

Coombe Abbey Running Festival Half Marathon

Position	No	Name	Surname	Finish Time	Category	Club	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	
1	566	Christopher	Wilson	01:23:03	Half Men	-	13:51	27:43	41:41	55:25	01:09:16	1st Male
2	423	Mark	Carwardine	01:26:45	Half M40+	Centurion Running Club	13:37	27:43	42:21	57:15	01:12:30	2nd Male
3	541	Gavin	Spiers	01:27:11	Half Men	-	13:35	27:43	42:02	56:50	01:11:59	3rd Male
4	563	Ian	West	01:32:46	Half M40+	-	14:43	29:44	45:09	01:00:48	01:16:50	
5	571	Michal	Zubik	01:32:48	Half Men	-	15:38	31:22	47:03	01:02:30	01:17:56	
6	540	David	Southwell	01:33:03	Half Men	Badgers	14:19	29:37	45:10	01:00:50	01:16:50	
7	501	Justin	Mullis	01:33:20	Half M40+	-	15:15	30:30	45:58	01:01:28	01:17:24	
8	403	Edward	Allen	01:35:45	Half Men	-	15:53	31:53	48:07	01:04:13	01:20:05	
9	550	Marsha	Towey	01:38:47	Half Women	-	16:32	33:09	49:44	01:06:12	01:22:35	1st Female
10	575	Russell	Rose	01:39:31	Half M40+	Redway Runners	16:20	32:33	48:52	01:05:37	01:22:42	
11	531	Peter	Rodgers	01:40:01	Half M50+	-	16:55	33:26	50:07	01:06:42	01:23:26	1st Vet 50
12	419	Richard	Broadbent	01:40:34	Half M40+	Warwick Wasps	14:38	30:47	48:02	01:05:44	01:23:35	
13	577	Ian	Hemstock	01:40:53	Half M40+	-	17:04	33:59	50:38	01:07:28	01:24:16	
14	576	Aaron	Faulkner	01:40:53	Half Men	-	17:02	33:22	50:37	01:07:27	01:24:15	
15	442	Ian	Docker	01:41:00	Half Men	-	17:12	33:32	50:14	01:07:09	01:24:20	
16	412	Jon	Beaumont	01:41:08	Half Men	-	16:18	32:34	49:47	01:06:51	01:23:46	
17	510	Ricky	Passam	01:41:14	Half M40+	-	16:41	33:24	50:08	01:06:51	01:24:05	
18	557	Matthew	Wallis-Baldwin	01:42:44	Half Men	-	16:22	33:06	50:05	01:07:21	01:24:55	
19	551	sharon	Townley	01:43:41	Half W40+	Centurians RC	16:14	33:01	50:10	01:07:54	01:25:54	2nd Female
20	458	Chris	Goodson	01:44:02	Half Men	-	16:19	33:36	51:34	01:08:48	01:26:40	
21	434	Pierre	Cozic	01:45:24	Half Men	-	18:00	34:59	51:30	01:08:37	01:26:43	
22	519	Adam	Price	01:46:03	Half Men	-	15:55	32:34	49:58	01:07:45	01:26:33	
23	447	Nicholas	Eastley	01:46:22	Half Men	-	17:36	34:30	51:41	01:09:20	01:27:31	
24	578	Mark	Cooper	01:47:05	Half M50+	-	17:06	34:32	52:08	01:09:51	01:28:10	
25	869	Joe	Niembro	01:48:08	Half M40+	-	27:19	45:02	53:01	01:11:26	01:29:35	
26	536	Tim	Skinner	01:48:24	Half Men	-	14:56	31:43	49:28	01:07:49	01:27:52	
27	418	Matthew	Bragg	01:48:59	Half Men	-	16:28	33:27	51:13	01:10:11	01:29:29	
28	444	Emma	Donnelly	01:50:13	Half Women	Centurian Rc	16:31	34:10	52:24	01:11:14	01:30:32	3rd Female
29	493	Philip	Middlewood	01:50:26	Half M40+	-	16:55	34:23	52:18	01:10:48	01:30:11	
30	568	Jennifer	Worthington	01:50:37	Half Women	-	17:58	36:43	55:13	01:13:53	01:32:22	
31	427	Rachael	Chapman	01:50:42	Half Women	-	17:12	35:10	53:24	01:12:08	01:31:24	
32	404	Julian	Ayres	01:51:25	Half Men	-	15:05	31:55	49:57	01:09:03	01:28:44	
33	521	Dominic	Purches	01:51:26	Half Men	-	17:33	35:02	52:58	01:11:21	01:30:21	
34	515	Darren	Phillips	01:51:35	Half M40+	-	17:04	34:56	53:17	01:12:05	01:31:48	
35	529	Gemma	Roberts	01:51:41	Half Women	-	17:58	36:15	54:44	01:13:14	01:32:16	
36	465	Rachel	Harrison	01:51:59	Half Women	-	19:27	37:05	54:59	01:13:51	01:32:58	
37	460	Robert	Griffiths	01:52:15	Half M40+	-	17:31	34:58	52:35	01:11:13	01:31:01	
38	514	Lee	Phillips	01:52:16	Half Men	-	17:35	35:00	53:29	01:12:31	01:32:04	
39	542	Maurice	Spooner	01:52:17	Half M40+	-	16:37	34:21	52:54	01:11:55	01:31:57	
40	437	Jacob	Daly	01:52:18	Half Men	-	18:05	36:06	54:06	01:12:28	01:31:32	
41	496	Hitesh	Mistry	01:54:33	Half Men	-	18:31	36:52	55:35	01:14:55	01:35:01	
42	523	Sarju	Raikundalia	01:54:33	Half Men	-	18:31	36:54	55:36	01:14:56	01:35:00	
43	417	jamie	bowles	01:54:43	Half Men	-	17:40	35:13	54:42	01:09:58	01:29:49	
44	491	Meaghan	McNeill	01:54:45	Half Women	-	18:32	36:58	56:00	01:15:27	01:35:11	
45	559	Andy	Ward	01:54:49	Half M50+	Rolls-royce Harriers	17:39	36:14	55:18	01:14:45	01:35:03	
46	471	James	Houghton	01:55:18	Half M50+	Centurian Rc	17:28	35:48	55:09	01:15:12	01:35:35	
47	562	John	Webb	01:56:21	Half Men	-	18:04	36:30	55:25	01:15:17	01:35:50	
48	505	Amanda	Nelmes	01:56:21	Half Women	-	18:04	36:29	55:25	01:15:18	01:35:50	
49	569	Jeanie	Worthington	01:57:34	Half Women	-	18:50	37:47	57:10	01:17:05	01:37:05	
50	492	Rachel	McRobert	01:57:37	Half W40+	-	19:04	38:06	57:28	01:17:04	01:36:59	
51	561	Richard	Wardell	01:58:14	Half Men	-	16:59	34:43	53:26	01:13:56	01:36:26	
52	438	Ryan	Davis	01:58:27	Half Men	-	19:29	40:01	01:00:19	01:20:09	01:39:58	
53	495	Nilesh	Mistry	01:58:29	Half Men	-	18:31	36:53	55:36	01:14:57	01:35:01	
54	558	Kevin	Walters	01:59:48	Half M40+	-	17:06	35:27	55:23	01:16:27	01:37:46	
55	494	Jane	Millichip	02:00:31	Half W40+	Notts Ac	18:50	38:17	58:25	01:19:05	01:39:59	
56	422	Claire	Bryan	02:00:36	Half Women	Huncote Harriers	19:28	38:52	58:52	01:19:26	01:40:25	
57	544	Waldemar	Stezycki	02:01:22	Half M40+	-	18:06	37:07	57:09	01:18:05	01:39:52	
58	428	Sasha	Chilvers	02:01:37	Half Women	-	19:33	39:47	01:00:36	01:21:27	01:42:06	
59	538	Alicia	Smart	02:02:04	Half Women	-	18:02	37:00	57:04	01:18:09	01:40:39	
60	479	Steve	Kearns	02:02:05	Half Men	Wdac	18:02	37:01	57:06	01:18:09	01:40:39	
61	507	Andy	Norton	02:02:26	Half M40+	Sphinz Ac	17:43	36:13	55:18	01:16:24	01:39:08	
62	489	Andrew	Lucas	02:02:37	Half M40+	-	20:53	41:23	01:01:47	01:22:02	01:42:25	
63	441	Robert	Dimbleby	02:02:50	Half Men	Northbrook	15:50	33:08	52:20	01:13:02	01:37:15	
64	485	Michelle	Lavender	02:02:56	Half Women	-	19:44	40:07	01:00:39	01:21:19	01:42:16	
65	487	Ewen	Lewis	02:03:11	Half Men	Swindon Striders	18:14	37:36	58:14	01:19:31	01:41:11	

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66	463	Lorraine	Hall	02:03:48	Half W40+	-	17:22	36:23	56:34	01:17:47	01:40:12
67	475	Melissa	Janda	02:04:06	Half Women	-	17:41	36:10	55:43	01:17:24	01:40:13
68	451	Steve	Finnemore	02:04:45	Half M50+	-	18:37	38:30	59:10	01:21:21	01:43:39
69	468	Darren	Hevey	02:05:16	Half Men	-	20:42	41:15	01:02:09	01:24:36	01:45:31
70	517	tim	pope	02:05:21	Half M50+	Sinfin	19:13	39:58	01:01:19	01:22:50	01:44:10
71	469	Stefan	Hewitt	02:05:36	Half M40+	-	18:05	37:18	58:23	01:19:20	01:41:50
72	472	Rosie	Hunter	02:05:54	Half Women	-	18:48	37:55	57:26	01:18:30	01:41:51
73	572	Hannah	Carey	02:05:55	Half Women	-	18:49	37:58	57:25	01:18:30	01:41:51
74	511	Charlie	Pearce	02:07:14	Half Women	-	19:16	38:25	58:25	01:20:48	01:43:50
75	457	Lynsey	Goodge	02:07:17	Half Women	-	20:50	42:16	01:03:36	01:24:54	01:45:56
76	413	Mary	Bench	02:07:23	Half W50+	Sphinx Ac	19:17	39:31	01:00:37	01:22:55	01:45:01
77	436	Darren	Currie	02:07:55	Half M40+	-	20:49	42:21	01:03:35	01:24:40	01:46:34
78	402	Tom	Allen	02:07:55	Half Men	-	17:41	35:13	01:03:46	01:21:30	01:42:28
79	522	Charlotte	Rae	02:09:28	Half W40+	-	20:39	42:01	01:03:48	01:25:35	01:47:39
80	401	Louise	Adams	02:09:37	Half W40+	-	20:41	42:02	01:03:50	01:25:37	01:47:40
81	453	Claudia	Ghavami	02:09:49	Half Women	-	19:08	39:46	01:00:55	01:23:04	01:45:53
82	516	Karen	Pope	02:10:02	Half W50+	Sinfin	19:02	39:26	01:01:00	01:22:58	01:46:33
83	446	MEL	DUFFY	02:10:13	Half W40+	-	20:41	40:50	01:01:49	01:23:33	01:46:34
84	452	Matthew	Freeman	02:10:15	Half Men	-	19:03	38:08	58:28	01:20:53	01:44:52
85	459	Philippa	Gregory	02:10:27	Half Women	-	20:29	41:18	01:02:18	01:23:47	01:46:42
86	526	debs	richardson	02:10:56	Half W50+	-	19:05	39:04	59:53	01:23:51	01:47:29
87	498	Sarah	Morgan	02:11:53	Half Women	-	19:09	40:08	01:02:36	01:25:44	01:48:59
88	431	Alexander	Considine	02:12:17	Half Men	-	20:50	42:20	01:04:59	01:27:15	01:50:13
89	416	Sarah	Bosworth	02:12:17	Half Women	-	20:50	42:20	01:04:59	01:27:14	01:50:13
90	429	matthew	coburn	02:13:22	Half Men	-	19:32	41:55	01:04:51	01:26:10	01:49:38
91	486	Shelley	Lea	02:13:22	Half Women	-	19:32	41:56	01:03:28	01:26:11	01:49:38
92	579	Brian	Worthington	02:14:32	Half M50+	-	19:33	39:30	01:00:31	01:24:04	01:48:38
93	509	Rob	Parkes	02:14:45	Half M40+	-	18:25	39:04	01:00:49	01:22:57	01:45:09
94	524	Rebecca	Reddish	02:14:49	Half W40+	Slinn Allstars	21:21	43:46	01:05:44	01:28:28	01:51:47
95	574	Sheila	Rose	02:15:00	Half W40+	Redway Runners	20:29	42:35	01:05:00	01:28:04	01:51:25
96	530	Karl	Robinson	02:15:18	Half Men	-	20:55	42:14	01:03:57	01:27:17	01:51:09
97	570	Mark	Yardley	02:16:07	Half M40+	-	20:42	41:15	01:02:09	01:24:39	01:50:11
98	421	Andy	Brownell-Judd	02:16:36	Half M40+	-	19:31	40:13	01:02:16	01:26:05	01:50:35
99	513	laura	penny	02:17:23	Half Women	Buckingham & Stowe Ac	19:58	41:06	01:03:26	01:28:10	01:53:12
100	483	Beata	Kiss	02:17:40	Half Women	-	20:46	42:01	01:04:39	01:27:55	01:52:28
101	508	Katie	Page	02:18:19	Half Women	-	20:52	42:13	01:04:55	01:28:38	01:53:27
102	409	Eleanor	Bates	02:20:45	Half W40+	-	21:57	43:55	01:06:44	01:30:42	01:55:07
103	467	Gael	Heslop	02:21:03	Half Women	-	19:50	42:11	01:06:16	01:31:13	01:56:07
104	490	Fedeline	Marinda	02:23:23	Half Women	-	21:07	43:24	01:06:44	01:30:37	01:56:54
105	499	SARAH	MORRIS	02:24:12	Half Women	-	20:49	46:34	01:09:27	01:33:48	01:58:23
106	439	Elizabeth	Dearness	02:27:29	Half Women	-	22:26	46:09	01:10:23	01:35:04	02:01:24
107	881	Nas	Salawu	02:27:33	Half Men	-	56:46	01:06:14	01:26:02	01:45:56	02:06:39
108	440	Niamh	Dillon	02:28:08	Half Women	-	22:29	46:24	01:11:45	01:37:27	02:03:35
109	534	Jo	Scanlon	02:28:27	Half Women	-	22:01	45:22	01:10:04	01:35:45	02:02:18
110	455	Joanne	Glover	02:28:46	Half W40+	-	21:08	43:32	01:07:39	01:33:06	02:00:04
111	520	Alan	Prior	02:29:00	Half Men	-					02:02:06
112	424	Selma	Chan	02:32:03	Half Women	-	27:27	52:08	01:16:46	01:42:06	02:07:23
113	512	Rona	Pelz	02:32:12	Half Women	-	21:57	46:13	01:11:58	01:38:11	02:05:04
114	405	Kathryn	Baldwin	02:32:36	Half Women	-	21:59	44:48	01:10:26	01:37:05	02:05:40
115	456	Alexis	Goldstein	02:33:37	Half M40+	-	22:41	47:21	01:12:12	01:38:27	02:05:39
116	497	Tracy	Morgan	02:33:41	Half W40+	Coventry Triathlon	21:13	44:24	01:10:16	01:38:02	02:05:45
117	535	Carol	Sherriff	02:33:53	Half W50+	-	24:52	50:04	01:14:56	01:40:39	02:07:10
118	565	Simon	Wilson	02:34:02	Half M50+	-	24:51	50:00	01:14:53	01:40:38	02:07:07
119	466	Richard	Hawkes	02:36:23	Half Men	-	21:00	44:48	01:11:05	01:38:25	02:07:20
120	46	Rachel	Chanalaris	02:38:54	Half W40+	-	29:52	55:02	01:19:56	01:45:05	02:11:32
121	454	Francesca	Ghavami	02:41:25	Half Women	-	21:16	46:04	01:12:10	01:40:35	02:10:35
122	554	jessica	Wakeling	02:44:34	Half Women	Kenilworth Runners	22:16	45:58	01:12:43	01:42:03	02:12:13
123	420	susanne	broughton	02:45:02	Half W40+	-	24:49	50:59	01:17:50	01:46:21	02:15:33
124	450	Rebecca	Fahy	02:45:40	Half Women	-	22:24	46:16	01:11:39	01:39:16	02:10:41
125	473	Becky	James	02:47:00	Half Women	-	23:08	49:11	01:17:41	01:46:48	02:16:32
126	500	Tim	Moyle	02:48:12	Half M40+	-	25:25	51:58	01:19:36	01:47:35	02:17:35
127	549	Michael	Tilley	02:52:44	Half M60+	-	24:00	50:45	01:20:04	01:50:48	02:20:56
128	573	Carina	Merther	02:53:31	Half Women	-	22:29	50:09	01:18:42	01:48:43	02:19:31
129	481	Manvirpal	Khasria	02:55:57	Half Women	-	22:51	48:46	01:19:26	02:00:09	02:28:07
130	543	Imogen	Staley	03:04:14	Half W40+	-	24:48	52:21	01:21:54	01:54:29	02:28:52

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131	430	Stephan	Conopo	03:20:52	Half Men	-	24:16	54:09	01:25:54	02:00:04	02:38:28
133	480	Eamon	Kennedy	DNF	Half M40+	Northampton Road Runners	18:13	37:14			
134	548	Ian	Tilley	DNF	Half M40+	-	20:04	42:31			
135	560	Bruce	Ward	DNF	Half M40+	-	16:30	34:04			
136	443	Brian	Donkersley	DNF	Half M50+	-	19:02	39:45	01:05:38		
137	407	Liam	Barnes	DNF	Half Men	-	18:52	38:48	01:00:27	01:24:25	01:52:35
138	488	Daniel	Lucas	DNF	Half Men	-	20:43	41:46	01:08:23	01:33:52	02:02:49
139	464	Ann	Harrison	DNF	Half W40+	-	18:06	35:27	01:48:07		
140	527	Karen	Ridd	DNF	Half W40+	-	20:45	42:54	01:07:20	01:34:21	