

Rendlesham Forest December 2022

Results

Pos	Bib	Name	Class	Run 1	Run 2	Run 3	Time	Gap
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ASFDC(3)

All Runs

1.		Sophia Harris	ASFDC(3)	23:41,00	21:41,78		0:45:22,78	-
2.		Yasmin Needham	ASFDC(3)	24:34,00	24:11,24		0:48:45,24	3:22

ASFDC(8)

All Runs

1.		Matt Hodgson	ASFDC(8)	18:24,00	17:27,61		0:35:51,61	-
2.		Yasmin Needham	ASFDC(8)	24:55,00	23:58,76		0:48:53,76	13:02

BKJ

All Runs

1.		Kev Spooner	BKJ	14:46,00	14:51,52		0:29:37,52	-
2.		Andrew Gibson	BKJ	15:15,00	15:05,87		0:30:20,87	0:43
3.		Ann-Maria Parkinson	BKJ	16:39,00	17:25,50		0:34:04,50	4:26
4.		Jason Lawlor	BKJ	18:08,00	18:16,06		0:36:24,06	6:46
5.		Tammie McNeill	BKJ	21:16,00	22:57,19		0:44:13,19	14:35
6.		David Ellis	BKJ	25:27,00	27:38,91		0:53:05,91	23:28

BS

All Runs

1.		Stuart Murray	BS	12:45,00	12:56,07		0:25:41,07	-
2.		Kev Spooner	BS	12:51,00	12:51,89		0:25:42,89	0:01
3.		Steve Roberts	BS	13:10,00	13:16,58		0:26:26,58	0:45

CS

All Runs

1.		Paul Pateman	CS	12:44,00	12:45,87		0:25:29,87	-
2.		Holly Gibson	CS	13:52,00	14:01,59		0:27:53,59	2:23
3.		Jason Lawlor	CS	14:31,00	13:24,67		0:27:55,67	2:25
4.		Kirsty Munday	CS	14:36,00	14:34,09		0:29:10,09	3:40
5.		Malcolm Last	CS	14:54,00	15:15,57		0:30:09,57	4:39

CX

All Runs

1.		Carey Donkin	CX	23:59,00	27:53,79		0:51:52,79	-
2.		Sophia Harris	CX	27:46,00	26:53,50		0:54:39,50	2:46

DS

All Runs

1.		Gaynor Donley-Williams	DS	14:51,00	15:17,93		0:30:08,93	-
2.		Steve Roberts	DS	17:15,00	18:16,83		0:35:31,83	5:22

DV

Rendlesham Forest December 2022

Results

Pos	Bib	Name	Class	Run 1	Run 2	Run 3	Time	Gap
All Runs								
1.		Adele Shelford	DV	11:51,00	12:57,11		0:24:48,11	-
2.		Kirsty Munday	DV	14:20,00	14:50,51		0:29:10,51	4:22
3.		Stuart Murray	DV	15:20,00	15:43,65		0:31:03,65	6:15
4.		Elizabeth Smith	DV	24:32,00	27:15,27		0:51:47,27	26:59

ES

All Runs								
1.		Adele Shelford	ES	12:40,00	12:40,32		0:25:20,32	-
2.		Stuart Murray	ES	13:07,00	13:11,92		0:26:18,92	0:58
3.		Nicole Simmons	ES	13:51,00	14:03,09		0:27:54,09	2:33
4.		Elizabeth Smith	ES	15:31,00	16:11,32		0:31:42,32	6:22
5.		Ann-Maria Parkinson	ES	16:24,00	16:23,98		0:32:47,98	7:27
6.		Craig Martin	ES	20:25,00	19:51,35		0:40:16,35	14:56

M2

All Runs								
1.		John Binding	M2	28:39,00	27:00,18		0:55:39,18	-

S1

All Runs								
1.		Holly Gibson	S1	07:43,00	07:32,80		0:15:15,80	-
2.		Nicole Simmons	S1	08:04,00	08:03,52		0:16:07,52	0:51
3.		Craig Martin	S1	08:51,00	08:12,88		0:17:03,88	1:48
4.		Andrew Gibson	S1	08:51,00	08:16,17		0:17:07,17	1:51
5.		Yasmin Needham	S1	08:31,00	09:01,12		0:17:32,12	2:16
6.		Elizabeth Smith	S1	09:12,00	09:12,40		0:18:24,40	3:08

Number of records: 39