

HENHAM 10K | 2025 RESULTS

Position	Bib nr	Name	Result	Gender	Category
1	246	Mynott, Andrew	0:36:02	Male	46-59
2	167	Billis, Matthew	0:42:27	Male	46-59
3	243	Moore, Andy	0:43:05	Male	31-45
4	242	Mitchell-Kempner, James	0:43:23	Male	31-45
5	182	Cowell, Toby	0:43:52	Male	12-16
6	228	Lindley, Sam	0:44:11	Male	17-30
7	201	Hamilton, David	0:45:08	Male	46-59
8	235	Lucas, Ben	0:45:25	Male	31-45
9	236	Malbon, James	0:45:29	Male	31-45
10	158	Annis, Peter	0:45:32	Male	46-59
11	259	Ralph, Laurence	0:46:04	Male	31-45
12	160	Attwood, Nathan	0:46:32	Male	17-30
13	271	Shipwright, Loui	0:46:43	Male	17-30
14	299	Wright, Stewart	0:47:17	Male	31-45
15	255	Parkinson, Harvey	0:47:29	Male	17-30
16	247	Noffki, Gavin	0:47:30	Male	46-59
17	227	Laird, Noah	0:47:43	Male	12-16
18	284	Taylor, Chris	0:47:52	Male	31-45
19	199	Grattidge, Nicholas	0:47:54	Male	17-30
20	177	Clark, Tommy	0:47:59	Male	17-30
21	226	Kirby, Max	0:48:04	Male	31-45
22	278	Strain, Neil	0:48:06	Male	46-59
23	171	Browning, Nick	0:48:28	Male	31-45
24	230	Lingley, Isobel	0:48:30	Female	17-30
25	215	Hutchison, Ed	0:48:36	Male	31-45
26	189	Davis, Martin	0:48:41	Male	46-59
27	223	Jones, Gary	0:48:48	Male	46-59
28	176	Clark, Adrian	0:48:52	Male	46-59
29	169	Brennan, Sam	0:49:21	Male	31-45
30	170	Brennan, Harry	0:49:28	Male	31-45
31	229	Lingley, Elizabeth	0:49:36	Female	46-59
32	225	Kendall, William	0:50:25	Male	31-45
33	196	Erasmus, Alcus	0:50:42	Male	46-59
34	207	Heslop, Thomas	0:51:05	Male	12-16
35	275	Steadman, Jon	0:51:10	Male	46-59
36	260	Rawlinson, Mark	0:51:13	Male	46-59
37	162	Bailey, Justine	0:51:32	Female	46-59
38	193	Eastwood, Andy	0:51:50	Male	46-59
39	285	Thomas, Gareth	0:52:08	Male	46-59
40	179	Cordall, Scott	0:52:20	Male	31-45
41	250	Osborne, Emma	0:52:43	Female	31-45
42	157	Annis, Suzie	0:52:43	Female	46-59
43	294	Watts, Lennie	0:52:57	Male	17-30
44	293	Watts, Daniel	0:52:58	Male	46-59
45	165	Beresford, Serena	0:53:05	Female	31-45
46	194	Eldred, Ryan	0:54:17	Male	31-45
47	205	Hendry, Jonny	0:54:26	Male	31-45
48	238	Mathison, Philip	0:54:54	Male	31-45
49	291	Warry, Lewis	0:54:58	Male	17-30
50	262	Reilly, Liam	0:54:59	Male	17-30
51	216	Ingham, Jonny	0:55:04	Male	31-45
52	282	Sykes, Ellie	0:55:07	Female	17-30
53	204	Heaps, Holly	0:55:11	Female	31-45
54	202	Harris, Katie	0:55:44	Female	46-59
55	155	Alabaster, Grant	0:55:55	Male	46-59
56	288	Wainman, Arthur	0:56:05	Male	12-16
57	270	Sands, Nicola	0:56:29	Female	46-59
58	266	Salmeron, Rob	0:56:30	Male	60+
59	232	Locke, Lyndsey	0:56:46	Female	31-45
60	233	Locke, Alfie	0:56:48	Male	12-16
61	164	Benson, Courtney	0:56:52	Female	17-30
62	218	James, Victoria	0:56:56	Female	31-45
63	184	Cuthbertson, Luke	0:56:57	Female	31-45
64	203	Hayward, Tobie	0:57:01	Male	31-45
65	290	Warmerdam, Sarah	0:57:06	Female	31-45
66	231	Lingley, Alex	0:57:54	Female	12-16

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Position	Bib nr	Name	Result	Gender	Category
67	161	Avery, Michelle	0:58:27	Female	31-45
68	208	Heslop, Maxwell	0:58:31	Male	8-11
69	206	Heslop, Alan	0:58:32	Male	46-59
70	190	Deacon, Bob	0:59:02	Male	60+
71	209	Hicks, Jac	0:59:07	Male	31-45
72	295	Weekly, Gareth	0:59:24	Male	31-45
73	258	Rainford, Kyle	0:59:35	Male	46-59
74	249	O'Brien, Sean	1:00:00	Male	31-45
75	217	Ings, Sarah	1:00:10	Female	31-45
76	287	Thurley, Ross	1:00:21	Male	60+
77	183	Cuthbertson, Beth	1:00:23	Female	31-45
78	221	Jarvis, Callum	1:00:33	Male	12-16
79	264	Roberts, Theodora	1:00:52	Female	12-16
80	237	Marston, Justine	1:02:24	Female	31-45
81	292	WARSOP, Nadine	1:03:06	Female	31-45
82	297	Weller, Kenneth	1:03:52	Male	46-59
83	191	Dennis, Emma	1:04:02	Female	31-45
84	181	coughlan, john	1:04:11	Male	46-59
85	188	Davenport, Stuart	1:04:19	Male	46-59
86	272	Smailes, Michelle	1:04:34	Female	46-59
87	298	Wood, Danielle	1:04:24	Female	31-45
88	192	Dewhurst, Malcolm	1:04:38	Male	60+
89	200	Hallett, Chloe	1:04:54	Female	17-30
90	168	Brannon, Lauren	1:04:58	Female	17-30
91	283	Takats, Natasha	1:05:35	Female	17-30
92	234	Lucas, Jack	1:05:55	Male	17-30
93	239	Michalska, Elzbieta	1:07:19	Female	46-59
94	263	Ricketts, Neil	1:07:31	Male	31-45
95	269	Salmeron, Emily	1:07:59	Female	17-30
96	163	Barton, Robert	1:08:24	Male	46-59
97	154	Ager, Donna	1:08:41	Female	31-45
98	268	Salmeron, Sophie	1:08:54	Female	17-30
99	220	Jarvis, Kayleigh	1:09:30	Female	31-45
100	219	Jarvis, Dave	1:09:31	Male	46-59
101	254	Parish, Emma	1:09:40	Female	17-30
102	257	Pillinger, Zoe	1:09:48	Female	46-59
103	245	Murphy, Vikki	1:09:53	Female	46-59
104	153	Adelman, Sally	1:09:54	Female	31-45
105	198	Gough, Bridget	1:11:02	Female	60+
106	241	Mistry, Pushpa	1:11:02	Female	60+
107	186	Daly, Emma	1:11:36	Female	31-45
108	174	Cameron, Glen	1:11:51	Male	60+
109	211	Hodgson, Antonia	1:12:15	Female	31-45
110	261	Rees, Hannah	1:13:02	Female	17-30
111	280	Swindell, Tom	1:14:13	Male	17-30
112	256	PEACOCK, RONALD	1:15:11	Male	60+
113	267	Salmeron, Tracy	1:15:12	Female	46-59
114	248	Normansell, Kimberley	1:17:40	Female	31-45
115	277	Steer, Ross	1:17:41	Male	31-45
116	185	Daly, Seamus	1:17:46	Male	31-45
117	180	Cornell, Lily	1:20:31	Female	17-30
118	214	Hurley, Oscar	1:21:05	Male	17-30
119	213	Hurley, Darcy	1:21:06	Female	17-30
120	296	Weller, Penny	1:21:22	Female	46-59
121	172	Burke, Theresa	1:26:53	Female	60+
122	281	Swindell, Callum	1:29:20	Male	17-30
123	187	Dangerfield, Carol	1:38:05	Female	60+
124	286	Thompson, Clare	1:38:05	Female	60+
125	156	Andrews, Suzanne	1:38:06	Female	60+
126	244	Moore, Sophie	1:38:50	Female	31-45
127	197	Fenwick, Paige	1:38:57	Female	17-30
128	224	Jordan, Becca	1:38:58	Female	17-30
129	212	Hogg, Nigel	1:42:49	Male	60+