

The Rotary Clubs of Saxmundham and Framlingham

2017 Heritage Coast Run - Final Results

Red Route - 26 Miles			Yellow Route - 13 Miles			Blue Route - 6 Miles				
Runner		Time	Runner		Time	Runner		Time		
69	Barnaby Rufford	3h 4m 34s	1	346	Allen Smalls	1h 21m 47s	1	660	Jim Last	0h 34m 42s
29	Colin Harper	3h 16m 19s	2	253	Luke Wood	1h 24m 51s	2	819	Mark Harrod	0h 35m 56s
83	Benjamin Jacobs	3h 18m 51s	3	376	Ben Caisey	1h 27m 0s	3	739	James Wilson	0h 36m 32s
81	Thomas Mann	3h 22m 28s	4	254	Darren Sheppard	1h 28m 11s	4	771	Russell Brown	0h 37m 26s
94	Malcolm Statham	3h 28m 30s	5	341	Chris Witmore	1h 28m 42s	5	789	Max Livingstone-Learmonth	0h 39m 20s
3	Iain Wilson	3h 31m 16s	6	256	Nick Hammond	1h 28m 44s	6	647	Oscar Wood	0h 39m 47s
48	Shaun Cleworth	3h 31m 53s	7	257	Chris Leek	1h 28m 52s	7	555	Gregor Kennedy	0h 39m 50s
72	Andy Martin	3h 35m 38s	8	373	Paul Rayner	1h 30m 18s	8	672	Steve Garvie	0h 40m 0s
77	Richard Smith	3h 35m 53s	9	292	Daniel Saulter	1h 30m 25s	9	790	Sarah Dudgeon	0h 40m 7s
35	Matt Ford-Thomas	3h 38m 49s	10	321	Ben Churchman	1h 30m 36s	10	661	Will Aldred	0h 40m 21s
76	Chris Hargreaves	3h 41m 46s	11	310	Nick Barberis	1h 30m 37s	11	712	Aiden Church	0h 41m 2s
78	Aaron Shrimpton	3h 43m 44s	12	332	Glynn Thomas	1h 31m 4s	12	623	Stuart Alexander	0h 41m 17s
10	Peter Hodgson	3h 49m 21s	13	198	Karim Quaddane	1h 32m 15s	13	801	Benjamin Ficken	0h 41m 29s
41	Graham Coulter	3h 51m 36s	14	301	Lloyd Scriven	1h 32m 31s	14	668	John Aldred	0h 42m 17s
84	Tom Haslam	3h 53m 40s	15	403	Tom Ames	1h 33m 39s	15	720	Jason Marter	0h 42m 46s
36	Dave Solomon	3h 58m 22s	16	181	Paul Rea	1h 34m 11s	16	674	Stewart Hambling	0h 43m 50s
61	John Bennett	3h 57m 16s	17	320	Adam Graham	1h 34m 53s	17	698	Philip Beer	0h 44m 24s
82	Jess Farthing	3h 57m 25s	18	328	Mark Duncan	1h 34m 54s	18	807	Nick Robbins	0h 44m 27s
22	Mary Narey	3h 57m 31s	19	356	John Glanfield	1h 35m 14s	19	713	Kyle Church	0h 44m 54s
8	Stuart Kibble	3h 58m 0s	20	218	Thomas Abbott	1h 35m 57s	20	651	John-Paul McKee	0h 45m 1s
80	Sean Newson	3h 58m 46s	21	354	Tom Fowler	1h 36m 11s	21	670	Simon Tinkler	0h 45m 30s
18	Matthew Coates	4h 3m 12s	22	360	Mark Allen	1h 37m 27s	22	835	J Howards	0h 45m 32s
44	Stephen Curran	4h 4m 23s	23	234	James Cornish	1h 37m 34s	23	619	Ben Deacon	0h 45m 39s
93	Lee Phillips	4h 5m 39s	24	333	Simon O'Malley	1h 37m 49s	24	822	Tom Hunnisett	0h 45m 46s
40	Mandi Moyse	4h 5m 41s	25	410	Steven King	1h 39m 45s	25	731	John Nodder	0h 46m 20s
2	Ben Dean	4h 11m 21s	26	251	Robin Mackenzie	1h 39m 52s	26	754	John Gibbons	0h 46m 26s
43	Kenneth Tovell	4h 12m 30s	27	238	Tom Alexander	1h 41m 3s	27	710	Penny Studley	0h 46m 31s
42	Ian Kennedy	4h 12m 39s	28	231	Emilie Wix	1h 41m 19s	28	850	Mike Rowe	0h 46m 44s
74	Shane Allum	4h 15m 10s	29	224	Robin Harper	1h 41m 31s	29	864	Joe Gilson	0h 46m 49s
75	Robert Reason	4h 19m 0s	30	305	Mandy Coleman	1h 41m 38s	30	714	David Fordham	0h 46m 56s
88	Dave Casey	4h 23m 44s	31	171	Gary McDonald	1h 41m 44s	31	566	Roger Bacon	0h 47m 6s
71	Charlie Martin	4h 23m 52s	32	377	Susannah Rose-Innes	1h 41m 48s	32	849	Becci Leddy	0h 47m 20s
79	Brummell Gonzalez	4h 27m 39s	33	367	Joey Clements	1h 41m 55s	33	901	Ellie Mayne	0h 47m 27s
67	Daniel Day	4h 31m 51s	34	199	Jane Nodder	1h 42m 7s	34	563	Jenni Askew-Martin	0h 47m 35s
13	Karen Peck	4h 31m 58s	35	399	Nathan Thompson	1h 43m 3s	35	828	Rose Westall	0h 47m 44s
73	Peter Jay	4h 34m 30s	36	339	Simon Zavalir	1h 43m 14s	36	772	Rachel Gillings	0h 48m 24s
68	Karen Williamson	4h 36m 17s	37	400	Mina Tsofanova	1h 43m 35s	37	567	Bill Gerrish	0h 48m 36s
34	Chris Murray	4h 36m 46s	38	311	Victoria Brown	1h 43m 53s	38	749	Brendan Kelly	0h 48m 40s
85	Roger Taylor	4h 36m 51s	39	279	Andrew Jackson	1h 44m 33s	39	721	Robert Mawson	0h 48m 51s
25	Gin Lawson	4h 38m 13s	40	235	Mark Austin	1h 44m 50s	40	843	Hazel Garrity	0h 50m 16s
26	Matt Saunders	4h 38m 20s	41	315	Damian Royal	1h 44m 51s	41	865	Ben Starkie	0h 50m 22s
24	Daniel Smith	4h 39m 19s	42	287	Darrel Roberts	1h 45m 30s	42	844	Terry Garrity	0h 50m 24s
6	Harry Smith	4h 41m 25s	43	335	Paul Thomas	1h 45m 33s	43	691	Nick McCowen	0h 50m 30s
90	James Hemsley	4h 45m 45s	44	358	David Wright	1h 46m 40s	44	838	Manda Deacon	0h 50m 37s
32	Diane Parton	4h 45m 55s	45	324	Shaun Good	1h 46m 51s	45	760	Matthew Jackson	0h 50m 41s
30	Sharon Harper	4h 47m 58s	46	342	Gabriel Martins	1h 47m 4s	46	683	Davina Swindell	0h 50m 43s
19	Clare Rowe	4h 48m 0s	47	371	Derek Daly	1h 47m 25s	47	662	Isobel Gilmour	0h 50m 51s
7	Tina Belsom	4h 51m 43s	48	233	Rosie O'Neill	1h 48m 5s	48	666	Linda Aldred	0h 50m 54s
1	York Deavers	4h 52m 21s	49	216	Matt Sims	1h 48m 8s	49	656	Jon Moodie	0h 50m 55s
28	Nigel Abbott	4h 54m 35s	50	389	Adrian Ebbs	1h 48m 21s	50	655	Clare Moodie	0h 50m 57s
96	Samantha Ingram	4h 54m 50s	51	398	Chris Sugars	1h 48m 29s	51	735	Gloria Smith	0h 51m 2s
95	Ian Sillett	4h 58m 47s	52	319	Mark Womack	1h 48m 43s	52	762	Alison Fox	0h 51m 4s
21	Richard Fellingham	5h 0m 7s	53	347	Jacob Cook	1h 49m 16s	53	765	Leo Norris	0h 51m 11s
86	Frank Holmes	5h 0m 52s	54	252	Anthony Maclean	1h 49m 41s	54	594	Annie Cook	0h 51m 14s
87	Carina Sewell	5h 0m 54s	55	298	Matthew Eveleigh	1h 49m 46s	55	839	Adrian Hine	0h 51m 16s
33	Gemma Colling	5h 13m 40s	56	312	Jake Church	1h 50m 6s	56	779	Julian Holland-Gladwish	0h 51m 18s
39	Jill Towns	5h 19m 13s	57	351	Andrew Greenwell	1h 50m 51s	57	564	James Coughlan	0h 51m 21s
89	Bert Park	5h 19m 55s	58	349	Iain Johnstone	1h 50m 55s	58	761	Catherine Jackson	0h 51m 22s
53	Kate Stannett	5h 20m 30s	59	260	James Howlett	1h 50m 58s	59	770	Mick Taylor	0h 51m 29s
98	Jan Hart	5h 31m 0s	60	293	Jo Plumb	1h 51m 4s	60	837	J Theobald	0h 51m 32s
27	Peter Woods	5h 37m 40s	61	236	Sarah Lewis	1h 51m 47s	61	551	Philip Sutton	0h 51m 35s
9	Carole Challis	5h 37m 41s	62	357	Mike Carpenter	1h 52m 9s	62	614	Fliiss Kindred Kirk	0h 51m 43s
38	Mark Goodwin	5h 37m 44s	63	255	Richard Higgins	1h 52m 14s	63	706	Michael Green	0h 51m 46s
50	Simon Wiggins	5h 38m 0s	64	391	Ker Macrosson	1h 52m 41s	64	836	D Farrow	0h 51m 48s
20	Anneli Ostler	6h 32m 24s	65	309	Paul Gateley	1h 52m 56s	65	621	Daniel Richardson	0h 51m 58s
101	Imogen Howarth	6h 32m 25s	66	175	Archie Cotterill	1h 53m 23s	66	709	Sandra Mayhew	0h 52m 12s
100	Keith Borrett	6h 32m 27s	67	404	Ashley Lydiate	1h 53m 27s	67	852	Amanda Janes	0h 52m 16s
99	Joe Naughton	6h 32m 28s	68	223	Alan Kersey	1h 53m 33s	68	637	Deborah Chappell	0h 52m 30s
70	Claire Blanchford	6h 32m 30s	69	190	Jo Bisset-Smith	1h 53m 36s	69	783	Jamie Smith	0h 52m 32s
66	Jeanne Lynch-Aird	6h 33m 30s	70	185	Alex Batho	1h 53m 43s	70	782	Rebecca Snith	0h 52m 34s
97	Kurt Bullock	6h 47m 13s	71	153	David Garnham	1h 53m 52s	71	600	Gary Lowe	0h 52m 36s
91	Nicola Whymark	7h 7m 26s	72	214	Daniel Watley	1h 54m 44s	72	575	Chris Rachlin	0h 52m 40s
92	Jill Wright	7h 7m 28s	73	180	Caroline Janes	1h 54m 56s	73	565	Gemma Bacon	0h 52m 47s
52	Charlie Stannett	7h 10m 30s	74	161	Steven Whitmore	1h 55m 35s	74	708	Graham Wigley	0h 52m 49s
			75	202	Jonathan Wilding	1h 55m 47s	75	778	Nikki Holland-Gladwish	0h 53m 4s

76	329	Malcolm Todd	1h 56m 0s	76	876	Kerry Potter	0h 53m 6s
77	387	Duncan Skails	1h 56m 14s	77	759	Kevin Mayne	0h 53m 8s
78	307	Kate Sellick	1h 56m 19s	78	667	Nicky Roper	0h 53m 14s
79	336	MarceLKok	1h 56m 38s	79	726	Sasha Campbell	0h 53m 20s
80	291	Jeroen Wunnman	1h 57m 5s	80	593	Michael Cook	0h 53m 48s
81	314	Emma Goodman	1h 57m 21s	81	624	Chris Gutteridge	0h 54m 18s
82	303	Ruth King	1h 57m 22s	82	736	Shannen Church	0h 54m 28s
83	237	Ben Solway	1h 57m 34s	83	882	John Martin	0h 54m 29s
84	302	Rowena de Belligny	1h 58m 0s	84	648	Tamasin Wood	0h 54m 30s
85	193	Kerstin Langer	1h 58m 10s	85	715	Jodie Lee	0h 54m 32s
86	370	John Scott	1h 58m 12s	86	711	Christopher Lucas	0h 54m 35s
87	313	David Mercer	1h 58m 44s	87	805	Philip Steward	0h 54m 43s
88	344	Andrew Cann	1h 59m 5s	88	663	William Gilmour	0h 54m 45s
89	304	Benjamin King	1h 59m 18s	89	742	Graham Waudby	0h 55m 5s
90	263	Doris Willmont	1h 59m 51s	90	818	Rebecca Bottjer	0h 55m 7s
91	239	Jo Cresdee	1h 59m 58s	91	671	Holly Burrows	0h 55m 9s
92	388	Ali Middleton	2h 0m 36s	92	659	Elsbeth Gilmour	0h 55m 11s
93	355	James Tribley	2h 0m 41s	93	649	Pam Morgan	0h 55m 48s
94	259	David Taylor	2h 1m 10s	94	840	Vicky Mitchell	0h 55m 52s
95	195	Ian Tooley	2h 1m 26s	95	809	R Smith	0h 56m 10s
96	330	Jimmy Russell	2h 1m 37s	96	734	Jack Woolf	0h 56m 12s
97	244	Eloise Bird	2h 2m 8s	97	785	Chloe Stone	0h 57m 0s
98	245	Peter Bird	2h 2m 10s	98	784	Rebecca Greenwell	0h 57m 4s
99	240	Dave Steward	2h 2m 19s	99	851	Eric Allright	0h 57m 6s
100	365	David Bennett	2h 2m 22s	100	669	Trudie Timms	0h 57m 8s
101	201	Lisa Netto	2h 2m 24s	101	813	Keith Richmond	0h 57m 33s
102	191	Leslie Hill	2h 2m 25s	102	638	Alison Hill	0h 57m 48s
103	242	Andrew Hammond	2h 2m 26s	103	636	Jayne Wright	0h 58m 9s
104	192	Peter Thompson	2h 2m 29s	104	793	Nina Nickerson	0h 58m 12s
105	196	Claire Baker	2h 3m 8s	105	775	Samuel Hulls	0h 58m 16s
106	232	Graham Bush	2h 3m 13s	106	774	Benjamin Hulls	0h 58m 18s
107	206	Tiago Magalhaes	2h 3m 17s	107	830	Ian Hicks	0h 58m 20s
108	337	Keith Woolf	2h 3m 35s	108	802	Sarah Fossberg	0h 58m 24s
109	338	Hillas Smith	2h 3m 36s	109	597	Connor Streater	0h 58m 27s
110	284	Kate Beer	2h 4m 2s	110	788	Helen Sugars	0h 58m 38s
111	286	Julia Baldwin	2h 4m 4s	111	816	Imogen Fullbrook	0h 58m 40s
112	151	Stephanie Holmes-Mallitt	2h 4m 16s	112	645	Daisy Chambers	0h 58m 56s
113	363	Pete Brown	2h 4m 38s	113	829	Nicola Flack	0h 59m 3s
114	334	Karen Easton	2h 5m 6s	114	780	Debbie Secret	0h 59m 7s
115	299	Martin Murray	2h 5m 41s	115	576	Farah Rachlin	0h 59m 14s
116	246	Jane Thomas	2h 5m 55s	116	581	John Swann	0h 59m 16s
117	289	Debra Kay	2h 6m 39s	117	568	Neil Leech	0h 59m 18s
118	290	Shaun Kay	2h 6m 41s	118	610	Steve Kirk	0h 59m 27s
119	317	Lee Bennett	2h 6m 45s	119	796	Sophie Charlesworth	0h 59m 37s
120	258	James Bouldin	2h 7m 16s	120	795	Rosie de Galleani	0h 59m 39s
121	179	Peter Johnson	2h 7m 30s	121	776	Malcolm Williams	0h 59m 41s
122	316	Katie Everett	2h 7m 49s	122	863	Jo Calls	1h 0m 14s
123	157	Andrew Gibson	2h 7m 50s	123	803	Glyn Peck	1h 0m 26s
124	331	Ruth Belsom	2h 8m 14s	124	746	Hayley Berkel	1h 0m 29s
125	390	Jo McLoughlin	2h 8m 17s	125	702	Jo Whealan	1h 0m 42s
126	174	Mike Cotterill	2h 8m 49s	126	595	Stephen Taylor	1h 0m 55s
127	380	Katie Abbott	2h 8m 51s	127	752	Ali Brown	1h 1m 8s
128	194	Cathy Tooley	2h 9m 38s	128	574	Caroline Wright	1h 1m 12s
129	219	Andrew Baker	2h 9m 40s	129	658	Michelle Hewitt	1h 1m 20s
130	250	Jason Primera	2h 9m 48s	130	664	John Clough	1h 1m 25s
131	350	Shane May	2h 10m 16s	131	601	Jane Moon	1h 1m 30s
132	241	Kerensa Carrick	2h 10m 26s	132	584	Justin Ostler	1h 1m 32s
133	300	Chris Hobrough	2h 10m 27s	133	755	Jason Cowles	1h 1m 37s
134	248	Julie Webster	2h 10m 52s	134	848	Rosie Shaw	1h 1m 40s
135	249	Maria Webster	2h 10m 54s	135	847	Liz Maidment	1h 1m 42s
136	394	Kate Francis	2h 10m 59s	136	846	Linda Sawyer	1h 1m 45s
137	345	Chris Jenkins	2h 12m 1s	137	786	Clare Norman	1h 1m 50s
138	163	Ivan Lees	2h 12m 51s	138	587	Mike Pendock	1h 1m 54s
139	392	Sarah Hooper	2h 13m 20s	139	763	Victoria Thurston	1h 1m 56s
140	393	Andrew Hooper	2h 13m 22s	140	794	Alice Coubrough	1h 2m 0s
141	225	Joanne Harper	2h 14m 19s	141	750	Mark Tweed	1h 2m 3s
142	226	Courtney Harper	2h 14m 22s	142	753	Jenny Piper	1h 2m 29s
143	340	Ann Granger	2h 14m 37s	143	781	Grayhame Fish	1h 2m 37s
144	217	Theodore Sims	2h 14m 52s	144	628	Stephanie Madden	1h 2m 59s
145	288	Mike Baker	2h 15m 1s	145	665	Bridget Sears	1h 3m 13s
146	308	Susan Wright	2h 15m 41s	146	764	Sarah Stacey	1h 3m 16s
147	318	Amanda Mold	2h 15m 57s	147	582	Lesley Swann	1h 3m 37s
148	261	Sharon Heath	2h 15m 59s	148	727	Sam Thomas	1h 3m 57s
149	297	Gemma Moss	2h 16m 25s	149	599	Agnès Clough	1h 4m 11s
150	364	Donald Galbraith	2h 16m 48s	150	701	Melanie Spence	1h 4m 32s
151	220	Samantha O'Hara	2h 17m 31s	151	718	Anne-Marie Williams	1h 4m 34s
152	285	Dave Williamson	2h 19m 33s	152	717	Faye Gaffer	1h 4m 35s
153	178	Yvonne Doe	2h 20m 24s	153	737	Kosina Martins	1h 4m 37s
154	160	Robyn Rake	2h 21m 2s	154	738	Alison Connelly-Barker	1h 4m 41s
155	156	Anna Smith	2h 21m 3s	155	631	Annette Mason-Gordon	1h 4m 43s
156	189	Ellen Hollingworth	2h 21m 25s	156	654	Annette Huggins	1h 4m 52s
157	247	Hayley Donnelly	2h 21m 55s	157	871	Chrissie Turnbull	1h 4m 54s
158	159	Deirdre Keating	2h 22m 11s	158	571	Georgina Purvis	1h 5m 7s
159	265	Vivienne Taylor	2h 22m 20s	159	605	Jack Harrison	1h 5m 10s
160	222	Brynmor Lloyd-Evans	2h 22m 48s	160	604	Beth Vale	1h 5m 13s

161	262	Sarah Mark	2h 23m 54s	161	719	Katie Webber	1h 5m 28s
162	401	David Mark	2h 24m 45s	162	800	Bob Rowles	1h 5m 53s
163	152	Jean Freeman	2h 25m 13s	163	682	Gary Wright	1h 6m 5s
164	203	Clare Angel	2h 25m 16s	164	627	Genni Sokoli	1h 6m 14s
165	372	Stevie Harrison	2h 25m 38s	165	640	Stanley Peacher	1h 6m 45s
166	296	Caroline Chapman	2h 25m 57s	166	639	Ricky Peacher	1h 6m 45s
167	359	Max Podger	2h 26m 57s	167	870	Jennie Blackburn	1h 6m 48s
168	306	Elspeth Missen	2h 26m 59s	168	806	Jo Drury	1h 6m 51s
169	294	Aimee Coates	2h 27m 2s	169	808	A Smith	1h 6m 53s
170	269	Tracey Straugheir	2h 27m 24s	170	626	Sally Solomon	1h 7m 2s
171	270	Hayley Coles	2h 27m 28s	171	635	Janet Green	1h 7m 12s
172	205	Mark Balding	2h 27m 30s	172	869	Georgina Kingston	1h 7m 15s
173	368	Sue Vaughan	2h 28m 4s	173	722	Liz Stirling	1h 7m 40s
174	386	Simon Woolward	2h 29m 35s	174	723	Sandra Watt	1h 7m 42s
175	384	Desiree Clarke Noble	2h 29m 43s	175	675	Emma Newman	1h 7m 57s
176	383	Jeff Noble	2h 29m 44s	176	814	Henry Botelho	1h 8m 9s
177	322	Dave Manning	2h 31m 12s	177	815	Phoebe Fullbrook	1h 8m 12s
178	323	Jane Ling	2h 31m 15s	178	744	George Shaw	1h 8m 15s
179	396	Rachael Walker	2h 33m 20s	179	743	Katrina Shaw	1h 8m 17s
180	397	Julia Greenfield	2h 33m 23s	180	747	Susannah Dudman	1h 8m 48s
181	369	Michelle Scott	2h 34m 35s	181	630	Linda Nobbs	1h 8m 50s
182	366	Keri Clements	2h 34m 38s	182	617	John Manders	1h 9m 27s
183	215	Jonathan Jenkyn	2h 37m 45s	183	618	Leticia Manders	1h 9m 42s
184	327	Zoila Reyes	2h 38m 5s	184	740	Carol Foster	1h 9m 53s
185	273	Angela Bulman	2h 40m 57s	185	748	Lisa May	1h 9m 55s
186	348	Sarah Severwright	2h 45m 31s	186	724	Judith Davison	1h 9m 56s
187	274	Carla Wiggins	2h 45m 34s	187	773	Natasha Hulls	1h 10m 11s
188	207	Steve Charles	2h 45m 41s	188	817	Izzy Galione	1h 10m 21s
189	374	Catherine Lerner	2h 46m 41s	189	728	Jonathan Williams	1h 10m 42s
190	375	Dawn Avery	2h 46m 43s	190	608	Peter Lee	1h 10m 44s
191	326	Claire Mortimer	2h 51m 51s	191	607	Toby Cook	1h 10m 47s
192	325	Helen Roger-Brown	2h 51m 58s	192	609	James Brown	1h 10m 49s
193	162	Kim Howson	3h 5m 25s	193	745	Michelle Jarrett	1h 10m 52s
194	182	Anna Lewis	3h 5m 27s	194	787	Mike Norman	1h 10m 55s
195	227	Amanda Smith	3h 9m 48s	195	596	Zoe Vick	1h 10m 57s
196				196	598	Casey Thompson	1h 10m 59s
197				197	716	Lindsay Churchman	1h 11m 4s
198				198	872	Melanie Ford	1h 11m 6s
199				199	556	Kelly Naylor	1h 12m 27s
200				200	622	Samantha Richardson	1h 12m 29s
201				201	766	Hannah Norris	1h 13m 42s
202				202	804	Denise Steward	1h 14m 10s
203				203	650	Gaye Farrar	1h 14m 13s
204				204	866	Donna Smeed	1h 16m 5s
205				205	867	Louise Partidge	1h 16m 7s
206				206	699	Olly Beer	1h 18m 47s
207				207	700	Kris Rose	1h 18m 49s
208				208	725	Wendy White	1h 18m 56s
209				209	579	Katherine Audus	1h 20m 5s
210				210	643	Alison Chambers	1h 20m 30s
211				211	646	Rosie Chambers	1h 20m 55s
212				212	705	Bethamy Warren	1h 23m 35s
213				213	704	Erin Newson	1h 23m 38s
214				214	603	Rachel Wilding	1h 24m 2s
215				215	580	Doris Koh	1h 24m 31s
216				216	577	Paul Davies	1h 31m 0s
217				217	578	Neha Puri	1h 31m 1s
218				218	552	Liz Smith	1h 54m 9s
219				219	554	Lia Smith-Mayes	2h 0m 0s
220				220	553	Jeanette Smith	2h 1m 59s
221				221			
222				222			
223				223			
224				224			
225				225			

Notes:

1. Only registered runners times are recorded
2. All times are taken from the start signal (not the time that each individual crossed the start line)