

Four Marks 10k category winners - 2022

10k Men Senior

Number	First Name	Surname	Time
950	Aden	Becc	00:38:46
914	Alex	Hall	00:39:14
920	Andrew	Hook	00:43:40

10k Men +40

Number	First Name	Surname	Time
936	Ben	Nutley	00:38:32 1st Male
956	Lee	Caiels	00:42:22
953	Richard	Taylor	00:42:51

10k Men +50

Number	First Name	Surname	Time
975	Tom	Dawson	00:46:37
959	Terry	Peith	00:50:29
899	John	Ayling	00:54:00

10k Men +60

Number	First Name	Surname	Time
911	Robert	Ford	00:44:26
957	Richard	Bacon	00:52:55
955	Chris	Smith	00:53:32

10k Men +70

Number	First Name	Surname	Time
921	Christopher	Jackson	00:55:37

10k Women Senior

Number	First Name	Surname	Time
946	Rachel	Walsh	00:45:31
935	Carike	Moolman	00:48:43
919	Abbie	Hook	00:52:08

10k Women +35

Number	First Name	Surname	Time
944	Rebecca	Stark	00:44:55 1st Female
907	Kimberley	Collins	00:56:44
968	Hannah	Radford	01:07:57

10k Women +45

Number	First Name	Surname	Time
971	Rebecca	Burnett	00:54:50
966	Cara	Shadbolt	00:59:29
965	Fran	Light	01:01:40

10k Women +55

Number	First Name	Surname	Time
939	Debbie	Rhodes	00:51:02
949	Caroline	Wilson	00:57:43
923	Diana	Jordan	00:58:10

Four Marks 5k category winners - 2022**5K Winners - Male**

Number	First Name	Surname	Time
724	Sam	Larcombe	18:56
700	Joe	Badham	20:00
708	Ross	Wayne	22:16

5K Winners - Female

Number	First Name	Surname	Time
706	Amy	Thornley	27:30
709	Zodwa	Chasokela	33:44

5K - U16 Winner girl

Number	First Name	Surname	Time
730	Amy	Kilner-Smith	23:35

5K - U16 Winner Boy

Number	First Name	Surname	Time
725	Max	Elton	28:23