

**Kings Head Canter 5K 26/08/2024**

<b>Pos</b>	<b>Name</b>	<b>Gun Time</b>
12	Ashley Vora	17:24
15	Steven Hoath	17:42
21	Sam Evans	18:21
29	Lewis Parsons	19:14
30	Paul Lambert	19:15
35	George Marshall	19:37
45	Simon Newstead	20:14
49	Martin Noakes	20:23
51	Trevor Briggs	20:29
55	Simon Linklater	20:38
75	Matthew Miller	22:08
90	Stephen Ingram	23:18
97	Karl Beaney	23:58
112	Lindsey Jones	24.43
116	Sue Hull	24.46
127	Dave Morrow	25:08
140	Ruth Spiller	25:54
154	Allan Payne	26:27
165	Jacqueline Scott	27:03
172	Jess Hayward	27:32
179	Maria Newstead	28:10
188	Debra Van Aalst	28:44
191	Nick Attwood	28:54
198	Louise Cavill	29:17
204	Mark Dunn	30:06
208	Al Moore	30:27
209	Sarah Marzaioli	30:31
217	Michael Ellis	31:04
223	Catherine Jones	31:49
224	Ziggy Sheppard	31:51
228	Gillian Marshall	32:03
231	Fraser McKie	32:24
255	Rachel Gower	36:48