



## 2022 10k Championship Hyde Park Feb 18<sup>th</sup> 2023

### Medal winners in Bold

Runner	Time	Runner	Age Grading
<b>Zachary Bredemear</b>	<b>00:39:39</b>	<b>Gillian Cavell</b>	<b>76.5</b>
<b>James Hewlett</b>	<b>00:41:02</b>	<b>Zachary Bredemear</b>	<b>75.88</b>
<b>Ronnie Patel</b>	<b>00:41:24</b>	<b>Di Suter</b>	<b>69.17</b>
Tim Murray	00:42:08	Tim Murray	68.65
<b>Nicole Teszke</b>	<b>00:47:42</b>	James Hewlett	64.88
Matthew Moynes	00:47:53	Nicole Teszke	64.7
<b>Francesca Rayneau</b>	<b>00:48:26</b>	Ronnie Patel	64.6
Mark Schofield	00:51:40	Fran Rayneau	62.57
<b>Martha Brownlow</b>	<b>00:52:55</b>	Rebecca Furlong	61
Rebecca Furlong	00:52:58	Oghene Aaron	60.92
Clare Stephen	00:55:01	Mark Schofield	58.23
Gillian Cavell	00:55:40	Sonia Burrows	57.76
Di Suter	00:56:55	Martha Brownlow	56.69
Jackie Yap	00:58:19	Jill Gauntlett	56.19
Oghene Aaron	00:58:27	Matthew Moynes	55.39
Sonia Burrows	00:58:28	Jackie Yap	54.89
Clare Dunne	01:03:04	Clare Stephen	54.77
Laura Griffin	01:05:04	Clare Dunne	53.55
Deborah Goodwin	01:06:12	Laura Griffin	51.28
Jill Gauntlett	01:10:04	Emma Pond	46.39
Blanche Armstrong	01:11:12	Rachel Wylie	46.37
Rachel Wylie	01:11:57	Deborah Goodwin	45.52
Emma Pond	01:17:49	Jane Heap	45.1
Jane Heap	01:17:53	Blanche Armstrong	44.22