

RG Falla Full Course Cross Country  
20th April 2019



**Result**

Pos	Name	Club	Cat	Time
1	Jacob O'hara	City Of Portsmouth AC	MSEN	0:25.36
2	William Woodcock	Victoria Park Harriers and Tower Hamlets AC	MSEN	0:26.15
3	Richard Bartram	Guernsey AC	MSEN	0:26.44
4	Ed Mason	Guernsey AC	MSEN	0:27.09
5	Michael Batiste	Guernsey AC	MSEN	0:27.23
6	David Emery		MSEN	0:28.15
7	Adam Ohara	City Of Portsmouth AC	MV40	0:28.23
8	James Travers	Guernsey AC	MSEN	0:28.42
9	Samuel Galpin	Guernsey AC	MU20	0:28.49
10	Sam Lesley	Guernsey AC	MSEN	0:28.51
11	Lee Garland	Guernsey AC	MV40	0:28.51
12	Andrew Mcarthur	Guernsey AC	MSEN	0:29.18
13	Sean Galpin	Guernsey AC	MV50	0:29.20
14	Alex Hurrell		MSEN	0:29.23
15	Michael Long		MV35	0:29.24
16	Mark Halls	Brighton & Hove AC	MV55	0:29.32
17	James De Garis	Guernsey AC	MV40	0:29.35
18	Steve McCracken		MSEN	0:30.16
19	Shane Huxster	Guernsey AC	MSEN	0:30.16
20	Rob Byrne		MSEN	0:30.27
21	Ryan Whatling	City Of Portsmouth AC	MSEN	0:30.39
22	Louise Perrio	Guernsey AC	FV35	0:30.45
23	Nick Hynes	Guernsey AC	MV50	0:30.48
24	Mike Peters	Overton	MV55	0:30.58
25	Munyaradzi Munzwembiri		MSEN	0:30.59
26	Kris Allen		MV40	0:31.01
27	Ben Foote	Guernsey AC	MSEN	0:31.04
28	David Mosley		MSEN	0:31.09
29	Peter Holmes		MU20	0:31.15
30	Mikey Ingrouille	Guernsey AC	MU20	0:31.17
31	Mark Goodison	Totley AC	MV60	0:31.55
32	Matt Castle		MV35	0:32.00
33	Darren Troalic	Guernsey AC	MSEN	0:32.01
34	Megan Chapple	Guernsey AC	FSEN	0:32.03
35	Dan Hunter	Guernsey AC	MV40	0:32.07
36	Peter Bird	Saint Edmund Pacers	MV45	0:32.12
37	Paul Ingrouille	Guernsey AC	MV55	0:32.18
38	Mark Pizzey	Guernsey AC	MV45	0:32.22
39	Emily Squire	Guernsey AC	FV40	0:32.30
40	Amy Critchlow	Guernsey AC	FV35	0:32.37
41	Matt Brawn		MV40	0:32.42
42	Ryan De Jersey		MV35	0:32.44
43	Giles Hall		MV35	0:32.51
44	Tim Wilson	Guernsey AC	MV35	0:33.00
45	Mel Nicolle	Guernsey AC	FV35	0:33.05
46	Steve Sarre	Guernsey AC	MV35	0:33.11
47	Alan Powell	City Of Portsmouth AC	MV40	0:33.15
48	Mike Way	Guernsey AC	MV45	0:33.15
49	Mia Billins	City Of Portsmouth AC	FU17	0:33.21
50	Steve Smith	Guernsey AC	MV50	0:33.24
51	Rob Gregson	Guernsey AC	MV50	0:33.25
52	Reggie Ball	City Of Portsmouth AC	MV65	0:33.42

53	Alistair Boyle		MV40	0:34.30
54	Annabel Matthews-smith	Southend On Sea AC	FSEN	0:34.49
55	Daniel Reoch-brehaut		MV40	0:34.51
56	Nathan Ward		MV40	0:35.12
57	Emma Beardsell	Guernsey AC	FV45	0:35.15
58	Laura Quayle	Guernsey AC	FV35	0:35.39
59	Mark Palfrey		MV45	0:35.50
60	Neil Walford	Brighton & Hove AC	MV50	0:35.53
61	James Woolrich		MSEN	0:35.58
62	Iaan Erasmus		MSEN	0:36.06
63	Nicola Holmes		FV40	0:36.11
64	Matthew Jamieson	Guernsey AC	MV40	0:36.12
65	Jez Le Tissier	Guernsey AC	MV50	0:36.13
66	Robert Morgan	Saint Edmund Pacers	MV55	0:36.20
67	Jason Powers	Guernsey AC	MV45	0:36.41
68	Pippa Inderwick		FSEN	0:36.45
69	Ruairi Harnden	Guernsey AC	MSEN	0:36.59
70	Sally Curnow	Guernsey AC	FV55	0:37.24
71	Carl Gardner		MV35	0:37.27
72	Ian Graham	Bournemouth Athletic Club	MV70	0:37.29
73	Vicki Joyce	Guernsey AC	FV45	0:37.37
74	Pete Sargent		MSEN	0:37.50
75	Simon Luxon		MV35	0:37.51
76	Brett Bewey	Guernsey AC	MV40	0:38.07
77	Emma Hardie		FSEN	0:38.41
78	Paul Ferbrache	Guernsey AC	MV55	0:38.44
79	Conor Taylor		MSEN	0:38.53
80	Katie Watson		FSEN	0:39.16
81	Steve Beadle		MV45	0:39.20
82	Peter Jay	Saint Edmund Pacers	MV55	0:39.25
83	Danny Joyce		MV50	0:39.26
84	Julie Chester		FV45	0:39.39
85	Elsbeth Haile		FSEN	0:39.48
86	Alison Gavey	Guernsey AC	FV50	0:39.51
87	Jonathan Dorey		MV60	0:40.01
88	Renee Hubert	Guernsey AC	FU20	0:40.26
89	Camilla Morales		FV35	0:40.38
90	Eloise Bird	Saint Edmund Pacers	FV50	0:41.06
91	Amanda Purser	City Of Portsmouth AC	FV45	0:41.09
92	Anna Fawcett		FV45	0:41.09
93	Nicola Smith		FV35	0:41.13
94	Trevor Jefferies		MV75	0:41.18
95	Maggie Marsh	Portsmouth Joggers	FV50	0:41.39
96	Charlotte Goodison	Totley AC	FSEN	0:41.40
97	Dean Cooper		MV45	0:42.23
98	Darren Loveridge		MSEN	0:42.42
99	Antony Veillard		MV50	0:43.02
100	David Parsons	Bournemouth Athletic Club	MV65	0:43.39
101	Jenny Morgan	Saint Edmund Pacers	FV60	0:44.03
102	Helen Craig		FV55	0:44.15
103	Lisa Evans	Guernsey AC	FV50	0:44.15
104	Phil Guilbert		MV65	0:45.24
105	Rosy Williams	Guernsey AC	FSEN	0:45.59
106	Zara Torode		FV35	0:46.26
107	Claire Hackney		FV45	0:46.51
108	Terry Harnden	Guernsey AC	MV60	0:46.58
109	Geoffrey Scott	Poole Runners	MV70	0:47.16
110	Laura Clayton	Guernsey AC	FV35	0:47.39
111	David Yetton	Portsmouth Joggers	MV60	0:47.49
112	Ros Jinks		FV50	0:48.06
113	Heather Rose		FSEN	0:48.15

114	Cressida Goodison	Totley AC	FV55	0:48.52
115	Corine Hardy		FV55	0:51.42
116	Angie Underdown	Saint Edmund Pacers	FV50	0:53.32
117	Robert Burton	Plymstock Road Runners	MV55	0:54.39
118	Raymond Scholes	Guernsey AC	MV70	0:54.39
119	David Brooks	Veterans AC	MV75	0:57.07

*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>*