



SRC Timed 5 Miler Wednesday 8th May 2019 Results

| Position | Number | Name | Category | Gender | Time |
|----------|--------|---------------------------|--------------|--------|-------|
| 1 | 768 | Dave Addenbrooke | Senior Men | M | 28:32 |
| 2 | 775 | Philippa Williams | Senior Women | W | 29:34 |
| 3 | 779 | Rob Cassy | Mens M40 | M | 29:37 |
| 4 | 740 | Matt Worthington | Senior Men | M | 31:34 |
| 5 | 763 | Chris Ireland | Mens M50 | M | 31:58 |
| 6 | 766 | Gareth Irvine | Mens M40 | M | 32:04 |
| 7 | 781 | Afif El Amrani | Mens M50 | M | 32:05 |
| 8 | 735 | Jed Turner | Mens M50 | M | 32:12 |
| 9 | 738 | Craig Renton | Senior Men | M | 32:16 |
| 10 | 780 | Ben Wilkinson | Senior Men | M | 32:22 |
| 11 | 741 | Kelly Dorset | Mens M40 | M | 32:47 |
| 12 | 736 | Gary Podmore | Mens M60 | M | 33:33 |
| 13 | 767 | Becky Pitcher | Senior Women | W | 34:03 |
| 14 | 742 | Toby Meek | Senior Men | M | 34:37 |
| 15 | 745 | Brendon Smith-Westergaard | Mens M40 | M | 35:30 |
| 16 | 782 | Dean Hinde | Mens M40 | M | 35:39 |
| 17 | 774 | Mike Quinn | Mens M60 | M | 35:41 |
| 18 | 771 | Richard Ward | Senior Men | M | 36:06 |
| 19 | 743 | Paul McWhirter | Mens M40 | M | 36:34 |
| 20 | 765 | Nicholas Watson | Mens M40 | M | 36:39 |
| 21 | 739 | David Higginbottom | Mens M50 | M | 36:58 |
| 22 | 737 | Claire Wolstenholme | Senior Women | W | 37:16 |
| 23 | 770 | Steve Ross | Senior Men | M | 37:25 |
| 24 | 764 | Russell Dodd | Mens M50 | M | 38:04 |
| 25 | 772 | Emma Raine | Senior Women | W | 40:48 |
| 26 | 748 | Alexa Dale | Womens F35 | W | 43:02 |
| 27 | 776 | Richard Moody | Mens M50 | M | 43:09 |
| 28 | 746 | Natasha Hinton | Womens F45 | W | 45:28 |
| 29 | 778 | Katie Porter | Senior Women | W | 45:32 |
| 30 | 784 | Megan Richardson | Senior Women | W | 47:55 |
| 31 | 747 | Louise Woffinden | Womens F35 | W | 52:55 |



SRC Timed 3.5 Miler
Wednesday 8th May 2019 Results

| Position | Number | Name | Category | Gender | Time |
|----------|--------|-------------------|------------|--------|-------|
| 1 | 769 | Elizabeth Hardman | Womens F35 | W | 39:51 |
| 2 | 783 | Sara Corker | Womens F45 | W | 40:01 |
| 3 | 773 | Rebecca Pierce | Womens F45 | W | 45:48 |