>00:00:21</td><td>00:17:55</td><td>00:00:27</td><td>00:18:05</td><td>00:00:20</td><td>00:18:11</td><td>03:02:02</td><td>00:00:23</td></th<>	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
9 21 Resca Uyy 104 001151 000025 001125 000026 001127 000013 001131 000033 001131 000033 001131 000033 001131 000033 001131 000033 001131 000032 001133 000032 001133 000032 001133 000032 001133 000032 001133 000032 001133 000032 001133 000032 001133 001324 001033 00133 001333 00133 001333 00133 001331 00	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
10 22 Rathaul Mort 100 00.17.3 00.01/1 00.02.0 00.01.20 00.01.20 00.01.21 00.00.01 00.11.23 00.01.21 00.00.01 00.11.23 00.01.21 00.00.01 00.01.23 00.01.21 00.02.11 00.02.11 00.02.11 00.02.14 00.02.24 00.21.24 00.02.24 00.02.24 00.02.24 00.02.24	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
11 20 Lucy Roper 991 00.18.38 00.024 00.19.20 00.00.01 00.19.48 00.023 00.19.33 05.13.6 00.00.06 12 27 Harvah Niedelon 167 00.19.33 00.028 00.19.22 00.027 00.19.44 00.04.04 00.12.23 03.18.58 00.00.06 13 33 Emky Rowall 1039 0112.22 00.02.05 00.18.52 00.02.7 00.19.44 00.00.44 0112.25 00.02.31 03.21.13 00.00.67 14 34 Mel Mison 1051 00.20.52 00.01.37 00.21.01 00.02.24 00.02.44 00.02.44 00.02.44 00.02.44 00.02.44 00.02.44 00.01.64 00.02.25 00.01.41 00.01.64 00.02.45 00.02.45 00.01.64 00.02.45 00.01.64 00.01.64 00.02.45 00.02.45 00.02.45 00.01.64 00.02.45 00.02.45 00.01.64 00.02.45 00.01.64 00.02.46 00.02.146 00.02.46 <td>9</td> <td>21</td> <td>Rebecca</td> <td>Lloyd</td> <td>1049</td> <td>00:18:15</td> <td>00:00:23</td> <td>00:18:26</td> <td>00:00:40</td> <td>00:18:54</td> <td>00:00:47</td> <td>00:18:21</td> <td>00:00:33</td> <td>00:18:34</td> <td>03:08:48</td> <td>00:00:05</td>	9	21	Rebecca	Lloyd	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
12 27 Heneah Netcleon 107 00133 002010 000028 00132 00132 00142 001423 00143	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
13 33 Emily Rowell 1039 00:19:22 00:02:0 00:19:22 00:02:1 00:19:24 00:00:54 00:00:54 00:00:54 00:00:54 00:00:21 00:00:01 00:02:45 00:00:22 00:01:11 00:00:24 00:00:21 00:00:21 00:00:21 00:00:21 00:00:01 00:02:45 00:01:20 00:02:45 00:01:20 00:02:45 00:01:20 00:02:45 00:01:20 00:02:45 00:01:20 00:02:45 00:01:20 00:02:47 00:01:20	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
14 34 Mel Mison 166 02.023 00.023 00.022 00.021 00.011 00.021 00.021 00.0121 00.0221 00.021 00.0121 00.0221 00.021 00.0121 00.0221 00.021 00.0213 00.0111 00.0203 00.0112 00.0121 00.0213 00.0121 00.0213 00.0121 00.0213 00.011	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
15 35 Rachal Sulty 101 02.02 00.0024 00.0024 00.0024 00.0024 00.2025 00.2141 00.0024 00.2025 00.2141 00.0024 00.2025 00.2141 00.0024 00.0024 00.2025 00.0111 00.00245 00.00147 00.00245 00.0124 00.00245 00.0124 00.00245 00.0124 00.00245 00.0124 00.00245 00.0124 00.00245 00.0124 00.00245 00.0124 00.0044 00.2130 00.0141 00.2144 00.0045 00.2144 00.0045 00.0145 00.0145 00.0145 0	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
16 38 Naomi Gould 1037 00.19.42 00.19.42 00.19.77 00.2020 00.0111 00.20.45 00.2024 00.224 00.224 00.224 00.224 00.224 00.224 00.224 00.224 00.224 00.214 00.2045 00.0150 00.224 00.111 00.214 00.2045 00.1124 00.0054 00.224 00.2141 00.0045 00.2141 00.0056 00.2213 00.0111 00.2144 00.0128 00.0126 00.2141 00.0056 00.2214 00.00712 00.2214 00.00712 00.2214 00.00712 00.2217 00.0128 00.2013 00.0141 00.2148 00.0128 00.0144 00.2148 00.0214 00.0141 00.2148 00.0141 00.2148 00.0141 00.2148 00.0141 00.2148 00.0141 00.2148 00.0141 00.2148 00.0141 00.2148 00.0141 00.2148 00.0141 00.2148 00.0141 00.2148 00.0141 00.2148 00.0141 00.2141 00.0141 <	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
17 44 Nicola Thome 1046 00.18.31 00.02.48 00.18.44 00.04.37 00.19.09 00.21.61 00.19.09 00.31.29 00.00.11 18 44 Valentin Servel 107 0.02.014 0.010.00 0.02.049 0.001.16 0.02.100 0.021.01 0.02.217 0.022.17 0.022.17 0.022.17 0.022.17 0.022.17 0.022.17 0.021.21 0.03.31.67 0.00.071 20 47 Natalie Whity 1060 0.02.14 0.00.035 0.02.13 0.01.14 0.02.02 0.02.144 0.00.044 0.02.233 0.00.12 0.02.144 0.00.044 0.02.233 0.00.14 0.00.12 0.02.144 0.00.044 0.02.233 0.00.014 0.02.158 0.00.14 0.00.012 0.02.144 0.00.044 0.02.233 0.00.014 0.02.158 0.00.14 0.02.158 0.00.14 0.02.158 0.00.128 0.02.013 0.03.36.61 0.00.01 22 50 Kristy Hoffman 1117 <t< td=""><td>15</td><td>35</td><td>Rachel</td><td>Sully</td><td>1061</td><td>00:20:02</td><td>00:00:54</td><td>00:20:30</td><td>00:00:45</td><td>00:21:10</td><td>00:00:26</td><td>00:20:48</td><td>00:00:24</td><td>00:20:59</td><td>03:23:13</td><td>00:00:04</td></t<>	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
18 45 Valenin Savel 1077 00:20:44 00:01:00 00:21:45 00:01:01 00:21:41 00:00:50 00:23:13 03:31:57 00:00:07 19 46 Rafal 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 00:21:90 03:33:58 00:00:12 20 47 Natalle Whity 1060 00:21:45 00:00:35 00:21:30 00:01:21 00:00:26 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:38 00:00:41 00:21:48 00:00:41 00:21:48 00:00:41 00:21:48 00:00:41 00:21:48 00:00:41 00:21:48 00:00:41 00:21:48 00:00:41 00:21:48	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
19 46 Rafal Marcinek 1060 00.20:31 00.01:8 00.20:40 00.01:01 00.20:45 00.01:28 00.02:67 00.01:72 00.22:19 03.32:03 00.00:12 20 47 Natalie Whity 1080 0.02:145 00:00:35 00:21:33 00:01:40 00:22:00 00:00:28 00:02:130 00:00:36 00:21:39 03.33:58 00:00:12 21 49 Hannah Evits 1056 0.20:37 00:01:26 00:01:0 00:21:36 00:01:21 00:02:42 00:00:55 00:20:14 03:35:50 00:00:12 23 51 Lara Prodor 1070 00:20:28 00:01:46 00:20:456 00:01:31 00:21:35 00:01:26 00:00:51 00:20:13 03:36:80 00:00:06 24 53 Anna Sykes 1087 00:21:01 00:01:30 00:21:11 00:00:22 00:21:33 00:00:44 00:21:48 00:00:46 00:21:49 00:00:46 00:21:49 00:00:46 <td< td=""><td>17</td><td>44</td><td>Nicola</td><td>Thome</td><td>1046</td><td>00:18:31</td><td>00:02:48</td><td>00:18:44</td><td>00:04:37</td><td>00:19:09</td><td>00:02:52</td><td>00:18:54</td><td>00:02:16</td><td>00:19:09</td><td>03:31:29</td><td>00:00:11</td></td<>	17	44	Nicola	Thome	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
20 47 Natalie Whity 1080 00:21:45 00:00:36 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 Hoffmann 1117 00:20:37 00:01:26 00:01:40 00:21:36 00:01:9 00:21:56 00:00:41 00:20:13 03:36:50 00:00:01 23 51 Lara Proctor 1070 00:21:01 00:01:30 00:21:11 00:02:35 00:01:44 00:21:33 00:00:41 00:21:48 00:00:41 00:21:48 00:00:41 00:21:48 00:00:41 00:21:43 03:36:50 00:00:07 24 53 Anna Sykes 1087 00:21:10 00:21:52 00:01:11 00:02:137 00:00:44 00:21:43	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
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 Hoffmann 1117 00:20:37 00:01:26 00:01:10 00:21:05 00:01:21 00:02:42 00:00:55 00:20:14 03:35:30 00:00:12 23 51 Lara Proctor 1070 00:20:28 00:01:40 00:21:35 00:01:40 00:21:55 00:00:41 00:21:46 03:38:38 00:00:01 24 53 Anna Sykes 1087 00:21:01 00:01:30 00:21:11 00:00:28 00:21:33 00:00:44 00:21:46 03:38:38 00:00:07 25 56 Sarah Mulnolland 1072 0:22:30 00:00:44 00:21:33 00:00:46 00:21:43 03:41:50 00:00:07 26 57 Natalie Prosser 1051 00:21:52 00:01:10 00:21:52	19	46	Rafal	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
22 50 Kirsty Hoffmann 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 00.21:48 00.00.44 00.21:48 00.38:38 00.00.00 25 56 Sarah Mulholland 1072 00.22:30 00.00:40 00.22:01 00.00:46 00.21:48 00.00:46 00.21:48 00.34:1:50 00.00:77 26 57 Natalie Prosser 1051 00.21:52 00.01:40 00.23:18 00.01:00 00.22:18 00.00.47 00.21:21 03.41:59 00.00:06 27 58 Alecia<	20	47	Natalie	Whitty	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
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 00:01:34 00:21:33 00:00:44 00:21:38 00:00.41 00:21:46 03:38:38 00:00:07 25 56 Sarah Mulholland 1072 00:22:30 00:00:40 00:21:32 00:00:34 00:21:49 00:00:46 00:21:43 03:34:50 00:00:07 26 57 Natalie Proseer 1051 00:22:0 00:01:40 00:23:03 00:01:41 00:21:58 00:00:57 00:22:16 03:34:36 00:00:06 27 58 Alecia Gould 1096 00:22:02 00:01:47 00:20:46 00:01:44 00:21:50 00:00:47 00:21:10 03:34:42 00:00:07 28 61 Jessica Trahar	21	49	Hannah	Evitts	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
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 03:38:38 00:00:04 25 56 Sarah Mulholland 1072 00:22:30 00:00:40 00:21:31 00:00:34 00:21:49 00:00:46 00:21:43 03:41:50 00:00:07 26 57 Natalie 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 03:41:50 00:00:06 27 58 Alecia Gould 1036 00:22:02 00:01:47 00:23:03 00:00:41 00:21:58 00:00:27 00:21:6 03:43:42 00:00:07 28 61 Jessica Trahar 1075 00:21:38 00:01:47 00:20:46 00:01:44 00:21:50 00:00:47 00:21:12 03:43:42 00:00:07 29 63 Lauren Laing 1026	22	50	Kirsty	Hoffmann	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
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 Natalie 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 00:22:00 00:00:34 00:23:03 00:00:41 00:21:51 00:00:57 00:21:61 03:41:59 00:00:06 28 61 Jessica Trahar 1075 00:21:33 00:01:47 00:20:46 00:01:44 00:21:50 00:02:11 00:21:12 03:43:42 00:00:07 29 63 Lauren Laing 1026 00:21:51 00:01:51 00:22:10 00:22:13 03:44:42 00:00:09 30 66 Sandra Levet 1129 00:21:58 00:01:04 00:21:49	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
26 57 Natalie 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 00:22:00 00:00:34 00:23:03 00:00:41 00:23:18 00:00:057 00:22:16 03:43:06 00:00:06 28 61 Jessica Trahar 1075 00:21:38 00:01:47 00:20:46 00:01:41 00:22:10 00:00:47 00:21:50 00:00:47 00:21:12 03:43:42 00:00:07 29 63 Lauren Laing 1026 00:21:51 00:21:51 00:01:03 00:22:09 00:02:21 00:22:13 03:44:42 00:00:09 30 66 Sandra Levet 1129 00:21:58 00:01:44 00:00:47 00:22:46 00:01:03 00:22:05 00:01:02 00:22:20 03:48:42 00:00:09 31 69 Ruth Horne 1097			Anna													
27 58 Alecia Gould 1036 00:22:0 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 00:00:07 00:21:21 03:43:06 00:00:07 29 63 Lauren Laing 1026 00:21:31 00:02:15 00:01:51 00:22:11 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 00:22:05 00:01:02 00:22:20 03:48:27 00:00:09 31 69 Ruth Horne 1097 00:21:22 00:01:35 00:21:33 00:02:36 00:21:38 00:03:39 00:21:48 00:02:44 00:00:236 00:21:55 00:01:02 00:22:20 03:48:27 00:00:08 32 70 Alice																
28 61 Jessica Trahar 1075 00:21:38 00:01:47 00:20:46 00:01:44 00:21:51 00:02:15 00:00:47 00:21:21 03:43:42 00:00:07 29 63 Lauren Laing 1026 00:21:13 00:02:15 00:01:51 00:22:11 00:01:55 00:02:10 00:22:02 00:02:13 03:43:42 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 00:21:22 00:01:35 00:21:33 00:02:36 00:21:38 00:03:39 00:21:48 00:20:25 03:48:27 00:00:08 32 70 Alice Thwaite 1076 00:21:22 00:01:35 00:21:33 00:02:36 00:01:17 00:22:56 00:00:36 00:22:41 03:49:59 00:00:05 33 71 Marie																
29 63 Lauren Laing 1026 00:21:13 00:02:15 00:01:51 00:02:11 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 03:44:42 00:00:09 31 69 Ruth Home 1097 00:20:44 00:02:26 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 00:01:17 00:22:56 00:00:36 00:22:41 03:49:47 00:00:05 33 71 Marie Keane 1093 00:22:11 00:01:33 00:22:47 00:01:54 00:02:39 00:01:43 00:23:41 03:45:29 00:00:07																
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 00:22:44 00:02:26 00:21:04 00:02:36 00:21:38 00:03:39 00:21:54 00:02:25 03:48:27 00:00:08 32 70 Alice Thwaite 1076 00:21:22 00:01:35 00:21:33 00:02:36 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 00:02:39 00:01:30 00:22:41 03:49:59 00:00:05	-													1		
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 00:01:17 00:02:48 00:22:41 03:49:47 00:00:05 33 71 Marie Keane 1093 00:22:11 00:01:33 00:22:47 00:01:54 00:01:30 00:22:39 00:01:43 00:23:41 03:52:29 00:00:07	-			-										1		
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																
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 00:021:43 00:01:27 00:22:06 03:52:56 00:00:06	-															

Marathon															
10k 2023 (female)	Overal I Pos	FirstName	LastName	Race No	6k_SPLIT	T6_SPLIT	7k_SPLIT	T7_SPLIT	8k_SPLIT	T8_SPLIT	9k_SPLIT	T9_SPLIT	10k_SPLIT	Finish_GU N	Finish_SP LIT
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	Early	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	Cubitt	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	00:25:56	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	Brittany	Carter	1149	00:26:32	00:04:37	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