

British Masters 10 Mile Championships - 22 Aug 2021

Individual Awards Summary

1 10 Mile Road

M35

Place	Name	Team	Performance
1	Tom Merson	Exmouth Harriers	53:15.00
8	Matt Ridsen	Southampton AC	1:02:13.00
22	Ben Whettingsteel	Southampton AC	1:13:52.00

M40

Place	Name	Team	Performance
2	Sam Hull	South West Veterans AC	56:55.00
3	Adam Tuck	Ryde Harriers	57:44.00
7	Bryn Phillips	Royal Navy AC	1:00:55.00

M45

Place	Name	Team	Performance
6	Nick Wood	Winchester & District AC	59:36.00
12	Peter Dimpleby	Birchfield Harriers	1:05:26.00

M50

Place	Name	Team	Performance
5	Gary O'Brien	Swindon Harriers	59:10.00
10	Bruce Poll	Bracknell AC	1:04:25.00

M55

Place	Name	Team	Performance
9	Ian Middlebrook	Egdon Heath Harriers	1:03:34.00
11	Greg Spellman	Wellingborough & District AC	1:04:26.00
13	Tony Dunn	Cornwall AC	1:05:29.00

M60

Place	Name	Team	Performance
4	Ifan Lloyd	Swansea Harriers	58:53.00
18	Mark Hargreaves	City Of Portsmouth AC	1:12:49.00
20	Adrian Cornford	Crewkerne RC	1:13:19.00

M65

Place	Name	Team	Performance
15	Des White	Exmouth Harriers	1:08:23.00
16	David Nicholson	Morpeth Harriers & AC	1:09:51.00
17	Mervyn Ward	Warrington A C	1:11:42.00

M70

Place	Name	Team	Performance
21	Peter Young	Ryde Harriers	1:13:40.00
27	David Heath	Poole Runners	1:21:37.00
33	Arthur Johns	Poole Runners	1:27:20.00

M75

Place	Name	Team	Performance
26	Martin Ford	Cheltenham & County Harriers	1:19:42.00
37	Phil Brennan	Stratford Upon Avon AC	1:29:24.00
40	Peter Sargent	South West Veterans AC	1:37:34.00

W45

Place	Name	Team	Performance
38	Lisa Dimbleby	Birchfield Harriers	1:29:59.00

W50

Place	Name	Team	Performance
29	Maggie Stacey	26.2 RRC	1:24:45.00
31	Sarah Swift	Poole Runners	1:26:41.00

W60

Place	Name	Team	Performance
23	Lynne Whitaker	Winchester & District AC	1:16:00.00
24	Felicity Russell	Bristol and West AC	1:18:37.00
30	Lea Lohk	Lytchett Manor Striders	1:25:44.00

W65

Place	Name	Team	Performance
36	Alison White	Exmouth Harriers	1:28:25.00
39	Helen Ambrosen	Bournemouth AC	1:30:07.00

Team Awards Summary

All Women

Team Scores

Pos	Team	Average	Athletes (Absolute race place, points in brackets)
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All Men

Team Scores

Pos	Team	Average	Athletes (Absolute race place, points in brackets)
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1	SWVAC-A	72.64%	2: Sam Hull 19: Mike Grist 40: Peter Sargent
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2	SOTON-A	66.14%	8: Matt Ridsen 34: Chris Hibberd 22: Ben Whettingsteel
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