

SBOC Club Championships 2025 Results

Held at Kenfig Burrows 09/11/2025

Senior Men

Position	Name	Age Class	Course	Course Distance	Race Time	Pace on course (mins/km)	Age Class Speed Ratio	Pace adjusted by Ratio
1	Freddie Lake	M20	Brown	8.8	1:00:03	6.824	0.92	6.278
2	Niall Reynolds	M60	Blue	6.9	1:03:44	9.237	0.7	6.466
3	Cris Arnold	M60	Brown	8.8	1:30:58	10.337	0.7	7.236
4	Steve Quinton	M60	Blue	6.9	1:13:30	10.652	0.7	7.457
5	Iestyn Evans	M21	Brown	8.8	1:07:21	7.653	1	7.653
6	Ake Fagereng	M40	Brown	8.8	1:17:38	8.822	0.89	7.852
7	Mike Dobbs	M75	Green	4.8	1:16:15	15.885	0.5	7.943
8	Patrick Tudor	M35	Brown	8.8	1:18:15	8.892	0.92	8.181
9	Roger Stein	M70	Green	4.8	1:35:28	19.889	0.57	11.337
10	Edward Parsons	M70	Short Green	3.5	1:09:42	19.914	0.57	11.351
11	Charlie Penny	M21	Brown	8.8	2:04:34	14.155	1	14.155
12	Peter O'kane	M50	Brown	8.8	2:34:53	17.600	0.82	14.432
13	Philip Jenkins	M55	Green	4.8	1:41:07	21.066	0.77	16.221
14	Anthony Payne	M45	Green	4.8	1:43:38	21.590	0.86	18.568
15	Andrew Morris	M50	Light Green	3.8	1:33:01	24.478	0.82	20.072
rtd	Adam Nagy-Kovacs	M45	Blue	6.9	rtd	-	0.86	-
rtd	Gary Waters	M75	Green	4.8	rtd	-	0.5	-

Senior Women

Position	Name	Age Class	Course	Course Distance	Race Time	Pace on course (mins/km)	Age Class Speed Ratio	Pace adjusted by Ratio
1	Diana McClure	W75	Short Green	3.5	0:54:51	15.671	0.35	5.485
2	Katie Reynolds	W21	Blue	6.9	0:55:14	8.005	0.82	6.564
3	Margaret Reynolds	W60	Green	4.8	1:02:47	13.080	0.53	6.932
4	Kerina Lake	W45	Brown	8.8	1:35:27	10.847	0.67	7.267
5	Samantha Healy	W50	Blue	6.9	1:23:41	12.128	0.63	7.641
6	Eunice Carter	W60	Green	4.8	1:09:53	14.559	0.53	7.716
7	Katie Lake	W20	Brown	8.8	1:36:57	11.017	0.71	7.822
8	Bethan Irwin	W45	Blue	6.9	1:22:11	11.911	0.67	7.980
9	Bridget Stein	W65	Short Green	3.5	0:59:22	16.962	0.48	8.142
10	Kate O'Sullivan	W60	Blue	6.9	1:46:31	15.437	0.53	8.182
11	Jenni Nellist	W45	Blue	6.9	1:42:31	14.857	0.67	9.955
12	Sarah Jenkins	W60	Green	4.8	1:33:26	19.465	0.53	10.317
13	Megan Symons	W21	Blue	6.9	1:42:23	14.838	0.82	12.167
14	Sally Scourfield	W21	Short Green	3.5	1:14:34	21.305	0.82	17.470
mp	Francine Chourot-Morris	W50	Orange	2.9	mp	-	0.63	-

Junior Men

Position	Name	Age Class	Course	Course Distance	Race Time	Pace on course (mins/km)	Age Class Speed Ratio	Pace adjusted by Ratio
1	Robin Irwin	M16	Brown	8.8	0:53:43	6.104	0.84	5.128
2	Vince Nagy-Kovacs	M18	Brown	8.8	1:04:16	7.303	0.9	6.573
3	Sam Payne	M12	Green	4.8	1:25:27	17.802	0.7	12.461
4	Pascoe Beaman-Tucker	M10	Yellow	2.2	0:45:11	20.538	0.74	15.198
5	Feldon Beaman-Tucker	M10	Yellow	2.2	0:53:22	24.258	0.74	17.951
6	James Morris	M14	Green	4.8	2:13:45	27.865	0.8	22.292

Junior Women

Position	Name	Age Class	Course	Course Distance	Race Time	Pace on course (mins/km)	Age Class Speed Ratio	Pace adjusted by Ratio
1	Mara Beaman-Tucker	W12	Yellow	2.2	0:39:17	17.856	0.62	11.071
2	Molly Tudor	W10	Yellow	2.2	1:40:27	45.659	0.73	33.331
mp	Lucie Morris	W12	Orange	2.9	mp	-	0.62	-