

# ROAD RUNNING RESULTS JANUARY 2023

02/01/2023		Schrodingers Challenge	
15	Paul Dallison	04:57:04	
27	Chris Leighton	05:49:50	
	<i>First Male:-</i>	<i>03:56:10</i>	
	<i>First Female:-</i>	<i>04:31:45</i>	
<b>Total Runners:-</b>	<b>35</b>		

First race of the year and setting a base mark for the next 12 months. 5 x 5.26 mile laps along the cycle route outside of Gravesend Cyclopark. A total of 75 people started, covering between 1 and 6 laps of the course.

08/01/2023		Runthrough Victoria Park Half Marathon	
59	David Hurt	01:35:15	
	<i>First Male:-</i>	<i>01:18:29</i>	
	<i>First Female:-</i>	<i>01:23:24</i>	
<b>Total Runners:-</b>	<b>346</b>		

With a freshly trimmed barnet and a bit of beard oil, David went out and smashed his half marathon PB. Great start to the year and I predict one with many new PB's to follow.

18/01/2023		Runthrough Greenwich Park 5km	
107	Barry Leaf	00:37:04	
	<i>First Male:-</i>	<i>00:19:38</i>	
	<i>First Female:-</i>	<i>00:22:29</i>	
<b>Total Runners:-</b>	<b>131</b>		

Beginning the year with one of the more challenging Runthrough events, Greenwich park. Well Done Barry

18/01/2023		Runthrough Greenwich Park 10km	
326	Kathy Leaf	01:07:18	
	<i>First Male:-</i>	<i>00:37:07</i>	
	<i>First Female:-</i>	<i>00:36:33</i>	
<b>Total Runners:-</b>	<b>371</b>		

A 10km Runthrough event in Greenwich park for Kathy, must love those hills to not just take on the 5km challenge. Well Done!

20/01/2023		Saxon Challenge	
22	Paul Dallison	04:58:27	
	<i>First Male:-</i>	<i>03:47:09</i>	
	<i>First Female:-</i>	<i>04:25:57</i>	

<b>Total Runners:-</b>	<b>36 marathon (54 total)</b>	
A random little challenge for Paul, 3 marathons in 3 days. First day, taking it easy and maintaining pace.		

<b>21/01/2023</b>	<b>Viking Challenge</b>	
32	Paul Dallison	05:19:48
	<i>First Male:-</i>	<i>03:52:42</i>
	<i>First Female:-</i>	<i>04:07:56</i>
<b>Total Runners:-</b>	<b>48 marathon (85 total)</b>	
Day 2 of 3, rolling up Paul's 50th official marathon - half way to his 100 goal!		

<b>22/01/2023</b>	<b>Norman Challenge</b>	
35	Chris Leighton	05:48:13
36	Paul Dallison	05:48:14
	<i>First Male:-</i>	<i>02:55:14</i>
	<i>First Female:-</i>	<i>04:39:17</i>
<b>Total Runners:-</b>	<b>46 marathon (72 total)</b>	
Day 3 - Chris came along to give some company and support through the 26 miles today - much appreciated.		

<b>22/01/2023</b>	<b>Canterbury 10 mile</b>	
55	Simon Wells	01:02:49
79	Alan Perryman	01:05:27
150	David Hurt	01:09:37
178	Nick Marsden	01:10:42
180	Jon Hunter	01:10:53
270	Tony Johnson	01:14:38
285	Paul Bowen	01:14:51
438	Ben Howarth	01:22:13
473	Sean O'Keeffe	01:23:35
772	Kirsty McEwen	01:34:20
858	Christina Fleetwood	01:38:24
1116	Pippa Bell	02:02:43
1135	Barry Leaf	02:18:00
1138	Liz Lawrence	02:20:51
	<i>First Male:-</i>	<i>00:52:15</i>
	<i>First Female:-</i>	<i>00:58:04</i>
<b>Total Runners:-</b>	<b>1,145</b>	
The annual Canterbury pilgrimage for a wash of Orange vests scattering throughout the 1000+ entrants. Some lunchtime drinks afterwards too I hear went down perfectly.		

<b>28/01/2023</b>	<b>Lesnes Abbey 5 (Ray Marshall Memorial)</b>	
20	Neil Ferebee	00:51:29
25	Brian Crane	00:53:35
36	John Gates	01:03:25
38	Scott Bartlett	01:04:41
46	Pippa Bell	01:12:41
52	Barry Leaf	01:22:11
53	Kathy Leaf	01:22:57
	<i>First Male:-</i>	<i>00:35:18</i>
	<i>First Female:-</i>	<i>00:41:00</i>
<b>Total Runners:-</b>	<b>54</b>	

A race in honour of one of Plumstead Runners' founding member. A tricky course around the woods, with 1000 foot of climb. Great to see our Chairman taking part offering local support.