

**Total Coastal 2023**

**10k Results**

<b>Place</b>	<b>Time</b>	<b>Name</b>		<b>Affiliated club</b>
1	1:11:17	Ruben	Kon	
2	1:14:52	Alan	Ashford	
3	1:21:54	Daniel	Westlake	
4	1:25:43	Nicholas	Lloyd	
5	1:26:16	Jake	Moir	
6	1:27:43	Thomas	Hart	
7	1:32:57	Drew	Coombs	
8	1:35:00	Simon	Bowen	
9	1:35:40	Matt	Carroll	
10	1:36:37	Nick	Sherman	
11	1:37:11	Corinne	Digges	
12	1:37:29	George	Huish	
13	1:39:51	Becky	Mitchell	
14	1:40:33	Bryn	Truscott	South West Road Runners
15	1:42:23	Tim	Synge	Teignbridge Trotters
16	1:42:24	Emily	Horrell	
17	1:43:11	Georgina	Ramm	
18	1:44:28	Kerry	White-Cheshire	
19	1:45:25	Camilla	Brueton	
20	1:45:28	Alice	Lovett	
21	1:45:50	Christie	Madge	
22	1:45:54	Anna	Clarke	
23	1:45:56	Paul	Chorley	
24	1:45:56	Rachel	Chorley	
25	1:47:05	Mark	Wotton	Teignbridge Trotters
26	1:47:24	John	Northcott	
27	1:47:45	Eleanor	Denno	
28	1:48:22	Susanne	Westgate	
29	1:51:36	Trystan	Warrington	
30	1:54:44	Amethyst	Copping	
31	1:58:35	Laura	Holland	
32	2:07:09	?	?	
33	2:08:01	Maricris	Pica	
34	2:08:58	Shaun	Hurrell	
35	2:08:59	Fiona	Coates	
36	2:10:21	Sarah	Finch	South West Road Runners
37	2:27:16	Lydia	Paniccia	Portsmouth Triathletes