

# Run Rabbit Trails - Headlight Hop 10k



## Overall Results

Pos	Bib	Name	M/F	AG	AG	Club	Chip	Time
1.	253	George Seymour	1st	M25-29	1st	West End Runners	43:34	43:36
2.	47	Daniel Clarke	2nd	M30-34	2nd	Daventry Road Runners	43:50	43:53
3.	228	Mark Pollock	3rd	M25-29	3rd	Oxford University Athletics Club	44:23	44:24
4.	24	David Brewis	4th	M30-34	4th	Sphinx AC	46:21	46:23
5.	23	Robert Bozeat	5th	M20-24	5th		46:23	46:27
6.	185	Simon Mayes	6th	M30-34	6th	West End Runners	47:21	47:23
7.	114	Matthew Hathrell	7th	M30-34	7th	Northbrook AC	48:32	48:33
8.	315	Andrew Holt	8th	M50-54	8th		48:57	48:58
9.	160	Pawel Langer	9th	M50-54	9th	Sphinx AC	49:36	49:38
10.	314	Rich Hudson	10th	M55-59	10th		49:50	49:53
11.	74	Mel Evans	1st	F35-39	1st	1485 Triathlon Club	50:05	50:12
12.	316	Nicholas Dines	11th	M35-39	11th	Louth AC	50:12	50:14
13.	204	Ian Murdey	12th	M50-54	12th	Wigston Phenix	50:29	50:33
14.	214	graeme ostah	13th	M40-44	13th	Tugby Running Club	50:45	50:48
15.	245	Ian Rowe	14th	M55-59	14th	None	52:00	52:02
16.	241	Edmund Roberts	15th	M30-34	15th	York Knavesmire Harriers	52:01	52:05
17.	264	David Smith	16th	M30-34	16th	Lonely Goat RC	52:27	52:40
18.	67	Linda Dodge	2nd	F30-34	2nd	Louth AC	52:44	52:47
19.	275	Marcus Swallow	17th	M25-29	17th		53:06	53:10
20.	75	Martin Farr	18th	M50-54	18th	None	53:30	53:35
21.	49	Alexandra Coomber	3rd	F45-49	3rd	City of Portsmouth	53:39	53:42
22.	129	Allan Howling	19th	M30-34	19th	Sphinx AC	54:19	54:22
23.	79	Simon Fitzmaurice	20th	M35-39	20th	Goodgym	54:28	54:33
24.	122	Jamie Holtham	21st	M45-49	21st		54:29	54:38
25.	175	Reece Maltby	22nd	M45-49	22nd	None	54:31	54:46
26.	102	Emily Hall	4th	F35-39	4th	West End Runners	55:05	55:09
27.	309	Charlotte Yarker	5th	F40-44	5th	Northampton Road Runners	55:13	55:19
28.	50	Gill Cooper	6th	F50-54	6th		56:21	56:25
29.	212	Thomas North	23rd	M50-54	23rd	Tring	56:31	56:35
30.	313	James White	24th	M40-44	24th		57:05	57:10
31.	150	Anthony Kay	25th	M65-69	25th	Thames Hare & Hounds	57:09	57:13
32.	195	Matthew Mold	26th	M45-49	26th		57:17	57:24
33.	43	Jonathan Cave	27th	M45-49	27th		57:31	57:34
34.	210	Mark Norman	28th	M35-39	28th	Sphinx AC	57:36	57:44
35.	76	Struan Farr	29th	M15-19	29th		58:21	58:27
36.	18	Graham Black	30th	M45-49	30th	Stratford upon Avon Athletics Club	58:26	58:32
37.	272	Kirsten Strain	7th	F35-39	7th		58:58	59:02
38.	304	Sam Willis	31st	M30-34	31st	Sam Willis	59:04	59:09
39.	108	Ryan Harper	32nd	M40-44	32nd		58:58	59:12
40.	13	Mark Barnard	33rd	M40-44	33rd		58:58	59:12
41.	291	Andrew Ward	34th	M35-39	34th	West End Runners	59:50	59:55
42.	123	Lizzie Holtham	8th	F35-39	8th		59:48	59:57
43.	84	Ryan Franklin	35th	M35-39	35th		59:49	1:00:01
44.	168	Benjamin Long	36th	M40-44	36th		1:00:36	1:00:44
45.	128	Christopher Howe	37th	M30-34	37th		1:00:42	1:00:47
46.	163	Rob Lee	38th	M50-54	38th	West End Runners	1:00:53	1:01:03
47.	273	Kelly Stuart	9th	F40-44	9th	Birstall RC	1:01:30	1:01:39
48.	234	Michael Quinn	39th	M60-64	39th		1:01:38	1:01:47
49.	17	Cameron Black	40th	M15-19	40th	Stratford upon Avon Athletics Club	1:01:47	1:01:53
50.	109	Rick Harris	41st	M40-44	41st	Run Things	1:02:31	1:02:42
51.	26	Christopher Brittain	42nd	M40-44	42nd	Lonely goat	1:02:32	1:02:42
52.	39	Lily Canter	10th	F40-44	10th	Great Bowden Runners	1:03:25	1:03:33
53.	268	Michael Spencer	43rd	M40-44	43rd		1:03:54	1:04:02
54.	295	Stuart Webster	44th	M55-59	44th	Lonely goat	1:04:58	1:05:07
55.	119	Paul Holdich	45th	M55-59	45th	West End Runners	1:05:07	1:05:16

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56.	97	Christopher Gorman	46th	M50-54	46th		1:05:06	1:05:18
57.	63	Catrin Davies	11th	F25-29	11th	Sphinx AC	1:05:11	1:05:19
58.	294	Guy Watson	47th	M55-59	47th	WVTri	1:05:14	1:05:20
59.	135	Louise Humphrey	12th	F55-59	12th	Paws 4 Running	1:05:05	1:05:21
60.	177	Robin Mapleston	48th	M45-49	48th	MLC Gladiators	1:05:10	1:05:29
61.	98	George Gorman	49th	M15-19	49th		1:05:32	1:05:44
62.	96	Lisa Gorman	13th	F50-54	13th	Harborough Athletics Club	1:05:32	1:05:44
63.	104	Richard Handoll	50th	M60-64	50th	Ryston Runners	1:05:59	1:06:14
64.	170	Paulina Maciejewska	14th	F35-39	14th		1:06:08	1:06:31
65.	157	Jenny Lane	15th	F30-34	15th	N/a	1:06:13	1:06:34
66.	303	Emma Wilkinson	16th	F40-44	16th		1:06:46	1:06:55
67.	1	Karen Abel	17th	F40-44	17th	Diamond Runners	1:07:07	1:07:24
68.	2	Victoria Allen	18th	F40-44	18th		1:07:40	1:07:55
69.	80	Nazli Fitzpatrick	19th	F45-49	19th		1:07:48	1:07:59
70.	167	Colin Lloyd	51st	M55-59	51st	finedone gladstone	1:08:19	1:08:31
71.	277	Paul Tatman	52nd	M55-59	52nd	Finedon Gladstones running club	1:08:27	1:08:32
72.	278	Adrian Thompson	53rd	M60-64	53rd		1:08:20	1:08:43
73.	95	Valerie Goode	20th	F65-69	20th	Harborough AC	1:09:12	1:09:23
74.	270	Oana Sposub	21st	F30-34	21st		1:09:12	1:09:23
75.	45	Jules Chapman	22nd	F55-59	22nd	Harborough Social Runners	1:09:46	1:10:03
76.	201	George Muckett	54th	M30-34	54th		1:10:56	1:11:19
77.	299	Tony Welsh	55th	M40-44	55th	Redway Runners	1:11:16	1:11:38
78.	235	Slavina Racheva	23rd	F30-34	23rd	Bodiika	1:12:08	1:12:12
79.	34	Sam Butler	56th	M35-39	56th	Sam Butler	1:12:04	1:12:15
80.	46	Rob Chapman	57th	M60-64	57th	Harborough Social Runners	1:11:58	1:12:15
81.	174	Ruthea Malcherczyk	24th	F35-39	24th		1:12:23	1:12:42
82.	137	Natasha Hydeleman	25th	F40-44	25th	Great Bowden Runners	1:12:31	1:12:47
83.	194	Amy Mitchell	26th	F40-44	26th	Skegness and District	1:13:24	1:13:33
84.	190	Elizabeth Mckinlay	27th	F25-29	27th	Sphinx Ac	1:13:31	1:13:39
85.	94	Wayne Gobey	58th	M45-49	58th		1:13:41	1:13:47
86.	292	Jennifer Warrior	28th	F45-49	28th	Notts women Runners	1:14:01	1:14:12
87.	267	Jonathan Speed-andrews	59th	M45-49	59th	Worlingham Road Runnerz	1:14:18	1:14:26
88.	78	Kirstie Faust	29th	F45-49	29th	Felckney & Kibworth AC	1:14:39	1:14:59
89.	191	Simon Meadows	60th	M45-49	60th		1:15:04	1:15:16
90.	38	Amy Cancea	30th	F25-29	30th		1:15:08	1:15:26
91.	247	Natalie Rowland	31st	F45-49	31st	Harborough AC	1:15:20	1:15:33
92.	223	Carmel Perrin	32nd	F45-49	32nd	HAC	1:15:20	1:15:33
93.	269	Tom Spooner	61st	M40-44	61st	None	1:15:25	1:15:51
94.	113	Dean Hassall	62nd	M55-59	62nd	Wigston Phoenix RC	1:15:43	1:16:01
95.	21	Sue Bosley	33rd	F50-54	33rd	West End Runners	1:15:59	1:16:08
96.	281	Jef Todd	63rd	M50-54	63rd		1:15:50	1:16:11
97.	302	Jono Wild	64th	M40-44	64th		1:16:13	1:16:16
98.	213	Jonathan Ogden	65th	M45-49	65th		1:15:58	1:16:16
99.	266	Nadia Soar	34th	F40-44	34th		1:16:24	1:16:46
100.	20	Kyle Bonsor	66th	M30-34	66th	Bad Boy Running Club	1:16:43	1:17:03
101.	230	Phil Poncelet	67th	M65-69	67th		1:16:52	1:17:09
102.	161	Michele Lattimore	35th	F45-49	35th	Wreake Runners	1:16:56	1:17:14
103.	51	Martin Copeland	68th	M55-59	68th	Rebel Runners Nottingham	1:17:25	1:17:36
104.	112	Maryam Hashmi	36th	F25-29	36th	Northampton Road Runners	1:19:15	1:19:25
105.	22	Kirsty Boulton	37th	F30-34	37th	Skegness and District	1:19:16	1:19:26
106.	287	Josh Walkley	69th	M20-24	69th		1:19:12	1:19:28
107.	227	Laura Pibworth	38th	F35-39	38th	Sphinx ac	1:19:41	1:19:58
108.	254	Laura Shallcross	39th	F30-34	39th	Lonely Goat RC	1:19:45	1:20:02
109.	220	Sue Pawson	40th	F60-64	40th	finedone gladstone	1:19:53	1:20:06
110.	152	Juta Kirby	41st	F40-44	41st		1:20:31	1:20:42

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Pos	Bib	Name	M/F	AG	AG	Club	Chip	Time
111.	99	Paul Gregson	70th	M40-44	70th		1:21:17	1:21:24
112.	211	Ed Norris	71st	M30-34	71st	Wellingborough & District AC	1:21:09	1:21:25
113.	66	James Dixon	72nd	M40-44	72nd		1:21:22	1:21:43
114.	147	Rebecca Johnson-sutcliffe	42nd	F40-44	42nd		1:21:32	1:21:45
115.	240	Mel Ridley	73rd	M55-59	73rd		1:21:32	1:21:45
116.	42	Jo Carter	43rd	F40-44	43rd		1:24:13	1:24:27
117.	65	Sarah Denton	44th	F50-54	44th		1:24:14	1:24:28
118.	249	Angela Scale	45th	F45-49	45th		1:24:19	1:24:34
119.	87	Bronwyn Gahagan	46th	F25-29	46th		1:24:35	1:24:49
120.	12	Courtney Bald	47th	F25-29	47th		1:24:36	1:24:49
121.	110	Claire Harrison	48th	F45-49	48th		1:27:10	1:27:17
122.	149	Ramandeep Kaur	49th	F35-39	49th	West End Runners	1:27:17	1:27:33
123.	8	Matthew Atkins	74th	M45-49	74th		1:27:38	1:27:57
124.	145	Anthony Johnson	75th	M25-29	75th		1:28:06	1:28:28
125.	229	Julie Poncelet	50th	F65-69	50th		1:28:13	1:28:31
126.	28	Mark Brooks	76th	M30-34	76th		1:31:46	1:31:59
127.	207	Sven Nellesmann	77th	M25-29	77th		1:31:47	1:32:01
128.	92	Simon Gibbon	78th	M45-49	78th		1:33:12	1:33:36
129.	115	Martin Hazlewood	79th	M50-54	79th		1:33:52	1:34:15
130.	116	Rhianna Hazlewood	51st	F25-29	51st		1:33:52	1:34:15
131.	117	Jeff Heape	80th	M55-59	80th	South Derbyshire Road Runners	1:38:13	1:38:33
132.	151	Helen King	52nd	F45-49	52nd	Sphinx AC	1:38:15	1:38:34
133.	58	Ian Cunningham	81st	M55-59	81st	Sphinx AC	1:39:27	1:39:46
134.	184	Vicky Mayes	53rd	F30-34	53rd	West End Runners	1:51:28	1:51:44
135.	301	Rachel Wheeler	54th	F30-34	54th	West End Runners	1:51:28	1:51:45

Number of records: 135