

HENHAM 3K | 2025 RESULTS

Position	Bib nr	Name	Result	Gender	Category
1	104	Petch, Sam	0:14:01	Male	12-16
2	134	Switzer, Noah	0:15:46	Male	12-16
3	3	APPIAH-KUSI, Kofi	0:16:15	Male	8-11
4	50	Harris, Oliver	0:16:37	Male	8-11
5	92	McRandal, Bobby	0:16:55	Male	8-11
6	66	Kempton, Freddie	0:17:12	Male	8-11
7	55	Hawker, Olivia	0:17:22	Female	12-16
8	39	Galczynski, Lucjan	0:17:34	Male	12-16
9	135	Switzer, Martha	0:17:35	Female	8-11
10	16	Clarke, Teddy	0:17:43	Male	12-16
11	151	Wynne, Emilia	0:17:55	Female	8-11
12	75	Locke, Haiden	0:18:32	Male	8-11
13	74	Locke, Michael	0:18:39	Male	31-45
14	56	Hawker, Thea	0:18:40	Female	8-11
15	96	Mulry-Lawson, Sam	0:18:45	Male	8-11
16	99	Munday, Seth	0:18:52	Male	8-11
17	38	Galczynska, Julia	0:19:27	Female	12-16
18	121	Reuben, Harrison	0:19:27	Male	8-11
19	54	Hawker, Nicholas	0:19:28	Male	31-45
20	22	Coyne, Ayda	0:19:28	Female	12-16
21	82	Maddox, Henry	0:19:29	Male	8-11
22	47	Glover-Hammond, Nola	0:19:41	Female	8-11
23	46	Glover, Sian	0:19:42	Female	31-45
24	9	BUCKINGHAM, Stewart	0:19:43	Male	46-59
25	21	coughlan, thomas	0:19:46	Male	8-11
26	63	Kemp, Sophie	0:19:49	Female	8-11
27	120	REUBEN, Carter	0:19:55	Male	8-11
28	77	Long, James	0:19:59	Male	8-11
29	123	Rhodes, Silas	0:20:00	Male	8-11
30	67	Kempton, Henry	0:20:53	Male	8-11
31	65	Kempton, Paul	0:20:54	Male	31-45
32	51	Harvey, Andrew	0:20:58	Male	46-59
33	126	Ricketts, Anna	0:21:07	Female	12-16
34	138	Tasseel, Lily	0:21:30	Female	12-16
35	68	Laird, Juno	0:21:38	Female	8-11
36	30	Dunne, Hetty	0:21:52	Female	8-11
37	101	Noffki, Penny	0:21:54	Female	8-11
38	53	Hassall, Henry	0:21:57	Male	8-11
39	52	Hassall, Daniel	0:21:58	Male	31-45
40	100	Noffki, Gavin	0:21:59	Male	46-59
41	60	Holder, Patrick	0:22:11	Male	8-11
42	23	Crossley, Rachel	0:22:39	Female	46-59
43	10	BUCKINGHAM, Isobel	0:22:40	Female	12-16
44	133	Stock, Scarlett	0:22:53	Female	8-11
45	141	Warmerdam, Poppy	0:22:54	Female	7 or under
46	148	Wright, Sophia	0:22:56	Female	8-11
47	144	Warsop, Oliver	0:23:15	Male	8-11
48	69	Laird, Seth	0:23:34	Male	12-16
49	95	Miners, Harry	0:23:35	Male	12-16
50	94	Michalska, Ala	0:23:43	Prefer not to say	12-16
51	79	Lucas, Jack	0:23:44	Male	7 or under
52	40	Galczynski, Leon	0:23:51	Male	8-11
53	37	Galczynska, Joanna	0:23:54	Female	31-45
54	129	Roche, Elsie	0:24:12	Female	8-11
55	33	Eke, Alana	0:24:13	Female	8-11
56	32	Eke, Will	0:24:15	Male	31-45
57	128	Roche, Tom	0:24:27	Male	46-59
58	114	Powter, Joshua	0:24:41	Male	8-11
59	116	Powter, Thomas	0:24:50	Male	7 or under
60	91	McDonald, Henry	0:24:51	Male	12-16
61	93	McRandal, Max	0:24:55	Male	7 or under
62	61	James, Oliver	0:24:56	Male	7 or under
63	62	James, Mark	0:25:03	Male	31-45
64	64	Kempton, Amanda	0:25:25	Female	31-45
65	102	Osborne, Davey	0:25:41	Male	8-11
66	139	Tasseel, Blake	0:25:54	Male	8-11
67	127	Ricketts, Claudia	0:25:56	Female	8-11

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Position	Bib nr	Name	Result	Gender	Category
68	125	Ricketts, Ellen	0:25:57	Female	31-45
69	142	Warmerdam, Finnley	0:25:57	Male	7 or under
70	45	Glasscock, Daisy	0:25:59	Female	8-11
71	83	Maddox, Alice	0:26:00	Female	8-11
72	4	APPIAH-KUSI, ELIZABETH	0:26:25	Female	31-45
73	136	Tasseel, Helen	0:26:31	Female	46-59
74	31	Dunne, Robyn	0:26:32	Female	8-11
75	152	Wynne, Lottie	0:26:32	Female	8-11
76	1	Abbott, Helen	0:26:33	Female	31-45
77	44	Glasscock, Jack	0:27:03	Male	8-11
78	111	Pope, Lee	0:27:04	Male	46-59
79	90	Mattholie, Kerry	0:27:10	Female	31-45
80	71	Lawler, Patrick	0:27:59	Male	46-59
81	72	Lawler, Rowan	0:28:00	Male	7 or under
82	42	Gillies, James	0:28:05	Male	7 or under
83	70	Lawler, Carla	0:28:08	Female	31-45
84	113	Pope, Oscar	0:28:08	Male	8-11
85	112	Pope, Carli	0:28:43	Female	31-45
86	110	POCOCK, Riley	0:28:53	Male	7 or under
87	115	Powter, Oliver	0:28:55	Male	8-11
88	78	Long, George	0:29:02	Male	8-11
89	76	Long, Simon	0:29:10	Male	46-59
90	98	Munday, Poppy	0:29:12	Female	7 or under
91	59	Holder, Christopher	0:29:54	Male	7 or under
92	97	Munday, Sean	0:29:55	Male	31-45
93	43	Gillies, Freya	0:30:03	Female	8-11
94	41	Gillies, Stephen	0:30:04	Male	31-45
95	24	Crossley, Martin	0:30:10	Male	60+
96	73	Lawler, Finn	0:30:29	Male	8-11
97	20	coughlan, holly	0:31:02	Female	12-16
98	81	Maddox, Esmé	0:31:03	Female	12-16
99	6	Banks, Grayson	0:31:11	Male	7 or under
100	5	Banks, Kelly	0:31:16	Female	31-45
101	85	Malbon, Ellenor	0:31:50	Female	8-11
102	86	Malbon, Cai	0:31:50	Male	7 or under
103	84	Malbon, James	0:31:53	Male	31-45
104	25	Cuthbertson, Lilah	0:32:13	Female	7 or under
105	150	Wright, Isabella	0:32:13	Female	7 or under
106	29	Cuthbertson, Molly	0:32:13	Female	7 or under
107	26	Cuthbertson, Mathew	0:32:14	Male	31-45
108	13	Cantwell, Millie	0:32:16	Female	8-11
109	130	Sees, Alba	0:32:17	Female	8-11
110	107	Pierce, Jesse	0:32:41	Male	8-11
111	105	Pierce, Ryan	0:32:42	Male	31-45
112	147	Williams, Martha	0:32:54	Male	31-45
113	108	Pierce, Cali	0:32:54	Female	7 or under
114	146	Williams, Benjamin	0:32:56	Female	7 or under
115	103	Pearce, Emily	0:34:55	Female	17-30
116	19	Collins, Grace	0:35:41	Female	7 or under
117	87	Marks, Carley	0:35:42	Female	31-45
118	119	Rehne, Ethan	0:36:26	Male	8-11
119	117	Rehne, Per	0:36:43	Male	46-59
120	118	Rehne, Laura	0:36:45	Female	31-45
121	36	Francis, Andrea	0:38:53	Female	46-59
122	34	Faiers, Hannah	0:39:30	Female	7 or under
123	89	Mathison, Charles	0:41:02	Male	7 or under
124	88	Mathison, Hollie	0:41:10	Female	31-45
125	145	Warsop, Matilda	0:41:32	Female	7 or under
126	124	Rhodes, Bertie	0:42:29	Male	12-16
127	143	Warmerdam, Otilie	0:42:43	Female	7 or under
128	49	Hamilton, Theo	0:43:01	Male	7 or under
129	48	Hamilton, Matthew	0:43:02	Male	31-45
130	109	POCOCK, Ella-Rose	0:43:23	Female	8-11
131	106	Pierce, Mila	0:43:50	Female	8-11