

5K Road Race  
19th April 2019



<b>Result</b>			
Pos	Name	Club	Time
1	Joshua Lewis		MSEN 0:15.32
2	Jacob O'hara	City Of Portsmouth AC	MSEN 0:15.33
3	William Woodcock	Victoria Park Harriers and Tower Hamlets AC	MSEN 0:15.36
4	Dave Holmes	Guernsey AC	MV40 0:16.18
5	Alex Rowe	Guernsey AC	MU20 0:16.25
6	Richard Bartram	Guernsey AC	MSEN 0:16.25
7	Ed Mason	Guernsey AC	MSEN 0:16.33
8	James Priest	Guernsey AC	MSEN 0:16.34
9	Sarah Mercier	Guernsey AC	FSEN 0:16.38
10	Adam Ohara	City Of Portsmouth AC	MV40 0:17.08
11	Isabel Morris	National Triathlon Performance Centre Wales	FSEN 0:17.16
12	Samuel Galpin	Guernsey AC	MU20 0:17.23
13	Michael Batiste	Guernsey AC	MSEN 0:17.28
14	Alan Rowe	Guernsey AC	MV50 0:17.33
15	Jenny James	Guernsey AC	FV35 0:17.34
16	Sam Lesley	Guernsey AC	MSEN 0:17.35
17	Alex Hurrell		MSEN 0:17.37
18	Andrew Mcarthur	Guernsey AC	MSEN 0:17.40
19	Shane Huxster	Guernsey AC	MSEN 0:17.41
20	Marc Guille	Guernsey AC	MV35 0:17.42
21	James Travers	Guernsey AC	MSEN 0:17.43
22	Ben Foote	Guernsey AC	MSEN 0:17.52
23	Mark Halls	Brighton & Hove AC	MV55 0:17.53
24	Michael Long		MV35 0:17.53
25	Ryan Whatling	City Of Portsmouth AC	MSEN 0:17.55
26	Chris Way	Guernsey AC	MSEN 0:17.57
27	Stuart Le Noury		MSEN 0:17.58
28	Adrian Lihou	Guernsey AC	MV45 0:17.59
29	David Mosley		MSEN 0:18.02
30	Jamie Ingrouille	Guernsey AC	MSEN 0:18.04
31	Pete Sargent		MSEN 0:18.07
32	Sean Galpin	Guernsey AC	MV50 0:18.12
33	Peter Le Prevost		MV35 0:18.17
34	Rob Byrne		MSEN 0:18.22
35	Danny Blake	Guernsey AC	MV40 0:18.27
36	Steve McCracken		MSEN 0:18.31
37	Tom Shaw	Guernsey AC	MSEN 0:18.32
38	Louise Perrio	Guernsey AC	FV35 0:18.40
39	Peter Holmes		MU20 0:18.43
40	Toby Mann	Guernsey AC	MSEN 0:18.49
41	Steven Elliott		MV40 0:18.54
42	Simon Ingrouille	Guernsey AC	MV45 0:18.56
43	Nick Hynes	Guernsey AC	MV50 0:19.04
44	Adam Dorey		MSEN 0:19.09
45	Mikey Ingrouille	Guernsey AC	MU20 0:19.11
46	Darren Troalic	Guernsey AC	MSEN 0:19.11
47	Mike Peters	Overton	MV55 0:19.12
48	Becky Le Maitre		FSEN 0:19.13
49	Peter Bird	Saint Edmund Pacers	MV45 0:19.14
50	Giles Hall		MV35 0:19.17
51	Mel Nicolle	Guernsey AC	FV35 0:19.20
52	Ollie Purser	Portsmouth Joggers	MU17 0:19.24
53	George Nichols	Guernsey AC	MSEN 0:19.26
54	James Littlewood		MV40 0:19.27
55	Mark Goodison	Totley AC	MV60 0:19.33
56	Mark Pizzey	Guernsey AC	MV45 0:19.38
57	Tom Nichols	Guernsey AC	MSEN 0:19.41
58	Andrew Zabiela	Guernsey AC	MSEN 0:19.42
59	Steve Manklow		MV45 0:19.45
60	Alan Powell	City Of Portsmouth AC	MV40 0:19.50

61	Dan Golding		MSEN	0:19.50
62	Ryan De Jersey		MV35	0:19.51
63	Megan Chapple	Guernsey AC	FSEN	0:19.53
64	Dan Hunter	Guernsey AC	MV40	0:19.54
65	Amy Critchlow	Guernsey AC	FV35	0:19.55
66	Emily Squire	Guernsey AC	FV40	0:20.08
67	Mike Way	Guernsey AC	MV45	0:20.11
68	Jordan Smith		MSEN	0:20.16
69	Reggie Ball	City Of Portsmouth AC	MV65	0:20.18
70	Rob Gregson	Guernsey AC	MV50	0:20.23
71	Chantal Green	Guernsey AC	FSEN	0:20.26
72	Ben Barnes		MSEN	0:20.28
73	Daniel Reoch-brehaut		MV40	0:20.30
74	Isabelle Brydon	City Of Portsmouth AC	FU17	0:20.32
75	Christopher O'neill	Guernsey AC	MV65	0:20.33
76	Ian Taylor	Guernsey AC	MV50	0:20.36
77	Jason Le Noury		MSEN	0:20.37
78	Aigars Levins		MSEN	0:20.38
79	Graham Moyes	Poole Runners	MV55	0:20.42
80	Steven Marquis		MV35	0:20.47
81	Steve Smith	Guernsey AC	MV50	0:20.48
82	Iaan Erasmus		MSEN	0:20.50
83	Nanine Lourens		FSEN	0:20.50
84	Srechko Kontelj		MV55	0:21.06
85	Laura Quayle	Guernsey AC	FV35	0:21.06
86	Paul Evans		MV45	0:21.20
87	James Woolrich		MSEN	0:21.25
88	Neil Walford	Brighton & Hove AC	MV50	0:21.28
89	Katrina Rowe		FV40	0:21.29
90	Nicola Holmes		FV40	0:21.30
91	Sam Chick		MSEN	0:21.31
92	Jason Powers	Guernsey AC	MV45	0:21.31
93	Emma Beardsell	Guernsey AC	FV45	0:21.35
94	Nigel Cashin		MV50	0:21.37
95	Jez Le Tissier	Guernsey AC	MV50	0:21.39
96	Richard Morris		MV45	0:21.40
97	Matthew Jamieson	Guernsey AC	MV40	0:21.48
98	Stuart Mauger		MV50	0:21.51
99	Carl Gardner		MV35	0:21.55
100	Matt Mason	Guernsey AC	MV50	0:22.06
101	Jonty Inderwick		MSEN	0:22.12
102	Rob Grierson		MSEN	0:22.12
103	Louise Manklow		FV35	0:22.13
104	Josh Fawcett	City Of Portsmouth AC	MU17	0:22.14
105	Ruairi Harnden	Guernsey AC	MSEN	0:22.15
106	Robert Morgan	Saint Edmund Pacers	MV55	0:22.16
107	David Ozanne	Poole Runners	MV55	0:22.19
108	Pippa Inderwick		FSEN	0:22.35
109	Ian Graham	Bournemouth Athletic Club	MV70	0:22.49
110	Rosy Williams	Guernsey AC	FSEN	0:22.52
111	Richard Davis		MV45	0:22.55
112	Brett Bewey	Guernsey AC	MV40	0:22.57
113	Vicki Joyce	Guernsey AC	FV45	0:22.59
114	Gina Rowe	Guernsey AC	FV50	0:23.02
115	Glenn Gallienne	Guernsey AC	MV45	0:23.02
116	Julie Chester		FV45	0:23.04
117	Becky Mauger	Guernsey AC	FSEN	0:23.07
118	Amanda Purser	City Of Portsmouth AC	FV45	0:23.12
119	Simon Luxon		MV35	0:23.21
120	Mike Brehaut	Guernsey AC	MV45	0:23.28
121	Emma Hardie		FSEN	0:23.39
122	Danny Joyce		MV50	0:23.42
123	Katie Watson		FSEN	0:23.43
124	Elsbeth Haile		FSEN	0:23.44
125	Renee Hubert	Guernsey AC	FU20	0:23.47
126	Alison Lihou	Guernsey AC	FV40	0:23.53
127	Anna Fawcett		FV45	0:23.56
128	Belinda Smith		FV45	0:24.00
129	John Dedman	Guernsey AC	MV45	0:24.05

130	Tony King		MV50	0:24.09
131	Tom Humphries		MV35	0:24.12
132	Peter Jay	Saint Edmund Pacers	MV55	0:24.16
133	Nicola Smith		FV35	0:24.27
134	Jonathan Dorey		MV60	0:24.29
135	Charlotte Goodison	Totley AC	FSEN	0:24.30
136	Jenny Morgan	Saint Edmund Pacers	FV60	0:24.31
137	Dean Cooper		MV45	0:24.33
138	Eloise Bird	Saint Edmund Pacers	FV50	0:24.36
139	Kevin Le Noury		MV60	0:24.45
140	Jeff Holden		MV65	0:24.51
141	Alison Gavey	Guernsey AC	FV50	0:24.56
142	Trevor Jefferies		MV75	0:25.06
143	Lauren Travers		FSEN	0:25.06
144	Emily McClean		FSEN	0:25.07
145	Julianne Doherty		FSEN	0:25.15
146	Darren Loveridge		MSEN	0:25.31
147	David Parsons	Bournemouth Athletic Club	MV65	0:25.38
148	Antony Veillard		MV50	0:25.42
149	Francis Snoding		MV50	0:25.49
150	Maggie Marsh	Portsmouth Joggers	FV50	0:25.53
151	Lucy Humphries		FV40	0:26.06
152	Alun Williams	Guernsey AC	MV60	0:26.09
153	Monique Search		FSEN	0:26.12
154	Zara Torode		FV35	0:26.17
155	Lisa Evans	Guernsey AC	FV50	0:26.19
156	David Brooks	Veterans AC	MV75	0:26.27
157	Peter Beckerleg		MV60	0:26.28
158	David Reed	Guernsey AC	MSEN	0:26.47
159	Sharron Halls		FV45	0:26.53
160	Gareth O'Neill		MSEN	0:26.55
161	Helen Craig		FV55	0:27.04
162	Aimee Isabelle		FSEN	0:27.09
163	Claire Hackney		FV45	0:27.15
164	Brian Holden	Guernsey AC	MV65	0:27.20
165	Ros Jinks		FV50	0:27.22
166	David Yetton	Portsmouth Joggers	MV60	0:27.45
167	Jackie Mauger		FV50	0:27.46
168	Andrew Harper		MV40	0:27.51
169	Laura Clayton	Guernsey AC	FV35	0:28.16
170	Lauri Warlow		FSEN	0:28.18
171	Heather Rose		FSEN	0:28.27
172	Terry Harnden	Guernsey AC	MV60	0:28.28
173	Lisa Ozanne		FV45	0:28.35
174	Geoffrey Scott	Poole Runners	MV70	0:28.37
175	Angie Underdown	Saint Edmund Pacers	FV50	0:28.42
176	Samantha Ingrouille	Guernsey AC	FV50	0:28.48
177	Sam Sexton	Guernsey AC	FV40	0:29.26
178	Cressida Goodison	Totley AC	FV55	0:30.14
179	Natalie Jeffery		FSEN	0:30.59
180	Robert Burton	Plymstock Road Runners	MV55	0:31.39
181	Raymond Scholes	Guernsey AC	MV70	0:31.39
182	Marisa Robilliard		FV50	0:33.07
183	Lisa Carre		FV45	0:35.24
184	Jo Steer		FV45	0:35.24
185	Claire Jay		FV55	0:36.28
186	Daniel Jeffery		MSEN	0:38.17

*Congratulations on completing the race. Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. Almost 90,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36.0, your free personalised running biography page includes your current national ranking by age band and postcode, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on <http://www.runbritainrankings.com/user/claimhandicap.aspx>*