

Summer Full Course

3rd August 2025

Summer Full Course (4.75m)

Pos.	Bib No.	Name	Cat	Club	Chip Time	Gun Time
1	233	Rick Weston	M35-39	Guernsey Athletics	25:47	25:47
2	218	Jack Rees	M15-19	Guernsey Athletics	27:16	27:16
3	186	Mikey Ingrouille	M20-24	Guernsey Athletics	27:30	27:30
4	194	Mark Jeffreys	M30-34		27:48	27:48
5	185	Jamie Ingrouille	M25-29	Guernsey Athletics	27:56	27:56
6	113	Peter Amy	M45-49	Guernsey Athletics	28:12	28:13
7	211	Tom Nichols	M30-34	Guernsey Athletics	28:17	28:18
8	178	Christian Gillman	M40-44	Guernsey Athletics	28:53	28:54
9	187	Simon Ingrouille	M55-59	Guernsey Athletics	29:25	29:25
10	173	Ben Foote	M40-44	Guernsey Athletics	29:30	29:31
11	203	Toby Mann	M40-44	Guernsey Athletics	29:38	29:40
12	214	Jon Osborn	M40-44		30:06	30:08
13	191	Matthew Jamieson	M45-49	Guernsey Athletics	30:08	30:09
14	176	Lee Garland	M50-54		30:18	30:19
15	221	Alan Rowe	M55-59		30:23	30:25
16	179	Ryan Gilson	M25-29	Guernsey Athletics	30:49	30:50
17	206	Graham Merfield	M60-64	Guernsey Athletics	30:53	30:53
18	146	Paul Baker	M45-49	Knowle & Dorridge RC	31:27	31:28
19	170	James De Garis	M45-49	Guernsey Athletics	31:33	31:33
20	224	Darren Smith	M35-39	Guernsey Athletics	31:35	31:36
21	230	Kylie Vaudin	F20-24	Guernsey Athletics	31:36	31:38
22	190	Eleanor Jamieson	F15-19	Guernsey Athletics	31:37	31:39
23	223	Tom Shaw	M40-44		31:39	31:39
24	208	Angus Morgan	M25-29		32:34	32:36
25	180	Samuel Goddard	M20-24		32:59	33:01
26	171	Nicholas Dunn	M50-54		33:01	33:03
27	235	Tim Wilson	M45-49	Guernsey Athletics	33:02	33:03
28	236	James Woolrich	M35-39	Guernsey Athletics	33:09	33:11
29	213	Tom O'Neil	M30-34		33:15	33:16
30	104	Craig Allen	M50-54		33:47	33:50
31	126	Daniel Baker	M15-19	Solihull & Small Heath	33:59	34:00
32	165	Liz Beausire	F40-44		34:07	34:10
33	226	Paul Targett	M60-64	Holcombe Harriers	34:22	34:24
34	188	Russell Isabelle	M40-44		34:33	34:35
35	174	Sean Galpin	M60-64	Guernsey Athletics	34:35	34:37
36	217	Laura Quayle	F40-44		35:08	35:10
37	229	Joseph Truelove	M50-54	Guernsey Athletics	35:36	35:39
38	231	Michael Way	M55-59	Guernsey Athletics	36:14	36:16
39	216	Jason Powers	M50-54	Guernsey Athletics	38:50	38:53
40	215	Gwynfor Palfrey	M60-64	Islwyn Running Club	38:53	39:02
41	195	Gregory Josey	M55-59		39:09	39:13
42	154	Emma Beardsell	F50-54	Guernsey Athletics	39:18	39:21
43	167	Rosie Broughton	F25-29		39:29	39:32
44	222	Gina Rowe	F55-59		40:06	40:09
45	182	Robert Green	M65-69	Guernsey Athletics	41:36	41:40

46	205	Matt Mason	M55-59	Guernsey Athletics	41:54	41:57
47	166	Brett Bewey	M45-49		42:10	42:14
48	228	Richard Tostevin	M65-69		46:12	46:17
49	125	Grace Atkinson	F35-39		47:14	47:17
50	169	Laura Clayton	F40-44	Guernsey Athletics	49:00	49:04
51	234	Alun Williams	M65-69	Guernsey Athletics	56:03	56:07
52	202	Devon Loveridge	M25-29		56:23	56:27
53	177	Alison Gavey	F55-59	Guernsey Athletics	59:52	59:57

Summer Half Course (2.8m)

1.	220	Alfie Roger	M10-14	Guernsey Athletics	15:52	15:52
2.	189	Daniel Jamieson	M15-19	Guernsey Athletics	16:25	16:26
3.	196	Grace King	F10-14	Guernsey Athletics	18:13	18:13
4.	209	Theodora Murray	F15-19	Guernsey Athletics	19:01	19:01
5.	352	Indi Warren	F10-14	Guernsey Athletics	19:03	19:03
6.	197	Ruby King	F10-14	Guernsey Athletics	20:31	20:32
7.	353	Willow Warren	F10-14	Guernsey Athletics	20:41	20:42
8.	204	Jude Marley	M10-14		20:53	20:53
9.	192	Thomas Jamieson	M10-14	Guernsey Athletics	21:24	21:25
10.	207	Jessica Merrien	F10-14	Guernsey Athletics	23:40	23:40