

2025 Club Championships

Mildenhall North

30th November

Course	Name	Age Class	Time	Length/km	Factor	Pace (min/km)	Adj pace (min/km)
Brown	David Hodkinson	M40	00:51:25	9.0	89	00:05:43	00:05:05
Light Green	Ethan Radcliffe	M14	00:25:04	3.8	80	00:06:36	00:05:17
Blue	Gareth Radcliffe	M45	00:44:37	6.6	86	00:06:46	00:05:49
Green	Louise Walker	W60	01:03:57	5.1	53	00:12:32	00:06:39
Green	Aaron Radcliffe	M16	00:42:35	5.1	84	00:08:21	00:07:01
Green	Phil Halford	M70	01:03:43	5.1	57	00:12:30	00:07:07
Green	Rod Mansel	M65	00:56:53	5.1	64	00:11:09	00:07:08
Blue	Andrew Elliott	M50	00:59:03	6.6	82	00:08:57	00:07:20
Short Green	Martin Hore	M75	00:59:06	4.0	50	00:14:46	00:07:23
Green	Sarah Mansel	W60	01:12:24	5.1	53	00:14:12	00:07:31
Blue	David Lyness	M50	01:01:03	6.6	82	00:09:15	00:07:35
Blue	Samantha Franks	W40	01:13:03	6.6	69	00:11:04	00:07:38
Green	Hannah Steventon-Barnes	W50	01:12:43	5.1	63	00:14:15	00:08:59
Blue	Emily Vallow	W35	01:36:10	6.6	71	00:14:34	00:10:21

Brown	John Liston	M50	01:27:14	9.0	82	00:09:42	00:07:57	Running up
Orange	Hannah Constable-Simmonds	W50	00:42:34	3.1	63	00:13:44	00:08:39	Running down
Orange	Reuben Constable-Simmonds	M10	00:43:31	3.1	74	00:14:02	00:10:23	Running up
White	Skye Hodkinson	W10	00:27:18	1.7	73	00:16:04	00:11:43	Running down