

# Twass The Run Before Christmas

## Sunday 8th December 2024

### 5k (1 lap)

Place	Name	Gender	Time
1	Rowella Langley	F	00:31:43
2	Chris Barrett	M	00:33:04
3	Kenzie Tipple	F	00:33:34
4	Natalie Barrett	F	00:37:45
5	Laura Kingham	F	00:38:19
6	Stephen Tipple	M	00:40:50
7	Nicole Archbold	F	00:41:45
8	Ella Harris	F	00:42:04
9	James Harris	M	00:42:28
10	Jessica Coulling	F	00:44:04
11	Tommy Tipple	M	00:46:21
12	Sarah Tipple	F	00:46:23
13	Frances Seager	F	00:48:15
14	Nicola Hutchison	F	00:58:05

### 10k (2 laps)

Place	Name	Gender	Time
1	Minio Migliorini	M	00:46:38
2	Colin Pearce	M	00:56:39
3	Kate Dewally	F	00:58:07
4	Daniel Wrenn	M	00:58:26
5	Sue-Ellen Godde	F	00:59:06
6	Cerys Maryan	F	01:00:32
7	Stuart Hillman	M	01:05:17
8	Fiona Staines	F	01:05:20
9	Nathan Morgan	M	01:06:30
10	Nicola Fantom	F	01:09:27
11	Karen Heath	F	01:10:21
12	Claire Goodchild	F	01:11:44
13	Helen Hall	F	01:12:30
14	Summer Batram	F	01:12:36
15	Richard Clark	M	01:12:40
16	Emma Sealy	F	01:15:36
17	Katie Bates	F	01:18:58
18	Alice Cann	F	01:20:32
19	Adrienne Hill	F	01:20:35
20	Daniela Coppess	F	01:20:36

## 10k (2 laps)

Place	Name	Gender	Time
21	Madeline Lowe	F	01:21:33
22	Dawn Gillett	F	01:25:24
23	Karis Le Winton	F	01:26:30
24	Olivia Craig	F	01:30:33
25	Helen Torode	F	01:35:56
26	Ffion Davison	F	01:39:01
27	Molly Brough	F	01:41:46
28	Paul Forshaw	M	01:43:00
29	Chloe Newman	F	01:44:27
30	Helen Fogerty	F	01:51:02

## 3 laps

Place	Name	Gender	Time
1	Jonathan Horner	M	01:47:39
2	Helen Horner	F	01:47:47
3	Luke Lawrance	M	01:58:21
4	Maria Worrall	F	02:18:40
5	Sarah Gunns	F	02:55:19

## Half Marathon (4 laps)

Place	Name	Gender	Time
1	Hans Verschueren	M	01:38:25
2	James Thomson	M	01:47:59
3	Keith Blake	M	01:52:54
4	Mark Fogerty	M	01:54:43
5	Jennifer Simpson	F	01:58:42
6	Tony Emms	M	01:59:27
7	William Ponsford	M	01:59:40
8	Baptiste Guignard	M	01:59:42
9	Benjamin Guignard	M	01:59:54
10	Gemma Arrow	F	02:01:00
11	Lucy Brauer	F	02:01:31
12	Matt Rowe	M	02:01:35
13	Phillippa Harris	F	02:06:11
14	Lynn Pritchard	M	02:06:56
15	Callum Rhodes	M	02:09:35
16	Clive Gerring	M	02:10:32
17	Jon Gamble	M	02:12:46
18	Carl Seager	M	02:13:56
19	Stuart Thurlbourn	M	02:16:52

## Half Marathon (4 laps)

Place	Name	Gender	Time
20	Stephen Bradbury	M	02:18:45
21	Sophie Pickering	F	02:20:21
22	Megan Devlin	F	02:21:05
23	Ruth Goodchild	F	02:21:15
24	Jayne Attwell	F	02:21:22
25	Richard Mower	M	02:21:40
26	Samuel Osei-Owusu	M	02:27:27
27	Steve Bright	M	02:29:09
28	Karl Peebles	M	02:29:39
29	Sarah Sparkes	F	02:30:14
30	Craig Smith	M	02:30:59
31	Chloe Wright	F	02:31:49
32	Lisa Brown	F	02:32:35
33	Daniel Mcdonald	M	02:32:38
34	John Gillett	M	02:33:51
35	Sam Dale	M	02:34:15
36	Sara Santillo	F	02:36:24
37	Steve Peacock	M	02:39:01
38	Steve Blyth	M	02:42:27
39	Dan Wright	M	02:43:39
40	Roger Marin	M	02:44:52
41	Gordon Williamson	M	02:50:54
42	Tracy Walker	F	02:50:54
43	Sarah Thomas	F	02:53:11
44	Eloise Brame	F	03:03:03
45	Melissia Hudd	F	03:03:28
46	Joanna Blyth	F	03:05:15
47	Alison Wallis	F	03:13:49
48	Rachel Horsley-Heather	F	03:19:36
49	Beth Harris	F	03:24:29
50	Katy Ensich	F	03:30:29

## Heavy Half Marathon (5 laps)

Place	Name	Gender	Time
1	Emma Rowlinson	F	02:33:24
2	Laura Prime	F	02:46:37
3	Carolyn Reid	F	02:56:36
4	Jody Denford	F	03:02:01
5	Kevin Denford	M	03:03:50
6	Gill Fry	F	03:46:47
7	Hannah Witchalls	M	03:48:33
8	Elisabeth Dobing	F	03:52:46

## Heavy Half Marathon (6 laps)

Place	Name	Gender	Time
1	James Coveney	M	03:02:51
2	Peter Woods	M	03:28:53
3	Anne Schumann	F	03:44:30
4	Steven Footer	M	03:45:09
5	Mary Ashcroft	F	03:58:26
6	Agnieszka Andrzejak	F	04:06:41

## Heavy Half Marathon (7 laps)

Place	Name	Gender	Time
1	Shaun Wilson	M	04:22:13

## Full Marathon (8 laps)

Place	Name	Gender	Time
1	Adrian Lawrence	M	03:32:43
2	Stephen Hayes	M	03:42:24
3	Colin Stark	M	03:50:44
4	Edward Banham-Hall	M	04:10:13
5	Grant Grego	M	04:15:26
6	Anita Ward	F	04:17:54
7	Georgina Croker	F	04:30:00
8	Chad Gray	M	04:32:44
9	Oscar Maher	M	04:36:44
10	Mark Darling	M	04:37:17
11	Holly Le Winton	F	04:38:22
12	Andrew Ward	M	04:45:39
13	Aston Ramsey	M	05:07:04
14	Rosie Barrack	F	05:15:21
15	Darren Wright	M	05:17:06

## Full Marathon (8 laps)

Place	Name	Gender	Time
16	Mollie Wright	F	05:17:15
17	John Reynolds	M	05:17:16
18	Jonathan Taylor	M	05:35:05
19	Connor Wilson	M	05:42:39
20	Naomi Hallam	F	05:42:52
21	Guy Hayward	M	05:43:01
22	Juliet O'Brien	F	05:51:13
23	John Kew	M	05:52:29
24	Michaela Sanders	F	06:06:26
25	Paul Woodhouse	M	06:23:41

## Ultra Marathon (9 laps)

Place	Name	Gender	Time
1	Lee Ramsay	M	04:20:32
2	Rachael Covell **	F	04:47:09
3	Val Kemp	F	05:38:25
4	Jack Greening	M	06:09:01
5	Matthew Nak	M	06:11:56
6	Paul Buckle	M	06:12:25
7	Jon Brooker	M	06:12:27
8	Gary Pinyoun	M	06:21:39

## Ultra Marathon (10 laps)

Place	Name	Gender	Time
1	Stephen Ayres **	M	04:48:49
2	Dean Young	M	05:09:44
3	Ben Hornsey	M	05:11:01
4	Adam Sewell	M	05:36:16
5	Ritchie Ryan	M	06:00:10
6	Jane Wall	F	06:01:24
7	Dominic Lyons	M	06:07:08
8	Eleanor-Grace Tooley	F	06:20:30
9	Alex Baird	M	06:23:08
10	Shelby Smith	F	06:40:00

## Ultra Marathon (11 laps)

Place	Name	Gender	Time
1	James Horne	M	05:59:46
2	Joel Tooley	M	06:00:55

## Ultra Marathon (13 laps)

Place	Name	Gender	Time
1	Damian Elsdon	M	06:14:49

\*\* denotes course record