

## ROAD RUNNING RESULTS NOVEMBER 2022

05/11/2022		Book Bound Marathon	
9	Paul Dallison	04:45:39	
17	Chris Leighton	05:34:00	
	<i>First Male:-</i>	<i>03:55:16</i>	
	<i>First Female:-</i>	<i>04:32:47</i>	
<b>Total Runners:-</b>	<b>21</b>		
Up and down the cliff path with great views out over the sea, shame about the wind and the rain!			

06/11/2022		Deal Castle 5 mile	
59	Neil Ferebee	00:38:56	
198	Amanda Holder	00:58:48	
199	Claire Briner	00:58:52	
201	Mandy Stowell	00:59:22	
202	Ellie Bilgin	00:59:53	
204	Alan Doe	01:00:51	
210	Glynis Bright	01:08:07	
211	Louise Drayton	01:08:08	
	<i>First Male:-</i>	<i>00:28:01</i>	
	<i>First Female:-</i>	<i>00:31:49</i>	
<b>Total Runners:-</b>	<b>211</b>		
Well down to our ladies and gents that completed in terrible weather this 5 mile race along the Deal promenade.			

06/11/2022		New York Marathon	
17,379	Santos Diana	04:25:29	
	<i>First Male:-</i>	<i>02:08:41</i>	
	<i>First Female:-</i>	<i>02:23:23</i>	
<b>Total Runners:-</b>	<b>47,744</b>		
One of the Majors - a major achievement for Santos here. Running through the boroughs and over numerous bridges for a really well supported marathon.			

<b>12/11/2022</b>		<b>Battersea Park Half Marathon</b>	
206	Leticia De Melo	01:40:10	
	<i>First Male:-</i>	01:09:57	
	<i>First Female:-</i>	01:12:08	
<b>Total Runners:-</b>	<b>685</b>		
<p>Nearly 9 laps of the park was apparently "really good to help with pacing". It certainly worked with this great time in a lovely London park.</p>			

<b>12/11/2022</b>		<b>WW50</b>	
5	Thomas Wright	08:39:00	
	<i>First Male:-</i>	08:05:44	
	<i>First Female:-</i>	08:33:44	
<b>Total Runners:-</b>	<b>198</b>		
<p>A massive 50 mile race, covering 5x10 mile laps and a total elevation climb of over 10,000 feet. I bet it was fun to replace the 6,000+ calories burnt too!</p>			

<b>20/11/2022</b>		<b>Maspalomas Marathon</b>	
351	Gary Witt	04:22:59	
589	Tony Warr	05:44:51	
590	Pete Basham	05:44:51	
591	Chris Leighton	05:44:55	
	<i>First Male:-</i>	02:27:04	
	<i>First Female:-</i>	02:58:01	
<b>Total Runners:-</b>	<b>635</b>		
<p>Winding around the streets and golf courses of Maspalomas and with around 20 degrees on the mercury. Glad for the lads that they had a pool and free beer to go back too afterwards.</p>			

<b>27/11/2022</b>		<b>MoRun Whitstable &amp; Herne Bay Half Marathon</b>	
34	Kirsty Witt	01:53:26	
36	Gary Witt	01:55:26	
	<i>First Male:-</i>	01:22:16	
	<i>First Female:-</i>	01:32:39	
<b>Total Runners:-</b>	<b>75</b>		
<p>Another Witt duo accomplishment, both finishing in the top half of the results table here for a nationwide good cause.</p>			

<b>28/11/2022</b>	<b>Firenze Marathon</b>	
4147	Paul Dallison	04:12:54
	<i>First Male:-</i>	<i>02:08:45</i>
	<i>First Female:-</i>	<i>02:25:12</i>
<b>Total Runners:-</b>	<b>6,257</b>	
<p>A beautiful city to run around, but the cobbles and narrow streets did bring a challenge at times. Warm, sweet tea at the water stations was a nice treat - fastest marathon of 2022 for Paul too (number 10 for the year).</p>		

<b>28/11/2022</b>	<b>British Masters 10 Mile Road Championship</b>	
66	Santos Diana	01:19:38
	<i>First Male:-</i>	<i>00:54:20</i>
	<i>First Female:-</i>	<i>01:02:08</i>
<b>Total Runners:-</b>	<b>92</b>	
<p>A very good field of runners out for this Masters event on the track at Cyclopark, with the top 14 all coming in under 60 minutes. Good to test recovery since the NY Marathon earlier in the month for Santos.</p>		