


Dover Seafront 10k										
Date: 03/09/2023										
Running   10km										
All										
Running   10km										
Position	Bib	First name	Last name	Team name	Age	Age Category	Category Position	Gender	Gun Time	Chip Time
1	191	Alan	Wood	Dover Road Runners AC	38	SM	1	Male	00:33:48	00:33:48
2	99	James	Mackenzie	Dover Road Runners AC	30	SM	2	Male	00:36:15	00:36:15
3	367	Chris	Edwards	Dover Road Runners AC	44	M40	1	Male	00:36:16	00:36:16
4	135	Mark	Plumley		50	M50	1	Male	00:36:56	00:36:56
5	171	Aron	Thompsett	Invicta East Kent Athletics Club	28	SM	3	Male	00:37:49	00:37:49
6	158	David	Sluman	Dover Road Runners AC	41	M40	2	Male	00:38:48	00:38:48
7	180	James	Waghorne	South Kent Harriers	32	SM	4	Male	00:39:15	00:39:15
8	193	Stuart	Britten	Rebel Runners Medway	45	M40	3	Male	00:40:33	00:40:33
9	186	Jonathan	Wood	White Cliffs Athletics & Running Club	45	M40	4	Male	00:40:43	00:40:43
10	47	Hiren	Dhanecha	Vegan Runners UK	36	SM	5	Male	00:41:00	00:41:00
11	88	Adam	Judd	Dover Road Runners AC	39	SM	6	Male	00:41:06	00:41:06
12	195	Jamie	Jordan	Thanet Roadrunners AC	37	SM	7	Male	00:42:35	00:42:35
13	194	Sujan	Rai	Folkestone Running Club	29	SM	8	Male	00:43:08	00:43:08
14	354	John	Neill	Medway Fit	47	M40	5	Male	00:43:09	00:43:09
15	163	Victoria	Stears	Canterbury Harriers	34	SW	1	Female	00:43:14	00:43:14
16	11	Adrian	Beresford	Ashford & District RRC	59	M50	2	Male	00:43:29	00:43:29
17	150	Mark	Sandom	Invicta East Kent Athletics Club	57	M50	3	Male	00:43:32	00:43:32
18	351	Chris	Neill	Medway Fit	45	M40	6	Male	00:43:32	00:43:32
19	79	Carl	Hoveman	Stour Striders Running Club	38	SM	9	Male	00:43:42	00:43:42
20	108	John	Matthews	Dover Road Runners AC	61	M60	1	Male	00:43:45	00:43:45
21	9	Gary	Barnes	White Cliffs Athletics & Running Club	58	M50	4	Male	00:44:00	00:44:00
22	6	Daniel	Baker	Dover Road Runners AC	49	M40	7	Male	00:00:00	00:44:16
23	64	Kevin	Gregory	Dover Road Runners AC	63	M60	2	Male	00:44:47	00:44:47
24	94	Karla	Larnder	Folkestone Running Club	49	W40	1	Female	00:45:10	00:45:10
25	121	David	Northam		39	SM	10	Male	00:45:31	00:45:31
26	197	Morgan	Bloomer		34	SM	11	Male	00:45:40	00:45:40
27	39	Adam	Crook	Dover Road Runners AC	50	M50	5	Male	00:45:43	00:45:43
28	98	Cairns	Livingstone		29	SM	12	Male	00:45:47	00:45:47
29	166	Amy	Stimpson	Dover Road Runners AC	39	SW	2	Female	00:45:51	00:45:51
30	4	Anthony	Ansell	Coastal Striders	60	M60	3	Male	00:46:01	00:46:01
31	157	Mark	Simpson	Medway and Maidstone AC	61	M60	4	Male	00:46:07	00:46:07
32	3	Lauren	Aldred	Ashford & District RRC	38	SW	3	Female	00:46:08	00:46:08
33	196	Sarah	Mooney	Larkfield AC	44	W40	2	Female	00:46:09	00:46:09
34	23	Mitchell	Bryant		39	SM	13	Male	00:46:22	00:46:22
35	48	Gregory	Dixon	Folkestone Running Club	57	M50	6	Male	00:46:51	00:46:51
36	57	Graham	Foote	Dover Road Runners AC	61	M60	5	Male	00:46:59	00:46:59
37	205	Jonathan	Wells	Maverick Run Project	46	M40	8	Male	00:47:15	00:47:15
38	198	Maxine	Dentith		41	W40	3	Female	00:48:06	00:48:06
39	13	Mark	Biddis		50	M50	7	Male	00:48:19	00:48:19
40	369	Tomasz	Walkow	Dover Road Runners	43	M40	9	Male	00:48:27	00:48:27
41	206	Samuel	Clark		34	SM	14	Male	00:48:32	00:48:32
42	162	Liam	Snell		25	SM	15	Male	00:48:56	00:48:56
43	124	Graham	Old	Invicta East Kent Athletics Club	52	M50	8	Male	00:48:58	00:48:58
44	181	Stuart	Warwick		34	SM	16	Male	00:49:12	00:48:09
45	130	Jamie	Penfold	Ashford Striders	46	M40	10	Male	00:49:17	00:49:17
46	42	Ed	Deal	Lonely Goat RC	47	M40	11	Male	00:49:25	00:49:25
47	184	Jon	Wigley	Invicta East Kent Athletics Club	72	M70	1	Male	00:49:43	00:49:43
48		Unknown							00:49:54	00:49:54
49	45	Rob	Delaney	Whitstable Road Runners	48	M40	12	Male	00:49:58	00:49:58
50	223	Jacek	Tokarczyk		33	SM	17	Male	00:49:58	00:48:55
51	201	Simon	Fairbrother		49	M40	13	Male	00:50:13	00:50:13
52	159	Mark	Sluman	Dover Road Runners AC	71	M70	2	Male	00:50:23	00:50:23
53	307	Lisa	Buckler	Deal Tri	43	W40	4	Female	00:50:41	00:39:38
54	78	Ellie	Hone	Lonely Goat RC	40	W40	5	Female	00:50:46	00:50:46
55	33	Taylor	Cope	Invicta East Kent Athletics Club	15	SM	18	Male	00:50:50	00:50:50
56	228	Iain	Finley		48	M40	14	Male	00:50:52	00:50:52
57	211	Phoebe	Ward		26	SW	4	Female	00:50:53	00:50:53
58	128	Anthony	Parry	Coastal Striders	52	M50	9	Male	00:50:54	00:50:54
59		Unknown							00:51:06	00:51:06
60	14	Dave	Bowerman	Folkestone Running Club	45	M40	15	Male	00:51:10	00:51:10
61	138	Eleanor	Priestley		20	SW	5	Female	00:51:20	00:51:20
62	16	Jamie	Boyt		47	M40	16	Male	00:51:35	00:51:35
63	210	Martin	Roby		43	M40	17	Male	00:51:46	00:51:46
64	18	Anthony	Breeze		45	M40	18	Male	00:51:57	00:51:57
65	168	Michael	Teale		46	M40	19	Male	00:52:01	00:52:01
66	199	Shaun	Washington	Lonely Goat RC	51	M50	10	Male	00:52:02	00:52:02

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Position	Bib	First name	Last name	Team name	Age	Age Category	Category Position	Gender	Gun Time	Chip Time	
67	207	Billy	Plummer		29	SM	19	Male	00:52:19	00:52:19	
68	215	Holly	Briggs		22	SW	6	Female	00:52:26	00:51:23	
69	34	Tony	Cope	Invicta East Kent Athletics Club	49	M40	20	Male	00:52:46	00:52:46	
70	106	Colin	Mason	Dover Road Runners AC	72	M70	3	Male	00:52:48	00:52:48	
71	89	Liam	Judd	Dover Road Runners AC	27	SM	20	Male	00:52:48	00:52:48	
72	41	Stuart	Davies	White Cliffs Athletics & Running Club	39	SM	21	Male	00:52:54	00:52:54	
73	35	Michael	Coulstock		43	M40	21	Male	00:53:07	00:53:07	
74	229	Amir	Muhammed		38	SM	22	Male	00:53:46	00:53:46	
75	179	Hazel	Turner	Ashford Striders	44	W40	6	Female	00:53:57	00:53:57	
76	203	Lawrence	Regan		37	SM	23	Male	00:54:02	00:54:02	
77	200	Perry	Edwards		17	SM	24	Male	00:54:46	00:54:46	
78	137	Martin	Powis		46	M40	22	Male	00:54:49	00:54:49	
79	218	Claire	Tetlow	Hawkinge Hurricanes Running club	46	W40	7	Female	00:55:03	00:54:00	
80	97	Juliet	Leonard	Stour Striders Running Club	45	W40	8	Female	00:55:06	00:55:06	
81	219	David	Tetlow		44	M40	23	Male	00:55:10	00:54:07	
82	44	Jan	Delaney	Whitstable Road Runners	71	W70	1	Female	00:55:36	00:55:36	
83	160	Dean	Smith		47	M40	24	Male	00:55:39	00:54:36	
84	129	Diane	Parsons	Folkestone Running Club	47	W40	9	Female	00:56:29	00:56:29	
85	204	Anthony	Scott	Folkestone Running Club	53	M50	11	Male	00:56:42	00:56:42	
86	113	Darren	Mills	Dover Road Runners AC	50	M50	12	Male	00:56:54	00:56:54	
87	107	Matt	Mason		37	SM	25	Male	00:56:57	00:55:54	
88	75	Michaela	Hockley		35	SW	7	Female	00:57:09	00:56:06	
89	20	Edward	Briggs	Deal tri club	51	M50	13	Male	00:57:13	00:57:13	
90	131	Linda	Penn		54	W50	1	Female	00:57:28	00:56:25	
91	213	Jemma	West	Lonely Goat RC	39	SW	8	Female	00:57:30	00:56:27	
92	151	Daniel	Schwartz	Ashford Striders	61	M60	6	Male	00:57:41	00:56:38	
93	51	Lauren	Durand-Wood	FitBox	24	SW	9	Female	00:57:51	00:56:48	
94	123	Dominic	O'Donnell		32	SM	26	Male	00:58:01	00:56:58	
95	182	Simon	West		45	M40	25	Male	00:58:03	00:57:00	
96	95	Rebecca	Laughton		33	SW	10	Female	00:58:18	00:57:15	
97	183	Steve	Whyte		46	M40	26	Male	00:58:25	00:58:25	
98	149	Tracie	Ryder		50	W50	2	Female	00:58:32	00:57:29	
99	143	Katie	Pyhyk	Dover Road Runners AC	40	W40	10	Female	00:58:34	00:57:31	
100	383	Martin	McConnell	Dover Road Runners AC	62	M60	7	Male	00:58:35	00:57:32	
101	40	Trudi	Curd	Folkestone Running Club	62	W60	1	Female	00:58:42	00:57:39	
102	208	Lucy	Johnstone	Ashford & District RRC	48	W40	11	Female	00:58:56	00:58:56	
103	126	Sarah	Ovenden	Coastal Striders	46	W40	12	Female	00:59:01	00:57:58	
104	17	Robert	Brady		36	SM	27	Male	00:59:02	00:57:59	
105	140	Alistair	Pulford		56	M50	14	Male	00:59:43	00:59:43	
106	226	Natasha	Dawson		35	SW	11	Female	00:59:53	00:58:50	
107	212	Sarah	Francis		42	W40	13	Female	00:59:56	00:58:53	
108	72	Matt	Hazell-Wood		47	M40	27	Male	00:59:58	00:58:55	
109	147	Kate	Rose		37	SW	12	Female	00:59:58	00:58:55	
110	80	Phillip	Humphrey		58	M50	15	Male	01:00:04	01:00:04	
111	86	Andy	Johnstone	Ashford & District RRC	48	M40	28	Male	01:00:07	00:59:04	
112	365	Niall	Coyle	Medway Fit	27	SM	28	Male	01:00:11	00:59:08	
113	58	Tracy	Footo	Dover Road Runners AC	59	W50	3	Female	01:00:22	01:00:22	
114	81	Kay	Hunt	Ashford Striders	44	W40	14	Female	01:01:11	01:00:08	
115	144	Sarah	Reeves	Dover Road Runners AC	45	W40	15	Female	01:01:35	01:01:35	
116	53	Alice	Whitehead		32	SW	13	Female	01:01:40	01:00:37	
117	8	Michele	Barnes	White Cliffs Athletics & Running Club	53	W50	4	Female	01:01:46	01:00:43	
118	127	Ugendran	Padiachey	Thanet Roadrunners AC	63	M60	8	Male	01:02:03	01:01:00	
119	244	Jenny	Jolliffe		57	W50	5	Female	01:02:05	01:01:02	
120	46	David	Denton	Deal tri club	62	M60	9	Male	01:02:26	01:02:26	
121	59	Lenni	Frampton		42	W40	16	Female	01:02:30	01:01:27	
122	216	Maria	Loader	Dover Road Runners AC	33	SW	14	Female	01:02:51	01:01:48	
123	178	Shaun	Tunca	Vegan Runners UK	54	M50	16	Male	01:02:52	01:02:52	
124	61	Lisa	Game	Dover Road Runners AC	46	W40	17	Female	01:02:57	01:01:54	
125	52	Vicky	Dyer		42	W40	18	Female	01:03:07	01:02:04	
126	67	David	Haines	Folkestone Running Club	75	M70	4	Male	01:03:24	01:02:21	
127	177	Kate	Tulloch	Dover Road Runners AC	51	W50	6	Female	01:03:37	01:02:34	
128	112	Julie	Miller		45	W40	19	Female	01:03:50	01:02:47	
129	63	Tony	Goodwin		45	M40	29	Male	01:03:55	01:02:52	
130	220	Paul	Cherry		48	M40	30	Male	01:03:59	01:02:56	
131	125	Lynn	Oliver	Beginners2Runners	68	W60	2	Female	01:04:09	01:03:06	
132	109	Christopher	McMullon		59	M50	17	Male	01:04:10	01:04:10	

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133	22	Kirsty	Bryant		37	SW	15	Female	01:04:14	01:03:11		
134	222	Ntombi	Nguse	Dover Road Runners AC	43	W40	20	Female	01:04:15	01:03:12		
135	132	Jasmine	Perry		52	W50	7	Female	01:04:22	01:03:19		
136	141	Amanda	Punnett	Beginners2Runners	46	W40	21	Female	01:04:23	01:02:04		
137	38	Jason	Crockford	Folkestone Running Club	55	M50	18	Male	01:04:28	01:03:25		
138	133	Amanda	Peters	Seaford Striders	53	W50	8	Female	01:04:53	01:04:53		
139	217	Kayleigh	Robinson	Dover Road Runners AC	31	SW	16	Female	01:05:08	01:04:05		
140	241	Melissa	Cunliffe		63	W60	3	Female	01:05:30	01:04:27		
141	187	Michael	Woodland	Erme Valley Harriers	71	M70	5	Male	01:05:38	01:04:35		
142	225	Gavin	Trevelyan		80			Male	01:06:00	01:04:57		
143	240	Kelly	Glynn		27	SW	17	Female	01:06:09	01:05:06		
144	214	Zoe	Berry	Thanet Roadrunners AC	30	SW	18	Female	01:06:16	01:05:13		
145	152	Sonette	Schwartz	Ashford Striders	59	W50	9	Female	01:06:27	01:04:08		
146	114	Christian	Moon		16	SM	29	Male	01:06:31	01:06:31		
147	19	Michelle	Brice	Ashford Striders	52	W50	10	Female	01:06:51	01:05:48		
148	142	Keith	Punnett		55	M50	19	Male	01:07:00	01:05:57		
149	164	Jessica	Steel		44	W40	22	Female	01:07:13	01:06:10		
150	69	Emily	Hannay		38	SW	19	Female	01:07:13	01:06:10		
151	32	David	Collard	Hawkinge Hurricanes Running club	59	M50	20	Male	01:07:14	01:06:11		
152	173	Giselle	Tomaszewska	White Cliffs Athletics & Running Club	40	W40	23	Female	01:07:25	01:07:25		
153	174	Adam	Tomaszewski	White Cliffs Athletics & Running Club	41	M40	31	Male	01:07:25	01:07:25		
154	227	Martin	Wood		63	M60	10	Male	01:07:42	01:06:39		
155	92	Fred	Lane	Vegan Runners UK	54	W50	11	Female	01:07:45	01:06:42		
156	105	Stefanie	Martin		37	SW	20	Female	01:07:54	01:06:51		
157	221	Leigh	Carvill		56	W50	12	Female	01:08:16	01:07:13		
158	56	Fiona	Finch		54	W50	13	Female	01:08:20	01:07:17		
159	24	Arlene	Carino		58	W50	14	Female	01:08:23	01:07:20		
160	245	Arron	Stanley		44	M40	32	Male	01:08:30	01:07:27		
161	74	Annika	Heeren		36	SW	21	Female	01:08:46	01:07:43		
162	119	Lynne	Mulligan		36	SW	22	Female	01:08:46	01:07:43		
163	234	Mel	Wellman		48	W40	24	Female	01:08:58	01:06:39		
164	70	Karen	Harper		50	W50	15	Female	01:09:36	01:08:33		
165	21	Peter	Broom	Ashford Striders	54	M50	21	Male	01:09:45	01:08:42		
166	176	Michelle	Tuck	Coastal Striders	54	W50	16	Female	01:10:01	01:08:58		
167	235	Stephanie	Sait		34	SW	23	Female	01:10:06	01:07:47		
168	238	Amy	Huntley		38	SW	24	Female	01:10:12	01:07:53		
169	232	Matthew	Huntley		39	SM	30	Male	01:10:12	01:07:53		
170	103	Julian	Manser	Dover Road Runners AC	53	M50	22	Male	01:10:15	01:10:15		
171	156	Jo	Sherrington		51	W50	17	Female	01:10:18	01:07:59		
172	27	Laura	Childs		44	W40	25	Female	01:10:21	01:09:18		
173	102	Sophie	Mannering		40	W40	26	Female	01:11:24	01:09:05		
174	243	Chittima	O'Connor		47	W40	27	Female	01:11:28	01:09:09		
175	161	Jessica	Snell	RMR CRC	33	SW	25	Female	01:11:45	01:10:42		
176	62	Tess	Gartshore	Dover Road Runners AC	28	SW	26	Female	01:11:52	01:10:49		
177	236	Yvonne	Fagg	Dover Road Runners AC	35	SW	27	Female	01:11:52	01:09:33		
178	175	Ian	Tomlinson	R40+ running community	45	M40	33	Male	01:11:58	01:10:55		
179	118	Kirsten	Mueller	White Cliffs Athletics & Running Club	51	W50	18	Female	01:12:53	01:11:50		
180	77	Jane	Holman		56	W50	19	Female	01:13:20	01:11:01		
181	192	Jeanette	Aurdal	Pedaler People	48	W40	28	Female	01:13:29	01:13:29		
182	31	Clive	Coldwell	Vegan Runners UK	57	M50	23	Male	01:13:30	01:12:27		
183	167	Hannah	Streatfield		39	SW	28	Female	01:13:37	01:11:18		
184	148	Emma	Rous		25	SW	29	Female	01:13:50	01:12:47		
185	154	Rachel	Shaw	Beginners2Runners	49	W40	29	Female	01:14:22	01:12:03		
186	117	Lucy	Muckett		42	W40	30	Female	01:14:43	01:13:40		
187	76	Debbie	Hodgson		56	W50	20	Female	01:15:24	01:13:05		
188	169	Julie	Thatcher	Whitstable Road Runners	47	W40	31	Female	01:15:41	01:14:38		
189	60	Sharon	Galvin	Whitstable Road Runners	50	W50	21	Female	01:15:41	01:14:38		
190	93	Steven	Lang		39	SM	31	Male	01:15:58	01:13:39		
191	155	Robyn	Shelmerdine		41	W40	32	Female	01:16:29	01:14:10		
192	231	Alison	Coles	Jelly Legs	63	W60	4	Female	01:16:43	01:14:24		
193	224	Nancy	Morrison	Jelly Legs	69	W60	5	Female	01:17:16	01:16:13		
194	68	Deborah	Hampton		55	W50	22	Female	01:17:30	01:15:11		
195	87	Kerry	Jones		37	SW	30	Female	01:17:40	01:15:21		
196	239	Megan	Lacey		29	SW	31	Female	01:17:53	01:15:34		
197	242	Toby	Nieman	Pedaler People	16	SM	32	Male	01:17:59	01:15:40		
198	25	Hannah	Carmichael	Medway Fit	38	SW	32	Female	01:19:39	01:17:20		

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199	84	Emma	Jenkins	Ashford & District RRC	48	W40	33	Female	01:19:45	01:18:42
200	73	Daniel	Heasman	Lonely Goat RC	56	M50	24	Male	01:19:58	01:18:55
201	36	Kris	Cousins	Jelly Legs	56	W50	23	Female	01:19:58	01:17:39
202	110	Deborah	McPherson		52	W50	24	Female	01:21:02	01:19:59
203	116	Susan	Moore		50	W50	25	Female	01:21:09	01:18:50
204	237	Ally	Knight	Dover Road Runners AC	50	W50	26	Female	01:21:10	01:18:51
205	65	Hazel	Groves	Dover Road Runners AC	45	W40	34	Female	01:21:10	01:20:07
206	233	Thomas	Saunders		28	SM	33	Male	01:22:25	01:20:06
207	10	Rachel	Beecham		53	W50	27	Female	01:22:26	01:20:07
208	28	Natasha	Chivilo		45	W40	35	Female	01:24:35	01:22:16
209	145	William	Ridgeway-King		28	SM	34	Male	01:25:05	01:22:46
210	153	Geeta	Seegobin	Jelly Legs	54	W50	28	Female	01:32:59	01:30:40
211	82	Chris	Hursell		53	M50	25	Male	01:33:07	01:30:48
212	83	Julie	Hursell		49	W40	36	Female	01:33:07	01:30:48
213	5	Holly	Ansell		36	SW	33	Female	01:48:50	01:46:31