

Worthing Splash Point 5k - 16 April 2025*Presented by Worthing Rowing Club***Individual Results**

Position	Time	Number	Name	Gender	Club / Team
1	0:17:14	158	Andrew McCaskill	M	Lancing Eagles Men
2	0:17:36	154	Nik Barter	M	Lancing Eagles Men
3	0:18:03	190	Kevin Howard	M	Worthing Gazelles Men
4	0:18:24	94	Noah Stepney	M	Worthing Otters
5	0:18:32	90	Jon E Cassell	M	Tuff Fitty Men
6	0:18:45	143	Raff Vitale	M	Individual
7	0:18:49	183	Chris Mckeown	M	Worthing Gazelles Men
8	0:18:50	61	Penny Scott-Andrews	F	Worthing Gazelles Women
9	0:18:52	182	Charles Simmonds	M	Worthing Gazelles Men
10	0:18:53	195	Ed Aston	M	Worthing Gazelles Men
11	0:18:56	161	Alex Webb	M	Tuff Fitty Men
12	0:19:09	156	Keir Heyman	M	Lancing Eagles Men
13	0:19:19	59	Josephine Izard	F	Worthing Gazelles Women
14	0:19:25	192	Mark Howard	M	Worthing Gazelles Men
15	0:19:32	177	Simon Thistlethwaite	M	Tuff Fitty Men
16	0:19:42	97	Jasper Andrews	M	Worthing Otters
17	0:19:45	157	Lloyd Meheux	M	Lancing Eagles Men
18	0:19:47	100	Jenson Aston	M	Imagine Being Beaten By A Bunch Of Kids
19	0:19:51	194	Matt Clayton	M	Worthing Gazelles Men
20	0:19:54	200	Bertie Cresswell	M	Imagine Being Beaten By A Bunch Of Kids
21	0:19:56	95	Mark Walford	M	Tuff Fitty Men
22	0:19:58	99	Reuben Aston	M	Imagine Being Beaten By A Bunch Of Kids
23	0:20:00	150	Adam Collard	M	Lancing Eagles Men
24	0:20:02	84	Jacob Ball	M	Individual
25	0:20:04	191	Lloyd Palmer	M	Worthing Gazelles Men
26	0:20:05	1	Amelia Brown	F	Worthing Gazelles Women
27	0:20:06	87	David March	M	Tuff Fitty Men
28	0:20:08	179	Stuart Harvey	M	Tuff Fitty Men
29	0:20:18	71	Abi Clark	F	Tuff Fitty Women
30	0:20:26	67	Lizzy Groves	F	Worthing Otters
31	0:20:29	146	Burton Munday	M	Lancing Eagles Men
32	0:20:33	199	Isaac Yeboah-Regis	M	Imagine Being Beaten By A Bunch Of Kids
33	0:20:38	165	Chris Robinson	M	Tuff Fitty Men
34	0:20:50	178	Steve Fryer	M	Tuff Fitty Men
35	0:20:53	189	Jon Brookes	M	Worthing Gazelles Men
36	0:21:05	93	Theodore Valentin	M	Worthing Otters
37	0:21:05	170	James Togneri	M	Tuff Fitty Men
38	0:21:08	197	Arlo Barnes	M	Imagine Being Beaten By A Bunch Of Kids
39	0:21:17	65	Sue Jones	F	Worthing Gazelles Women
40	0:21:27	168	Danny Cunnett	M	Tuff Fitty Men
41	0:21:37	185	George Bacon	M	Worthing Gazelles Men
42	0:21:42	186	Ian Salt	M	Worthing Gazelles Men
43	0:21:47	89	Jon Roobottom	M	Individual
44	0:21:51	172	Joshua Roper	M	Tuff Fitty Men
45	0:22:03	171	Jay McCardle	M	Tuff Fitty Men

46	0:22:10	38	Jenny McBride	F	Lancing Eagles Women
47	0:22:26	187	Jamie Beddingham	M	Worthing Gazelles Men
48	0:22:28	198	Oliver Stepney	M	Imagine Being Beaten By A Bunch Of Kids
49	0:22:28	96	Finley Andrews	M	Worthing Otters
50	0:22:30	47	Katie Young	F	Tuff Fitty Women
51	0:22:36	44	Hazel Tuppen	F	Tuff Fitty Women
52	0:22:53	160	Adrian Oliver	M	Tuff Fitty Men
53	0:22:54	173	Mark Sole	M	Tuff Fitty Men
54	0:22:59	153	Mark Kennard	M	Lancing Eagles Men
55	0:23:00	196	Stephen Feest	M	Worthing Gazelles Men
56	0:23:04	188	John Brown	M	Worthing Gazelles Men
57	0:23:11	91	John Bateman	M	Individual
58	0:23:29	98	Peter Wirtzfeld	M	Run Academy Worthing
59	0:23:32	66	Zoe Murphy	F	Worthing Gazelles Women
60	0:23:35	68	Clare Worgan	F	Tuff Fitty Women
61	0:23:49	151	Brian Churchard	M	Lancing Eagles Men
62	0:24:05	152	Tony Blayden	M	Lancing Eagles Men
63	0:24:16	184	Martin Loose	M	Worthing Gazelles Men
64	0:24:19	40	Catherine Bellsham-Revell	F	Tuff Fitty Women
65	0:24:19	142	Bob Page	M	Individual
66	0:24:27	46	Kate Cooper	F	Tuff Fitty Women
67	0:24:28	49	Sophie Garbo	F	Tuff Fitty Women
68	0:24:33	148	Ian Peters	M	Lancing Eagles Men
69	0:24:44	174	Olly Sampson	M	Tuff Fitty Men
70	0:24:52	193	Martin Smith	M	Worthing Gazelles Men
71	0:24:54	169	Glenn Parisi	M	Tuff Fitty Men
72	0:24:56	60	Michelle Feest	F	Worthing Gazelles Women
73	0:24:58	39	Catharine Gray	F	Tuff Fitty Women
74	0:25:05	167	Colin Simpson	M	Tuff Fitty Men
75	0:25:08	45	Juliette Reader	F	Tuff Fitty Women
76	0:25:13	54	Wendy Frost	F	Tuff Fitty Women
77	0:25:16	85	Gary Noakes	M	Individual
78	0:25:17	149	John Little	M	Lancing Eagles Men
79	0:25:21	181	Andy Cresswell	M	Worthing Gazelles Men
80	0:25:25	52	Vanessa Green	F	Tuff Fitty Women
81	0:25:35	166	Clive Harvey	M	Tuff Fitty Men
82	0:26:00	48	Rhian Standley	F	Tuff Fitty Women
83	0:26:19	70	Katie Goddard	F	Tuff Fitty Women
84	0:26:22	155	Guido Tapia	M	Lancing Eagles Men
85	0:26:36	62	Rebecca Turner	F	Worthing Gazelles Women
86	0:26:38	88	Stephen Evans	M	Individual
87	0:26:38	43	Hazel Sheward	F	Tuff Fitty Women
88	0:26:42	33	Danielle Robertson	F	Lancing Eagles Women
89	0:27:12	147	Daren Robertson	M	Lancing Eagles Men
90	0:27:12	58	Emma Thicks	F	Worthing Gazelles Women
91	0:27:25	86	Terry Avey	M	Individual
92	0:27:34	144	Benjamin Coren	M	Individual
93	0:27:43	72	Kerrie Noakes	F	Individual
94	0:28:04	64	Sarah Green	F	Worthing Gazelles Women
95	0:28:38	162	Alistair Evans	M	Tuff Fitty Men

96	0:28:57	51	Susan Douglas	F	Tuff Fitty Women
97	0:29:49	35	Yian Solomon	F	Lancing Eagles Women
98	0:30:08	53	Vicki Hedger	F	Tuff Fitty Women
99	0:31:01	37	Sophia Ashton	F	Lancing Eagles Women
100	0:31:03	69	Christine Griffin	F	Tuff Fitty Women
101	0:32:49	50	Sue Simpson	F	Tuff Fitty Women
102	0:33:14	164	Chris Evans	M	Tuff Fitty Men
103	0:33:24	???	#N/A	#N/A	#N/A
104	0:34:12	63	Sarah Baker	F	Worthing Gazelles Women
105	0:35:27	92	Gary Timms	M	Lancing Eagles Men
106	0:41:40	36	Cheryl Costello	F	Lancing Eagles Women

Team Results			
Position	Team name	Team times	Category
1	Lancing Eagles Men	01:13:44	M
2	Worthing Gazelles Men	01:14:37	M
3	Tuff Fitty Men	01:16:56	M
1	Worthing Gazelles Women	01:19:31	F
4	Worthing Otters	01:19:37	Mixed
5	Imagine Being Beaten By A Bunch Of Kids	01:20:25	M
2	Tuff Fitty Women	01:28:59	F
3	Lancing Eagles Women	01:49:42	F