

Specials

Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
1 January 2023					
Graham JAMES	Keswick parkrun			70+	
Mark WESTBROOK	Lee-on-the-Solent parkrun			70+	
Chris WILLIAMS	Lee-on-the-Solent parkrun			65+	
Gareth CHARLES	Lee-on-the-Solent parkrun			70+	
Simon ROSS	Lee-on-the-Solent parkrun			65+	
Andrew STOCKWELL	Lee-on-the-Solent parkrun			70+	
Russ COLEMAN	Lee-on-the-Solent parkrun			65+	
Lucy MAY	Lee-on-the-Solent parkrun			65+	3
Ian MILES	Lee-on-the-Solent parkrun	Fiftieth parkrun			
Dominic SHEPHERD	Lee-on-the-Solent parkrun			65+	
Mike SMITH	Lee-on-the-Solent parkrun			65+	
John BLAKE	Lee-on-the-Solent parkrun	One Hundredth parkrun			
Mick WELLAND	Lee-on-the-Solent parkrun			70+	
Holly STOCKWELL	Lee-on-the-Solent parkrun		New PB!		
Cathy WEBB	Lee-on-the-Solent parkrun			70+	
Gail OSBORNE	Lee-on-the-Solent parkrun			65+	
Nick CUFF	Glossop parkrun				3
David MALLARD	Fareham parkrun			65+	
Marcus LEE	Fareham parkrun			65+	
Tina Louise CHANTREY	Fareham parkrun			65+	2
Helen BENSON	Fareham parkrun		New PB!		
Mike HARPER	Land's End parkrun			75+	
Kelley HANIVER	Tidworth parkrun			75+	1
Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
7 January 2023					
Graham MARTIN	Lee-on-the-Solent parkrun			65+	
Rachel FARGHER	Lee-on-the-Solent parkrun			65+	1
Lucy MAY	Lee-on-the-Solent parkrun				3
Dominic SHEPHERD	Lee-on-the-Solent parkrun			65+	
Tina Louise CHANTREY	Lee-on-the-Solent parkrun			65+	
Evan DE WET	Lee-on-the-Solent parkrun	Twenty Fifth parkrun			
Tim ROLFE	Fareham parkrun			65+	1
Peter GOSS	Myponga Reservoir parkrun			65+	
Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
14 January 2023					
Josh CULLEN	Brockwell parkrun, Herne Hill		New PB!	65+	
Sarah CRANSTONE	Lanhydrock parkrun		New PB!	65+	
Callum SWANN	Woking parkrun		New PB!		
Mark WESTBROOK	Lee-on-the-Solent parkrun			70+	2
Rob GREENWOOD	Lee-on-the-Solent parkrun			65+	3
Simon ROSS	Lee-on-the-Solent parkrun			65+	
Graham MARTIN	Lee-on-the-Solent parkrun			65+	
Lucy MAY	Lee-on-the-Solent parkrun				1
Rachel FARGHER	Lee-on-the-Solent parkrun			65+	2
Tina Louise CHANTREY	Lee-on-the-Solent parkrun			65+	
Gail OSBORNE	Lee-on-the-Solent parkrun	One Hundredth parkrun			
David MALLARD	Fareham parkrun			65+	2
Daisy MCCLEMENTS	Fareham parkrun				2
Chris HALL	Castle Park parkrun			65+	
Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
21 January 2023					
Josh CULLEN	Bushy parkrun			65+	
Phil MORGAN	Cardiff parkrun			75+	3
Amie MORGAN	Cardiff parkrun			70+	
Rob ARKELL	Southsea parkrun			75+	2
Hayley STRADLING	Southsea parkrun		New PB!		
Russ COLEMAN	Netley Abbey parkrun			65+	
Steve CUMES	Queen Elizabeth parkrun			65+	

Specials

Callum SWANN	Woking parkrun		New PB!		
Iain CROSS	Chichester parkrun			65+	
Brandon CHAPLIN	Lee-on-the-Solent parkrun	One Hundredth parkrun		70+	3
Chris WILLIAMS	Lee-on-the-Solent parkrun			65+	
Ken CHEUNG	Lee-on-the-Solent parkrun			70+	
Simon ROSS	Lee-on-the-Solent parkrun			70+	
Graham MARTIN	Lee-on-the-Solent parkrun			70+	
Lucy MAY	Lee-on-the-Solent parkrun			70+	3
Pete TUGWELL	Lee-on-the-Solent parkrun		New PB!	70+	
Rachel FARGHER	Lee-on-the-Solent parkrun			70+	
Marcus LEE	Lee-on-the-Solent parkrun			65+	
Jon PLOMER	Lee-on-the-Solent parkrun			65+	
Katherine TROTT	Lee-on-the-Solent parkrun			65+	
Dominic SHEPHERD	Lee-on-the-Solent parkrun			65+	
Tina Louise CHANTREY	Lee-on-the-Solent parkrun			70+	
Derrick MORGAN	Lee-on-the-Solent parkrun			65+	
Mike SMITH	Lee-on-the-Solent parkrun			65+	
Chris STAPLEFORD	Lee-on-the-Solent parkrun			65+	
Gail OSBORNE	Lee-on-the-Solent parkrun			65+	
Jane BUTLER	Lee-on-the-Solent parkrun			70+	
David MALLARD	Portsmouth Lakeside parkrun			65+	
Edwin CHOWNS	Portsmouth Lakeside parkrun		New PB!		
William COWLEY	Portsmouth Lakeside parkrun		New PB!		
Nicky BEAL	Portsmouth Lakeside parkrun		New PB!		
Kelley HANIVER	Millennium Country parkrun, Forest of Marston Vale			75+	1
Tim ROLFE	Fareham parkrun			65+	1
Peter GOSS	Myponga Reservoir parkrun			65+	
Who	Where	Milestone	PB?	Age Grade	Gender
28 January 2023					
Josh CULLEN	Brockwell parkrun, Herne Hill			65+	
Rob ARKELL	Southsea parkrun			80+	2
Brandon CHAPLIN	Havant parkrun			70+	1
Steve CUMES	Netley Abbey parkrun			70+	
Angela HARRISON	Netley Abbey parkrun	Fiftieth parkrun			
Amie MORGAN	Tonbridge parkrun			65+	
Callum SWANN	Woking parkrun		New PB!		
Rob GREENWOOD	Lee-on-the-Solent parkrun			70+	
Lee REYNOLDS	Lee-on-the-Solent parkrun		New PB!	75+	
Chris WILLIAMS	Lee-on-the-Solent parkrun			70+	
Gareth CHARLES	Lee-on-the-Solent parkrun			70+	
Russ COLEMAN	Lee-on-the-Solent parkrun			70+	
Graham MARTIN	Lee-on-the-Solent parkrun			70+	
Richard EDMUNDS	Lee-on-the-Solent parkrun			70+	
Lucy MAY	Lee-on-the-Solent parkrun		New PB!	70+	2
Rachel FARGHER	Lee-on-the-Solent parkrun		New PB!	75+	
Graham DONNACHIE	Lee-on-the-Solent parkrun			65+	
Jon PLOMER	Lee-on-the-Solent parkrun			65+	
Chris HALL	Lee-on-the-Solent parkrun			65+	
Phillip TOWNLEY	Lee-on-the-Solent parkrun			70+	
Tina Louise CHANTREY	Lee-on-the-Solent parkrun			70+	
Dominic SHEPHERD	Lee-on-the-Solent parkrun			65+	
Danielle STANNING	Lee-on-the-Solent parkrun		New PB!	65+	
Kirstie GRAHAM	Lee-on-the-Solent parkrun		New PB!		
Oana MATTY	Lee-on-the-Solent parkrun		New PB!		
Katy BRADLEY	Lee-on-the-Solent parkrun			65+	
Cathy WEBB	Lee-on-the-Solent parkrun			70+	
Gail OSBORNE	Lee-on-the-Solent parkrun			65+	
Gillian SHUTLER	Lee-on-the-Solent parkrun			65+	
Richard BAILEY	Portsmouth Lakeside parkrun		New PB!		
Mike HARPER	Bideford parkrun		New PB!	75+	

Specials

David MALLARD	Fareham parkrun			70+	3
Brad HAMMONDS	Warwick Racecourse parkrun			70+	1
Greig BENSON	Itchen Valley Country parkrun			65+	
Amy FOX	Itchen Valley Country parkrun			New PB!	
Chris WHEELER	Itchen Valley Country parkrun			New PB!	
Toby EVANS	Itchen Valley Country parkrun			New PB!	

Summary

January 2023							
Name	Best				Runs this month	PB	Milestone
	Time	Age/Gender Grading	Overall Place	Gender Place			
Alison HESSELBERTH	31:46	62.85%	82	19	1		
Alison LAWRENCE	29:10	53.54%	83	14	5		
Amie MORGAN	20:20	73.52%	36	7	5		
Amy FOX	24:12	63.57%	40	4	2	New PB!	
Andrew SMITH	49:41	33.45%	270	159	4		
Andrew STOCKWELL	20:51	72.50%	24	23	2		
Andy LEE	25:23	64.87%	44	40	5		
Andy WHITE	26:39	56.72%	136	103	4		
Angela HARRISON	27:10	59.63%	38	8	3		50th run
Anna SINDALL	26:08	57.91%	37	7	4		
Ashley LOVELL	26:12	61.77%	173	143	1		
BRAD HAMMONDS	25:17	51.02%	72	63	1		
Brad HAMMONDS	17:13	74.93%	1	1	1		
Brandon CHAPLIN	18:10	73.39%	1	1	3		100th run
Callum SWANN	21:24	60.28%	23	20	3	New PB!	
Carl SCHAFFER	29:16	54.33%	33	27	3		
Cathy WEBB	29:07	70.69%	187	43	2		
Charlotte LORD	24:52	59.52%	47	5	1		
Chris DAVIDSON	26:55	61.18%	73	51	1		
Chris HALL	21:44	68.11%	12	11	3		
Chris STAPLEFORD	25:45	66.34%	130	106	2		
Chris WHEELER	26:01	53.24%	68	55	5	New PB!	
Chris WILLIAMS	18:24	71.29%	7	7	3		
Claire JOHNSON	37:17	45.51%	435	157	2		
Claire PEAL	33:01	49.57%	123	43	1		
Claire PROCTER	25:50	59.55%	66	17	2		
Daisy MCCLEMENTS	24:32	60.39%	25	2	1		
Danielle STANNING	24:14	65.54%	71	11	3	New PB!	
David MACSWAYNE	33:12	48.74%	126	83	3		
David MALLARD	19:36	71.26%	2	2	5		
Derrick MORGAN	24:54	68.61%	136	114	2		
Diane WILSON	36:30	53.15%	421	146	2		
Dominic SHEPHERD	22:44	69.94%	43	39	5		
Edward HARE	23:08	59.01%	90	79	3		
Edwin CHOWNS	28:49	59.05%	102	81	5	New PB!	
Emma BAKER-CHAPLIN	28:45	53.22%	80	17	4		
Evan DE WET	22:54	56.33%	58	51	4		25th run
Gail OSBORNE	29:09	68.50%	173	44	5		100th run
Gareth CHARLES	18:38	74.96%	12	12	2		
Gary STRADLING	25:20	62.24%	153	121	3		
Gavin RENNIE	22:37	63.67%	12	12	4		
Gaynor HEFFER	30:30	60.16%	145	32	1		
Geraldine MAY	41:49	47.75%	334	145	1		
Gillian SHUTLER	30:28	65.54%	288	69	3		
Graham DONNACHIE	21:13	66.85%	45	40	1		
Graham JAMES	22:26	72.73%	35	32	1		
Graham MARTIN	20:13	72.96%	12	12	5		
Griq BENSON	21:01	67.96%	7	7	2		
Haydn BROWN	27:25	59.03%	11	9	1		
Hayley STRADLING	29:22	50.40%	268	57	2	New PB!	
Heather GRAHAM	31:49	54.01%	238	73	2		
Helen BENSON	26:59	57.88%	59	8	4	New PB!	

Summary

January 2023							
Name	Best				Runs this month	PB	Milestone
	Time	Age/Gender Grading	Overall Place	Gender Place			
Helen Michelle COULTHARD	33:12	48.80%	123	48	4		
Hilary MISSELBROOK	26:43	56.89%	75	12	1		
Holly STOCKWELL	28:41	51.60%	135	39	2	New PB!	
Iain CROSS	19:54	69.10%	6	6	1		
Ian MILES	22:30	63.04%	46	42	1		50th run
Jack TUCKWELL	21:08	61.51%	43	38	1		
Jacqueline HEALY	34:12	46.00%	269	91	2		
Jade LEAHY	26:06	57.28%	180	31	1		
Jade Lorelle EATON	28:28	52.22%	144	36	2		
Jamie EARLEY	23:06	57.79%	52	36	4		
Jamie STOCKWELL	27:41	46.60%	58	47	1		
Jane BUTLER	30:06	70.49%	314	71	1		
Janet SHAW	52:15	35.12%	487	189	2		
Jo WINZAR	32:07	56.36%	339	88	2		
Jodie FRANCIS	27:54	54.84%	96	24	3		
John BLAKE	23:47	62.51%	16	15	3		100th run
Jon LEIGH	25:32	63.38%	40	38	5		
Jon PLOMER	21:33	68.45%	29	28	4		
Jonathan MILLS	24:20	61.10%	117	102	2		
Jonathan O'NEIL	22:03	60.54%	25	18	3		
Josh CULLEN	18:42	68.98%	5	4	5	New PB!	
Josh MILLS	11:27	54.39%	9	6	2		
Julia LAWTON	29:34	58.12%	197	51	1		
Julie STRADLING	33:01	54.11%	345	93	1		
Karen NICHOLS	31:49	56.16%	184	54	2		
Kate CHARLES	25:27	60.90%	157	21	2		
Kate PROVIS	43:05	43.17%	239	87	1		
Katharine TUCKER	30:38	63.33%	310	73	2		
Katherine CHOWNS	29:16	51.71%	272	58	1		
Katherine COOPER	29:50	51.56%	218	62	3		
Katherine TROTT	22:14	66.57%	54	6	2		
Katy BRADLEY	25:47	65.80%	121	24	3		
Kay SADLER	29:45	52.89%	305	66	1		
Keith WHITAKER	29:18	62.63%	55	39	5		
Kelley HANIVER	20:12	78.63%	8	1	2		
Kelly BENNETTS	34:34	47.93%	195	73	1		
Ken CHEUNG	19:29	72.80%	14	13	1		
Kieran CHAPLIN	24:52	55.29%	51	45	4		
Kim ACHURCH	31:22	48.78%	158	49	1		
Kirstie GRAHAM	24:39	61.33%	127	17	3	New PB!	
Lara EVANS	28:14	57.97%	251	44	1		
Laura ROLLAND	32:34	46.98%	155	65	2		
Lauren FOWLER	53:27	28.06%	199	99	1		
Lee REYNOLDS	18:15	77.08%	7	7	1	New PB!	
Leyon JOSEPH	31:55	49.82%	133	80	1		
Lisa EVENS	37:54	45.95%	493	188	1		
Liz JAMES	34:39	54.45%	148	49	1		
Louisa KNIGHT	35:13	48.18%	400	131	2		
Louise NICHOLSON	35:06	43.59%	278	98	2		
Lucy MAY	20:33	72.99%	28	1	5	New PB!	
Marcus LEE	21:55	68.37%	11	10	4		
Mark SAYWELL	29:50	53.74%	175	124	2		

Summary

January 2023							
Name	Best				Runs this month	PB	Milestone
	Time	Age/Gender Grading	Overall Place	Gender Place			
Mark TUCKER	30:39	53.24%	311	229	2		
Mark WESTBROOK	19:12	71.09%	2	2	2		
Martin POWELL	26:36	63.66%	92	74	3		
Martin READ	33:57	49.88%	209	143	2		
Martyn BANNER	29:11	56.42%	150	114	3		
Matt EMERY	24:53	54.86%	48	42	3		
Matthew EVANS	22:54	64.41%	51	47	1		
Melissa BARHAM	39:56	40.15%	453	168	2		
Michael HEALY	27:15	54.13%	156	113	3		
Mick WELLAND	26:17	74.83%	117	97	1		
Mike HARPER	20:40	78.95%	4	4	4	New PB!	
Mike SMITH	24:25	68.67%	47	42	4		
Neil JARVIS	25:25	60.46%	92	78	3		
Nick CUFF	20:16	64.72%	3	3	2		
Nick RICHARDSON	41:26	34.47%	468	276	2		
Nicky BEAL	35:07	42.19%	168	45	2	New PB!	
Nigel FEAST	26:32	63.82%	145	116	2		
Oana MATTY	25:43	60.27%	118	22	5	New PB!	
Pete TUGWELL	21:08	73.34%	36	32	1	New PB!	
Peter COLE	25:09	60.57%	86	77	3		
Peter GOSS	25:19	65.04%	7	6	1		
Peter REDMAN	33:57	44.87%	200	135	3		
Phil MORGAN	17:10	77.77%	4	3	5		
Philip MAY	33:48	49.61%	264	173	1		
Philip OWEN	28:33	54.29%	99	76	4		
Phillip TOWNLEY	21:46	74.35%	58	50	2		
Rachael OPENSHAW	26:11	57.29%	35	5	4		
Rachel FARGHER	20:59	76.41%	25	1	4	New PB!	
Ray GUNNER	26:09	61.89%	62	54	3		
Rhona PHILLIPS	30:40	50.16%	152	36	1		
Richard BAILEY	20:23	63.78%	10	10	3	New PB!	
Richard CHOWNS	21:45	64.21%	57	49	5		
Richard EDMUNDS	20:26	74.55%	31	29	2		
Richard JACKS	23:58	58.28%	34	31	5		
Rob ARKELL	16:40	80.10%	2	2	2		
Rob GREENWOOD	17:55	73.58%	3	3	2		
Rob WILLIAMS	27:59	53.13%	74	54	5		
Russ COLEMAN	19:32	72.61%	7	7	4		
Russell MEAD	30:00	53.00%	93	63	2		
Sam GRAHAM	28:35	53.82%	261	50	1		
Samantha STOCKWELL	29:16	58.71%	188	44	1		
Samantha WHITING	26:06	56.83%	109	17	1		
Sara MCRITCHIE	25:20	64.61%	94	12	2		
Sarah BARRON	28:02	62.90%	141	29	5		
Sarah CLANSEY	33:23	45.08%	405	123	1		
Sarah CRANSTONE	29:16	65.38%	31	8	1	New PB!	
Sarah NORTHCOTT	29:55	51.42%	143	41	1		
Sean MARTIN	20:39	63.12%	34	31	1		
Simon GIBBON	33:03	44.63%	40	30	4		
Simon ROSS	20:03	71.82%	8	8	5		
Stacey READ	36:22	42.62%	125	38	3		
Stephen ANDREWS	25:30	50.59%	161	135	1		

Summary

January 2023							
Name	Best				Runs this month	PB	Milestone
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Steve CUMES	21:02	70.68%	4	4	2		
Steven MATTY	23:00	62.61%	65	60	5		
Stuart BAMBERGER	22:58	64.22%	52	46	3		
Stuart NICHOLSON	29:33	57.30%	175	128	5		
Thomas MACSWAYNE	29:32	43.68%	64	40	1		
Tiffany SKERRATT	33:30	47.41%	411	128	1		
Tim MATTHEWS	25:42	55.58%	93	76	3		
Tim ROLFE	18:54	68.25%	1	1	4		
Tina Louise CHANTREY	22:42	74.74%	33	2	5		
Toby EVANS	27:14	51.29%	81	63	5	New PB!	
Tom HASTINGS	27:00	48.83%	81	64	1		
Tom SINDALL	25:53	52.74%	30	24	4		
Tommy BLAKE	22:00	59.24%	19	19	2		
Tracie JARVIS	27:10	63.25%	128	27	2		
Victoria JOHN	27:54	58.66%	96	13	2		
Vikki TAYLOR	33:22	45.55%	369	110	1		
Wendy CUMES	29:38	57.26%	62	13	2		
Wendy HALL	35:56	51.76%	194	57	1		
Wendy SMITH	48:28	41.20%	368	164	2		
William COWLEY	29:37	43.61%	137	105	3	New PB!	
Zac CONATY	23:10	63.67%	52	47	3		

All Results

Position	Name	Time	Age Cat	Age	Gender	Milestone	Runs
Plymvalley parkrun		190	01/01/2023				
123	Claire PEAL	33:01	VW45-49	49.57%	43		65
Bath Skyline parkrun		177	01/01/2023				
10	Tim ROLFE	21:06	SM25-29	61.14%	8		142
52	Jamie EARLEY	25:59	VM35-39	51.06%	36	First Timer!	169
Netley Abbey parkrun		192	01/01/2023				
58	Tom SINDALL	25:53	VM40-44	52.74%	44		66
65	Anna SINDALL	26:08	VW35-39	57.91%	17		74
73	Chris DAVIDSON	26:55	VM60-64	61.18%	51		166
103	Angela HARRISON	28:56	VW45-49	55.99%	33		48
Southampton junior parkrun		25	01/01/2023				
9	Josh MILLS	11:27	JM10	54.39%	6		23
Keswick parkrun		174	01/01/2023				
35	Graham JAMES	22:26	VM60-64	72.73%	32	First Timer!	8
Lee-on-the-Solent parkrun		374	01/01/2023				
6	Mark WESTBROOK	19:12	VM40-44	71.09%	6		60
7	Chris WILLIAMS	19:27	SM30-34	67.44%	7		214
13	Gareth CHARLES	19:47	VM40-44	70.60%	12		162
20	Simon ROSS	20:42	VM45-49	69.57%	19		381
24	Andrew STOCKWELL	20:51	VM50-54	72.50%	23		313
35	Russ COLEMAN	21:39	VM45-49	65.51%	34		128
39	Josh CULLEN	21:54	SM25-29	58.90%	37		106
42	Lucy MAY	22:08	VW35-39	67.77%	3		85
46	Ian MILES	22:30	VM45-49	63.04%	42		50
51	Matthew EVANS	22:54	VM50-54	64.41%	47		75
58	Graham MARTIN	23:43	VM50-54	62.19%	53		189
61	Gavin RENNIE	23:53	VM45-49	60.29%	56		72
65	Steven MATTY	24:04	VM45-49	59.83%	60		87
69	Amie MORGAN	24:16	VW35-39	61.61%	7		267
73	Dominic SHEPHERD	24:24	VM55-59	65.16%	66		80
74	Mike SMITH	24:25	VM65-69	68.67%	67		79
80	John BLAKE	24:45	VM50-54	60.07%	72		100
86	Peter COLE	25:09	VM50-54	60.57%	77		28
93	Richard JACKS	25:24	VM40-44	54.99%	82		152
94	Sara MCRITCHIE	25:25	VW45-49	64.39%	12		202
96	Stuart BAMBERGER	25:26	VM50-54	57.99%	83		123
109	Samantha WHITING	26:06	SW30-34	56.83%	17		30
110	Richard EDMUNDS	26:07	VM50-54	58.33%	91		78
111	Phil MORGAN	26:09	VM35-39	50.73%	92		168
117	Mick WELLAND	26:17	VM75-79	74.83%	97		241
123	Andy LEE	26:23	VM60-64	62.41%	102		253
130	Chris STAPLEFORD	26:35	VM65-69	63.70%	106		171
145	Nigel FEAST	27:13	VM65-69	62.22%	116		108
149	Oana MATTY	27:26	VW40-44	56.50%	27		60
153	Gary STRADLING	27:50	VM55-59	56.65%	121		104
156	Kirstie GRAHAM	27:54	JW15-17	54.84%	30		73
159	Kate CHARLES	28:00	VW40-44	55.36%	31		161
164	Katy BRADLEY	28:17	VW50-54	59.99%	32		82
175	Holly STOCKWELL	28:41	SW25-29	51.60%	39	New PB!	59
182	Edwin CHOWNS	29:05	JM10	58.51%	138		15
183	Richard CHOWNS	29:05	VM40-44	48.02%	139		132
186	Chris WHEELER	29:14	VM40-44	47.38%	140		163
187	Cathy WEBB	29:16	VW65-69	70.33%	43		200
188	Samantha STOCKWELL	29:16	VW50-54	58.71%	44		105
189	Gail OSBORNE	29:22	VW60-64	67.99%	45		98
197	Julia LAWTON	29:34	VW50-54	58.12%	51		29
200	Stuart NICHOLSON	29:37	VM65-69	57.18%	143		422
204	Toby EVANS	29:54	VM40-44	46.71%	146		173

All Results

218	Katherine COOPER	30:27	VW40-44	50.52%	62		26
223	Andy WHITE	30:52	VM50-54	48.97%	155		208
224	Keith WHITAKER	31:04	VM70-74	59.07%	156		547
237	Karen NICHOLS	31:49	VW55-59	56.16%	72		84
238	Heather GRAHAM	31:49	VW50-54	54.01%	73		80
244	Sarah BARRON	32:18	VW50-54	54.59%	74		197
246	Emma BAKER	32:25	VW40-44	47.20%	76		86
264	Philip MAY	33:48	VM65-69	49.61%	173		101
269	Jacqueline HEALY	34:12	VW40-44	46.00%	91		176
276	Philip OWEN	34:59	VM55-59	44.31%	175		242
278	Louise NICHOLSON	35:06	VW40-44	43.59%	98		54
288	Gillian SHUTLER	36:01	VW60-64	54.65%	106		88
334	Geraldine MAY	41:49	VW60-64	47.75%	145		90
367	Andrew SMITH	55:00	VM60-64	30.21%	197		420
368	Wendy SMITH	55:43	VW60-64	35.84%	164		312
Glossop parkrun		72	01/01/2023				
3	Nick CUFF	20:47	SM30-34	63.11%	3	First Timer!	32
Fareham parkrun		201	01/01/2023				
7	David MALLARD	21:29	VM40-44	65.01%	6		274
11	Marcus LEE	22:29	VM50-54	66.64%	10		198
33	Tina Louise CHANTREY	25:26	VW50-54	66.71%	2		28
40	Jon LEIGH	25:56	VM60-64	62.40%	38		151
59	Helen BENSON	26:59	VW40-44	57.88%	8	New PB!	156
90	Alison LAWRENCE	29:17	VW40-44	53.33%	25		278
92	Rob WILLIAMS	29:24	VM50-54	50.57%	64		153
133	Leyon JOSEPH	31:55	VM55-59	49.82%	80		41
155	Laura ROLLAND	35:27	VW40-44	43.16%	65		54
171	David MACSWAYNE	38:34	VM60-64	41.96%	92		305
199	Lauren FOWLER	53:27	VW35-39	28.06%	99		29
Land's End parkrun		43	01/01/2023				
4	Mike HARPER	22:04	VM60-64	71.56%	4	First Timer!	478
Tidworth parkrun		123	01/01/2023				
8	Kelley HANIVER	20:41	VW45-49	76.79%	1		65
Brockwell parkrun, Herne Hill		373	07/01/2023				
264	Josh CULLEN	29:55	SM25-29	43.12%	174		107
Southsea parkrun		219	07/01/2023				
40	Greig BENSON	24:12	VM45-49	58.61%	36		126
41	Amy FOX	24:12	VW40-44	63.57%	4		105
131	Edwin CHOWNS	29:54	JM10	56.91%	100	First Timer!	16
132	Richard CHOWNS	29:55	VM40-44	46.69%	101		133
Eastleigh parkrun		78	07/01/2023				
11	Haydn BROWN	27:25	VM60-64	59.03%	9		321
Chester parkrun		286	07/01/2023				
116	Rachael OPENSHAW	27:45	VW35-39	54.05%	14		160
Winchester parkrun		209	07/01/2023				
140	Toby EVANS	31:20	VM40-44	44.57%	103	First Timer!	174
141	Chris WHEELER	31:21	VM40-44	44.18%	104	First Timer!	164
Netley Abbey parkrun		192	07/01/2023				
148	Liz JAMES	34:39	VW55-59	54.45%	49		76
Alice Holt parkrun		167	07/01/2023				
80	Jamie EARLEY	28:22	VM35-39	46.77%	67		170
Lee-on-the-Solent parkrun		278	07/01/2023				
12	Graham MARTIN	21:59	VM50-54	67.10%	12		190
25	Rachel FARGHER	23:18	VW45-49	68.81%	1		82
29	Jon PLOMER	23:38	VM50-54	62.41%	28		148
38	Lucy MAY	24:09	VW35-39	62.11%	3		86
43	Dominic SHEPHERD	24:19	VM55-59	65.39%	39		81

All Results

49	Tina Louise CHANTREY	24:34	VW50-54	69.06%	6		29
51	Kieran CHAPLIN	24:52	VM40-44	55.29%	45		131
52	Stuart BAMBERGER	24:54	VM50-54	59.24%	46		124
58	Evan DE WET	25:21	SM25-29	50.89%	51		25
71	Danielle STANNING	26:11	VW45-49	60.66%	11		76
74	Steven MATTY	26:24	VM45-49	54.55%	62		88
87	Amie MORGAN	27:12	VW35-39	54.96%	15		268
88	Phil MORGAN	27:12	VM35-39	48.77%	72		169
93	Tim MATTHEWS	27:27	VM45-49	52.03%	76		176
97	Jon LEIGH	27:37	VM60-64	58.60%	79		152
102	Martin POWELL	27:47	VM65-69	60.95%	83		317
113	Rob WILLIAMS	28:34	VM50-54	52.04%	93		154
114	Helen BENSON	28:39	VW40-44	54.51%	19		157
115	Anna SINDALL	28:42	VW35-39	52.73%	20		75
118	Alison LAWRENCE	29:11	VW40-44	53.51%	21		279
123	Oana MATTY	29:21	VW40-44	52.81%	23		61
133	Matt EMERY	29:45	VM40-44	45.88%	105		128
141	Sarah BARRON	30:10	VW50-54	58.45%	29		198
145	Gaynor HEFFER	30:30	VW55-59	60.16%	32		95
150	Martyn BANNER	30:37	VM60-64	53.78%	114		177
152	Rhona PHILLIPS	30:40	VW40-44	50.16%	36		5
173	Gail OSBORNE	32:04	VW60-64	62.27%	44		99
175	Stuart NICHOLSON	32:09	VM65-69	52.67%	128		423
176	Tom SINDALL	32:31	VM40-44	41.98%	129		67
185	Emma BAKER	32:51	VW40-44	46.58%	50		87
192	Michael HEALY	33:17	VM50-54	44.32%	133		68
204	Richard BAILEY	34:26	SM30-34	37.75%	138		120
209	Martin READ	34:57	VM65-69	48.45%	143		139
221	Peter REDMAN	36:09	VM50-54	42.14%	148		182
223	Stacey READ	36:22	VW40-44	42.62%	71		185
240	Helen Michelle COULTHARD	39:03	VW45-49	41.49%	84		202
270	Andrew SMITH	49:41	VM60-64	33.45%	159		421
Portsmouth Lakeside parkrun		243	07/01/2023				
223	Nicky BEAL	39:24	SW30-34	37.61%	91	First Timer!	39
235	William COWLEY	46:45	SM25-29	27.63%	133	First Timer!	32
Fareham parkrun		145	07/01/2023				
1	Tim ROLFE	18:54	SM25-29	68.25%	1		143
13	David MALLARD	22:09	VM40-44	63.05%	12		275
44	Andy LEE	26:23	VM60-64	62.41%	40		254
60	Richard JACKS	28:28	VM40-44	49.06%	53		153
Alderford Lake parkrun		48	07/01/2023				
25	Jonathan O'NEIL	32:31	VM35-39	40.80%	18	First Timer!	77
Itchen Valley Country parkrun		104	07/01/2023				
8	Simon ROSS	22:46	VM45-49	63.25%	8	First Timer!	382
83	Simon GIBBON	35:37	VM50-54	41.41%	54	First Timer!	267
Great Salterns parkrun		69	07/01/2023				
55	Keith WHITAKER	42:30	VM70-74	43.18%	39		548
Myponga Reservoir parkrun		45	07/01/2023				
7	Peter GOSS	25:19	VM60-64	65.04%	6		14
Ganger Farm parkrun		187	07/01/2023				
12	Gavin RENNIE	22:50	VM45-49	63.07%	12	First Timer!	73
Brockwell parkrun, Herne Hill		309	14/01/2023				
5	Josh CULLEN	18:42	SM25-29	68.98%	4	New PB!	108
Southsea parkrun		190	14/01/2023				
108	Richard JACKS	30:25	VM40-44	45.92%	80		154
St Albans parkrun		286	14/01/2023				
74	Dominic SHEPHERD	26:28	VM55-59	60.08%	66	First Timer!	82

All Results

Havant parkrun		163	14/01/2023					
29	Marcus LEE		24:33	VM50-54	61.03%	26	First Timer!	199
62	Jon LEIGH		27:40	VM60-64	58.49%	48		153
73	Helen BENSON		29:03	VW40-44	53.76%	17	First Timer!	158
74	Rob WILLIAMS		29:14	VM50-54	50.86%	54	First Timer!	155
96	Jodie FRANCIS		31:10	VW40-44	49.09%	24	First Timer!	82
Stevenage parkrun		276	14/01/2023					
97	Edward HARE		27:22	VM40-44	49.88%	85		55
Netley Abbey parkrun		152	14/01/2023					
66	Claire PROCTER		27:35	VW40-44	55.77%	17		48
93	Russell MEAD		30:00	VM55-59	53.00%	63		283
123	Helen Michelle COULTHARD		36:10	VW45-49	44.79%	48		203
Telford parkrun		502	14/01/2023					
45	Jonathan O'NEIL		22:03	VM35-39	60.54%	39	First Timer!	78
Lanhydrock parkrun		91	14/01/2023					
31	Sarah CRANSTONE		29:16	VW60-64	65.38%	8	New PB!	69
Woking parkrun		186	14/01/2023					
23	Callum SWANN		23:19	SM25-29	55.33%	22	New PB!	133
Lee-on-the-Solent parkrun		253	14/01/2023					
2	Mark WESTBROOK		19:21	VM40-44	70.54%	2		61
3	Rob GREENWOOD		20:12	VM35-39	65.26%	3		136
10	Simon ROSS		21:22	VM45-49	67.39%	10		383
12	Tim ROLFE		21:45	SM25-29	59.31%	12		144
16	Graham MARTIN		22:27	VM50-54	65.70%	16		191
19	Gavin RENNIE		22:37	VM45-49	63.67%	19		74
25	Russ COLEMAN		22:51	VM45-49	62.07%	25		129
28	Lucy MAY		23:06	VW35-39	64.94%	1		87
33	Rachel FARGHER		23:39	VW45-49	67.79%	2		83
51	Tina Louise CHANTREY		24:59	VW50-54	67.91%	4		30
52	Zac CONATY		25:04	VM50-54	58.84%	47		96
58	Evan DE WET		25:16	SM25-29	51.06%	52		26
59	Katherine TROTT		25:28	SW25-29	58.12%	6		61
62	Phil MORGAN		25:38	VM35-39	52.08%	55		170
63	Amie MORGAN		25:39	VW35-39	58.28%	7		269
82	Chris WHEELER		27:00	VM40-44	51.30%	70		165
87	Steven MATTY		27:29	VM45-49	52.40%	73		89
92	Neil JARVIS		27:46	VM55-59	55.34%	78		84
95	Jon PLOMER		27:52	VM50-54	52.93%	81		149
96	Victoria JOHN		28:02	VW45-49	58.38%	13		74
106	Mike SMITH		28:21	VM65-69	59.14%	86		80
118	Oana MATTY		28:54	VW40-44	53.63%	22		62
121	Katy BRADLEY		29:00	VW50-54	58.51%	24		83
128	Tracie JARVIS		29:14	VW50-54	58.78%	27		51
134	Toby EVANS		29:38	VM40-44	47.13%	102		175
136	Andy WHITE		29:42	VM50-54	50.90%	103		209
144	Jade Lorelle EATON		30:08	SW30-34	49.34%	36		32
151	Carl SCHAFER		30:27	VM55-59	52.22%	110		212
152	Edwin CHOWNS		30:28	JM10	55.85%	111		17
153	Richard CHOWNS		30:34	VM40-44	45.69%	112		134
156	Michael HEALY		30:46	VM50-54	47.94%	113		69
166	Martyn BANNER		31:49	VM60-64	51.75%	121		178
173	Sarah BARRON		33:00	VW50-54	53.43%	47		199
175	Mark SAYWELL		33:14	VM60-64	48.24%	124		87
184	Karen NICHOLS		33:35	VW55-59	53.20%	54		85
200	Peter REDMAN		35:06	VM50-54	43.40%	135		183
225	Stuart NICHOLSON		39:39	VM65-69	42.71%	140		424
227	Gail OSBORNE		39:43	VW60-64	50.27%	81		100
228	Derrick MORGAN		39:43	VM65-69	43.01%	141		27

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239	Kate PROVIS	43:05	VW55-59	43.17%	87		67
Stretford parkrun		615	14/01/2023				
27	Nick CUFF	20:16	SM30-34	64.72%	25	First Timer!	33
Portsmouth Lakeside parkrun		218	14/01/2023				
58	Jamie STOCKWELL	27:41	SM20-24	46.60%	47		119
59	Andrew STOCKWELL	27:44	VM50-54	54.51%	48		314
99	Philip OWEN	30:40	VM55-59	50.54%	76		243
135	Holly STOCKWELL	33:40	SW25-29	43.96%	41		60
Fareham parkrun		146	14/01/2023				
2	David MALLARD	20:37	VM40-44	67.74%	2		276
16	John BLAKE	23:47	VM50-54	62.51%	15		101
25	Daisy MCCLEMENTS	24:32	SW30-34	60.39%	2		92
61	Andy LEE	28:15	VM60-64	58.29%	52		255
83	Alison LAWRENCE	30:28	VW40-44	51.26%	14		280
125	Stacey READ	37:13	VW40-44	41.65%	38		186
126	David MACSWAYNE	37:52	VM60-64	42.74%	83		306
138	Ray GUNNER	49:21	VM60-64	32.79%	88		193
Castle Park parkrun		213	14/01/2023				
12	Chris HALL	23:09	VM55-59	68.11%	11	First Timer!	151
Hogmoor Inclosure parkrun		152	14/01/2023				
5	Brandon CHAPLIN	21:14	SM18-19	62.79%	5	First Timer!	99
100	Emma BAKER	33:21	VW40-44	45.88%	30	First Timer!	88
103	Kieran CHAPLIN	33:46	VM40-44	40.72%	66	First Timer!	132
Dishley parkrun, Loughborough		173	14/01/2023				
19	Tommy BLAKE	23:56	SM20-24	54.64%	19		115
Brooklands parkrun		334	14/01/2023				
185	Keith WHITAKER	30:40	VM70-74	59.84%	126	First Timer!	549
Woolacombe Dunes parkrun		47	14/01/2023				
15	Mike HARPER	26:08	VM60-64	62.44%	10		480
Alderford Lake parkrun		75	14/01/2023				
35	Rachael OPENSHAW	30:43	VW35-39	48.83%	5		161
Cosmeston Lakes parkrun		101	14/01/2023				
64	Thomas MACSWAYNE	29:32	SM25-29	43.68%	40		54
Itchen Valley Country parkrun		93	14/01/2023				
30	Tom SINDALL	28:25	VM40-44	48.04%	24		68
37	Anna SINDALL	29:41	VW35-39	50.98%	7		76
38	Angela HARRISON	29:50	VW45-49	54.30%	8		49
61	Matt EMERY	33:08	VM40-44	41.20%	42		129
Ganger Farm parkrun		163	14/01/2023				
94	Simon GIBBON	33:40	VM50-54	43.81%	65		268
Bushy parkrun		1392	21/01/2023				
80	Josh CULLEN	19:44	SM25-29	65.37%	68	First Timer!	109
Banstead Woods parkrun		219	21/01/2023				
91	Chris HALL	27:06	VM55-59	58.18%	79	First Timer!	152
194	Wendy HALL	35:56	VW55-59	51.76%	57	First Timer!	104
Cardiff parkrun		697	21/01/2023				
4	Phil MORGAN	17:10	VM35-39	77.77%	3	First Timer!	171
52	Amie MORGAN	20:20	VW35-39	73.52%	9	First Timer!	270
Southsea parkrun		463	21/01/2023				
2	Rob ARKELL	17:12	VM35-39	77.62%	2		37
171	Gary STRADLING	26:40	VM55-59	59.13%	136		105
239	Carl SCHAFER	29:16	VM55-59	54.33%	181		213
268	Hayley STRADLING	30:07	SW25-29	49.14%	57	New PB!	53
345	Julie STRADLING	33:01	VW55-59	54.11%	93		73
367	Martin READ	33:57	VM65-69	49.88%	238	First Timer!	140
Netley Abbey parkrun		240	21/01/2023				
7	Russ COLEMAN	21:05	VM45-49	67.27%	7		130

All Results

193	Helen Michelle COULTHARD	36:07	VW45-49	44.85%	66		204
Queen Elizabeth parkrun		78	21/01/2023				
4	Steve CUMES	21:38	VM50-54	68.72%	4	First Timer!	103
53	John BLAKE	32:04	VM50-54	46.36%	42		102
62	Wendy CUMES	33:37	VW50-54	50.47%	13	First Timer!	44
Shrewsbury parkrun		484	21/01/2023				
188	Rachael OPENSHAW	26:11	VW35-39	57.29%	24		162
Fountains Abbey parkrun		325	21/01/2023				
159	Andy WHITE	28:12	VM50-54	53.61%	116	First Timer!	210
Woking parkrun		345	21/01/2023				
23	Callum SWANN	21:31	SM25-29	59.95%	20	New PB!	134
Chichester parkrun		161	21/01/2023				
6	Iain CROSS	19:54	VM40-44	69.10%	6	First Timer!	132
Lee-on-the-Solent parkrun		567	21/01/2023				
3	Brandon CHAPLIN	18:10	SM18-19	73.39%	3		100
7	Chris WILLIAMS	18:51	SM30-34	69.58%	7		215
14	Ken CHEUNG	19:29	VM45-49	72.80%	13		23
20	Simon ROSS	20:03	VM45-49	71.82%	19		384
23	Graham MARTIN	20:18	VM50-54	72.66%	21		192
24	Tim ROLFE	20:26	SM25-29	63.13%	22		145
32	Lucy MAY	20:58	VW35-39	71.54%	3		88
36	Pete TUGWELL	21:08	VM55-59	73.34%	32	New PB!	2
47	Rachel FARGHER	21:53	VW45-49	73.27%	4		84
48	Marcus LEE	21:55	VM50-54	68.37%	43		200
53	Jon PLOMER	22:13	VM50-54	66.39%	47		150
54	Katherine TROTT	22:14	SW25-29	66.57%	6		62
63	Dominic SHEPHERD	22:44	VM55-59	69.94%	56		83
71	Stuart BAMBERGER	22:58	VM50-54	64.22%	63		125
79	Tina Louise CHANTREY	23:05	VW50-54	73.50%	8		31
80	Jamie EARLEY	23:06	VM35-39	57.79%	70		171
86	Evan DE WET	23:18	SM25-29	55.36%	75		27
89	Zac CONATY	23:26	VM50-54	62.94%	78		97
136	Derrick MORGAN	24:54	VM65-69	68.61%	114		28
138	Steven MATTY	24:57	VM45-49	57.72%	116		90
139	Jonathan MILLS	25:01	VM50-54	59.43%	117		109
145	Sara MCRITCHIE	25:20	VW45-49	64.61%	20		203
147	Andy LEE	25:23	VM60-64	64.87%	121		256
155	Danielle STANNING	25:35	VW45-49	62.08%	21		77
156	Mike SMITH	25:39	VM65-69	65.37%	129		81
158	Chris STAPLEFORD	25:45	VM65-69	66.34%	131		172
163	Claire PROCTER	25:50	VW40-44	59.55%	22		49
165	Phillip TOWNLEY	25:54	VM60-64	62.48%	137		78
170	Chris WHEELER	26:01	VM40-44	53.24%	141		166
173	Ashley LOVELL	26:12	VM60-64	61.77%	143		60
174	Tim MATTHEWS	26:14	VM45-49	54.45%	144		177
176	Neil JARVIS	26:20	VM55-59	58.35%	145		85
181	Kirstie GRAHAM	26:25	JW15-17	57.22%	28		74
184	Nigel FEAST	26:32	VM65-69	63.82%	150		109
191	Martin POWELL	26:42	VM65-69	63.42%	155		318
198	Anna SINDALL	26:52	VW35-39	56.33%	31		77
211	Tracie JARVIS	27:10	VW50-54	63.25%	34		52
216	Toby EVANS	27:14	VM40-44	51.29%	175		176
218	Michael HEALY	27:15	VM50-54	54.13%	176		70
224	Oana MATTY	27:31	VW40-44	56.33%	37		63
236	Edward HARE	27:52	VM40-44	48.98%	191		56
237	Jodie FRANCIS	27:54	VW40-44	54.84%	40		83
242	Rob WILLIAMS	27:59	VM50-54	53.13%	195		156
251	Lara EVANS	28:14	VW45-49	57.97%	44		37

All Results

258	Jade Lorelle EATON	28:28	SW30-34	52.22%	49		33
261	Sam GRAHAM	28:35	VW40-44	53.82%	50		111
264	Philip OWEN	28:40	VM55-59	54.07%	207		244
281	Gail OSBORNE	29:09	VW60-64	68.50%	55		101
286	Martyn BANNER	29:11	VM60-64	56.42%	220		179
289	Kieran CHAPLIN	29:16	VM40-44	46.98%	222		133
301	Stuart NICHOLSON	29:33	VM65-69	57.30%	230		425
305	Kay SADLER	29:45	VW40-44	52.89%	66		36
314	Jane BUTLER	30:06	VW65-69	70.49%	71		40
338	Tom SINDALL	30:57	VM40-44	44.10%	248		69
353	Peter COLE	31:33	VM50-54	48.28%	254		29
362	Keith WHITAKER	32:05	VM70-74	57.19%	259		550
365	Gillian SHUTLER	32:13	VW60-64	61.98%	95		89
368	Katherine COOPER	32:19	VW40-44	47.60%	97		27
372	Laura ROLLAND	32:34	VW40-44	46.98%	99		55
392	Katharine TUCKER	32:54	VW60-64	58.97%	114		101
393	Mark TUCKER	33:03	VM60-64	49.37%	269		148
394	Simon GIBBON	33:03	VM50-54	44.63%	270		269
403	Sarah BARRON	33:18	VW50-54	52.95%	121		200
405	Sarah CLANSEY	33:23	VW35-39	45.08%	123		128
411	Tiffany SKERRATT	33:30	VW45-49	47.41%	128		66
444	Richard BAILEY	35:22	SM30-34	36.76%	286		121
459	Louisa KNIGHT	35:57	VW50-54	47.20%	159		88
468	Jo WINZAR	36:27	VW55-59	49.66%	167		113
475	Jacqueline HEALY	37:13	VW40-44	42.27%	172		177
478	Heather GRAHAM	37:20	VW50-54	46.03%	174		81
479	Diane WILSON	37:21	VW60-64	51.94%	175		90
480	Claire JOHNSON	37:22	VW50-54	45.41%	176		133
485	Stacey READ	37:37	VW40-44	41.21%	180		187
486	Louise NICHOLSON	37:37	VW40-44	40.67%	181		55
493	Lisa EVENS	37:54	VW50-54	45.95%	188		126
509	Melissa BARHAM	40:13	VW45-49	39.87%	199		142
514	Nick RICHARDSON	41:26	VM45-49	34.47%	301		66
549	Andrew SMITH	50:40	VM65-69	33.09%	314		422
561	Janet SHAW	58:39	VW55-59	31.29%	233		214
Portsmouth Lakeside parkrun		232	21/01/2023				
7	David MALLARD	20:26	VM40-44	68.35%	7		277
102	Edwin CHOWNS	29:03	JM10	58.58%	81	New PB!	18
103	Richard CHOWNS	29:04	VM40-44	48.05%	82		135
105	Alison LAWRENCE	29:10	VW40-44	53.54%	19		281
137	William COWLEY	31:50	SM25-29	40.58%	105	New PB!	33
168	Nicky BEAL	35:07	SW30-34	42.19%	45	New PB!	40
Woolacombe Dunes parkrun		55	21/01/2023				
14	Mike HARPER	25:27	VM60-64	64.11%	13		481
Millennium Country parkrun, Forest		230	21/01/2023				
12	Kelley HANIVER	20:12	VW45-49	78.63%	1		66
Warwick Racecourse parkrun		296	21/01/2023				
72	BRAD HAMMONDS	25:17	SM25-29	51.02%	63		58
University Parks parkrun		539	21/01/2023				
203	Jon LEIGH	25:32	VM60-64	63.38%	163	First Timer!	154
Ganger Farm parkrun		220	21/01/2023				
34	Richard JACKS	23:58	VM40-44	58.28%	31	First Timer!	155
62	Ray GUNNER	26:09	VM60-64	61.89%	54	First Timer!	194
Basingstoke parkrun		371	28/01/2023				
84	Jamie EARLEY	24:49	VM35-39	53.79%	76	First Timer!	172
Brockwell parkrun, Herne Hill		342	28/01/2023				
20	Josh CULLEN	19:19	SM25-29	66.78%	19		110

All Results

Southsea parkrun		466	28/01/2023					
	2	Rob ARKELL	16:40	VM35-39	80.10%	2		38
Havant parkrun		207	28/01/2023					
	1	Brandon CHAPLIN	18:59	SM18-19	70.24%	1	First Timer!	101
	47	Mike SMITH	26:13	VM65-69	63.95%	42	First Timer!	82
	80	Emma BAKER-CHAPLIN	28:45	VW40-44	53.22%	17	First Timer!	89
	87	Kieran CHAPLIN	28:59	VM40-44	47.44%	63		134
Netley Abbey parkrun		237	28/01/2023					
	7	Steve CUMES	21:02	VM50-54	70.68%	7	First Timer!	104
	47	Charlotte LORD	24:52	SW25-29	59.52%	5		98
	48	Matt EMERY	24:53	VM40-44	54.86%	42		130
	81	Tom HASTINGS	27:00	VM35-39	48.83%	64		101
	86	Angela HARRISON	27:10	VW45-49	59.63%	17		50
	133	Wendy CUMES	29:38	VW50-54	57.26%	36	First Timer!	45
	143	Sarah NORTHCOTT	29:55	VW40-44	51.42%	41		90
	158	Kim ACHURCH	31:22	VW40-44	48.78%	49	First Timer!	60
	185	Russell MEAD	33:26	VM55-59	47.56%	110		284
	195	Kelly BENNETTS	34:34	VW45-49	47.93%	73		88
Blackhill parkrun		53	28/01/2023					
	40	Simon GIBBON	33:59	VM50-54	43.40%	30		270
Rushcliffe parkrun		524	28/01/2023					
	138	Simon ROSS	25:05	VM45-49	57.41%	112		385
Delamere parkrun		389	28/01/2023					
	172	Rachael OPENSHAW	28:11	VW35-39	53.22%	31	First Timer!	163
Shrewsbury parkrun		596	28/01/2023					
	152	Jonathan O'NEIL	24:05	VM35-39	55.43%	135		79
Tonbridge parkrun		426	28/01/2023					
	36	Amie MORGAN	21:34	VW35-39	69.32%	7	First Timer!	271
	37	Phil MORGAN	21:34	VM35-39	61.90%	30	First Timer!	172
Woking parkrun		320	28/01/2023					
	23	Callum SWANN	21:24	SM25-29	60.28%	22	New PB!	135
Mt Clarence parkrun		146	28/01/2023					
	82	Alison HESSELBERTH	31:46	VW60-64	62.85%	19	First Timer!	87
Hastings parkrun		326	28/01/2023					
	246	Helen Michelle COULTHARD	33:12	VW45-49	48.80%	73	First Timer!	205
Lee-on-the-Solent parkrun		499	28/01/2023					
	5	Rob GREENWOOD	17:55	VM35-39	73.58%	5		137
	7	Lee REYNOLDS	18:15	VM40-44	77.08%	7	New PB!	16
	10	Chris WILLIAMS	18:24	SM30-34	71.29%	10		216
	12	Gareth CHARLES	18:38	VM40-44	74.96%	12		163
	17	Russ COLEMAN	19:32	VM45-49	72.61%	15		131
	26	Graham MARTIN	20:13	VM50-54	72.96%	24		193
	31	Richard EDMUNDS	20:26	VM50-54	74.55%	29		79
	33	Lucy MAY	20:33	VW35-39	72.99%	2	New PB!	89
	34	Sean MARTIN	20:39	SM20-24	63.12%	31		27
	41	Rachel FARGHER	20:59	VW45-49	76.41%	4	New PB!	85
	43	Jack TUCKWELL	21:08	SM30-34	61.51%	38		27
	45	Graham DONNACHIE	21:13	VM45-49	66.85%	40		57
	50	Jon PLOMER	21:33	VM50-54	68.45%	42		151
	56	Chris HALL	21:44	VM45-49	67.33%	48		14
	57	Richard CHOWNS	21:45	VM40-44	64.21%	49		136
	58	Phillip TOWNLEY	21:46	VM60-64	74.35%	50		79
	80	Tina Louise CHANTREY	22:42	VW50-54	74.74%	8		32
	85	Evan DE WET	22:54	SM25-29	56.33%	74		28
	89	Steven MATTY	23:00	VM45-49	62.61%	78		91
	90	Edward HARE	23:08	VM40-44	59.01%	79		57
	91	Zac CONATY	23:10	VM50-54	63.67%	80		98
	97	Dominic SHEPHERD	23:18	VM55-59	68.24%	85		84

All Results

112	Danielle STANNING	24:14	VW45-49	65.54%	12	New PB!	78
117	Jonathan MILLS	24:20	VM50-54	61.10%	102		110
127	Kirstie GRAHAM	24:39	JW15-17	61.33%	17	New PB!	75
153	Gary STRADLING	25:20	VM55-59	62.24%	129		106
156	Neil JARVIS	25:25	VM55-59	60.46%	132		86
157	Kate CHARLES	25:27	VW40-44	60.90%	21		162
161	Stephen ANDREWS	25:30	SM25-29	50.59%	135		141
170	Tim MATTHEWS	25:42	VM45-49	55.58%	142		178
171	Oana MATTY	25:43	VW40-44	60.27%	24	New PB!	64
173	Katy BRADLEY	25:47	VW50-54	65.80%	26		84
180	Jade LEAHY	26:06	VW35-39	57.28%	31		82
208	Andy WHITE	26:39	VM50-54	56.72%	165		211
237	Victoria JOHN	27:54	VW45-49	58.66%	45		75
239	Sarah BARRON	28:02	VW50-54	62.90%	46		201
253	Philip OWEN	28:33	VM55-59	54.29%	196		245
258	Edwin CHOWNS	28:49	JM10	59.05%	200		19
266	Peter COLE	29:06	VM50-54	52.35%	204		30
267	Cathy WEBB	29:07	VW65-69	70.69%	56		201
271	Gail OSBORNE	29:13	VW60-64	68.34%	57		102
272	Katherine CHOWNS	29:16	VW35-39	51.71%	58		68
273	Keith WHITAKER	29:18	VM70-74	62.63%	206		551
277	Hayley STRADLING	29:22	SW25-29	50.40%	60		54
286	William COWLEY	29:37	SM25-29	43.61%	215		34
288	Stuart NICHOLSON	29:41	VM65-69	57.05%	217		426
292	Katherine COOPER	29:50	VW40-44	51.56%	64		28
293	Mark SAYWELL	29:50	VM60-64	53.74%	220		88
301	Gillian SHUTLER	30:28	VW60-64	65.54%	69		90
306	Andy LEE	30:33	VM60-64	53.90%	226		257
310	Katharine TUCKER	30:38	VW60-64	63.33%	73		102
311	Mark TUCKER	30:39	VM60-64	53.24%	229		149
339	Jo WINZAR	32:07	VW55-59	56.36%	88		114
369	Vikki TAYLOR	33:22	VW35-39	45.55%	110		96
380	Peter REDMAN	33:57	VM50-54	44.87%	253		184
400	Louisa KNIGHT	35:13	VW50-54	48.18%	131		89
421	Diane WILSON	36:30	VW60-64	53.15%	146		91
435	Claire JOHNSON	37:17	VW50-54	45.51%	157		134
453	Melissa BARHAM	39:56	VW45-49	40.15%	168		143
468	Nick RICHARDSON	43:59	VM45-49	32.47%	276		67
482	Wendy SMITH	48:28	VW60-64	41.20%	187		313
485	Andrew SMITH	51:16	VM65-69	32.70%	282		423
487	Janet SHAW	52:15	VW55-59	35.12%	189		215
Portsmouth Lakeside parkrun		236	28/01/2023				
10	Richard BAILEY	20:23	SM30-34	63.78%	10	New PB!	122
92	Martin POWELL	26:36	VM65-69	63.66%	74	First Timer!	319
Bideford parkrun		84	28/01/2023				
16	Mike HARPER	20:40	VM60-64	78.95%	15	New PB!	482
Fareham parkrun		208	28/01/2023				
4	David MALLARD	19:36	VM40-44	71.26%	3		278
39	Marcus LEE	23:59	VM50-54	62.47%	33		201
75	Hilary MISSELBROOK	26:43	VW35-39	56.89%	12		57
84	Jon LEIGH	27:38	VM60-64	58.56%	68		155
92	Ray GUNNER	28:04	VM60-64	57.66%	75		195
98	Rob WILLIAMS	28:24	VM50-54	52.35%	78		157
100	Alison LAWRENCE	29:12	VW40-44	53.48%	20		282
109	Jodie FRANCIS	29:55	VW40-44	51.14%	25		84
110	Helen BENSON	29:55	VW40-44	52.20%	26		159
145	David MACSWAYNE	33:12	VM60-64	48.74%	99		307
Dishley parkrun, Loughborough		216	28/01/2023				

All Results

22	Tommy BLAKE	22:00	SM20-24	59.24%	19		116
Warwick Racecourse parkrun		432	28/01/2023				
1	Brad HAMMONDS	17:13	SM25-29	74.93%	1		59
Bolberry Down parkrun		50	28/01/2023				
33	Carl SCHAFFER	29:50	VM55-59	53.30%	27	First Timer!	214
Itchen Valley Country parkrun		150	28/01/2023				
7	Greig BENSON	21:01	VM45-49	67.96%	7	First Timer!	127
18	Gavin RENNIE	22:42	VM45-49	63.44%	18		75
40	Amy FOX	25:35	VW40-44	60.13%	6	New PB!	106
68	Chris WHEELER	28:20	VM40-44	48.88%	55	New PB!	167
81	Toby EVANS	29:26	VM40-44	47.45%	63	New PB!	177
Broadwater parkrun		182	28/01/2023				
36	Richard JACKS	24:29	VM40-44	57.05%	33	First Timer!	156
Southampton junior parkrun		40	29/01/2023				
17	Josh MILLS	11:31	JM10	54.08%	11		24