



OUTRUNCANCER ANGMERING 2024 10K RESULTS

Position	Bib Number	Name	Team/Club	Time
1	133	david slater		00:43:37
2	212	Michael Abdo	Arunners	00:43:49
3	179	Justin Dunstan	Worthing Striders	00:44:24
4	129	Craig Lynch		00:44:29
5	270	Joe Standing	Cani-x	00:45:31
6	110	Andy Cohen		00:47:21
7	246	Stuart Harvey	Tuff Fitty	00:47:39
8	164	Jack Hill		00:48:10
9	114	Brett Coleborn		00:48:16
10	312	Andrew Stadden	Arunners	00:48:21
11	244	Steve Bradley		00:48:48
12	35	Reece Hanson		00:48:49
13	224	Paul Mulcahy		00:49:29
14	101	Aidan McDonagh	Lady of Sion	00:49:50
15	276	William Berry	Cani-x	00:49:54
16	173	John Williams	Bognor Regis	00:50:44

			Tone Zone	
17	201	Lorna Smith	Arunners	00:51:02
18	297	Hazel Tuppen		00:51:04
19	314	Eli Amoo	Wynn Trust	00:51:38
20	100	Adrian Oliver	Tuff Fitty	00:51:46
21	313	Ian Bland	Worthing Striders	00:51:53
22	311	Michael Kearney	Grandads Piece	00:51:56
23	150	Graham Wells		00:51:59
24	122	Chloe Neilson-Hopkins	Bognor Regis Tone Zone	00:52:51
25	258	Warwick Hockley		00:53:02
26	232	Rik Appleby		00:53:04
27	309	Pawel Dziopa	Worthing Striders	00:53:11
28	235	Ross Lambert	Travel Places	00:53:13
29	167	James Rippon		00:54:06
30	147	Geoff Harrington		00:54:21
31	193	Laura Spicer	Travel Places	00:54:22
32	285	Robert De Ridder	Team Cassie	00:54:40

33	315	Alex Nelson		00:54:40
34	134	David Whelpdale		00:55:03
35	252	Thomas Whelpdale		00:55:42
36	112	Beth Pemberton-Hill	Worthing Striders	00:55:43
37	243	Sophie Garbo	Tuff Fitty	00:56:12
38	259	Wayne Crisp		00:57:04
39	125	Chris Watt		00:57:25
40	1072	Drew Moore	Infinity	00:57:31
41	220	Oliver Turner		00:57:38
42	290	Zeina Clare		00:57:38
43	123	Chris Blaker		00:57:46
44	230	Rebecca Yates	Worthing Striders	00:57:54
45	208	Marzena Stevens	Bognor Regis Tone Zone	00:58:01
46	196	Liam Alexander		00:58:03
47	185	Keith Hardwell	Bognor Regis Tone Zone	00:58:08
48	263	Zoe Yacoub	Lady of Sion	00:58:15

49	149	Glen Lambourne	Worthing Striders	00:58:32
50	142	Ethan Lambourne		00:58:58
51	115	Cameron Lambourne		00:58:59
52	213	Michael Marshall		00:59:19
53	192	Kevin Valentine	Arunners	00:59:23
54	195	Lee Thomas		00:59:30
55	187	Kelly Mulcahy		00:59:44
56	105	Amber Yeoman		00:59:50
57	241	Simon Gale		01:00:04
58	166	Jade Weston	Travel Places	01:00:16
59	155	Harriet Fisher	Travel Places	01:00:31
60	118	Caroline Ahern		01:00:33
61	127	Christopher Cole	Worthing Striders	01:00:36
62	113	Bill FEELEY	Run Academy Worthing	01:00:37
63	145	Gem Spicer		01:00:40
64	156	Harriet Moore		01:00:46

65	236	Samantha DeCourcy		01:00:48
66	234	Robert Marsh		01:01:13
67	254	Tom Curtis		01:01:47
68	274	Raffaella Starace	Cani-x	01:01:49
69	299	Zuleika Sassa		01:02:13
70	316	William John Henry Nelson		01:03:38
71	131	Daniel Cutler		01:03:54
72	119	Carolyn Coombes	Worthing Striders	01:04:00
73	107	Andrew Buchan	Raging Poofers	01:04:03
74	256	Victoria Scallan		01:04:06
75	255	Tracy Simpson	Foxy Ladies	01:04:08
76	194	Laura Topliss		01:05:30
77	293	Amanda De Ridder	Cani-x	01:05:34
78	288	Tash Tite	Bognor Regis Tone Zone	01:05:34
79	310	Robin Greene	Worthing Striders	01:05:40
80	103	Alex Willetts	Bognor Regis Tone Zone Runners	01:05:57

81	292	Jason Rae		01:06:02
82	245	Steve Leveridge		01:06:20
83	170	Jessica Oliver		01:06:32
84	140	Emile Gill		01:06:33
85	262	Yo Riggs	Arunners	01:06:40
86	146	Gemma Page	Bognor Regis Tone Zone	01:06:41
87	121	Charlotte Humma		01:06:44
88	161	Matt Davis	Our Lady of Sion	01:06:56
89	222	Paige Wickenden		01:07:01
90	162	Helen Davis	Our Lady of Sion	01:08:01
91	281	Rebecca Nicholl	Bognor Regis Tone Zone	Cani-x 01:08:16
92	280	Dawn Simmonds		01:08:17
93	229	Ellie Williams		01:08:26
94	184	Katie Benham	Bognor Regis Time Zone	01:08:40
95	278	James Gardiner	Bognor Regis Tone Zone	01:08:41
96	306	Nicholas Holland	Worthing	01:08:41

			Striders		
97	282	Helen Freeman			01:08:52
98	128	Clair Lynch			01:08:54
99	200	Lizzy Metters			01:08:57
100	287	Lisa Collingwood Tuck			01:09:08
101	300	Ross Holmes	Worthing Striders		01:09:10
102	223	Patricia Mendes	Worthing Striders		01:09:11
103	233	Robert catlin			01:09:16
104	238	Sarah Clatworthy	Travel Places		01:09:29
105	141	Emma Blurton	Travel Places		01:09:30
106	303	Poppy Wiseman			01:10:56
107	302	Alex Halfacre			01:10:57
108	176	Julie Cleeves	Chichester Runners		01:10:59
109	275	Susi Briggs	Bognor Regis Tone Zone Runners	Cani-x	01:11:21
110	273	Natalie Tribe	Bognor Regis Tone Zone Runners	Cani-x	01:11:22
111	240	Sarah Mitchell	Worthing		01:11:38

			Striders		
112	214	Michael Millyard			01:11:42
113	136	Debbie Patching	Bognor Regis Time Zone		01:11:49
114	191	Kerry May	Vegan Runners		01:11:59
115	267	Jeremy harrison	Arunners	Cani-x	01:12:02
116	188	Kelly O'Haire			01:12:05
117	272	Lisa Robinson		Cani-x	01:12:12
118	165	Jacqueline Williamson	Bognor Regis Tone Zone Runners		01:12:13
119	206	Mark Dinsdale	Tuff Fitty		01:12:15
120	307	Alison Blackman			01:12:16
121	1033	Lorraine Ranson			01:12:18
122	296	Leonie Ranson			01:12:53
123	143	Frances Challen	Arunners		01:13:10
124	178	Juliet Cassidy	Arunners		01:13:23
125	198	Lisa Piper	Arunners		01:13:32
126	1057	Mel Ponterosso		Cani-x	01:13:33
127	239	Sarah Day			01:13:38

128	154	Hannah Wise			01:14:02
129	189	Kelly Parkhouse			01:14:09
130	248	Susan Hollowell			01:14:25
131	277	Claire Hutcheson			01:14:29
132	294	Emma Bourlet			01:14:57
133	295	Michelle Thomas			01:15:09
134	169	Janet Shepherd	Tuff Fitty		01:15:09
135	104	Alice Clasby			01:15:34
136	102	Alec Garrett			01:15:36
137	139	Ellen Clasby			01:15:37
138	308	Jo Gramlick	Worthing Striders		01:15:41
139	260	Wendy Cannon			01:15:46
140	203	Lucy Brooks	Travel Places		01:15:53
141	268	Jo Uwins	Tails & Trails	Cani-x	01:16:23
142	217	Neil Parrish	Arunners		01:17:42
143	289	Susan Douglas		Cani-x	01:17:49
144	180	Karen A wainwright			01:18:50

145	124	Chris Hill			01:18:54
146	215	Natalie Atherton	Foxy Ladies		01:19:05
147	151	Hannah Boyns	Foxy Ladies		01:19:09
148	291	Kim Bowers			01:19:12
149	182	Karen Rogerson			01:19:21
150	219	Nigel Barrett	Bognor Regis Tone Zone		01:20:09
151	269	Jo Uwins	Tails & Trails	Cani-x	01:20:09
152	135	Debbie Birch	Arunners		01:20:32
153	284	Rebecca Sleet			01:20:35
154	177	Julie Tidy			01:20:52
155	181	Karen Butcher	Bognor Regis Tone Zone Runners		01:21:45
156	247	Sue Woodruff	Bognor Regis Time Zone		01:21:52
157	301	Lance Allen			01:21:59
158	257	Vivien Baker			01:22:08
159	130	Daniel Barker			01:22:13
160	190	Kelly Turner			01:22:23

161	231	Richard Turner			01:22:44
162	304	Simon Scott-Allen			01:22:45
163	305	Charlotte Laurie			01:23:40
164	216	Nathalie Jenkins	Travel Places		01:24:10
165	228	Phil Webber	Travel Places		01:25:39
166	160	Helen Bishop			01:26:47
167	205	Mariana Ferreira			01:26:57
168	117	Carl Iunnon			01:27:00
169	271	Laura Williams	Regis Tone Zone Runners	Cani-x	01:28:02
170	218	Nicola Sinfield	Arunners		01:28:11
171	106	Andrea Wilson			01:28:42
172	261	Yian Solomon			01:28:45
173	286	Simon Lewis		Cani-x	01:28:47
174	225	Paul Taylor-Searle	Promenade Plodders		01:28:48
175	279	Sonia Crisp			01:29:22
176	148	Georgia Spells			01:29:26

177	109	Andrew Spells			01:29:28
178	264	Amanda Boyd	Run Academy Worthing	Cani-x	01:32:53
179	237	Sara Spells			01:32:54
180	250	Terri Sansom	Bognor Regis Tone Zone		01:33:39
181	242	Terry Gaunt			01:34:12
182	158	Hayley Louise Nicolaou			01:17:42
183	45	David Robinson			01:34:51