

Runners Name	Leg Time
Adrian Bailes	00:07:38
Joe Armstrong	00:07:42
Ellis Hetherington	00:07:52
Liam Taylor	00:07:55
Reece Slater	00:07:56
Jake Dorman	00:08:04
Mark Banks	00:08:06
Steve Rankin	00:08:09
Michael Hedley	00:08:10
Zak Kettle	00:08:11
Louis Head	00:08:20
Andy Heppell	00:08:22
Leodhais Macpherson	00:08:22
Connor Braithwaite	00:08:24
Steve Horn	00:08:26
Paul O'Mara	00:08:29
Ben ward	00:08:32
Tim Wilcock	00:08:33
Andy Brown	00:08:38
ethan bond	00:08:41
Al Johnson	00:08:42
Ian Dunn	00:08:46
James Dixon	00:08:46
Joe Willis	00:08:48
Craig Harmon	00:08:50
Chris Huitson	00:08:50
Andrew Forbes	00:08:51
Martin Graham	00:08:54
Kieron Day	00:08:55
Guy Bracken	00:08:55
James Douglas	00:08:56
Chris Scott	00:08:57
Paul Turnbull	00:08:57
Thomas Backhouse	00:08:57
Edward Watson	00:09:04
Peter Cassidy	00:09:05
Gavin Duke	00:09:05
Maurice Boake	00:09:08
Kris Axon	00:09:08
Wayne Gair	00:09:08
James Hill	00:09:09
Mark Covell	00:09:10
Callum Mill	00:09:10
David Best	00:09:13
Danny Spoor	00:09:13
Steve Colby	00:09:16
Joe Addison	00:09:16
Rory McConnachy	00:09:19
Charlie Townsend	00:09:19
Alex Cook	00:09:21

Tony Lewis	00:09:22
John Sturnam	00:09:22
Dan Thorburn	00:09:22
Michael Dennison	00:09:28
Robb Young	00:09:28
Stephen Garbutt	00:09:29
David Slater	00:09:30
Gavin Holder	00:09:30
Liam Murnane	00:09:31
Neil Ramsay	00:09:32
Chloe Bailes	00:09:32
Nicholas McKnight	00:09:33
Laurie Johnson	00:09:34
Stephanie Maclean Dann	00:09:34
Lucie Custance	00:09:35
Gary Weir	00:09:36
Jo Woodcock	00:09:36
Sarah Platten	00:09:37
Amber Leigh	00:09:37
Dan Anderson	00:09:38
John Butters	00:09:39
Mark Head	00:09:40
Colin Rogerson	00:09:40
Eric Adams	00:09:40
Chris George	00:09:42
Ben Rea	00:09:43
Andy Simpson	00:09:43
Jonathan Murphy	00:09:43
Samantha Gair	00:09:44
Will Fenwick	00:09:44
Charlie Toogood	00:09:44
Lewis Bate	00:09:45
Craig Buchanan	00:09:45
Sean McGregor	00:09:47
Grace Carroll	00:09:47
Luke O'Neill	00:09:48
Neil MacAnany	00:09:49
Ben Cook	00:09:50
Steve Kettle	00:09:51
Pete Watson	00:09:51
Chris Pickersgill	00:09:51
Jon Rose	00:09:52
Laurentiu Craciunas	00:09:52
Lizzie Rank	00:09:52
Paul Robinson	00:09:53
Steven Wilson	00:09:53
Daniel Staples	00:09:54
Rob Barkley	00:09:55
Andriy Volkov	00:09:55
Hannah Wightman	00:09:56
Garry Martin	00:09:57

Reece Calvert	00:09:57
Richard Tailford	00:09:58
Ben Robertson	00:10:01
Howard MacLennan	00:10:03
Adam Robinson	00:10:03
Simon Allen	00:10:03
Kate Storey	00:10:03
Ellie Fellowes	00:10:07
Paul Taylor	00:10:07
Becky Coleman	00:10:07
Neil Fellows	00:10:08
Jason Wall	00:10:08
Sonam Wangdi	00:10:09
Charlotte Redhead	00:10:09
Wendy Chapman	00:10:09
Lisa Donaldson	00:10:11
Simon Hall	00:10:12
Simon Daniels	00:10:12
John Rippon	00:10:12
Emma Ashman	00:10:12
Michael Cherrington	00:10:13
Vicky Simpson	00:10:13
Anthony Tait	00:10:14
Stephen Ions	00:10:15
Lloyd Forster	00:10:16
Tim Nichol	00:10:17
Richard Barker	00:10:18
Sarah Kerr	00:10:20
Kirsty Burville	00:10:20
Iain Singer	00:10:22
Mike Russell	00:10:22
Martin Brown	00:10:23
Graeme Swaddle	00:10:25
Gavin Bayne	00:10:25
Rachel Turnbull	00:10:28
Micheal Jones	00:10:29
Scott Mcentee	00:10:30
Poppy Bluck	00:10:30
Luke Wandless	00:10:31
Amy Etherington	00:10:32
Simon Cyhanko	00:10:35
Martin Blakelock	00:10:35
Lauren Blyth	00:10:35
Jen Tomlin	00:10:38
Kirsty Fearn	00:10:38
Hayley Dobinson	00:10:39
Tom Tinsley	00:10:39
Gillian Johnson	00:10:39
Rachel Pullan	00:10:40
Peter Coser	00:10:40
Alison Smith	00:10:40

Dave Nicholson	00:10:43
DomMcDermott	00:10:44
Anthony Daglish	00:10:45
Laura Oldfield	00:10:45
Silvia Moffatt	00:10:45
Richard Heslop	00:10:47
Mike Winter	00:10:48
Tasha Steel	00:10:48
Ewan Kirk	00:10:50
Alan Thompson	00:10:51
Andrew Hay	00:10:51
Georgina Barlow	00:10:52
Steve Dobby	00:10:52
Andrew Bell	00:10:53
John Tollitt	00:10:59
Lucy Walton	00:10:59
Chris Williams	00:10:59
Rachel Dodds	00:10:59
Katie Donaldson	00:10:59
Clara Riach	00:11:01
Matt Gould	00:11:04
Paul Brennan	00:11:06
Alice Lewis	00:11:06
Roger Mosedale	00:11:07
Kevin Brown	00:11:08
Chris Grassam	00:11:09
Lauren Herkes	00:11:09
Shelly Barker	00:11:10
Sarah Lemon	00:11:10
Ken Maynard	00:11:11
Darren Cowell	00:11:12
Kirstin Farquhar	00:11:15
Laura Percy	00:11:15
Wayne Kavanagh	00:11:18
Eden Ratcliffe	00:11:18
Maria Armstrong	00:11:19
Martin Murray	00:11:19
Jacob Turner	00:11:20
Caroline Bentley	00:11:20
Peter Coyle	00:11:22
Jaycee Shotton	00:11:24
Rosie Bunney	00:11:26
Jenna Maynard	00:11:26
Quynh nguyen	00:11:27
Joe Glancy	00:11:27
Jenny Graham	00:11:27
Sam Fisher	00:11:27
Gary Martin	00:11:28
Nicole Overy	00:11:28
Heather Donald	00:11:29
Nina Cameron	00:11:29

Hannah Macrae	00:11:30
Nicola Dyson	00:11:32
Geoff Hewitson	00:11:32
Paul Dinsley	00:11:33
Ian Hearn	00:11:37
Kayleigh Pickersgill	00:11:38
Mark Dutton	00:11:39
Rob Bulmer	00:11:41
Rachel Dugan	00:11:42
Ian Waterhouse	00:11:42
Kayoung Goffe	00:11:42
Shuna Rank	00:11:42
Zoe Ritson	00:11:43
Kris Whitelaw	00:11:46
Paul Young	00:11:49
Lou Thorpe	00:11:49
Sandra Watson	00:11:50
Helena Walsater	00:11:52
Peter Smith	00:11:53
Heather Witham	00:11:54
Andrew Turnell	00:11:56
Amy Franklin	00:11:57
Rob Kirkpatrick (v40)	00:11:57
Jennyfer Ricci	00:11:59
Kate Rickerby	00:12:03
Amy Brown	00:12:05
Adam Rowe	00:12:06
Lauren Peart	00:12:06
Kelly Rodmell	00:12:10
José Gallego Parilla	00:12:13
Christine McGregor	00:12:14
Denyse Holman	00:12:15
Simon Huntley	00:12:15
Gemma Finnie	00:12:16
Michelle Conner	00:12:17
Nicole Pickles	00:12:17
Claire McKinnon	00:12:18
Paul Colver	00:12:22
Huw Parry	00:12:22
Brian Dugan	00:12:24
Lucy Keating	00:12:24
Michael McElduff	00:12:24
Jess Hamilton	00:12:24
Helen Ballard	00:12:27
Helen Kipling	00:12:28
Roberto Marzo	00:12:30
Tony Dunn	00:12:31
Bernadette Salmon	00:12:37
Claire Mason	00:12:40
Claire Armstrong	00:12:42
Erin Austin	00:12:42

Lydia Brodie	00:12:42
Michelle Embleton	00:12:43
Gerard Harrison	00:12:44
Seamus Kelleher	00:12:45
Michael Ashby	00:12:46
Ian Bell	00:12:53
Judith Grassam	00:12:55
Sonia Sultman	00:12:55
Sarah Silipo	00:12:55
Joanne Graham	00:12:56
Doreen Dickinson	00:12:56
Joanne Webber	00:12:57
Sarah Lake	00:12:59
Allen Dickinson-Deane	00:13:03
Gayle Askwith	00:13:07
Michael Bayley (v60)	00:13:08
Phil Healey	00:13:09
Cathryn Anderson	00:13:12
Helen Bell	00:13:18
Niamh Campbell	00:13:18
Peter Scaife	00:13:19
Beth McDermott	00:13:20
Peter Rendall	00:13:23
Julie Wandless	00:13:27
Lisa Wild (sen)	00:13:36
Emily James	00:13:41
Belinda Lamb	00:13:47
Paula Atkinson	00:13:48
John Corcoran	00:13:49
Steve Barnett	00:13:58
Alex Reed	00:14:02
Natalie McDermott	00:14:04
Angela Craggs	00:14:05
Rose Hawkswood	00:14:11
Rebecca Tindle	00:14:15
Lesley Watson	00:14:15
Pam Woodcock	00:14:18
Colin Brown	00:14:27
Stephen Curry	00:14:30
Michele O'Neill-Hall	00:14:31
Gill Milne	00:14:31
Adam Newby	00:14:35
Heather Gould	00:14:36
Jessica Anderson	00:15:20
Helen Gavillet	00:15:26
Kate McLean	00:15:35
Kerry Spencer	00:15:44
Frank Best	00:15:59
Ann Smith	00:16:09
Lena Webster-Costella	00:16:13
Patricia White	00:16:43

Aileen Parkins	00:16:51
Ian Windsor	00:17:20
George Routledge	00:17:52
Bill Brown	00:20:23