

Class Results

Open Men																													
Splits																													
3.9km 60m																													
Pos	Name	Age Class	Time	S S1	1 102	2 101	3 104	4 103	5 107	6 105	7 109	8 108	9 106	10 121	11 112	12 113	13 116	14 119	15 118	16 117	17 123	18 120	19 114	20 122	21 125	22 124	23 126	F F1	
1st	Simon Gardner CLYDE	M21	23:27	0:00	0:41 (1st)	0:54 (1st)	2:03 (1st)	2:25 (1st)	5:18 (1st)	6:43 (1st)	8:48 (1st)	9:22 (1st)	10:27 (1st)	12:20 (1st)	13:24 (1st)	14:12 (1st)	15:19 (1st)	16:43 (1st)	17:28 (1st)	17:55 (1st)	18:18 (1st)	18:45 (1st)	20:43 (1st)	21:04 (1st)	22:27 (1st)	22:53 (1st)	23:16 (1st)	23:27 (1st)	
				0:00	0:41 (1st)	0:13 (1st)	1:09 (1st)	0:22 (1st)	2:53 (1st)	1:25 (1st=)	2:05 (1st)	0:34 (2nd=)	1:05 (1st)	1:53 (2nd)	1:04 (1st)	0:48 (1st)	1:07 (3rd)	1:24 (2nd)	0:45 (1st)	0:27 (2nd)	0:23 (3rd)	0:27 (1st=)	1:58 (4th)	0:21 (1st)	1:23 (1st)	0:26 (2nd=)	0:23 (1st)	0:11 (1st)	
2nd	Jeff Powell Davies BL	M35	25:04	0:00	0:48 (2nd)	1:05 (2nd)	2:26 (2nd)	2:51 (2nd)	5:52 (2nd)	7:23 (2nd)	9:42 (2nd)	10:18 (2nd)	11:31 (2nd)	13:31 (2nd)	14:40 (2nd)	15:35 (2nd)	16:44 (2nd)	18:13 (3rd)	18:59 (3rd)	19:25 (2nd=)	19:45 (2nd)	20:12 (2nd)	22:07 (2nd)	22:29 (2nd)	23:54 (2nd)	24:22 (2nd)	24:50 (2nd)	25:04 (2nd)	
				0:00	0:48 (2nd)	0:17 (2nd=)	1:21 (3rd)	0:25 (2nd=)	6:01 (2nd)	1:31 (4th)	2:19 (4th)	0:36 (4th)	1:13 (3rd)	2:00 (4th)	1:09 (2nd)	0:55 (3rd=)	1:09 (4th)	1:29 (4th)	0:46 (2nd=)	0:26 (1st)	0:20 (1st)	0:27 (1st=)	1:55 (2nd)	0:22 (2nd)	1:25 (2nd)	0:28 (4th)	0:28 (4th)	0:14 (3rd=)	
3rd	James Daplyn BL	M35	26:05	0:00	1:22 (5th)	1:39 (4th)	2:55 (3rd=)	3:24 (3rd=)	6:35 (3rd)	8:00 (3rd)	10:11 (3rd)	10:45 (3rd)	11:54 (3rd)	13:41 (3rd)	14:52 (3rd)	15:47 (3rd)	16:51 (3rd)	18:05 (2nd)	18:51 (2nd)	19:25 (2nd=)	19:47 (3rd)	20:00 (3rd)	22:54 (3rd)	23:21 (3rd)	25:01 (3rd)	25:27 (3rd)	25:53 (3rd)	26:05 (3rd)	
				0:00	1:22 (5th)	0:17 (2nd=)	1:16 (2nd)	0:29 (4th=)	3:11 (4th)	1:25 (1st=)	2:11 (3rd)	0:34 (2nd=)	1:09 (2nd)	1:47 (1st)	1:11 (3rd)	0:55 (3rd=)	1:04 (1st)	1:14 (1st)	0:46 (2nd=)	0:34 (4th=)	0:22 (2nd)	1:13 (6th)	1:54 (1st)	0:27 (4th)	1:40 (3rd)	0:26 (2nd=)	0:26 (3rd)	0:12 (2nd)	
4th	James Chapman	M35	28:30	0:00	1:08 (3rd=)	2:53 (6th)	4:21 (5th)	4:46 (5th)	9:20 (5th)	11:28 (5th)	12:01 (5th)	13:17 (5th)	15:16 (4th)	17:04 (5th)	17:53 (4th)	18:57 (4th)	20:24 (4th)	21:38 (4th)	22:09 (4th)	22:37 (4th)	23:24 (5th)	25:20 (4th)	25:44 (4th)	27:26 (4th)	27:51 (4th)	28:16 (4th)	28:30 (4th)	0:12 (2nd)	
				0:00	1:08 (3rd=)	1:45 (6th)	1:28 (5th)	0:25 (2nd=)	3:04 (3rd)	1:30 (3rd)	2:08 (2nd)	0:33 (1st)	1:16 (4th)	1:59 (3rd)	1:48 (5th)	0:49 (2nd)	1:04 (1st)	1:27 (3rd)	1:14 (5th)	0:31 (3rd)	0:28 (4th=)	0:47 (4th)	1:56 (3rd)	0:24 (3rd)	1:42 (4th)	0:25 (1st)	0:25 (2nd)	0:14 (3rd=)	
5th	Owain Rice BL	M21	29:35	0:00	1:08 (3rd=)	1:30 (3rd)	2:55 (3rd=)	3:24 (3rd=)	6:50 (4th)	8:28 (4th)	10:58 (4th)	11:47 (4th)	13:11 (4th)	15:34 (5th)	17:03 (4th)	18:00 (5th)	19:17 (5th)	20:50 (5th)	21:47 (5th)	22:21 (5th)	22:49 (5th)	23:21 (4th)	25:46 (5th)	26:17 (5th)	28:16 (5th)	28:48 (5th)	29:21 (5th)	29:35 (5th)	
				0:00	1:08 (3rd=)	0:22 (5th)	1:25 (4th)	0:29 (4th=)	3:26 (5th)	1:38 (5th)	2:30 (5th)	0:49 (5th)	1:24 (5th)	2:23 (5th)	1:29 (4th)	0:57 (5th)	1:17 (5th)	1:33 (5th)	0:57 (4th)	0:34 (4th=)	0:28 (4th=)	0:32 (3rd)	2:25 (5th)	0:31 (5th)	1:59 (5th)	0:32 (5th)	0:33 (5th)	0:14 (3rd=)	
6th	Elizabeth Hamer-Davies MDOC	W50	42:12	0:00	1:29 (6th)	1:50 (5th)	4:49 (6th)	5:25 (6th)	10:05 (6th)	12:18 (6th)	16:00 (6th)	17:07 (6th)	18:57 (6th)	22:43 (6th)	24:37 (6th)	27:49 (6th)	30:12 (6th)	31:32 (6th)	32:13 (6th)	32:50 (6th)	33:56 (6th)	37:23 (6th)	38:00 (6th)	40:18 (6th)	41:11 (6th)	41:54 (6th)	42:12 (6th)	0:18 (6th)	
				0:00	1:29 (6th)	0:21 (4th)	2:59 (6th)	0:36 (6th)	4:40 (6th)	2:13 (6th)	3:42 (6th)	1:07 (6th)	1:50 (6th)	3:46 (6th)	1:54 (6th)	1:20 (6th)	1:52 (6th)	2:23 (6th)	1:20 (6th)	0:41 (6th)	0:37 (6th)	1:06 (5th)	3:27 (6th)	0:37 (6th)	2:18 (6th)	0:53 (6th)	0:43 (6th)	0:18 (6th)	

Open Women																													
Splits																													
3.9km 60m																													
Pos	Name	Age Class	Time	S S1	1 102	2 101	3 104	4 103	5 107	6 105	7 109	8 108	9 106	10 121	11 112	12 113	13 116	14 119	15 118	16 117	17 123	18 120	19 114	20 122	21 125	22 124	23 126	F F1	
1st	Kirstin Maxwell RR	W21	24:07	0:00	0:48 (1st)	1:03 (1st)	2:16 (1st)	2:40 (1st)	5:31 (1st)	6:59 (1st)	9:07 (1st)	9:41 (1st)	10:52 (1st)	12:42 (1st)	13:49 (1st)	14:39 (1st)	15:44 (1st)	17:05 (1st)	17:50 (1st)	18:15 (1st)	18:36 (1st)	19:05 (1st)	21:20 (1st)	21:43 (1st)	23:08 (1st)	23:30 (1st)	23:56 (1st)	24:07 (1st)	
				0:00	0:48 (1st)	0:15 (1st)	1:13 (1st)	0:24 (1st)	2:51 (1st)	1:28 (1st)	2:08 (1st)	0:34 (1st)	1:11 (1st)	1:50 (1st)	1:07 (1st)	0:50 (1st)	1:05 (1st)	1:21 (1st)	0:45 (1st)	0:25 (1st)	0:21 (1st)	0:29 (1st)	2:15 (1st)	0:23 (1st=)	1:25 (1st)	0:22 (1st)	0:26 (1st)	0:11 (1st)	
2nd	Isabel Berry BL	W35	30:17	0:00	1:11 (3rd)	1:30 (3rd)	3:14 (3rd)	3:42 (3rd)	7:16 (2nd)	8:59 (2nd)	11:35 (2nd)	12:15 (2nd)	13:34 (2nd)	15:53 (2nd)	17:13 (2nd)	18:54 (2nd)	20:19 (2nd)	21:58 (2nd)	22:57 (2nd)	23:27 (2nd)	23:53 (2nd)	24:29 (2nd)	26:54 (2nd)	27:17 (2nd)	29:05 (2nd)	29:35 (2nd)	30:04 (2nd)	30:17 (2nd)	
				0:00	1:11 (3rd)	0:19 (3rd)	1:44 (3rd)	0:28 (2nd)	3:34 (2nd)	1:43 (2nd)	2:36 (2nd)	0:40 (2nd)	1:19 (2nd)	2:19 (2nd)	1:20 (2nd)	1:41 (4th)	1:25 (3rd)	1:39 (2nd)	0:59 (2nd)	0:30 (2nd)	0:26 (3rd)	0:36 (3rd)	2:25 (2nd)	0:23 (1st=)	1:48 (2nd)	0:30 (2nd)	0:29 (2nd=)	0:13 (2nd=)	
3rd	Laura Hindle FVO	W21	32:07	0:00	1:08 (2nd)	1:26 (2nd)	3:01 (2nd)	3:33 (2nd)	7:27 (3rd)	9:24 (3rd)	12:16 (3rd)	13:00 (3rd)	14:37 (3rd)	17:06 (3rd)	18:33 (3rd)	19:37 (3rd)	21:00 (3rd)	22:56 (3rd)	24:06 (3rd)	24:37 (3rd)	25:02 (3rd)	25:33 (3rd)	28:08 (3rd)	28:41 (3rd)	30:38 (3rd)	31:12 (3rd)	31:49 (3rd)	32:07 (3rd)	
				0:00	1:08 (2nd)	0:18 (2nd)	1:35 (2nd)	0:32 (3rd)	3:54 (3rd)	1:57 (3rd)	2:52 (3rd)	0:44 (3rd)	1:37 (4th)	2:29 (3rd)	1:27 (3rd)	1:04 (2nd)	1:23 (2nd)	1:56 (3rd)	1:10 (3rd)	0:31 (2nd)	0:25 (2nd)	0:31 (2nd)	2:35 (3rd)	0:33 (4th)	1:57 (4th)	0:34 (4th)	0:37 (4th)	0:18 (4th)	
4th	Liz Heaton LOC	W35	34:38	0:00	1:14 (4th)	1:34 (4th)	4:17 (4th)	4:51 (4th)	8:52 (4th)	10:58 (4th)	13:57 (4th)	14:45 (4th)	16:16 (4th)	18:52 (4th)	20:28 (4th)	21:33 (4th)	22:59 (4th)	24:59 (4th)	26:28 (4th)	27:01 (4th)	27:35 (4th)	28:22 (4th)	31:08 (4th)	31:36 (4th)	33:25 (4th)	33:56 (4th)	34:25 (4th)	34:38 (4th)	
				0:00	1:14 (4th)	0:20 (4th)	2:43 (4th)	0:34 (4th)	4:01 (4th)	2:06 (4th)	2:59 (4th)	0:48 (4th)	1:31 (3rd)	2:36 (4th)	1:36 (4th)	1:05 (3rd)	1:26 (4th)	2:00 (4th)	1:29 (4th)	0:33 (4th)	0:34 (4th)	0:47 (4th)	2:46 (4th)	0:28 (3rd)	1:49 (3rd)	0:31 (3rd)	0:29 (2nd=)	0:13 (2nd=)	

Novice																			
Splits																			
1.6km 20m																			
Pos	Name	Age Class	Time	S S1	1 127	2 102	3 110	4 103	5 109	6 108	7 121	8 113	9 115	10 111	11 124	12 125	13 126	F F1	
1st	Oscar Sanderson NATO	M12	14:59	0:00	0:46 (1st)	1:28 (1st)	2:32 (1st)	3:07 (1st)	5:38 (1st=)	6:36 (1st)	9:15 (1st)	11:50 (1st)	12:27 (1st)	12:27 (1st)	13:35 (1st)	14:08 (1st)	14:45 (1st)	14:59 (1st)	
				0:00	0:46 (1st)	0:42 (1st)	1:04 (1st)	0:35 (2nd)	2:31 (4th)	0:58 (2nd)	2:39 (1st)	2:35 (2nd)	0:37 (1st)	<i>[0:31 (4th)]</i>	1:06 (2nd)	0:33 (2nd=)	0:37 (2nd)	0:14 (1st=)	
2nd	George Rennie WCOO	M12	15:07	0:00	1:35 (6th)	2:23 (4th)	3:30 (4th)	4:04 (4th)	6:23 (4th)	7:17 (4th)	10:06 (4th)	12:13 (2nd)	12:52 (2nd)	12:52 (2nd)	13:58 (2nd)	14:25 (2nd)	14:53 (2nd)	15:07 (2nd)	
				0:00	1:35 (6th)	0:48 (3rd)	1:07 (3rd)	0:34 (1st)	2:19 (3rd)	0:54 (1st)	2:49 (4th)	2:07 (1st)	0:39 (2nd)	<i>[0:34 (5th)]</i>	1:06 (1st)	0:27 (1st)	0:28 (1st)	0:14 (1st=)	
3rd	Charlie Ostle	M14	16:46	0:00	0:51 (2nd=)	1:34 (2nd)	2:45 (2nd=)	3:21 (2nd)	5:38 (1st=)	6:59 (2nd)	9:42 (2nd=)	12:30 (3rd)	13:44 (3rd=)	13:44 (3rd)	15:06 (3rd)	15:39 (3rd)	16:30 (3rd)	16:46 (3rd)	
				0:00	0:51 (2nd=)	0:43 (2nd)	1:11 (4th)	0:36 (3rd)	2:17 (2nd)	1:21 (3rd)	2:43 (3rd)	2:48 (3rd)	1:14 (6th)	<i>[0:25 (2nd)]</i>	1:22 (3rd)	0:33 (2nd=)	0:51 (4th)	0:16 (4th)	
4th	Matty Ostle	M12	17:11	0:00	0:51 (2nd=)	1:40 (3rd)	2:45 (2nd=)	3:26 (3rd)	5:38 (1st=)	7:02 (3rd)	9:42 (2nd=)	12:33 (4th)	13:44 (3rd=)		15:31 (4th)	16:07 (4th)	16:57 (4th)	17:11 (4th)	
				0:00	0:51 (2nd=)	0:49 (4th)	1:05 (2nd)	0:41 (4th)	2:12 (1st)	1:24 (4th)	2:40 (2nd)	2:51 (4th)	1:11 (5th)			0:36 (4th)	0:50 (3rd)	0:14 (1st=)	
5th	Barbara Atkinson BL	W65	26:11	0:00	1:12 (4th)	2:45 (5th)	4:22 (5th)	5:54 (5th)	9:43 (5th)	11:08 (5th)	16:26 (5th)	19:51 (5th)	20:47 (5th)	20:47 (4th)	22:59 (5th)	24:30 (5th)	25:48 (5th)	26:11 (5th)	
				0:00	1:12 (4th)	1:33 (6th)	1:37 (5th)	1:32 (6th)	3:49 (5th)	1:25 (5th)	5:18 (6th)	3:25 (5th)	0:56 (3rd)	<i>[0:26 (3rd)]</i>	2:12 (5th)	1:31 (6th)	1:18 (5th)	0:23 (5th)	
6th	Coopar Russell BL	M6	28:21	0:00	1:32 (5th)	2:47 (6th)	4:47 (6th)	6:04 (6th)	10:16 (6th)	12:17 (6th)	17:22 (6th)	21:34 (6th)	22:34 (6th)	22:34 (5th)	24:30 (6th)	25:33 (6th)	27:43 (6th)	28:21 (6th)	
				0:00	1:32 (5th)	1:15 (5th)	2:00 (6th)	1:17 (5th)	4:12 (6th)	2:01 (6th)	5:05 (5th)	4:12 (6th)	1:00 (4th)	<i>[0:23 (1st)]</i>	1:56 (4th)	1:03 (5th)	2:10 (6th)	0:38 (6th)	

Supervet Men 55+

Splits

3.9km 60m

Pos	Name	Age Class	Time	S S1	1 102	2 101	3 104	4 103	5 107	6 105	7 109	8 108	9 106	10 121	11 112	12 113	13 116	14 119	15 118	16 117	17 123	18 120	19 114	20 122	21 125	22 124	23 126	F F1
1st	Ian Maxwell RR	M55	23:42	0:00	<u>0:48 (1st)</u>	<u>1:03 (1st)</u>	<u>2:19 (1st)</u>	<u>2:49 (1st)</u>	<u>5:40 (1st)</u>	<u>7:13 (1st)</u>	<u>9:14 (1st)</u>	<u>9:48 (1st)</u>	<u>10:59 (1st)</u>	<u>12:55 (1st)</u>	<u>13:59 (1st)</u>	<u>14:45 (1st)</u>	<u>15:47 (1st)</u>	<u>17:10 (1st)</u>	<u>17:52 (1st)</u>	<u>18:18 (1st)</u>	<u>18:37 (1st)</u>	<u>19:06 (1st)</u>	<u>20:56 (1st)</u>	<u>21:17 (1st)</u>	<u>22:43 (1st)</u>	<u>23:06 (1st)</u>	<u>23:31 (1st)</u>	<u>23:42 (1st)</u>
				0:00	<u>0:48 (1st)</u>	<u>0:15 (1st)</u>	<u>1:16 (1st)</u>	<u>0:30 (2nd=)</u>	<u>2:51 (1st)</u>	<u>1:33 (1st)</u>	<u>2:01 (1st)</u>	<u>0:34 (1st)</u>	<u>1:11 (1st)</u>	<u>0:56 (1st)</u>	<u>1:04 (1st)</u>	<u>0:46 (1st)</u>	<u>1:02 (1st)</u>	<u>1:23 (1st)</u>	<u>0:42 (1st)</u>	<u>0:26 (1st)</u>	<u>0:19 (1st)</u>	<u>0:29 (1st=)</u>	<u>1:50 (1st)</u>	<u>0:21 (1st)</u>	<u>1:26 (1st)</u>	<u>0:23 (1st)</u>	<u>0:25 (1st)</u>	<u>0:11 (1st)</u>
2nd	Simon Filmore LOC	M60	30:31	0:00	0:15 (8th)	1:36 (8th)	3:06 (6th)	3:42 (7th)	7:25 (7th)	9:15 (7th)	11:59 (7th)	12:42 (7th)	14:07 (7th)	16:31 (7th)	17:54 (6th)	18:56 (6th)	20:18 (6th)	22:15 (6th=)	23:07 (6th)	23:43 (6th)	24:08 (4th=)	24:40 (4th)	27:07 (4th)	27:30 (4th)	29:16 (3rd)	29:47 (3rd)	30:19 (2nd=)	30:31 (2nd)
				0:00	0:15 (8th)	0:21 (6th=)	1:30 (3rd)	0:36 (6th=)	3:43 (7th)	1:50 (5th=)	2:44 (5th)	0:43 (5th=)	1:25 (4th)	2:24 (6th)	1:23 (3rd)	1:02 (6th)	1:22 (3rd=)	1:57 (8th)	0:52 (3rd)	0:36 (9th)	0:25 (3rd)	0:32 (4th)	2:27 (5th)	0:23 (2nd)	1:46 (4th)	0:31 (3rd=)	0:32 (4th=)	0:12 (2nd)
3rd	Dan Parker BL	M55	30:36	0:00	0:09 (6th)	1:28 (4th=)	2:57 (3rd)	3:28 (3rd=)	7:05 (2nd=)	8:52 (3rd=)	11:27 (3rd)	12:08 (3rd)	13:36 (3rd)	15:52 (3rd)	17:16 (2nd=)	18:13 (2nd)	19:36 (2nd)	21:19 (2nd=)	22:14 (4th)	22:46 (4th)	24:08 (4th=)	24:38 (3rd)	26:54 (2nd)	27:22 (2nd)	29:14 (2nd)	29:46 (2nd)	30:19 (2nd=)	30:36 (3rd)
				0:00	0:09 (6th)	0:19 (2nd)	1:29 (2nd)	0:31 (4th)	3:37 (4th)	1:47 (4th)	2:35 (3rd)	0:41 (4th)	1:28 (5th)	2:16 (4th)	1:24 (4th)	1:07 (5th)	0:57 (2nd=)	1:23 (5th)=	1:43 (4th)	0:55 (5th)	0:32 (5th)	1:22 (6th)	0:30 (3rd)	2:16 (3rd)	0:28 (6th)	1:52 (5th)	0:33 (6th=)	0:17 (7th=)
4th	Graham Capper LOC	M60	30:41	0:00	0:06 (4th)	1:28 (4th=)	3:00 (4th)	3:28 (3rd=)	7:10 (6th)	8:52 (3rd=)	11:40 (4th)	12:19 (4th)	13:41 (4th)	15:56 (4th)	17:18 (4th)	18:15 (3rd)	19:37 (3rd)	21:19 (2nd=)	22:12 (3rd)	22:42 (3rd)	23:06 (2nd)	23:54 (2nd)	27:10 (5th)	27:35 (5th)	29:28 (5th)	29:58 (4th)	30:27 (4th)	30:41 (4th)
				0:00	0:06 (4th)	0:22 (8th=)	1:32 (4th)	<u>0:28 (1st)</u>	3:42 (6th)	1:42 (2nd=)	2:48 (7th=)	0:39 (2nd)	1:22 (3rd)	2:15 (3rd)	1:22 (2nd)	0:57 (2nd=)	1:22 (3rd=)	1:42 (3rd)	0:53 (4th)	0:30 (3rd)	0:24 (2nd)	0:48 (7th)	3:16 (9th)	0:25 (3rd=)	1:53 (6th)	0:30 (2nd)	0:29 (3rd)	0:14 (3rd=)
5th	George Hare NATO	M55	30:46	0:00	0:08 (5th)	1:30 (6th)	3:09 (8th)	3:39 (5th=)	7:08 (4th)	8:58 (6th)	11:40 (4th)	12:23 (5th)	13:52 (5th)	16:19 (5th)	17:48 (5th)	18:47 (5th)	20:12 (5th)	21:59 (5th)	22:55 (5th)	23:29 (5th)	23:59 (3rd)	24:42 (5th)	27:13 (6th)	27:42 (6th)	29:27 (4th)	29:58 (4th)	30:30 (5th)	30:46 (5th)
				0:00	0:08 (5th)	0:22 (8th=)	1:39 (7th=)	0:30 (2nd=)	7:08 (4th)	1:32 (2nd=)	2:39 (2nd=)	0:42 (4th)	0:43 (5th=)	1:29 (6th)	2:27 (8th)	1:29 (6th)	1:42 (7th)	1:47 (6th)	0:56 (6th)	0:34 (6th)	0:30 (4th)	0:43 (6th)	2:31 (6th)	0:29 (7th)	1:45 (3rd)	0:31 (3rd=)	0:32 (4th=)	0:16 (5th=)
6th	Paul Turner SELOC	M60	30:56	0:00	0:05 (3rd)	1:25 (3rd)	3:01 (5th)	3:39 (5th=)	7:08 (4th)	8:50 (2nd)	11:19 (2nd)	11:59 (2nd)	13:16 (2nd)	15:25 (2nd)	17:16 (2nd=)	18:19 (4th)	19:42 (4th)	21:19 (2nd=)	22:08 (2nd)	22:35 (2nd)	24:17 (6th)	24:46 (6th)	27:00 (3rd)	27:25 (3rd)	29:41 (6th)	30:16 (6th)	30:42 (6th)	30:56 (6th)
				0:00	0:05 (3rd)	0:20 (3rd=)	1:32 (4th)	0:38 (10th)	3:29 (2nd=)	1:42 (2nd=)	2:29 (2nd)	0:40 (3rd)	1:17 (2nd)	2:09 (2nd)	1:51 (10th)	1:03 (7th)	1:23 (5th)=	1:37 (2nd)	0:49 (2nd)	0:27 (2nd)	1:42 (10th)	<u>0:29 (1st=)</u>	2:14 (2nd)	0:25 (3rd=)	2:16 (10th)	0:35 (4th=)	0:26 (2nd)	0:14 (3rd=)
7th	Christopher Wright CLOK	M60	32:17	0:00	0:17 (9th)	1:41 (9th)	3:21 (9th)	3:57 (9th)	7:47 (9th)	9:39 (8th)	12:27 (8th)	13:11 (8th)	14:41 (8th)	17:02 (8th)	18:30 (8th)	19:34 (8th)	21:04 (8th)	22:49 (8th)	23:47 (8th)	24:22 (8th)	25:04 (8th)	25:55 (8th)	28:18 (7th)	28:51 (7th)	30:45 (7th)	31:21 (7th)	32:00 (7th)	32:17 (7th)
				0:00	0:17 (9th)	0:24 (10th)	1:40 (9th)	0:36 (6th=)	3:50 (9th)	1:52 (7th=)	2:48 (7th=)	0:44 (7th)	1:30 (7th)	2:21 (5th)	1:28 (5th)	1:04 (8th)	1:30 (8th)	1:45 (5th)	0:58 (7th)	0:35 (7th=)	0:42 (7th)	0:51 (8th=)	2:23 (4th)	0:33 (8th=)	1:04 (7th)	0:36 (9th)	0:39 (9th=)	0:17 (7th=)
8th	Andy Lewsley BL	M60	32:37	0:00	0:55 (2nd)	1:15 (2nd)	2:54 (2nd)	3:27 (2nd)	7:05 (2nd=)	8:57 (5th)	11:43 (6th)	12:28 (6th)	14:04 (6th)	16:30 (6th)	18:02 (7th)	19:02 (7th)	20:21 (7th)	22:15 (6th=)	23:14 (7th)	23:45 (7th)	24:21 (7th)	25:26 (7th)	29:02 (8th)	29:29 (8th)	31:13 (8th)	31:47 (8th)	32:20 (8th)	32:37 (8th)
				0:00	0:55 (2nd)	0:20 (3rd=)	1:39 (7th=)	0:33 (5th)	7:08 (5th)	1:52 (7th=)	2:46 (6th)	0:45 (8th)	1:36 (8th=)	2:26 (7th)	1:32 (7th)	1:00 (5th)	1:19 (2nd)	2:25 (6th=)	0:59 (8th)	0:31 (4th)	0:36 (5th)	1:05 (10th)	3:36 (10th)	0:27 (5th)	1:44 (2nd)	0:34 (7th)	0:33 (6th=)	0:17 (7th=)
9th	Barry Young NN	M55	36:34	0:00	0:48 (10th)	2:09 (10th)	3:51 (10th)	4:27 (10th)	8:37 (10th)	10:46 (10th)	13:40 (10th)	14:50 (10th)	16:26 (9th)	19:02 (9th)	20:44 (9th)	21:57 (9th)	23:42 (9th)	25:49 (9th)	27:32 (9th)	28:07 (9th)	28:46 (9th)	29:27 (9th)	32:26 (9th)	32:59 (9th)	34:57 (9th)	35:36 (9th)	36:15 (9th)	36:34 (9th)
				0:00	0:48 (10th)	0:21 (6th=)	1:42 (10th)	0:36 (6th=)	4:10 (10th)	2:09 (9th)	2:54 (10th)	1:10 (10th)	1:36 (8th)	2:32 (9th)	1:42 (9th)	1:13 (9th)	1:45 (9th)	2:07 (9th)	1:43 (10th)	0:35 (7th=)	0:39 (6th)	0:41 (5th)	2:59 (7th)	0:33 (8th=)	1:58 (8th)	0:39 (10th)	0:39 (9th=)	0:19 (10th)
10th	Stephen Eastley BL	M65	41:38	0:00	0:11 (7th)	1:31 (7th)	3:08 (7th)	3:44 (8th)	7:30 (8th)	9:43 (9th)	12:31 (9th)	13:18 (9th)	17:49 (10th)	22:41 (10th)	24:15 (10th)	25:38 (10th)	27:54 (10th)	30:47 (10th)	32:03 (10th)	32:40 (10th)	33:23 (10th)	34:14 (10th)	37:21 (10th)	38:03 (10th)	40:16 (10th)	40:48 (10th)	41:22 (10th)	41:38 (10th)
				0:00	0:11 (7th)	0:20 (3rd=)	1:37 (6th)	0:36 (6th=)	3:46 (8th)	2:13 (10th)	2:48 (7th=)	0:47 (9th)	4:31 (10th)	4:52 (10th)	1:34 (8th)	1:23 (10th)	2:16 (10th)	2:53 (10th)	1:16 (9th)	0:37 (10th)	0:43 (8th)	0:51 (8th=)	3:07 (8th)	0:42 (10th)	2:13 (9th)	0:32 (5th=)	0:34 (8th)	0:16 (5th=)

Supervet Women 55+

Splits

3.9km 60m

Pos	Name	Age Class	Time	S S1	1 102	2 101	3 104	4 103	5 107	6 105	7 109	8 108	9 106	10 121	11 112	12 113	13 116	14 119	15 118	16 117	17 123	18 120	19 114	20 122	21 125	22 124	23 126	F F1
1st	Karen Parker BL	W55	27:55	0:00	1:19 (3rd=)	1:37 (2nd)	3:05 (2nd)	<u>3:33 (1st)</u>	<u>7:04 (1st)</u>	<u>8:45 (1st)</u>	<u>11:05 (1st)</u>	<u>11:45 (1st)</u>	<u>13:05 (1st)</u>	<u>15:03 (1st)</u>	<u>16:19 (1st)</u>	<u>17:12 (1st)</u>	<u>18:30 (1st)</u>	<u>19:59 (1st)</u>	<u>20:50 (1st)</u>	<u>21:17 (1st)</u>	<u>21:50 (1st)</u>	<u>22:34 (1st)</u>	<u>24:44 (1st)</u>	<u>25:06 (1st)</u>	<u>26:45 (1st)</u>	<u>27:16 (1st)</u>	<u>27:42 (1st)</u>	<u>27:55 (1st)</u>
				0:00	1:19 (3rd=)	0:18 (2nd)	<u>1:28 (1st)</u>	0:28 (2nd)	3:31 (2nd)	<u>1:41 (1st)</u>	0:40 (2nd=)	<u>1:20 (1st)</u>	<u>1:58 (1st)</u>	<u>1:16 (1st)</u>	<u>0:53 (1st)</u>	1:18 (2nd)	<u>1:29 (1st)</u>	0:51 (2nd)	<u>0:27 (1st)</u>	0:33 (8th=)	0:44 (8th)	<u>2:10 (1st)</u>	<u>0:22 (1st)</u>	<u>1:39 (1st=)</u>	<u>0:31 (1st)</u>	<u>0:26 (1st)</u>	<u>0:13 (1st)</u>	
2nd	Stella Lewsley BL	W65	30:56	0:00	<u>1:09 (1st)</u>	<u>1:29 (1st)</u>	<u>3:04 (1st)</u>	3:38 (2nd)	7:12 (2nd)	9:06 (2nd)	11:49 (2nd)	12:29 (2nd)	13:55 (2nd)	16:18 (2nd)	17:45 (2nd=)	18:40 (2nd)	20:08 (2nd)	21:59 (2nd)	22:58 (2nd)	23:29 (2nd)	24:40 (3rd)	25:12 (2nd)	27:29 (2nd)	27:56 (2nd)	29:35 (2nd)	30:10 (2nd)	30:40 (2nd)	30:56 (2nd)
				0:00	<u>1:09 (1st)</u>	0:20 (3rd=)	1:35 (2nd)	0:34 (6th=)	3:34 (3rd)	1:54 (5th)	2:43 (3rd)	0:40 (2nd=)	1:26 (2nd)	2:23 (3rd)	1:27 (6th=)	0:55 (2nd)	1:28 (6th)	1:51 (5th)	0:59 (5th=)	0:31 (2nd=)	1:11 (13th)	<u>0:32 (1st)</u>	2:17 (2nd=)	0:27 (5th=)	<u>1:39 (1st)</u>	0:35 (4th=)	0:30 (3rd)	0:16 (3rd=)
3rd	Eileen Maxwell RR	W55	31:01	0:00	1:29 (7th)	<u>1:44 (5th)</u>	3:23 (3rd)	3:50 (3rd)	7:16 (3rd)	9:09 (3rd)	11:58 (3rd)	12:37 (3rd)	14:07 (3rd)	16:20 (3rd)	17:45 (2nd=)	19:43 (3rd)	20:56 (3rd)	22:42 (3rd)	23:37 (3rd)	24:08 (3rd)	24:37 (2nd)	25:13 (3rd)	27:30 (3rd)	27:57 (3rd)	29:43 (3rd)	30:21 (3rd)	30:48 (3rd)	31:01 (3rd)
				0:00	1:29 (7th)	<u>0:15 (5th)</u>	1:39 (3rd)	<u>0:27 (1st)</u>	<u>7:16 (3rd)</u>	1:53 (4th)	2:49 (5th)	<u>0:39 (1st)</u>	1:30 (5th)	2:12 (3rd)	1:25 (2nd=)	1:58 (13th)	<u>1:13 (1st)</u>	2:42 (3rd)	0:55 (4th)	0:31 (2nd=)	0:29 (3rd)	0:36 (3rd)	2:17 (2nd=)	0:27 (5th=)	1:46 (4th)	0:38 (9th)	0:27 (2nd)	0:13 (2nd)
4th	Carol Edwards BL	W60	32:25	0:00	1:26 (6th)	1:46 (6th=)	3:35 (7th)	4:06 (7th)	7:59 (6th)	9:50 (5th)	12:42 (6th)	13:26 (5th)	14:55 (5th)	17:20 (4th)	18:46 (4th)	19:44 (4th)	21:11 (4th)	23:09 (4th)	24:09 (4th)	24:41 (4th)	25:13 (4th)	25:53 (4th)	28:44 (4th)	29:10 (4th)	31:02 (4th)	31:36 (4th)	32:09 (4th)	32:25 (4th)
				0:00	1:26 (6th)	0:20 (3rd=)	1:49 (9th)	0:31 (4th)	3:53 (4th=)	1:51 (2nd)	2:52 (7th)	0:44 (4th=)	1:29 (4th)	2:25 (4th)	1:26 (4th=)	0:58 (3rd)	1:27 (5th)	2:00 (7th=)	1:00 (7th)	0:32 (4th)	0:32 (5th=)	2:51 (7th)	0:26 (3rd=)	1:52 (6th)	0:34 (3rd)	0:33 (5th)	0:16 (3rd=)	
5th	Jill Libby CLOK	W60	32:39	0:00	1:19 (3rd=)	1:40 (3rd)	3:23 (3rd=)	3:57 (4th)	7:50 (4th)	9:42 (4th)	12:33 (4th)	13:19 (4th)	14:47 (4th)	17:33 (5th)	18:58 (5th)	20:01 (5th)	21:26 (5th)	23:20 (5th)	24:25 (5th)	24:59 (5th)	25:30 (5th)	28:49 (5th)	29:17 (5th)	31:12 (5th)	31:45 (5th)	32:21 (5th)	32:39 (5th=)	
				0:00	1:19 (3rd=)	0:21 (6th=)	1:43 (6th=)	0:34 (6th=)	3:53 (4th=)	1:52 (3rd)	2:51 (6th)	0:46 (6th)	1:28 (3rd)	2:46 (9th)	1:25 (2nd=)	1:03 (4th)	1:25 (4th)	2:00 (7th=)	0:59 (5th=)	0:34 (5th=)	0:31 (4th)	0:28 (8th)	2:19 (4th)	1:55 (7th)	0:35 (4th=)	0:36 (6th=)	0:17 (8th=)	
5th	Jackie Chapman LOC	W60	32:39	0:00	1:21 (5th)	1:46 (6th=)	3:27 (6th)	4:00 (6th)	7:56 (5th)	9:50 (6th)	12:40 (5th)	13:36 (6th)	15:13 (7th)	17:50 (7th)	19:16 (7th)	21:07 (7th)	22:29 (7th)	24:17 (7th)	25:07 (7th)	25:49 (7th)	26:15 (7th)	26:49 (6th)	29:08 (6th)	29:33 (6th)	31:16 (6th)	31:51 (6th)	32:23 (6th)	32:39 (5th=)
				0:00	1:21 (5th)	0:25 (9th=)	1:41 (5th)	0:33 (5th)	3:56 (7th)	2:04 (8th)	2:40 (2nd)	0:56 (10th)	1:37 (8th)	2:37 (8th)	1:26 (4th=)	1:51 (12th)	1:22 (3rd)	1:48 (4th)	<u>0:50 (1st)</u>	0:42 (9th=)	<u>0:26 (1st)</u>	27:49 (6th)	29:08 (6th)	29:33 (6th)	31:16 (6th)	31:51 (6th)	32:23 (6th)	32:39 (5th=)
7th	Louise Dunn LOC	W55	33:03	0:00	1:44 (12th)	2:05 (11th)	3:49 (10th)	4:19 (8th=)	8:12 (7th)	10:08 (7th)	12:53 (7th)	13:40 (7th)	15:11 (6th)	17:40 (6th)	19:07 (6th)	20:17 (6th)	21:46 (6th)	23:33 (6th)	24:26 (6th)	25:02 (6th)	25:34 (6th)	26:37 (5th)	29:19 (7th)	29:45 (7th)	31:35 (7th)	32:10 (7th)	32:46 (7th)	33:03 (7th)
				0:00	1:44 (12th)	0:21 (6th=)	1:44 (8th)	0:30 (3rd)	3:53 (4th=)	1:56 (6th)	2:45 (4th)	0:47 (7th)	1:31 (6th)	2:29 (5th)	1:27 (6th=)	1:10 (6th)	1:29 (6th)	1:47 (3rd)	0:53 (3rd)	0:36 (8th)	0:32 (5th=)	1:03 (11th)	2:42 (6th)	0:26 (3rd=)	1:50 (5th)	0:35 (4th=)	0:36 (6th=)	0:17 (8th)
8th	Mary Rake NATO	W60	36:43	0:00	1:38 (10th)	2:03 (10th)	3:46 (9th)	4:22 (10th)	8:26 (8th)	10:39 (8th)	13:40 (8th)	14:28 (8th)	16:16 (8th)	18:51 (8th)	20:40 (8th)	22:05 (8th)	23:38 (8th)	26:19 (8th)	27:21 (8th)	27:55 (8th)	28:22 (6th)	29:07 (7th)	31:18 (8th)	32:45 (8th)	35:13 (8th)	35:50 (8th)	36:27 (8th)	36:43 (8th)
				0:00	1:38 (10th)	0:25 (9th=)	1:43 (6th=)	0:36 (9th)	4:04 (8th)	2:13 (9th)	3:01 (8th)	0:48 (8th)	1:48 (9th)	2:35 (6th)	1:49 (10th)	1:25 (10th)	1:33 (8th=)	2:41 (12th)	1:02 (8th)	0:34 (5th=)	0:27 (2nd)	0:45 (9th)	3:22 (10th)	3:11 (10th)	0:27 (5th=)	2:28 (11th)	0:37 (8th)	0:16 (3rd=)
9th	Christine Goulding BL	W55	38:35	0:00	1:30 (8th)	1:50 (8th)	3:29 (6th)	4:04 (6th)	12:18 (14th)	14:17 (13th)	17:19 (13th)	18:43 (12th)	19:37 (11th)	22:12 (11th)	23:51 (11th)	24:58 (11th)	26:31 (10th)	28:31 (9th)	29:44 (9th)	30:18 (9th)	30:50 (9th)	31:30 (8th)	34:09 (9th)	34:38 (9th)	37:05 (9th)	37:40 (9th)	38:17 (9th)	38:35 (9th)
				0:00	1:30 (8th)	0:20 (3rd=)	1:39 (3rd=)	0:35 (8th)	8:14 (14th)	1:59 (7th)	3:02 (9th)	0:40 (4th=)	1:34 (7th)	2:35 (6th)	1:39 (8th)	1:07 (5th)	1:33 (8th=)	2:00 (7th=)	1:13 (10th)	0:34 (5th=)	0:32 (5th=)	0:40 (5th=)	2:39 (9th)	0:29 (9th)	2:27 (10th)	0:35 (4th=)	0:37 (8th=)	0:18 (8th=)
10th	Hazel Hindle MDOZ	W55	39:58	0:00	1:17 (2nd)	1:42 (4th)	3:38 (8th)	4:19 (8th=)	9:07 (9th)	11:31 (9th)	15:02 (9th)	16:02 (9th)	18:07 (9th)	21:18 (9th)	23:14 (9th)	24:27 (9th)	26:15 (9th)	28:40 (10th)	29:51 (10th)	30:33 (10th)	31:12 (10th)	32:18 (10th)	35:20 (10th)	35:52 (10th)	38:09 (10th)	38:54 (10th)	39:38 (10th)	39:58 (10th)
				0:00	1:17 (2nd)	0:25 (9th=)	1:56 (10th=)	0:41 (11th)	4:08 (9th)	2:24 (10th)	3:31 (10th)	1:00 (11th)	2:05 (14th)	3:11 (11th)	1:56 (11th)	1:13 (7th)	1:48 (10th)	2:25 (9th)	1:11 (9th)	0:42 (9th=)	0:39 (11th)	1:06 (12th)	3:02 (8th)	0:32 (10th)	2:17 (8th)	0:45 (10th)	0:44 (12th)	0:20 (12th=)
11th	Christine Robinson LOC	W60	42:31	0:00	1:59 (13th)	2:28 (13th)	4:40 (13th)	5:22 (13th)	10:30 (12th)	13:09 (12th)	17:18 (12th)	18:19 (13th)	20:20 (13th)	23:51 (13th)	25:46 (12th)	27:07 (12th)	28:59 (12th)	31:35 (12th)	32:50 (12th)	33:32 (12th)	34:05 (12th)	34:47 (11th)	37:50 (12th)	38:25 (11th)	40:45 (11th)	41:32 (11th)	42:13 (11th)	42:31 (11th)
				0:00	1:59 (13th)	0:29 (13th)	2:12 (13th)	0:42 (12th)	5:08 (11th)	2:39 (13th)	4:09 (14th)	1:01 (12th)	2:01 (11th)	3:31 (13th=)	1:57 (12th)	1:19 (9th)	1:52 (11th)	2:36 (11th)	1:15 (11th)	0:42 (9th=)	0:30 (8th=)	0:42 (7th)	3:03 (9th)	0:35 (11th)	2:20 (9th)	0:47 (11th=)	0:41 (10th=)	0:18 (8th=)
12th	Patricia Davies NATO	W60	42:47	0:00	1:34 (9th)	1:58 (9th)	3:54 (11th)	4:31 (11th)	9:34 (10th)	11:59 (10th)	15:52 (10th)	16:41 (10th)	18:30 (10th)	21:45 (10th)	23:29 (10th)	24:47 (10th)	26:41 (11th)	29:15 (11th)	30:37 (11th)	31:27 (11th)	32:01 (11th)	32:38 (10th)	36:25 (11th)	38:29 (12th)	40:59 (12th)	41:50 (12th)	42:31 (12th)	42:47 (12th)
				0:00	1:34 (9th)	0:24 (8th)	1:56 (10th)	0:37 (103)	5:03 (10th)	2:25 (11th)	3:53 (11th)	0:49 (9th)	1:48 (10th)	3:15 (12th)	1:44 (9th)	1:18 (8th)	1:54 (12th)	2:34 (10th)	1:22 (13th)	0:50 (14th)	0:34 (10th)	0:37 (4th)	3:47 (11th)	2:04 (14th)	2:30 (12th)	0:51 (13th=)	0:41 (10th=)	0:16 (3rd=)
13th	Janice Nichols BL	W60	47:20	0:00	1:39 (11th)	2:07 (12th)	4:10 (12th)	4:54 (12th)	10:08 (11th)	12:39 (11th)	16:43 (11th)	17:50 (11th)	19:52 (12th)	23:23 (12th)	27:02 (13th)	28:30 (13th)	30:40 (13th)	33:30 (13th)	35:04 (13th)	35:53 (13th)	36:53 (13th)	38:02 (12th)	41:57 (13th)	42:45 (13th)	45:27 (13th)	46:14 (13th)	47:00 (13th)	47:20 (13th)
				0:00	1:39 (11th)	0:28 (12th)	2:03 (12th)	0:44 (13th)	5:14 (12th)	2:31 (12th)	4:04 (12th)	1:07 (14th)	2:02 (12th)	3:31 (13th=)	1:39 (14th)	1:28 (11th)	2:10 (13th)	2:50 (13th)	1:34 (14th)	0:49 (13th)	1:00 (12th)	1:09 (13th)	3:55 (12th)	0:48 (13th)	2:42 (13th)	0:47 (11th=)	0:46 (14th)	0:20 (12th=)
14th	Hilary Eastley BL	W60	52:21	0:00	2:05 (14th)	2:37 (14th)	5:19 (14th)	6:06 (14th)	11:33 (13th)	14:24 (14th)	18:32 (14th)	19:38 (14th)	21:41 (14th)	24:51 (14th)	27:06 (14th)	29:24 (14th)	32:32 (14th)	36:45 (14th)	38:06 (14th)	38:51 (14th)	40:05 (14th)	41:02 (13th)	45:25 (14th)	46:09 (14th)	50:24 (14th)	51:15 (14th)	52:00 (14th)	52:21 (14th)
				0:00	2:05 (14th)	0:32 (14th)	2:42 (14th)	0:47 (14th)	5:27 (13th)	2:51 (14th)	4:08 (13th)	1:06 (13th)	2:03 (13th)	3:10 (10th)	2:15 (13th)	2:18 (14th)	3:14 (14th)	3:30 (14th)	1:21 (12th)	0:45 (12th)	1:14 (14th)	4:52 (13th)	4:44 (2th)	4:15 (14th)	0:51 (13th=)	0:45 (13th)	0:21 (14th)	

3.9km 60m

	Name	Age Class	Time	S S1	1 102	2 101	3 104	4 103	5 107	6 105	7 109	8 108	9 106	10 121	11 112	12 113	13 116	14 119	15 118	16 117	17 123	18 120	19 114	20 122	21 125	22 124	23 126	24 127	
1st	Jamie Rennie WCOO	M45	25:08	0:00	0:50 (3rd)	1:08 (4th)	2:31 (3rd)	2:57 (3rd)	6:03 (3rd)	7:35 (2nd)	9:46 (2nd)	10:21 (2nd)	11:32 (2nd)	13:26 (1st)	14:35 (1st)	15:22 (1st)	16:30 (1st)	18:00 (1st)	18:44 (1st)	19:10 (1st)	19:35 (1st)	20:31 (1st)	22:17 (1st)	22:39 (1st)	24:06 (1st)	24:29 (1st)	24:55 (1st)	25:08 (1st)	
				0:00	0:50 (3rd)	0:18 (6th)	1:23 (3rd)	0:26 (2nd)	3:06 (2nd)	7:25 (1st)	2:11 (1st)	0:35 (1st)	1:11 (1st)	1:54 (1st)	1:09 (1st)	0:47 (1st)	1:08 (1st)	1:30 (2nd)	0:44 (1st)	0:26 (1st)	0:25 (4th)	0:56 (7th)	1:46 (1st)	0:22 (2nd)	1:27 (1st)	0:23 (1st)	0:26 (1st)	0:13 (1st)	
2nd	Trevor Hindle MDOC	M55	28:10	0:00	0:57 (5th)	1:11 (5th)	2:25 (2nd)	2:49 (2nd)	5:49 (1st)	5:59 (2nd)	7:36 (1st)	9:39 (1st)	10:16 (1st)	11:30 (1st)	13:32 (2nd)	15:04 (2nd)	15:58 (2nd)	17:07 (2nd)	18:35 (2nd)	19:41 (2nd)	20:07 (2nd)	20:30 (2nd)	21:03 (2nd)	23:09 (2nd)	23:33 (2nd)	25:00 (2nd)	25:28 (2nd)	25:56 (2nd)	26:10 (2nd)
				0:00	0:57 (5th)	0:14 (2nd)	1:44 (1st)	0:24 (1st)	3:00 (1st)	1:36 (3rd)	2:14 (2nd)	0:37 (2nd)	1:14 (3rd)	2:02 (2nd)	1:32 (6th)	0:54 (4th)	1:09 (2nd)	1:28 (1st)	1:06 (5th)	0:26 (1st)	0:23 (1st)	0:33 (3rd)	2:06 (4th)	0:24 (4th)	1:27 (1st)	0:28 (2nd)	0:28 (2nd)	0:14 (3rd)	
3rd	Nick Howett LOC	M50	28:54	0:00	0:47 (1st)	1:03 (1st)	2:22 (1st)	2:46 (1st)	5:59 (2nd)	1:37 (3rd)	2:10 (3rd)	10:42 (3rd)	11:58 (3rd)	14:08 (3rd)	15:19 (3rd)	16:10 (3rd)	17:26 (3rd)	19:11 (3rd)	19:57 (3rd)	20:25 (3rd)	20:49 (3rd)	21:16 (3rd)	23:19 (3rd)	23:40 (3rd)	25:39 (3rd)	26:08 (3rd)	26:39 (3rd)	26:54 (3rd)	
				0:00	0:47 (1st)	0:16 (4th)	1:19 (2nd)	0:26 (2nd)	3:11 (3rd)	1:38 (4th)	2:26 (3rd)	0:39 (3rd)	1:16 (4th)	2:10 (4th)	1:11 (3rd)	0:51 (2nd)	1:16 (4th)	1:45 (4th)	0:46 (2nd)	0:28 (3rd)	0:24 (2nd)	0:27 (1st)	2:03 (3rd)	0:21 (1st)	1:59 (6th)	0:29 (4th)	0:31 (3rd)	0:15 (7th)	
4th	Francis Shillitoe NATO	M45	27:38	0:00	0:52 (4th)	1:07 (3rd)	2:49 (5th)	3:15 (5th)	6:29 (4th)	8:08 (4th)	10:35 (4th)	11:14 (4th)	12:36 (4th)	14:43 (4th)	16:01 (4th)	16:54 (4th)	18:10 (4th)	19:42 (4th)	20:41 (4th)	21:10 (4th)	21:34 (4th)	22:07 (4th)	24:09 (4th)	24:47 (4th)	26:25 (4th)	26:53 (4th)	27:24 (4th)	27:38 (4th)	
				0:00	0:52 (4th)	0:15 (3rd)	1:42 (5th)	0:26 (2nd)	3:14 (4th)	1:39 (5th)	2:27 (4th)	0:39 (3rd)	1:22 (6th)	2:07 (3rd)	1:18 (4th)	0:53 (3rd)	1:16 (4th)	1:32 (3rd)	0:59 (3rd)	0:29 (4th)	0:24 (2nd)	0:33 (3rd)	2:02 (2nd)	0:38 (6th)	1:38 (4th)	0:28 (2nd)	0:31 (3rd)	0:14 (3rd)	
5th	Tony Udris SYO	M50	29:13	0:00	0:48 (2nd)	1:04 (2nd)	2:57 (6th)	3:24 (6th)	6:47 (6th)	8:33 (6th)	11:04 (6th)	11:46 (6th)	13:05 (6th)	15:48 (6th)	16:57 (6th)	17:59 (6th)	19:13 (6th)	21:05 (5th)	22:04 (5th)	22:34 (5th)	23:01 (5th)	23:33 (5th)	25:45 (5th)	26:08 (5th)	27:51 (5th)	28:29 (5th)	29:00 (5th)	29:13 (5th)	
				0:00	0:48 (2nd)	0:16 (4th)	1:53 (7th)	0:27 (5th)	3:23 (5th)	1:46 (6th)	2:31 (5th)	0:42 (6th)	1:19 (5th)	2:43 (8th)	1:09 (1st)	1:02 (6th)	1:14 (3rd)	1:52 (5th)	0:59 (3rd)	0:30 (5th)	0:27 (5th)	0:32 (2nd)	2:12 (5th)	0:23 (3rd)	1:43 (5th)	0:36 (8th)	0:31 (3rd)	0:13 (1st)	
6th	Scott Simpson BL	M40	34:51	0:00	1:03 (6th)	1:15 (6th)	2:40 (4th)	3:10 (4th)	6:34 (5th)	8:08 (4th)	10:55 (5th)	11:37 (5th)	12:50 (5th)	15:05 (5th)	16:24 (5th)	17:20 (5th)	18:41 (5th)	21:51 (5th)	23:07 (6th)	23:42 (6th)	24:14 (6th)	25:00 (6th)	27:28 (6th)	31:57 (7th)	33:30 (6th)	33:59 (6th)	34:37 (6th)	34:51 (6th)	
				0:00	1:03 (6th)	0:12 (1st)	1:25 (4th)	0:30 (7th)	3:24 (6th)	1:34 (2nd)	2:47 (6th)	0:42 (6th)	1:13 (2nd)	2:15 (5th)	1:19 (5th)	0:56 (5th)	1:21 (6th)	1:16 (7th)	0:35 (6th)	0:32 (7th)	0:46 (5th)	2:28 (6th)	4:29 (9th)	1:33 (3rd)	0:29 (4th)	0:38 (8th)	0:34 (8th)	0:14 (3rd)	
7th	David Rawle BL	M50	35:16	0:00	1:10 (7th)	1:33 (7th)	3:19 (7th)	3:48 (7th)	7:45 (7th)	9:58 (7th)	12:49 (7th)	13:34 (7th)	15:27 (7th)	17:57 (7th)	19:32 (7th)	20:35 (7th)	22:11 (7th)	24:04 (7th)	26:00 (7th)	26:38 (7th)	27:05 (7th)	27:59 (7th)	30:46 (7th)	31:39 (6th)	33:55 (7th)	34:29 (7th)	35:02 (7th)	35:16 (7th)	
				0:00	1:10 (7th)	0:23 (7th)	1:46 (6th)	0:29 (6th)	3:57 (8th)	2:13 (7th)	2:51 (7th)	0:45 (6th)	1:53 (7th)	2:30 (6th)	1:36 (6th)	1:35 (6th)	1:56 (6th)	0:38 (7th)	0:27 (5th)	0:54 (6th)	2:47 (7th)	0:53 (6th)	2:16 (8th)	0:34 (6th)	0:14 (3rd)	0:14 (3rd)	0:14 (3rd)		
8th	Michael Thompson NN	M45	37:58	0:00	1:59 (9th)	2:22 (9th)	4:50 (9th)	5:27 (9th)	9:16 (8th)	11:36 (8th)	14:28 (8th)	15:18 (8th)	16:54 (8th)	19:42 (8th)	21:19 (8th)	22:28 (8th)	24:09 (8th)	26:15 (8th)	27:24 (8th)	28:04 (8th)	28:47 (8th)	30:57 (8th)	33:45 (8th)	34:27 (8th)	36:32 (8th)	37:08 (8th)	37:42 (8th)	37:58 (8th)	
				0:00	1:59 (9th)	0:22 (9th)	4:28 (9th)	0:37 (9th)	3:49 (7th)	2:20 (8th)	2:52 (8th)	0:50 (6th)	1:36 (7th)	2:48 (9th)	1:37 (9th)	1:09 (9th)	1:41 (9th)	2:06 (8th)	1:09 (6th)	0:40 (9th)	0:43 (9th)	2:10 (9th)	2:48 (8th)	0:42 (7th)	2:05 (7th)	0:36 (7th)	0:34 (7th)	0:16 (8th)	
9th	Gerry Garvey BL	M50	40:08	0:00	1:47 (8th)	2:13 (8th)	4:28 (8th)	5:04 (8th)	9:45 (9th)	12:07 (9th)	16:23 (9th)	17:04 (9th)	18:45 (9th)	21:25 (9th)	22:57 (9th)	24:01 (9th)	25:32 (9th)	27:33 (9th)	29:02 (9th)	29:41 (9th)	30:17 (9th)	32:13 (9th)	35:17 (9th)	35:43 (9th)	38:14 (9th)	39:03 (9th)	39:50 (9th)	40:08 (9th)	
				0:00	1:47 (8th)	0:26 (9th)	2:15 (8th)	0:36 (8th)	4:41 (9th)	2:22 (9th)	4:16 (9th)	0:41 (5th)	1:41 (8th)	2:40 (7th)	1:32 (6th)	1:04 (8th)	1:31 (7th)	1:52 (4th)	2:38 (4th)	2:11 (3rd)	0:51 (4th)	0:53 (4th)	0:46 (2nd)	3:04 (9th)	0:26 (5th)	2:31 (9th)	0:49 (9th)	0:18 (9th)	

Veteran Women 40+

Spplits

3.9km 60m

Pos	Name	Age Class	Time	S S1	1 102	2 101	3 104	4 103	5 107	6 105	7 109	8 108	9 106	10 121	11 112	12 113	13 116	14 119	15 118	16 117	17 123	18 120	19 114	20 122	21 125	22 124	23 126	F F1
1st	Helen Rennie WCOO	W45	34:53	0:00	1:25 (2nd)	1:45 (2nd)	3:24 (2nd)	4:04 (2nd)	7:54 (1st)	10:04 (1st)	13:07 (1st)	13:54 (1st)	15:44 (1st)	18:16 (1st)	19:48 (1st)	20:52 (1st)	22:34 (1st)	24:33 (1st)	25:34 (1st)	26:02 (1st)	26:30 (1st)	27:18 (1st)	30:03 (1st)	30:28 (1st)	33:24 (1st)	33:58 (1st)	34:36 (1st)	34:53 (1st)
				0:00	1:25 (2nd)	0:20 (1st)	1:39 (1st)	0:40 (4th)	3:50 (1st)	2:10 (1st)	3:03 (2nd)	0:47 (1st)	1:50 (2nd)	2:32 (1st)	1:32 (1st)	1:04 (1st)	1:42 (2nd)	1:59 (1st)	1:01 (1st)	0:28 (1st)	0:28 (1st)	0:48 (4th)	2:45 (1st)	0:25 (1st)	2:56 (4th)	0:34 (1st)	0:17 (1st)	
2nd	Kim Sanderson NATO	W40	36:28	0:00	1:12 (1st)	1:34 (1st)	3:20 (1st)	3:55 (1st)	8:44 (2nd)	10:59 (2nd)	14:00 (2nd)	14:50 (2nd)	16:33 (2nd)	19:22 (2nd)	20:58 (2nd)	22:14 (2nd)	23:54 (2nd)	25:54 (2nd)	26:56 (2nd)	27:34 (2nd)	28:15 (2nd)	28:59 (2nd)	32:06 (2nd)	32:43 (2nd)	34:59 (2nd)	35:34 (2nd)	36:11 (2nd)	36:28 (2nd)
				0:00	1:12 (1st)	0:22 (2nd=)	1:46 (2nd)	0:35 (1st)	4:49 (3rd)	2:15 (2nd)	3:01 (1st)	0:50 (2nd)	1:43 (1st)	2:49 (2nd)	1:36 (2nd)	1:16 (2nd)	1:40 (1st)	2:00 (2nd)	1:02 (2nd)	0:38 (3rd)	0:41 (2nd)	0:44 (1st)	3:07 (2nd)	0:37 (3rd)	2:16 (1st)	0:35 (2nd)	0:37 (1st)	0:17 (1st)
3rd	Helen Hooper LOC	W50	43:12	0:00	2:04 (4th)	2:32 (4th)	5:36 (4th)	6:12 (4th)	10:50 (4th)	13:13 (4th)	16:39 (4th)	17:45 (4th)	20:06 (4th)	23:12 (4th)	24:55 (3rd)	26:14 (3rd)	28:04 (3rd)	30:22 (3rd)	32:41 (3rd)	33:16 (3rd)	34:01 (3rd)	34:48 (3rd)	38:07 (3rd)	38:44 (3rd)	41:23 (3rd)	42:10 (3rd)	42:52 (3rd)	43:12 (3rd)
				0:00	2:04 (4th)	0:28 (4th)	3:04 (4th)	0:36 (2nd)	4:38 (2nd)	2:23 (3rd)	3:26 (3rd)	1:06 (4th)	2:21 (4th)	3:06 (3rd)	1:43 (3rd)	1:19 (3rd)	1:50 (3rd)	2:18 (3rd)	3:21 (4th)	0:35 (2nd)	0:45 (3rd)	0:47 (3rd)	3:19 (3rd)	0:37 (3rd=)	2:39 (2nd)	0:47 (3rd)	0:42 (3rd)	0:20 (4th)
4th	Jane Yates BL	W50	44:44	0:00	1:28 (3rd)	1:50 (3rd)	4:02 (3rd)	4:41 (3rd)	9:37 (3rd)	12:15 (3rd)	16:14 (3rd)	17:14 (3rd)	19:19 (3rd)	23:02 (3rd)	25:02 (4th)	26:33 (4th)	28:25 (4th)	31:03 (4th)	33:14 (4th)	34:05 (4th)	34:58 (4th)	35:44 (4th)	39:33 (4th)	40:09 (4th)	42:50 (4th)	43:39 (4th)	44:25 (4th)	44:44 (4th)
				0:00	1:28 (3rd)	0:22 (2nd=)	1:23 (3rd)	0:39 (3rd)	4:56 (4th)	2:38 (4th)	3:59 (4th)	1:00 (3rd)	2:05 (3rd)	3:43 (4th)	2:00 (4th)	1:31 (4th)	1:52 (4th)	2:38 (4th)	2:11 (3rd)	0:51 (4th)	0:53 (4th)	0:46 (2nd)	3:49 (4th)	0:36 (2nd)	2:41 (3rd)	0:49 (4th)	0:46 (4th)	0:19 (3rd)

Course Results

Novice

Spplits

1.6km 20m

Pos	Name	Age Class	Time	S S1	1 127	2 102	3 110	4 103	5 109	6 108	7 121	8 113	9 115	10 111	11 124	12 125	13 126	FF1
1st	Oscar Sanderson NATO	M12	14:59	0:00	0:46 (1st)	1:28 (1st)	2:32 (1st)	3:07 (1st)	5:38 (1st=)	6:36 (1st)	9:15 (1st)	11:59 (1st)	12:27 (1st)	12:27 (1st)	13:35 (1st)	14:08 (1st)	14:45 (1st)	14:59 (1st)
				0:00	0:46 (1st)	0:42 (1st)	1:04 (1st)	0:35 (2nd)	2:31 (4th)	0:58 (2nd)	2:39 (1st)	2:35 (2nd)	0:27 (1st)	0:27 (1st)	1:08 (2nd)	0:33 (2nd=)	0:37 (2nd)	0:14 (1st=)
2nd	George Rennie WCOO	M12	15:07	0:00	1:35 (6th)	2:23 (4th)	3:30 (4th)	4:04 (4th)	6:23 (4th)	7:17 (4th)	10:06 (4th)	12:13 (2nd)	12:52 (2nd)	12:52 (2nd)	13:58 (2nd)	14:25 (2nd)	14:53 (2nd)	15:07 (2nd)
				0:00	1:35 (6th)	0:48 (3rd)	1:07 (3rd)	0:34 (1st)	2:19 (3rd)	0:54 (1st)	2:49 (4th)	2:07 (2nd)	0:39 (2nd)	0:34 (5th)	1:06 (1st)	0:27 (1st)	0:28 (1st)	0:14 (1st=)
3rd	Charlie Ostle	M14	16:46	0:00	0:51 (2nd=)	1:34 (2nd)	2:45 (2nd=)	3:21 (2nd)	5:38 (1st=)	6:59 (2nd)	9:42 (2nd=)	12:30 (3rd)	13:44 (3rd=)	13:44 (3rd)	15:06 (3rd)	15:39 (3rd)	16:30 (3rd)	16:46 (3rd)
				0:00	0:51 (2nd=)	0:43 (2nd)	1:11 (4th)	0:36 (3rd)	2:17 (2nd)	1:21 (3rd)	2:43 (3rd)	2:48 (3rd)	1:14 (6th)	[0:25 (2nd)]	1:22 (3rd)	0:33 (2nd=)	0:51 (4th)	0:16 (4th)
4th	Matty Ostle	M12	17:11	0:00	0:51 (2nd=)	1:40 (3rd)	2:45 (2nd=)	3:26 (3rd)	5:38 (1st=)	7:02 (3rd)	9:42 (2nd=)	12:33 (4th)	13:44 (3rd=)		15:31 (4th)	16:07 (4th)	16:57 (4th)	17:11 (4th)
				0:00	0:51 (2nd=)	0:49 (4th)	1:05 (2nd)	0:41 (4th)	2:12 (1st)	1:24 (4th)	2:40 (2nd)	2:51 (4th)	1:11 (5th)			0:36 (4th)	0:50 (3rd)	0:14 (1st=)
5th	Barbara Atkinson BL	W65	26:11	0:00	1:12 (4th)	2:45 (5th)	4:22 (5th)	5:54 (5th)	9:43 (5th)	11:08 (5th)	16:26 (5th)	19:51 (5th)	20:47 (5th)	20:47 (4th)	22:59 (5th)	24:30 (5th)	25:48 (5th)	26:11 (5th)
				0:00	1:12 (4th)	1:33 (6th)	1:37 (5th)	1:32 (6th)	3:49 (5th)	1:25 (5th)	5:18 (6th)	3:25 (5th)	0:56 (3rd)	[0:26 (3rd)]	2:12 (5th)	1:31 (6th)	1:18 (5th)	0:23 (5th)
6th	Cooper Russell BL	M6	28:21	0:00	1:32 (24th)	2:47 (6th)	4:47 (6th)	6:04 (6th)	10:16 (6th)	12:17 (6th)	17:22 (6th)	21:34 (6th)	22:34 (6th)	22:34 (5th)	24:40 (6th)	25:33 (6th)	27:43 (6th)	28:21 (6th)
				0:00	1:32 (24th)	1:15 (5th)	2:00 (6th)	1:17 (5th)	4:12 (6th)	2:01 (6th)	5:05 (5th)	4:12 (6th)	1:00 (4th)	2:23 (5th)	1:56 (4th)	1:03 (5th)	2:10 (6th)	0:38 (6th)

Pos	Name	Age Class	Class	Time	S	1 002	2 101	3 104	4 103	5 107	6 105	7 109	8 108	9 106	10 121	11 112	12 113	13 116	14 119	15 118	16 117	17 123	18 120	19 114	20 122	21 125	22 124	23 126	F F1
17th	Graham Capper LOC	M60	Supervet Men 55+	30:41	0:00	1:06 (13h)	1:28 (14th)=	3:00 (15th)	3:28 (14th)=	7:10 (18th)	8:52 (15th)=	11:40 (18th)	12:19 (18th)	13:41 (18th)	15:56 (18th)	17:18 (18th)	18:57 (16th)	19:27 (16th)	21:19 (14th)=	22:52 (15th)	22:42 (15th)	23:06 (14th)	23:54 (14th)	27:10 (18th)	27:35 (18th)	29:28 (18th)	29:58 (17th)=	30:27 (17th)	30:41 (17th)
18th	GEO HARE NATE	M55	Supervet Men 55+	30:46	0:00	1:08 (14th)=	1:30 (17th)=	3:09 (22nd)	3:39 (19th)=	7:08 (16th)=	8:58 (18th)	11:40 (18th)	12:23 (19th)	13:52 (19th)	16:19 (20th)	17:48 (21st)	18:47 (19th)	19:22 (19th)	21:59 (19th)	22:55 (17th)	23:29 (18th)	23:59 (16th)	24:42 (18th)	27:13 (19th)	27:42 (19th)	29:27 (17th)	29:58 (17th)=	30:30 (18th)	30:46 (18th)
19th=	Stella Lewsley BL	W65	Supervet Women 55+	30:56	0:00	1:09 (18th)=	1:29 (16th)=	3:04 (18th)	3:38 (18th)	7:12 (19th)	9:06 (20th)	11:49 (21st)	12:29 (21st)	13:55 (20th)	16:18 (19th)	17:45 (19th)	18:40 (18th)	20:08 (18th)	21:59 (19th)	22:58 (19th)	23:29 (18th)	24:40 (23rd)	25:12 (21st)	27:29 (21st)	27:56 (20th)	29:35 (19th)	30:10 (19th)	30:40 (19th)	30:56 (19th)=
19th=	Paul Turner SLOC	M60	Supervet Men 55+	30:56	0:00	1:05 (12th)	1:25 (12th)	3:01 (16th)	3:39 (19th)=	7:08 (16th)=	8:50 (14th)	11:29 (14th)	11:59 (14th)	13:16 (14th)	15:25 (13th)	17:16 (16th)=	18:19 (17th)	19:42 (17th)	21:19 (14th)	22:08 (14th)	22:35 (14th)	24:17 (20th)	24:46 (19th)	27:00 (16th)	27:25 (16th)	29:41 (20th)	30:16 (20th)	30:42 (20th)	30:56 (19th)=
21st	Eileen Maxwell RR	W55	Supervet Women 55+	31:01	0:00	1:29 (35th)=	1:44 (30th)=	3:23 (27th)=	3:50 (25th)	7:16 (20th)=	9:09 (21st)	11:58 (22nd)	12:37 (22nd)	14:07 (22nd)=	16:20 (21st)	17:45 (19th)	19:43 (25th)	20:56 (23rd)	22:42 (23rd)	23:37 (23rd)	24:08 (23rd)	24:37 (22nd)	25:13 (22nd)	27:30 (22nd)	27:57 (21st)	29:43 (21st)	30:21 (21st)	30:48 (21st)	31:01 (21st)
22nd	Laura Hindle FVA	W21	Open Women	32:07	0:00	1:08 (14th)=	1:26 (13th)	3:01 (16th)=	3:33 (16th)=	7:27 (23rd)	9:24 (24th)	12:16 (24th)	13:00 (24th)	14:37 (24th)	17:06 (25th)	18:33 (25th)	19:37 (24th)	21:00 (24th)	22:56 (25th)	24:06 (25th)	24:37 (25th)	25:02 (24th)	25:33 (24th)	28:06 (23rd)	28:41 (22nd)	30:38 (22nd)	31:12 (22nd)	31:49 (22nd)	32:07 (22nd)
23rd	Christopher Wright CLOK	M60	Supervet Men 55+	32:17	0:00	1:17 (26th)=	1:41 (28th)	3:21 (26th)	3:57 (27th)=	7:47 (26th)	9:39 (25th)	12:27 (25th)	13:11 (25th)	14:41 (25th)	17:02 (24th)	18:30 (24th)	19:34 (23rd)	21:04 (25th)	22:49 (24th)	23:47 (24th)	24:22 (24th)	25:04 (25th)	25:55 (26th)	28:18 (24th)	28:51 (23rd)	30:45 (23rd)	31:21 (23rd)	32:00 (23rd)	32:17 (23rd)
24th	Carol Edwards BL	W60	Supervet Women 55+	32:25	0:00	1:26 (33rd)	1:46 (32nd)=	3:35 (32nd)	4:06 (32nd)	7:59 (31st)	9:50 (28th)	12:42 (30th)	13:26 (28th)	14:55 (27th)	17:20 (26th)	18:46 (26th)	19:44 (26th)	21:11 (26th)	23:09 (26th)	24:09 (26th)	24:41 (26th)	25:13 (26th)	25:53 (25th)	28:44 (25th)	29:10 (24th)	31:02 (24th)	31:36 (24th)	32:09 (24th)	32:25 (24th)
25th	Andy Lewsley BL	M60	Supervet Men 55+	32:37	0:00	0:55 (9th)	1:15 (10th)=	2:54 (10th)	3:27 (13th)	7:05 (14th)=	8:57 (17th)	11:43 (20th)	12:28 (20th)	14:04 (21st)	16:30 (22nd)	18:02 (23rd)	19:02 (22nd)	20:21 (22nd)	22:15 (21st)	23:14 (22nd)	23:45 (22nd)	24:21 (21st)	25:26 (23rd)	27:39 (22nd)	29:29 (26th)	31:13 (26th)	31:47 (26th)	32:20 (25th)	32:37 (25th)
26th=	Jill Libby CLOK	W60	Supervet Women 55+	32:39	0:00	1:19 (28th)=	1:40 (27th)	3:23 (27th)=	3:57 (27th)=	7:50 (27th)=	9:42 (26th)	12:33 (27th)	13:19 (27th)	14:47 (26th)	17:33 (27th)	18:58 (27th)	20:01 (27th)	21:26 (27th)	23:26 (27th)	24:25 (27th)	24:59 (27th)	25:30 (27th)	28:49 (26th)	29:17 (25th)	31:12 (25th)	31:35 (25th)	32:21 (26th)	32:39 (26th)	
26th=	Jackie Chapman LOC	W60	Supervet Women 55+	32:39	0:00	1:21 (30th)	1:46 (32nd)=	3:27 (30th)	4:00 (29th)	7:56 (30th)	10:00 (30th)	12:40 (28th)	13:36 (30th)	15:13 (29th)	17:50 (29th)	19:16 (29th)	21:07 (31st)	22:29 (30th)	24:17 (30th)	25:07 (29th)	25:49 (29th)	26:15 (29th)	26:49 (28th)	29:08 (26th)	29:33 (27th)	31:16 (27th)	31:51 (27th)	32:23 (27th)	32:39 (26th)
28th	Louise Dunn LOC	W55	Supervet Women 55+	33:03	0:00	1:44 (41st)	2:05 (39th)	3:49 (35th)	4:19 (33rd)=	8:12 (32nd)	10:08 (32nd)	12:53 (31st)	13:40 (31st)	15:11 (28th)	17:40 (28th)	19:07 (28th)	20:17 (28th)	21:46 (28th)	23:33 (28th)	24:26 (28th)	25:02 (28th)	25:34 (28th)	26:37 (27th)	29:19 (26th)	29:45 (28th)	31:35 (28th)	32:10 (28th)	32:46 (28th)	33:03 (28th)
29th	Liz Heaton LOC	W35	Open Women	34:38	0:00	1:14 (24th)	1:34 (22nd)=	4:17 (40th)	4:51 (40th)	8:52 (36th)	10:58 (35th)	13:57 (34th)	14:45 (34th)	16:16 (32nd)	18:52 (33rd)	20:28 (32nd)	21:33 (32nd)	22:59 (32nd)	24:59 (32nd)	26:28 (32nd)	27:01 (32nd)	27:35 (32nd)	28:22 (31st)	31:06 (32nd)	31:36 (30th)	33:25 (30th)	33:56 (29th)	34:25 (29th)	34:38 (29th)
30th	Scott Simpson BL	M40	Veteran Men 40+	34:51	0:00	1:03 (11th)	1:15 (10th)=	2:40 (8th)	3:10 (8th)	6:34 (6th)	8:08 (9th)	10:55 (10th)	11:37 (10th)	12:50 (10th)	15:05 (11th)	16:24 (11th)	17:50 (11th)	18:41 (11th)	21:51 (17th)	23:07 (20th)=	23:42 (20th)	24:14 (19th)	25:00 (20th)	27:28 (20th)	31:57 (32nd)	33:30 (31st)	33:59 (31st)	34:37 (31st)	34:51 (30th)
31st	Helen Rennie WECEN	W45	Veteran Women 40+	34:53	0:00	1:25 (32nd)	1:45 (31st)	3:24 (29th)	4:04 (30th)=	7:54 (29th)	10:04 (31st)	13:07 (32nd)	13:54 (32nd)	15:44 (31st)	18:16 (31st)	19:48 (31st)	20:52 (30th)	22:34 (31st)	24:33 (31st)	25:34 (30th)	26:02 (30th)	26:30 (30th)	27:18 (29th)	30:03 (30th)	30:28 (29th)	33:24 (29th)	33:58 (30th)	34:36 (30th)	34:53 (31st)
32nd	David Rawle BL	M50	Veteran Men 40+	35:16	0:00	1:10 (20th)	1:33 (21st)	3:19 (24th)	3:48 (24th)	7:45 (25th)	9:58 (29th)	12:49 (30th)	13:34 (29th)	15:27 (30th)	17:57 (30th)	19:32 (30th)	20:35 (29th)	22:21 (29th)	24:04 (29th)	26:00 (31st)	26:38 (31st)	27:05 (31st)	27:59 (30th)	30:46 (31st)	31:39 (31st)	33:55 (32nd)	34:29 (32nd)	35:02 (32nd)	35:16 (32nd)
33rd	Kim Sanderson W40	V40	Veteran Women 40+	36:28	0:00	1:12 (23rd)	1:34 (22nd)=	3:20 (25th)	3:55 (26th)	8:44 (35th)	10:59 (36th)	14:00 (36th)	14:50 (36th)	16:33 (35th)	19:22 (35th)	20:58 (35th)	22:14 (35th)	23:54 (35th)	25:54 (34th)	26:56 (33rd)	27:34 (33rd)	28:15 (33rd)	28:59 (32nd)	32:06 (33rd)	32:43 (33rd)	34:59 (34th)	35:34 (33rd)	36:11 (33rd)	36:28 (33rd)
34th	Barry Young NN	M55	Supervet Men 55+	36:34	0:00	1:48 (43rd)	2:09 (41st)	3:51 (36th)	4:27 (36th)	8:37 (34th)	10:46 (34th)	13:40 (33rd)=	14:50 (35th)	16:26 (34th)	19:02 (34th)	20:44 (34th)	21:57 (33rd)	23:42 (34th)	25:49 (33rd)	27:32 (36th)	28:07 (36th)	28:46 (35th)	29:27 (34th)	32:26 (35th)	32:59 (35th)	34:57 (33rd)	35:36 (34th)	36:14 (34th)	36:34 (34th)
35th	Mary Rack NATO	W60	Supervet Women 55+	36:43	0:00	1:38 (39th)	2:03 (38th)	3:46 (34th)	4:22 (33th)	8:26 (33rd)	10:39 (33rd)	13:40 (33rd)	14:28 (33rd)	16:16 (32nd)=	18:51 (32nd)	20:40 (32nd)	22:05 (34th)	23:38 (33rd)	26:19 (36th)	27:21 (34th)	27:55 (34th)	28:22 (34th)	29:07 (33rd)	32:18 (34th)	32:45 (34th)	35:13 (35th)	35:50 (35th)	36:27 (35th)	36:43 (35th)
36th	Michael Thompson NN	M45	Veteran Men 40+	37:58	0:00	1:59 (44th)=	2:22 (43rd)	4:05 (45th)	5:27 (45th)	9:16 (38th)	11:36 (38th)	14:28 (37th)	15:18 (37th)	16:54 (36th)	19:42 (36th)	21:19 (36th)	22:28 (36th)	24:09 (36th)	26:15 (35th)	27:24 (35th)	28:04 (35th)	28:47 (36th)	30:57 (35th)	33:45 (36th)	34:27 (36th)	36:32 (36th)	37:08 (36th)	37:42 (36th)	37:58 (36th)
37th	Christine Goulding BL	W55	Supervet Women 55+	38:35	0:00	1:30 (37th)	1:50 (34th)=	3:29 (31st)	4:04 (30th)	12:18 (47th)	14:17 (46th)	17:19 (46th)	18:03 (45th)	19:37 (43rd)	22:12 (40th)	23:51 (40th)	24:58 (40th)	26:31 (39th)	28:31 (38th)	29:44 (38th)	30:18 (38th)	30:50 (38th)	31:30 (36th)	34:09 (37th)	34:38 (37th)	37:05 (37th)	37:40 (37th)	38:17 (37th)	38:35 (37th)
38th	Hazel Hindle MDOZ	W55	Supervet Women 55+	39:58	0:00	1:17 (26th)=	1:42 (29th)	3:38 (33rd)	4:19 (33rd)=	9:07 (37th)	11:31 (37th)	15:02 (38th)	16:02 (38th)	18:07 (38th)	21:18 (37th)	23:14 (38th)	24:27 (38th)	26:15 (38th)	28:40 (39th)	29:51 (39th)	30:33 (39th)	31:12 (39th)	32:18 (38th)	35:20 (39th)	35:52 (39th)	38:09 (38th)	38:54 (38th)	39:38 (38th)	39:58 (38th)
39th	Gerry Garvey BL	M50	Veteran Men 40+	40:08	0:00	1:47 (42nd)	2:13 (42nd)	4:28 (42nd)	5:04 (42nd)	9:45 (41st)	12:07 (40th)	16:23 (42nd)	17:04 (40th)	18:45 (40th)	21:25 (38th)	22:57 (37th)	24:01 (37th)	25:32 (37th)	27:33 (37th)	29:02 (37th)	29:41 (37th)	30:17 (37th)	32:13 (37th)	35:17 (38th)	35:43 (38th)	38:14 (39th)	39:03 (39th)	39:50 (39th)	40:08 (39th)
40th	Stephen Eastley BL	M65	Supervet Men 55+	41:38	0:00	1:11 (21st)=	1:31 (20th)	3:08 (21st)	3:44 (23rd)	7:30 (24th)	9:43 (27th)	12:31 (26th)	13:18 (26th)	17:49 (37th)	22:42 (41st)	24:15 (41st)	25:38 (41st)	27:54 (42nd)	30:47 (43rd)	32:03 (42nd)	32:40 (42nd)	33:23 (42nd)	34:14 (41st)	37:21 (41st)	38:03 (41st)	40:16 (40th)	40:48 (40th)	41:22 (40th)	41:38 (40th)
41st	Elizabeth Hamer-Davies MDOC	W50	Open Men	42:12	0:00	1:29 (35th)=	1:50 (34th)=	4:49 (46th)	5:25 (44th)	10:05 (42nd)	12:18 (42nd)	16:00 (40th)	17:07 (41st)	18:57 (41st)	22:43 (42nd)	24:37 (42nd)	25:57 (42nd)	27:49 (41st)	30:12 (41st)	31:32 (41st)	32:13 (41st)	32:50 (41st)	33:56 (40th)	37:23 (42nd)	38:00 (40th)	40:18 (41st)	41:11 (41st)	41:54 (41st)	42:12 (41st)
42nd	Christine Robinson LOC	W60	Supervet Women 55+	42:31	0:00	1:59 (44th)=	2:28 (44th)	4:40 (43rd)	5:22 (43rd)	10:30 (44th)	13:09 (44th)	17:18 (45th)	18:19 (46th)	20:20 (46th)	23:51 (46th)	25:48 (45th)	27:07 (45th)	28:59 (45th)	31:35 (45th)	32:50 (44th)	33:32 (44th)	34:05 (44th)	34:47 (42nd)	37:50 (43rd)	38:25 (42nd)	40:45 (42nd)	41:32 (42nd)	42:13 (42nd)	42:31 (42nd)
43rd	Patricia Davies NATO	W60	Supervet Women 55+	42:47	0:00	1:34 (38th)	1:58 (37th)=	3:54 (37th)	4:31 (37th)	9:34 (39th)	11:59 (39th)	15:52 (39th)	16:41 (39th)	18:30 (39th)	21:45 (39th)	23:29 (39th)	24:47 (39th)	26:41 (40th)	29:15 (40th)	30:37 (40th)	31:27 (40th)	32:01 (40th)	32:38 (39th)	36:25 (40th)	38:29 (43rd)	40:59 (43rd)	41:50 (43rd)	42:31 (43rd)	42:47 (43rd)
44th	Helen Hooper LOC	W50	Veteran Women 40+	43:12	0:00	2:04 (46th)	2:32 (45th)	5:36 (47th)	6:12 (47th)	10:50 (45th)	13:13 (45th)	16:39 (43rd)	17:45 (43rd)	20:06 (45th)	23:02 (44th)	24:55 (43rd)	26:14 (43rd)	28:04 (43rd)	30:22 (42nd)	32:41 (43rd)	33:16 (43rd)	34:01 (43rd)	34:48 (43rd)	38:07 (44th)	38:44 (44th)	41:23 (44th)	42:10 (44th)	42:52 (44th)	43:12 (44th)
45th	Jane Yates BL	W50	Veteran Women 40+	44:44	0:00	1:28 (34th)	1:50 (34th)=	4:02 (38th)	4:41 (38th)	9:37 (40th)	12:15 (41st)	16:14 (41st)	17:14 (42nd)	19:19 (42nd)	23:02 (43rd)	25:02 (44th)	26:33 (44th)	28:25 (44th)	31:03 (44th)	33:14 (44th)	34:05 (45th)	34:58 (45th)	35:44 (44th)	39:33 (45th)	40:09 (45th)	42:50 (45th)	43:49 (45th)	44:25 (45th)	44:44 (45th)
46th	Janice Nichols BL	W60	Supervet Women 55+	47:20	0:00	1:39 (40th)	2:07 (40th)	4:10 (39th)	4:54 (41st)	10:08 (43rd)	12:39 (43rd)	16:43 (44th)	17:50 (44th)	19:52 (44th)	23:23 (45th)	27:02 (46th)	28:30 (46th)	30:40 (46th)	33:30 (46th)	35:04 (46th)	35:53 (46th)	36:53 (46th)	38:02 (45th)	41:57 (46th)	42:45 (46th)	45:27 (46th)	46:14 (46th)	47:00 (46th)	47:20 (46th)
47th	Hilary Eastley BL	W60	Supervet Women 55+	52:21	0:00	2:05 (47th)	2:37 (46th)	5:19 (46th)	6:06 (46th)	11:33 (46th)	14:24 (47th)	18:32 (47th)	19:38 (47th)	21:41 (47th)	24:51 (47th)	27:06 (47th)	29:24 (47th)	33:42 (47th)	36:45 (47th)	38:06 (47th)	38:51 (47th)	40:05 (47th)	41:02 (46th)	45:25 (47th)	46:09 (47				

Pos	Name	Age Class	Class	Time	S S1	1 127	2 101	3 102	4 110	5 104	6 103	7 106	8 108	9 121	10 112	11 113	12 114	13 116	14 119	15 118	16 117	17 120	18 122	19 124	20 125	21 126	F F1
15th	Angela Whitworth BL	W75	Hypervet Women 75+	59:41	0:00	1:12 (15th)	3:29 (14th)	3:56 (14th)	5:37 (14th)	6:57 (14th)	7:57 (13th)	14:37 (13th)	18:01 (13th)	22:49 (14th)	29:48 (15th)	32:21 (15th)	33:55 (15th)	36:30 (15th)	40:47 (15th)	42:45 (15th)	44:15 (15th)	47:54 (13th)	53:18 (15th)	57:00 (15th)	57:54 (15th)	59:05 (15th)	59:41 (15th)
				0:00	1:12 (15th)	2:17 (15th)	0:27 (12th)	1:41 (14th)	1:20 (14th)	1:00 (14th)	6:40 (14th)	3:24 (13th)	4:48 (13th=)	6:59 (17th)	2:33 (15th)	1:34 (15th)	2:35 (15th)	4:17 (16th)	1:58 (12th)	1:30 (16th=)	3:39 (15th)	5:24 (12th)	3:42 (15th)	0:54 (12th=)	1:11 (15th)	0:36 (14th)	
16th	Anita Laird BL	W75	Hypervet Women 75+	60:51	0:00	1:10 (13th=)	3:06 (13th)	3:43 (13th)	5:34 (13th)	6:56 (13th)	8:07 (14th)	18:13 (16th)	21:58 (16th)	27:47 (16th)	30:54 (16th)	33:21 (16th)	36:36 (16th)	39:08 (16th)	43:06 (16th)	45:20 (16th)	46:35 (16th)	48:16 (14th)	54:37 (16th)	58:03 (16th)	59:04 (16th)	60:14 (16th)	60:51 (16th)
				0:00	1:10 (13th=)	1:56 (13th)	0:37 (15th)	1:51 (15th)	1:22 (15th)	1:11 (16th)	10:06 (17th)	3:45 (16th)	5:49 (15th)	3:07 (13th)	2:27 (14th)	3:15 (17th)	2:32 (14th)	3:58 (14th)	2:14 (14th)	1:15 (14th)	1:41 (11th=)	6:21 (13th)	3:26 (14th)	1:01 (15th)	1:10 (14th)	0:37 (15th)	
17th	Kieran Grehan BL	M14	Short	75:58	0:00	2:05 (17th)	4:57 (16th)	6:02 (16th)	8:55 (17th)	11:21 (17th)	13:06 (17th)	22:05 (17th)	26:35 (17th)	33:07 (17th)	38:00 (17th)	40:43 (17th)	42:46 (17th)	49:01 (17th)	54:02 (17th)	56:22 (17th)	57:52 (17th)	59:49 (15th)	67:56 (17th)	72:07 (17th)	73:26 (17th)	75:14 (17th)	75:58 (17th)
				0:00	2:05 (17th)	2:52 (16th)	1:05 (17th)	2:53 (17th)	2:26 (17th)	1:45 (17th)	8:59 (16th)	4:30 (17th)	6:32 (16th)	4:53 (16th)	2:43 (16th)	2:03 (16th)	6:15 (17th)	5:01 (17th)	2:20 (15th)	1:30 (16th=)	1:57 (13th)	8:07 (15th)	4:11 (17th)	1:19 (17th)	1:48 (17th)	0:44 (16th)	

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