

# Thump Festival - Trail Mix

## Overall Results



Pos	Bib	Name	AG	Club	Time	Lap(s)	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1.	36	Oliver Knowles	M30-34		1:43:14	5	18:29	21:54	20:48	21:22	20:39
2.	17	David Frankland	M35-39	West End Runners	1:44:07	5	18:05	21:43	20:53	21:53	21:32
3.	70	Allan Howling	M30-34	Sphinx AC	1:44:42	5	17:56	21:43	21:03	22:03	21:55
4.	87	Steven Ramek	M55-59	Chessington Unity RC	1:47:15	5	18:45	21:42	21:02	22:37	23:08
5.	115	Ryan Stocks	M35-39	Kimberley & District Striders	1:48:13	5	18:07	21:40	21:21	23:08	23:55
6.	100	Chris Jochem	M35-39		1:48:47	5	19:19	22:44	21:50	22:30	22:22
7.	18	Claire Fitzpatrick	F30-34	West End Runners	1:49:19	5	19:09	22:29	22:07	22:42	22:49
8.	107	Neil Loake	M40-44		1:50:33	5	19:17	22:26	22:10	23:30	23:08
9.	15	Martin Dorrill	M55-59	Kenilworth Runners	1:53:07	5	19:18	22:44	22:31	24:13	24:20
10.	150	Pete Bennett	M45-49		1:53:48	5	21:12	23:42	22:46	23:11	22:56
11.	108	Ian Murdey	M50-54	Wigston Phoenix	1:54:16	5	20:42	23:19	22:42	23:37	23:55
12.	179	Rhiannon Baxter	F30-34	Stilton Striders	1:55:03	5	19:45	22:47	22:38	24:22	25:29
13.	99	Tom Allen	M30-34	Bexhill Runners and Triathletes	1:56:50	5	20:13	23:24	23:16	24:18	25:38
14.	3	Bob Allsopp	M45-49	Market Harborough Athletics	1:59:02	5	21:13	24:18	23:19	25:08	25:03
15.	181	Oliver Mortimer	M25-29		1:59:58	5	21:41	23:56	23:44	24:57	25:38
16.	77	Martin Hazlewood	M50-54		2:01:22	5	19:14	23:05	25:07	26:46	27:09
17.	39	jacquie Hanmer	F55-59	harborough ac	2:07:19	5	21:48	25:43	25:16	27:05	27:26
18.	50	Claire Fisher	F35-39	Eton Manor AC	2:08:06	5	21:09	24:39	25:50	28:20	28:06
19.	69	Ben Miller	M45-49	Marshall Milton Keynes	2:08:08	5	23:03	26:25	25:20	26:37	26:40
20.	180	Ian Mortimer	M55-59	Desborough and Rothwell RC	2:08:14	5	21:40	25:14	25:32	27:19	28:27
21.	190	Mike Higgins	M50-54		2:08:42	5	22:40	26:08	25:17	27:21	27:15
22.	170	Nick Clemons	M50-54	Rugby Runners	2:09:36	5	23:16	25:40	26:07	27:06	27:25
23.	175	Cathy Ralph	F50-54	Desborough & Rothwell RC	2:10:50	5	22:38	26:12	26:10	28:04	27:45
24.	47	Heather Fisher	F30-34		2:12:08	5	21:15	25:37	26:01	28:42	30:31
25.	113	Victoria Ashby	F45-49		2:12:14	5	22:21	26:49	26:52	28:07	28:03
26.	126	Oliver Samkin	M45-49		2:13:46	5	22:59	27:47	27:33	28:13	27:12
27.	112	Ben Hayden	M30-34		2:14:40	5	21:32	25:31	26:37	30:14	30:45
28.	104	Neil Merritt	M50-54		2:15:17	5	22:57	28:26	27:25	28:37	27:50
29.	48	Carol Fisher	F65-69		2:16:38	5	23:55	28:10	27:05	28:39	28:47
30.	152	Gill Cooper	F45-49		2:16:41	5	24:38	28:16	27:46	28:33	27:27
31.	46	David Shiels	M45-49	Zoltan the darkshadow's	2:17:44	5	25:42	28:12	27:17	29:05	27:25
32.	174	James Larkin	M50-54	Desborough and Rothwell RC	2:17:45	5	22:38	26:17	26:22	30:05	32:19
33.	38	Wayne Broadbent	M40-44	Sphinx AC	2:18:42	5	23:46	27:07	26:37	29:56	31:13
34.	102	steve ROBINSON	M50-54		2:18:45	5	24:08	29:06	27:25	28:55	29:10
35.	23	ian gooderham	M35-39	Vegan runners	2:19:06	5	23:21	27:05	26:24	30:58	31:15

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36.	65	Mike Scott	M45-49	WVTri	2:19:56	5	25:42	28:12	27:18	29:06	29:37
37.	169	Tim Osborne	M55-59	Nettleham Trotters	2:20:19	5	23:05	27:48	27:50	30:34	31:01
38.	78	Sarah Ellwood	F35-39	Wellingborough & district ac	2:21:36	5	25:17	29:31	27:46	29:12	29:47
39.	92	Steve McElhone	M50-54		2:22:37	5	23:42	28:41	27:52	31:16	31:04
40.	25	Lily Canter	F40-44	WVTRI	2:23:10	5	25:12	29:15	28:32	30:23	29:46
41.	106	Dean Hassall	M50-54	Wigston Phoenix RC	2:24:16	5	25:37	28:44	27:56	30:34	31:23
42.	148	David King	M45-49	Wreake runners	2:26:16	5	22:09	29:07	28:53	33:34	32:31
43.	66	Philip Liberman	M50-54	Horsham Joggers	2:26:51	5	26:50	30:50	29:01	30:32	29:37
44.	22	Harry Short	M45-49	Roadhoggs AC Leicester	2:26:59	5	23:34	28:14	27:43	31:13	36:12
45.	9	Robert Meeson	M50-54		2:27:27	5	26:34	29:30	29:50	30:49	30:42
46.	163	John Murphy	M40-44		2:28:00	5	23:05	28:22	29:09	30:57	36:25
47.	177	Trudi Mawby	F40-44	Rugby & Northampton AC	2:28:35	5	24:45	29:20	29:29	32:22	32:37
48.	81	Emma Drake	F45-49		2:31:03	5	25:21	30:16	29:56	32:44	32:44
49.	130	Neill Leadbetter	M50-54		2:31:34	5	26:56	30:16	29:52	31:56	32:33
50.	88	Heather Chamberlain	F30-34	Lordshill Road Runners	2:33:29	5	27:27	31:37	30:55	31:55	31:34
51.	101	Polly Marshall	F35-39		2:33:45	5	26:50	29:50	30:55	31:35	34:33
52.	109	Emma Wilkinson	F40-44		2:34:33	5	25:13	30:28	32:14	33:24	33:13
53.	193	Paul Warren	M45-49		2:35:46	5	24:15	29:20	30:22	34:19	37:27
54.	157	James Hawley	M50-54	Fleckney & Kibworth AC	2:36:18	5	27:06	31:53	31:23	32:54	32:59
55.	137	Ashley Pick	M45-49		2:36:50	5	24:03	29:15	30:22	35:44	37:25
56.	95	Philip Roberts	M25-29		2:37:08	5	25:34	29:54	30:59	35:01	35:37
57.	86	Rachel Anderson	F50-54	Barrow runners	2:37:55	5	27:32	31:49	30:45	33:04	34:44
58.	134	Brendan Brannigan	M30-34		2:38:10	5	26:53	30:11	30:28	33:20	37:16
59.	54	Andrew McDonnell	M45-49	Lonely Goats Running Club	2:39:18	5	27:39	33:48	31:35	33:04	33:10
60.	111	Bridget Daynes	F50-54		2:39:21	5	27:39	33:48	31:36	33:04	33:12
61.	16	Kevin Thornton	M35-39		2:39:27	5	26:28	31:06	31:09	34:58	35:44
62.	132	Vicky Wheatley	F40-44		2:39:29	5	26:13	30:40	31:15	35:32	35:47
63.	37	Rachel Knowles	F30-34		2:40:39	5	27:38	32:36	32:49	34:00	33:34
64.	146	Stephen Wright	M45-49		2:40:47	5	28:12	31:56	31:54	33:27	35:16
65.	10	Lee Stratford	M45-49	vegetarian cycling and AC	2:41:16	5	28:12	33:58	31:41	33:31	33:51
66.	172	David Murphy	M40-44		2:41:36	5	25:41	31:30	31:48	36:12	36:24
67.	191	Nick Goold	M55-59	Stamford Stridders	2:42:21	5	28:17	33:19	31:04	33:25	36:15
68.	94	Neil Currant	M45-49	Dunstable Road Runners	2:42:56	5	26:05	28:49	37:23	35:28	35:07
69.	178	Colette Reddington	F40-44	Lonely Goats	2:46:03	5	27:19	33:00	33:46	35:20	36:36
70.	128	Paul Slatford	M40-44	AC Sphinx	2:46:21	5	24:14	29:28	33:41	40:26	38:31

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71.	116	Michael Brookes	M35-39		2:46:34	5	26:01	31:04	31:18	37:06	41:02
72.	21	Jessica Martin-Smith	F25-29		2:47:19	5	27:51	32:41	33:49	35:13	37:42
73.	167	Jo Howell	F45-49		2:47:32	5	28:38	33:33	34:26	35:38	35:15
74.	7	Shaun De Clancy	M60-64	Eryri Harriers	2:47:37	5	29:45	34:27	32:52	35:11	35:19
75.	89	Emmeline Gray	F25-29		2:47:49	5	27:56	33:37	34:14	37:27	34:33
76.	171	Paul Officer	M45-49		2:47:50	5	28:37	33:33	34:32	35:38	35:28
77.	42	Sharon Threlfall	F45-49	Ware Joggers	2:47:54	5	28:35	33:34	32:15	36:35	36:52
78.	105	Carol Hayward	F60-64	Southwell Running Club	2:50:00	5	27:22	33:25	34:40	36:43	37:49
79.	14	Debbie Streets	F45-49	Kenilworth Runners	2:50:31	5	27:15	33:38	35:09	37:38	36:50
80.	141	Tamsin millns	F45-49	Notts women runners	2:51:08	5	28:18	33:14	34:03	37:21	38:11
81.	149	Liz Spinks	F30-34	Notts women runners	2:51:11	5	28:18	33:26	34:03	37:11	38:11
82.	13	Krissy Stretton	F25-29		2:52:16	5	27:08	31:33	35:24	37:06	41:02
83.	24	Sarah Upson	F45-49		2:53:31	5	27:46	33:17	35:30	37:58	38:57
84.	153	Debbie Martin	F45-49		2:54:16	5	28:20	34:33	36:09	37:24	37:48
85.	79	Paul Atkinson	M45-49	Market Harborough parkrun	2:57:16	5	28:07	34:18	34:53	38:48	41:08
86.	6	Felicity Aries	F60-64	Eryri Harriers	2:59:43	5	29:27	35:14	36:21	39:08	39:31
87.	68	Martin Bett	M55-59		2:59:55	5	28:10	32:01	33:34	40:55	45:14
88.	40	John Best	M50-54		3:00:26	5	31:01	35:37	35:01	41:15	37:31
89.	49	Katherine Cook	F40-44		3:05:45	5	30:30	35:30	37:01	40:40	42:02
90.	187	June Castle	F55-59		3:06:48	5	31:16	37:59	38:21	40:17	38:53
91.	51	Yasmin Greatorex-Briggs	F30-34	Erewash valley running club	3:08:19	5	31:18	37:17	37:08	40:04	42:30
92.	184	Joanna Grundell	F45-49		3:10:08	5	30:18	37:17	38:05	41:29	42:57
93.	182	Sarah Webster	F45-49		3:10:09	5	30:19	37:18	38:04	41:30	42:57
94.	164	Henry J Donaghey	M50-54		3:10:44	5	28:48	35:35	39:23	41:27	45:29
95.	93	Cheryl Currant	F45-49	Dunstable Road Runners	3:14:07	5	30:52	38:17	40:16	43:18	41:22
96.	44	Katie Lynn	F35-39	Hermitage Harriers	3:14:58	5	37:49	41:39	39:22	39:59	36:06
97.	183	Michelle Turpin	F45-49		3:15:16	5	31:09	38:04	39:19	43:28	43:14
98.	75	Emily James	F35-39	SheCan Run Kettering Ladies	3:16:18	5	31:10	38:11	39:54	43:13	43:49
99.	192	Brian Thompson	M50-54	Newark Striders RC	3:17:01	5	27:03	35:57	38:01	44:18	51:40
100.	85	Helen King	F45-49	Sphinx AC	3:21:20	5	33:55	41:20	40:45	43:45	41:32
101.	159	Rachel Hockney	F30-34	Nettleham Trotters	3:23:41	5	31:35	39:25	42:32	44:51	45:16
102.	125	rebecca samkin	F40-44		3:23:41	5	31:35	39:25	42:32	44:51	45:15
103.	185	Stephanie Attenborough	F35-39	BADGERS	3:30:08	5	33:54	40:23	41:52	45:37	48:20
104.	186	Joanne Sharman	F45-49		3:30:09	5	33:55	40:23	41:52	45:37	48:20
105.	63	Kevin Tack	M50-54		3:32:58	5	33:33	39:25	40:06	47:03	52:49

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106.	144	David Handley	M45-49		3:35:53	5	37:48	39:23	45:25	40:02	53:14
107.	64	Jocelyne Tack	F50-54		3:47:58	5	34:59	43:55	46:31	49:43	52:48
108.	12	Rachel Stoddart	F35-39	Sarn Helen	3:50:12	5	37:50	44:31	45:24	49:15	53:10
109.	156	Victoria Hawley	F50-54	Fleckney And Kibworth AC	3:56:50	5	38:11	44:36	48:20	50:16	55:25
110.	168	Stef Saunders	F30-34		3:57:24	5	38:34	47:54	44:38	50:33	55:42
111.	165	Janette Hirst	F55-59		4:02:01	5	38:35	47:54	49:15	50:33	55:42
112.	162	Simon Powell	M45-49		2:43:09	4	32:47	38:58	44:58	46:25	
113.	189	Zillah Brown	F55-59		2:45:28	4	32:13	38:11	43:21	51:42	
114.	173	Ann Goodwin	F65-69		3:11:23	4	38:29	47:55	49:16	55:42	
115.	62	Tracey Blackwell	F55-59		3:17:03	4	36:32	45:17	48:13	1:07:00	
116.	61	Joseph Burke	M55-59		3:42:28	4	42:15	52:25	1:00:46	1:07:01	
117.	188	Wayne Holton	M40-44	Harborough Social Runners	1:38:30	3	27:49	33:37	37:03		
118.	53	Ian Cunningham	M55-59	Sphinx AC	2:00:26	3	33:54	41:19	45:12		
119.	119	Sally-Anne Tully	F45-49	Sphinx AC	2:16:37	3	39:44	46:04	50:49		
120.	26	Katie Carnell	F25-29		1:54:23	2	51:57	1:02:25			
121.	97	Danny Norman	M40-44	26.2 RRC	34:20	1	34:20				

Number of records: 121