

# FlittonFlit\_Results2023 5k (1).xls

Monday 1 May 2023

Flitton "Fun Flit" 5K

Race_No	Posn	M/F_Posn	Forename	Surname	Club	Age_Cat	Time
931	1	1	Ian	Halpin	Amphill & Flitwick Flyers	M	17:25
957	2	2	Tom	Mintern	Unattached	M	17:28
916	3	3	James	Cartwright	Cartwright	MV45	18:27
932	4	4	Adam	Harris	St Neots Riverside Runners	M	18:31
451	5	5	John	Decesare	Unattached	MV55	19:03
917	6	6	Tom	Cawdell	Flitton Flashers	M	19:19
949	7	7	Stuart	Kouwenberg	If you see me collapse, pause my Garmin	MU20	19:34
979	8	8	Terry	Stanley	Amphill & Flitwick Flyers	M	19:42
514	9	9	Stuart	Still	Bedford & County AC	MV50	20:07
675	10	10	Oliver	Mintern	Unattached	M	20:11
955	11	11	Craig	Losh	St Neots Riverside Runners	M	20:28
699	12	12	Sean	Still	Unattached	M	21:20
918	13	13	Matthew	Chivers	Unattached	M	21:26
601	14	14	Gary	Dunger	Unattached	MV40	21:28
547	15	15	Ben	Whalley	Unattached	M	21:35
950	16	16	Peter	Kouwenberg	If you see me collapse, pause my Garmin	MV45	21:39
951	17	17	William	Larcombe	Flitton Flashers	MU17	21:48
680	18	1	Eleanor	Regan	Unattached	F	21:49
958	19	18	Eddie	Nock	Unattached	MV40	22:04
947	20	19	Wayne	Kelly	Unattached	MV45	22:10
941	21	20	Evan	Hunt	Team Hunt	MU17	22:12
285	22	21	Harry	Newzat	Unattached	MU17	22:15
562	23	22	Aren	Newzat	Unattached	M	22:16
568	24	23	Graeme	Boyes	Unattached	M	22:20
968	25	24	Eric	Rayner	Unattached	MU17	22:21
649	26	25	Evan	Gerrie	Unattached	MU17	22:22
681	27	26	Noah	Campbell	Unattached	MU17	22:22
980	28	27	Howard	Steel	Flitton Flashers	MV40	22:23
993	29	28	Callum	Wright	Chariots of (legs on) Fire	M	22:35
992	30	29	Connor	Wright	Chariots of (legs on) Fire	M	22:35
967	31	30	David	Rayner	Unattached	MV45	23:10
444	32	2	Jessi	Godleman	Unattached	F	23:16
926	33	3	Kyrstin	Fairweather	Amphill & Flitwick Flyers	FV50	23:19
924	34	31	Harrison	Douglas	Unattached	MU17	23:26
942	35	32	Daniel	Ince	Amphill & Flitwick Flyers	MV38	23:26
982	36	4	Eleanor	Street	Amphill & Flitwick Flyers	F	23:30
990	37	33	Jakob	Wood	If you see me collapse, pause my Garmin	MU17	23:36
458	38	34	James	Hare	Marston Moretain Runners	M	23:46
453	39	5	Helen	Doyle	Unattached	F	23:56
929	40	35	Jamie	Ging	Unattached	M	24:00
928	41	6	Julie	Gibbons	Flitton Flashers	FV40	24:13
981	42	36	Adam	Street	Amphill & Flitwick Flyers	MV27	24:29
920	43	37	Nick	Cross	Bedford Harriers	MV60	24:36
944	44	7	Theresa	Jackson	Amphill & Flitwick Flyers	FV50	24:36
902	45	38	Jon	Balaam	Bedford Harriers	MV45	24:38
965	46	39	Matt	Pyecroft	Bedford Harriers	MV50	24:47
901	47	8	Julie	Balaam	Unattached	FV45	24:54

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961	48	40	Adam	Ogley	The Oggies	M	24:59
908	49	9	Tayla	Blackman	If you see me collapse, pause my Garmin	F	25:08
915	50	41	Ben	Cartmell	Unattached	MV50	25:10
524	51	10	Dawn	Taylor	Unattached	FV40	25:10
927	52	11	Louise	Frost	Unattached	F	25:12
954	53	12	Kate	Lennon	Unattached	F	25:17
984	54	13	Tori	Trevallion	Unattached	F	25:17
959	55	42	Jonny	Oakley	Amphill & Flitwick Flyers	MV60	25:24
935	56	43	John	Highmore	Unattached	MV50	25:24
452	57	14	Chloe	Godin	Unattached	F	25:26
962	58	44	Sam	Palmer	Unattached	MU20	25:33
963	59	45	Luke	Pedder	Unattached	MU20	25:34
975	60	46	Tim	Scott	Unattached	MV40	25:38
999	61	47	Jim	McCormick	Lonely Goat	MV45	25:42
960	62	15	Hattie	Oakley-King	Amphill & Flitwick Flyers	F	25:44
536	63	48	Martin	Godin	Amphill & Flitwick Flyers	MV65	25:46
948	64	16	Kat	Kouwenberg	If you see me collapse, pause my Garmin	FV45	25:51
985	65	49	Amaritpal	Uppal	Unattached	M	25:53
511	66	50	Matthew	Spring	Unattached	MV40	25:58
505	67	51	Jamie	Lowen	Unattached	MV45	25:58
952	68	52	George	Lennon	Unattached	M	26:13
974	69	53	Liam	Scott	Unattached	MU17	26:32
953	70	17	Grace	Lennon	Unattached	F	26:37
906	71	18	Caroline	Bennett	Unattached	FV60	26:44
978	72	54	Liam	Sonner	Unattached	M	26:47
911	73	19	Denise	Browning	Amphill & Flitwick Flyers	FV60	27:12
697	74	55	Andrew	Campbell	Unattached	MV45	27:16
964	75	56	Joe	Perrett	If you see me collapse, pause my Garmin	M	27:25
642	76	20	Sarah	Williamson	Unattached	FV50	27:58
909	77	57	Justin	Bozzino	Unattached	MV40	28:23
972	78	21	Tracey	Rollason	The Rollos	FV45	28:25
1000	79	58	Robert	Tear	Team Tear	MV40	28:28
523	80	22	Betty	Morento Gomez	Fun	FV40	28:31
933	81	23	Nora	Hedges	Unattached	F	28:41
969	82	59	Andrew	Reid	Stopsley Striders	MV70	28:43
921	83	24	Sue	Cross	Bedford Harriers	FV60	29:25
971	84	25	Mandy	Rimmer	Amphill & Flitwick Flyers	F	29:33
678	85	26	Valerie	Dawson	Amphill & Flitwick Flyers	FV55	29:35
988	86	27	Kirsty	Weeks	Weeks	F	29:35
987	87	60	Joe	Walters	Amphill & Flitwick Flyers	MV45	29:37
469	88	61	Danny	Drayton	Unattached	MV55	29:46
925	89	28	Karen	Douglas	Unattached	FV45	29:51
503	90	29	Ami	Spring Lowen	Unattached	F	30:14
624	91	30	Abbi	Oakley	Unattached	F	30:16
639	92	62	Sule	Brown	Unattached	MV40	30:17
919	93	31	Bella	Clarke	Unattached	FU17	30:18
991	94	63	Daniel	Woodard	Unattached	MV40	30:23

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986	95	32	Sue	Waites	Unattached	FV50	30:41
903	96	33	Holly	Barlow	Unattached	F	30:52
905	97	34	Sophie	Bates	Unattached	FU17	31:01
923	98	35	Carole	Darnell	Bedford Harriers	FV60	31:01
590	99	36	Gina	Rowan	Fun	F	31:12
976	100	37	Lauren	Seaholme	Unattached	FU17	31:40
647	101	38	Linda	Price	Unattached	FV40	31:52
648	102	39	Megan	Gerrie	Unattached	FV40	32:06
945	103	40	Claire	Jones	Amphill & Flitwick Flyers	FV55	32:13
939	104	41	Jayne	Hunt	Amphill & Flitwick Flyers, Team Hunt	FV50	32:20
542	105	42	Jessica	Bayntun	Unattached	F	32:41
496	106	43	Emily	Fordham	Unattached	F	32:44
983	107	44	Loreto	Thompson	HLB	FV60	32:53
910	108	45	Louise	Bradley	HLB	FV55	32:56
907	109	46	Grace	Bennett	Unattached	FU17	32:57
989	110	47	Charlotte	Weir	Unattached	FV45	33:22
930	111	48	Patricia	Godfrey	Amphill & Flitwick Flyers	FV70	33:22
922	112	49	Rosie	Crownshaw	Unattached	F	33:34
966	113	50	Hannah	Randell	Unattached	F	33:35
433	114	51	Debbie	Lewis	Unattached	FV45	33:48
611	115	52	Faye	Hughes	Fun	F	33:48
995	116	53	May	Yoram	Chariots of (legs on) Fire	F	34:13
914	117	54	Helen	Burgess	Unattached	FV55	34:23
912	118	55	Samantha	Browning	Unattached	F	34:30
937	119	56	Becky	Hornby	The Oggies	F	34:45
997	120	57	Veronica	Singleton-Lawley	Unattached	FV60	35:15
998	121	64	Peter	Lawley	Unattached	MV60	35:15
994	122	65	Sam	Wright	Chariots of (legs on) Fire	MV50	35:38
970	123	58	Judy	Reid	Stopsley Striders	FV70	35:46
946	124	59	Catriona	Keane	Unattached	FV40	36:07
938	125	60	Paula	Hughes	Unattached	FV40	36:08
904	126	61	Michelle	Bates	Unattached	FV55	37:01
996	127	66	Ewan	McCormick	Unattached	MU20	37:36
409	128	62	Rebecca	Tear	Team Tear	FV45	38:41
414	129	63	Emily	Tear	Team Tear	F	42:03
541	130	67	Geoffrey	White	Unattached	MV75	42:06
973	131	64	Bethany	Rumble	Unattached	FU17	42:34