

# Shocking Shirt Shuffle - Sunday 18th July 2021

## 10k (2 laps)

Place	Name	Gender	Time
1	Sonny Russo **	M	12:48:02 am
2	Jon Briggs	M	1:06:11 am
3	Ola Abdellatif	F	1:12:53 am

## Half Marathon (4 laps)

Place	Name	Gender	Time
1	Lisa Freeman	F	2:28:46 am
2	Lucy House	F	2:29:57 am
3	Nicola Brims	F	2:29:58 am
4	Gary Brims	M	2:39:13 am
5	Jackie Lake	F	2:48:24 am
6	Lottie Butler Henderson	F	2:52:14 am
7	Paul Forshaw	M	3:07:37 am
8	Louise Large	F	3:26:18 am
9	David Luxford	M	3:26:19 am
10	Govinda French	F	3:40:53 am
11	Kathy Unwin	F	3:41:23 am
12	Coulla Boyce	F	4:05:41 am

## Heavy Half Marathon (5 laps)

Place	Name	Gender	Time
1	Marc Holmes	M	3:06:39 am
2	Alex Hughes	M	3:09:26 am

## Heavy Half Marathon (6 laps)

Place	Name	Gender	Time
1	Mike Barnaby	M	3:40:38 am
2	Kerry Hudson	F	4:13:49 am
3	Dominic Prout	M	4:38:56 am

## Full Marathon (8 laps)

Place	Name	Gender	Time
1	Lee Ramsay	M	4:02:05 am
2	Stephen Hayes	M	4:26:00 am
3	Christian Plumb	M	4:51:03 am
4	Jon Watkins	M	4:51:15 am
5	Adrian Wojnowski	M	5:36:54 am
6	Neil Porter	M	5:54:09 am
7	Michaela Sanders	F	6:12:56 am
8	Karen Williamson	F	6:29:33 am
9	Sarah Pennock	F	6:30:18 am

10	Hayley Brewis	F	6:30:19 am
11	Sebastian Davis	M	6:47:16 am
12	Roy Barnes	M	6:55:55 am

### Ultra (9 laps)

Place	Name	Gender	Time
1	Jason Allard	M	5:58:37 am
2	Michael Baldwin	M	6:50:25 am

### Ultra (11 laps)

Place	Name	Gender	Time
1	Mark Prigg **	M	5:15:42 am

\*\*denotes new Course Record