

5K Track Challenge Ipswich - 22 May 2017

Race	Position	First name	Surname	Gun Time	Chip Time	Cat	CatGrd%	Pace min/mile
5K	3	Denys	Olefir		00:15:54	MS	81.8	05:07
5K	4	Colin	Ridley		00:16:46	M55	91.5	05:24
5K	16	Jo	Coates		00:17:49	F40	85.1	05:44
5K	26	Chris	Mower		00:19:04	M40	71.9	06:08
5K	27	Matthew	Crane		00:19:05	MS	68.1	06:09
5K	33	Chris	Perry		00:19:28	M40	70.5	06:16
5K	40	Howard	Beasley		00:20:01	M55	76.6	06:27
5K	41	Peter	Bird		00:20:01	M40	68.5	06:27
5K	43	Nigel	Schofield		00:20:04	M50	73.5	06:28
5K	50	Dan	Mead		00:20:41	M40	66.3	06:39
5K	53	Zohra	Armitage		00:20:46	F40	73.0	06:41
5K	55	Martin	Avis		00:20:55	M40	65.6	06:44
5K	59	Katie	King		00:21:18	FS	69.6	06:51
5K	63	Adam	Clarke		00:21:35	MS	60.2	06:57
5K	65	Jess	Gooderham		00:21:46	FS	68.1	07:00
5K	66	Ian	Gooderham		00:21:49	M50	67.6	07:01
5K	67	Ryan	Bartlett		00:21:49	MS	59.6	07:01
5K	72	Steven	Rue		00:22:07	M60	72.2	07:07
5K	73	Phil	Brown		00:22:08	M50	66.6	07:07

5K	78	Sharon	Perry	00:22:19	F40	68.0	07:11
5K	80	Phil	Hymers	00:22:27	M65	74.2	07:14
5K	81	Kristen	O'Brien	00:22:28			07:14
5K	83	Amanda	Martin	00:22:36	F50	73.1	07:16
5K	84	Claire	Hoblyn	00:22:42	F50	72.8	07:18
5K	87	Jenny	Morgan	00:23:07	F60	80.2	07:26
5K	88	Peter	Jay	00:23:20	M50	63.2	07:31
5K	89	Andrew	Smith	00:23:27	M45	60.6	07:33
5K	94	Tom	Hoblyn	00:23:42	M50	62.2	07:38
5K	95	Eloise	Bird	00:23:42	F45	66.3	07:38
5K	107	Mel	Rittimut-Mak	00:24:17	F40	62.5	07:49
5K	112	Dawn	Marshall	00:24:22	F50	67.8	07:51
5K	115	Ken	Barnard	00:24:47	M60	64.4	07:59
5K	117	Lizzie	Jackson	00:25:02			08:03
5K	118	Stephen	Williams	00:25:12	M60	63.4	08:07
5K	120	Robbie	Burt	00:25:26	M45	55.9	08:11
5K	121	Karen	Hatton	00:25:27	F55	68.6	08:11
5K	122	Ruth	Palmer	00:25:28	F40	59.6	08:12
5K	129	Stuart	Shepherd	00:26:12	M50	56.3	08:26