

Lap Times- Go Beyond - Half Marathon

Coombe Abbey Running Festival - 29 Jun 2014

Posn	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6 & Total Time
1	Aaron Dishman		28:39(2)	43:14(2)	57:53(2)	1:12:24(1)	01:26:15
	-	14:14(1)	14:25(2)	14:35(1)	14:39(1)	14:31(1)	13:51(1)
2	Mark Davis		28:38(1)	43:13(1)	57:52(1)	1:12:48(2)	01:27:51
	Redhill Road Runners	14:14(1)	14:24(1)	14:35(1)	14:39(1)	14:56(2)	15:03(2)
3	Paul Birch		28:43(3)	43:18(3)	58:03(3)	1:13:08(3)	01:28:45
	Rugby & Northampton AC	14:16(3)	14:27(3)	14:35(1)	14:45(3)	15:05(3)	15:37(4)
4	Alex Knott		28:46(4)	43:40(4)	58:58(4)	1:14:30(4)	01:29:51
	-	14:17(4)	14:29(4)	14:54(4)	15:18(4)	15:32(4)	15:21(3)
5	Romek Romski		30:09(6)	45:50(5)	1:01:53(5)	1:18:23(5)	01:34:38
	-	14:37(6)	15:32(5)	15:41(5)	16:03(6)	16:30(6)	16:15(6)
6	Macit Erilen		31:45(10)	47:51(10)	1:03:51(8)	1:20:00(7)	01:35:50
	-	15:39(10)	16:06(10)	16:06(7)	16:00(5)	16:09(5)	15:50(5)
7	Neil McDonald		30:17(7)	46:20(7)	1:02:51(6)	1:19:38(6)	01:36:05
	W&DAC	14:44(7)	15:33(6)	16:03(6)	16:31(7)	16:47(8)	16:27(7)
8	Stephen Fox		31:17(9)	47:33(9)	1:04:04(9)	1:20:45(8)	01:37:16
	-	15:32(9)	15:45(8)	16:16(9)	16:31(7)	16:41(7)	16:31(8)
9	Marco Pitarch Kellerman		29:57(5)	46:07(6)	1:03:27(7)	1:21:48(9)	01:39:52
	-	14:22(5)	15:35(7)	16:10(8)	17:20(12)	18:21(18)	18:04(16)
10	Nick Burnside		30:57(8)	47:32(8)	1:04:43(10)	1:22:32(10)	01:41:33
	-	14:57(8)	16:00(9)	16:35(10)	17:11(9)	17:49(10)	19:01(24)
11	Christopher Kindon		33:00(12)	50:08(12)	1:07:25(11)	1:25:00(11)	01:42:40
	-	16:17(12)	16:43(12)	17:08(11)	17:17(11)	17:35(9)	17:40(11)
12	Chris Upton		33:41(13)	51:30(13)	1:09:14(13)		01:45:22
	Badgers	16:22(13)	17:19(13)	17:49(15)	17:44(14)		1:45:22(81)
13	Paul Woodward		32:49(11)	50:04(11)	1:08:10(12)		01:45:32
	David Lloyd Redway Runners	16:14(11)	16:35(11)	17:15(12)	18:06(16)		1:45:32(82)
14	Graham Buckingham		34:40(18)	52:27(15)	1:10:08(15)	1:28:00(12)	01:45:41
	-	17:00(19)	17:40(17)	17:47(14)	17:41(13)	17:52(11)	17:41(12)
15	George Walton		34:02(14)	51:39(14)	1:09:47(14)	1:28:10(13)	01:47:00
	-	16:28(14)	17:34(14)	17:37(13)	18:08(17)	18:23(19)	18:50(21)
16	Adam Robinson		35:59(25)	54:28(22)	1:11:42(16)	1:29:51(14)	01:47:43
	-	17:46(28)	18:13(23)	18:29(18)	17:14(10)	18:09(16)	17:52(14)
17	Claire Stoneham		35:35(23)	53:41(19)	1:11:52(18)	1:30:04(15)	01:48:10
	-	17:45(27)	17:50(18)	18:06(16)	18:11(18)	18:12(17)	18:06(17)
18	Andrew Breeze		36:35(30)	55:12(26)	1:13:41(22)	1:31:34(18)	01:49:04
	-	17:57(30)	18:38(31)	18:37(23)	18:29(20)	17:53(12)	17:30(10)
19	Dorota Brynkiewicz		35:01(19)	53:51(21)	1:11:51(17)	1:30:47(16)	01:49:11
	Sphinx Ac	16:47(16)	18:14(24)	18:50(26)	18:00(15)	18:56(22)	18:24(18)

20	Kate Jacka		36:36(31)	55:11(25)	1:13:41(22)	1:31:49(20)	01:49:17
	-	17:57(30)	18:39(32)	18:35(21)	18:30(21)	18:08(15)	17:28(9)
21	Dean Hassall		35:31(22)	53:39(18)	1:12:16(19)	1:31:10(17)	01:49:44
	Wigston Phoenix Rc	17:37(26)	17:54(19)	18:08(17)	18:37(23)	18:54(21)	18:34(20)
22	Sondra Settington		36:37(32)	55:12(26)	1:13:42(24)	1:31:48(19)	01:49:46
	-	17:58(32)	18:39(32)	18:35(21)	18:30(21)	18:06(13)	17:58(15)
23	Kevin Cook		37:09(35)	55:49(32)	1:14:38(30)	1:33:43(22)	01:52:12
	-	18:35(39)	18:34(28)	18:40(25)	18:49(25)	19:05(23)	18:29(19)
24	Mark Allen		36:41(34)	55:19(29)	1:14:16(27)	1:33:09(21)	01:52:22
	Bourneville Harriers	18:05(35)	18:36(29)	18:38(24)	18:57(26)	18:53(20)	19:13(28)
25	Trudie Udell		36:15(26)	55:15(28)	1:14:34(29)	1:33:49(24)	01:52:51
	-	18:00(33)	18:15(25)	19:00(28)	19:19(27)	19:15(24)	19:02(25)
26	Fiona Moore		35:26(21)	54:56(24)	1:13:43(25)	1:33:47(23)	01:53:20
	-	17:21(20)	18:05(22)	19:30(34)	18:47(24)	20:04(30)	19:33(30)
27	Stephen Payne		35:23(20)	59:02(40)	1:17:26(35)	1:35:33(32)	01:53:22
	Kenilworth Runners	17:22(21)	18:01(21)	23:39(64)	18:24(19)	18:07(14)	17:49(13)
28	Joanna Malagooka		36:17(27)	55:29(30)	1:14:53(31)	1:34:29(27)	01:53:53
	Sphinx	17:33(24)	18:44(35)	19:12(31)	19:24(29)	19:36(26)	19:24(29)
29	David Wrottesley		36:37(32)	55:34(31)	1:15:25(32)	1:35:11(30)	01:54:11
	-	18:01(34)	18:36(29)	18:57(27)	19:51(36)	19:46(28)	19:00(23)
	Sally Parkins		37:12(36)	56:29(35)	1:15:49(33)	1:35:12(31)	01:54:11
	Sphinx Ac	18:31(38)	18:41(34)	19:17(32)	19:20(28)	19:23(25)	18:59(22)
31	Andrew Kenny		34:37(17)	53:48(20)	1:14:13(26)	1:34:35(28)	01:54:48
	-	16:42(15)	17:55(20)	19:11(30)	20:25(38)	20:22(35)	20:13(33)
32	Dean Carless		35:46(24)	54:52(23)	1:14:22(28)	1:34:43(29)	01:55:04
	-	17:22(21)	18:24(26)	19:06(29)	19:30(30)	20:21(34)	20:21(34)
33	Sam Davey		36:21(29)	55:55(34)	1:16:40(34)	1:36:49(33)	01:56:25
	-	17:36(25)	18:45(36)	19:34(36)	20:45(39)	20:09(32)	19:36(31)
34	Ross Butler		39:01(41)	58:58(38)	1:18:47(37)	1:38:33(36)	01:57:42
	-	19:26(43)	19:35(37)	19:57(39)	19:49(34)	19:46(28)	19:09(26)
	Deborah Butler		39:01(41)	58:57(37)	1:18:47(37)	1:38:32(35)	01:57:42
	-	19:25(42)	19:36(39)	19:56(38)	19:50(35)	19:45(27)	19:10(27)
36	Iain Hickman		34:35(15)	53:08(16)	1:12:53(20)	1:34:05(25)	01:57:54
	-	16:56(17)	17:39(15)	18:33(19)	19:45(32)	21:12(37)	23:49(49)
37	Robin Bailey		34:35(15)	53:08(16)	1:12:53(20)	1:34:06(26)	01:57:55
	-	16:56(17)	17:39(15)	18:33(19)	19:45(32)	21:13(38)	23:49(49)
38	Matthew Bragg		36:18(28)	55:50(33)	1:17:46(36)	1:37:57(34)	01:58:49
	-	17:49(29)	18:29(27)	19:32(35)	21:56(47)	20:11(33)	20:52(37)
39	Terry Gelston		41:20(46)	1:00:40(45)	1:20:19(40)	1:40:25(38)	02:00:35
	-	21:45(63)	19:35(37)	19:20(33)	19:39(31)	20:06(31)	20:10(32)
40	Sarah Evans		38:10(38)	58:25(36)	1:18:49(39)	1:40:00(37)	02:01:00
	-	18:18(36)	19:52(42)	20:15(40)	20:24(37)	21:11(36)	21:00(38)
41	Rachel Mcrobert		38:35(40)	59:15(42)	1:20:46(42)	1:43:25(40)	02:05:38
	-	18:58(40)	19:37(40)	20:40(41)	21:31(43)	22:39(45)	22:13(40)
42	Darren Phillips		38:29(39)	59:15(42)	1:20:38(41)	1:43:19(39)	02:06:08

	-	18:30(37)	19:59(44)	20:46(43)	21:23(40)	22:41(46)	22:49(45)
43	Mel Knight		39:17(44)	59:58(44)	1:21:21(44)	1:43:51(41)	02:06:14
	-	19:03(41)	20:14(45)	20:41(42)	21:23(40)	22:30(44)	22:23(43)
44	Emma Bilson		42:11(52)	1:03:07(47)	1:24:36(46)	1:45:52(42)	02:07:09
	W&DAC	21:16(59)	20:55(47)	20:56(44)	21:29(42)	21:16(39)	21:17(39)
45	Jeannine Groves		41:56(49)	1:03:12(49)	1:25:01(47)	1:46:36(44)	02:07:26
	-	20:51(49)	21:05(50)	21:16(45)	21:49(45)	21:35(41)	20:50(35)
	Mark Groves		41:56(49)	1:03:13(50)	1:25:01(47)	1:46:35(43)	02:07:26
	-	20:51(49)	21:05(50)	21:17(46)	21:48(44)	21:34(40)	20:51(36)
47	Mary Bench		41:41(48)	1:03:18(51)	1:25:14(49)	1:47:16(46)	02:09:39
	Sphinx Ac	20:39(47)	21:02(49)	21:37(48)	21:56(47)	22:02(43)	22:23(43)
48	Ruth Bailey		42:05(51)	1:03:34(52)	1:25:25(51)	1:47:23(47)	02:09:44
	Black Pear Joggers	20:51(49)	21:14(52)	21:29(47)	21:51(46)	21:58(42)	22:21(41)
49	Rob Parkes		41:17(45)	1:02:58(46)	1:25:23(50)	1:48:09(48)	02:11:03
	-	20:16(45)	21:01(48)	21:41(51)	22:25(50)	22:46(47)	22:54(47)
50	Andrew Hall		41:31(47)	1:03:08(48)	1:25:59(52)	1:49:16(50)	02:11:37
	-	21:03(55)	20:28(46)	21:37(48)	22:51(51)	23:17(48)	22:21(41)
51	Thomas Mitchell		37:25(37)	59:02(40)	1:22:33(45)	1:47:11(45)	02:12:53
	-	17:32(23)	19:53(43)	21:37(48)	23:31(53)	24:38(57)	25:42(57)
52	Ian Adshead		39:03(43)	58:58(38)	1:21:15(43)	1:48:11(49)	02:15:40
	Coventry Triathletes	19:26(43)	19:37(40)	19:55(37)	22:17(49)	26:56(67)	27:29(63)
53	Kate Duffin		44:43(63)	1:07:45(62)	1:31:33(62)	1:55:15(56)	02:18:09
	-	22:19(65)	22:24(59)	23:02(55)	23:48(57)	23:42(50)	22:54(47)
	Andrew Duffin		44:42(62)	1:07:44(61)	1:31:32(61)	1:55:16(57)	02:18:09
	-	22:19(65)	22:23(58)	23:02(55)	23:48(57)	23:44(51)	22:53(46)
55	Steve Aspley		42:16(53)	1:05:09(54)	1:28:56(53)	1:53:48(52)	02:18:58
	-	20:54(53)	21:22(53)	22:53(53)	23:47(56)	24:52(59)	25:10(54)
56	Louise Ross		42:42(54)	1:05:08(53)	1:29:06(54)	1:53:32(51)	02:18:59
	-	21:02(54)	21:40(54)	22:26(52)	23:58(59)	24:26(56)	25:27(56)
57	Rachel Inegbedion		45:41(66)	1:08:42(64)	1:31:52(63)	1:55:31(58)	02:19:46
	-	21:41(62)	24:00(65)	23:01(54)	23:10(52)	23:39(49)	24:15(51)
58	Abi Pilbrow		42:52(55)	1:06:40(58)	1:30:53(58)	1:55:14(55)	02:20:00
	-	20:44(48)	22:08(57)	23:48(65)	24:13(62)	24:21(55)	24:46(52)
59	Jo Edwards		43:13(56)	1:06:26(55)	1:30:07(55)	1:54:16(53)	02:20:32
	W&DAC	21:20(61)	21:53(55)	23:13(59)	23:41(54)	24:09(52)	26:16(59)
60	Dawn Holloway		43:13(56)	1:06:27(56)	1:30:08(56)	1:54:25(54)	02:20:33
	W&DAC	21:19(60)	21:54(56)	23:14(60)	23:41(54)	24:17(53)	26:08(58)
61	Craig Best		45:29(65)	1:08:59(65)	1:33:21(65)	1:57:41(62)	02:22:31
	-	21:10(58)	24:19(67)	23:30(62)	24:22(64)	24:20(54)	24:50(53)
62	Niamh Field		45:03(64)	1:08:40(63)	1:33:04(64)	1:57:51(63)	02:23:08
	-	22:20(67)	22:43(62)	23:37(63)	24:24(65)	24:47(58)	25:17(55)
63	David Robinson		43:47(59)	1:07:09(60)	1:31:24(60)	1:56:43(60)	02:23:46
	-	21:08(57)	22:39(61)	23:22(61)	24:15(63)	25:19(61)	27:03(62)
64	Rupal Patel		43:27(58)	1:06:31(57)	1:30:34(57)	1:56:06(59)	02:25:07
	-	21:03(55)	22:24(59)	23:04(57)	24:03(60)	25:32(62)	29:01(69)

65	Andrew Bloxham		43:47(59)	1:06:56(59)	1:31:00(59)	1:56:47(61)	02:25:16
	-	20:28(46)	23:19(63)	23:09(58)	24:04(61)	25:47(63)	28:29(66)
66	Vanessa Myers		44:16(61)	1:09:10(66)	1:34:01(66)	1:59:00(64)	02:25:37
	-	20:53(52)	23:23(64)	24:54(69)	24:51(66)	24:59(60)	26:37(60)
67	Gerry Anstiss		47:31(67)	1:12:01(67)	1:36:58(67)	2:03:17(65)	02:29:59
	Sphinx Ac	23:28(73)	24:03(66)	24:30(66)	24:57(67)	26:19(64)	26:42(61)
68	David Morris		48:45(74)	1:13:28(68)	1:40:06(68)	2:07:38(67)	02:35:39
	Spa Striders	22:16(64)	26:29(77)	24:43(67)	26:38(70)	27:32(68)	28:01(65)
69	Katharine McMaster		48:47(75)	1:13:47(70)	1:40:48(69)	2:07:10(66)	02:36:16
	-	24:11(79)	24:36(68)	25:00(70)	27:01(71)	26:22(66)	29:06(70)
70	Jennifer Parkins		49:18(76)	1:16:10(76)	1:42:37(70)	2:10:39(69)	02:38:32
	-	23:55(75)	25:23(75)	26:52(72)	26:27(69)	28:02(69)	27:53(64)
71	Sheena Parry		52:10(80)	1:18:37(79)	1:44:13(74)	2:10:34(68)	02:39:55
	Team Derby Runner	25:33(80)	26:37(79)	26:27(71)	25:36(68)	26:21(65)	29:21(71)
72	Emma Yates		48:41(73)	1:15:47(71)	1:43:55(72)	2:12:35(70)	02:41:11
	-	24:01(77)	24:40(71)	27:06(73)	28:08(73)	28:40(70)	28:36(67)
73	Nicola Croucher		48:40(72)	1:15:50(72)	1:43:55(72)	2:12:35(70)	02:41:13
	-	24:01(77)	24:39(70)	27:10(74)	28:05(72)	28:40(70)	28:38(68)
74	Rosie Benn		48:01(70)	1:15:55(73)	1:44:23(76)	2:13:17(74)	02:43:06
	-	23:10(71)	24:51(72)	27:54(76)	28:28(75)	28:54(74)	29:49(72)
	Eve Bundock		48:00(68)	1:15:55(73)	1:44:24(77)	2:13:16(73)	02:43:06
	-	23:09(69)	24:51(72)	27:55(77)	28:29(76)	28:52(72)	29:50(73)
	Lily Capewell		48:00(68)	1:15:55(73)	1:44:22(75)	2:13:15(72)	02:43:06
	-	23:09(69)	24:51(72)	27:55(77)	28:27(74)	28:53(73)	29:51(74)
77	Nila Patel		50:03(78)	1:17:43(78)	1:46:44(79)	2:16:32(76)	02:46:58
	-	23:27(72)	26:36(78)	27:40(75)	29:01(78)	29:48(75)	30:26(75)
78	David Goodwin		48:37(71)	1:13:29(69)	1:43:17(71)	2:15:34(75)	02:54:48
	Massey Ferguson RC	23:59(76)	24:38(69)	24:52(68)	29:48(79)	32:17(77)	39:14(78)
79	Neil Hope		49:19(77)	1:17:41(77)	1:46:22(78)	2:17:33(77)	02:57:51
	-	22:58(68)	26:21(76)	28:22(79)	28:41(77)	31:11(76)	40:18(80)
80	Frank Redmond		50:34(79)	1:20:23(80)	1:51:00(80)	2:23:57(78)	02:58:17
	-	23:31(74)	27:03(80)	29:49(81)	30:37(80)	32:57(78)	34:20(76)
81	Jennifer Aldous		55:06(81)	1:24:08(81)	1:55:13(81)	2:30:23(79)	03:07:34
	-	26:45(82)	28:21(81)	29:02(80)	31:05(81)	35:10(79)	37:11(77)
82	Anil Ramlackhansingh		56:39(82)	00:00	2:00:55(82)	2:38:52(80)	03:18:11
	-	26:39(81)	30:00(82)		2:00:55(82)	37:57(80)	39:19(79)