



**SOCS4**  
**Southampton Outdoor Sports Cntr**  
 08 January 2022



**Results by class with standards**

Posn	Name	Age Group	Club	Time	Behind	Pace min/km
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**Green**

**Course: Green, 4.85km, 105m**

1	Andrew Nash	M45	SOC	36:14		7.47
2	Mike Frizzell	M60	BADO	38:35	2:21	7.96
3	Christine Currie	W45	SOC	39:27	3:13	8.13
4	Paul Lane	M65	BAOC	40:51	4:37	8.42
5	Jon Steed	M55	BADO	41:56	5:42	8.65
6	Marcus White	M55	SOC	44:23	8:09	9.15
7	Julian Hartwell	M65	SOC	45:29	9:15	9.38
8	Jonny Green	M21	IND	45:48	9:34	9.44
9	Sophie Blundell	W21	SOC	46:32	10:18	9.59
10	Vicky McCreadie	W40	WIM	46:47	10:33	9.65
11	Tim Houlder	M65	WSX	47:34	11:20	9.81
12	Natasha Gryaznevich	W21	TVOC	47:37	11:23	9.82
13	Rob Shenton	M50	BAOC	47:49	11:35	9.86
14	Andrew Holme	M40	IND	48:31	12:17	10.00
15	Sam White	M20	SOC	48:53	12:39	10.08
16	Mikhail Gryaznevich	M65	TVOC	49:42	13:28	10.25
17	Peter Smith	M55	SOC	49:59	13:45	10.31
18	Steve Pullen	M65	SOC	50:22	14:08	10.38
19	Bernie Newitt	W55	SOC	52:15	16:01	10.77
20	Scott Elford	M21	WSX	52:50	16:36	10.89
21	Lisa James	W50	SOC	55:57	19:43	11.54
^^ ^^ Green Standard (Top 50% of entrants): 55:57 ^^ ^^						
22	Michael Chun Chi Tsang	M21	WSX	56:06	19:52	11.57
23	David Kesby	M50	IND	56:08	19:54	11.57
24	Chris Barrington Brown	M60	BAOC	56:52	20:38	11.73
25	Rachel Robertson	W55	SOC	57:02	20:48	11.76
26	Helen Hodge	W60	WIM	57:24	21:10	11.84
27	Julia Loring	W60	SOC	58:47	22:33	12.12
28	Gavin Avey-Hebditch	M60	WSX	61:25	25:11	12.66
29	David Mullins	M70	SARUM	63:41	27:27	13.13
30	Helen Wheelwright	W60	SOC	64:21	28:07	13.27
31	Jillian Devine	W55	SOC	64:25	28:11	13.28
32	Katherine Pike	W55	WIM	64:29	28:15	13.30
33	Paul Miller	M50	IND	65:31	29:17	13.51
34	Jay Dillon	M45	IND	66:17	30:03	13.67
35	Denise Mullins	W70	SARUM	69:38	33:24	14.36
36	Julie Astin	W65	WSX	72:56	36:42	15.04
37	Sheila Gold	W65	WSX	74:50	38:36	15.43
38	Sarah Houlder	W60	WSX	80:16	44:02	16.55
39	Sue Hands	W70	WIM	82:07	45:53	16.93
40	Ian Cowe	M70	IND	96:51	60:37	19.97
DSQ	Tina Stratford	W50	WSX	53:04	Wrong #13 (233 for 221)	



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### Green

**Course: Green, 4.85km, 105m**

DSQ	Liz Lockton	W60	WSX	65:22	Wrong #19 (238 for 237)	
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### Light Green

**Course: Light Green, 3.65km, 90m**

1	Graeme Williams	M45	BKO	32:07		8.80
2	Allan Farrington	M65	BAOC	33:47	1:40	9.26
3	Toby Sherrington	M16	IND	40:36	8:29	11.12
4	Thomas Holme	M16	IND	40:53	8:46	11.20
^ ^ ^ ^ ^ Light Green Standard (Winning Time x 1.5): 48:10 ^ ^ ^ ^ ^						
5	Lynsey Melhuish	W45	IND	74:24	42:17	20.38
6	Louise Light	W55	SOC	89:58	57:51	24.65
DSQ	Wendy Smith	W50	SOC	65:58	Wrong #14 (233 for 243)	

### Orange

**Course: Orange, 2.875km, 60m**

1	Joseph Holme	M14	IND	27:53		9.70
2	Aidan Williams	M14	BKO	29:47	1:54	10.36
3	Erin Adams	W14	SOC	34:05	6:12	11.86
4	Paul Smith	M55	IND	36:51	8:58	12.82
^ ^ ^ ^ ^ Orange Standard (Winning Time x 1.5): 41:50 ^ ^ ^ ^ ^						
5	Laura Rolland	W40	IND	55:34	27:41	19.33
6	Emma/Amber Currie/Harvey	W16	SOC	64:33	36:40	22.45
DNF	Vicki Barkaway	W65	SOC	42:57	Retd	

### Yellow

**Course: Yellow, 2.15km, 50m**

1	Tristan Williams	M12	IND	20:50		9.69
2	Jane & Matthew Holme	W45	IND	30:09	9:19	14.02
3	Liam Rolland	M21	IND	33:43	12:53	15.68
^ ^ ^ ^ ^ Yellow Standard (Top 50% of entrants): 33:43 ^ ^ ^ ^ ^						
4	Tristan McCreadie	M10	WIM	33:58	13:08	15.80
5	Ingwahang Jabegu	M40	WIM	46:03	25:13	21.42
6	Rhona Phillips	W40	IND	55:33	34:43	25.84