

Spring 2026 Local Series Event 4
Seaton Sluice 13/0626

Long Orange 4.8 km.

1	Laura Hindle	W21	NATO	38:03
2	John Phizacklea	M50	NATO	41:29
3	Jim Gardner	M50	NATO	44:09
4	Patrick Smyth	M65	NATO	45:59
5	Andy Rice	M45	NATO	46:11
6	Gwenda Cavill	W60	NATO	47:58
7	Joanne Field	W50	NATO	51:12
8	Barry Young	M65	NN	55:20
9	Tim Jenkins	M55	NATO	57:59
10	Bob Cooper	M80.	NN	60:40

Orange 2.6 km.

1	Sue Metcalfe	W55	NATO	28:34
2	Magda Carr	W45	IND	30:24
3	Fred Miller	M75	NATO	32:52

Yellow 1.6 km.

No runners