

Bib Number	Forename	Surname	ChipTime	Category	Standard
2	Michael	Abramson	06:57:40	100M-M30-39	Silver
3	Lloyd	Adam	05:39:09	50M-M50-59	Bronze
4	Dean	Adams	03:39:30	50M-M40-49	Bronze
5	Paul	Adams	07:19:52	100M-M40-49	Silver
7	Ash	Aggarwal	05:56:49	80M-M50-59	Silver
8	Brian	Ahern	05:38:19	50M-M50-59	Bronze
9	Steve	Butler	03:21:16	50M-M40-49	Silver
10	David	Cox	03:47:39	50M-M50-59	Silver
12	Philip	Ainsworth	06:06:45	50M-M40-49	Bronze
13	Carl	Akers	03:26:39	50M-M40-49	Silver
14	John	Alderton	03:08:48	50M-M50-59	Gold
15	Jill	Anderson	03:18:12	50M-F50-59	Gold
16	Laragh	Anderson	03:18:11	50M-F18-29	Silver
17	Jim	Andrews	03:05:47	50M-M40-49	Gold
18	Mark	Annis	03:43:36	50M-M40-49	Bronze
19	Grahame	Ansell	07:33:34	100M-M60-69	Gold
20	Mark	Antelme	06:16:29	80M-M40-49	Bronze
22	Graham	Armit	04:31:39	80M-M40-49	Gold
23	Mark	Artherton	06:57:34	100M-M40-49	Gold
24	Darren	Ash	07:45:52	100M-M40-49	Silver
25	Jill	Atkinson	03:51:07	50M-F50-59	Silver
27	David	Baker	07:01:45	100M-M50-59	Gold
28	Lee	Bamber	03:41:09	50M-M40-49	Bronze
29	Paul	Bangs	06:07:57	80M-M30-39	Bronze
30	Brian	Darcey	05:26:51	80M-M40-49	Silver
31	Stuart	Barber	05:59:13	100M-M40-49	Gold
32	Peter	Barlow	05:20:24	80M-M60-69	Gold
33	Michael	Barrett	05:55:13	100M-M40-49	Gold
34	Sean	Barrett	06:12:40	50M-M60-69	Bronze
35	Luke	Barrows	07:31:08	80M-M18-29	Bronze
36	Alistair	Barton	03:07:12	50M-M50-59	Gold
38	Henry	Barton	05:21:51	80M-M50-59	Gold
39	Anne	Bateman	07:40:52	100M-F60-69	Gold
40	Shane	Bateman	03:30:43	50M-M50-59	Silver
41	Anthony	Bates	04:51:50	80M-M60-69	Gold
42	Stephen	Bean	03:41:29	50M-M18-29	Bronze
43	Charlie	Beaumont	06:06:52	80M-M60-69	Silver
44	David	Beech	07:35:05	100M-M40-49	Silver
45	Julian	Bell	05:04:33	50M-M50-59	Bronze
46	Veronica	Benson	04:01:10	50M-F50-59	Bronze
47	Lucas	Bergmans	03:38:06	50M-M40-49	Bronze
48	Timothy	Biddle	03:43:21	50M-M30-39	Bronze
49	Felicity	Biggart	04:30:51	80M-F50-59	Gold
50	Graham	Biggart	05:17:18	80M-M50-59	Gold
51	Helen	Biggerstaff	05:35:07	80M-F50-59	Gold
53	Kit	Bingham	05:54:41	80M-M40-49	Bronze
55	Sonja	Bisselik	06:15:54	80M-F40-49	Bronze
56	Martin	Blagojevic	04:39:09	80M-M30-39	Gold
57	Andrew	Blain	03:12:50	50M-M40-49	Silver

58	Amelia	Bloundele	05:22:11	50M-F40-49	Bronze
60	Nick	Boothroyd	06:35:24	100M-M50-59	Gold
61	Flavio	Bosi	04:08:15	50M-M40-49	Bronze
62	Ian	Bowler	04:44:08	50M-M50-59	Bronze
63	Rachel	Bowler	04:44:14	50M-F50-59	Bronze
64	Andrew	Bracey	06:17:50	100M-M40-49	Gold
65	Ruth	Bradford	07:14:42	100M-F50-59	Gold
66	Tony	Bradford	07:14:42	100M-M50-59	Gold
67	Jason	Bradlaw	03:16:07	50M-M18-29	Silver
68	Nigel	Bradlaw	06:00:48	100M-M50-59	Gold
69	Nick	Bream	07:25:10	100M-M60-69	Gold
71	Stev	Bridge	05:22:04	100M-M40-49	Gold
72	Stuart	Bright	03:40:55	80M-M50-59	Gold
73	Nigel	Briscoe	03:35:42	50M-M60-69	Silver
74	Andrew	Brittain	03:34:30	50M-M40-49	Silver
75	Lara	Brock	05:10:22	80M-F18-29	Gold
76	Chris	Brooker	03:40:29	50M-M30-39	Bronze
77	Deborah	Brookes	06:35:52	80M-F40-49	Bronze
78	Terry	Brooks	07:27:13	100M-M30-39	Silver
79	Malcolm	Brown	03:10:14	50M-M60-69	Gold
80	Tim	Brown	05:54:31	100M-M30-39	Gold
81	Nick	Browne	04:48:29	50M-M50-59	Bronze
82	Tony	Browne	05:42:50	80M-M50-59	Silver
83	Peter	Bryant	06:35:24	100M-M50-59	Gold
84	Robert	Buck	06:46:27	100M-M40-49	Gold
85	Richard	Buckeridge	06:06:49	80M-M60-69	Silver
86	George	Buckley	04:20:42	50M-M40-49	Bronze
87	Paul	Bulford	03:22:12	50M-M50-59	Silver
88	John	Burness	06:04:15	80M-M60-69	Silver
90	Jane	Butterworth	04:38:02	50M-F50-59	Bronze
91	Louise	Butterworth	04:38:05	50M-F18-29	Bronze
92	Philip	Butterworth	04:41:48	50M-M50-59	Bronze
93	Terry	Byca	06:06:47	80M-M50-59	Silver
94	Simon	Byrne	06:16:33	80M-M40-49	Bronze
95	Richard	Caines	05:31:02	100M-M50-59	Gold
96	Ian	Cameron	04:02:55	50M-M60-69	Bronze
97	Phil	Cammack	07:10:36	100M-M50-59	Gold
98	Nick	Cammell	05:15:24	80M-M40-49	Silver
99	Nick	Livesey	07:20:28	100M-M40-49	Silver
101	Dan	Capel-Smith	05:21:39	80M-MU18	Silver
102	Martin	Capel-Smith	05:21:40	80M-M50-59	Gold
103	Dominic	Carlyle	05:53:08	80M-M40-49	Silver
104	Rob	Carter	04:27:01	50M-M40-49	Bronze
105	Keithlyn	Carty	03:19:49	50M-M50-59	Gold
106	Adam	Chambers	06:29:56	100M-M40-49	Gold
107	Jason	Chaplin	06:06:52	50M-M40-49	Bronze
108	Diana	Charles	04:03:56	50M-F40-49	Bronze
109	Sally	Checkley	06:20:53	80M-F40-49	Bronze
110	Graham	Child	03:05:14	50M-M60-69	Gold
111	Scott	Chillery	03:07:35	50M-M40-49	Gold

112	Brian	Chimes	03:50:57	50M-M60-69	Silver
113	Chris	Christou	03:01:52	50M-M40-49	Gold
114	Richard	Claessens	03:10:37	50M-M50-59	Gold
115	Simon	Clark	06:47:02	100M-M40-49	Gold
116	Richard	Clayton	04:19:54	50M-M40-49	Bronze
119	Peter	Clifton	07:54:49	100M-M50-59	Silver
120	David	Cobbald	03:21:15	50M-M40-49	Silver
121	Jeremy	Cobbold	05:22:26	80M-M40-49	Silver
122	Bev	Cockbain	05:58:21	80M-F30-39	Bronze
123	Alan	Coles	06:29:07	100M-M50-59	Gold
124	Teilo	Colley	06:28:56	100M-M50-59	Gold
125	Lee	Collins	05:39:11	50M-M60-69	Bronze
126	Shelley	Collins	05:39:15	50M-F50-59	Bronze
127	John Paul	Cook	05:26:44	80M-M40-49	Silver
129	James	Cooke	08:40:58	100M-M40-49	Bronze
130	Robert	Coombs	04:16:26	50M-M50-59	Bronze
131	Heath	Cooper	03:45:20	50M-M40-49	Bronze
132	Deborah	Corless	04:36:00	50M-F50-59	Bronze
133	Mark	Corrick	03:40:58	50M-M50-59	Silver
134	Simon	Cottee	04:14:00	50M-M40-49	Bronze
135	Mark	Cotterell	04:16:25	50M-M50-59	Bronze
136	Marla	Coutts	06:11:25	80M-F50-59	Silver
137	Tony	Coyle	04:25:41	50M-M50-59	Bronze
140	Stephen	Craft	04:57:33	80M-M50-59	Gold
142	Mick	Cronin	06:27:24	100M-M50-59	Gold
143	Alistair	Crook	03:34:31	50M-M50-59	Silver
144	Leon	Crowe	03:27:29	50M-M50-59	Silver
145	Nigel	Crowther	06:28:48	80M-M50-59	Bronze
146	Robert	Cunliffe	06:06:19	100M-M30-39	Gold
147	Isobel	Currie	05:24:38	80M-F18-29	Silver
148	Lydia	Currie	05:25:08	80M-F18-29	Silver
149	Simon	Currie	05:25:06	80M-M50-59	Silver
150	Martin	Curry	06:16:32	80M-M50-59	Bronze
151	Frances	Curtin	06:38:03	80M-F60-69	Silver
152	Steve	Cutler	06:02:02	100M-M50-59	Gold
153	Ian	Cutts	04:18:33	50M-M50-59	Bronze
154	Ann	Darbyshire	03:40:38	50M-F60-69	Gold
155	Martin	Davies	05:31:04	80M-M50-59	Silver
156	Beverley	Davies	03:36:37	50M-F50-59	Silver
157	Carl	Davies	07:06:18	100M-M30-39	Silver
158	Hayden	Davies	06:47:09	80M-M50-59	Bronze
159	James	Davies	07:06:57	80M-M40-49	Bronze
160	Rupert	Davies	05:53:07	80M-M40-49	Silver
161	William	Davies	02:56:04	50M-M50-59	Gold
162	Darren	Dawson	06:53:11	100M-M30-39	Silver
163	Edward	Dawson	04:34:02	50M-MU18	Bronze
164	Nick	Dawson	04:34:01	50M-M40-49	Bronze
165	Dominic	De Ban	07:10:20	100M-M50-59	Gold
166	Geoff	Deans	05:11:31	100M-M50-59	Gold
168	Mark	Dearden	05:56:42	100M-M50-59	Gold

169	Stuart	Dee	06:06:47	50M-M40-49	Bronze
170	Natalie	Degiorgio Ma	07:01:36	80M-F40-49	Bronze
171	Clotilde	Delecour	03:55:29	80M-M40-49	Gold
172	Sebastien	Delecour	05:14:51	80M-M40-49	Silver
173	Allison	Dempsey	06:35:23	100M-F50-59	Gold
178	Paul	Dineen	06:27:24	100M-M50-59	Gold
179	Stephen	Dodd	04:26:45	50M-M50-59	Bronze
180	Alice	Donato	04:19:01	50M-M30-39	Bronze
182	Louise	Donovan	04:33:04	50M-F50-59	Bronze
183	Tom	Donovan	04:33:01	50M-MU18	Bronze
184	Bob	Douglas	07:13:03	100M-M60-69	Gold
185	Michael	Douglas-Smit	06:01:07	100M-M18-29	Gold
186	Tom	Doust	06:27:26	50M-M60-69	Bronze
187	Matt	Downing	07:06:17	100M-M30-39	Silver
188	Jackie	Drew	06:03:59	80M-F40-49	Silver
189	Paul	Drew	06:11:24	80M-M50-59	Bronze
190	Freddie	Drummond	05:22:12	50M-F18-29	Bronze
192	Martyn	Drury	03:04:20	50M-M60-69	Gold
193	Anthony	Dymoke-Brac	03:57:59	50M-M60-69	Silver
194	Catherine	Dymoke-Brac	04:58:09	50M-F60-69	Bronze
195	Emma	Dyson	05:10:24	80M-F30-39	Gold
196	Samantha	Dyson	04:04:30	50M-F40-49	Bronze
197	Fred	Eastman	06:13:13	100M-M50-59	Gold
198	Joanne	Eaton	05:35:35	80M-M18-29	Silver
199	Chris	Edington	04:54:59	80M-M50-59	Gold
200	Bill	Edwards	03:29:53	50M-M50-59	Silver
201	Paul	Taylor	07:20:29	100M-M40-49	Silver
202	Rory	Elliott	05:15:14	80M-M30-39	Silver
203	Richard	Ellis	05:57:11	100M-M50-59	Gold
205	Clive	Ely	05:24:54	80M-M60-69	Gold
206	Zachary	Emmett	03:22:45	50M-M40-49	Silver
207	Kevin	Douglas	04:18:16	50M-M40-49	Bronze
209	Chris	Evans	03:56:29	50M-M50-59	Bronze
210	Scott	Evans	04:51:33	80M-M50-59	Gold
211	Simon	Evans	06:52:44	100M-M40-49	Gold
212	Tim	Evans	07:40:15	100M-M50-59	Silver
214	Karen	Fallon	04:14:59	50M-F50-59	Bronze
215	Nigel	Field	03:34:25	50M-M40-49	Silver
216	Tom	Fischer	04:48:58	80M-M50-59	Gold
219	Sarah	Fisher	04:33:19	50M-F50-59	Bronze
220	Jonny	Fitzgerald	03:29:51	50M-M18-29	Bronze
221	Mark	Fitzgerald	05:33:58	100M-M40-49	Gold
222	Steve	Flack	06:15:14	80M-M50-59	Bronze
223	Andy	Flint	07:10:22	100M-M50-59	Gold
224	Graham	Followell	04:14:28	50M-M50-59	Bronze
225	Peggy	Fooks	07:04:29	80M-F18-29	Bronze
226	Sarah	Fooks	07:04:33	80M-F50-59	Bronze
227	Martin	Foote	06:47:24	100M-M50-59	Gold
228	Chris	Forrest	06:57:37	100M-M40-49	Gold
229	Dave	Forrest	07:45:51	100M-M40-49	Silver

230	James	Forrest	05:02:06	80M-M40-49	Gold
231	Stephen	Fox	04:45:56	50M-M50-59	Bronze
232	Tom	Foy	06:13:35	100M-M30-39	Gold
233	Cara	Frank	05:27:07	80M-F30-39	Silver
235	Andrea	French	03:38:10	50M-F40-49	Silver
236	Jonathan	Fricker	03:21:50	50M-M50-59	Silver
238	Simon	Fulford	06:12:55	100M-M50-59	Gold
239	Lucinda	Gale	04:02:23	50M-F50-59	Bronze
240	Kate	Gannon	06:29:58	100M-F40-49	Gold
241	Mike	Garcia	04:25:43	50M-M30-39	Bronze
242	Les	Gardner	03:25:47	50M-M70+	Gold
244	Graham	Gate	03:10:29	50M-M60-69	Gold
245	Stephen	Gawne	02:59:31	50M-M40-49	Gold
247	Glenn	George	07:10:20	100M-M50-59	Gold
249	Daniel	Germain	04:03:33	50M-M40-49	Bronze
250	Jeremy	Gibson	04:03:33	80M-M40-49	Gold
251	Martyn	Gilbert	04:22:31	80M-M50-59	Gold
252	Luke	Gilder	05:35:36	80M-M18-29	Silver
253	Mark	Gillard	07:10:18	100M-M50-59	Gold
254	Ian	Gillespie	03:39:53	50M-M40-49	Bronze
255	Clare	Glackin	05:54:40	80M-F40-49	Silver
257	Sean	Glithero	03:34:30	50M-M40-49	Silver
259	Iain	Gordon	03:52:31	50M-M40-49	Bronze
260	John	Gordon	04:19:55	50M-M50-59	Bronze
261	Dave	Gormley	07:10:52	100M-M50-59	Gold
262	Cal	Gorvy	06:23:10	100M-MU18	Gold
263	Sean	Gorvy	06:23:08	100M-M50-59	Gold
264	Stephen	Gower	03:30:02	50M-M60-69	Silver
265	James	Grant	06:25:06	100M-M50-59	Gold
266	Kylie	Grant	07:04:11	100M-F40-49	Gold
267	Nina	Graves	06:16:25	80M-F40-49	Bronze
268	Ben	Green	05:24:28	80M-M40-49	Silver
270	Phil	Grinhaff	03:05:44	50M-M50-59	Gold
271	John	Hagues	06:35:23	100M-M50-59	Gold
272	Sarah	Haigh	04:08:24	50M-F40-49	Bronze
273	Thomas	Haines	07:31:48	100M-M30-39	Silver
274	Karen	Haley	06:15:22	80M-F50-59	Silver
275	Catherine	Hall	06:02:25	80M-F50-59	Silver
276	Oliver	Hall	06:13:36	100M-M30-39	Gold
278	Andy	Hamilton	05:39:13	50M-M50-59	Bronze
279	Julia	Hamilton	05:39:10	50M-F50-59	Bronze
280	Charles	Harding	07:39:32	100M-M50-59	Silver
281	Lucy	Harding	05:54:29	80M-F40-49	Gold
282	Peter	Hardman	03:43:31	50M-M50-59	Silver
284	Ian	Hargrave	03:48:37	50M-M50-59	Bronze
285	Matthew	Harper	03:49:24	50M-M18-29	Bronze
287	Fiona	Harrison	06:15:05	80M-F50-59	Silver
288	Bryan	Hart	05:33:50	80M-M50-59	Silver
289	Pete	Harte	03:50:34	50M-M40-49	Bronze
290	Chris	Hartnell	05:07:27	80M-M50-59	Gold

291	Paul	Hathorn	06:15:06	80M-M40-49	Bronze
292	David	Hawes	06:16:39	80M-M50-59	Bronze
293	Daniel	Hawkins	02:58:47	50M-M40-49	Gold
294	Tom	Hayball	06:01:23	100M-M30-39	Gold
295	Graham	Hedger	06:18:39	100M-M50-59	Gold
296	Gary	Hedges	03:18:06	50M-M50-59	Gold
297	Matthew	Hellewell	04:39:10	80M-M40-49	Gold
298	Ed	Hemburrow	06:59:09	100M-M40-49	Gold
299	Sarah	Herring	06:21:51	80M-F40-49	Bronze
300	Jules	Herriott	03:56:40	50M-F40-49	Bronze
301	Stephen	Hewitt	04:59:20	80M-M40-49	Gold
303	Patrick	Hicks	03:30:11	50M-M50-59	Silver
304	John	Highfield	05:00:01	50M-F50-59	Bronze
305	Ruth	Highfield	05:00:07	50M-F50-59	Bronze
306	Keith	Hildreth	06:46:29	100M-M60-69	Gold
307	Michael	Hill	03:41:38	50M-M60-69	Silver
308	Richard	Hill	05:14:52	100M-M40-49	Gold
309	Spencer	Hillier	04:31:42	80M-M40-49	Gold
310	Adam	Hills	06:07:59	80M-M30-39	Bronze
311	Peter	Hillyer	05:39:12	50M-M60-69	Bronze
312	Debbie	Barker	04:19:00	50M-F40-49	Bronze
313	Bob	Hockenhull	07:42:38	100M-M50-59	Silver
314	Gill	Hodgkinson	06:20:52	80M-F40-49	Bronze
315	Garry	Hogan	03:07:48	50M-M50-59	Gold
316	Ivan	Hoh	04:14:38	50M-M30-39	Bronze
317	Marissa	Holden	03:23:06	50M-F40-49	Silver
318	Andy	Holmes	07:02:10	100M-M30-39	Silver
319	Lucy	Holroyd	03:55:23	50M-F40-49	Bronze
320	Tim	Holzer	03:40:56	50M-M50-59	Silver
322	Emma	Horner	03:31:03	50M-F18-29	Silver
323	Alice	Horton	03:37:47	50M-FU18	Silver
324	Jo	Horton	03:37:47	50M-F40-49	Silver
325	Jon	Horton	03:37:49	50M-M40-49	Silver
326	Tom	Hostetler	03:29:28	50M-M50-59	Silver
327	Adam	Houlston	07:02:09	100M-M30-39	Silver
328	Helen	Howard	05:24:58	80M-F40-49	Gold
329	Paul	Howard	05:24:57	80M-M40-49	Silver
330	Nick	Howe	05:02:36	80M-M60-69	Gold
331	Robin	Howett	06:02:55	100M-M40-49	Gold
332	Keith	Howland	03:39:30	50M-M60-69	Silver
333	Rachel	Howling	07:12:26	80M-F50-59	Bronze
334	Ben	Huckfield	03:21:28	50M-M30-39	Silver
335	Mark	Huddart	02:50:01	50M-M50-59	Gold
336	Siobhan	Hughes	05:03:17	50M-F40-49	Bronze
337	Steve	Humphreys	07:27:28	100M-M50-59	Silver
338	Daniel	Hunt	06:28:15	100M-M30-39	Gold
339	Matt	Hunt	06:28:15	100M-M18-29	Gold
340	Steven	Hunt	04:54:00	80M-M50-59	Gold
341	James	Hyde	03:16:13	50M-M50-59	Gold
342	John	Irwin	05:24:10	80M-M60-69	Gold

343	Dean	Isley	05:35:35	80M-M40-49	Silver
344	Bruce	Jacob	06:27:25	100M-M50-59	Gold
345	Josh	Jacobson	05:15:34	80M-M40-49	Silver
346	Chris	Bristow	06:20:49	80M-M40-49	Bronze
347	Chris	Jagusz	07:33:58	100M-M50-59	Silver
348	Karl	Jamieson	05:15:12	80M-M40-49	Silver
349	Geoff	Jaquerod	07:12:57	100M-M40-49	Silver
350	John	Jayes	07:07:25	100M-M50-59	Gold
351	James	Jerome	06:47:03	100M-M40-49	Gold
352	Hugh	Johnson	05:01:33	80M-M30-39	Silver
353	Jackie	Johnson	05:01:41	80M-F40-49	Gold
354	Mark	Johnson	06:05:20	100M-M50-59	Gold
355	Paul	Johnson	03:59:38	50M-M40-49	Bronze
356	Nick	Johnston	05:07:09	100M-M50-59	Gold
357	Glyn	Jones	02:46:07	50M-M50-59	Gold
358	Marc	Jones	06:16:28	80M-M40-49	Bronze
359	Matt	Jones	08:41:00	100M-M50-59	Bronze
360	Mike	Jones	04:44:18	50M-M60-69	Bronze
361	Rob	Jones	06:33:42	100M-M60-69	Gold
362	Shirley	Parker	03:48:20	50M-F50-59	Silver
363	Manos	Kalatzis	05:10:24	80M-M40-49	Gold
364	Denise	Kanda	04:50:59	50M-F40-49	Bronze
365	Pradeep	Kanuga	04:07:49	50M-M30-39	Bronze
366	Lesley	Keddy	03:56:40	50M-F50-59	Silver
367	Kirsty	Keiller	07:31:49	100M-F40-49	Silver
368	Alison	Kellett	03:46:13	50M-F50-59	Silver
369	Michael	Kenyon	04:49:25	80M-M50-59	Gold
371	Dafina	Keys	05:27:02	50M-F40-49	Bronze
373	Amandeep	Khondo	03:55:29	50M-M18-29	Bronze
374	James	King	04:14:00	50M-M40-49	Bronze
375	Matthew	King	06:41:02	80M-M40-49	Bronze
376	Mike	King	07:14:36	100M-M50-59	Gold
377	Ali	Kingston	06:16:38	80M-F50-59	Silver
378	Mark	Kingston	06:16:39	80M-F50-59	Silver
379	Brian	Kinsella	06:37:55	100M-M40-49	Gold
381	Jeff	Kisbee	03:41:11	50M-M50-59	Silver
382	Gregor	Kleinknecht	06:57:11	100M-M50-59	Gold
384	Crispin	Knill	04:09:23	50M-M18-29	Bronze
385	Paul	Knowles	05:34:05	80M-M50-59	Silver
386	Artur	Kwiatkowski	06:50:25	100M-M30-39	Silver
387	Peter	Lacken	04:14:10	80M-M40-49	Gold
388	Simon	Lagoe	04:44:17	50M-M60-69	Bronze
389	Gary	Lambert	04:34:03	50M-M40-49	Bronze
390	Owen	Lambert	04:34:02	50M-MU18	Bronze
391	Paul	Lambert	04:14:25	50M-M50-59	Bronze
392	Peter	Lancaster	06:47:45	100M-M50-59	Gold
393	Steven	Langley	07:07:23	100M-M50-59	Gold
394	Liz	Law	04:14:03	50M-F60-69	Silver
395	Tony	Law	03:50:22	50M-M70+	Silver
396	Richard	Lawrence	04:49:15	80M-M40-49	Gold

398	Andy	Leach	05:00:01	80M-M50-59	Gold
399	Andrew	Leigh	06:50:04	80M-M60-69	Bronze
400	Jack	Leigh	05:45:56	100M-M18-29	Gold
402	Hugh	Lennon	02:57:43	50M-M50-59	Gold
403	Paul	Lewis	06:18:37	100M-M50-59	Gold
404	Jess	Lievesley	06:18:03	100M-M40-49	Gold
405	Ken	Lim	06:43:45	100M-M40-49	Gold
406	Martin	Lister	06:13:09	100M-M50-59	Gold
407	Richard	Livesey	06:24:29	100M-M40-49	Gold
408	Ciaran	Livingstone	06:34:36	100M-M18-29	Gold
409	James	Long	03:35:12	50M-M40-49	Silver
410	Nigel	Long	03:16:12	50M-M50-59	Gold
411	Keith	Loveman	06:17:57	100M-M50-59	Gold
412	Dionne	Lovett	04:14:38	50M-F50-59	Bronze
413	Andrew	Lowry	06:12:25	100M-M40-49	Gold
414	Richard	Lucas	06:24:56	50M-M40-49	Bronze
415	Brendan	Lynskey	06:57:57	100M-M60-69	Gold
416	Oscar	Maestrini	04:42:56	80M-M50-59	Gold
417	Neil	Maller	07:37:18	100M-M50-59	Silver
419	Haydn	Mann	06:59:16	100M-M18-29	Silver
420	Paul	Mann	06:59:43	100M-M60-69	Gold
421	Peter	Manning	03:56:03	50M-M60-69	Silver
422	Beniamin	Marcu	06:10:35	100M-M18-29	Gold
423	Stephen	Marlow	06:43:46	100M-M40-49	Gold
424	David	Marshall	06:20:15	80M-M50-59	Bronze
425	Edwar John	Marshall	07:39:39	100M-M60-69	Gold
426	Gary	Mash	03:19:51	50M-M40-49	Silver
427	Paula	Matson	03:44:12	50M-F50-59	Silver
428	Will	Mccall	05:18:19	80M-M40-49	Silver
429	John	Mccann	05:34:50	80M-M60-69	Gold
430	John	Mcdonald	07:48:45	100M-M50-59	Silver
433	James	Mcguire	04:56:15	50M-M40-49	Bronze
434	Elaine	Mcknight	04:30:51	50M-F40-49	Bronze
435	John	Mcknight	06:29:08	100M-M50-59	Gold
436	Shaun	Mcmanus	06:01:57	100M-M40-49	Gold
437	Jaakko	Mcvey	05:59:04	100M-M30-39	Gold
438	Tracey	Middle	07:01:40	80M-F40-49	Bronze
439	Helen	Middleton	07:05:50	80M-F50-59	Bronze
440	Jude	Mifsud	03:39:53	50M-M40-49	Bronze
441	Simon	Miles	07:10:37	100M-M50-59	Gold
442	Gretchen	Miller	06:02:19	100M-F40-49	Gold
443	Jonny	Miller	06:59:56	100M-M30-39	Silver
444	Steve	Mills	07:12:27	80M-M50-59	Bronze
445	Stuart	Milne	03:41:39	50M-M50-59	Silver
447	David	Minto	07:29:08	100M-M50-59	Silver
448	Daniel	Miodrag	06:15:13	80M-M18-29	Bronze
449	Janak	Mistry	04:16:47	50M-M50-59	Bronze
450	Richard	Mole	06:38:30	100M-M40-49	Gold
451	Mike	Molloy	05:37:04	80M-M50-59	Silver
452	Richard	Moore	03:57:56	50M-M50-59	Bronze

453	Simon	Moore	04:16:19	50M-M50-59	Bronze
454	Melanie	Moreton	04:04:01	50M-F40-49	Bronze
455	Gary	Morgan	06:34:23	100M-M18-29	Gold
456	Henrik	Morsing	03:18:06	50M-M40-49	Silver
457	Sylvia	Moss	03:56:35	50M-F40-49	Bronze
458	Mark	Mountford	07:37:33	100M-M50-59	Silver
459	Dalia	M-R	07:10:25	100M-F30-39	Silver
460	Michael	Mulkeen	04:06:13	50M-M50-59	Bronze
461	David	Mulligan	07:37:34	100M-M40-49	Silver
462	Rory	Munn	06:34:35	100M-M18-29	Gold
464	Anthony	Muoio	05:10:30	80M-M18-29	Silver
465	Peter	Murdoch	04:12:58	50M-M50-59	Bronze
466	Suzana	Murdoch	06:15:33	80M-F50-59	Silver
467	Sue	Nadin	07:17:45	100M-F50-59	Gold
468	Mary	Nash	04:48:22	50M-F50-59	Bronze
469	Antony	Newbold	04:26:59	50M-M40-49	Bronze
471	John	Newport	05:25:06	80M-M60-69	Gold
472	Per	Ng	05:57:38	100M-M50-59	Gold
474	John	Nicol	03:22:18	100M-M50-59	Gold
475	Annabel	Nicoll	03:51:26	50M-F40-49	Bronze
476	Paddy	Nicoll	03:51:25	50M-M50-59	Bronze
477	Charlie	Noblet	04:21:46	50M-M30-39	Bronze
479	Pete	Nowakiwskyj	05:32:28	100M-M60-69	Gold
481	Andrew	O'Donnell	04:53:36	80M-M18-29	Gold
482	Nadine	Oehmcke	02:51:00	50M-F18-29	Gold
483	Michael	O'Hagan	04:20:03	50M-M60-69	Bronze
484	Tony	Ollis	04:56:14	50M-M50-59	Bronze
485	Peter	O'Mahony	05:37:01	80M-M50-59	Silver
486	Jackie	Robson	04:36:02	50M-F40-49	Bronze
488	Anne	Osborn	04:00:51	50M-F30-39	Bronze
489	Carl	Osborne	06:30:12	100M-M40-49	Gold
491	Ranette	Osullivan	04:55:09	100M-F40-49	Gold
492	Samuel	Overend	05:16:03	50M-M40-49	Bronze
493	John	Painter	05:24:11	80M-M40-49	Silver
494	Charlotte	Parker	06:54:40	80M-F40-49	Bronze
495	Stuart	Parker	06:48:35	80M-M50-59	Bronze
496	Ruth	Parkinson	08:24:10	100M-F50-59	Silver
497	Adrian	Parr	08:05:20	100M-M50-59	Silver
500	Annette	Paterson	06:15:22	80M-F50-59	Silver
501	Alastair	Paton	03:21:23	50M-M50-59	Silver
502	Stuart	Pattinson	05:33:51	80M-M40-49	Silver
504	Devon	Perfect	03:49:42	50M-F18-29	Bronze
506	Alison	Peters	06:38:03	80M-F40-49	Bronze
509	Rich	Peters	05:14:56	100M-M18-29	Gold
510	David	Phillips	05:57:58	100M-M60-69	Gold
511	Chris	Piccaver	04:49:30	80M-M50-59	Gold
512	Chris	Pickford	06:02:54	100M-M50-59	Gold
513	Ian	Pickford	06:03:00	100M-M50-59	Gold
514	Robert	Pierce Jones	06:16:31	80M-M50-59	Bronze
515	Nicolas	Pierro	03:17:14	50M-M50-59	Gold

517	Clive	Pittam	03:37:41	50M-M50-59	Silver
518	Nicky	Pittam	03:37:44	50M-F50-59	Silver
519	Anthony	Platt	03:44:13	50M-M50-59	Silver
520	Nicola	Pocock	05:10:24	80M-F18-29	Gold
522	Russell	Pointon	04:53:54	80M-M50-59	Gold
523	Clive	Posselt	05:04:29	80M-M40-49	Gold
524	Richard	Potts	05:44:21	100M-M40-49	Gold
526	Richard	Power	03:09:08	50M-M40-49	Gold
527	Colin	Powlesland	05:24:09	80M-M60-69	Gold
528	Martin	Pratt	06:57:37	100M-M30-39	Silver
529	Fran	Presho	05:40:08	80M-F50-59	Silver
530	Emma	Pressling	08:03:14	100M-F40-49	Silver
532	Kevin	Price	07:27:45	100M-M50-59	Silver
533	Joe	Priestley	06:37:54	100M-M30-39	Gold
534	Neil	Prior	07:31:52	100M-M40-49	Silver
535	Caroline	Purdom	04:41:06	50M-F40-49	Bronze
536	Mark	Purdom	04:41:07	50M-M40-49	Bronze
537	Nicholas	Purnell	05:20:24	80M-M50-59	Gold
538	Andrew	Purves	04:16:38	50M-M50-59	Bronze
539	Ricardo	Pyl	05:15:09	80M-M30-39	Silver
540	Jake	Quail	06:55:18	100M-M18-29	Silver
542	Roger	Ramsden	03:13:45	50M-M50-59	Gold
543	Craig	Randell	06:21:51	100M-M40-49	Gold
544	David	Ainscough	03:39:29	50M-M40-49	Bronze
545	Stephen	Ratcliffe	03:56:32	50M-M50-59	Bronze
547	Dan	Read	04:07:37	50M-M40-49	Bronze
548	Paul	Read	03:51:59	50M-M50-59	Bronze
549	Simon	Readman	06:04:38	80M-M40-49	Bronze
550	Alasdair	Reay	03:33:00	50M-M40-49	Silver
552	Clive	Richards	03:04:22	50M-M50-59	Gold
553	Matt	Richards	03:31:34	80M-M40-49	Gold
554	David	Richardson	04:03:27	50M-M40-49	Bronze
555	Mike	Richardson	05:15:09	80M-M50-59	Gold
556	John	Riddell	06:31:14	100M-M50-59	Gold
558	Peter	Rippon	07:40:18	100M-M50-59	Silver
559	Chris	Roberts	05:47:44	80M-M50-59	Silver
560	Anthony	Robertson	05:15:50	80M-M40-49	Silver
561	Grace	Robertson	03:38:09	50M-F40-49	Silver
562	Malcolm	Robertson	03:34:17	50M-M50-59	Silver
563	Adrian	Robins	03:40:17	50M-M50-59	Silver
564	Angus	Robinson	04:47:08	80M-M30-39	Gold
565	Julia	Roblett	04:26:45	50M-F50-59	Bronze
566	Colm	Roche	07:10:29	100M-M40-49	Silver
567	Adelino	Rodrigues	05:14:51	80M-M40-49	Silver
568	Simon	Roffe	05:24:28	80M-M40-49	Silver
569	Chloe	Rogers	04:38:45	50M-F30-39	Bronze
570	Matt	Rogers	03:43:34	50M-M40-49	Bronze
571	Louise	Rosher	04:59:44	50M-F40-49	Bronze
572	Philip	Rowe	07:10:48	100M-M40-49	Silver
573	Stuart	Rowe	03:25:26	50M-M50-59	Silver

574	Russell	Rowland	04:54:01	80M-M50-59	Gold
575	Hannah	Rudgley	07:27:11	100M-F30-39	Silver
576	Matthew	Rush	06:17:02	100M-M30-39	Gold
577	Ian	Russ	05:31:55	50M-M30-39	Bronze
578	Daniel	Russell	05:11:30	100M-M30-39	Gold
579	Mark	Russell	07:10:28	100M-M50-59	Gold
580	Richard	Russell	04:12:59	50M-M50-59	Bronze
581	Karen	Ryder	07:01:36	80M-F40-49	Bronze
582	Stu	Rye	07:27:28	100M-M40-49	Silver
584	Giuseppe	Scozzafava	05:38:31	80M-M50-59	Silver
585	Melissa	Scrivin	07:05:52	80M-F40-49	Bronze
586	Kerry	Seaman	07:01:37	80M-F40-49	Bronze
587	Jack	Sedman	04:18:07	50M-M18-29	Bronze
588	Stephen	Shakespeare	05:22:09	80M-M30-39	Silver
589	Claire	Sharp	07:10:32	100M-F50-59	Gold
590	Phil	Sharp	03:09:41	50M-M40-49	Gold
591	Sam	Sharp	03:05:32	50M-MU18	Gold
592	Neil	Shelton	04:53:38	80M-M40-49	Gold
593	Andy	Shilton	03:10:38	50M-M50-59	Gold
594	Mark	Simmons	04:02:05	50M-M50-59	Bronze
595	Serena	Simmons	07:31:50	100M-F18-29	Silver
596	Alister	Simms	07:22:26	100M-M18-29	Silver
598	John	Sinclair	06:28:35	100M-M30-39	Gold
599	Jason	Singer	06:02:16	100M-M40-49	Gold
600	Michael	Cottam	05:34:07	80M-M50-59	Silver
601	Phil	Skinner	02:56:25	50M-M50-59	Gold
603	Anna	Slater	04:06:51	50M-F40-49	Bronze
604	Gavin	Slater	04:06:51	50M-M40-49	Bronze
605	Mark	Slater	06:16:25	80M-M60-69	Silver
606	Denni	Smith	05:03:44	50M-M50-59	Bronze
607	Denni	Smith	08:59:54	100M-M30-39	Bronze
608	Jennie	Smith	06:21:35	80M-F40-49	Bronze
610	Jed	Smithson	06:23:09	100M-MU18	Gold
612	Bharat	Soneji	07:06:07	100M-M40-49	Silver
613	Himesh	Soneji	06:15:20	100M-M30-39	Gold
614	Kaushal	Soneji	06:51:17	100M-M30-39	Silver
615	Neerav	Soneji	06:55:38	100M-M40-49	Gold
616	Dave	Sorbie	06:02:56	100M-M50-59	Gold
617	Tim	Sparks	06:09:28	100M-M40-49	Gold
619	Kevin	Squire	04:00:51	50M-F40-49	Bronze
620	Nick	Steel	04:02:06	50M-M50-59	Bronze
621	Evelyn	Steele	07:01:35	80M-F40-49	Bronze
622	Hamish	Stevenson	05:14:24	80M-M50-59	Gold
623	Richard	Stewart	04:41:13	50M-M60-69	Bronze
624	Mark	Devonald	06:59:18	100M-M40-49	Gold
625	Nathan	Stone	05:01:59	80M-M40-49	Gold
626	Richard	Stone	04:56:49	80M-M50-59	Gold
627	David	Storey	06:15:21	80M-M50-59	Bronze
628	Bill	Stringer	05:15:49	80M-M40-49	Silver
629	Tom	Stringer	05:02:18	80M-MU18	Gold

630	Richard	Strudwick	02:58:51	50M-M40-49	Gold
631	Izzy	Strzelec	05:11:52	50M-F18-29	Bronze
632	Michael	Stylianou	06:16:26	80M-M50-59	Bronze
634	Gordon	Sullivan	07:24:13	100M-M50-59	Silver
635	Nicola	Sullivan	04:18:34	50M-F40-49	Bronze
636	Mike	Summersgill	03:43:28	50M-M50-59	Silver
637	Andy	Sunderland	03:07:35	50M-M40-49	Gold
639	Graeme	Swan	04:14:09	100M-M40-49	Gold
640	Nigel	Swift	07:58:09	100M-M50-59	Silver
644	David	Taylor	05:06:20	80M-M60-69	Gold
648	Jojo	Thirasilpa	07:39:43	100M-M40-49	Silver
649	Brian	Thomas	03:49:46	50M-M50-59	Bronze
650	Richard	Thomson	07:37:34	100M-M50-59	Silver
651	Samantha	Thornton	06:20:51	80M-M40-49	Bronze
652	Rob	Thwaites	04:41:07	50M-M60-69	Bronze
653	Brian	Tibbels	04:27:45	50M-M60-69	Bronze
654	Tom	Tichler	06:30:00	100M-M60-69	Gold
656	Andy	Tinnelly	03:39:52	50M-M40-49	Bronze
657	Matthew	Travers	04:30:28	50M-M40-49	Bronze
658	Sarah	Travers	04:30:24	50M-F40-49	Bronze
659	Drew	Travis	05:10:30	80M-M18-29	Silver
660	Sarah	Traynor	04:59:44	50M-F40-49	Bronze
661	Thomas	Turkington	07:37:29	100M-M40-49	Silver
662	Andy	Turner	04:25:43	50M-M30-39	Bronze
663	Darren	Turner	04:25:44	50M-M40-49	Bronze
664	Jonathan	Turner	03:09:37	50M-M40-49	Gold
665	Julie	Turner	06:38:02	80M-F50-59	Bronze
668	Stephen	Tweed	06:24:25	100M-M40-49	Gold
669	Tessa	Unsworth	06:33:54	80M-F40-49	Bronze
670	Guy	Upward	04:54:56	80M-M50-59	Gold
672	Oliver	Valk	06:15:54	80M-M40-49	Bronze
673	Martin	Vance	05:02:30	80M-M50-59	Gold
674	Rahoul	Varma	04:08:32	50M-M40-49	Bronze
675	Rohan	Varma	03:23:04	50M-MU18	Silver
676	Stuart	Veale	02:50:08	50M-M50-59	Gold
677	David	Veitch	05:00:14	50M-M50-59	Bronze
678	Jackie	Veitch	05:00:08	50M-F50-59	Bronze
680	Ja	Vejsholt	04:49:31	80M-M50-59	Gold
681	Annelore	Verhaegen	06:53:36	80M-F18-29	Silver
682	Tamsin	Vernon	04:09:23	50M-F30-39	Bronze
684	Joseph	Viner	04:54:38	80M-M50-59	Gold
685	William	Voaden	05:36:11	100M-M60-69	Gold
686	Martin	Wales	04:52:47	80M-M50-59	Gold
687	Gary	Walford	02:48:38	50M-M50-59	Gold
688	Mark	Walker	04:18:58	50M-M50-59	Bronze
689	Russell	Walker	08:05:03	100M-M40-49	Bronze
690	Sarah	Walker	03:23:03	50M-F40-49	Silver
691	Andrew	Wanniaratchy	04:05:59	50M-F40-49	Bronze
692	Cathy	Wanniaratchy	04:05:58	50M-F40-49	Bronze
693	James	Ward-Lilley	05:31:04	80M-M50-59	Silver

694	Suzanne	Warne	03:32:49	50M-F40-49	Silver
695	Nick	Wasey	03:11:39	50M-M40-49	Gold
698	Paul	Watson	03:41:06	80M-M40-49	Gold
699	Ian	Watts	06:16:46	80M-M60-69	Silver
700	Michael	Watts	04:22:31	80M-M50-59	Gold
701	Steve	Watts	06:25:06	100M-M40-49	Gold
703	Terry	Webster	06:46:26	100M-M60-69	Gold
707	Grant	Wentzel	05:07:08	100M-M40-49	Gold
708	Ben	West	06:39:25	80M-M40-49	Bronze
709	Lauren	West	04:53:36	80M-F18-29	Gold
710	Andy	Weston	06:35:24	100M-M40-49	Gold
711	Simon	Wheeldon	03:59:34	50M-M50-59	Bronze
712	V	Wheeldon	03:59:34	50M-F50-59	Silver
713	Mark	Wheeler	03:22:49	50M-M40-49	Silver
714	Emily	Whicher	06:53:36	80M-F30-39	Bronze
716	Will	Whitaker	05:24:19	80M-M40-49	Silver
717	Christopher	White	05:35:57	80M-M30-39	Silver
718	Emily	White	05:36:01	80M-F30-39	Silver
719	Oliver	White	05:58:39	100M-M30-39	Gold
720	Brian	Whittaker	06:11:59	100M-M50-59	Gold
721	Ben	Whittle	06:02:32	100M-M40-49	Gold
722	Tim	Wickham	06:19:27	100M-M50-59	Gold
725	Mike	Wild	06:47:04	100M-M50-59	Gold
726	Greg	Wilkinson	02:59:30	50M-M40-49	Gold
727	Jim	Wilks	04:09:10	50M-M50-59	Bronze
729	Neal	Williams	03:30:46	50M-M50-59	Silver
730	Paul	Williams	04:25:41	50M-M40-49	Bronze
731	Richard	Williams	04:41:06	50M-M50-59	Bronze
732	Sarah	Williams	06:14:05	80M-F50-59	Silver
733	Tim	Williams	06:14:04	80M-M50-59	Bronze
734	Andy	Wilmott	02:50:45	50M-M40-49	Gold
735	Andrew	Wilson	05:25:51	80M-M60-69	Gold
736	Jonathan	Wilson	08:05:03	100M-M50-59	Silver
738	Peter	Wilson	03:05:11	50M-M50-59	Gold
739	James	Winter	04:03:35	50M-M40-49	Bronze
740	Mike	Wiseman	04:25:42	50M-M50-59	Bronze
741	John	Wolfenden	07:10:48	100M-M40-49	Silver
742	Guy	Wood	06:27:03	100M-M40-49	Gold
743	Stephen	Wooding	06:46:30	100M-M60-69	Gold
744	Jenna	Woolven	03:29:01	50M-F18-29	Silver
745	Pippa	Woolven	03:31:07	50M-F18-29	Silver
746	Tom	Woolven	06:46:12	100M-M18-29	Gold
747	Anthea	Wratten	04:48:22	50M-F40-49	Bronze
748	Rowena	Young	07:58:08	100M-F40-49	Silver
749	Jenny	Zaremba	06:57:39	100M-F40-49	Gold
750	Peter	Zeun	05:02:34	80M-M60-69	Gold