

RACE RESULTS
May 2023

Date	Race	Name	Position	Time	Distance	HRRL	Laps
06/05/2023	Run to the Sea Brighton	Bridie Rowlands	150	06:19:54	50k		
06/05/2023	Run to the Sea Brighton	Dyfan Rowlands	151	06:19:54	50k		
07/05/2023	Cocking 10 k	Jane Woodroof	196	01:23:42	10k		
07/05/2023	Angmering Bluebell Trail Run	Nick Bailey	315	01:28:27	10K		
07/05/2023	Angmering Bluebell Trail Run	Anita Crawley	221	01:54:03	10M		
07/05/2023	Angmering Bluebell Trail Run	Gary McCawley	69	01:26:01	10M		
13/05/2023	Brutal Holywell Challenge	Kevin Gale		02:02:50	13.1		6 laps
14/05/2023	Copenhagen Marathon	Gavin Roberts	2163	03:29:47	26.2		
14/05/2023	Marathon Varna - Bulgaria	Slavena Jensen	115	04:52:54	26.2		
14/05/2023	Copenhagen Marathon	Tim Collins	1345	03:18:01	26.2		
14/05/2023	Bognor 10k	Alex Blake	89	00:41:42	10k		
14/05/2023	Bognor 10k	Dan Shawyer	72	00:40:40	10k		
14/05/2023	Bognor 10k	John Rogers	171	00:45:02	10k		
14/05/2023	Bognor 10k	Matthew Russell	24	00:41:42	10k		
14/05/2023	Bognor 10k	Nick Bailey	1124	01:18:06	10k		
14/05/2023	Alton 10	Andrew Meredith	45	01:05:19	10m	HRRL	
14/05/2023	Alton 10	Bekki Leaves	372	01:52:45	10m	HRRL	
14/05/2023	Alton 10	Brian Harris	401	02:19:22	10m	HRRL	
14/05/2023	Alton 10	Bridie Rowlands	213	01:21:39	10m	HRRL	
14/05/2023	Alton 10	Caroline Whiting	285	01:30:18	10m	HRRL	
14/05/2023	Alton 10	Charlie Mitchell	186	01:19:14	10m	HRRL	
14/05/2023	Alton 10	Clare Welch	373	01:52:46	10m	HRRL	
14/05/2023	Alton 10	Dawn Banting	238	01:24:28	10m	HRRL	
14/05/2023	Alton 10	Dyfan Rowlands	170	01:17:23	10m	HRRL	
14/05/2023	Alton 10	Gary Armstrong	73	01:07:23	10m	HRRL	
14/05/2023	Alton 10	Jeffrey Streeter	167	01:17:25	10m	HRRL	
14/05/2023	Alton 10	Jenny Parks	308	01:33:14	10m	HRRL	
14/05/2023	Alton 10	Kayleigh Gyles	119	01:13:44	10m	HRRL	
14/05/2023	Alton 10	Kimberley Churchill	331	01:36:25	10m	HRRL	
14/05/2023	Alton 10	Kirsty Aked	205	01:21:17	10m	HRRL	
14/05/2023	Alton 10	Lisa-Marie Peckover	203	01:20:52	10m	HRRL	
14/05/2023	Alton 10	Mark Bicknell	23	01:02:02	10m	HRRL	
14/05/2023	Alton 10	Mat Sibley	96	01:10:59	10m	HRRL	
14/05/2023	Alton 10	Michael Deller	153	01:16:03	10m	HRRL	
14/05/2023	Alton 10	Michael Harrison	32	01:03:41	10m	HRRL	
14/05/2023	Alton 10	Nicola Thomas	131	01:14:41	10m	HRRL	
14/05/2023	Alton 10	Olivia Hanninen	161	01:16:44	10m	HRRL	
14/05/2023	Alton 10	Paul Harsent	51	01:05:46	10m	HRRL	
14/05/2023	Alton 10	Paul Welch	111	01:13:01	10m	HRRL	
14/05/2023	Alton 10	Peter Murphy	350	01:40:45	10m	HRRL	
14/05/2023	Alton 10	Rob Wilson	43	01:05:07	10m	HRRL	
14/05/2023	Alton 10	Roger Jones	280	01:29:35	10m	HRRL	
14/05/2023	Alton 10	Samantha Morris	116	01:13:28	10m	HRRL	
14/05/2023	Alton 10	Stuart Hoare	288	01:30:31	10m	HRRL	
14/05/2023	Huntsman Triathlon	Belinda Lewis-Jones	55	02:31:00	1200m/33k/10k		
14/05/2023	Goring Gap Run	Tom Cole	9	04:39:27	52k		
21/05/2023	Netley 10K	Andrew Meredith	63	00:39:34	10k	HRRL	
21/05/2023	Netley 10K	Brian Harris	504	01:17:01	10k	HRRL	
21/05/2023	Netley 10K	Christine Perrior	471	01:08:52	10k	HRRL	
21/05/2023	Netley 10K	Clare Welch	382	00:58:55	10k	HRRL	
21/05/2023	Netley 10K	Gary Armstrong	56	00:39:11	10k	HRRL	
21/05/2023	Netley 10K	Gary McCawley	225	00:49:08	10k	HRRL	
21/05/2023	Netley 10K	Jenny Parks	330	00:55:18	10k	HRRL	
21/05/2023	Netley 10K	Kayleigh Gyles	148	00:44:27	10k	HRRL	PB
21/05/2023	Netley 10K	Kimberley Churchill	343	00:55:49	10k	HRRL	
21/05/2023	Netley 10K	Linda Taylor	307	00:53:38	10k	HRRL	
21/05/2023	Netley 10K	Lisa Marie-Peckover	192	00:47:11	10k	HRRL	
21/05/2023	Netley 10K	Marie Wiles	403	01:01:20	10k	HRRL	
21/05/2023	Netley 10K	Mark Bicknell	20	00:36:50	10k	HRRL	PB
21/05/2023	Netley 10K	Michael Deller	135	00:44:00	10k	HRRL	
21/05/2023	Netley 10K	Michael Harrison	23	00:37:05	10k	HRRL	PB
21/05/2023	Netley 10K	Nicola Thomas	154	00:45:02	10k	HRRL	
21/05/2023	Netley 10K	Paul Welch	136	00:44:02	10k	HRRL	
21/05/2023	Netley 10K	Rachael Harrison	320	00:54:36	10k	HRRL	PB
21/05/2023	Netley 10K	Rob Moore	140	00:44:17	10k	HRRL	
21/05/2023	Netley 10K	Rob Wilson	59	00:39:23	10k	HRRL	
21/05/2023	Netley 10K	Roger Jones	220	00:48:53	10k	HRRL	
21/05/2023	Netley 10K	Tracey Crank	487	01:12:09	10k	HRRL	
21/05/2023	Poitiers Futuroscope Marathon Relay	Cathy Price					
23/05/2023	Thrupton	Paul Welch	16	00:42:20	10k		
24/05/2023	Lakeside 5k Race	Alex Blake	56	00:19:06	5k		
24/05/2023	Lakeside 5k Race	John Alwinchle	38	00:18:44	5k		
24/05/2023	Lakeside 5k Race	Kayleigh Gyles	92	00:20:59	5k		
24/05/2023	Lakeside 5k Race	Matthew Russell	16	00:17:16	5K		
24/05/2023	Lakeside 5k Race	Michael Deller	95	00:21:13	5k		
24/05/2023	Lakeside 5k Race	Nicola Thomas	103	00:21:28	5k		
24/05/2023	Lakeside 5k Race	Rick Toovey	63	00:19:20	5k		
24/05/2023	Lakeside 5k Race	Tim Collins	55	00:19:05	5k		
26/05/2023	Phoenix marathon	Martyn Palmer		04:14:00	26.1		
28/05/2023	Ultra ox frolic	Charlie Mitchell	17	07:08:00	33 mlies		
29/05/2023	Ox Half Marathon	Gary Armstrong	6	01:49:00	13.1		
29/05/2023	Ox Half Marathon	Lisa-Marie Peckover	82	03:05:00	13.1		
29/05/2023	Ox Half Marathon	Kirsty Aked	83	03:05:00	13.1		
29/05/2023	Ox Half Marathon	Terry Aked	84	03:05:00	13.1		