

Pl	Name	Time														
M45/50 (16)		6.6 km 220 m 16 C					<i>(cont.)</i>									
		1(208) 15(202)	2(217) 16(144)	3(142) F	4(149)	5(150)	6(196)	7(151)	8(212)	9(219)	10(158)	11(156)	12(157)	13(214)	14(192)	
15	BM45E, Dave Weston	1:17:19	8:57 8:57 1:14:18 3:20	17:19 8:22 1:16:43 2:25	21:10 3:51 1:17:19 0:36	31:32 10:22	33:52 2:20	37:25 3:33	41:50 4:25	42:45 0:55	54:24 11:39	57:32 3:08	1:00:58 3:26	1:03:59 3:01	1:07:13 3:14	1:10:58 3:45
16	AM45L, Niall Reynolds	1:23:42	7:55 7:55 1:19:20 2:38	16:43 8:48 1:23:04 3:44	21:43 5:00 1:23:42 0:38	30:51 9:08	33:22 2:31	39:19 5:57	43:06 3:47	44:13 1:07	55:07 10:54	58:18 3:11	1:00:46 2:28	1:07:09 6:23	1:12:05 4:56	1:16:42 4:37
W35/40 M55/60 (28)		5.6 km 175 m 15 C														
		1(142) 15(144)	2(143) F	3(149)	4(150)	5(211)	6(152)	7(151)	8(219)	9(158)	10(156)	11(157)	12(214)	13(192)	14(216)	
1	CW40E, Sarah Dunn	53:17	4:26 4:26 52:47	9:31 5:05 53:17	16:51 7:20	19:17 2:26	21:19 2:02	22:58 1:39	24:40 1:42	34:05 9:25	37:18 3:13	39:38 2:20	42:30 2:52	45:16 2:46	48:53 3:37	51:08 2:15
2	CM55L, Eddie Harwood	53:29	1:39 4:15	0:30 8:02	15:11 7:09	17:16 2:05	19:02 1:46	20:48 1:46	23:03 2:15	33:11 10:08	36:30 3:19	38:47 2:17	42:05 3:18	45:05 3:00	49:05 4:00	51:28 2:23
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4	DM55L, Gavin Clegg	56:07	54:15 1:19	54:47 0:32	15:35 7:10	17:44 2:09	19:21 1:37	20:56 1:35	24:51 3:55	33:45 8:54	36:50 3:05	39:01 2:11	42:03 3:02	44:51 2:48	51:21 6:30	54:01 2:40
5	CM60L, David Armitage	56:24	1:35 4:50 4:50 55:55	0:31 9:18 4:28 56:24	18:19 9:01	20:33 2:14	22:36 2:03	24:19 1:43	25:45 1:26	34:35 8:50	37:52 3:17	40:18 2:26	43:07 2:49	46:03 2:56	51:56 5:53	54:18 2:22
6	DM60L, Steve Whitehead	56:32	1:37 4:23 4:23 56:02	0:29 8:27 4:04 56:32	15:09 6:42	17:16 2:07	19:11 1:55	22:04 2:53	23:36 1:32	32:41 9:05	36:11 3:30	38:45 2:34	41:32 2:47	46:06 4:34	50:17 4:11	54:13 3:56
7	CM55E, Rob Hickling	56:46	4:31 4:31 56:13	8:09 3:38 56:46	14:37 6:28	17:07 2:30	20:39 3:32	22:23 1:44	25:41 3:18	34:33 8:52	37:34 3:01	39:54 2:20	42:35 2:41	45:13 2:38	52:21 7:08	54:42 2:21
8	CW40L, Heather Hartman	58:41	1:31 5:49 5:49 58:10	0:33 10:11 4:22 58:41	19:34 9:23	23:51 4:17	25:38 1:47	27:15 1:37	29:31 2:16	38:48 9:17	42:03 3:15	44:22 2:19	46:59 2:37	49:49 2:50	54:22 4:33	56:45 2:23
9	CW35, Mary Ross	1:00:29	1:25 5:24 5:24 59:56	0:31 9:28 4:04 1:00:29	17:26 7:58	19:53 2:27	21:44 1:51	23:28 1:44	25:10 1:42	36:02 10:52	39:56 3:54	46:56 7:00	49:50 2:54	52:25 2:35	55:57 3:32	58:13 2:16
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14	AM55L, Alun Jones	1:03:49	1:42 4:59 4:59 1:03:14	0:37 9:04 4:05 1:03:49	16:36 7:32	19:12 2:36	25:25 6:13	27:28 2:03	31:36 4:08	40:23 8:47	45:00 4:37	47:24 2:24	49:47 2:23	52:51 3:04	56:41 3:50	1:01:26 4:45
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16	BM55L, John McCullough	1:06:37	1:41 5:21 5:21 1:06:05	0:32 9:45 4:24 1:06:37	18:42 8:57	22:03 3:21	24:44 2:41	26:32 1:48	29:47 3:15	40:00 10:13	43:43 3:43	46:53 3:10	49:48 2:55	53:41 3:53	1:00:13 6:32	1:04:24 4:11
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18	BM55E, Andrew Cox	1:09:49	2:21 7:43 7:43 1:09:15	0:36 12:05 4:22 1:09:49	21:47 9:42	25:42 3:55	28:25 2:43	30:24 1:59	37:30 7:06	47:07 9:37	50:52 3:45	53:28 2:36	56:23 2:55	59:09 2:46	1:02:55 3:46	1:07:30 4:35
19	AM60E, Malcolm Campbell	1:09:54	1:45 6:37 6:37 1:09:15	0:34 11:27 4:50 1:09:54	21:09 9:42	24:17 3:08	27:26 3:09	29:30 2:04	31:16 1:46	44:34 13:18	48:46 4:12	51:33 2:47	55:13 3:40	59:01 3:48	1:03:42 4:41	1:07:11 3:29

Pl	Name	Time														
W35/40 M55/60 (28)		5.6 km 175 m 15 C				<i>(cont.)</i>										
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27	BW40L, Ann Savage	1:54:46	12:06 12:06 1:53:59 2:48 0:47	19:21 7:15 1:54:46 0:47	37:36 18:15	41:33 3:57	44:44 3:11	46:55 2:11	59:03 12:08	1:12:20 13:17 4:55	1:17:15 4:36 5:44	1:21:51 4:36	1:27:35 5:44	1:33:01 5:26	1:41:43 8:42 9:28	1:51:11 9:28
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W45/50 M65 (20)		5.2 km 155 m 13 C														
		1(143)	2(208)	3(149)	4(211)	5(152)	6(132)	7(219)	8(133)	9(156)	10(213)	11(195)	12(202)	13(144)	F	
1	CW45L, Hazel Dean	53:19	5:26 5:26 4:59 4:59 9:29	10:35 5:09 12:20 7:12 9:29	18:28 7:53 19:32 7:12 16:43	22:00 3:32 23:22 3:50 20:54	23:31 1:31 25:23 2:01 22:43	30:43 7:12 32:22 6:59 30:09	33:19 2:36 35:09 2:47 32:54	35:14 1:55 37:01 1:52 35:04	39:59 4:45 44:09 4:38 40:38	43:16 3:17 44:09 2:30 43:07	48:13 4:57 50:37 4:01 48:32	51:05 2:52 50:37 2:27 50:35	52:51 1:46 52:47 2:10 52:51	53:19 0:28 53:20 0:33 53:29
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3	DW50L, Jill Libby	53:29	4:54 4:54 9:29	9:29 4:35	16:43 7:14	20:54 4:11	22:43 1:49	30:09 7:26	32:54 2:45	35:04 2:10	40:38 5:34	43:07 2:29	48:32 5:25	50:35 2:03	52:51 2:16	53:29 0:38
4	AW50E, M Reynolds	56:38	6:59 6:59 6:19 6:19 4:39	13:03 6:04 10:58 4:39	21:21 8:18 18:02 7:04 3:18	25:09 3:48 21:20 2:16 6:02	27:25 2:16 27:22 6:02 7:12	35:37 8:12 34:34 7:12 2:08	38:27 2:50 36:42 2:08 2:23	40:27 2:00 39:05 4:33 4:52	45:00 4:33 43:57 2:19 4:33	47:19 2:19 47:24 4:03	51:22 4:03 51:42 4:03	54:03 2:41 54:02 2:41	56:08 2:05 56:22 2:20	56:38 0:30 57:09 0:47
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6	AW50L, Alice Bedwell	58:45	5:14 5:14 7:05 7:05	12:19 7:05	20:55 8:36	24:53 3:58	27:18 2:25	35:35 8:17	38:32 2:57	40:55 2:10	46:21 5:26	49:09 2:48	53:32 4:23	55:53 2:21	58:12 2:19	58:45 0:33
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12	AW45L, Bev Appleton	1:06:06	5:58 5:58 5:48 9:04 3:51 2:00 7:48 3:25 2:25 7:53 2:52 9:03 2:45 2:34 0:40	11:46 5:48 9:04 3:51 2:00 7:48 3:25 2:25 7:53 2:52 9:03 2:45 2:34 0:40	20:50 9:04 3:51 2:00 7:48 3:25 2:25 7:53 2:52 9:03 2:45 2:34 0:40	24:41 3:51 2:00 7:48 3:25 2:25 7:53 2:52 9:03 2:45 2:34 0:40	26:41 2:00 7:48 3:25 2:25 7:53 2:52 9:03 2:45 2:34 0:40	34:29 7:48 3:25 2:25 7:53 2:52 9:03 2:45 2:34 0:40	37:54 3:25 2:25 7:53 2:52 9:03 2:45 2:34 0:40	40:19 2:25 7:53 2:52 9:03 2:45 2:34 0:40	48:12 7:53 2:52 9:03 2:45 2:34 0:40	51:04 2:52 9:03 2:45 2:34 0:40	1:00:07 9:03 2:45 2:34 0:40	1:02:52 2:45 2:34 0:40	1:05:26 2:34 0:40	1:06:06 0:40
13	CW50L, C Patterson	1:08:14	5:46 5:46 8:24 9:51 5:53 2:31 10:22 3:25 2:51 6:37 2:51 4:19 2:40 2:09 0:35	14:10 8:24 9:51 5:53 2:31 10:22 3:25 2:51 6:37 2:51 4:19 2:40 2:09 0:35	24:01 9:51 5:53 2:31 10:22 3:25 2:51 6:37 2:51 4:19 2:40 2:09 0:35	29:54 5:53 2:31 10:22 3:25 2:51 6:37 2:51 4:19 2:40 2:09 0:35	32:25 2:31 10:22 3:25 2:51 6:37 2:51 4:19 2:40 2:09 0:35	42:47 10:22 3:25 2:51 6:37 2:51 4:19 2:40 2:09 0:35	46:12 3:25 2:51 6:37 2:51 4:19 2:40 2:09 0:35	49:03 2:51 6:37 2:51 4:19 2:40 2:09 0:35	55:40 6:37 2:51 4:19 2:40 2:09 0:35	58:31 2:51 4:19 2:40 2:09 0:35	1:02:50 5:07 2:09 5:28 2:17 2:36 0:32	1:05:30 2:45 2:34 0:40	1:07:39 2:34 0:40	1:08:14 0:35
14	DM65, Jim Prowting	1:11:46	8:31 8:31 4:54 7:18 1:49 2:40 7:15 4:16 1:54 5:07 2:09 5:28 2:17 2:36 0:32	13:25 4:54 7:18 1:49 2:40 7:15 4:16 1:54 5:07 2:09 5:28 2:17 2:36 0:32	20:43 7:18 1:49 2:40 7:15 4:16 1:54 5:07 2:09 5:28 2:17 2:36 0:32	37:32 1:49 2:40 7:15 4:16 1:54 5:07 2:09 5:28 2:17 2:36 0:32	40:12 2:40 7:15 4:16 1:54 5:07 2:09 5:28 2:17 2:36 0:32	47:27 7:15 4:16 1:54 5:07 2:09 5:28 2:17 2:36 0:32	51:43 4:16 1:54 5:07 2:09 5:28 2:17 2:36 0:32	53:37 1:54 5:07 2:09 5:28 2:17 2:36 0:32	58:44 5:07 2:09 5:28 2:17 2:36 0:32	1:00:53 2:09 5:28 2:17 2:36 0:32	1:06:21 5:28 2:17 2:36 0:32	1:08:38 2:17		

Pl	Name	Time														F
W55/60 (16)		4.2 km 135 m 13 C			<i>(cont.)</i>											
		1(150)	2(211)	3(151)	4(152)	5(132)	6(133)	7(153)	8(158)	9(140)	10(213)	11(194)	12(216)	13(144)		
4	AW60L, Jill Manning	56:55	9:45	13:06	15:34	17:56	27:08	31:28	34:41	39:05	42:04	44:49	50:32	54:05	56:18	56:55
			9:45	3:21	2:28	2:22	9:12	4:20	3:13	4:24	2:59	2:45	5:43	3:33	2:13	0:37
5	DW60E, Helen Gardner	57:18	9:19	11:57	15:15	17:38	26:45	30:25	34:04	39:05	41:53	45:36	50:49	54:36	56:37	57:18
			9:19	2:38	3:18	2:23	9:07	3:40	3:39	5:01	2:48	3:43	5:13	3:47	2:01	0:41
6	DW55E, Kirsty Staunton	59:59	11:29	13:43	16:37	18:42	26:35	30:34	38:18	42:28	45:28	48:53	53:31	57:06	59:24	59:59
			11:29	2:14	2:54	2:05	7:53	3:59	7:44	4:10	3:00	3:25	4:38	3:35	2:18	0:35
7	CW55L, Hilary Quick	1:00:27	8:27	11:28	14:55	16:38	24:46	28:02	30:49	35:03	37:33	40:21	43:49	57:35	59:46	1:00:27
			8:27	3:01	3:27	1:43	8:08	3:16	2:47	4:14	2:30	2:48	3:28	13:46	2:11	0:41
8	CW55E, Gill Berrow	1:01:04	8:29	10:57	13:29	15:30	23:42	26:46	30:53	42:40	45:06	48:08	53:14	58:13	1:00:32	1:01:04
			8:29	2:28	2:32	2:01	8:12	3:04	4:07	11:47	2:26	3:02	5:06	4:59	2:19	0:32
9	CW60L, Sheila Strain	1:01:36	9:28	12:15	15:26	17:50	27:32	32:39	35:58	41:25	44:19	48:09	53:03	58:03	1:00:53	1:01:36
			9:28	2:47	3:11	2:24	9:42	5:07	3:19	5:27	2:54	3:50	4:54	5:00	2:50	0:43
10	DW60L, Liz Godfree	1:03:05	15:56	18:53	24:16	26:09	34:21	37:50	40:48	45:18	48:12	51:03	56:31	1:00:18	1:02:26	1:03:05
			15:56	2:57	5:23	1:53	8:12	3:29	2:58	4:30	2:54	2:51	5:28	3:47	2:08	0:39
11	BW60L, Teresa Finlay	1:03:43	9:25	12:12	15:12	17:31	30:28	34:44	38:33	43:38	47:07	50:55	55:52	1:00:24	1:03:00	1:03:43
			9:25	2:47	3:00	2:19	12:57	4:16	3:49	5:05	3:29	3:48	4:57	4:32	2:36	0:43
12	CW60E, Diana Turner	1:06:04	10:19	13:13	16:22	23:19	31:05	42:17	44:38	48:38	51:07	54:08	59:37	1:03:14	1:05:23	1:06:04
			10:19	2:54	3:09	6:57	7:46	11:12	2:21	4:00	2:29	3:01	5:29	3:37	2:09	0:41
13	AW55E, Anne Darlington	1:07:20	10:58	13:20	19:42	22:03	30:57	35:22	39:04	43:35	46:35	49:36	53:23	1:03:22	1:06:36	1:07:20
			10:58	2:22	6:22	2:21	8:54	4:25	3:42	4:31	3:00	3:01	3:47	9:59	3:14	0:44
14	AW60E, Maggie Oliver	1:11:46	11:09	21:12	23:59	26:27	39:08	43:29	46:46	51:10	54:09	56:55	1:02:41	1:06:17	1:11:01	1:11:46
			11:09	10:03	2:47	2:28	12:41	4:21	3:17	4:24	2:59	2:46	5:46	3:36	4:44	0:45
15	BW60E, Ger Power	1:12:53	9:33	11:48	22:03	29:41	42:27	46:14	49:44	54:36	57:28	1:00:24	1:05:41	1:09:38	1:12:00	1:12:53
			9:33	2:15	10:15	7:38	12:46	3:47	3:30	4:52	2:52	2:56	5:17	3:57	2:22	0:53
16	BW55E, B Foley-Fisher	1:17:58	13:48	17:03	20:05	22:06	34:47	39:08	43:21	51:29	54:40	58:30	1:03:21	1:13:50	1:17:06	1:17:58
			13:48	3:15	3:02	2:01	12:41	4:21	4:13	8:08	3:11	3:50	4:51	10:29	3:16	0:52
W65 (3)		2.6 km 75 m 9 C														
		1(132)	2(214)	3(140)	4(157)	5(218)	6(192)	7(202)	8(216)	9(144)						
1	CW65, Eleanor Pyrah	48:10	5:30	11:59	20:23	25:05	30:51	36:49	40:49	44:02	47:22	48:10				
			5:30	6:29	8:24	4:42	5:46	5:58	4:00	3:13	3:20	0:48				
2	DW65, Sheila Carey	50:25	4:28	18:32	25:22	29:59	35:40	41:50	44:51	47:28	49:44	50:25				
			4:28	14:04	6:50	4:37	5:41	6:10	3:01	2:37	2:16	0:41				
3	BW65, Jean O'Neill	1:15:02	7:56	16:47	23:25	35:12	53:03	1:03:26	1:07:39	1:10:49	1:14:21	1:15:02				
			7:56	8:51	6:38	11:47	17:51	10:23	4:13	3:10	3:32	0:41				