

Coombe Abbey Running Festival 10K

Position	No	Name	Surname	Finish Time	Category	Club	Lap 1	Lap 2	
1	152	Andrew	Massey	38:20	10K Men	-	11:21	24:46	1st Male
2	164	Sunil	Dhesi	39:57	10K Men	-	11:21	25:31	2nd Male
3	118	Simon	Protheroe	41:11	10K Men	-	11:36	26:20	3rd Male
4	160	Hollie	Williams	41:18	10K Women	-	12:15	26:44	1st Female
5	166	Sam	Winters	42:36	10K W40+	-	12:19	27:25	2nd Female
6	91	Chris	Long	42:55	10K Men	-	12:34	28:07	
7	61	Martin	Gibson	43:09	10K Men	Wootton Road Runners	12:48	28:14	
8	161	Derek	Clarke	43:43	10K M40+	-	13:03	28:20	1st Vet 40
9	62	Peter	Gilbride	44:08	10K Men	-	12:19	27:54	
10	78	Gavin	Horsfall	44:21	10K Men	-	12:53	28:19	
11	154	Dorota	Brynkiewicz	44:21	10K Women	-	28:20	44:21	3rd Female
12	83	Richard	Keep	44:59	10K Men	-	12:19	28:16	
13	48	Matt	Dickie	46:37	10K Men	Wellingborough & District Ac	13:41	29:59	
14	106	Scott	Nash	46:42	10K Men	-	13:39	29:57	
15	150	Chris	Wood	46:49	10K M50+	-	13:40	29:58	1st Vet 50
16	59	Paul	Gaggini	47:32	10K Men	-	14:42	30:45	
17	41	Chris	Davidson	47:55	10K M40+	-	13:27	30:24	
18	100	Danielle	Mohacsi	47:55	10K Women	-	13:56	30:53	
19	64	Laurence	Goldberg	48:05	10K M40+	British Military Fitness	13:32	30:53	
20	147	Jeremy	Westhead	48:11	10K Men	-	13:11	30:15	
21	44	Philip	Deeley	48:25	10K Men	-	13:52	30:55	
22	162	Sanal	Kolasseril	48:36	10K Men	-	13:55	31:10	
23	3	Richard	Akkermans	48:42	10K Men	-	14:08	31:19	
24	77	Mark	Heycock	49:29	10K M50+	-	14:03	31:31	
25	137	Peter	Soley	49:35	10K Men	-	14:00	31:31	
26	58	Paul	Gagg	49:46	10K Men	-	14:04	31:40	
27	34	Michael	Collins	49:49	10K Men	Huncote Harriers	13:37	31:09	
28	25	Michael	Burnett	50:07	10K M50+	-	13:51	31:28	
29	66	Pete	Greaves	50:26	10K M40+	-	14:27	31:57	
30	133	Chris	Skelton	50:36	10K M50+	-	14:01	31:42	
31	31	Katherine	Cherry	50:52	10K Women	-	14:47	32:40	
32	112	Tim	Ottley	51:12	10K M40+	-	13:42	31:36	
33	47	Darren	Dhesi	51:44	10K Men	-	15:05	33:05	
34	56	Tim	Filby	52:05	10K Men	-	14:47	33:30	
35	57	Jason	Fretter	52:07	10K M40+	Stratford Upon Avon Ac	14:04	32:42	
36	52	Malcolm	Eggar	52:08	10K Men	-	14:47	33:30	
37	126	Ruth	Rogerson	52:14	10K Women	-	15:30	33:59	
38	81	Luke	Johnson	52:31	10K Men	-	17:00	35:10	
39	27	Gavin	Catt	52:39	10K Men	-	16:12	34:55	
40	11	Jason	Banks	52:41	10K Men	-	16:12	34:54	
41	90	Gemma	Lee	52:50	10K Women	-	14:44	32:38	
42	120	Stuart	Rawlings	53:12	10K Men	-	15:12	33:54	
43	33	Robert	Coles	53:18	10K Men	-	15:49	34:13	
44	139	Jonathan	Till	53:21	10K M40+	-	14:47	33:25	
45	158	Avril	Cunningham	53:22	10K Women	-	15:49	34:26	
46	71	Dee	Harris	54:04	10K M40+	-	14:40	34:52	
47	84	David	Kirby	54:06	10K M50+	-	15:30	34:09	
48	134	Claire	Small	54:25	10K Women	-	15:43	35:04	
49	39	Paul	Daffern	54:31	10K M40+	-	15:39	35:38	
50	97	Trudi	Mawby	54:41	10K Women	-	16:03	35:35	
51	89	Annabelle	Lecoupeur	55:06	10K Women	-	16:53	36:14	

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Position	No	Name	Surname	Finish Time	Category	Club	Lap 1	Lap 2	
52	156	Wendy	Talbot	55:46	10K Women	-	15:01	34:58	
53	136	Adam	Smith	56:00	10K M40+	-	15:39	35:19	
54	24	Julie	Bruce	56:10	10K W50+	Kenilworth Runners	15:39	35:50	1st FV 50
55	122	Stuart	Riman	56:24	10K Men	-	15:13	36:07	
56	163	Ben	Chamberlan	56:26	10K Men	-	14:53	35:16	
57	45	Pierre	Defays	56:39	10K Men	-	16:11	35:57	
58	129	David	Shaw	56:46	10K M60+	-	16:41	36:31	1st Vet 60
59	151	Mathew	Wright	56:52	10K M40+	-	16:12	36:24	
60	15	Michael	Barnett	57:23	10K M40+	-	16:04	36:20	
61	53	Jo	Elleman	57:30	10K W40+	-	17:28	38:20	
62	155	Mark	Dodd	57:42	10K M40+	-	16:58	37:27	
63	99	Andrea	Milton	57:43	10K Women	-	16:59	37:26	
64	107	Sarah	Nash	57:44	10K Women	-	16:36	37:21	
65	68	Anthony	Hagreen	58:17	10K M40+	-	17:11	37:40	
66	2	Diane	Adams	58:17	10K W40+	-	17:11	37:41	
67	4	Claire	Ampomah	58:17	10K W40+	-	15:45	36:25	
68	75	Holly	Hewett	58:48	10K Women	-	17:30	38:07	
69	76	Abbi	Hewett	58:48	10K Women	-	17:30	38:08	
70	14	Lindsay	Barnett	58:58	10K Women	-	18:59	39:20	
71	103	Heidi	Morris	59:01	10K W40+	-	17:21	38:12	
72	35	Melanie	Cotton	59:05	10K W40+	-	16:32	37:47	
73	30	Paul	Charge	59:12	10K Men	-	16:35	37:34	
74	36	Robert	Crowe	59:37	10K M40+	-	15:49	37:00	
75	70	Mark	Harris	59:41	10K M40+	-	16:52	38:02	
76	21	Erin	Breen	59:56	10K Women	-	16:01	37:34	
77	1	Robert	Abraham	01:00:15	10K Men	-	17:25	38:20	
78	82	Paul	Jones	01:00:38	10K Men	-	17:11	38:20	
79	96	Lindsey	Mawby	01:00:38	10K Women	-	16:57	38:35	
80	51	Brian	Driver	01:00:57	10K M40+	-	17:05	38:26	
81	144	John	Walsh	01:01:07	10K Men	-	16:06	37:28	
82	88	gary	leaver	01:01:09	10K M40+	-	16:23	37:18	
83	143	Sarah	Vivian	01:01:27	10K W40+	-	17:19	38:25	
84	92	Vanessa	Long	01:01:28	10K Women	-	17:26	39:10	
85	93	Adele	Long	01:01:30	10K Women	-	17:26	39:13	
86	87	Becky	Lawson	01:01:31	10K Women	-	17:26	39:13	
87	165	Marti	Dhesi	01:01:40	10K W50+	-	17:36	39:15	
88	65	David	Golightly	01:01:55	10K Men	-	16:59	38:57	
89	54	Kelvin	Elliott	01:01:57	10K Men	-	17:13	39:13	
90	80	Laura	Johnson	01:02:00	10K Women	-	17:29	39:15	
91	49	Nigel	Donavan	01:02:08	10K M40+	-	17:02	39:19	
92	26	Greg	Burnham	01:02:14	10K Men	-	17:03	39:27	
93	50	Kathryn	Donkersley	01:02:16	10K Women	-	17:55	40:08	
94	135	Claire	Smith	01:02:33	10K Women	-	17:29	38:43	
95	124	Louise	Robbins	01:03:07	10K Women	-	19:06	41:12	
96	153	Natalie	Minty	01:03:09	10K Women	-	17:34	39:23	
97	123	Rachel	Robbins	01:03:16	10K Women	-	19:06	41:13	
98	146	Emma	West-Eggar	01:03:50	10K Women	-	17:39	40:29	
99	128	Richard	Sanders	01:04:00	10K M50+	-	19:34	42:03	
100	142	Gillian	Tyler	01:04:10	10K W50+	-	18:16	41:21	
101	38	Jonathan	Cummings	01:04:11	10K M40+	-	18:58	41:44	
102	85	Tasha	Knight	01:04:13	10K Women	-	17:40	39:52	

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Position	No	Name	Surname	Finish Time	Category	Club	Lap 1	Lap 2	
103	94	Andrew	Lynch	01:04:32	10K Men	-	17:20	39:48	
104	16	Rachel	Barnfield	01:04:37	10K Women	-	18:05	41:13	
105	127	Nick	Russell	01:05:44	10K Men	-	17:29	40:31	
106	157	Ryan	Jansen Van Vuuren	01:05:45	10K Men	-	17:15	41:12	
107	19	Philip	Blakey	01:06:04	10K Men	-	19:30	43:02	
108	20	Joanne	Blakey	01:06:04	10K Women	-	19:30	43:02	
109	167	John	Butler	01:06:06	10K M60+	-	19:59	43:11	
110	73	Dave	Hawker	01:07:10	10K M50+	Coventry University	19:05	43:12	
111	115	Lindsay	Patrick	01:07:10	10K Women	-	19:05	43:12	
112	104	Keiran	Morris	01:07:12	10K Men	Dunstable Road Runners	18:18	43:00	
113	42	Ruth	Davies	01:07:30	10K Women	-	18:58	43:06	
114	43	Claire	Davies	01:07:31	10K Women	-	18:59	43:07	
115	145	Rachel	Ward	01:07:51	10K Women	-	19:02	42:40	
116	140	Michael	Tudge	01:08:04	10K Men	-	18:36	43:09	
117	141	Helen	Tudge	01:08:04	10K W40+	Spa Striders	18:36	43:09	
118	149	doug	wilson	01:08:10	10K M60+	-	18:54	43:19	
119	121	Zoe	Reville	01:08:45	10K Women	-	20:05	44:22	
120	37	Alison	Crowe	01:09:25	10K W40+	-	19:17	44:13	
121	108	Jane	Newbould	01:09:30	10K Women	-	19:04	42:38	
122	125	Nicola	Rogers	01:09:41	10K Women	-	19:03	43:57	
123	63	Rachel	Givens	01:11:11	10K Women	-	19:56	44:52	
124	79	Cheryl	Jackson	01:11:11	10K Women	-	19:56	44:51	
125	159	Hannah	Roberts	01:12:32	10K W40+	-	17:19	45:48	
126	55	Lisa	Fairies	01:15:25	10K W40+	Badger Patrol	21:01	48:08	
127	95	Louise	Marjoram	01:15:25	10K Women	Badger Patrol	21:01	48:08	
128	6	Jonathan	Anderson	01:18:03	10K M40+	-	21:35	49:26	
129	7	Yvonne	Anderson	01:18:07	10K W50+	-	21:35	49:27	
130	131	Gary	Shaw	01:23:10	10K M50+	Parklands Jog And Run	22:57	53:53	
131	130	Sarah	Shaw	01:23:10	10K W40+	Parklands Jog And Run	22:56	53:53	
132	113	Louise	Owen	01:24:20	10K Women	-	21:42	52:27	
133	148	Clara	Wicks	01:25:33	10K Women	-	23:18	53:52	
134	23	Maura	Brown	01:27:11	10K W60+	March Athletic Club	24:54	55:52	
	117	Deirdre	Postlethwaite	DNF	10K W50+	-	19:03	43:00	
	116	Abi	Pilbrow	DNF	10K Women	Kenilworth Runners	17:46		
	119	Suzy	Rawlings	DNF	10K Women	-	17:43	39:05	