

DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

Kasper Laumann HARTLEV

START NUMBER

1

OVERALL RESULT

1

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	32:17
Ridge Run	13km	46:25
Beach Run	5km	17:46
La Vuelta de Tinajo	21km	1:09:15


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JONAS BRANDSBJERG

START NUMBER

248

OVERALL RESULT

2

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	33:35
Ridge Run	13km	48:09
Beach Run	5km	17:11
La Vuelta de Tinajo	21km	1:12:29


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ROB ELMORE

START NUMBER

13

OVERALL RESULT

3

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	34:13
Ridge Run	13km	48:12
Beach Run	5km	18:14
La Vuelta de Tinajo	21km	1:11:33


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CHARLES MAY

START NUMBER

184

OVERALL RESULT

4

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	33:52
Ridge Run	13km	47:38
Beach Run	5km	20:01
La Vuelta de Tinajo	21km	1:11:20


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PAUL FLEMING

START NUMBER

3

OVERALL RESULT

5

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	34:06
Ridge Run	13km	49:21
Beach Run	5km	18:02
La Vuelta de Tinajo	21km	1:14:01


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

AITOR NAVARRO HITA

START NUMBER

501

OVERALL RESULT

6

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	34:38
Ridge Run	13km	49:56
Beach Run	5km	18:31
La Vuelta de Tinajo	21km	1:14:59


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PETER MACKRELL

START NUMBER

6

OVERALL RESULT

7

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	35:48
Ridge Run	13km	50:16
Beach Run	5km	18:41
La Vuelta de Tinajo	21km	1:14:30


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GARETH MURRAN

START NUMBER

7

OVERALL RESULT

8

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	35:29
Ridge Run	13km	51:06
Beach Run	5km	19:16
La Vuelta de Tinajo	21km	1:14:16


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MATT PALMER

START NUMBER

496

OVERALL RESULT

9

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	34:48
Ridge Run	13km	50:56
Beach Run	5km	19:04
La Vuelta de Tinajo	21km	1:16:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ROBERT CROSS

START NUMBER

503

OVERALL RESULT

10

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	35:57
Ridge Run	13km	50:46
Beach Run	5km	19:29
La Vuelta de Tinajo	21km	1:15:31


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MICHEAL O'BRIEN

START NUMBER

9

OVERALL RESULT

11

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	37:00
Ridge Run	13km	51:29
Beach Run	5km	19:27
La Vuelta de Tinajo	21km	1:18:07


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MARIJE GEURTSSEN

START NUMBER

23

OVERALL RESULT

12

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	37:14
Ridge Run	13km	53:22
Beach Run	5km	20:01
La Vuelta de Tinajo	21km	1:19:30


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KEVIN CURRAN

START NUMBER

337

OVERALL RESULT

13

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	38:17
Ridge Run	13km	52:57
Beach Run	5km	20:16
La Vuelta de Tinajo	21km	1:20:35


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DARREN BLAZIER

START NUMBER

134

OVERALL RESULT

14

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	38:35
Ridge Run	13km	53:54
Beach Run	5km	19:42
La Vuelta de Tinajo	21km	1:19:56


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LEONARD MOONEY

START NUMBER

12

OVERALL RESULT

15

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	38:28
Ridge Run	13km	53:18
Beach Run	5km	19:00
La Vuelta de Tinajo	21km	1:21:42


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

RUBY ORCHARD

START NUMBER

4

OVERALL RESULT

16

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	37:48
Ridge Run	13km	53:51
Beach Run	5km	20:15
La Vuelta de Tinajo	21km	1:20:38


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DAVID EXPOSITO MUÑOZ

START NUMBER

424

OVERALL RESULT

17

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	37:01
Ridge Run	13km	54:38
Beach Run	5km	19:58
La Vuelta de Tinajo	21km	1:21:04


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JOSEPH MC DERMOTT

START NUMBER

451

OVERALL RESULT

18

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	38:05
Ridge Run	13km	54:12
Beach Run	5km	20:16
La Vuelta de Tinajo	21km	1:21:15


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JAMES FERGUSON

START NUMBER

185

OVERALL RESULT

19

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	36:59
Ridge Run	13km	52:44
Beach Run	5km	21:42
La Vuelta de Tinajo	21km	1:23:01


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

RONAN MASTERSON

START NUMBER

186

OVERALL RESULT

20

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	37:52
Ridge Run	13km	53:30
Beach Run	5km	20:08
La Vuelta de Tinajo	21km	1:24:36


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

COLIN RIDLEY

START NUMBER

48

OVERALL RESULT

21

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	37:56
Ridge Run	13km	55:24
Beach Run	5km	20:24
La Vuelta de Tinajo	21km	1:23:29


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JOE WALSH

START NUMBER

365

OVERALL RESULT

22

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:24
Ridge Run	13km	53:42
Beach Run	5km	20:22
La Vuelta de Tinajo	21km	1:24:13


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HELLEN BERGER DE VRIES

START NUMBER

231

OVERALL RESULT

23

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:05
Ridge Run	13km	55:35
Beach Run	5km	20:50
La Vuelta de Tinajo	21km	1:22:31


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KRISTIAN LAUMANN HARTLEV

START NUMBER

293

OVERALL RESULT

24

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:25
Ridge Run	13km	55:04
Beach Run	5km	19:55
La Vuelta de Tinajo	21km	1:23:53


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LASSE FALCK WEBER

START NUMBER

378

OVERALL RESULT

25

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:11
Ridge Run	13km	56:42
Beach Run	5km	19:58
La Vuelta de Tinajo	21km	1:22:35


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CHRISTIAAN FEEHAN

START NUMBER

112

OVERALL RESULT

26

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:53
Ridge Run	13km	55:00
Beach Run	5km	20:13
La Vuelta de Tinajo	21km	1:25:06


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MICHAEL CUNNINGHAM

START NUMBER

252

OVERALL RESULT

27

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:24
Ridge Run	13km	55:15
Beach Run	5km	20:44
La Vuelta de Tinajo	21km	1:24:58


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SIMON REASON

START NUMBER

109

OVERALL RESULT

28

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:46
Ridge Run	13km	56:23
Beach Run	5km	20:48
La Vuelta de Tinajo	21km	1:23:42


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SHONA KEANE

START NUMBER

429

OVERALL RESULT

29

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:47
Ridge Run	13km	56:11
Beach Run	5km	21:55
La Vuelta de Tinajo	21km	1:23:14


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HENRIK HELMHOLT

START NUMBER

173

OVERALL RESULT

30

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:14
Ridge Run	13km	56:04
Beach Run	5km	21:10
La Vuelta de Tinajo	21km	1:23:45


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JONATHAN JONES

START NUMBER

122

OVERALL RESULT

31

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:34
Ridge Run	13km	56:19
Beach Run	5km	20:06
La Vuelta de Tinajo	21km	1:25:29


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CHRISTIAN GAEBEL

START NUMBER

180

OVERALL RESULT

32

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	41:06
Ridge Run	13km	56:50
Beach Run	5km	20:42
La Vuelta de Tinajo	21km	1:23:04


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PAUL CATES

START NUMBER

85

OVERALL RESULT

33

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:04
Ridge Run	13km	56:29
Beach Run	5km	20:44
La Vuelta de Tinajo	21km	1:25:24


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PAULINE CURLEY

START NUMBER

2

OVERALL RESULT

34

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:05
Ridge Run	13km	56:33
Beach Run	5km	21:30
La Vuelta de Tinajo	21km	1:25:17


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LINDA GROGAN

START NUMBER

200

OVERALL RESULT

35

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:52
Ridge Run	13km	55:55
Beach Run	5km	21:28
La Vuelta de Tinajo	21km	1:26:22


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JOCHEM WEIJZEN

START NUMBER

254

OVERALL RESULT

36

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:42
Ridge Run	13km	57:00
Beach Run	5km	21:26
La Vuelta de Tinajo	21km	1:25:39


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

NIGEL BARNES

START NUMBER

191

OVERALL RESULT

37

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:33
Ridge Run	13km	57:56
Beach Run	5km	21:16
La Vuelta de Tinajo	21km	1:25:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SARAH FLANAGAN

START NUMBER

14

OVERALL RESULT

38

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:33
Ridge Run	13km	57:28
Beach Run	5km	20:56
La Vuelta de Tinajo	21km	1:26:01


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DARREN BUTLER

START NUMBER

390

OVERALL RESULT

39

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:48
Ridge Run	13km	56:49
Beach Run	5km	20:30
La Vuelta de Tinajo	21km	1:28:49


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANDREW CARTER

START NUMBER

155

OVERALL RESULT

40

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	38:49
Ridge Run	13km	55:30
Beach Run	5km	19:37
La Vuelta de Tinajo	21km	1:32:16


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KEALEY TIDESWELL

START NUMBER

11

OVERALL RESULT

41

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	41:37
Ridge Run	13km	57:47
Beach Run	5km	21:25
La Vuelta de Tinajo	21km	1:25:32


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CATHERINE THORNTON

START NUMBER

8

OVERALL RESULT

42

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:54
Ridge Run	13km	58:27
Beach Run	5km	21:51
La Vuelta de Tinajo	21km	1:25:41


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SIMON FORD

START NUMBER

45

OVERALL RESULT

43

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	41:08
Ridge Run	13km	57:13
Beach Run	5km	20:43
La Vuelta de Tinajo	21km	1:28:01


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

NANNA LOEVborg HANSEN

START NUMBER

449

OVERALL RESULT

44

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:17
Ridge Run	13km	57:35
Beach Run	5km	21:38
La Vuelta de Tinajo	21km	1:27:57


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MARIA JONES

START NUMBER

392

OVERALL RESULT

45

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:57
Ridge Run	13km	57:22
Beach Run	5km	21:39
La Vuelta de Tinajo	21km	1:28:55


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ROBERT TALLON

START NUMBER

217

OVERALL RESULT

46

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:38
Ridge Run	13km	58:11
Beach Run	5km	21:51
La Vuelta de Tinajo	21km	1:28:17


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ALLEN EL-SOUR

START NUMBER

94

OVERALL RESULT

47

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:05
Ridge Run	13km	58:20
Beach Run	5km	21:26
La Vuelta de Tinajo	21km	1:29:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KIM JENSEN

START NUMBER

28

OVERALL RESULT

48

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	41:10
Ridge Run	13km	57:31
Beach Run	5km	21:59
La Vuelta de Tinajo	21km	1:28:27


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

TINE BROKSØ

START NUMBER

5

OVERALL RESULT

49

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	41:18
Ridge Run	13km	58:28
Beach Run	5km	23:33
La Vuelta de Tinajo	21km	1:27:10


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MIKKEL BAY NIELSEN

START NUMBER

380

OVERALL RESULT

50

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	42:10
Ridge Run	13km	58:36
Beach Run	5km	20:35
La Vuelta de Tinajo	21km	1:29:24


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MARK LEACY

START NUMBER

121

OVERALL RESULT

51

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:51
Ridge Run	13km	1:00:19
Beach Run	5km	21:30
La Vuelta de Tinajo	21km	1:30:22


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

EDDY VERSCHUEREN

START NUMBER

83

OVERALL RESULT

52

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	41:22
Ridge Run	13km	1:00:35
Beach Run	5km	21:53
La Vuelta de Tinajo	21km	1:28:13


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MICHEL HONORÉ

START NUMBER

443

OVERALL RESULT

53

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:38
Ridge Run	13km	1:00:32
Beach Run	5km	20:50
La Vuelta de Tinajo	21km	1:30:42


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KRISTIAN TOFT MADSEN

START NUMBER

381

OVERALL RESULT

54

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:09
Ridge Run	13km	1:00:22
Beach Run	5km	21:25
La Vuelta de Tinajo	21km	1:27:58


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PHILIP HELMER

START NUMBER

237

OVERALL RESULT

55

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	41:57
Ridge Run	13km	59:01
Beach Run	5km	21:05
La Vuelta de Tinajo	21km	1:31:13


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

STUART READ

START NUMBER

428

OVERALL RESULT

56

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:56
Ridge Run	13km	59:49
Beach Run	5km	20:34
La Vuelta de Tinajo	21km	1:33:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BARBARA MURRAY

START NUMBER

17

OVERALL RESULT

57

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	41:21
Ridge Run	13km	59:08
Beach Run	5km	22:32
La Vuelta de Tinajo	21km	1:30:46


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PAWEL LANGER

START NUMBER

96

OVERALL RESULT

58

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	39:18
Ridge Run	13km	56:51
Beach Run	5km	25:23
La Vuelta de Tinajo	21km	1:32:23


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

EDDIE NUGENT

START NUMBER

418

OVERALL RESULT

59

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	42:25
Ridge Run	13km	1:00:03
Beach Run	5km	21:29
La Vuelta de Tinajo	21km	1:30:17


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PETER KNAGGS

START NUMBER

426

OVERALL RESULT

60

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	42:28
Ridge Run	13km	59:32
Beach Run	5km	22:48
La Vuelta de Tinajo	21km	1:29:32


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PER NIELSEN

START NUMBER

224

OVERALL RESULT

61

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:11
Ridge Run	13km	1:00:11
Beach Run	5km	22:36
La Vuelta de Tinajo	21km	1:29:17


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANTHONY GILLEN

START NUMBER

297

OVERALL RESULT

62

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:49
Ridge Run	13km	1:00:52
Beach Run	5km	20:56
La Vuelta de Tinajo	21km	1:29:02


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LARS OLE ØKSNEBJERG

START NUMBER

106

OVERALL RESULT

63

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	42:47
Ridge Run	13km	1:00:00
Beach Run	5km	22:10
La Vuelta de Tinajo	21km	1:30:56


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JENS ARNE CHRISTIANSEN

START NUMBER

141

OVERALL RESULT

64

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	42:45
Ridge Run	13km	1:01:03
Beach Run	5km	22:20
La Vuelta de Tinajo	21km	1:30:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JACK EDWARDS

START NUMBER

95

OVERALL RESULT

65

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	38:42
Ridge Run	13km	57:39
Beach Run	5km	20:35
La Vuelta de Tinajo	21km	1:39:38


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MATT DUNNE

START NUMBER

259

OVERALL RESULT

66

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:24
Ridge Run	13km	59:55
Beach Run	5km	21:33
La Vuelta de Tinajo	21km	1:34:45


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BASIL CRONIN

START NUMBER

321

OVERALL RESULT

67

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:21
Ridge Run	13km	1:00:34
Beach Run	5km	22:57
La Vuelta de Tinajo	21km	1:29:45


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KIM VINSTEN

START NUMBER

26

OVERALL RESULT

68

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	41:49
Ridge Run	13km	59:23
Beach Run	5km	21:31
La Vuelta de Tinajo	21km	1:34:07


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MARTIN WALTERS

START NUMBER

105

OVERALL RESULT

69

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	42:42
Ridge Run	13km	1:00:25
Beach Run	5km	21:36
La Vuelta de Tinajo	21km	1:32:56


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GIANNI MELIDEO

START NUMBER

139

OVERALL RESULT

70

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:22
Ridge Run	13km	1:00:55
Beach Run	5km	22:44
La Vuelta de Tinajo	21km	1:31:14


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SUSANNE BALM

START NUMBER

222

OVERALL RESULT

71

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:41
Ridge Run	13km	1:00:53
Beach Run	5km	22:51
La Vuelta de Tinajo	21km	1:30:11


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

STUART COX

START NUMBER

72

OVERALL RESULT

72

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:50
Ridge Run	13km	1:01:44
Beach Run	5km	22:32
La Vuelta de Tinajo	21km	1:31:40


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

FREDERIK NIELSEN

START NUMBER

405

OVERALL RESULT

73

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:06
Ridge Run	13km	1:02:17
Beach Run	5km	22:50
La Vuelta de Tinajo	21km	1:31:13


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DARREN JARMAN

START NUMBER

82

OVERALL RESULT

74

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:08
Ridge Run	13km	1:01:51
Beach Run	5km	21:57
La Vuelta de Tinajo	21km	1:32:07


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LEE CHRISTMAS

START NUMBER

22

OVERALL RESULT

75

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:12
Ridge Run	13km	1:00:37
Beach Run	5km	22:39
La Vuelta de Tinajo	21km	1:34:42


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SØREN THEODORSEN

START NUMBER

369

OVERALL RESULT

76

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:19
Ridge Run	13km	1:01:28
Beach Run	5km	22:34
La Vuelta de Tinajo	21km	1:33:55


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JAN JUUL HANSEN

START NUMBER

31

OVERALL RESULT

77

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:25
Ridge Run	13km	1:02:39
Beach Run	5km	22:05
La Vuelta de Tinajo	21km	1:32:11


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

NEIL JONES

START NUMBER

373

OVERALL RESULT

78

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:22
Ridge Run	13km	1:01:16
Beach Run	5km	23:13
La Vuelta de Tinajo	21km	1:33:33


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANDREW MOORE

START NUMBER

183

OVERALL RESULT

79

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:03
Ridge Run	13km	1:00:31
Beach Run	5km	22:42
La Vuelta de Tinajo	21km	1:33:15


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SOEREN MARIENLUND ANDERSEN

START NUMBER

445

OVERALL RESULT

80

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:05
Ridge Run	13km	1:02:43
Beach Run	5km	23:28
La Vuelta de Tinajo	21km	1:32:24


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ALMA HANEVY

START NUMBER

330

OVERALL RESULT

81

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	42:55
Ridge Run	13km	1:00:33
Beach Run	5km	23:05
La Vuelta de Tinajo	21km	1:35:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

IRENE GORMAN

START NUMBER

519

OVERALL RESULT

82

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:22
Ridge Run	13km	1:02:13
Beach Run	5km	23:11
La Vuelta de Tinajo	21km	1:32:35


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HENRIK RENTOFT LARSEN

START NUMBER

199

OVERALL RESULT

83

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:07
Ridge Run	13km	1:04:33
Beach Run	5km	23:57
La Vuelta de Tinajo	21km	1:30:59


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MAURA GINTY

START NUMBER

15

OVERALL RESULT

84

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:58
Ridge Run	13km	1:02:49
Beach Run	5km	23:05
La Vuelta de Tinajo	21km	1:33:19


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DAVID MANUEL

START NUMBER

187

OVERALL RESULT

85

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:00
Ridge Run	13km	1:02:56
Beach Run	5km	22:59
La Vuelta de Tinajo	21km	1:33:52


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

RUTH MITCHELL

START NUMBER

363

OVERALL RESULT

86

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:25
Ridge Run	13km	1:02:22
Beach Run	5km	23:17
La Vuelta de Tinajo	21km	1:33:46


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ÁINE ROCHE

START NUMBER

226

OVERALL RESULT

87

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:29
Ridge Run	13km	1:02:32
Beach Run	5km	23:32
La Vuelta de Tinajo	21km	1:33:29


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MARTINA TASKA

START NUMBER

138

OVERALL RESULT

88

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:03
Ridge Run	13km	1:04:55
Beach Run	5km	23:52
La Vuelta de Tinajo	21km	1:31:13


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

FARZAD GHADAMIAN

START NUMBER

118

OVERALL RESULT

89

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:34
Ridge Run	13km	1:02:19
Beach Run	5km	21:58
La Vuelta de Tinajo	21km	1:36:55


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PAUL SPARROW

START NUMBER

135

OVERALL RESULT

90

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:51
Ridge Run	13km	1:02:40
Beach Run	5km	22:57
La Vuelta de Tinajo	21km	1:35:19


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LEWIS GLENNIE

START NUMBER

376

OVERALL RESULT

91

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:56
Ridge Run	13km	1:02:53
Beach Run	5km	23:37
La Vuelta de Tinajo	21km	1:34:27


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BARRY ALLEN

START NUMBER

169

OVERALL RESULT

92

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:36
Ridge Run	13km	1:02:28
Beach Run	5km	22:52
La Vuelta de Tinajo	21km	1:36:36


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DAVE BROCK

START NUMBER

194

OVERALL RESULT

93

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:53
Ridge Run	13km	1:03:07
Beach Run	5km	22:48
La Vuelta de Tinajo	21km	1:36:04


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ROBERT DEMPSEY

START NUMBER

240

OVERALL RESULT

94

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:30
Ridge Run	13km	1:04:51
Beach Run	5km	23:05
La Vuelta de Tinajo	21km	1:36:13


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LEONARD OWENS

START NUMBER

348

OVERALL RESULT

95

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:22
Ridge Run	13km	1:04:24
Beach Run	5km	23:22
La Vuelta de Tinajo	21km	1:34:53


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BILL BENNETT

START NUMBER

79

OVERALL RESULT

96

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:22
Ridge Run	13km	1:04:52
Beach Run	5km	23:43
La Vuelta de Tinajo	21km	1:35:11


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BARRY STEIN

START NUMBER

115

OVERALL RESULT

97

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:12
Ridge Run	13km	1:02:47
Beach Run	5km	24:07
La Vuelta de Tinajo	21km	1:35:05


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

WOUT MENSINK

START NUMBER

332

OVERALL RESULT

98

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:23
Ridge Run	13km	1:05:38
Beach Run	5km	23:35
La Vuelta de Tinajo	21km	1:36:16


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GRAINNE REGAN

START NUMBER

508

OVERALL RESULT

99

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:45
Ridge Run	13km	1:05:30
Beach Run	5km	23:31
La Vuelta de Tinajo	21km	1:34:15


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

AMY INCHLEY

START NUMBER

360

OVERALL RESULT

100

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:33
Ridge Run	13km	1:04:07
Beach Run	5km	23:34
La Vuelta de Tinajo	21km	1:35:52


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

TIMOTHY O DONNELL

START NUMBER

374

OVERALL RESULT

101

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:15
Ridge Run	13km	1:02:43
Beach Run	5km	23:42
La Vuelta de Tinajo	21km	1:37:41


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

FIONA O'DOWD

START NUMBER

306

OVERALL RESULT

102

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	42:58
Ridge Run	13km	1:02:55
Beach Run	5km	23:58
La Vuelta de Tinajo	21km	1:39:33


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANDERS STAFFE

START NUMBER

104

OVERALL RESULT

103

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:53
Ridge Run	13km	1:03:47
Beach Run	5km	23:37
La Vuelta de Tinajo	21km	1:37:45


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PHILIP MCDONALD

START NUMBER

202

OVERALL RESULT

104

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:34
Ridge Run	13km	1:03:16
Beach Run	5km	23:06
La Vuelta de Tinajo	21km	1:39:14


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LYDIA BIGLEY

START NUMBER

314

OVERALL RESULT

105

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:40
Ridge Run	13km	1:04:31
Beach Run	5km	24:24
La Vuelta de Tinajo	21km	1:38:04


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KEVIN DICK

START NUMBER

219

OVERALL RESULT

106

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:09
Ridge Run	13km	1:04:23
Beach Run	5km	23:57
La Vuelta de Tinajo	21km	1:36:36


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MARCEL GABRIELS

START NUMBER

111

OVERALL RESULT

107

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:53
Ridge Run	13km	1:04:57
Beach Run	5km	23:23
La Vuelta de Tinajo	21km	1:38:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PAUL STOCKINGS

START NUMBER

34

OVERALL RESULT

108

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:58
Ridge Run	13km	1:03:57
Beach Run	5km	22:57
La Vuelta de Tinajo	21km	1:40:23


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CORALIE ANDERSON

START NUMBER

310

OVERALL RESULT

109

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:47
Ridge Run	13km	1:05:15
Beach Run	5km	23:59
La Vuelta de Tinajo	21km	1:38:29


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PHILIP MATTHEWS

START NUMBER

476

OVERALL RESULT

110

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:56
Ridge Run	13km	1:04:48
Beach Run	5km	23:55
La Vuelta de Tinajo	21km	1:39:02


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JESPER HOLM-NIELSEN

START NUMBER

24

OVERALL RESULT

111

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:43
Ridge Run	13km	1:05:12
Beach Run	5km	24:26
La Vuelta de Tinajo	21km	1:36:45


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MARTIN HOCKEY

START NUMBER

67

OVERALL RESULT

112

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	43:54
Ridge Run	13km	1:03:50
Beach Run	5km	23:53
La Vuelta de Tinajo	21km	1:41:29


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KARIN GUTEMANN

START NUMBER

125

OVERALL RESULT

113

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:18
Ridge Run	13km	1:05:09
Beach Run	5km	24:08
La Vuelta de Tinajo	21km	1:37:33


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ALAN GRANGER

START NUMBER

326

OVERALL RESULT

114

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:46
Ridge Run	13km	1:04:11
Beach Run	5km	24:00
La Vuelta de Tinajo	21km	1:39:58


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DERMOT MCCARTHY

START NUMBER

364

OVERALL RESULT

115

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:23
Ridge Run	13km	1:04:18
Beach Run	5km	23:40
La Vuelta de Tinajo	21km	1:41:33


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SARA CBH LORENTZEN

START NUMBER

192

OVERALL RESULT

116

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	42:55
Ridge Run	13km	1:05:28
Beach Run	5km	25:47
La Vuelta de Tinajo	21km	1:41:03


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DOROTA WOLOSZYNSKA

START NUMBER

212

OVERALL RESULT

117

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:35
Ridge Run	13km	1:05:00
Beach Run	5km	24:59
La Vuelta de Tinajo	21km	1:38:45


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DEIRDRE NI CHEARBHAILL

START NUMBER

481

OVERALL RESULT

118

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:11
Ridge Run	13km	1:05:27
Beach Run	5km	24:46
La Vuelta de Tinajo	21km	1:39:07


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JAMES COTTLE

START NUMBER

318

OVERALL RESULT

119

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	40:48
Ridge Run	13km	59:06
Beach Run	5km	21:53
La Vuelta de Tinajo	21km	1:54:51


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MATT MORAN

START NUMBER

218

OVERALL RESULT

120

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:48
Ridge Run	13km	1:05:52
Beach Run	5km	24:19
La Vuelta de Tinajo	21km	1:40:52


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

EMMETT MALONE

START NUMBER

361

OVERALL RESULT

121

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:34
Ridge Run	13km	1:05:40
Beach Run	5km	24:29
La Vuelta de Tinajo	21km	1:41:21


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

NEIL PARRY

START NUMBER

132

OVERALL RESULT

122

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:10
Ridge Run	13km	1:07:01
Beach Run	5km	25:26
La Vuelta de Tinajo	21km	1:40:58


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

RAY BUCKLEY

START NUMBER

320

OVERALL RESULT

123

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:19
Ridge Run	13km	1:06:53
Beach Run	5km	25:13
La Vuelta de Tinajo	21km	1:41:04


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

OCTAVIA SINGLETON

START NUMBER

18

OVERALL RESULT

124

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:17
Ridge Run	13km	1:05:12
Beach Run	5km	24:33
La Vuelta de Tinajo	21km	1:43:43


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MICHAEL MARIENDAL

START NUMBER

159

OVERALL RESULT

125

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:12
Ridge Run	13km	1:05:24
Beach Run	5km	23:52
La Vuelta de Tinajo	21km	1:43:22


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

Wilfred Schrombgens

START NUMBER

527

OVERALL RESULT

126

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:25
Ridge Run	13km	1:06:25
Beach Run	5km	25:05
La Vuelta de Tinajo	21km	1:40:18


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BITTEN OUTLAW

START NUMBER

27

OVERALL RESULT

127

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:37
Ridge Run	13km	1:07:32
Beach Run	5km	25:45
La Vuelta de Tinajo	21km	1:39:20


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

EMMA MEADE

START NUMBER

285

OVERALL RESULT

128

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:45
Ridge Run	13km	1:05:23
Beach Run	5km	26:42
La Vuelta de Tinajo	21km	1:41:41


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SOLVEIG THOMSEN

START NUMBER

29

OVERALL RESULT

129

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:28
Ridge Run	13km	1:06:50
Beach Run	5km	25:09
La Vuelta de Tinajo	21km	1:40:27


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

TINA CLEMMENSEN

START NUMBER

258

OVERALL RESULT

130

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:33
Ridge Run	13km	1:08:00
Beach Run	5km	24:32
La Vuelta de Tinajo	21km	1:40:38


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LISA SHINE

START NUMBER

315

OVERALL RESULT

131

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:46
Ridge Run	13km	1:07:45
Beach Run	5km	24:57
La Vuelta de Tinajo	21km	1:42:38


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ZOE WOODWARD

START NUMBER

76

OVERALL RESULT

132

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:23
Ridge Run	13km	1:06:58
Beach Run	5km	25:00
La Vuelta de Tinajo	21km	1:42:59


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SHANE BOYLE

START NUMBER

473

OVERALL RESULT

133

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:36
Ridge Run	13km	1:10:21
Beach Run	5km	19:49
La Vuelta de Tinajo	21km	1:43:56


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LOUIIS RUTTEN

START NUMBER

307

OVERALL RESULT

134

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:45
Ridge Run	13km	1:07:40
Beach Run	5km	24:43
La Vuelta de Tinajo	21km	1:43:36


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MEINHARD KRUPP

START NUMBER

50

OVERALL RESULT

135

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:20
Ridge Run	13km	1:09:18
Beach Run	5km	24:31
La Vuelta de Tinajo	21km	1:41:43


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HENRIK HØYBYE

START NUMBER

441

OVERALL RESULT

136

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	45:30
Ridge Run	13km	1:06:29
Beach Run	5km	24:51
La Vuelta de Tinajo	21km	1:46:20


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JOHN LEAHY

START NUMBER

431

OVERALL RESULT

137

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:05
Ridge Run	13km	1:06:33
Beach Run	5km	24:43
La Vuelta de Tinajo	21km	1:46:32


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

THOMAS KINSELLA

START NUMBER

197

OVERALL RESULT

138

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:40
Ridge Run	13km	1:07:07
Beach Run	5km	24:56
La Vuelta de Tinajo	21km	1:45:04


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GEMMA WHITE

START NUMBER

447

OVERALL RESULT

139

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:02
Ridge Run	13km	1:08:46
Beach Run	5km	25:18
La Vuelta de Tinajo	21km	1:42:43


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DARREN BURKE

START NUMBER

317

OVERALL RESULT

140

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:37
Ridge Run	13km	1:08:30
Beach Run	5km	25:21
La Vuelta de Tinajo	21km	1:42:38


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

WILLIAM TOOMES

START NUMBER

205

OVERALL RESULT

141

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:46
Ridge Run	13km	1:05:21
Beach Run	5km	27:27
La Vuelta de Tinajo	21km	1:43:56


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANDREW MCINTOSH

START NUMBER

99

OVERALL RESULT

142

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	44:33
Ridge Run	13km	1:08:53
Beach Run	5km	26:55
La Vuelta de Tinajo	21km	1:45:22


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

REBECCA FLEMING

START NUMBER

352

OVERALL RESULT

143

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:23
Ridge Run	13km	1:08:33
Beach Run	5km	25:48
La Vuelta de Tinajo	21km	1:42:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

TOM HJORTLUND

START NUMBER

189

OVERALL RESULT

144

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:44
Ridge Run	13km	1:08:42
Beach Run	5km	25:20
La Vuelta de Tinajo	21km	1:42:12


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ROBERT MUELLER

START NUMBER

113

OVERALL RESULT

145

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:46
Ridge Run	13km	1:08:29
Beach Run	5km	26:08
La Vuelta de Tinajo	21km	1:43:06


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

METTE SOMMER FRITZE

START NUMBER

51

OVERALL RESULT

146

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	46:17
Ridge Run	13km	1:05:16
Beach Run	5km	25:11
La Vuelta de Tinajo	21km	1:50:43


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GAVIN BRUNDRETT

START NUMBER

435

OVERALL RESULT

147

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:10
Ridge Run	13km	1:11:50
Beach Run	5km	24:28
La Vuelta de Tinajo	21km	1:42:03


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KATE SACKETT

START NUMBER

59

OVERALL RESULT

148

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:55
Ridge Run	13km	1:10:27
Beach Run	5km	25:03
La Vuelta de Tinajo	21km	1:44:57


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PIETER DOGGER

START NUMBER

287

OVERALL RESULT

149

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:51
Ridge Run	13km	1:08:25
Beach Run	5km	23:03
La Vuelta de Tinajo	21km	1:49:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SIOBHAN MAGUIRE

START NUMBER

151

OVERALL RESULT

150

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:34
Ridge Run	13km	1:10:20
Beach Run	5km	26:28
La Vuelta de Tinajo	21km	1:43:57


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MIA RASMUSSEN

START NUMBER

406

OVERALL RESULT

151

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:11
Ridge Run	13km	1:09:28
Beach Run	5km	26:16
La Vuelta de Tinajo	21km	1:45:04


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ROGER DOWDS

START NUMBER

427

OVERALL RESULT

152

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:38
Ridge Run	13km	1:11:59
Beach Run	5km	25:22
La Vuelta de Tinajo	21km	1:45:33


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

WOLFGANG DIEKOTTO

START NUMBER

136

OVERALL RESULT

153

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	50:48
Ridge Run	13km	1:10:49
Beach Run	5km	25:42
La Vuelta de Tinajo	21km	1:44:17


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MAG GRENNAN

START NUMBER

171

OVERALL RESULT

154

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:22
Ridge Run	13km	1:09:31
Beach Run	5km	26:22
La Vuelta de Tinajo	21km	1:46:32


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MIRIAM ASVARISCH

START NUMBER

133

OVERALL RESULT

155

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:58
Ridge Run	13km	1:09:52
Beach Run	5km	25:41
La Vuelta de Tinajo	21km	1:47:49


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JENNIFER BROCKSOPP

START NUMBER

206

OVERALL RESULT

156

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:51
Ridge Run	13km	1:11:40
Beach Run	5km	27:05
La Vuelta de Tinajo	21km	1:43:59


Race Director



DIPLOMA

**Lanzarote International
Running Challenge**

25TH - 28TH NOVEMBER 2019

FINISHER

MARTINA NOLAN-JONES

START NUMBER

239

OVERALL RESULT

157

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:56
Ridge Run	13km	1:12:42
Beach Run	5km	26:24
La Vuelta de Tinajo	21km	1:44:03


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ELAINE KENNEDY

START NUMBER

327

OVERALL RESULT

158

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:09
Ridge Run	13km	1:11:22
Beach Run	5km	25:07
La Vuelta de Tinajo	21km	1:48:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

STUART MANN

START NUMBER

420

OVERALL RESULT

159

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:17
Ridge Run	13km	1:11:48
Beach Run	5km	26:18
La Vuelta de Tinajo	21km	1:45:54


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SIMON SØRENSEN

START NUMBER

367

OVERALL RESULT

160

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:58
Ridge Run	13km	1:11:26
Beach Run	5km	29:50
La Vuelta de Tinajo	21km	1:44:13


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MITCH TIMMS

START NUMBER

61

OVERALL RESULT

161

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	50:12
Ridge Run	13km	1:09:51
Beach Run	5km	26:19
La Vuelta de Tinajo	21km	1:47:11


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JAMIE TAYLOR

START NUMBER

70

OVERALL RESULT

162

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:01
Ridge Run	13km	1:09:58
Beach Run	5km	24:38
La Vuelta de Tinajo	21km	1:48:17


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BRYAN PEARS

START NUMBER

275

OVERALL RESULT

163

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:30
Ridge Run	13km	1:14:26
Beach Run	5km	28:58
La Vuelta de Tinajo	21km	1:43:08


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HENRIETTE THOMSEN

START NUMBER

477

OVERALL RESULT

164

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:28
Ridge Run	13km	1:09:17
Beach Run	5km	26:42
La Vuelta de Tinajo	21km	1:47:01


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SEAN LYNCH

START NUMBER

468

OVERALL RESULT

165

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	54:50
Ridge Run	13km	1:07:39
Beach Run	5km	27:30
La Vuelta de Tinajo	21km	1:44:39


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PENNY WILKINS

START NUMBER

38

OVERALL RESULT

166

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:08
Ridge Run	13km	1:10:54
Beach Run	5km	27:50
La Vuelta de Tinajo	21km	1:47:19


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MARTIN BATES

START NUMBER

68

OVERALL RESULT

167

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	50:22
Ridge Run	13km	1:11:01
Beach Run	5km	25:32
La Vuelta de Tinajo	21km	1:49:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PHILIP WILSON

START NUMBER

163

OVERALL RESULT

168

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:47
Ridge Run	13km	1:11:10
Beach Run	5km	27:07
La Vuelta de Tinajo	21km	1:48:49


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

Allan Arndal

START NUMBER

532

OVERALL RESULT

169

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:39
Ridge Run	13km	1:08:44
Beach Run	5km	25:35
La Vuelta de Tinajo	21km	1:54:21


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SCOTT TOWELL

START NUMBER

308

OVERALL RESULT

170

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:10
Ridge Run	13km	1:09:16
Beach Run	5km	24:54
La Vuelta de Tinajo	21km	1:54:35


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GRETHE NIELSEN

START NUMBER

319

OVERALL RESULT

171

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:52
Ridge Run	13km	1:12:31
Beach Run	5km	26:18
La Vuelta de Tinajo	21km	1:50:32


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PETER CHISLETT

START NUMBER

40

OVERALL RESULT

172

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	50:30
Ridge Run	13km	1:13:21
Beach Run	5km	25:53
La Vuelta de Tinajo	21km	1:48:52


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ERLING KETELSEN

START NUMBER

147

OVERALL RESULT

173

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:24
Ridge Run	13km	1:11:55
Beach Run	5km	25:41
La Vuelta de Tinajo	21km	1:51:59


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LESLEY MAINWARING

START NUMBER

241

OVERALL RESULT

174

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	52:20
Ridge Run	13km	1:12:13
Beach Run	5km	26:59
La Vuelta de Tinajo	21km	1:48:05


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SOFIE HANSEN

START NUMBER

460

OVERALL RESULT

175

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:46
Ridge Run	13km	1:11:57
Beach Run	5km	26:44
La Vuelta de Tinajo	21km	1:51:41


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ADRIAN LANIGAN

START NUMBER

198

OVERALL RESULT

176

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	50:27
Ridge Run	13km	1:10:59
Beach Run	5km	26:39
La Vuelta de Tinajo	21km	1:52:16


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JOHN HANSEN

START NUMBER

323

OVERALL RESULT

177

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:55
Ridge Run	13km	1:12:02
Beach Run	5km	26:26
La Vuelta de Tinajo	21km	1:50:06


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

OLE KOFOD

START NUMBER

143

OVERALL RESULT

178

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:33
Ridge Run	13km	1:13:03
Beach Run	5km	25:58
La Vuelta de Tinajo	21km	1:52:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JAMES GLENNIE

START NUMBER

312

OVERALL RESULT

179

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:48
Ridge Run	13km	1:13:37
Beach Run	5km	28:23
La Vuelta de Tinajo	21km	1:50:15


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

Steve Williams

START NUMBER

524

OVERALL RESULT

180

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:08
Ridge Run	13km	1:12:38
Beach Run	5km	27:11
La Vuelta de Tinajo	21km	1:52:18


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MORVEN GLENNIE

START NUMBER

342

OVERALL RESULT

181

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:42
Ridge Run	13km	1:13:49
Beach Run	5km	27:18
La Vuelta de Tinajo	21km	1:48:28


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

IB LARSEN

START NUMBER

331

OVERALL RESULT

182

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:59
Ridge Run	13km	1:13:02
Beach Run	5km	26:43
La Vuelta de Tinajo	21km	1:49:40


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LISA GRANTHAM

START NUMBER

54

OVERALL RESULT

183

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	50:27
Ridge Run	13km	1:14:14
Beach Run	5km	26:23
La Vuelta de Tinajo	21km	1:51:13


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LYNN CHISLETT

START NUMBER

39

OVERALL RESULT

184

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	50:29
Ridge Run	13km	1:13:55
Beach Run	5km	27:12
La Vuelta de Tinajo	21km	1:50:48


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

STEVE COLBOURNE

START NUMBER

295

OVERALL RESULT

185

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	49:43
Ridge Run	13km	1:19:58
Beach Run	5km	25:54
La Vuelta de Tinajo	21km	1:47:10


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANNETTE BRASEN

START NUMBER

419

OVERALL RESULT

186

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:02
Ridge Run	13km	1:13:40
Beach Run	5km	27:21
La Vuelta de Tinajo	21km	1:51:48


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

Andrew Baker

START NUMBER

530

OVERALL RESULT

187

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	47:20
Ridge Run	13km	1:08:21
Beach Run	5km	26:24
La Vuelta de Tinajo	21km	2:01:51


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DAVID CULLINANE

START NUMBER

301

OVERALL RESULT

188

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	48:54
Ridge Run	13km	1:13:48
Beach Run	5km	28:55
La Vuelta de Tinajo	21km	1:52:21


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KEITH BROWN

START NUMBER

75

OVERALL RESULT

189

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	50:04
Ridge Run	13km	1:14:52
Beach Run	5km	27:10
La Vuelta de Tinajo	21km	1:52:12


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GREG CAMERON

START NUMBER

257

OVERALL RESULT

190

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	56:57
Ridge Run	13km	1:11:17
Beach Run	5km	27:49
La Vuelta de Tinajo	21km	1:48:34


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MARIE HOCKLEY

START NUMBER

69

OVERALL RESULT

191

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:41
Ridge Run	13km	1:16:21
Beach Run	5km	27:06
La Vuelta de Tinajo	21km	1:49:32


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

FIONA MCLEISH

START NUMBER

355

OVERALL RESULT

192

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:57
Ridge Run	13km	1:15:16
Beach Run	5km	27:05
La Vuelta de Tinajo	21km	1:51:23


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CRAIG PEARS

START NUMBER

164

OVERALL RESULT

193

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:22
Ridge Run	13km	1:16:01
Beach Run	5km	27:54
La Vuelta de Tinajo	21km	1:50:26


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CRAIG SPENCER

START NUMBER

172

OVERALL RESULT

194

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:25
Ridge Run	13km	1:12:59
Beach Run	5km	28:44
La Vuelta de Tinajo	21km	1:52:44


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CHRIS LARGE

START NUMBER

344

OVERALL RESULT

195

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	54:57
Ridge Run	13km	1:13:57
Beach Run	5km	26:30
La Vuelta de Tinajo	21km	1:50:34


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MAJA JESSICA PEDERSEN

START NUMBER

461

OVERALL RESULT

196

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	55:07
Ridge Run	13km	1:14:19
Beach Run	5km	26:30
La Vuelta de Tinajo	21km	1:50:17


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANDY KILBY

START NUMBER

60

OVERALL RESULT

197

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	52:07
Ridge Run	13km	1:14:45
Beach Run	5km	27:58
La Vuelta de Tinajo	21km	1:51:31


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ELISABETH LINDE NIELSEN

START NUMBER

379

OVERALL RESULT

198

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	52:55
Ridge Run	13km	1:14:56
Beach Run	5km	28:09
La Vuelta de Tinajo	21km	1:51:00


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

WILLIAM GROOM

START NUMBER

421

OVERALL RESULT

199

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	54:35
Ridge Run	13km	1:15:30
Beach Run	5km	27:19
La Vuelta de Tinajo	21km	1:51:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

Ruth Rogerson

START NUMBER

526

OVERALL RESULT

200

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	53:30
Ridge Run	13km	1:22:28
Beach Run	5km	32:02
La Vuelta de Tinajo	21km	1:41:07


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PAUL KENNEDY

START NUMBER

153

OVERALL RESULT

201

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	52:35
Ridge Run	13km	1:16:24
Beach Run	5km	27:19
La Vuelta de Tinajo	21km	1:54:53


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HELENA NEWMAN

START NUMBER

506

OVERALL RESULT

202

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:54
Ridge Run	13km	1:15:47
Beach Run	5km	28:23
La Vuelta de Tinajo	21km	1:56:59


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JOACHIM VAN DER WORP

START NUMBER

232

OVERALL RESULT

203

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	53:35
Ridge Run	13km	1:16:10
Beach Run	5km	29:14
La Vuelta de Tinajo	21km	1:54:16


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DIARMUID CULLINANE

START NUMBER

41

OVERALL RESULT

204

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	54:32
Ridge Run	13km	1:14:46
Beach Run	5km	28:01
La Vuelta de Tinajo	21km	1:56:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

THERESA SHOLL

START NUMBER

91

OVERALL RESULT

205

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	55:24
Ridge Run	13km	1:15:42
Beach Run	5km	28:45
La Vuelta de Tinajo	21km	1:54:29


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

FIONA PECK

START NUMBER

107

OVERALL RESULT

206

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	53:01
Ridge Run	13km	1:15:38
Beach Run	5km	29:58
La Vuelta de Tinajo	21km	1:55:44


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PIET ADMIRAAL

START NUMBER

238

OVERALL RESULT

207

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	54:28
Ridge Run	13km	1:14:58
Beach Run	5km	27:15
La Vuelta de Tinajo	21km	1:57:41


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DORTHE CHRISTENSEN

START NUMBER

442

OVERALL RESULT

208

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	53:33
Ridge Run	13km	1:16:39
Beach Run	5km	28:04
La Vuelta de Tinajo	21km	1:56:27


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

VICTORIA BREWIN

START NUMBER

63

OVERALL RESULT

209

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	52:32
Ridge Run	13km	1:15:32
Beach Run	5km	29:34
La Vuelta de Tinajo	21km	1:57:21


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

RAYMOND HERWARTS

START NUMBER

230

OVERALL RESULT

210

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	56:31
Ridge Run	13km	1:16:51
Beach Run	5km	26:28
La Vuelta de Tinajo	21km	1:55:34


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MAJA NYHOLM

START NUMBER

458

OVERALL RESULT

211

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	52:34
Ridge Run	13km	1:13:29
Beach Run	5km	30:13
La Vuelta de Tinajo	21km	2:00:32


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HENRIK SAABYE

START NUMBER

142

OVERALL RESULT

212

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	52:52
Ridge Run	13km	1:15:08
Beach Run	5km	25:29
La Vuelta de Tinajo	21km	2:04:30


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CATHERINE NETTLETON

START NUMBER

168

OVERALL RESULT

213

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	53:04
Ridge Run	13km	1:19:41
Beach Run	5km	28:58
La Vuelta de Tinajo	21km	1:56:17


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ALAN MCENTEE

START NUMBER

465

OVERALL RESULT

214

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	52:53
Ridge Run	13km	1:21:19
Beach Run	5km	27:17
La Vuelta de Tinajo	21km	1:57:00


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GED BOULTON

START NUMBER

181

OVERALL RESULT

215

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	54:56
Ridge Run	13km	1:16:08
Beach Run	5km	29:21
La Vuelta de Tinajo	21km	1:59:06


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

TERRY JONES

START NUMBER

493

OVERALL RESULT

216

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	55:07
Ridge Run	13km	1:17:32
Beach Run	5km	28:51
La Vuelta de Tinajo	21km	1:58:48


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LINE REVSBECK

START NUMBER

146

OVERALL RESULT

217

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	52:52
Ridge Run	13km	1:17:28
Beach Run	5km	28:17
La Vuelta de Tinajo	21km	2:01:48


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ERIK BRINKS

START NUMBER

211

OVERALL RESULT

218

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	55:05
Ridge Run	13km	1:19:31
Beach Run	5km	28:34
La Vuelta de Tinajo	21km	1:57:31


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

OLE JESSEN

START NUMBER

408

OVERALL RESULT

219

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	55:19
Ridge Run	13km	1:17:46
Beach Run	5km	29:39
La Vuelta de Tinajo	21km	1:59:02


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANNE SWEENEY

START NUMBER

482

OVERALL RESULT

220

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	53:20
Ridge Run	13km	1:17:41
Beach Run	5km	31:09
La Vuelta de Tinajo	21km	1:59:50


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JOHN REASON

START NUMBER

110

OVERALL RESULT

221

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	55:34
Ridge Run	13km	1:17:35
Beach Run	5km	29:07
La Vuelta de Tinajo	21km	2:00:26


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PHILIPPE WEREY

START NUMBER

78

OVERALL RESULT

222

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	54:36
Ridge Run	13km	1:16:21
Beach Run	5km	30:09
La Vuelta de Tinajo	21km	2:01:56


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

TISH LOUGHREY

START NUMBER

46

OVERALL RESULT

223

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	54:25
Ridge Run	13km	1:17:11
Beach Run	5km	29:53
La Vuelta de Tinajo	21km	2:01:51


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JULIE TIDESWELL

START NUMBER

277

OVERALL RESULT

224

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	57:06
Ridge Run	13km	1:17:19
Beach Run	5km	28:34
La Vuelta de Tinajo	21km	2:00:20


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ELISABETH SMART

START NUMBER

236

OVERALL RESULT

225

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	53:45
Ridge Run	13km	1:19:39
Beach Run	5km	29:42
La Vuelta de Tinajo	21km	2:00:43


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CHARLOTTE LEBEAU

START NUMBER

177

OVERALL RESULT

226

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	55:42
Ridge Run	13km	1:19:55
Beach Run	5km	31:01
La Vuelta de Tinajo	21km	1:58:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HELEN VAN DER VOORN

START NUMBER

268

OVERALL RESULT

227

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	58:31
Ridge Run	13km	1:19:18
Beach Run	5km	31:27
La Vuelta de Tinajo	21km	1:56:15


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LAILA LYDERSEN RAGNHOF

START NUMBER

102

OVERALL RESULT

228

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	57:16
Ridge Run	13km	1:16:55
Beach Run	5km	30:29
La Vuelta de Tinajo	21km	2:01:26


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KAREN TIMOTHY

START NUMBER

298

OVERALL RESULT

229

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	54:43
Ridge Run	13km	1:20:16
Beach Run	5km	30:06
La Vuelta de Tinajo	21km	2:01:04


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

REGINA BYRNE

START NUMBER

256

OVERALL RESULT

230

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	56:03
Ridge Run	13km	1:21:20
Beach Run	5km	30:29
La Vuelta de Tinajo	21km	1:59:23


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DEREK CRANE

START NUMBER

58

OVERALL RESULT

231

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	53:49
Ridge Run	13km	1:17:02
Beach Run	5km	29:00
La Vuelta de Tinajo	21km	2:07:45


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANDREW KYDD

START NUMBER

71

OVERALL RESULT

232

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	53:53
Ridge Run	13km	1:16:59
Beach Run	5km	28:40
La Vuelta de Tinajo	21km	2:09:12


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PREBEN NISSEN

START NUMBER

377

OVERALL RESULT

233

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	55:15
Ridge Run	13km	1:15:35
Beach Run	5km	27:08
La Vuelta de Tinajo	21km	2:12:21


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CHRISTOPHER YOUNG

START NUMBER

42

OVERALL RESULT

234

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	57:59
Ridge Run	13km	1:20:41
Beach Run	5km	31:01
La Vuelta de Tinajo	21km	2:03:15


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

RACHAEL ALLEN

START NUMBER

170

OVERALL RESULT

235

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	57:08
Ridge Run	13km	1:20:37
Beach Run	5km	30:52
La Vuelta de Tinajo	21km	2:06:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PETER WORTHINGTON

START NUMBER

55

OVERALL RESULT

236

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	56:49
Ridge Run	13km	1:20:45
Beach Run	5km	28:53
La Vuelta de Tinajo	21km	2:09:20


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANETTE HEIMBS

START NUMBER

349

OVERALL RESULT

237

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	57:17
Ridge Run	13km	1:21:32
Beach Run	5km	31:21
La Vuelta de Tinajo	21km	2:05:58


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CHRISTINA RISDAHL

START NUMBER

370

OVERALL RESULT

238

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:01:27
Ridge Run	13km	1:21:24
Beach Run	5km	29:48
La Vuelta de Tinajo	21km	2:03:40


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KATHARINA BECKMANN

START NUMBER

368

OVERALL RESULT

239

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:01:28
Ridge Run	13km	1:21:23
Beach Run	5km	29:48
La Vuelta de Tinajo	21km	2:03:39


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JANET SHANAHAN

START NUMBER

188

OVERALL RESULT

240

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	57:40
Ridge Run	13km	1:23:14
Beach Run	5km	31:16
La Vuelta de Tinajo	21km	2:07:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GRAEME SMITH

START NUMBER

389

OVERALL RESULT

241

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	57:38
Ridge Run	13km	1:23:52
Beach Run	5km	29:23
La Vuelta de Tinajo	21km	2:09:27


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ALAN MCCORMACK

START NUMBER

233

OVERALL RESULT

242

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	55:49
Ridge Run	13km	1:19:21
Beach Run	5km	28:41
La Vuelta de Tinajo	21km	2:16:33


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

EVA BOERBOOM-SCHUURMANS

START NUMBER

128

OVERALL RESULT

243

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	58:57
Ridge Run	13km	1:24:02
Beach Run	5km	33:18
La Vuelta de Tinajo	21km	2:04:45


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANNA JENSEN

START NUMBER

401

OVERALL RESULT

244

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	57:47
Ridge Run	13km	1:26:48
Beach Run	5km	31:35
La Vuelta de Tinajo	21km	2:04:59


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DARREN THOMAS

START NUMBER

489

OVERALL RESULT

245

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	58:17
Ridge Run	13km	1:23:41
Beach Run	5km	31:34
La Vuelta de Tinajo	21km	2:08:19


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BENTE CHRISTIANSEN

START NUMBER

251

OVERALL RESULT

246

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	56:23
Ridge Run	13km	1:22:46
Beach Run	5km	31:41
La Vuelta de Tinajo	21km	2:11:08


Race Director



DIPLOMA

**Lanzarote International
Running Challenge**

25TH - 28TH NOVEMBER 2019

FINISHER

Kathryn Kearney

START NUMBER

518

OVERALL RESULT

247

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	57:31
Ridge Run	13km	1:24:05
Beach Run	5km	32:52
La Vuelta de Tinajo	21km	2:07:34


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PREBEN NIELSEN

START NUMBER

371

OVERALL RESULT

248

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	58:59
Ridge Run	13km	1:22:58
Beach Run	5km	30:07
La Vuelta de Tinajo	21km	2:10:56


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

AILEEN MELODY

START NUMBER

400

OVERALL RESULT

249

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	58:22
Ridge Run	13km	1:22:58
Beach Run	5km	31:25
La Vuelta de Tinajo	21km	2:10:16


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SYLVIA KREUGEL

START NUMBER

86

OVERALL RESULT

250

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	58:42
Ridge Run	13km	1:22:08
Beach Run	5km	31:27
La Vuelta de Tinajo	21km	2:10:51


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JACKIE TIMMS

START NUMBER

62

OVERALL RESULT

251

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	56:49
Ridge Run	13km	1:24:06
Beach Run	5km	33:04
La Vuelta de Tinajo	21km	2:09:10


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ERIK ZACHO

START NUMBER

179

OVERALL RESULT

252

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	59:44
Ridge Run	13km	1:24:06
Beach Run	5km	32:59
La Vuelta de Tinajo	21km	2:08:50


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ERNA KOEKOEK

START NUMBER

225

OVERALL RESULT

253

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	59:14
Ridge Run	13km	1:25:48
Beach Run	5km	30:34
La Vuelta de Tinajo	21km	2:10:51


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ROBERT MASSEY

START NUMBER

393

OVERALL RESULT

254

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	59:51
Ridge Run	13km	1:25:21
Beach Run	5km	31:00
La Vuelta de Tinajo	21km	2:10:20


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

RAY WILLIAMS

START NUMBER

149

OVERALL RESULT

255

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	51:32
Ridge Run	13km	1:17:25
Beach Run	5km	32:15
La Vuelta de Tinajo	21km	2:26:36


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

NIGEL THOMAS

START NUMBER

490

OVERALL RESULT

256

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:02:23
Ridge Run	13km	1:27:53
Beach Run	5km	33:28
La Vuelta de Tinajo	21km	2:05:46


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANNETTE GUTEMANN

START NUMBER

126

OVERALL RESULT

257

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	59:18
Ridge Run	13km	1:25:12
Beach Run	5km	32:47
La Vuelta de Tinajo	21km	2:12:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MAGDA-LENE NIELSEN

START NUMBER

260

OVERALL RESULT

258

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:00:28
Ridge Run	13km	1:26:50
Beach Run	5km	31:46
La Vuelta de Tinajo	21km	2:11:09


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

NINA JETTE PEDERSEN

START NUMBER

245

OVERALL RESULT

259

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:02:20
Ridge Run	13km	1:28:18
Beach Run	5km	32:07
La Vuelta de Tinajo	21km	2:09:03


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ALISON BERRY

START NUMBER

93

OVERALL RESULT

260

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:00:37
Ridge Run	13km	1:29:53
Beach Run	5km	34:45
La Vuelta de Tinajo	21km	2:07:38


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CATH WORTHINGTON

START NUMBER

73

OVERALL RESULT

261

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:01:16
Ridge Run	13km	1:28:34
Beach Run	5km	32:19
La Vuelta de Tinajo	21km	2:12:23


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANDERS MATHIASSEN

START NUMBER

210

OVERALL RESULT

262

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:00:17
Ridge Run	13km	1:26:48
Beach Run	5km	32:30
La Vuelta de Tinajo	21km	2:15:08


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JOHN CRUUSBERG

START NUMBER

296

OVERALL RESULT

263

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:00:47
Ridge Run	13km	1:29:23
Beach Run	5km	31:18
La Vuelta de Tinajo	21km	2:13:57


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

JOSIE LALOR

START NUMBER

403

OVERALL RESULT

264

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:03:08
Ridge Run	13km	1:26:21
Beach Run	5km	35:38
La Vuelta de Tinajo	21km	2:10:25


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KARSTEN GROOSS

START NUMBER

152

OVERALL RESULT

265

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	59:21
Ridge Run	13km	1:25:41
Beach Run	5km	30:15
La Vuelta de Tinajo	21km	2:20:56


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANNE MARIE MCNAMARA

START NUMBER

372

OVERALL RESULT

266

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	58:38
Ridge Run	13km	1:31:31
Beach Run	5km	34:15
La Vuelta de Tinajo	21km	2:14:26


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

ANNE MARIE LINDSTRØM

START NUMBER

154

OVERALL RESULT

267

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:02:29
Ridge Run	13km	1:29:31
Beach Run	5km	35:42
La Vuelta de Tinajo	21km	2:13:57


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

DEBORAH LONGMATE

START NUMBER

157

OVERALL RESULT

268

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:00:46
Ridge Run	13km	1:25:18
Beach Run	5km	31:44
La Vuelta de Tinajo	21km	2:26:21


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

WAYNE AYLOTT

START NUMBER

140

OVERALL RESULT

269

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:03:39
Ridge Run	13km	1:27:51
Beach Run	5km	33:24
La Vuelta de Tinajo	21km	2:20:22


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

NANCY REY

START NUMBER

84

OVERALL RESULT

270

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:02:47
Ridge Run	13km	1:32:27
Beach Run	5km	34:31
La Vuelta de Tinajo	21km	2:19:17


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

NICOLA GROOM

START NUMBER

422

OVERALL RESULT

271

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	56:42
Ridge Run	13km	1:29:32
Beach Run	5km	37:25
La Vuelta de Tinajo	21km	2:27:49


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

EMMA Boulton

START NUMBER

137

OVERALL RESULT

272

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:03:41
Ridge Run	13km	1:28:43
Beach Run	5km	36:36
La Vuelta de Tinajo	21km	2:22:53


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BERNARD SINGLETON

START NUMBER

32

OVERALL RESULT

273

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:05:54
Ridge Run	13km	1:32:17
Beach Run	5km	34:50
La Vuelta de Tinajo	21km	2:20:45


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KAREN ROBERTS

START NUMBER

446

OVERALL RESULT

274

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:04:16
Ridge Run	13km	1:33:17
Beach Run	5km	38:12
La Vuelta de Tinajo	21km	2:27:49


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

MAY ANDERSEN

START NUMBER

383

OVERALL RESULT

275

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:03:36
Ridge Run	13km	1:32:31
Beach Run	5km	35:28
La Vuelta de Tinajo	21km	2:33:12


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PATRICIA PAFFEN

START NUMBER

30

OVERALL RESULT

276

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:06:19
Ridge Run	13km	1:33:51
Beach Run	5km	35:40
La Vuelta de Tinajo	21km	2:29:54


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

OLA ALARA

START NUMBER

36

OVERALL RESULT

277

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:08:25
Ridge Run	13km	1:36:34
Beach Run	5km	37:52
La Vuelta de Tinajo	21km	2:23:24


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

Susanne BRUNDRETT

START NUMBER

436

OVERALL RESULT

278

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:08:41
Ridge Run	13km	1:36:12
Beach Run	5km	36:15
La Vuelta de Tinajo	21km	2:26:21


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KLAUS-JØRGEN NIELSEN

START NUMBER

174

OVERALL RESULT

279

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:08:40
Ridge Run	13km	1:39:16
Beach Run	5km	36:31
La Vuelta de Tinajo	21km	2:25:52


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

KENNETH JOHANSEN

START NUMBER

341

OVERALL RESULT

280

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:07:44
Ridge Run	13km	1:36:31
Beach Run	5km	36:18
La Vuelta de Tinajo	21km	2:30:23


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PIA JENSEN

START NUMBER

336

OVERALL RESULT

281

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:08:30
Ridge Run	13km	1:36:45
Beach Run	5km	37:35
La Vuelta de Tinajo	21km	2:30:28


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

Joan Kramer

START NUMBER

535

OVERALL RESULT

282

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:05:51
Ridge Run	13km	1:39:23
Beach Run	5km	35:18
La Vuelta de Tinajo	21km	2:33:12


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HANNE CLARK

START NUMBER

262

OVERALL RESULT

283

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:07:30
Ridge Run	13km	1:39:24
Beach Run	5km	35:37
La Vuelta de Tinajo	21km	2:33:12


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HANNE SONNE RIIS

START NUMBER

88

OVERALL RESULT

284

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:09:31
Ridge Run	13km	1:42:18
Beach Run	5km	37:06
La Vuelta de Tinajo	21km	2:28:15


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

CAROLINE ORRELLS

START NUMBER

129

OVERALL RESULT

285

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:10:10
Ridge Run	13km	1:37:31
Beach Run	5km	36:18
La Vuelta de Tinajo	21km	2:35:10


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

HOLLY COOPER

START NUMBER

433

OVERALL RESULT

286

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:12:17
Ridge Run	13km	1:42:52
Beach Run	5km	43:05
La Vuelta de Tinajo	21km	2:25:02


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

LORRAINE HOLLOWAY-MCLEAN

START NUMBER

98

OVERALL RESULT

287

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:19:26
Ridge Run	13km	1:53:06
Beach Run	5km	46:16
La Vuelta de Tinajo	21km	2:49:50


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

GILLIAN HOLMES

START NUMBER

305

OVERALL RESULT

288

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:17:00
Ridge Run	13km	1:54:14
Beach Run	5km	41:55
La Vuelta de Tinajo	21km	3:00:49


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

METTE GILDBERG NIELSEN

START NUMBER

175

OVERALL RESULT

289

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:18:43
Ridge Run	13km	1:55:51
Beach Run	5km	44:58
La Vuelta de Tinajo	21km	2:59:43


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

SOLVEI HELEN JØRGENSEN

START NUMBER

74

OVERALL RESULT

290

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:23:17
Ridge Run	13km	2:04:24
Beach Run	5km	43:54
La Vuelta de Tinajo	21km	2:54:14


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

PETER NORMAN

START NUMBER

57

OVERALL RESULT

291

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:19:52
Ridge Run	13km	1:53:35
Beach Run	5km	40:09
La Vuelta de Tinajo	21km	3:21:49


Race Director



DIPLOMA

Lanzarote International Running Challenge

25TH - 28TH NOVEMBER 2019

FINISHER

BURTI MONTAGU-LEON

START NUMBER

97

OVERALL RESULT

292

Race Name	Distance	Time
Vince Regan Memorial Classic Road Run	10km	1:27:44
Ridge Run	13km	1:57:32
Beach Run	5km	45:29
La Vuelta de Tinajo	21km	3:06:46


Race Director

