

FROSTY TRIPLE SERIES 2019

Day 3 Rampside Ramble (2) Race Results

5KM	Name	Time
1	Chris Hubbard	0:18:56
2	Robert Mortimore	0:19:15
3	Adam Dawson	0:22:59
4	Mark Wilding	0:23:27
5	Luke Buxton	0:24:25
6	Ryan Proctor	0:25:17
6	Steve Proctor	0:25:17
7	Malcolm Hill	0:26:26
7	Al McNulty	0:26:26
7	Mark Barrow	0:26:26
8	Mike Higgins	0:27:07
9	Paul Managh	0:27:25
9	Evie-Mai Managh	0:27:25
10	Yvonne Holt	0:28:05
11	Victoria Wilding	0:28:28
12	Karen Hawkrigg	0:28:34
13	Rebecca Connolly	0:28:40
13	Joseph Connolly	0:28:40
14	Angela Spencer	0:28:55
15	Michelle Johnson	0:29:38
16	Terry Peet	0:30:08
17	Karen Stanley	0:30:45
18	Sandra Garnett	0:30:49
18	Demi Garnett	0:30:49
18	Dawn Wild	0:30:49
19	Helen Curme	0:31:03
20	Kelly White	0:31:44
21	Stuart Parkinson	0:32:11
21	Zack Parkinson	0:32:11
22	Helen Marr	0:34:17
22	Harrison Marr	0:34:17
23	Nicola Noble	0:35:18
24	Sharon Hill	0:36:25
24	Natasha Carter	0:36:25
25	Eric Nelson	0:40:50

10KM	Name	Time
1	Mick Cull	0:43:25
2	Mark Bean	0:45:56
3	Paul Willets	0:48:57
4	Andrew Moonan	0:49:13
5	Karen Oldham	0:49:45
6	Simon Wright-Rosie	0:49:50
7	Paul Ellison	0:50:40
8	Andrew Hemsley	0:51:05
9	Marion Wright-Rosie	0:52:38
10	Rebecca Sankey	0:54:16
11	Rose James	0:54:44
12	Rachel Read	0:55:03
13	Jamie Clements	0:57:28
14	Hazel Sankey	0:57:40
15	Steve Thompson	0:58:43
16	Susan Clarkson	1:00:04
17	Donna Johnston	1:00:15
18	Rebecca Richards	1:02:24
18	Katie Duxbury	1:02:24
19	Jeff Crosthwaite	1:03:02
20	Janet Powell	1:03:11
20	Becky Henry-Brown	1:03:11
21	Lesley Skelton	1:03:18
22	Elaine Cowperthwaite	1:03:55
23	Paul Edwards	1:05:25
24	Andy Birch	1:06:36
25	Angela Clarke	1:08:37
26	Darren Whyman	1:09:09
27	Tom Quinn	1:09:15
28	Darren Smith	1:10:07
28	Julie Cull	1:10:07
29	Tink Smith	1:11:11
30	Lesley Grieve	1:14:41
31	Jeannette Walters	1:15:47
31	David Moores	1:15:47
32	Tracie Whyman	1:17:53
32	Karen Green	1:17:53
33	Jim Beaton	1:18:31
34	Sandra Wright	1:21:16
35	Shelley Myers	1:21:31
36	Rachael Houston	1:24:52
36	Sharon Longmire	1:24:52
37	Gemma Ward	1:29:37
38	Chris Waters	1:38:55
38	Sharon Waters	1:38:55

HALF Marathon	Name	Time
1	Darren Coward	1:30:27
2	Martin Holt	1:40:58
3	Chris Punton	1:41:22
4	Ted Smith	1:43:17
5	Charlie O'Hare	1:47:27
6	Marie-Louise Taylor	1:47:49
7	Matt Atkinson	1:54:40
8	Jonathan Bailey	1:59:06
9	Paula Herbert	2:01:10
10	Shaun Nelson	2:05:59
11	Nick Armstrong	2:08:32
12	Alan Chesters	2:11:52
13	Sonja Farish	2:23:08
Marathon	Name	Time
1	John Murray	3:13:03
2	Cat D'Ascendis	3:45:22
3	Andy Mcpherson	3:54:42
4	Nic Malloy	4:16:08
5	Steve Rogan	4:16:27
6	Rebekah Gibbons	4:49:55
7	Sarah O'Connor	5:08:42