

Pos	Net Pos	Bib no.	Name	Gun Time	Chip time	Category	Cat Pos	Chip Pos	Gender	Gender Pos	Gender Chip	Pace
63	66	3599	Jonathan REWCASTLE	33:01.3	32:54.7	SEN	29	32	Male	61	64	5:41 min/m
74	77	2095	Steven HORN	33:26.8	33:17.7	V45	7	7	Male	72	75	5:46 min/m
78	82	4092	Daniel SPOOR	33:35.8	33:26.9	SEN	34	36	Male	76	80	5:47 min/m
111	126	39	Justina HESLOP	34:29.0	34:25.7	V45	2	2	Female	5	5	5:56 min/m
121	136	1007	Mark CROWE	34:43.4	34:38.1	SEN	51	56	Male	115	130	5:59 min/m
152	150	1328	Callum ELDRIDGE	35:25.6	34:58.8	U19	8	8	Male	145	143	6:06 min/m
155	157	2913	Mark TURNBULL	35:28.4	35:04.3	V55	2	2	Male	148	150	6:06 min/m
169	147	241	Tony BANKS	35:47.4	34:55.3	V50	9	7	Male	162	140	6:10 min/m
224	212	3667	Steven ROBERTSON	36:51.9	36:00.8	V45	30	27	Male	211	202	6:21 min/m
257	247	2746	Chris MASON	37:26.1	36:36.4	SEN	88	90	Male	240	233	6:27 min/m
288	295	2308	David JONES	37:45.2	37:13.3	V40	45	47	Male	266	272	6:30 min/m
298	323	3778	Mike RUSSELL	37:59.5	37:34.9	V55	5	5	Male	275	297	6:33 min/m
309	334	91	Simon ALLEN	38:11.6	37:40.8	V60	5	5	Male	285	307	6:35 min/m
322	348	4250	Paul TAYLOR	38:21.5	37:50.7	V40	52	53	Male	298	319	6:36 min/m
367	431	3993	Felicity SMITH	38:56.9	38:46.1	V45	9	9	Female	33	36	6:42 min/m
386	453	2832	Simon MCENANEY	39:10.2	39:00.3	SEN	118	141	Male	349	414	6:45 min/m
453	512	2620	John LOWES	40:02.0	39:37.2	V40	70	79	Male	410	459	6:54 min/m
467	517	264	Joseph BARNES	40:09.9	39:39.5	SEN	136	155	Male	421	463	6:55 min/m
498	515	527	Roland BROWN	40:30.4	39:38.5	V50	39	38	Male	447	461	6:59 min/m
519	602	3779	Bella RUSSELL	40:47.2	40:26.6	U19	2	2	Female	59	74	7:01 min/m
541	646	1209	Heather DONALD	40:59.4	40:44.3	SEN	29	35	Female	65	81	7:04 min/m
547	653	1193	Rachel DODDS	41:03.2	40:47.1	SEN	30	36	Female	67	82	7:04 min/m
623	706	931	Lee COULSON	41:43.8	41:13.9	V45	77	84	Male	535	608	7:11 min/m
704	839	247	Andrea BANNER	42:35.1	42:13.0	V50	58	71	Male	600	716	7:20 min/m
864	1079	4093	Debbie SPOOR	44:03.2	43:51.6	V50	13	17	Female	138	177	7:35 min/m
959	1193	2938	Andrew MIDDLETON	45:03.3	44:37.5	V45	122	146	Male	802	987	7:46 min/m
1054	954	4528	David WALTON	45:56.7	42:59.3	V65	10	6	Male	877	809	7:55 min/m
1075	1028	93	Louise ALLEN	46:08.1	43:33.9	V55	6	3	Female	182	164	7:57 min/m
1170	1166	1483	Joanne FORSTER	46:56.6	44:25.5	V35	35	33	Female	204	200	8:05 min/m
1175	1172	1859	Kisi HARDMAN	46:58.6	44:26.5	SEN	68	72	Female	205	202	8:05 min/m
1283	1654	2473	Robert LAMBERT	47:51.4	47:16.6	V55	75	92	Male	1041	1303	8:15 min/m
1295	1327	3902	Laura SHEPHERDSON	47:55.4	45:25.2	V40	43	44	Female	248	245	8:15 min/m
1306	1710	242	Andrea BANKS	47:58.7	47:37.3	V50	25	39	Female	251	375	8:16 min/m

1413	1466	1688	Jack GRAHAM	48:46.5	46:15.2	SEN	305	335	Male	1129	1183	8:24 min/m
1418	1273	267	Siobhan BARNES	48:50.5	45:05.2	SEN	93	80	Female	285	231	8:25 min/m
1448	883	2718	William MARSDEN	49:04.5	42:30.6	SEN	311	224	Male	1149	750	8:27 min/m
1470	1549	2923	Joanne WEBBER	49:15.8	46:45.8	V50	34	29	Female	308	315	8:29 min/m
1527	1717	1033	Jayne CUSKERN	49:54.2	47:39.3	V35	54	68	Female	325	377	8:36 min/m
1669	1817	1250	Anthony DOWSON	50:46.6	48:10.6	V45	201	208	Male	1280	1402	8:45 min/m
1741	2233	2069	Nigel HOLLIER	51:17.1	50:37.5	V70+	6	8	Male	1329	1636	8:50 min/m
1769	1941	2290	Carolone JOHNSON	51:26.6	48:56.1	V40	71	79	Female	422	464	8:52 min/m
1994	2174	4269	Kate TAYLOR	52:52.3	50:21.7	V40	86	97	Female	516	569	9:06 min/m
2168	1949	3823	Fior SAYER	54:10.2	48:58.8	V40	97	80	Female	591	469	9:20 min/m
2269	1910	1099	Peter DAWSON	54:41.5	48:43.7	V40	272	249	Male	1638	1459	9:25 min/m
2302	2356	266	Simon BARNES	54:54.7	51:20.1	V55	126	129	Male	1658	1703	9:28 min/m
2607	2883	926	Maxine COTTAM	57:09.6	54:39.1	V50	98	110	Female	803	935	9:51 min/m
2705	2788	3064	Sean MOTSI	57:54.3	54:02.0	SEN	473	496	Male	1860	1911	9:59 min/m
2722	2803	3093	Sarah MUPARUTSA	58:01.6	54:06.8	V45	124	127	Female	858	889	10:00 min/m
3863	3979	1354	Jeffrey EMMERSON	09:23.5	05:49.9	V70+	28	29	Male	2299	2322	11:57 min/m
3979	3911	4283	Niamh TELFORD	11:39.3	04:27.7	V45	256	248	Female	1655	1606	12:21 min/m
4018	3951	1011	Emer CULLEN	12:21.7	05:10.1	V35	236	232	Female	1682	1637	12:28 min/m