

5K Beach Run

Overa	MF	AG	Bib	Name	AG	Club	Finish	Gap
Lanzarote International Running Challenge 2022 / Night Run 2022								
Female								
FEMALE 25-29								
58	F.4	1	26	Rosanna Andrews	 F25-29		0:22:12	+05:00
139	F.38	2	215	Morven Glennie	 F25-29		0:27:14	+10:02
141	F.39	3	222	Mette Hartlev	 F25-29		0:27:21	+10:09
165	F.52	4	109	Roisin O'Donovan	 F25-29		0:28:53	+11:41
188	F.65	5	127	Susannah Staunton	 F25-29		0:31:02	+13:50
224	F.88	6	233	Rachel Kelly	 F25-29		0:38:18	+21:06
245	F.103	7	63	Kayleigh Harris	 F25-29	THOR	0:52:38	+35:26
FEMALE 30-34								
104	F.20	1	33	Anna Caroline Brasen	 F30-34	FREMAD HOLBÆK/KALUNDBORG SVANE	0:25:00	+07:48
111	F.23	2	245	Sarah Lyons	 F30-34	CRUSADERS AC	0:25:17	+08:05
FEMALE 35-39								
39	F.1	*	379	Catherine Thornton	 F35-39	CRUSADERS	0:20:55	+03:43
99	F.16	1	94	Deirdre Lyons	 F35-39	DUBLIN FRONTRUNNERS	0:24:38	+07:26
100	F.17	2	208	Rebecca Fleming	 F35-39	CRUSADERS AC	0:24:44	+07:32
118	F.28	3	112	Ivana Pristed	 F35-39		0:25:49	+08:37
119	F.29	4	213	Emily Glen	 F35-39	CRUSADERS AC	0:25:51	+08:39
126	F.34	5	56	Sally Gallagher	 F35-39		0:26:07	+08:55
154	F.46	6	235	Emer Kenny	 F35-39		0:28:27	+11:15
156	F.48	7	366	Mia Rasmussen	 F35-39		0:28:29	+11:17
171	F.55	8	101	Kelle McQuade	 F35-39	THOR	0:29:18	+12:06
179	F.60	9	210	Margaret Foley	 F35-39		0:29:42	+12:30
FEMALE 40-44								
49	F.2	*	232	Shona Keane	 F40-44	SPORTSWORLD	0:21:39	+04:27
73	F.7	1	369	Linsey Ryall	 F40-44	MILTON BUZZARD LADIES	0:23:17	+06:05
74	F.8	2	382	Wendy Webber	 F40-44	MILTON BUZZARD LADIES	0:23:20	+06:08
75	F.9	3	7	Maura Ginty	 F40-44	SPORTSWORLD AC	0:23:22	+06:10
79	F.11	4	228	Amy Inchley	 F40-44	MILTON BUZZARD LADIES	0:23:32	+06:20
98	F.15	5	356	Deirdre O'Connell	 F40-44		0:24:36	+07:24
117	F.27	6	35	Jennifer Brocksopp	 F40-44		0:25:48	+08:36
121	F.31	7	242	Sara Cbh Lorentzen	 F40-44		0:25:53	+08:41
160	F.51	8	257	Elaine Moore	 F40-44		0:28:39	+11:27
193	F.68	9	27	Rachel Barker	 F40-44	THOR	0:32:24	+15:12
194	F.69	10	89	Michelle Lawton	 F40-44	THOR	0:32:24	+15:12
FEMALE 45-49								
67	F.5	1	240	Maibritt Kristoffersen	 F45-49		0:22:42	+05:30
72	F.6	2	234	Ruth Kelly	 F45-49	SPORTSWORLD	0:23:16	+06:04
88	F.12	3	13	Helen Walsh	 F45-49		0:24:09	+06:57
95	F.13	4	174	Carolina Arribas	 F45-49		0:24:27	+07:15
97	F.14	5	194	Bridget Daly	 F45-49	BOHERMEEN AC	0:24:32	+07:20
102	F.18	6	373	Octavia Singleton	 F45-49		0:24:48	+07:36
114	F.25	7	230	Pia Chanette Jensen	 F45-49	SPARTA	0:25:44	+08:32
120	F.30	8	361	Sophie Packman	 F45-49	GCR	0:25:51	+08:39
143	F.40	9	67	Marianne Haslette	 F45-49		0:27:23	+10:11
144	F.41	10	218	Caroline Griffin	 F45-49	HERTS RUNNERS	0:27:30	+10:18
150	F.44	11	380	Esther van Bochove	 F45-49		0:28:09	+10:57

5K Beach Run

Overa	MF	AG	Bib	Name	AG	Club	Finish	Gap
153	F.45	12	220	Esther Hakvoort	 F45-49		0:28:25	+11:13
155	F.47	13	352	Liz Nixon	 F45-49		0:28:27	+11:15
170	F.54	14	295	Sally Hunter	 F45-49		0:29:17	+12:05
173	F.57	15	77	Ali How	 F45-49		0:29:25	+12:13
174	F.58	16	104	Catherine Nettleton	 F45-49		0:29:25	+12:13
177	F.59	17	54	Amanda Fuller	 F45-49	BWFAC	0:29:33	+12:21
184	F.63	18	287	Olive Fogarty	 F45-49	Sportsworld A.C.	0:30:49	+13:37
186	F.64	19	83	Kimberley Kennedy	 F45-49	SPORTSWORLD	0:30:53	+13:41
201	F.73	20	87	Heather Larson	 F45-49		0:33:20	+16:08
204	F.75	21	79	Sarah Howell	 F45-49		0:34:10	+16:58
208	F.78	22	71	Joan Helmholt	 F45-49		0:34:39	+17:27

FEMALE 50-54

50	F.3	*	97	Angela Mccann	 F50-54		0:21:41	+04:29
103	F.19	1	15	Lene Vintersboelle	 F50-54		0:24:53	+07:41
137	F.37	2	51	Edna-Jane Findlay	 F50-54		0:27:07	+09:55
192	F.67	3	303	Kimberley	 F50-54		0:32:16	+15:04
200	F.72	4	255	Anne Marie	 F50-54		0:33:05	+15:53
209	F.79	5	204	Kath Evans	 F50-54	GARDEN CITY RUNNERS	0:34:49	+17:37
214	F.82	6	184	Victoria Cairney	 F50-54	THOR RUNNING CLUB	0:36:02	+18:50
216	F.83	7	14	Nickola Walker	 F50-54	BWFAC	0:36:10	+18:58
228	F.92	8	132	Joanne Callaghan	 F50-54		0:39:17	+22:05
233	F.96	9	17	Deborah Terras	 F50-54	BWFAC	0:42:07	+24:55
234	F.97	10	37	Susanne Brundrett	 F50-54		0:42:20	+25:08
241	F.101	11	65	Samantha Harris	 F50-54	THOR	0:48:29	+31:17

FEMALE 55-59

76	F.10	1	188	Lynn Chislett	 F55-59		0:23:23	+06:11
109	F.22	2	73	Vivi Hjortlund	 F55-59		0:25:09	+07:57
116	F.26	3	60	Susan Gray	 F55-59		0:25:47	+08:35
122	F.32	4	202	Olwyn Dunne	 F55-59	CRUSADERS	0:25:54	+08:42
123	F.33	5	248	Lesley Mainwaring	 F55-59	TRIATHLON COACHING WALES	0:26:01	+08:49
132	F.35	6	88	Susanne Rikki	 F55-59		0:26:46	+09:34
136	F.36	7	25	Penny Andrews	 F55-59		0:26:58	+09:46
159	F.50	8	195	Majbrit Demant	 F55-59		0:28:36	+11:24
172	F.56	9	116	Paula Robinson	 F55-59		0:29:23	+12:11
182	F.61	10	335	Clair Stockings	 F55-59		0:30:22	+13:10
189	F.66	11	125	Marie Staunton	 F55-59		0:31:03	+13:51
195	F.70	12	74	Anna Hockley	 F55-59		0:32:26	+15:14
203	F.74	13	12	Christine Williams	 F55-59		0:33:35	+16:23
206	F.77	14	273	Mairead Cashman	 F55-59		0:34:17	+17:05
210	F.80	15	357	Caroline O'Dwyer	 F55-59		0:35:08	+17:56
227	F.91	16	149	Dawn Pendlebury	 F55-59		0:39:15	+22:03
229	F.93	17	276	Jean Cole	 F55-59	Garden City Runners	0:39:53	+22:41
239	F.99	18	217	Birgitte Grenaa	 F55-59		0:48:03	+30:51
240	F.100	19	93	Fiona Little	 F55-59	BWFAC	0:48:08	+30:56

FEMALE 60-64

105	F.21	1	371	Kate Sackett	 F60-64		0:25:00	+07:48
113	F.24	2	385	Penny Wilkins	 F60-64		0:25:42	+08:30
168	F.53	3	386	Mel Williams	 F60-64		0:29:12	+12:00
183	F.62	4	120	Elisabeth Smart	 F60-64		0:30:23	+13:11

5K Beach Run

Overa	MF	AG	Bib	Name	AG	Club	Finish	Gap
196	F.71	5	193	Gillian Csizmadia	 F60-64	WREXHAM AMATEUR ATHLETICS CLUB	0:32:30	+15:18
205	F.76	6	238	Christine Köhler	 F60-64		0:34:13	+17:01
212	F.81	7	22	Tine Ahrens	 F60-64		0:35:42	+18:30
220	F.86	8	123	Sue Spencer	 F60-64		0:36:47	+19:35
222	F.87	9	128	Annette Jørgensen	 F60-64		0:37:00	+19:48
226	F.90	10	75	Annette Holrits	 F60-64	SPARTA	0:39:05	+21:53

FEMALE 65-69

147	F.42	1	34	Inger Annette Brasen	 F65-69	FREMAD HOLBÆK/KALUNDBORG SVANE	0:27:42	+10:30
157	F.49	2	223	Vibeke Laumann	 F65-69		0:28:31	+11:19
219	F.85	3	367	Hanne Riis	 F65-69	SPARTA	0:36:32	+19:20
225	F.89	4	129	Birthe Kristensen	 F65-69		0:38:37	+21:25
230	F.94	5	172	May Andersen	 F65-69	SPARTA	0:40:23	+23:11
236	F.98	6	294	Gillian Holmes	 F65-69		0:45:43	+28:31
244	F.102	7	106	Theresa Norris	 F65-69	THOR	0:52:37	+35:25

FEMALE 70-74

148	F.43	1	175	Miriam Asvarisch	 F70-74		0:27:55	+10:43
217	F.84	2	179	Gunna Bastrup	 F70-74		0:36:18	+19:06

FEMALE 75-79

232	F.95	1	344	Rose Webb	 F75-79		0:42:05	+24:53
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Male

MALE 20-24

9	M.9	1	121	Dexter Sparrow	 M20-24	BWFAC	0:18:51	+01:39
11	M.11	2	325	Akoran Rodríguez	 M20-24		0:18:56	+01:44
18	M.18	3	398	Aksel Lylloff Qvortrup	M20-24		0:19:26	+02:14

MALE 25-29

5	M.5	1	158	Jokin Bellido Leal	 M25-29		0:17:56	+00:44
17	M.17	2	219	James Guilfoyle	 M25-29	TULLAMORE HARRIERS	0:19:24	+02:12
22	M.22	3	42	Patrick Conlon	 M25-29	CRUSADERS A	0:19:35	+02:23
33	M.33	4	118	Florian Schmidt	 M25-29		0:20:36	+03:24
38	M.38	5	178	Joseph Ball	 M25-29		0:20:49	+03:37
43	M.42	6	224	Kristian Hartlev	 M25-29		0:21:13	+04:01
47	M.46	7	114	Simon Reason	 M25-29	BWFAC	0:21:35	+04:23
48	M.47	8	384	Mathias Wiemann	 M25-29		0:21:36	+04:24
51	M.48	9	111	Gareth Phelan	 M25-29	CRUSADERS C	0:21:42	+04:30
63	M.59	10	201	Matt Dunne	 M25-29		0:22:25	+05:13
131	M.97	11	358	Stephen Odonnell	 M25-29	SPORTSWORLD RUNNING CLUB	0:26:27	+09:15
187	M.123	12	110	Craig Pears	 M25-29		0:30:59	+13:47
242	M.141	13	32	Grant Bowman	 M25-29	THOR	0:48:49	+31:37

MALE 30-34

2	M.2	*	362	Colm Parnell	 M30-34	CRUSADERS A	0:17:16	+00:04
3	M.3	*	1	Kasper Laumann	 M30-34	HECHMANN RACING CLUB	0:17:22	+00:10
13	M.13	1	81	Conor Keating	 M30-34	SPORTSWORLD AC	0:18:59	+01:47
15	M.15	2	59	Gary Gleeson	 M30-34		0:19:14	+02:02
20	M.20	3	43	Daniel Cook	 M30-34		0:19:32	+02:20
21	M.21	4	187	Conor Cavanagh	 M30-34	SPORTSWORLD	0:19:33	+02:21
24	M.24	5	61	Joe Greenwood	 M30-34		0:19:51	+02:39
28	M.28	6	66	Anders Hartig	 M30-34		0:20:04	+02:52
77	M.67	7	347	Phelim Murray	 M30-34	CRUSADERS B	0:23:25	+06:13

5K Beach Run

Overa	MF	AG	Bib	Name	AG	Club	Finish	Gap
84	M.73	8	96	Philip Matthews	 	M30-34 CRUSADERS C	0:23:56	+06:44
MALE 35-39								
1	M.1	*	374	Bas Stigter		M35-39	0:17:12	--
4	M.4	1	31	Aladdin Bouhania		M35-39 CINTAMIND	0:17:33	+00:21
19	M.19	2	254	Joseph Mc dermott	 	M35-39 CRUSADERS A	0:19:29	+02:17
25	M.25	3	53	Daniel Fleming		M35-39 MILTON BUZZARDS	0:19:52	+02:40
29	M.29	4	91	David Lazenby		M35-39	0:20:06	+02:54
30	M.30	5	90	Christopher Lazenby		M35-39	0:20:07	+02:55
32	M.32	6	359	Shane Origan	 	M35-39 TULLAMORE HARRIERS	0:20:33	+03:21
34	M.34	7	108	Eoin O Connor	 	M35-39	0:20:39	+03:27
35	M.35	8	256	Andrew Moore	 	M35-39 FITNESS GOOSE RUN CLUB	0:20:40	+03:28
41	M.40	9	55	John Richard	 	M35-39	0:21:02	+03:50
64	M.60	10	115	Jason Redfern		M35-39	0:22:30	+05:18
66	M.62	11	350	Frederik Nielsen		M35-39 POLITIETS IDRÆTSFORENING AARHUS	0:22:37	+05:25
69	M.64	12	197	Pieter Dogger		M35-39	0:23:00	+05:48
81	M.70	13	216	Brendan Glynn	 	M35-39 CRUSADERS C	0:23:42	+06:30
82	M.71	14	180	Florian Bauer		M35-39	0:23:50	+06:38
83	M.72	15	402	Ronan Dooley	 	M35-39	0:23:52	+06:40
87	M.76	16	329	David Saunders	 	M35-39 Sportsworld RC	0:24:08	+06:56
101	M.84	17	102	Giovanni Nappi	 	M35-39	0:24:44	+07:32
213	M.132	18	365	Neil Purdy	 	M35-39	0:35:48	+18:36
MALE 40-44								
6	M.6	1	246	Donnie Macdonald		M40-44	0:17:59	+00:47
7	M.7	2	2	Rob Elmore		M40-44 MILTON BUZZARDS	0:18:07	+00:55
12	M.12	3	3	Peter Mackrell		M40-44 MILTON BUZZARDS	0:18:58	+01:46
16	M.16	4	4	Gareth Murran	 	M40-44 SPORTSWORLD	0:19:22	+02:10
31	M.31	5	397	Ronon O'Conghoile	 	M40-44	0:20:23	+03:11
40	M.39	6	244	Richard Lowson		M40-44	0:20:59	+03:47
44	M.43	7	183	Darren Butler	 	M40-44 TULLAMORE HARRIERS	0:21:17	+04:05
46	M.45	8	21	Jens Abernethy		M40-44	0:21:25	+04:13
52	M.49	9	117	Mark Salmon	 	M40-44 FRONT RUNNERS	0:21:48	+04:36
56	M.53	10	211	Adam Furlong	 	M40-44 SPORTSWORLD	0:22:06	+04:54
80	M.69	11	100	James McNab		M40-44 THOR	0:23:41	+06:29
91	M.79	12	266	Neil Brady	 	M40-44	0:24:13	+07:01
96	M.83	13	84	Thomas Kinsella	 	M40-44 SPORTSWORLD	0:24:30	+07:18
110	M.88	14	136	Phil Davies		M40-44	0:25:10	+07:58
161	M.110	15	152	Chris Large		M40-44	0:28:42	+11:30
175	M.117	16	135	Chris Evans		M40-44	0:29:32	+12:20
MALE 45-49								
8	M.8	1	5	Paul Fleming	 	M45-49 SPORTSWORLD	0:18:17	+01:05
14	M.14	2	6	Andy Inchley		M45-49 MILTON BUZZARDS	0:19:03	+01:51
26	M.26	3	185	Steven Campbell		M45-49	0:19:58	+02:46
27	M.27	4	381	Daniel Webber		M45-49 MILTON BUZZARDS	0:19:58	+02:46
36	M.36	5	58	Martin Gillen	 	M45-49 SPORTSWORLD	0:20:45	+03:33
42	M.41	6	355	Eddie Nugent	 	M45-49 CRUSADERS A	0:21:02	+03:50
54	M.51	7	393	Tim O Donnell	 	M45-49 CRUSADERS B	0:21:57	+04:45
59	M.55	8	401	Stephen Dunn		M45-49 BWFAC	0:22:12	+05:00
62	M.58	9	95	Ronan Masterson	 	M45-49 SPORTSWORLD	0:22:19	+05:07
65	M.61	10	337	Søren Theodorsen		M45-49	0:22:32	+05:20

5K Beach Run

Overa	MF	AG	Bib	Name	AG	Club	Finish	Gap
107	M.86	11	191	Anthony Corrigan	 	M45-49 BOHERMEEN AC	0:25:02	+07:50
108	M.87	12	239	Jesper Kristoffersen	 	M45-49	0:25:06	+07:54
112	M.89	13	200	Martin Doyle	 	M45-49 SPORTSWORLD	0:25:23	+08:11
127	M.93	14	38	Ray Buckley	 	M45-49 DUBLIN FRONTRUNNERS	0:26:08	+08:56
140	M.102	15	318	Peter Ormond	 	M45-49	0:27:17	+10:05

MALE 50-54

10	M.10	1	186	Javier Casado		M50-54	0:18:55	+01:43
23	M.23	2	182	Darren Blazier		M50-54	0:19:44	+02:32
45	M.44	3	70	Henrik Helmholt		M50-54	0:21:20	+04:08
57	M.54	4	376	Jens Storm		M50-54	0:22:08	+04:56
128	M.94	5	103	Ned Cooke	 	M50-54	0:26:11	+08:59
138	M.101	6	18	Anthony Terras		M50-54 BWFAC	0:27:11	+09:59
146	M.105	7	29	Gary Bates		M50-54 NDRC 1	0:27:40	+10:28
152	M.108	8	177	Antony Ball		M50-54	0:28:20	+11:08
181	M.121	9	363	Bryan Pears		M50-54	0:30:06	+12:54
199	M.128	10	64	Paul Harris		M50-54 THOR	0:33:02	+15:50
211	M.131	11	78	Anthony Howell		M50-54 THOR	0:35:28	+18:16
215	M.133	12	52	James Finlayson		M50-54 THOR	0:36:05	+18:53

MALE 55-59

37	M.37	1	181	Rob Bijl		M55-59	0:20:46	+03:34
53	M.50	2	364	Dave Peart		M55-59	0:21:50	+04:38
55	M.52	3	57	Anthony Gillen	 	M55-59 SPORTSWORLD	0:22:06	+04:54
61	M.57	4	122	Paul Sparrow		M55-59 BWFAC	0:22:14	+05:02
68	M.63	5	41	René Ciraklar		M55-59	0:22:55	+05:43
70	M.65	6	388	Frank Ahrens		M55-59 SPARTA	0:23:14	+06:02
78	M.68	7	189	Peter Chislett		M55-59	0:23:27	+06:15
86	M.75	8	124	Jörg Stargardt		M55-59 WELTRAUMJOGGER BERLIN	0:24:07	+06:55
90	M.78	9	241	Henrik Rentoft Larsen		M55-59	0:24:13	+07:01
92	M.80	10	227	Henrik Høybye		M55-59	0:24:16	+07:04
125	M.92	11	251	Michael Mariendal		M55-59 SPARTA	0:26:04	+08:52
142	M.103	12	400	Philippe Wery		M55-59	0:27:23	+10:11
162	M.111	13	370	Liam Ryan	 	M55-59	0:28:43	+11:31
163	M.112	14	377	Russell Tennant		M55-59	0:28:44	+11:32
164	M.113	15	126	Mike Staunton	 	M55-59	0:28:49	+11:37
166	M.114	16	249	Andrew Mainwaring		M55-59 TRIATHLON COACHING WALES	0:28:56	+11:44
176	M.118	17	368	Thomas Rogers		M55-59	0:29:32	+12:20
185	M.122	18	348	Paschal Naughton	 	M55-59	0:30:51	+13:39
202	M.129	19	44	Derek Crane		M55-59 BWFAC	0:33:30	+16:18
223	M.136	20	176	Wayne Aylott	 	M55-59	0:37:19	+20:07
231	M.137	21	349	Per Nielsen		M55-59	0:40:46	+23:34

MALE 60-64

71	M.66	1	389	Danny McLaughlin		M60-64 Greenoak Glenpark Harriers	0:23:14	+06:02
94	M.82	2	375	Paul Stockings		M60-64	0:24:25	+07:13
115	M.90	3	305	Robin Mcauslan		M60-64	0:25:44	+08:32
130	M.96	4	36	Keith Brown		M60-64	0:26:20	+09:08
133	M.98	5	49	Neil Edwards		M60-64	0:26:47	+09:35
135	M.100	6	39	Paul Charles		M60-64	0:26:54	+09:42
149	M.106	7	252	Emon Martin	 	M60-64	0:28:00	+10:48
151	M.107	8	72	Tom Hjortlund		M60-64	0:28:15	+11:03

5K Beach Run

Overa	MF	AG	Bib	Name	AG	Club	Finish	Gap
169	M.116	9	209	Ian Floyd		M60-64	0:29:15	+12:03
180	M.120	10	205	Michael Evans		M60-64 GARDEN CITY RUNNERS	0:30:04	+12:52
190	M.124	11	50	Andrew Elliott		M60-64	0:31:19	+14:07
197	M.126	12	113	John Reason		M60-64 BWFAC	0:32:42	+15:30
221	M.135	13	11	Peter Wray		M60-64	0:36:47	+19:35
235	M.138	14	198	Bernard Doheny		M60-64 TULLAMOREHARRIERS	0:44:00	+26:48
237	M.139	15	62	Doug Hammersley		M60-64	0:46:08	+28:56

MALE 65-69

60	M.56	1	192	James Cottle		M65-69 CRUSADERS B	0:22:12	+05:00
85	M.74	2	23	Ian Aitchison		M65-69	0:23:57	+06:45
89	M.77	3	378	Malcolm Thirlaway		M65-69	0:24:12	+07:00
93	M.81	4	30	Martin Bates		M65-69 BWFAC	0:24:21	+07:09
106	M.85	5	214	James Glennie		M65-69	0:25:01	+07:49
129	M.95	6	19	John Taylor		M65-69	0:26:14	+09:02
134	M.99	7	259	Hans-Åge Mortensen		M65-69	0:26:52	+09:40
178	M.119	8	231	Poul-Erik		M65-69 SPARTA	0:29:36	+12:24
191	M.125	9	237	Andy Kilby		M65-69	0:31:50	+14:38
198	M.127	10	236	Kiflemariam Kibreab		M65-69 HUDIKSVALL	0:32:54	+15:42
207	M.130	11	199	Andrew Dooley		M65-69	0:34:22	+17:10
218	M.134	12	206	John Evans		M65-69	0:36:32	+19:20

MALE 70-74

124	M.91	1	387	Anders Windling		M70-74	0:26:01	+08:49
158	M.109	2	196	Wolfgang Diekotto		M70-74	0:28:31	+11:19
167	M.115	3	173	John Archer		M70-74 SALE HARRIERS	0:29:05	+11:53
243	M.142	4	105	Dennis Norris		M70-74 THOR	0:52:37	+35:25

MALE 75-79

145	M.104	1	250	Stuart Mann		M75-79	0:27:35	+10:23
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MALE 85+

238	M.140	1	354	Peter Norman		M85+ WREXHAM AMATEUR ATHLETICS CLUB	0:47:10	+29:58
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