



# SOC Summer Series

## Fleming Park

25 June 2023

### Results by class with standards

Posn	Name	Age Group	Club	Time	Behind	Pace min/km
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## Blue

### Course: Blue, 5 km, 65 m

1	Eoghan Wiles	M21	SOC	35:31		7.10
2	Paul Thwaites	M60	SOC	37:22	1:51	7.47
3	Bernie Newitt	W55	SOC	50:03	14:32	10.01
4	Mark Light	M55	SOC	50:10	14:39	10.03
5	Timothy Spink	M40	IND	53:02	17:31	10.61
6	Richard Spendlove	M75	EPOC	54:21	18:50	10.87
7	Bohdan Rainczuk	M60	SARUM	57:22	21:51	11.47
^^^^ Blue Standard (Top 50% of starters): 57:00 ^^^^^						
8	Rebecca Aspin	W21	SOC	58:02	22:31	11.61
9	Paul Prudhoe	M70	IND	59:12	23:41	11.84
10	Matt Green	M45	SOC	67:36	32:05	13.52
11	Tina Stratford	W50	WSX	70:09	34:38	14.03
12	Sha Zhu	W21	IND	72:38	37:07	14.53
DNF	Mark Dalgarno	M55	SOC	45:01	RETD	
DSQ	Helen Chiswell	W45	DVO	54:38	Missed #2 (228)	

## Green

### Course: Green, 3.7 km, 55 m

1	Lisa James	W55	SOC	39:18		10.62
2	Graeme Williams	M45	BKO	40:31	1:13	10.95
3	Robin Smith	M70	SO	45:10	5:52	12.21
4	Terry Sankey	M75	SOC	45:33	6:15	12.31
5	Linda Pakuls	W65	WIM	48:13	8:55	13.03
6	Aidan Williams	M14	BKO	49:44	10:26	13.44
7	Joe House	M65	SO	50:17	10:59	13.59
^^^^ Green Standard (Winner's time plus 50%): 50:00 ^^^^^						
8	Julia Prudhoe	W65	IND	50:19	11:01	13.60
9	Philip Cooper	M75	WIM	54:31	15:13	14.73
10	Serena Ludford	W55	BADO	59:00	19:42	15.95
11	Mike Bray	M65	SN	61:48	22:30	16.70
12	Tony Ludford	M75	BADO	63:17	23:59	17.10
13	Bill Brown	M85	WSX	100:15	60:57	27.09
DSQ	Chris Barrington Brown	M65	BAOC	48:36	Missed #1 (224)	

## Orange

### Course: Orange, 2.9 km, 30 m

1	Elizabeth Bamber	W55	IND	31:57		11.02
2	Charlie Massey	M10	IND	35:38	3:41	12.29
3	Bryden & Ruben Joy	M10	IND	39:37	7:40	13.66
4	Louise Light	W55	SOC	44:39	12:42	15.40
^^^^ Orange Standard (Winner's time plus 50%): 44:00 ^^^^^						



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### Orange

Course: Orange, 2.9 km, 30 m

5	Carla Spendlove	W75	EPOC	47:13	15:16	16.28
6	Marion Bond	W55	SARUM	48:55	16:58	16.87
7	Daniel Barnes (2nd run)	M14	IND	49:12	17:15	16.97
8	Vicki Barkaway	W70	SOC	61:56	29:59	21.36

### Yellow

Course: Yellow, 1.8 km, 15 m

1	Daniel Barnes	M14	IND	14:38		8.13
2	Holly Massey	W10	IND	26:33	11:55	14.75
3	Delilah Hepworth	W10	IND	28:49	14:11	16.01
4	Felix Bracher	M10	IND	44:25	29:47	24.68
^^^ Yellow Standard (Top 50% of starters): 44:00 ^^^						
5	Rufus Bracher	M10	IND	44:42	30:04	24.83
6	Emily Hopkinson	W21	SOC	47:55	33:17	26.62
DNF	Roger Roberts	M75	SO	34:21	RETD	