

5k

M			
Kevin	Holland	V40	00:15:48
Peter	Harvey	SEN	00:16:43
Jack	Gillick	SEN	00:16:59
Richard	Johnson	V40	00:17:08
Kirk	Bagge	SEN	00:17:15
Sam	Barker	SEN	00:17:20
Mark	Banfield	V45	00:17:34
Alistair	Shearer	SEN	00:17:50
Joe	Bickel	SEN	00:17:56
Sam	Russell	SEN	00:18:09
Graham	Beales	V40	00:18:22
Andrew	Preston	V50	00:18:33
Shaun	Braybrook	V35	00:18:50
Kevin	Frazer	V55	00:18:57
Ian	Moore	V50	00:19:03
Stuart	Barnard	V40	00:19:03
Richard	White	V55	00:19:06
Steve	Ely	V45	00:19:06
Yitzak	Ben-Aroya	V55	00:19:24
Martin	Stringfellow	V45	00:19:28
Daniel	Brocklehurst	SEN	00:19:30
Richard	Dade	V45	00:19:30
Sean	Thompson	V45	00:19:34
Adam	Masterson	SEN	00:20:07
Stephen	Dady	V65	00:20:24
Richard	Tubb	SEN	00:20:41
Nigel	Lambert	V60	00:20:55
Tony	Beales	V50	00:20:59
Mark	Tufts	V50	00:21:09
James	O'Callaghan	V35	00:21:33
David	Brailey	V45	00:23:44
Keith	Hood	V55	00:23:59
Gavin	Hall	V45	00:24:32
Dennis	Bartram	V65	00:26:00
Dennis	Early	V70	00:27:55
Andy	Stratton	V55	00:28:18
Trevor	Smith	V55	00:28:20
Richard	Morris	SEN	00:28:30
Mike	Wray	V55	00:30:39
Andrew	Barrett	V50	00:39:20
Louis	Cooper	V75	00:39:39

F			
Cat	Cummings	V40	00:18:22
Alexandra	Smith	V40	00:19:19
Juliette	Watkinson	V35	00:19:26
Sarah	Peachey	SEN	00:19:41
Jo	Delf	V35	00:20:19
Sharon	Hurren	V45	00:20:32
Cassie	Barker	V40	00:22:29
Anneke	Cook	V50	00:22:54
Charlotte	El-labany	V35	00:23:12
Lisa	Greengrass	V35	00:23:18
Joanna	Godwin	V45	00:23:48
Sarah	Cole	V35	00:24:19
Kate	Gooding	V35	00:24:26
Rachel	Chester	V50	00:24:38
Dee	Middleton-Hall	V50	00:24:50
Julia	Lloyd	V50	00:25:21
Angie	Martin	V55	00:25:37
Hannah	Purvis	V35	00:25:37
Katie	Whitmore	V40	00:26:13
Cindy	Burgess	V65	00:26:45
Sylvia	Dady	V35	00:26:59
Lisa	Rodgers	V50	00:27:13
Emma	Fickling	V35	00:27:19
Eva	Osborne	V75	00:28:22
Dani	Lynch	SEN	00:30:47
Wendy	Larke	V50	00:33:55
Tracey	Salisbury	V55	00:35:06

5 Mile

M			
Jack	Gillick	SEN	00:27:56
Richard	Johnson	V40	00:28:31
Kirk	Bagge	SEN	00:29:04
Mark	Banfield	V45	00:29:28
Sam	Barker	SEN	00:29:31
Alistair	Shearer	SEN	00:30:18
Ben	Rivett	SEN	00:30:22
Andrew	Preston	V50	00:30:57
Steve	Ely	V45	00:31:16
Ian	Moore	V50	00:31:19
Paul	Vincent	V40	00:31:34
Sean	Thompson	V45	00:32:05
Richard	White	V55	00:32:11
Kevin	Frazer	V55	00:32:24
Yitzak	Ben-Aroya	V55	00:32:39
Joe	Bickel	SEN	00:33:07
Shaun	Braybrook	V35	00:33:13
Dave	Allum		00:33:31
Stephen	Dady	V65	00:33:33
Martin	Stringfellow	V45	00:33:34
Adrian	Hall	V50	00:33:36
Richard	Dade	V45	00:33:47
Daniel	Brocklehurst	SEN	00:33:50
Mark	Tufts	V50	00:34:00
Andrew	Barrett	V50	00:34:14
Garry	Whiting	V50	00:34:35
Kevin	Crook	V35	00:34:50
Tony	Beales	V50	00:34:55
Nigel	Lambert	V60	00:34:56
Richard	Tubb	SEN	00:36:21
Russell	Matthews		00:36:43
Ian	Sturgess	V60	00:37:46
Stephen	Dixon	V55	00:37:46
Andrew	Lane	V60	00:38:07
James	O'Callaghan	V35	00:38:34
Andy	Kurton	V40	00:38:52
Rob	Winner	V45	00:38:54
Heath	Alexander-Bew	V45	00:39:06
Oliver	Timson	V40	00:40:00
Edward	Thomsett	V45	00:40:09
Robin	Levey	V55	00:40:22
Sam	Thomsett-Hurrell		00:40:41
Andrew	Verney	V50	00:41:02
Keith	Hood	V55	00:41:48
Stewart	Gillion	V60	00:42:39
Pete	Sharpe	V40	00:43:42
Tony	Gentry		00:43:48
Dennis	Bartram	V65	00:44:16
Trevor	Smith	V55	00:44:19
Mike	Smith	M70	00:44:27
Rob	Ewin	V70	00:44:40
Robert	Scarfe	V65	00:46:20
Mike	Pope	V60	00:49:37
Richard	Morris	SEN	00:51:20
Rodney	Freeburn	V80	01:09:27

F			
Cat	Cummings	V40	00:30:36
Sarah	Peachey	SEN	00:32:55
Alexandra	Smith	V40	00:33:10
Juliette	Watkinson	V35	00:33:13
Jo	Delf	V35	00:34:24
Sharon	Hurren	V45	00:36:39
Joanne	Walmsley	V50	00:36:50
Cassie	Barker	V40	00:38:12
Niki	Park	V50	00:38:16
Natasha	Rout	SEN	00:39:06
Lisa	Greengrass	V35	00:39:18
Joanna	Godwin	V45	00:39:28
Claire	Cork	SEN	00:39:46
Charlotte	El-labany	V35	00:39:51
Leanne	Bagge	SEN	00:39:59
Louise	Holland	V45	00:40:07
Anneke	Cook	V50	00:40:24
Tracie	Draeger	V55	00:41:01
Vicky	Day	V45	00:41:37
Fay	Wheeler	V40	00:41:45
Rachel	Chester	V50	00:41:55
Charlotte	Richardson	V40	00:42:03
Kate	Gooding	V35	00:42:15
Jen	Rudd	V40	00:42:23
Rachael	Lockwood	V40	00:42:26
Georgia	Williams	SEN	00:42:39
Sarah	Avard	SEN	00:43:13
Lyn	Ottaway	V40	00:43:20
Angie	Martin	V55	00:43:41
Katie	Whitmore	V40	00:43:48
Michelle	Barker	V35	00:43:53
Julia	Lloyd	V50	00:44:02
Hannah	Purvis	V35	00:44:21
Cindy	Burgess	V65	00:45:39
Sylvia	Dady	V35	00:45:40
Lisa	Rodgers	V50	00:45:55
Chrissie	Lakey	V35	00:45:59
Emma	Fickling	V35	00:48:05
Dee	Middleton-Hall	V50	00:50:53
Amanda	Gray	V60	00:51:52
Dani	Lynch	SEN	00:52:00
Anna	Plunkett	V40	00:52:00
Sophie	Mayes	SEN	00:53:15
Marina	Murdoch	V50	00:53:24

10k

M			
Kevin	Holland	V40	00:32:50
Jack	Gillick	SEN	00:34:31
Kirk	Bagge	SEN	00:35:29
Tim	Topper	V45	00:35:31
Ben	Rivett	SEN	00:35:40
Richard	Johnson	V40	00:35:42
David	Roy	SEN	00:36:07
Peter	Harvey	SEN	00:36:21
Sam	Barker	SEN	00:36:30
Mark	Banfield	V45	00:36:48
Kyle	Brooks	SEN	00:37:32
Kris	Barnard	V40	00:37:46
Sam	Russell	SEN	00:38:01
Alistair	Shearer	SEN	00:38:23
Steve	Ely	V45	00:38:26
Stuart	Barnard	V40	00:38:26
Ian	Moore	V50	00:38:46
Kevin	Frazer	V55	00:38:53
Yitzak	Ben-Aroya	V55	00:39:15
Andrew	Preston	V50	00:39:19
Richard	White	V55	00:39:25
Shaun	Braybrook	V35	00:39:25
Karl	Chapman	V45	00:40:11
Martin	Stringfellow	V45	00:40:22
Paul	Vincent	V40	00:40:28
Sean	Thompson	V45	00:40:30
Joe	Bickel	SEN	00:40:55
Stephen	Dady	V65	00:41:18
Richard	Dade	V45	00:41:42
Daniel	Brocklehurst	SEN	00:42:11
Dave	Allum		00:42:32
Mark	Tufts	V50	00:42:35
Kevin	Crook	V35	00:42:47
Nigel	Lambert	V60	00:44:11
Richard	Tubb	SEN	00:44:45
Tony	Beales	V50	00:45:06
Garry	Whiting	V50	00:45:09
Ian	Sturgess	V60	00:45:15
Andrew	Lane	V60	00:45:16
Heath	Alexander-Bew	V45	00:45:24
James	O'Callaghan	V35	00:45:54
Andrew	Barrett	V50	00:45:56
Rob	Winner	V45	00:48:53
Robin	Levey	V55	00:49:06
Nigel	Bradley	V55	00:49:17
Gerry	Watson	V60	00:49:30
Keith	Hood	V55	00:50:09
Andy	Kurton	V40	00:51:17
Cameron	Green	SEN	00:51:29
Patrick	Larke	V60	00:51:56
Mike	Smith	V70	00:53:04
Gavin	Hall	V45	00:53:26

F			
Cat	Cummings	V40	00:38:44
Juliette	Watkinson	V35	00:40:21
Sarah	Peachey	SEN	00:40:46
Alexandra	Smith	V40	00:40:47
Sharon	Hurren	V45	00:41:47
Jo	Delf	V35	00:44:15
Zoe	Jones	V40	00:45:25
Cassie	Barker	V40	00:45:59
Claire	Brown	V55	00:46:15
Joanne	Walmsley	V50	00:46:52
Claire	Cork	SEN	00:47:09
Joanna	Godwin	V45	00:47:24
Lisa	Greengrass	V35	00:47:35
Anneke	Cook	V50	00:47:36
Charlotte	El-Iabany	V35	00:47:41
Leanne	Bagge	SEN	00:47:45
Louise	Holland	V45	00:49:16
Celia	Clarke	V40	00:49:30
Victoria	Gray	V35	00:50:35
Charlotte	Richardson	V40	00:51:29
Michelle	Barker	V35	00:52:08
Kate	Gooding	V35	00:52:17
Tracey	Renshaw	V50	00:52:34
Samantha	Grainger	V45	00:52:35
Rachael	Lockwood	V40	00:52:52
Fay	Wheeler	V40	00:52:56
Vicky	Day	V45	00:53:17
Georgia	Williams	SEN	00:53:22
Patsy	Bradley	V55	00:53:55
Julie	Winner	V45	00:53:58
Lyn	Ottaway	V40	00:54:01
Julia	Lloyd	V50	00:54:07
Dee	Middleton-Hall	V50	00:54:16
Julia	Kennelly	V45	00:54:28
Jessica	Large (Neave)	SEN	00:54:33
Angie	Bear	V60	00:55:01
Katie	Whitmore	V40	00:55:08
Tracey	Stevens	V45	00:55:25
Chrissie	Lakey	V35	00:55:36
Hannah	Purvis	V35	00:55:45
Nicola	Weldon		00:56:51
Sophie	Mclaren		00:57:24
Madeline	Beale	V35	00:57:25
Angie	Martin	V55	00:57:45
Cindy	Burgess	V65	00:58:36
Sylvia	Dady	V35	00:59:13
Sarah	Rhoden		00:59:18
Christine	Frazer	V50	00:59:26
Anna	Plunkett	V40	00:59:49
Lisa	Rodgers	V50	01:00:48
Amanda	Gray	V60	01:01:33
Dani	Lynch	SEN	01:03:14

10k (contd)			M
Oliver	Timson	V40	00:53:29
Pete	Sharpe	V40	00:53:49
Stewart	Gillion	V60	00:53:57
Glenn	Basham	V50	00:54:07
Steven	Bradley	V65	00:54:18
Edward	Thomsett	V45	00:55:54
Rob	Ewin	V70	00:56:39
Robert	Scarfe	V65	00:56:58
Trevor	Smith	V55	00:57:10
Tony	Gentry		00:57:23
Stephen	Taylor	V65	00:58:07
Martin	Jones	V35	00:58:12
Jonathan	Eagle	SEN	00:59:37
Dennis	Bartram	V65	01:00:09
Andy	Hughes	V50	01:01:53
Andy	Stratton	V55	01:03:14
Richard	Morris	SEN	01:03:25
Andrew	Harrison-Stokes	SEN	01:06:24
Mike	Wray	V55	01:08:52
Louis	Cooper	V75	01:10:26
Rodney	Freeburn	V80	01:11:25

			F
Eva	Osborne	V75	01:03:17
Emma	Fickling	V35	01:04:18
Jo	Rayner	V45	01:05:59
Marina	Murdoch	V50	01:06:16
Clare	Bradbury	V40	01:06:19
Beverly	Read		01:06:23
Wendy	Larke	V50	01:08:20
Nichola	Thatcher	V45	01:09:41
Jane	Lowrie	V55	01:10:59
Tracey	Salisbury	V55	01:22:24

10 mile

M			
Kevin	Holland	V40	00:55:28
Jack	Gillick	SEN	00:57:24
Tim	Topper	V45	00:59:18
Kirk	Bagge	SEN	00:59:19
David	Roy	SEN	00:59:35
Peter	Harvey	SEN	00:59:37
Richard	Johnson	V40	01:00:31
Mark	Banfield	V45	01:01:26
Kris	Barnard	V40	01:01:26
Steve	Ely	V45	01:03:41
Richard	White	V55	01:04:39
Kyle	Brooks	SEN	01:04:41
Paul	Vincent	V40	01:04:47
Stuart	Barnard	V40	01:05:33
Sam	Russell	SEN	01:06:22
Richard	Dade	V45	01:06:42
Martin	Stringfellow	V45	01:07:00
Karl	Chapman	V45	01:08:03
Sam	Barker	SEN	01:08:11
Kevin	Frazer	V55	01:09:35
Stephen	Dady	V65	01:10:50
Terry	Epps	V60	01:11:59
Andrew	Barrett	V50	01:12:30
Mark	Tufts	V50	01:12:41
Andrew	Lane	V60	01:13:12
Dave	Allum		01:14:59
Garry	Whiting	V50	01:15:29
Richard	Tubb	SEN	01:15:36
Heath	Alexander-Bew	V45	01:15:42
Tony	Beales	V50	01:20:46
Keith	Hood	V55	01:23:37
Rob	Winner	V45	01:24:03
Gavin	Hall	V45	01:26:34
Andy	Kurton	V40	01:29:21
Mike	Smith	M70	01:31:15
Pete	Sharpe	V40	01:32:35
Richard	Morris	SEN	01:47:51
Andy	Stratton	V55	01:47:56

F			
Cat	Cummings	V40	01:05:00
Juliette	Watkinson	V35	01:07:22
Alexandra	Smith	V40	01:08:27
Sarah	Peachey	SEN	01:08:30
Sharon	Hurren	V45	01:10:18
Cassie	Barker	V40	01:15:40
Zoe	Jones	V40	01:17:49
Niki	Park	V50	01:18:03
Charlotte	El-Iabany	V35	01:18:11
Louise	Holland	V45	01:20:02
Marianne	Defernez	V45	01:20:36
Anneke	Cook	V50	01:20:53
Joanna	Godwin	V45	01:21:03
Jen	Rudd	V40	01:21:28
Celia	Clarke	V40	01:22:03
Natasha	Rout	SEN	01:22:08
Lisa	Greengrass	V35	01:23:02
Charlotte	Richardson	V40	01:23:24
Victoria	Gray	V35	01:23:52
Rachael	Lockwood	V40	01:24:15
Fay	Wheeler	V40	01:26:39
Kate	Gooding	V35	01:27:09
Tracey	Renshaw	V50	01:28:12
Samantha	Grainger	V45	01:28:57
Sue	Stirling	V50	01:29:35
Sarah	Avard	SEN	01:29:38
Michelle	Barker	V35	01:30:07
Julia	Lloyd	V50	01:30:10
Tracey	Stevens	V45	01:30:33
Julie	Winner	V45	01:31:48
Yvonne	Walker	V40	01:31:49
Katie	Whitmore	V40	01:32:18
Sarah	Cole	V35	01:33:41
Chrissie	Lakey	V35	01:35:20
Hannah	Purvis	V35	01:37:45
Lyn	Ottaway	V40	01:37:51
Cindy	Burgess	V65	01:38:01
Lisa	Rodgers	V50	01:38:10
Vicky	Day	V45	01:38:29
Emma	Fickling	V35	01:40:00
Marina	Murdoch	V50	01:51:14
Clarice	Campbell	V40	01:57:39

Half Marathon

M			
Jack	Gillick	SEN	01:17:13
Tim	Topper	V45	01:17:52
Kirk	Bagge	SEN	01:18:38
David	Roy	SEN	01:20:51
Richard	Johnson	V40	01:23:36
Mark	Banfield	V45	01:23:39
Steve	Ely	V45	01:23:45
Sam	Russell	SEN	01:24:00
Kyle	Brooks	SEN	01:24:20
Paul	Vincent	V40	01:24:53
Kris	Barnard	V40	01:24:56
Ian	Moore	V50	01:28:09
Kevin	Frazer	V55	01:28:53
Stuart	Barnard	V40	01:29:04
Sam	Barker	SEN	01:29:24
Richard	Dade	V45	01:32:17
Martin	Stringfellow	V45	01:33:31
Stephen	Dady	V65	01:34:12
Shaun	Braybrook	V35	01:34:35
Dave	Allum		01:36:24
Terry	Epps	V60	01:36:58
Mark	Tufts	V50	01:37:54
Andrew	Lane	V60	01:38:05
Garry	Whiting	V50	01:39:40
Tony	Beales	V50	01:40:50
Heath	Alexander-Bew	V45	01:44:34
Richard	Tubb	SEN	01:46:47
Rob	Winner	V45	01:46:47
Nigel	Bradley	V55	01:49:16
Keith	Hood	V55	01:49:38
Gavin	Hall	V45	01:54:18
James	O'Callaghan	V35	01:56:14
Oliver	Timson	V40	02:00:35
Pete	Sharpe	V40	02:04:25
Martin	Jones	V35	02:05:26
Mike	Pope	V60	02:15:06
Andy	Stratton	V55	02:26:36
Richard	Morris	SEN	02:26:37

F			
Cat	Cummings	V40	01:28:12
Alexandra	Smith	V40	01:31:34
Sarah	Peachey	SEN	01:32:43
Sharon	Hurren	V45	01:35:32
Zoe	Jones	V40	01:37:23
Claire	Brown	V55	01:39:10
Cassie	Barker	V40	01:39:39
Charlotte	El-labany	V35	01:43:03
Claire	Cork	SEN	01:43:03
Louise	Holland	V45	01:45:39
Anneke	Cook	V50	01:47:17
Celia	Clarke	V40	01:49:14
Joanna	Godwin	V45	01:49:22
Natasha	Rout	SEN	01:49:22
Jen	Rudd	V40	01:50:30
Charlotte	Richardson	V40	01:50:57
Victoria	Gray	V35	01:50:57
Rachael	Lockwood	V40	01:52:57
Kate	Gooding	V35	01:53:45
Julie	Winner	V45	01:55:00
Hilary	Byrne	V50	01:55:54
Katie	Whitmore	V40	01:57:38
Rachel	Chester	V50	02:00:13
Yvonne	Walker	V40	02:01:24
Sarah	Cole	V35	02:01:45
Fay	Wheeler	V40	02:01:49
Julia	Lloyd	V50	02:04:23
Samantha	Grainger	V45	02:05:40
Michelle	Barker	V35	02:05:45
Angie	Bear	V60	02:06:09
Angie	Martin	V55	02:06:10
Lyn	Ottaway	V40	02:07:15
Sarah	Avard	SEN	02:07:32
Tracey	Stevens	V45	02:09:36
Dee	Middleton-Hall	V50	02:13:33
Chrissie	Lakey	V35	02:13:39
Hannah	Purvis	V35	02:18:12
Marina	Murdoch	V50	02:22:25
Amanda	Gray	V60	02:23:05
Clare	Bradbury	V40	02:27:27
Sophie	Mclaren	SEN	02:28:47
Sophie	Mayes	SEN	02:30:30
Tracey	Salisbury	V55	03:19:34

20 mile

M			
Mark	Banfield	V45	02:16:53
Steve	Ely	V45	02:19:19
Paul	Vincent	V40	02:22:06
Andrew	Lane	V60	02:31:42
Richard	Tubb	SEN	02:48:37
Heath	Alexander-Bew	V45	02:51:04

F			
Charlotte	El-labany	V35	02:49:36
Juliette	Watkinson	V35	02:49:37
Natasha	Rout	SEN	02:51:56
Marianne	Defernez	V45	02:53:59
Anneke	Cook	V50	03:03:36
Katie	Whitmore	V40	03:18:27
Tracey	Stevens	V45	03:18:58
Emma	Fickling	V35	03:36:46
Marina	Murdoch	V50	03:52:39

Marathon

M			
Mark	Banfield	V45	02:58:32
Peter	Harvey	SEN	03:13:39
Richard	White	V55	03:15:18
Kevin	Frazer	V55	03:15:46
Sam	Russell	SEN	03:16:00
Steve	Ely	V45	03:17:10
Andrew	Lane	V60	03:38:06
Martin	Stringfellow	V45	03:48:22
Adam	Masterson	SEN	03:52:50
Richard	Tubb	SEN	04:02:14
Patrick	Larke	V60	04:15:22
Rob	Winner	V45	04:18:36
Richard	Dade	V45	04:32:47
Gavin	Hall	V45	04:47:35

F			
Niki	Park	V50	03:44:00
Cassie	Barker	V40	03:46:41
Natasha	Rout	SEN	03:56:55
Celia	Clarke	V40	04:01:53
Marianne	Defernez	V45	04:05:21
Charlotte	Richardson	V40	04:06:26
Jen	Rudd	V40	04:07:43
Julia	Kennelly	V45	04:20:12
Kate	Gooding	V35	04:21:51
Julie	Winner	V45	04:23:14
Rachael	Lockwood	V40	04:25:52
Tracey	Stevens	V45	04:33:57
Vicky	Day	V45	04:50:01
Katie	Whitmore	V40	04:54:51
Emma	Fickling	V35	05:06:24
Chrissie	Lahey	V35	05:18:20
Wendy	Larke	V50	05:52:45
Marina	Murdoch	V50	05:58:18