

## Thursday 9 January

### The Gravesend Floodlit Series 10k Race 4 (85 finishers)

Place	Time	Name	Team	Category	No
13	00:42:15	LAWSON, Ed	Medway Tri	Male Vet 40	390
22	00:44:17	FORD, Chris	Medway Tri	Male Vet 45	392
26	00:44:27	BLACKWELL, David	Medway Tri	Senior Male	368
29	00:44:54	LAWSON, Steve	Medway Tri	Senior Male	275
54	00:49:33	BUTLER, Dan	Medway Tri	Male Vet 45	393
64	00:53:18	PARRY, Christopher	Medway Tri	Male Vet 40	363
73	00:56:34	THOMAS, Nicky	Medway Tri	Senior Male	359

### The Gravesend Floodlit Series 5k Race 4 (23 finishers)

Place	Time	Name	Team	Category	No
7	00:21:01	LAWSON, Steve	Medway Tri	Senior Male	275
14	00:27:29	BRYANT, Mark	Medway Tri	Male Vet 40	360

## Saturday 11 January

### Great Lines parkrun (5k, 155 finishers)

Pos	<a href="#">parkrunner</a>	Time	Age Cat	Age Grade	Gender	Gender Pos	Club	Note	Tot Runs
22	<a href="#">Katie PAINTER</a>	22:31	<a href="#">JW14</a>	75.80%	F	1	<a href="#">MedwayTri</a>	PB stays at 00:21:40	6
63	<a href="#">Sophie PAINTER</a>	26:19	<a href="#">JW14</a>	64.85%	F	12	<a href="#">MedwayTri</a>	PB stays at 00:24:46	4
122	<a href="#">Ella HOPE</a>	34:27	<a href="#">JW14</a>	49.54%	F	46		PB stays at 00:29:22	2
133	<a href="#">Jessica RILEY</a>	36:24	<a href="#">JW14</a>	45.70%	F	55	<a href="#">MedwayTri</a>	New PB!	2
134	<a href="#">Alison SMITH</a>	36:36	<a href="#">VW40-44</a>	42.54%	F	56	<a href="#">MedwayTri</a>	PB stays at 00:26:31	6

### Shorne Woods parkrun (5k, 102 finishers)

Pos	<a href="#">parkrunner</a>	Time	Age Cat	Age Grade	Gender	Gender Pos	Club	Note	Tot Runs
18	<a href="#">Adam FEATHERSTONE</a>	23:11	<a href="#">VM40-44</a>	59.74%	M	16	<a href="#">MedwayTri</a>	First Timer!	8