

Cranborne Races 2021

Cranborne Frolic Threes



CRANBORNE RACES



Name/Team	Club	Laps	Distance (miles)	Slowest Lap	Average Lap	Fastest Lap	Last Lap
1. The Andy Palmer Appreciation Society - 19 laps - 66.12 miles - 12:27:01							
Helen Spilsbury	Emersons Green Running Club	5	17.4	44:27	42:06	40:02	42:27
Anne Burge	Emersons Green Running Club	7	24.36	44:54	43:03	41:59	43:04
Steven Burge	Emersons Green Running Club	7	24.36	35:10	33:34	31:27	34:03
2. 50 shades of not trained - 18 laps - 62.64 miles - 12:35:46							
Kate Hails	Avon Valley Runners	6	20.88	37:54	34:50	32:27	36:18
Mark Bygrave		6	20.88	55:06	50:50	47:48	51:01
Amanda-Jayne Bygrave		6	20.88	42:33	40:16	37:47	40:54
3. Dashulie - 15 laps - 52.2 miles - 10:43:49							
Sharon Avery	Hardley runners	4	13.92	47:33	41:41	37:25	47:33
Danii Marsh	Hardley runners	5	17.4	1:06:03	49:04	41:02	1:06:03
Julie Swainston	Hardley runners	6	20.88	40:50	38:37	34:59	40:50
4. Rob's team - 8 laps - 27.84 miles - 10:50:55							
Chris Lewis	Bristol & West AC	2	6.96	57:48	47:18	36:48	57:48
Robert Colman		3	10.44	4:36:19	2:01:42	41:35	4:36:19
Dom Hurford		3	10.44	2:00:50	1:03:44	32:39	2:00:50
5. The Potters - 6 laps - 20.88 miles - 4:28:51							
Emma Lorains	Verwood Runners	2	6.96	55:15	54:20	53:26	55:15
Tracy Gittins	Verwood Runners	2	6.96	49:36	46:01	42:25	49:36
Richard Gittins		2	6.96	35:09	34:03	32:57	35:09

