

SUFFOC CHAMPIONSHIP 2023 - EPPING FOREST - 1<sup>ST</sup> OCTOBER 2023

NAME	AGE	TIME	DISTANCE	MIN/ KM	FACTOR age/sex	MIN/ KM	POS
Gareth Radcliffe	M40	78:49	9.86	7.96	0.89	7.084	3 <sup>rd</sup>
Theo Steventon-Barnes	M18	64:31	7.09	9.07	0.9	8.163	5 <sup>th</sup>
Andrew Elliott	M50	80:33	7.09	11.33	0.82	9.29	8 <sup>th</sup>
Louise Walker	W55	55:48	5.54	10.01	0.58	5.806	1 <sup>st</sup>
Phil Halford	M65	67:14	5.54	12.12	0.64	7.757	4 <sup>th</sup>
Simon Hooton	M65	71:59	5.54	12.92	0.64	8.269	6 <sup>th</sup>
Hannah Steventon-Barnes	W50	104:2	5.54	18.81	0.63	11.85	10 <sup>th</sup>
Alison Lennox	W70	111:38	4.11	27.17	0.42	11.411	9 <sup>th</sup>
Olivia Radcliffe	W16	51:55	4.16	12.39	0.67	8.301	7 <sup>th</sup>
Ethan Radcliffe	M12	26:54	2.65	10.01	0.7	7.007	2 <sup>nd</sup>
Aaron Radcliffe	M14	48:10	2.65	18.15	0.8	14.52	11 <sup>th</sup>