

Frosty Triple Series – Day 3

11th December 2022

1 Mile		
Position	Runner	Finish Time
1	Aaron Durkin-Smith	00:10:34
1	Gemma Durkin-Smith	00:10:34
5km		
Position	Runner	Finish Time
1	Heather Travis	00:22:47
1	Laura Midwinter	00:21:39 / 00:22:55
2	Ryan Proctor	00:24:02
3	Mark Barrow	00:25:24
4	Emily Spencer	00:28:58
5	Hazel Sankey	00:29:10
5	Yvonne Holt	00:29:10
5	Mike Higgins	00:29:10
6	Jeff Crosthwaite	00:29:26
7	Dawn Wild	00:29:41
7	Donna Johnston	00:29:41
8	Al McNulty	00:30:03
9	Mandie Beckett	00:30:27
10	Karen Bennett	00:30:32
10	Malcolm Hill	00:30:32
11	Karen Hawkrigg	00:30:35
12	Dawn Evans	00:30:39
13	Rebecca Connolly	00:32:45
14	Gemma McGlinchey	00:33:27
14	Kim Smith	00:33:27
15	Vicky Parkinson	00:33:36
15	Stuart Parkinson	00:33:36
15	Zach Parkinson	00:33:36
16	Jim Beaton	00:35:27
17	Thomas Spencer	00:36:08
18	Angela Spencer	00:36:12
19	Marie Morris	00:36:45
19	Beth Hughes	00:36:45
20	Terry Peet	00:36:54
21	Paula Herbert	00:40:16
22	David Sankey	00:42:41
23	Annette Higgins	00:44:41
24	Chris Foden	00:52:02

10km		
Position	Runner	Finish Time
1	Dean Crossman	00:38:46
2	Scott Bremner	00:39:24
3	Rob Webber	00:40:49
4	Matty Green	00:41:12
5	Vicky Henderson	00:45:53
6	Andrew Higginson	00:47:56
7	Vicky Green	00:53:13
8	Andrew Easterby	00:53:29
9	Sally Barton	00:55:03
10	Chris Kay	00:59:54
10	Julie Cull	00:59:54
10	Steph Roberts	00:59:54
11	Janet Monaghan	01:09:45
12	Natalie Wilson	01:10:58
Half Marathon		
Position	Runner	Finish Time
1	Neil Osgood	01:35:23
2	Joe Horsley	01:43:00
3	Karen Oldham	01:55:52
4	Jonathan Bailey	02:03:44
Marathon		
Position	Runner	Finish Time
1	Marc Potter	03:19:30
Virtual Runners		
5km	Runner	Finish Time
1	Olly Griffiths	00:38:23
2	Caroline Peet	01:14:00
3	Emily Bruchez	01:27:24
10km	Runner	Finish Time
1	Gemma Ward	01:46:00
2	Becky Henry-Brown	01:49:00