

LISS RUNNERS - HARTING MULTI-TERRAIN '10' Sunday 6th August 2023							RESULTS
Place	Bib	Name	Team name	Category	Gender	Time	Pace (time / mile)
1	2	James Baker	Chichester Runners & A.C.	MV40	Male	58:54.4	5:53.4
2	1	Zared Arasaretnam-Hale	Brighton and Hove AC	MV40	Male	59:05.5	5:54.5
3	75	Charlie Pickett	Guildford & Godalming AC	M18-39	Male	1:01:25.2	6:08.5
4	31	Jack Collins	Southsea Fell Runners	M18-39	Male	1:02:22.5	6:14.3
5	6	Julian Manning	Denmead Striders	MV40	Male	1:03:17.8	6:19.8
6	7	Jamie Rendall	Southsea Fell Runners	M18-39	Male	1:03:26.3	6:20.6
7	101	Simon Withers	Unattached	M18-39	Male	1:03:34.0	6:21.4
8	20	Wesley Adams	Chichester Runners & A.C.	M18-39	Male	1:04:41.7	6:28.2
9	71	James Perrett	Alton Runners	M18-39	Male	1:04:43.9	6:28.4
10	3	Alex Hall	Alton Runners	M18-39	Male	1:05:36.3	6:33.6
11	42	Neil Jennings	Romsey Road Runners	M18-39	Male	1:05:57.4	6:35.7
12	4	Simon Jones	Abbey Runners	M18-39	Male	1:07:55.0	6:47.5
13	95	Joe Sykes	Unattached	M18-39	Male	1:08:03.4	6:48.3
14	47	Michael Kwoka	Chichester Runners & A.C.	M18-39	Male	1:08:20.2	6:50.0
15	79	Tony Randell	Unattached	MV50	Male	1:09:23.0	6:56.3
16	54	David Mallard	Stubbington Green Runners	MV40	Male	1:11:38.0	7:09.8
17	34	Fergal Donnelly	Reading Roadrunners	MV50	Male	1:11:48.5	7:10.9
18	74	Jason Phillips	Fareham Runners	M18-39	Male	1:12:09.7	7:13.0
19	84	Alice Robinson	Worthing and District Harriers	F18-39	Female	1:12:12.6	7:13.3
20	81	Gav Roberts	Denmead Striders	MV50	Male	1:12:17.3	7:13.7
21	70	Matt Perks	Unattached	MV40	Male	1:12:33.6	7:15.4
22	63	Robert Nugent	Liss Runners	M18-39	Male	1:12:53.8	7:17.4
23	100	Lee Weeks	Denmead Striders	MV50	Male	1:13:01.0	7:18.1
24	110	Ruud Jonkers	Denmead Striders	M18-39	Male	1:13:15.4	7:19.5
25	80	David Rennie	Unattached	M18-39	Male	1:13:52.6	7:23.3
26	39	Andrew Hook	Alton Runners	M18-39	Male	1:14:55.4	7:29.5
27	58	Andrew Meredith	Denmead Striders	M18-39	Male	1:14:56.9	7:29.7
28	44	Charl Jordaan	Unattached	MV40	Male	1:15:46.3	7:34.6
29	32	Steve Cumes	Stubbington Green Runners	MV50	Male	1:16:06.0	7:36.6
30	104	Franklyn Young	winchester & district ac	MV60	Male	1:16:46.8	7:40.7
31	96	Richard Taylor	Bitcoin Runners	MV40	Male	1:17:12.4	7:43.2
32	212	Edward Wethered	Unattached	MV40	Male	1:17:35.8	7:45.6
33	49	Natalie Lawrence	Portsmouth Triathletes	F18-39	Female	1:17:38.3	7:45.8
34	112	Anna Mosbauer	Liss Runners	F18-39	Female	1:17:38.4	7:45.8
35	90	Mat Sibley	Denmead Striders	MV50	Male	1:17:55.8	7:47.6
36	46	Dean Kellaway	Haslemere & Border AC	MV40	Male	1:17:58.9	7:47.9
37	107	Christian Coles	Alton Runners	MV40	Male	1:19:36.6	7:57.7
38	78	Martyn Poore	Stubbington Green Runners	M18-39	Male	1:19:41.5	7:58.2
39	87	Gav Saunders	Liss Runners	M18-39	Male	1:20:39.5	8:03.9
40	37	George Groves	Unattached	M18-39	Male	1:21:32.4	8:09.2
41	76	Jess Pilgrim	Hook Runners	F18-39	Female	1:21:43.3	8:10.3
42	50	James Lee	Fareham Runners	M18-39	Male	1:21:50.4	8:11.0
43	121	Kirsty Aked	Denmead Striders	FV40	Female	1:22:27.9	8:14.8
44	67	Jo Payze	Unattached	FV50	Female	1:22:36.8	8:15.7
45	108	Louis Rose-Davies	Non Affiliated	F18-39	Female	1:22:39.9	8:16.0
46	57	Alan McVittie	Denmead Striders	MV60	Male	1:22:51.7	8:17.2
47	30	Justin Clarke	Farnham Runners	MV60	Male	1:22:54.6	8:17.5
48	73	Laura Phillips	Abbey Runners	F18-39	Female	1:22:59.8	8:18.0
49	85	Ben Roddis	Alton Runners	M18-39	Male	1:23:07.1	8:18.7
50	114	Sam Thompson	Unattached	M18-39	Male	1:23:07.7	8:18.8
51	77	Helen Pool	Reading Roadrunners	FV40	Female	1:23:44.7	8:22.5
52	68	Alex Peck	Unattached	M18-39	Male	1:23:59.6	8:24.0
53	217	Terry Wood	Unattached	M18-39	Male	1:24:08.7	8:24.9
54	102	Matt Wreford	Unattached	MV40	Male	1:24:20.8	8:26.1
55	188	Warwick Parker	Liss Runners	MV40	Male	1:24:28.1	8:26.8
56	147	Brian Frost	Horsham Joggers	MV60	Male	1:24:41.8	8:28.2
57	97	Nicola Thomas	Denmead Striders	FV40	Female	1:24:46.2	8:28.6
58	25	Tom Benjamin	Unattached	M18-39	Male	1:24:58.7	8:29.9
59	38	Sam Gyles	Unattached	M18-39	Male	1:25:30.5	8:33.1
60	206	Ben Sykes	Unattached	M18-39	Male	1:25:39.7	8:34.0
61	246	Anthony Ansell	Coastal Striders	MV60	Male	1:26:00.4	8:36.0
62	94	Lauren Swatton	Canicross sussex	F18-39	Female	1:26:05.0	8:36.5

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Place	Bib	Name	Team name	Category	Gender	Time	Pace (time / mile)
63	69	Bob Pentland	portsmouth joggers	MV60	Male	1:26:07.2	8:36.7
64	53	Craig Lunn	Baffins Fit Club	MV40	Male	1:26:33.5	8:39.4
65	111	Richard Straughan	Southsea Fell Runners	M18-39	Male	1:26:40.7	8:40.1
66	222	Nicholas Arini	Liss Runners	MV40	Male	1:27:18.4	8:43.8
67	72	Alan Pettitt	Horsham Joggers	MV60	Male	1:27:28.7	8:44.9
68	113	Rose Grey	Non Affiliated	F18-39	Male	1:27:33.7	8:45.4
69	221	Paul Chantler	Horsham Joggers	MV50	Male	1:27:40.8	8:46.1
70	128	Stuart Bamberger	Stubbington Green Runners	MV50	Male	1:28:04.7	8:48.5
71	35	James Goodwin	Farnham Runners	MV50	Male	1:28:13.9	8:49.4
72	135	Chris Counsell	Unattached	MV50	Male	1:28:14.3	8:49.4
73	167	Del King	Denmead Striders	MV50	Male	1:28:19.1	8:49.9
74	220	Andrew Tarrant	Alton Runners	MV50	Male	1:28:23.0	8:50.3
75	127	Richard Bacon	Alton Runners	MV70	Male	1:28:39.2	8:51.9
76	154	Rory Heard	Denmead Striders	MV50	Male	1:28:43.0	8:52.3
77	92	Jason Smith	Baffins Fit Club	MV50	Male	1:29:06.4	8:54.6
78	61	Paul Mulcahy	Unattached	M18-39	Male	1:29:08.0	8:54.8
79	184	G P Newton	Bournemouth AC	MV70	Male	1:29:37.6	8:57.8
80	191	Rebecca Ramsey	Horsham Joggers	FV50	Female	1:29:48.3	8:58.8
81	51	Andy Lee	Stubbington Green Runners	MV60	Male	1:29:55.7	8:59.6
82	186	Esther Park	Bitcoin Runners	FV40	Female	1:30:15.1	9:01.5
83	22	Karen Ash	JellyLegs Deal	FV50	Female	1:30:23.8	9:02.4
84	89	Philip Scrase	Alton Runners	MV60	Male	1:30:27.7	9:02.8
85	29	Michelle Butler	Victory AC	FV50	Female	1:30:41.0	9:04.1
86	187	Kate Parker	Liss Runners	FV40	Female	1:32:30.2	9:15.0
87	149	Darren Garfoot	Alton Runners	MV50	Male	1:32:49.6	9:17.0
88	27	Katy Bradley	Stubbington Green Runners	FV50	Female	1:32:51.8	9:17.2
89	175	Dave Mansley	Unattached	MV60	Male	1:33:06.7	9:18.7
90	198	Ian Simpson	Liss Runners	M18-39	Male	1:33:10.2	9:19.0
91	134	Steve Connolly	swindon harriers	MV70	Male	1:33:58.4	9:23.8
92	181	Steve Murphy	Farnham Runners	MV60	Male	1:34:03.8	9:24.4
93	43	Roger Jones	Denmead Striders	MV60	Male	1:34:14.2	9:25.4
94	185	Paul Norris	Baffins Fit Club	MV40	Male	1:34:15.3	9:25.5
95	115	Charlotte L	Non Affiliated	F18-39	Female	1:34:20.1	9:26.0
96	169	Tracy Langdale	Stubbington Green Runners	FV50	Female	1:34:25.4	9:26.5
97	41	Penny Jennings	Romsey Road Runners	FV60	Female	1:34:32.0	9:27.2
98	28	Robin Bruce	Basingstoke & Mid Hants AC	MV60	Male	1:34:38.2	9:27.8
99	215	Ian Wilcox	Horsham Joggers	MV60	Male	1:35:04.5	9:30.4
100	171	Alison Lawrence	Stubbington Green Runners	FV40	Female	1:36:12.3	9:37.2
101	183	Marcus Neal	Sheet Striders	MV60	Male	1:36:15.8	9:37.6
102	23	Lindsay Bamford	Farnham Runners	FV50	Female	1:36:23.2	9:38.3
103	139	David Dalton	Alton Runners	MV50	Male	1:36:28.3	9:38.8
104	168	David Kinsella	Unattached	MV50	Male	1:37:03.1	9:42.3
105	146	Danny Fossett	Portsmouth Triathletes	M18-39	Male	1:37:03.2	9:42.3
106	132	Richard Cherriman	Horsham Joggers	MV60	Male	1:37:38.9	9:45.9
107	179	Kelly Mulcahy	Unattached	FV40	Female	1:37:45.8	9:46.6
108	214	Caroline Whiting	Denmead Striders	FV50	Female	1:38:34.8	9:51.5
109	133	Jim Clow	Victory AC	MV70	Male	1:38:53.2	9:53.3
110	176	Sara McRitchie	Stubbington Green Runners	FV40	Female	1:39:13.6	9:55.4
111	109	Quentin Davies	Non Affiliated	MV50	Male	1:39:17.4	9:55.7
112	65	Jenny Parks	Denmead Striders	FV50	Female	1:39:37.6	9:57.8
113	178	Grant Mikelas	Unattached	M18-39	Male	1:39:44.3	9:58.4
114	177	Trevor Mikelas	Unattached	MV60	Male	1:39:44.7	9:58.5
115	190	Robert Priday	Unattached	MV60	Male	1:39:58.0	9:59.8
116	164	Paul Judge	Liss Runners	MV60	Male	1:40:15.9	10:01.6
117	205	Corinne Lesley Sutherland	hedge end running club	FV50	Female	1:40:19.7	10:02.0
118	216	Daniel Williams	Cranleigh Runners	MV50	Male	1:40:24.1	10:02.4
118	36	Karla Graham	Fareham Crusaders Running Club	FV50	Female	1:40:24.1	10:02.4
120	166	Lee King	Unattached	FV50	Female	1:41:08.8	10:06.9
121	126	Jim Armitage	Alton Runners	MV60	Male	1:41:19.8	10:08.0
122	204	Ian Stott	Victory AC	MV50	Male	1:41:22.0	10:08.2
123	156	Peter Horton	Unattached	MV50	Male	1:41:43.4	10:10.3
124	173	Carole Lipscombe	Unattached	FV60	Female	1:42:23.6	10:14.4

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124	163	Diana Jordan	Unattached	FV60	Female	1:42:23.6	10:14.4
126	248	Robert Jochimsen	Horsham Joggers	MV50	Male	1:42:32.4	10:15.2
127	219	Filip Zimnoch	Unattached	M18-39	Male	1:42:51.8	10:17.2
128	194	Vanessa Robinson	Unattached	FV50	Female	1:42:53.5	10:17.4
129	21	Julie Allan	Baffins Fit Club	FV50	Female	1:43:02.5	10:18.2
130	55	Samantha Mallon	Unattached	F18-39	Female	1:43:06.2	10:18.6
131	195	Kevin Scott	Waverley Harriers	MV70	Male	1:43:09.2	10:18.9
132	145	Brett Fisher	Unattached	M18-39	Male	1:43:20.1	10:20.0
133	26	Sam Bird	Unattached	M18-39	Male	1:43:21.8	10:20.2
134	150	Amy Gaunt	Denmead Striders	FV40	Female	1:43:56.8	10:23.7
135	203	Chris Stapleton	Run academy Worthing	MV50	Male	1:44:00.9	10:24.1
136	202	Jayn Stapleton	Run academy Worthing	FV50	Female	1:44:06.2	10:24.6
137	106	Laurence Milburn	Unaffiliated	M18-39	Male	1:45:43.1	10:34.3
138	189	Amanda Phelan	Clanfield Joggers	FV50	Female	1:45:54.1	10:35.4
139	199	Lorna Smith	Clanfield Joggers	FV50	Female	1:45:55.9	10:35.6
140	170	Jane Law	Alton Runners	FV50	Female	1:46:00.7	10:36.1
141	208	Ian Urquhart	Alton Runners	MV60	Male	1:46:15.7	10:37.6
142	172	Gina Ledger	portsmouth joggers	F18-39	Female	1:46:19.1	10:37.9
143	86	Sue Rymer	Unattached	FV50	Female	1:46:27.0	10:38.7
144	148	Hannah Gardner	Alton Runners	F18-39	Female	1:47:12.9	10:43.3
145	105	Martin Drysdale	Unaffiliated	MV50	Male	1:47:51.4	10:47.1
146	140	Elisabeth Dawson	Unattached	FV50	Female	1:48:09.5	10:48.9
147	123	Paul Allison	Unattached	MV50	Male	1:48:27.2	10:50.7
148	59	Richard Moore	Unattached	MV60	Male	1:49:00.9	10:54.1
149	159	Hollie Jackson	Unattached	F18-39	Female	1:49:15.6	10:55.6
150	211	Jeremy Webb	LPGC	MV50	Male	1:49:17.6	10:55.8
151	60	Karen Morby	gosport road runners	FV50	Female	1:49:22.5	10:56.2
152	224	Ian Leighfield		M18-39	Male	1:49:29.6	10:57.0
153	137	Ellis Crook	netley abbey runners	M18-39	Male	1:50:28.1	11:02.8
154	192	Tom Reader	gosport road runners	MV50	Male	1:50:59.9	11:06.0
155	120	Louise Abbott	Vegan Runners	FV40	Female	1:51:33.4	11:09.3
156	180	Cate Mullen	Vegan Runners	FV40	Female	1:51:48.9	11:10.9
157	129	Laura Burns	Baffins Fit Club	F18-39	Female	1:52:47.9	11:16.8
158	130	Salvina Cawte	gosport road runners	FV60	Female	1:53:10.4	11:19.0
159	193	Honor Reader	gosport road runners	FV50	Female	1:53:16.0	11:19.6
160	162	Hayley Jones	Liss Runners	FV40	Female	1:54:08.4	11:24.8
161	138	Wendy Cumes	Stubbington Green Runners	FV50	Female	1:54:35.0	11:27.5
162	213	Wendy Whelan	Chichester Runners & A.C.	FV70	Female	1:54:52.9	11:29.3
163	200	Colin Southwell	Baffins Fit Club	MV60	Male	1:56:09.3	11:36.9
164	160	Lisa Jakins	gosport road runners	FV40	Female	1:56:13.1	11:37.3
165	142	Shirley Faichen	gosport road runners	FV60	Female	1:57:22.5	11:44.3
166	240	Mike Barker	gosport road runners	MV70	Male	1:59:03.9	11:54.4
167	93	Zoe Strachan	Unattached	F18-39	Female	1:59:07.8	11:54.8
168	174	Darren Mansfield	Alton Runners	MV50	Male	1:59:26.4	11:56.6
169	125	James Archer	Unattached	MV40	Male	1:59:35.4	11:57.5
170	161	Peter Jenkins	Worthing striders	MV70	Male	1:59:44.1	11:58.4
171	155	Jordan Hiscock	Unattached	M18-39	Male	1:59:57.4	11:59.7
172	64	Natasha Palmer	Foxy Ladies	FV40	Female	2:00:03.1	12:00.3
173	66	Deb Patching	bognor regis tone zone runners	FV60	Female	2:02:06.6	12:12.7
174	157	George Howarth	Stubbington Green Runners	MV60	Male	2:02:21.9	12:14.2
175	143	Lionel Fanshawe	Unattached	MV60	Male	2:03:02.2	12:18.2
176	207	Yvonne Thatcher	Paphos Running Club	MV60	Male	2:03:16.9	12:19.7
177	201	Tara Stannett	netley abbey runners	FV50	Female	2:03:40.1	12:22.0
177	158	Sarah Hughes	netley abbey runners	FV50	Female	2:03:40.1	12:22.0
179	244	Jan Shaw	Stubbington Green Runners	FV50	Female	2:05:25.7	12:32.6
180	197	Cliff Shaw	Stubbington Green Runners	MV60	Male	2:05:28.4	12:32.8
181	131	Stephen Cawte	gosport road runners	MV60	Male	2:05:29.3	12:32.9
182	144	Debby Ferre	Romsey Road Runners	FV50	Female	2:06:16.0	12:37.6
183	253	Julie Shanker	Romsey Road Runners	FV40	Female	2:06:20.4	12:38.0
184	251	Joanne Ryan	Unattached	FV50	Female	2:06:49.5	12:40.9
185	152	Sarah Hart	Alton Runners	FV40	Female	2:06:51.2	12:41.1
186	91	Colin Simmons	Chichester Runners & A.C.	MV50	Male	2:07:16.9	12:43.7

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Place	Bib	Name	Team name	Category	Gender	Time	Pace (time / mile)
187	99	Fran Waterman	Baffins Fit Club	FV40	Female	2:07:41.5	12:46.2
188	243	Helen Mayhead	Baffins Fit Club	FV50	Female	2:07:42.4	12:46.2
189	218	Nicola Wright	Baffins Fit Club	FV50	Female	2:07:42.7	12:46.3
190	242	Julian Lee	Unattached	MV40	Male	2:08:32.9	12:51.3
191	252	Robert Sawers	Victory AC	MV60	Male	2:08:46.2	12:52.6
192	196	Louise Scott	Unattached	F18-39	Female	2:11:03.8	13:06.4
193	254	Cat Underwood	Unattached	FV40	Female	2:11:04.3	13:06.4
194	122	Vicki Allison	Unattached	FV50	Female	2:12:02.0	13:12.2
195	249	Jane Nockemann	portsmouth joggers	FV60	Female	2:21:33.9	14:09.4
196	250	Debbie Pentland	Unattached	FV60	Female	2:21:39.1	14:09.9
197	223	Andy McMillan	Vegan Runners	MV50	Male	2:24:25.4	14:26.5