

## ADULT COMPETITION - 1 MILE (1609M)

\* Denotes lightweight

Name	Category	Time	Ave split/500m	Club
Mark Mitchell *	30-40 Male	5.05.1	1.34.8	BRC
Kerian Cahill *	Mens Open	5.12.8	1.37.2	BRC
Matt Whitehead	Yr 12/13 Male	5.14.4	1.37.7	ERC
Ali	Mens Open	5.19.4	1.39.3	BRC
Matt Mitchell	30-40 Male	5.19.5	1.39.3	BRC
Matt Lidbetter	Mens Open	5.23.4	1.40.5	SRC
Chris Mizen	30-40 Male	5.24.9	1.41.0	BRC
Ollie Hunter	41-50 Male	5.24.9	1.41.0	
Reece Mallory	Yr 12/13 Male	5.26.4	1.41.4	Deal
Josh Green *	Mens Open	5.29.1	1.42.3	BRC
Mark Swarbrick	Yr 12/13 Male	5.29.9	1.42.5	SRC
Bram	Mens Open	5.30.4	1.42.7	BRC
Dave Williams	30-40 Male	5.32.3	1.43.3	BRC
Phil McCorry *	Mens Open	5.34.3	1.43.9	BRC
Martin Holden	51-59 Male	5.36.3	1.44.5	WRC
Matt Rees	Mens Open	5.37.7	1.45.0	WRC
Alex	Yr 12/13 Male	5.40.9	1.45.9	WRC
Rambo	41-50 Male	5.41.2	1.46.0	BRC
Dan Yates	Yr 12/13 Male	5.41.7	1.46.2	SRC
Callum B	Yr 12/13 Male	5.42.6	1.46.5	WRC
Andy Robinson	51-59 Male *	5.43.2	1.46.6	
Brian Donald	60+ Male	5.43.9	1.46.9	BRC
Steve Deans	41-50 Male	5.44.5	1.47.0	WRC
Mike Harrison	Mens Open	5.48.2	1.48.2	BRC
Amar	Yr 12/13 Male	5.49.6	1.48.6	ERC
Joe P	Yr 12/13 Male	5.49.6	1.48.6	WRC
Jeff Watling	60+ Male	5.49.9	1.48.7	
Mark Cowling	41-50 Male	5.52.4	1.49.5	BRC
Andy Copley	30-40 Male	5.55.8	1.50.6	BRC
Dave Jones	51-59 Male	5.56.8	1.50.9	BRC
Nathan	Yr 12/13 Male	5.57.2	1.51.0	WRC
Llyod Heathfield	Yr 12/13 Male	5.57.8	1.51.2	ERC
James	Yr 12/13 Male	5.59.1	1.51.6	WRC
Lee Duntale	30-40 Male	6.02.2	1.52.6	BRC
Marezk *	Yr 12/13 Male	6.03.7	1.53.0	ERC
Ian Austin	30-40 Male	6.03.9	1.53.1	BRC
Ben	Yr 12/13 Male	6.05.1	1.53.4	ERC
Ross	Yr 12/13 Male	6.09.5	1.55.3	FRC
Sarah Bareham *	Female Open	6.10.7	1.55.3	SRC
Gemma Stoner	Female Open	6.11.1	1.55.2	SRC
Jack	Yr 12/13 Male	6.11.1	1.54.8	BRC
Claire Hosie *	Female Open	6.15.2	1.56.6	BRC
Dave Dunfrane	60+ Male	6.19.3	1.57.9	ERC
Catherine Hodges	yr 12/13 Female	6.21.5	1.58.6	Southsea
Koral Prodger	yr 12/13 Female	6.21.9	1.58.7	ERC
Matt Handley	Mens Open	6.23.3	1.59.1	BRC
William Darlington	Yr 12/13 Male	6.23.4	1.59.1	Deal
Sophia Green	Female Open	6.26.1	2.00.0	BRC
Susan Young *	41+ Female	6.34.6	2.02.6	

Lucy Leach	yr 12/13 Female	6.34.6	2.02.6	WRC
Hayley Widdett	yr 12/13 Female	6.36.0	2.03.1	Deal
Frankie Copley	30-40 Female	6.36.6	2.03.2	BRC
Vinnie	Female Open	6.37.7	2.03.6	BRC
Lucy Guest	Female Open	6.38.2	2.03.7	WRC
Oonagh	Female Open	6.40.5	2.04.5	WRC
Lesley Baker	41+ Female	6.42.0	2.04.9	ERC
Massie Hill	yr 12/13 Female	6.43.0	2.05.2	BRC
Nat Holden 8	Female Open	6.43.1	2.05.3	WRC
Christiane Braun	41+ Female	6.46.8	2.06.4	BRC
Has *	Female Open	6.51.2	2.07.8	BRC
Chris Philips	30-40 Male	6.54.2	2.08.7	BRC
Debbie Hills	41+ Female	6.54.9	2.08.9	SRC
Janey	30-40 Female	7.01.5	2.11.0	BRC
Jen Bennett	41+ Female	7.03.6	2.11.6	ERC
Steph Hughes	yr 12/13 Female	7.10.5	2.13.8	WRC
Mark	30-40 Male	7.16.4	2.15.6	WRC
Alex	30-40 Female	7.25.0	2.18.3	BRC
Charles Morley	80+ Male	7.41.8	2.23.5	
Shirley	41+ Female	7.54.0	2.27.3	BRC
Alan Baker	41-50 Male	DNF		ERC