

PI Name	Age Group	Club	Time shadowing
M35/40 (8)			7.8 km 315 m 21 C
1	CM40E, Rob Lee		1:10:27
2	AM40L, Andy Dale		1:11:46
3	DM40L, Steve Watkins		1:16:48
4	DM40E, Alan Velecky		1:20:27
5	BM40E, Declan McGrellis		1:22:50
6	DM35, Neil Conway		1:23:07
7	CM35, Bob Daly		1:28:35
8	CM40L, Fraser Purves		1:46:16
M45/50 (16)			6.6 km 220 m 16 C
1	CM45L, John Musgrave		49:15
2	DM45E, Quentin Harding		49:54
3	BM45L, Colm O'Halloran		54:13
4	BM50L, Broan Corbett		54:39
5	CM45E, Dave Robertson		56:18
6	DM50E, M Billingham		56:28
7	AM50L, Mark Saunders		56:58
8	CM50E, Donald Petrie		57:29
9	BM50E, A O'Cleirigh		1:00:46
10	DM45L, Charlie Adams		1:03:23
11	CM50L, John Tullie		1:04:19
12	DM50L, J Emberton		1:05:04
13	AM50E, James Clemence		1:05:42
14	AM45E, Andy Kelly		1:14:57
15	BM45E, Dave Weston		1:17:19
16	AM45L, Niall Reynolds		1:23:42
W35/40 M55/60 (28)			5.6 km 175 m 15 C
1	CW40E, Sarah Dunn		53:17
2	CM55L, Eddie Harwood		53:29
3	DW40L, Ruth Ker		54:47
4	DM55L, Gavin Clegg		56:07
5	CM60L, David Armitage		56:24
6	DM60L, Steve Whitehead		56:32
7	CM55E, Rob Hickling		56:46
8	CW40L, Heather Hartman		58:41
9	CW35, Mary Ross		1:00:29
10	AM60L, Brian Hughes		1:00:32
11	DW35, Helen Marsden		1:00:34
12	DM60E, Mike Smithard		1:00:46
13	DM55E, Alistair Wood		1:03:05
14	AM55L, Alun Jones		1:03:49
15	AW35, Jenny Hemming		1:04:35
16	BM55L, John McCullough		1:06:37
17	CM60E, Ian Turner		1:07:27
18	BM55E, Andrew Cox		1:09:49
19	AM60E, Malcolm Campbell		1:09:54
20	DW40E, Julia Jarvis		1:09:56
21	AW40L, Sophie Brown		1:10:43
22	BM60L, Raymond Finlay		1:16:28
23	AM55E, Nigel Ferrend		1:19:14
24	AW40E, Sarah Bayliss		1:24:37
25	BM60E, N Foley-Fisher		1:35:53
26	BW40E, Eileen Young		1:53:44
27	BW40L, Am Savage		1:54:46
28	BW35, Hazel Thompson		1:59:43

PI Name	Age Group	Club	Time	shadowing	
W45/50 M65 (20)			5.2 km	155 m	13 C
1	CW45L, Hazel Dean		53:19		
2	DW50E, Vicky Thomton		53:20		
3	DW50L, Jill Libby		53:29		
4	AW50E, M Reynolds		56:38		
5	CW45E, Carolyn McLeod		57:09		
6	AW50L, Alice Bedwell		58:45		
7	CM65, Andy Tivendale		1:00:22		
8	DW45L, Lesley Ross		1:02:54		
9	CW50E, Lindsey Knox		1:02:59		
10	DW45E, Sue Skirmer		1:03:38		
11	BW45L, Heather Cairns		1:03:55		
12	AW45L, Bev Appleton		1:06:06		
13	CW50L, C Patterson		1:08:14		
14	DM65, Jim Prowting		1:11:46		
15	BW45E, Mary O'Connell		1:15:46		
16	AM65, Robert Griffiths		1:23:15		
17	BM65, Bernard Credan		1:40:39		
18	BW50E, Nadine Grant		2:09:30		
19	BW50L, Kathryn Walley		2:19:16		
	AW45E, Sally Harmer			mp	
W55/60 (16)			4.2 km	135 m	13 C
1	AW55L, Liz Campbell		44:02		
2	DW55L, Alison Simmons		52:06		
3	BW55L, Ruth Lynam		52:13		
4	AW60L, Jill Manning		56:55		
5	DW60E, Helen Gardner		57:18		
6	DW55E, Kirsty Staunton		59:59		
7	CW55L, Hilary Quick		1:00:27		
8	CW55E, Gill Berrow		1:01:04		
9	CW60L, Sheila Strain		1:01:36		
10	DW60L, Liz Godfree		1:03:05		
11	BW60L, Teresa Finlay		1:03:43		
12	CW60E, Diana Turner		1:06:04		
13	AW55E, Anne Darlington		1:07:20		
14	AW60E, Maggie Oliver		1:11:46		
15	BW60E, Ger Power		1:12:53		
16	BW55E, B Foley-Fisher		1:17:58		
W65 (3)			2.6 km	75 m	9 C
1	CW65, Eleanor Pyrah		48:10		
2	DW65, Sheila Carey		50:25		
3	BW65, Jean O'Neill		1:15:02		