

## Four Marks 10k - 7 July 2019 - Results

Race No.	Forename	Surname	Club	Gender	Age Cat	Time	Position
692	Paul	Mitchinson	Victory AC	M	MSnr	39.53	1
683	Carlos	Garcia	Alton Runners	M	MSnr	41.14	2
609	James	Cole		M	MSnr	41.17	3
607	Josh	Chivers		M	MSnr	41.41	4
658	Martin	Rossiter		M	MV40	42.00	5
625	Alex	Hall	Alton Runners	M	MSnr	42.39	6
699	Chris	Sandy	Stubbington Green	M	MSnr	43.03	7
636	Neil	Kinder	Alton Runners	M	MV50	43.26	8
695	Alice	Calder	Winchester & District AC	F	FSnr	43.48	9
642	Peter	Masson		M	MV40	44.00	10
621	Tom	Frost	Liss Runners	M	MV50	44.07	11
627	Andrew	Hook	Alton Runners	M	MSnr	44.22	12
628	Richard	Hoult		M	MV40	44.37	13
674	Philip	Porter		M	MV40	44.44	14
660	Olly	Shadbolt		M	MV40	44.54	15
677	Christian	Coles		M	MV40	45.32	16
608	David	Coldicott		M	MV40	45.43	17
704	Brigham	Collins		M	MSnr	45.48	18
687	Jamie	Kilner-Smith	Alton Runners	M	MV40	46.03	19
616	Eli	Dawson	Alton Runners	M	MSnr	46.26	20
661	Alistair	Smith		M	MSnr	46.28	21
641	Adam	Maskill		M	MSnr	47.36	22
676	Adrian	Lambeth	Alton Runners	M	MV40	47.47	23
633	Leon	Jones	Winchester & District AC	M	MV40	48.06	24
613	Oliver	Cover		M	MSnr	48.09	25
612	Matt	Cover		M	MSnr	48.18	26
664	Andrew	Tarrant	Winchester & District AC	M	MV50	48.24	27
682	Daniel	Castro	Alton Runners	M	MSnr	49.18	28
632	Dean	Jones	Lordshill Road Runners	M	MV40	49.32	29
644	Jack	Mills		M	MSnr	50.00	30
631	Stuart	Jackson		M	MV40	50.47	31
703	Zoe	McAndrew		F	FV35	50.57	32
655	Glenn	Priestley		M	MSnr	51.17	33
700	Chris	Harrop		M	MV50	51.27	34
694	John	Greenhalsh		M	MV60	51.39	35
690	Diane	Mattingly	Lordshill Road Runners	F	FV45	51.57	36
684	Matthew	Wills		M	MSnr	52.17	37
680	Rachel	Heapy		F	FV35	52.44	38
647	Darren	Morrish	Alton Runners	M	MV40	53.32	39
691	Daniela	Mattingly	Lordshill Road Runners	F	FSnr	53.54	40
697	Kyle	Holloway		M	MSnr	54.10	41
688	Mike	Jones	South Midlands Orienteering Club	M	MV60	54.22	42
619	Marc	Elton		M	MV40	54.33	43
635	James	Killing		M	MV40	54.48	44
659	Cara	Shadbolt		F	FV45	54.53	45
702	Matthew	Stenon	Four Marks Running	M	MV40	55.07	46
689	Diana	Jordan		F	FV55	56.41	47
698	Philip	Warner		M	MV40	56.43	48
648	Louise	Morrish	Alton Runners	F	FV45	56.53	49
670	Vicky	Varmer		F	FV35	56.55	50
638	Gordon	Law	Alton Runners	M	MV50	56.57	51
611	Christopher	Collins		M	MV60	56.59	52
696	James	White		M	MV40	57.15	53
617	Ellie	Duddridge		F	FV45	57.29	54
652	Andy	Palmer	Four Marks Fitness	M	MV60	57.37	55
653	Kristie	Parker	Hook Runners	F	FV35	57.39	56
657	Anna	Rohr	Hook Runners	F	FV45	57.39	57

669	Ian	Urquhart	Alton Runners	M	MV50	57.44	58
679	Hugh	Bethell	Alton Runners	M	MV70	57.49	59
603	Andy	Bishop		M	MV60	58.14	60
634	Craig	Kelly		M	MSnr	58.37	61
671	Helen	Walters	Alton Runners	F	FV45	58.56	62
693	Ian	Truesdale		M	MV50	59.11	63
678	Carole	Liscombe		F	FV55	59.36	64
605	Jacqui	Brunt		F	FV35	59.52	65
637	Jane	Law	Alton Runners	F	FV45	60.00	66
614	Cathy	Cross		F	FV45	60.46	67
651	Ian	Nelson		M	MV50	61.10	68
673	Andrew	Wyeth		M	MV50	61.10	69
601	Jim	Armitage	Alton Runners	M	MV50	61.57	70
600	Rachel	Adams		F	FV45	63.02	71
681	Rosie	Lewis		F	FV55	63.02	72
654	Jill	Penn		F	FV55	64.00	73
640	Andy	Lowe		M	MV50	64.37	74
646	Bob	Monk		M	MV60	65.44	75
624	Jenni	Griffin		F	FV35	66.04	76
623	Dave	Griffin		M	MV40	66.04	77
668	Diane	Urquhart	Alton Runners	F	FV55	66.25	79
602	Patricia	Bacon	Alton Runners	F	FV65	66.52	80
610	Kelly	Coleman		F	FV35	66.55	81
656	Sally	Ravenhill	Alton Runners	F	FV55	67.02	82
686	Lloyd	Nicholls		M	MV40	67.15	83
701	Jo	Lao		F	FSnr	68.14	84
626	Anya	Higgins		F	FV45	69.35	85
672	Lisa	Williamson		F	FV45	69.35	86
666	Emma	Thomas	Alton Runners	F	FV35	70.38	87
618	Karen	Eckworth	Alton Runners	F	FV55	70.38	88
639	Nicola	Layland		F	FV35	71.23	89
606	Julie	Cairns		F	FV55	71.35	90
604	Cathy	Boyes	Alton Runners	F	FV35	72.16	91
675	Nicola	Rivett	Alton Runners	F	FV35	72.20	92
685	Ryan	McGreavey	Alton Runners	M	MSnr	75.13	93
667	Steve	Till	Basingstoke & Mid Hants AC	M	MV60	77.32	94