

Insane Running X Country - Ickworth
25th January 2015

Event	Pos	FirstName	LastName	Race No	Category	Categ Pos	Gender	Gender Pos	Time
5K	1	James	Wilson	214	Senior 15 - 39		1 Male		1 00:19:54
5K	2	Steve	Edwards	53	Senior 15 - 39		2 Male		2 00:23:35
5K	3	Anita	Scoines	209	Vet 40		1 Female		1 00:25:49
5K	4	James	Murrell	123	Vet 40		1 Male		3 00:26:32
5K	5	Brian	Riffe	140	Vet 40		2 Male		4 00:26:44
5K	6	Christopher	Czerwonka	43	Senior 15 - 39		3 Male		5 00:27:07
5K	7	Clare	Appway	193	Senior 15 - 39		1 Female		2 00:27:27
5K	8	Donald	Jones	100	Senior 15 - 39		4 Male		6 00:28:01
5K	9	Lucy	Street	161	Senior 15 - 39		2 Female		3 00:28:31
5K	10	Whitney	Hawkins	206	Senior 15 - 39		3 Female		4 00:29:34
5K	11	Tracy	Canham	28	Senior 15 - 39		4 Female		5 00:29:43
5K	12	Beverley	Williams	177	Vet 40		2 Female		6 00:30:09
5K	13	Charlotte	Hastings	83	Senior 15 - 39		5 Female		7 00:30:17
5K	14	Jon	Rasmussen	188	Senior 15 - 39		5 Male		7 00:30:42
5K	15	Dawn	Mills	218	Vet 40		3 Female		8 00:30:44
5K	16	Mathew	Dorsett	186	Senior 15 - 39		6 Male		8 00:30:50
5K	17	Alicia	Helton	213	Senior 15 - 39		6 Female		9 00:30:55
5K	18	Robert	Redman	137	Vet 60		1 Male		9 00:31:02
5K	19	Maxine	Rice	139	Senior 15 - 39		7 Female		10 00:31:24
5K	20	Chris	Bailey	205	Senior 15 - 39		7 Male		10 00:31:29
5K	21	Karl	Coutts	40	Senior 15 - 39		8 Male		11 00:32:12
5K	22	Gina	Sargent	146	Senior 15 - 39		8 Female		11 00:32:14
5K	23	Rachel	Baalham	5	Senior 15 - 39		9 Female		12 00:32:23
5K	24	Justin	Feldman	187	Senior 15 - 39		9 Male		12 00:32:30
5K	25	Simon	Sadler	143	Senior 15 - 39		10 Male		13 00:32:34
5K	26	Andy	Sewell	150	Vet 40		3 Male		14 00:32:35
5K	27	Nicola	Garnham	66	Senior 15 - 39		10 Female		13 00:32:45
5K	28	Chloe	Elliston	56	Senior 15 - 39		11 Female		14 00:33:15
5K	29	Luba	Coult	39	Senior 15 - 39		12 Female		15 00:33:15
5K	30	Joanne	Bradley	18	Senior 15 - 39		13 Female		16 00:33:15
5K	31	Belinda	Knott	217	Unclassified 0 - 14		1 Female		17 00:33:38
5K	32	Louise	Gell	210	Senior 15 - 39		14 Female		18 00:33:56
5K	33	Tim	Asti	4	Vet 40		4 Male		15 00:34:22
5K	34	Fiona	Hotston Moore	93	Vet 40		4 Female		19 00:34:26
5K	35	Graham	Hines	89	Vet 40		5 Male		16 00:34:26
5K	36	Andy	Harris	80	Vet 40		6 Male		17 00:34:27
5K	37	Nikki	Fitzgerald	61	Vet 40		5 Female		20 00:34:27
5K	38	Michele	Beveridge	13	Vet 40		6 Female		21 00:34:28
5K	39	James	Eastwood	51	Senior 15 - 39		11 Male		18 00:34:47
5K	40	Alice	Berrill	12	Senior 15 - 39		15 Female		22 00:34:52
5K	41	Charlie	Fripp	222	Vet 40		7 Male		19 00:35:14
5K	42	Alice	Moon	115	Unclassified 0 - 14		2 Female		23 00:35:21
5K	43	Emma	Mitchell	228	Senior 15 - 39		16 Female		24 00:35:52
5K	44	Paul	Forshaw	64	Vet 60		2 Male		20 00:36:20
5K	45	Anita	Bond	15	Vet 40		7 Female		25 00:36:29
5K	46	Kathryn	Brown	24	Senior 15 - 39		17 Female		26 00:36:32
5K	47	Dawn	Coleman	37	Senior 15 - 39		18 Female		27 00:36:37
5K	48	Viv	Proctor	225	Senior 15 - 39		19 Female		28 00:37:19
5K	49	Yolanda	Elliott-James	55	Senior 15 - 39		20 Female		29 00:37:38
5K	50	Pippa	Newell	127	Vet 40		8 Female		30 00:37:39
5K	51	Lorna	Hassell	82	Senior 15 - 39		21 Female		31 00:38:21
5K	52	Niklas	Steinbrunner	185	Senior 15 - 39		12 Male		21 00:38:56
5K	53	Lavender	Schuler	148	Senior 15 - 39		22 Female		32 00:38:57
5K	54	Primrose	Graham	75	Senior 15 - 39		23 Female		33 00:43:47
5K	55	Sara	Whiting	175	Senior 15 - 39		24 Female		34 00:53:26
5K	56	Robert	Head	86	Senior 15 - 39		13 Male		22 00:54:05
5K	57	Natalie	Chernucha	34	Senior 15 - 39		25 Female		35 00:54:45
5K	58	Craig	Forest	62	Senior 15 - 39		14 Male		23 00:54:55
5K	59	Robert	Morrison	118	Vet 40		8 Male		24 01:03:14
5K	60	Emily	Hay	84	Senior 15 - 39		26 Female		36 01:05:00

Event	Pos	FirstName	LastName	Race No	Category	Categ Pos	Gender	Gender Pos	Lap 1	Lap 2	Time
10K	1	Barnaby	Palmer	130	Senior 15 - 39		1 Male		1 00:19:28	00:20:02	00:39:31
10K	2	Darren	Shepherd	204	Vet 40		1 Male		2 00:19:24	00:20:15	00:39:40
10K	3	Steve	Mason	224	Senior 15 - 39		2 Male		3 00:20:20	00:20:13	00:40:34
10K	4	Joshua	Peacock	134	Senior 15 - 39		3 Male		4 00:20:09	00:21:24	00:41:34
10K	5	Jack	Mason	226	Senior 15 - 39		4 Male		5 00:20:14	00:21:27	00:41:41
10K	6	Kate	Keeble	192	Senior 15 - 39		1 Female		1 00:20:52	00:21:37	00:42:29
10K	7	Brendan	Troy	168	Senior 15 - 39		5 Male		6 00:20:23	00:22:08	00:42:32
10K	8	James	Ellin	54	Senior 15 - 39		6 Male		7 00:21:22	00:21:18	00:42:41
10K	9	Nicholas	Sinnwell	154	Senior 15 - 39		7 Male		8 00:21:28	00:21:23	00:42:52
10K	10	Jack	Nicholl	128	Senior 15 - 39		8 Male		9 00:21:13	00:21:46	00:42:59
10K	11	Ross	Warren	174	Senior 15 - 39		9 Male		10 00:21:19	00:22:34	00:43:54
10K	12	Craig	Sargent	145	Senior 15 - 39		10 Male		11 00:21:42	00:22:19	00:44:02
10K	13	David	Guest	76	Senior 15 - 39		11 Male		12 00:21:25	00:22:38	00:44:04
10K	14	Alan	Brown	23	Senior 15 - 39		12 Male		13 00:21:49	00:22:28	00:44:18
10K	15	Mark	Bell	10	Vet 40		2 Male		14 00:21:48	00:22:46	00:44:35
10K	16	Daniel	Reeb	138	Senior 15 - 39		13 Male		15 00:21:45	00:22:53	00:44:39
10K	17	Paul	Self	202	Senior 15 - 39		14 Male		16 00:21:38	00:23:37	00:45:16
10K	18	Ben	Baumguerter	194	Unclassified 0 - 14		1 Male		17 00:22:08	00:23:13	00:45:22
10K	19	Richard	Smith	155	Senior 15 - 39		15 Male		18		00:45:44
10K	20	Robin	Bridge	20	Senior 15 - 39		16 Male		19 00:22:17	00:23:31	00:45:49
10K	21	Tom	Lindfield	197	Senior 15 - 39		17 Male		20 00:22:15	00:24:07	00:46:23
10K	22	Chris	Jones	98	Senior 15 - 39		18 Male		21 00:22:20	00:24:44	00:47:04
10K	23	Rob	Steer	160	Senior 15 - 39		19 Male		22 00:22:55	00:24:21	00:47:17
10K	24	Tom	Hiscox	90	Senior 15 - 39		20 Male		23 00:23:18	00:24:06	00:47:25
10K	25	Tim	Hearne	88	Senior 15 - 39		21 Male		24 00:23:20	00:24:07	00:47:28
10K	26	Matt	Fenner	60	Senior 15 - 39		22 Male		25 00:23:16	00:24:18	00:47:34
10K	27	Robin	Barden	6	Vet 40		3 Male		26 00:22:50	00:25:10	00:48:00
10K	28	Joshua	Varga	216	Senior 15 - 39		23 Male		27 00:24:39	00:23:56	00:48:36
10K	29	Jason	Elric	196	Vet 40		4 Male		28 00:24:01	00:24:50	00:48:52
10K	30	Peter	Jenkyn	97	Senior 15 - 39		24 Male		29 00:23:54	00:25:27	00:49:22
10K	31	Paul	Morris	117	Vet 40		5 Male		30 00:23:51	00:25:33	00:49:24
10K	32	Andrew	Carver	31	Vet 40		6 Male		31 00:23:45	00:25:44	00:49:30
10K	33	Richard	Crew	201	Vet 40		7 Male		32 00:23:57	00:25:56	00:49:54
10K	34	Amber	Vanderwoude	169	Senior 15 - 39		2 Female		2 00:25:54	00:24:54	00:50:49
10K	35	Simon	Goss	74	Senior 15 - 39		25 Male		33 00:25:25	00:25:24	00:50:49
10K	36	Kevin	Stagg	157	Vet 40		8 Male		34 00:25:23	00:25:26	00:50:49
10K	37	Andrew	Scarlett	147	Vet 40		9 Male		35 00:24:29	00:26:38	00:51:07
10K	38	Martin	Culpeck	42	Vet 40		10 Male		36 00:24:50	00:26:38	00:51:29
10K	39	Michael	Roy	142	Senior 15 - 39		26 Male		37 00:25:30	00:26:08	00:51:38
10K	40	Tiffany	Simmons	153	Senior 15 - 39		3 Female		3 00:22:11	00:29:27	00:51:39
10K	41	Glenn	Abbott	1	Senior 15 - 39		27 Male		38 00:25:00	00:26:46	00:51:47
10K	42	Roisin	Munnelly	198	Senior 15 - 39		4 Female		4		00:51:53
10K	43	James	Mclean	112	Vet 40		11 Male		39		00:52:09
10K	44	Jonathan	Arnold	3	Senior 15 - 39		28 Male		40 00:25:59	00:26:57	00:52:56
10K	45	Jonathan	Scott	220	Senior 15 - 39		29 Male		41 00:26:14	00:26:51	00:53:05
10K	46	Tom	Steinbrunner	184	Senior 15 - 39		30 Male		42 00:26:10	00:27:35	00:53:45
10K	47	Simon	Taylor	227	Vet 40		12 Male		43 00:26:07	00:27:44	00:53:51
10K	48	Brett	Bayliss	9	Vet 40		13 Male		44 00:25:45	00:28:18	00:54:03
10K	49	Martin	Godfrey	72	Vet 40		14 Male		45 00:26:53	00:27:22	00:54:16
10K	50	Trevor	Sallis	144	Vet 40		15 Male		46 00:26:36	00:27:50	00:54:26
10K	51	Alice	Brown	25	Senior 15 - 39		5 Female		5 00:27:06	00:27:21	00:54:28
10K	52	James	Silk	152	Senior 15 - 39		31 Male		47 00:26:32	00:28:00	00:54:33
10K	53	Brian	Haney	79	Senior 15 - 39		32 Male		48 00:26:17	00:28:36	00:54:53
10K	54	Hayley	Forest	63	Senior 15 - 39		6 Female		6 00:26:30	00:28:25	00:54:55
10K	55	Matt	Parsley	131	Senior 15 - 39		33 Male		49 00:26:19	00:28:55	00:55:15
10K	56	Paul	Smith	221	Vet 40		16 Male		50 00:26:57	00:28:27	00:55:25
10K	57	Niamh	Evans	57	Senior 15 - 39		7 Female		7 00:27:04	00:28:21	00:55:25
10K	58	Troy	Schuler	149	Senior 15 - 39		34 Male		51 00:26:49	00:28:58	00:55:48
10K	59	F.j.	Munnelly	199	Vet 40		17 Male		52 00:27:36	00:28:23	00:56:00
10K	60	Mysha	Delaney	48	Senior 15 - 39		8 Female		8 00:28:06	00:28:02	00:56:09
10K	61	Kirsty	Brett	19	Senior 15 - 39		9 Female		9 00:28:08	00:28:00	00:56:09
10K	62	Jenni	Muephy	183	Senior 15 - 39		10 Female		10 00:27:46	00:28:32	00:56:19
10K	63	Thomas	Coleman	38	Senior 15 - 39		35 Male		53 00:26:55	00:29:29	00:56:25
10K	64	Morgan	Crane	190	Vet 40		18 Male		54 00:27:08	00:29:18	00:56:27
10K	65	Hannah	Lord-Vince	109	Senior 15 - 39		11 Female		11 00:28:01	00:28:38	00:56:40
10K	66	Marcin	Lawniczek	215	Senior 15 - 39		36 Male		55 00:27:01	00:29:40	00:56:42
10K	67	Kara	Mittenzwey	114	Senior 15 - 39		12 Female		12 00:28:10	00:28:49	00:56:59

10K	68	Cher	East	208	Senior 15 - 39	13	Female	13	00:27:19	00:29:46	00:57:06
10K	69	Cristian	Murray	121	Senior 15 - 39	37	Male	56	00:27:58	00:29:14	00:57:13
10K	70	Simon	Gilligan	71	Vet 40	19	Male	57	00:28:57	00:29:47	00:58:45
10K	71	Paul	Walker	171	Vet 40	20	Male	58	00:28:51	00:30:09	00:59:01
10K	72	Sarah	Bell	11	Vet 40	1	Female	14	00:28:04	00:31:08	00:59:13
10K	73	Hannah	Brooks	22	Senior 15 - 39	14	Female	15	00:28:26	00:30:58	00:59:25
10K	74	Keelan	Smith	156	Senior 15 - 39	38	Male	59	00:29:26	00:30:01	00:59:27
10K	75	Sue	Woodhead	178	Vet 40	2	Female	16	00:29:40	00:29:52	00:59:33
10K	76	Leigh	Mutimer	125	Vet 40	21	Male	60	00:29:20	00:30:27	00:59:47
10K	77	Kerry	Gee	68	Senior 15 - 39	15	Female	17	00:29:17	00:30:39	00:59:57
10K	78	Allyson	Haney	78	Senior 15 - 39	16	Female	18	00:29:23	00:30:35	00:59:58
10K	79	Nathalie	Sargent	223	Senior 15 - 39	17	Female	19	00:29:00	00:31:09	01:00:10
10K	80	Jason	Boseley	16	Unclassified 0 - 14	2	Male	61	00:28:54	00:31:19	01:00:14
10K	81	Ian	Mutimer	124	Vet 60	1	Male	62	00:29:50	00:30:34	01:00:25
10K	82	Thomas	Veilleux	170	Senior 15 - 39	39	Male	63	00:29:36	00:31:10	01:00:46
10K	83	Sandra	Dawkins	45	Vet 40	3	Female	20	00:29:58	00:31:13	01:01:12
10K	84	Michael	Kundu	106	Senior 15 - 39	40	Male	64	00:30:19	00:31:14	01:01:33
10K	85	Neil	Prowse	136	Vet 40	22	Male	65	00:29:44	00:32:16	01:02:01
10K	86	Jessica	Mann	110	Senior 15 - 39	18	Female	21	00:30:38	00:31:24	01:02:02
10K	87	Hayley	Knight	105	Senior 15 - 39	19	Female	22	00:30:29	00:31:51	01:02:20
10K	88	Hugh	Worsnop	179	Vet 40	23	Male	66	00:34:27	00:28:00	01:02:28
10K	89	Gemma	Bristow	21	Senior 15 - 39	20	Female	23	00:30:40	00:31:49	01:02:29
10K	90	Jack	Faulkner	58	Vet 40	24	Male	67	00:30:01	00:32:30	01:02:32
10K	91	Nicola	Wright	180	Senior 15 - 39	21	Female	24	00:31:25	00:31:14	01:02:39
10K	92	Bob	Chivers	35	Vet 40	25	Male	68	00:31:27	00:31:12	01:02:40
10K	93	Tiffany	Robinson	141	Senior 15 - 39	22	Female	25	00:30:11	00:32:30	01:02:41
10K	94	Kerry	Kleinau	104	Vet 40	4	Female	26	00:31:12	00:31:46	01:02:58
10K	95	Sally	Harris	81	Senior 15 - 39	23	Female	27	00:30:17	00:32:53	01:03:11
10K	96	Erika	Holcomb	91	Senior 15 - 39	24	Female	28	00:31:21	00:32:09	01:03:31
10K	97	Annabel	Boswell	17	Senior 15 - 39	25	Female	29	00:30:15	00:33:16	01:03:32
10K	98	Richard	Jacobs	95	Senior 15 - 39	41	Male	69	00:29:45	00:34:05	01:03:50
10K	99	Ellen	Davenport	44	Senior 15 - 39	26	Female	30	00:31:56	00:33:04	01:05:01
10K	100	Desmonde	Talbot	164	Vet 60	1	Female	31	00:31:54	00:33:09	01:05:04
10K	101	Rebecca	Gilbert	69	Senior 15 - 39	27	Female	32	00:32:57	00:32:29	01:05:26
10K	102	Sarah	Sheehan	151	Senior 15 - 39	28	Female	33	00:33:00	00:32:27	01:05:27
10K	103	Gillian	Gilligan	70	Vet 40	5	Female	34	00:32:20	00:34:09	01:06:30
10K	104	Elise	Kinder	103	Senior 15 - 39	29	Female	35	00:34:29	00:32:00	01:06:30
10K	105	Sarah	Bartlett	181	Senior 15 - 39	30	Female	36	00:33:48	00:32:44	01:06:33
10K	106	Glynn	Pearce	135	Vet 40	26	Male	70	00:33:27	00:34:55	01:08:22
10K	107	Clifford	Dive	50	Vet 60	2	Male	71	00:33:55	00:35:06	01:09:02
10K	108	Rebecca	Hayward	85	Senior 15 - 39	31	Female	37	00:33:10	00:35:56	01:09:06
10K	109	James	Kelly	102	Vet 60	3	Male	72	00:32:09	00:37:42	01:09:51
10K	110	Maricela	Cruz	41	Unclassified 0 - 14	1	Female	38	00:34:37	00:35:36	01:10:14
10K	111	Drew	Woodier	207	Vet 40	27	Male	73	00:34:44	00:37:30	01:12:15
10K	112	Anna	Thompson	165	Senior 15 - 39	32	Female	39	00:35:55	00:37:20	01:13:16
10K	113	Kevin	Chandler	33	Senior 15 - 39	42	Male	74	00:34:35	00:39:08	01:13:44
10K	114	Lisa	Moss	119	Vet 40	6	Female	40	00:35:52	00:38:02	01:13:54
10K	115	Laura	Lingard	107	Vet 40	7	Female	41	00:35:49	00:38:05	01:13:55
10K	116	Tina	Carpenter	29	Senior 15 - 39	33	Female	42	00:37:01	00:37:00	01:14:01
10K	117	Lyn	Studman	163	Vet 40	8	Female	43	00:36:00	00:38:01	01:14:02
10K	118	Kayleigh	Bayley	200	Senior 15 - 39	34	Female	44	00:36:25	00:37:47	01:14:13
10K	119	Ann	Elric	195	Vet 40	9	Female	45	00:36:28	00:37:50	01:14:19
10K	120	Charnele	Kaukini	101	Senior 15 - 39	35	Female	46	00:36:05	00:38:46	01:14:51
10K	121	Sarah	Mcmurtang	189	Vet 40	10	Female	47	00:36:33	00:38:22	01:14:56
10K	122	Victoria	Hopgood	92	Senior 15 - 39	36	Female	48	00:36:35	00:38:28	01:15:03
10K	123	Joanne	Hocking	211	Senior 15 - 39	37	Female	49	00:36:23	00:39:40	01:16:04
10K	124	Andy	Palmer-Randce	212	Vet 40	28	Male	75	00:36:21	00:39:42	01:16:04
10K	125	Carol	Mcintosh	111	Vet 60	2	Female	50	00:38:03	00:38:16	01:16:19
10K	126	Monica	Brown	26	Unclassified 0 - 14	2	Female	51	00:37:42	00:40:11	01:17:54
10K	127	Julie	Heard	87	Senior 15 - 39	38	Female	52	00:37:13	00:41:09	01:18:22
10K	128	Kyra	Cerullo	32	Senior 15 - 39	39	Female	53	00:38:24	00:40:03	01:18:28
10K	129	Peter	Battle	8	Vet 40	29	Male	76	00:39:06	00:40:59	01:20:06
10K	130	Nancy	Merfeld	113	Vet 40	11	Female	54	00:39:01	00:43:00	01:22:02
10K	131	Hannah	Deeks	47	Senior 15 - 39	40	Female	55	00:53:35	00:32:55	01:26:30
10K	132	Sheri	Byrnes	27	Senior 15 - 39	41	Female	56	00:43:59	00:45:52	01:29:51
10K	133	Ciro	De La Vega	46	Vet 40	30	Male	77	00:43:56	00:45:56	01:29:52