

**Ely Runners Cross Country Championship**  
**19 February 2023**  
**Senior Race Results**

Overall Race Place	Time H:MM:SS	First Name	Surname	Club/Team	Category	Age Grading %	Race Number	M/F	
1	00:30:54	Barry	Woodward	Ely Runners	MV40	69.28%	70	M	M winner
2	00:32:29	Jamie	Carter	Ely Runners	MS	62.76%	120	M	
3	00:33:25	Alexander	Upstone	Ely Runners	MS	60.80%	48	M	
4	00:33:43	James	Fisher	Ely Runners	MV45	66.09%	118	M	
5	00:34:25	Stephen	Howard	Ely Runners	MV55	71.81%	260	M	
6	00:34:56	Graham	Chapman	Ely Runners	MV65	75.57%	108	M	M AG% winner
7	00:38:27	Andy	Barber	Ely Runners	MV55	62.03%	61	M	
8	00:38:45	Emily	Sweatt	Ely Runners	FS	59.59%	101	F	F winner
9	00:38:51	Jason	Clarke	Ely Runners	MV50	59.81%	128	M	
10	00:38:54	Mike	Bradford	Ely Runners	MV50	60.77%	105	M	
11	00:39:12	Frederick	Cheung	Ely Runners	MS	53.39%	210	M	
12	00:39:38	Janet	Noland	Ely Runners	FV45	62.25%	121	F	
13	00:40:09	Andrew	Brown	Ely Runners	MV60	63.88%	50	M	
14	00:41:36	Elaine	Smith	Ely Runners	FV55	66.61%	88	F	F AG% winner
15	00:41:55	Barry	Graves	Ely Runners	MV65	62.37%	66	M	
16	00:42:01	Kieron	Forsberg	Ely Runners	MV40	50.55%	129	M	
17	00:42:24	Kristian	Skinner	Guest	MS	0.00%	132	M	
18	00:44:40	Megan	Foster	Ely Runners	FS	51.64%	209	F	
19	00:44:41	Natalie	Andrews	Ely Runners	FV40	54.73%	213	F	
20	00:45:21	Elizabeth	McKiernan	Ely Runners	FV35	51.81%	100	F	
21	00:46:17	Elizabeth	Ludlow	Ely Runners	FV40	52.00%	89	F	
22	00:47:03	Gwen	Graves	Ely Runners	FV60	65.50%	109	F	
23	00:47:17	Andrew	Rands	Ely Runners	MV55	51.34%	52	M	
24	00:54:01	Nick	Dowdy	Ely Runners	MV60	47.48%	221	M	