

Pl	Stno	Name	Club	Pts	Time
M 17/39 (10) 720:00 min 1 C 1 Pts					
1	290	Aaron Jones		1	46:32
		101(1) F			
		18:23 46:32			
		18:23 28:09			
2	318	William Brook		1	53:16
		101(1) F			
		21:58 53:16			
		21:58 31:18			
3	240	James Hogg		1	53:37
		101(1) F			
		20:33 53:37			
		20:33 33:04			
4	331	Kevin Edwards		1	57:39
		101(1) F			
		22:40 57:39			
		22:40 34:59			
5	287	Felix Griffin		1	59:51
		101(1) F			
		25:43 59:51			
		25:43 34:08			
6	347	Adam Nelson		1	1:04:59
		101(1) F			
		27:50 1:04:59			
		27:50 37:09			
7	286	David Gosling		1	1:06:58
		101(1) F			
		27:09 1:06:58			
		27:09 39:49			
8	292	John Levesconte		1	1:08:33
		101(1) F			
		28:23 1:08:33			
		28:23 40:10			
9	234	Martin Gleadow		1	1:11:27
		101(1) F			
		28:46 1:11:27			
		28:46 42:41			
10	326	David Cox		1	1:24:45
		101(1) F			
		31:36 1:24:45			
		31:36 53:09			
MV 40/49 (17) 720:00 min 1 C 1 Pts					
1	329	Conor Donnelly		1	53:19
		101(1) F			
		21:34 53:19			
		21:34 31:45			
2	222	Eddie Alder		1	58:11
		101(1) F			
		21:54 58:11			
		21:54 36:17			
3	301	Brian Shepherd		1	59:50
		101(1) F			
		23:07 59:50			
		23:07 36:43			
4	344	Paul Longbottom		1	1:03:07
		101(1) F			
		25:13 1:03:07			
		25:13 37:54			
5	260	Matt Surgey		1	1:03:48
		101(1) F			
		24:08 1:03:48			
		24:08 39:40			
6	242	Mark Howells		1	1:04:12
		101(1) F			
		25:22 1:04:12			
		25:22 38:50			
7	282	Gavin Fisk		1	1:04:48
		101(1) F			
		25:19 1:04:48			
		25:19 39:29			
8	303	Daniel St Martin		1	1:06:11
		101(1) F			
		26:21 1:06:11			
		26:21 39:50			
9	355	Mike Woodcock		1	1:07:54
		101(1) F			
		26:54 1:07:54			
		26:54 41:00			
10	267	David Wiley		1	1:08:59
		101(1) F			
		25:54 1:08:59			
		25:54 43:05			
11	261	James Swift		1	1:09:03
		101(1) F			
		26:58 1:09:03			
		26:58 42:05			
12	247	Geraint Lee		1	1:11:45
		101(1) F			
		26:43 1:11:45			
		26:43 45:02			

13	258 Lee Smith	101(1) F	28:07 1:13:05			1	1:13:05
			28:07 44:58				
14	354 Matthew Winslow	101(1) F	28:08 1:13:30			1	1:13:30
			28:08 45:22				
15	304 Mark Stirling	101(1) F	27:04 1:14:23			1	1:14:23
			27:04 47:19				
16	230 Phil Dabbs	101(1) F	28:09 1:14:40			1	1:14:40
			28:09 46:31				
17	283 David Foulkes	101(1) F	30:51 1:20:34			1	1:20:34
			30:51 49:43				

MV 50+ (7) 720:00 min 1 C 1 Pts

1	356 Rob Dixon	101(1) F	21:12 55:15			1	55:15
			21:12 34:03				
2	238 Chris Hayton	101(1) F	26:56 1:07:57			1	1:07:57
			26:56 41:01				
3	269 Duncan Young	101(1) F	28:55 1:10:09			1	1:10:09
			28:55 41:14				
4	254 Andrew Pallier	101(1) F	29:26 1:16:10			1	1:16:10
			29:26 46:44				
5	313 Michael Bamber	101(1) F	29:01 1:17:32			1	1:17:32
			29:01 48:31				
6	324 Patrick Civil	101(1) F	29:30 1:20:17			1	1:20:17
			29:30 50:47				
7	262 Mark Tarrant	101(1) F	44:18 1:54:46			1	1:54:46
			44:18 1:10:28				

L 17/39 (21) 720:00 min 1 C 1 Pts

1	332 Helen Flint	101(1) F	23:52 1:02:59			1	1:02:59
			23:52 39:07				
2	327 Helen Darby-Dowman	101(1) F	23:59 1:03:01			1	1:03:01
			23:59 39:02				
3	330 Elva Donnelly	101(1) F	25:30 1:03:47			1	1:03:47
			25:30 38:17				
4	235 Kerry Govier	101(1) F	25:28 1:05:36			1	1:05:36
			25:28 40:08				
5	281 Amy Elphick	101(1) F	26:06 1:05:51			1	1:05:51
			26:06 39:45				
6	307 Lorraine Sweeney	101(1) F	27:01 1:08:44			1	1:08:44
			27:01 41:43				
7	223 Liz Allen	101(1) F	28:47 1:11:55			1	1:11:55
			28:47 43:08				
8	348 Clair Nelson	101(1) F	27:56 1:14:07			1	1:14:07
			27:56 46:11				
9	255 Sophie Pallier	101(1) F	29:30 1:16:13			1	1:16:13
			29:30 46:43				
10	224 Alicia Bellshaw	101(1) F	29:56 1:16:23			1	1:16:23
			29:56 46:27				
11	265 Amanda Whatmough	101(1) F	30:08 1:16:27			1	1:16:27
			30:08 46:19				
12	289 Gemma Jackson	101(1) F				1	1:17:47

		30:32	1:17:47		
		30:32	47:15		
13	236 Erica Harrison			1	1:20:30
		101(1)	F		
		30:47	1:20:30		
		30:47	49:43		
14	294 Ruth Martin			1	1:21:14
		101(1)	F		
		32:36	1:21:14		
		32:36	48:38		
15	273 Lucy Berry			1	1:24:27
		101(1)	F		
		31:49	1:24:27		
		31:49	52:38		
16	346 Lisa Manuel			1	1:24:42
		101(1)	F		
		31:35	1:24:42		
		31:35	53:07		
17	336 Claire Hadway			1	1:25:34
		101(1)	F		
		32:29	1:25:34		
		32:29	53:05		
18	310 Justine Allerton			1	1:25:37
		101(1)	F		
		32:36	1:25:37		
		32:36	53:01		
19	352 Sarah Walker			1	1:34:16
		101(1)	F		
		34:58	1:34:16		
		34:58	59:18		
20	225 Jess Breider			1	1:35:21
		101(1)	F		
		35:48	1:35:21		
		35:48	59:33		
21	256 Latia Renshaw			1	1:36:23
		101(1)	F		
		36:01	1:36:23		
		36:01	1:00:22		

LV 40/49 (29) 720:00 min 1 C 1 Pts

1	285 Hayley Gill			1	51:18
		101(1)	F		
		19:57	51:18		
		19:57	31:21		
2	305 Janine Stones			1	52:42
		101(1)	F		
		20:29	52:42		
		20:29	32:13		
3	306 Helen Storey			1	55:45
		101(1)	F		
		22:14	55:45		
		22:14	33:31		
4	243 Holly Jones			1	58:51
		101(1)	F		
		23:54	58:51		
		23:54	34:57		
5	250 Nicola Lomas			1	1:00:50
		101(1)	F		
		23:50	1:00:50		
		23:50	37:00		
6	249 Hayley Livesey			1	1:02:58
		101(1)	F		
		20:01	1:02:58		
		20:01	42:57		
7	337 Claire Hart-Oakes			1	1:04:14
		101(1)	F		
		25:27	1:04:14		
		25:27	38:47		
8	274 Fiona Bowyer			1	1:04:15
		101(1)	F		
		25:13	1:04:15		
		25:13	39:02		
9	299 Stephanie Rebello			1	1:04:51
		101(1)	F		
		25:20	1:04:51		
		25:20	39:31		
10	246 Silke Kreiger-Ford			1	1:05:11
		101(1)	F		
		25:41	1:05:11		
		25:41	39:30		
11	232 Louise Dunsdon			1	1:05:21
		101(1)	F		
		26:05	1:05:21		
		26:05	39:16		
12	334 Sally Grainger			1	1:07:58
		101(1)	F		
		27:38	1:07:58		
		27:38	40:20		
13	300 Carol Rushworth			1	1:11:20
		101(1)	F		
		27:08	1:11:20		
		27:08	44:12		
14	315 Sallyann Bingham			1	1:11:21
		101(1)	F		
		28:03	1:11:21		
		28:03	43:18		
15	228 Karen Chalmers			1	1:11:27
		101(1)	F		
		29:50	1:11:27		
		29:50	41:37		
16	263 Amy Tipper			1	1:11:46

	101(1)	F		
	26:46	1:11:46		
	26:46	45:00		
17	345 Samantha Lord		1	1:12:10
	101(1)	F		
	27:07	1:12:10		
	27:07	45:03		
18	253 Rebecca Moon		1	1:13:06
	101(1)	F		
	27:24	1:13:06		
	27:24	45:42		
19	293 Rachel Martin		1	1:14:26
	101(1)	F		
	27:11	1:14:26		
	27:11	47:15		
20	317 Julia Brook		1	1:15:44
	101(1)	F		
	30:12	1:15:44		
	30:12	45:32		
21	257 Cathryn Rostron		1	1:16:28
	101(1)	F		
	30:03	1:16:28		
	30:03	46:25		
22	340 Linzi Jones		1	1:17:28
	101(1)	F		
	28:58	1:17:28		
	28:58	48:30		
23	296 Sarah Oxley		1	1:20:27
	101(1)	F		
	30:44	1:20:27		
	30:44	49:43		
24	284 Jane Foulkes		1	1:20:31
	101(1)	F		
	30:50	1:20:31		
	30:50	49:41		
25	295 Katie McGuire		1	1:24:29
	101(1)	F		
	31:48	1:24:29		
	31:48	52:41		
26	297 Melanie Parsons		1	1:29:27
	101(1)	F		
	32:05	1:29:27		
	32:05	57:22		
27	264 Victoria Treanor		1	1:31:17
	101(1)	F		
	30:28	1:31:17		
	30:28	1:00:49		
28	268 Sally Wilson		1	1:36:23
	101(1)	F		
	36:05	1:36:23		
	36:05	1:00:18		
29	339 Elena Jones		1	1:39:04
	101(1)	F		
	36:08	1:39:04		
	36:08	1:02:56		

LV 50+ (14)

720:00 min 1 C 1 Pts

1	288 Wendy Griffin		1	1:03:03
	101(1)	F		
	25:52	1:03:03		
	25:52	37:11		
2	239 Helen Hayton		1	1:07:55
	101(1)	F		
	27:00	1:07:55		
	27:00	40:55		
3	349 Nicola Pennill		1	1:07:56
	101(1)	F		
	26:58	1:07:56		
	26:58	40:58		
4	302 Tracy Spencer		1	1:11:24
	101(1)	F		
	27:14	1:11:24		
	27:14	44:10		
5	342 Nicola Knight		1	1:15:34
	101(1)	F		
	30:10	1:15:34		
	30:10	45:24		
6	270 Jane Bennett		1	1:18:25
	101(1)	F		
	28:53	1:18:25		
	28:53	49:32		
7	277 Jane Cooper		1	1:18:28
	101(1)	F		
	28:57	1:18:28		
	28:57	49:31		
8	231 Julie Dean		1	1:18:41
	101(1)	F		
	29:34	1:18:41		
	29:34	49:07		
9	323 Lynda Civil		1	1:20:16
	101(1)	F		
	29:30	1:20:16		
	29:30	50:46		
10	298 Cherry Pirie		1	1:20:28
	101(1)	F		
	30:50	1:20:28		
	30:50	49:38		
11	291 Denise Larrad		1	1:29:30
	101(1)	F		
	32:03	1:29:30		
	32:03	57:27		

12	335 Louise Grantham		1	1:39:08
	101(1)	F		
	36:08	1:39:08		
	36:08	1:03:00		
13	312 Diane Backler		1	1:39:18
	101(1)	F		
	36:22	1:39:18		
	36:22	1:02:56		
14	248 Sarah Lewis		1	1:54:49
	101(1)	F		
	44:24	1:54:49		
	44:24	1:10:25		