

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1	388	Noel Kindon	M		CORNWALL AC	02:39:01	1	02:38:56
2	396	Tim Doran	M		ALDRESHOT FARNHAM AND DISTRICT AC	02:44:21	2	02:44:20
3	374	Brian Cole	M	40	STOKE AC/ROYAL NAVY	02:44:51	3	02:44:49
4	402	Ben Harding	M		HINCKLEY RUNNING CLUB	02:46:18	4	02:46:11
5	453	Tom Wardman	M		LEICESTER TRIATHLON CLUB	02:48:53	5	02:48:52
6	496	Ian Anderson	M		YORK KNAVESMIRE HARRIERS	02:49:21	6	02:49:18
7	598	Tim Pilkington	M		WIGAN PHOENIX	02:51:13	7	02:51:10
8	215	Ian Murdey	M	40	BEAUMONT	02:53:21	8	02:53:20
9	617	Paul Harwood	M		LEAMINGTON	02:54:23	10	02:54:21
10	457	Daniel O'Brien	M			02:54:38	9	02:53:40
11	448	Beth Eburne	F		HINCKLEY RUNNING CLUB	02:55:26	11	02:55:19
12	204	David Maisey	M	40	VALE OF AYLESBURY AC	02:55:38	12	02:55:33
13	19	Tim Cadman	M			02:56:07	13	02:56:04
14	400	Alex Webster	M	40	WIGSTON PHEONIX	02:56:12	14	02:56:09
15	295	Valeria Sesto	F	35	NEW FOREST RUNNERS	02:58:00	15	02:57:58
16	744	Robert Hall - Mcnair	M	40	HINCKLEY RUNNING CLUB	02:58:12	17	02:58:06
17	314	Howard Mead	M		MANCHESTER TRIATHLON CLUB	02:58:19	18	02:58:17
18	693	Adrian Mellor	M	40		02:58:24	16	02:58:05
19	559	Rory Mooney	M		RAHENY SHAMROCK AC	02:58:37	19	02:58:34
20	393	John Padbury	M	40	HINCKLEY RUNNING CLUB	02:58:55	20	02:58:55
21	125	Mark Parry	M	45	CRAWLEY A.C.	02:59:02	21	02:59:00
22	143	Jeff Paget	M	55	ILKLEY HARRIERS	02:59:23	22	02:59:20
23	254	Stephen Stone	M		REDHILL ROAD RUNNERS	03:00:43	23	03:00:23
24	296	Ian James	M	50	WREXHAM AC	03:00:53	26	03:00:51
25	508	John O'hara	M			03:01:02	25	03:00:50
26	348	Stephen Gilbert	M			03:01:07	24	03:00:46
27	677	David Masser	M	45	HINCKLEY RUNNING CLUB	03:01:44	28	03:01:37
28	701	Christian Davidson	M		STILTON STRIDERS	03:01:50	27	03:01:36
29	480	Gary Hawksley	M			03:04:03	29	03:03:56
30	668	Fabrice Klein	M			03:04:14	30	03:04:04
31	191	David Gillibrand	M	40		03:05:08	31	03:04:53
32	318	Sarah Simmons	F	35	COVENTRY GODIVA HARRIERS	03:07:11	32	03:06:39
33	99	Mark Gregory	M		HUNCOTE HARRIERS	03:07:26	33	03:06:58
34	248	David Hollyoak	M	40	STAFFORD TRI	03:08:04	34	03:07:59
35	196	Martyn Brunt	M	40	COVENTRY GODIVA HARRIERS	03:08:57	36	03:08:38
36	531	Frederick Banda	M	50	WEST END RUNNERS	03:09:08	37	03:09:07
37	68	Jenny Bond	F			03:09:57	38	03:09:42
38	381	Pete Szarvas	M	40		03:09:59	35	03:08:36
39	690	Harry Longman	M	45	WREAKE RUNNERS	03:10:38	40	03:10:29
40	289	Alistair Gurney	M			03:10:41	39	03:10:25
41	450	Mark Jefford	M	45	ROAD RUNNERS CLUB	03:11:12	41	03:11:04
42	73	Jerry Wilkes	M	45	ROADHOGGS	03:11:15	42	03:11:12
43	582	Charles Ashby	M	40	FARNHAM RUNNERS	03:11:37	43	03:11:32
44	7	Andy Parmley	M			03:12:29	44	03:12:19
45	641	Robert Fryer	M			03:13:07	45	03:12:59
46	288	Matthew Tilley	M			03:13:56	46	03:13:41
47	239	Geoff Newill	M	50	BARROW RUNNERS	03:14:00	47	03:13:58
48	759	Richard Ginn	M	40	POCKLINGTON RUNNERS	03:14:24	52	03:14:23
49	424	Peter Bryan	M	45		03:14:32	49	03:14:08
50	513	Martin Clifford	M	40		03:14:49	53	03:14:43
51	412	Peter Stockdale	M		UKNETRUNNER	03:14:56	50	03:14:10
52	752	Steve Paterson	M			03:14:57	48	03:14:02
53	725	Alastair Fadden	M	45	BEDFORD HARRIERS	03:14:57	54	03:14:43
54	290	Mike Adlam	M			03:15:05	55	03:14:50
55	755	James Childs	M			03:15:14	51	03:14:19
56	506	Mark Edwards	M		TEAM MK	03:15:53	57	03:15:26
57	505	Dean Campbell	M			03:15:54	56	03:15:25
58	511	Max Dillon	M			03:15:54	58	03:15:27
59	760	Julian Bonsall	M	45		03:16:24	59	03:15:42
60	373	Steve Sayers	M	45	BEAUMONT	03:16:42	61	03:16:29
61	378	David Thompson	M	45	BILLERICAY STRIDERS	03:16:45	60	03:16:01
62	581	Richard Bruce	M			03:16:55	62	03:16:50
63	358	Graham Fenton	M	40	HUNCOTE HARRIERS	03:17:27	64	03:17:23
64	352	Gary Simpson	M	40	RAF	03:17:49	65	03:17:42
65	554	Kurt Read	M	40		03:17:56	66	03:17:49
66	564	Adrian Sell	M		HERMITAGE HARRIERS	03:17:57	63	03:17:06
67	291	Barry Abram	M	45	WIGAN PHOENIX	03:19:03	67	03:18:58
68	622	Richard Sykes	M			03:19:56	68	03:19:23

69	151	Greg Moore	M		03:20:01	69	03:19:29
70	497	Philip Jackson	M		03:20:09	70	03:19:50
71	161	Trevor Allport	M	55 MIDLAND MASTERS AC	03:20:27	71	03:20:15
72	476	Mark Garrett	M	50 NORTHAMPTON ROAD RUNNERS	03:21:46	72	03:21:31
73	431	Phil Woods	M	40	03:22:04	73	03:21:38
74	148	Mark Fletcher	M	40	03:22:06	74	03:21:54
75	465	Mark Blackwood	M		03:23:17	75	03:22:38
76	442	Gary Dean	M	40 PENISTONE FOOTPATH RUNNERS	03:23:42	78	03:23:39
77	642	Helen Mounteney	F	STILTON STRIDERS	03:23:48	76	03:23:00
78	325	Suzette Vermaak-Mcivor	F	40	03:24:03	77	03:23:16
79	462	Julie Lamb	F	40 WIGSTON PHEONIX	03:24:53	83	03:24:49
80	512	Chris Bozier	M	45	03:24:54	80	03:24:20
81	386	Matthew Russell	M	CLOWNE ROAD RUNNERS	03:25:20	84	03:24:59
82	44	David Lowthian	M	40 SEVERN AC	03:25:25	81	03:24:36
83	446	Lloyd Thomas	M		03:25:38	82	03:24:48
84	578	Cath Stibbs	F	35 REALBUZZ	03:26:01	86	03:25:31
85	426	Duane Daugherty	M	50	03:26:04	87	03:25:36
86	180	Ben Hockman	M		03:26:15	88	03:25:37
87	688	Brendan Mcnallen	M		03:26:36	85	03:25:18
88	495	John Taylor	M	SLEAFORD STRIDERS	03:27:12	79	03:23:53
89	509	Jennifer Dick	F	35 HALLAMSHIRE HARRIERS	03:27:22	89	03:26:32
90	447	Kerry Dunkley	M	40	03:27:33	93	03:27:12
91	662	Steve Cooper	M	45 WREAKE RUNNERS	03:27:42	94	03:27:33
92	601	Sean Gregg	M	40 REALBUZZ	03:27:48	92	03:27:12
93	699	Andrew Watson	M		03:27:52	95	03:27:42
94	205	Louis Wood	M	STEEL CITY STRIDERS	03:28:02	90	03:26:58
95	33	Alan Howard	M	40	03:28:11	91	03:27:00
96	107	Neil Ackland	M	DES福德 STRIDERS	03:29:06	98	03:28:56
97	764	Andrew Hurd	M	40 DES福德 STRIDERS	03:29:06	96	03:28:30
98	158	Ian Taylor	M	45 BUNGAY BLACK DOG RC	03:29:42	100	03:29:30
99	711	Rik Vercoe	M		03:29:47	97	03:28:34
100	504	Rob Creighton	M		03:29:53	99	03:29:26
101	302	Malcolm Collins	M	40 ASTLEY & TYLDESLEY ROAD RUNNERS	03:29:53	101	03:29:30
102	436	Darren Mills	M		03:30:16	102	03:29:46
103	432	Stephen Williams	M		03:30:23	103	03:30:09
104	749	Tim Boone	M	50 ARUNNERS RUNNING CLUB	03:30:37	105	03:30:23
105	707	Mark Cockbain	M	100 MARATHON CLUB	03:31:00	106	03:30:37
106	124	Sarah Aylmer	F	45 STOCKPORT HARRIERS	03:31:20	108	03:30:48
107	534	Jack Easthope	M		03:31:28	107	03:30:37
108	404	Rhona Haslam	F	SCARBOROUGH AC	03:31:52	110	03:31:32
109	232	Simon Fisher	M	45 BEDFORD HARRIERS	03:32:34	112	03:31:58
110	238	Geoff Newman	M	60 BLACK PEAR JOGGERS	03:32:39	109	03:31:08
111	650	Trevor Letts	M	45	03:32:41	104	03:30:10
112	92	Louise Hampshire	F	SUDBURY JOGGERS	03:32:45	115	03:32:21
113	81	Gary Wade	M	50 100 MARATHON CLUB	03:32:51	121	03:32:33
114	691	David Rennie	M	WEST END RUNNERS	03:32:55	122	03:32:43
115	407	David Somersall	M	40 CHEPSTOW HARRIERS	03:33:05	116	03:32:23
116	5	Colin Wood	M	50 HORWICH RMI	03:33:11	114	03:32:07
117	745	Simon Hasset	M	40 SWANLEY & DISTRICT AC	03:33:13	113	03:32:04
118	80	Robert Ford	M	40	03:33:20	117	03:32:25
119	612	Nalin Patel	M	45	03:33:40	120	03:32:32
120	401	Shane Edge	M	50 HARBOROUGH AC	03:33:43	124	03:33:23
121	307	Debbie Napier	F	40 HARBOROUGH AC	03:33:50	119	03:32:32
122	249	Mark Bradford	M	45 HERMITAGE HARRIERS	03:34:20	129	03:34:14
123	389	Paul Reeves	M	40 LEICESTER TRIATHLON CLUB	03:34:24	126	03:34:02
124	698	Damon Cartwright	M		03:34:27	128	03:34:06
125	172	Darren Pyefinch	M	LONG EATON RUNNING CLUB	03:34:41	118	03:32:25
126	138	Dan Green	M		03:34:45	111	03:31:57
127	775	Tonia Cook	F	40 ORPINGTON ROAD RUNNERS	03:34:50	132	03:34:15
128	593	Brynnen Massey	M	50	03:34:54	131	03:34:15
129	479	Jennifer Jenks	F	35 ROYAL NAVY	03:34:54	134	03:34:28
130	83	Joanne Matthews	F	40 HERMITAGE HARRIERS	03:35:01	135	03:34:55
131	212	Neil Aikman	M		03:35:17	125	03:33:52
132	638	Andy Smith	M	45	03:35:42	136	03:34:59
133	577	Mark Thorpe	M		03:36:14	130	03:34:14
134	382	Mark Perry	M	50	03:36:25	140	03:36:03
135	365	Dave King	M	50 BLACKHEATH & BROMLEY HARRIERS AC	03:36:29	138	03:35:54
136	235	Geoff Smith	M	45 NORTHANTS ROAD RUNNERS	03:36:31	127	03:34:04
137	526	Jennifer Warner	F	STILTON STRIDERS	03:36:31	123	03:32:58

138	330	Quentin Ingham	M		03:36:55	133	03:34:25
139	312	Vitalis Veprauskas	M		03:37:08	141	03:36:12
140	294	Danny Cassidy	M		03:37:24	139	03:36:03
141	267	Gareth Edwards	M		03:37:28	142	03:36:20
142	527	David Evans	M		03:37:39	137	03:35:21
143	286	Jason Tomkins	M	HUNCOTE HARRIERS	03:37:49	145	03:37:36
144	748	Ken Pigginn	M	55 WIGSTON PHEONIX	03:38:16	147	03:37:51
145	576	David Kind	M	40 HERMITAGE HARRIERS	03:38:26	143	03:36:23
146	202	Mark Cornell	M	45 DUNSTABLE ROAD RUNNERS	03:38:48	148	03:37:53
147	181	Steven Pyefinch	M	LONG EATON RUNNING CLUB	03:39:32	144	03:37:17
148	750	Beth Taylor-Jones	F	40	03:39:33	146	03:37:38
149	773	Paul Tomkins	M	50 HINCKLEY RUNNING CLUB	03:39:44	151	03:39:36
150	712	Peter Clarkson	M	40	03:39:50	150	03:39:19
151	607	Mark Wells	M	40 WYMESWOLD RUNNING CLUB	03:40:19	149	03:38:53
152	246	Chris Taylor	M	45 WYMESWOLD RUNNING CLUB	03:40:19	154	03:39:47
153	433	Mark Potter	M		03:40:58	153	03:39:46
154	708	Kenneth Pyper	M	40 WARMINSTER RUNNING CLUB	03:41:07	158	03:40:50
155	437	John Cooper	M	55	03:41:11	152	03:39:46
156	214	Martin Sansome	M	40	03:41:50	156	03:40:17
157	123	Michael Slater	M	45 STOCKPORT HARRIERS	03:41:51	160	03:41:18
158	768	Rob Hammond	M	40 PACTRAC	03:42:15	159	03:41:12
159	201	Steve Dyer	M		03:42:20	155	03:40:03
160	150	John Colvin	M	40	03:42:51	157	03:40:29
161	686	Emma Nicholls	F		03:43:13	161	03:42:27
162	589	Malcolm Holmes	M	CHALLENGE CENTRAL	03:43:19	169	03:43:06
163	645	Anna Seddon	F	40 BARROW RUNNERS	03:43:23	162	03:42:37
164	154	Bill Howes	M	60 RRC	03:43:47	164	03:42:47
165	137	Sharon Bardwell	F	40	03:43:50	166	03:42:51
166	683	Angela Ladkin	F	45 ROADHOGGS	03:43:57	163	03:42:45
167	644	Sean Greasley	M		03:44:00	165	03:42:48
168	524	Ronnie Ambrose	M	45 NORTHAMPTON ROAD RUNNERS	03:44:06	173	03:43:37
169	114	Sarah Shynn	F	35 DUNSTABLE ROAD RUNNERS	03:44:08	168	03:42:58
170	35	Matthew Moore	M		03:44:12	174	03:43:42
171	375	Paul Russell	M	45 HARBOROUGH AC	03:44:19	171	03:43:33
172	441	Michele Awuye	F	35	03:44:47	178	03:44:19
173	280	Sarah L Hutton	F	35	03:45:09	172	03:43:35
174	614	James Moss	M		03:45:16	167	03:42:55
175	334	Paul Bartram	M		03:45:19	179	03:44:26
176	206	Mike Green	M		03:45:27	177	03:44:01
177	134	Daniel Morley	M		03:45:34	170	03:43:25
178	406	Marcella Burgess	F	40	03:46:00	175	03:43:55
179	604	Mark Eglington	M		03:46:11	186	03:45:14
180	52	Tristan Chinn	M	BURNHAM JOGGERS	03:46:12	180	03:44:38
181	387	Keith Hiley	M	55	03:46:15	183	03:45:01
182	129	Drew Bown	M		03:46:38	191	03:46:12
183	243	Peter Little	M	60 100 MARATHON CLUB	03:46:47	190	03:46:09
184	603	Paul Peasegood	M	RUGBY TRIATHLON CLUB	03:46:50	187	03:45:15
185	300	John Snowden	M	45 DARK PEAK FELL RUNNERS	03:47:02	192	03:46:15
186	461	Kevin Clark	M	40	03:47:09	189	03:46:00
187	338	Paddy Loggin	M	50	03:47:29	185	03:45:05
188	287	Joe Richer	M	NEWMARKET CYCLING & TRIATHLON	03:47:32	181	03:44:56
189	268	Patrick Woodhead	M		03:47:35	193	03:46:29
190	344	Andrew Barratt	M		03:47:40	194	03:47:17
191	771	Shaun Wright	M	45	03:47:45	184	03:45:04
192	467	Stephen Price	M	50 LIVERPOOL RUNNING CLUB	03:47:47	176	03:43:56
193	349	Mark Powis	M		03:48:03	195	03:47:31
194	445	Iain Leighton	M		03:48:18	188	03:45:48
195	525	Peter Webber	M		03:48:32	182	03:44:59
196	185	Anthony Carbutt	M	LONG EATON RUNNING CLUB	03:49:11	197	03:48:08
197	709	Simon Read	M	50 DEAL TRI	03:49:16	201	03:49:01
198	541	Bill Shingleton	M	40 COLWORTH STRIDERS	03:49:21	198	03:48:26
199	639	Howard Dove	M	40 DEAL TRI	03:49:36	205	03:49:15
200	726	Clive Robinson	M	45 PEEL ROAD RUNNERS	03:49:45	202	03:49:06
201	529	Vejay Pal	M		03:50:00	199	03:48:43
202	87	Arthur Hurley	M	65	03:50:11	207	03:49:36
203	245	Martin Moloney	M	40 ROADRUNNERS CLUB	03:50:18	196	03:47:49
204	427	Nigel Whitehead	M	45 BILLERICAY STRIDERS	03:50:38	210	03:49:54
205	390	Paul Howard	M		03:50:44	200	03:48:44
206	408	Clive Howseman	M	OAK PARK RUNNING CLUB	03:50:57	212	03:50:25

207	328 Jody Horth	M		03:51:23	204	03:49:14
208	364 Alex Hewson	M		03:51:48	208	03:49:47
209	609 David Clark	M	45	03:51:52	209	03:49:50
210	301 Sandy Gee	M	50 STAINLAND LIONS	03:51:57	203	03:49:08
211	366 Darren Potter	M	ROLLS-ROYCE HARRIERS	03:51:58	211	03:50:11
212	256 Mike Farrow	M	50 WELLINGBOROUGH AND DISTRICT ATHLETIC CLUB	03:51:58	206	03:49:33
213	459 Jon Beaumont	M		03:52:04	215	03:51:48
214	753 James Longman	M		03:52:15	216	03:51:56
215	545 Dean Kelleher	M	40 HERMITAGE HARRIERS	03:53:03	218	03:52:06
216	705 Ivan Field	M	45 100 MARATHON CLUB	03:53:19	225	03:53:08
217	471 Gordon Compton	M	50	03:53:20	219	03:52:09
218	634 Lisa Godwin	F	35 NORWICH ROAD RUNNERS	03:53:22	220	03:52:23
219	121 Joanna Godwin	F	35 NORWICH ROAD RUNNERS	03:53:22	221	03:52:23
220	762 Adrian Bonsall	M	50	03:53:50	214	03:51:35
221	372 Richard Stones	M		03:53:54	213	03:51:01
222	418 David Stannard	M	45	03:54:12	217	03:52:04
223	616 Lee Williams	M	RUNBRITAIN.COM	03:54:47	231	03:54:26
224	257 Harvey Smith	M	40	03:54:52	222	03:52:27
225	478 Andrew Wilmot	M	65 HALSTEAD ROAD RUNNERS	03:54:59	223	03:52:29
226	517 John Cottam	M	55 STADIUM RUNNERS	03:55:01	224	03:52:47
227	663 Jane Mayes	F	WREAKE RUNNERS	03:55:07	233	03:54:36
228	661 Jackie Cooper	F	40 WREAKE RUNNERS	03:55:08	234	03:54:37
229	354 Philip Thompson	M	LONG EATON RUNNING CLUB	03:55:22	236	03:54:51
230	717 Alexander Clifford	M		03:55:23	237	03:55:07
231	101 Anna Finn	F	VEGAN RUNNERS	03:55:36	227	03:53:45
232	392 David Binch	M	40 MANSFIELD HARRIERS	03:55:59	229	03:54:05
233	54 Nigel Frith	M	40 BOURTON ROADRUNNERS	03:56:05	239	03:55:24
234	706 David Edwards	M		03:56:17	230	03:54:10
235	482 Jamie Rennie	M	40 WEST END RUNNERS	03:56:21	245	03:56:10
236	643 John Andrews	M	50	03:57:00	228	03:53:56
237	329 Paul Stewart	M		03:57:02	242	03:55:59
238	743 Paul Guyan	M		03:57:10	232	03:54:29
239	664 John Krause	M	50	03:57:11	241	03:55:57
240	746 Glyn James Raymen	M	LEIGHTON FUNRUNNERS	03:57:13	235	03:54:43
241	195 Naomi Prasad	F	FETCHEVERYONE RC	03:57:18	238	03:55:15
242	359 Damian Wilkins	M	PACTRAC	03:57:21	240	03:55:25
243	781 Graham Grewcock	M	40	03:57:24	2058	03:56:49
244	484 Stuart Finn	M		03:57:32	243	03:56:01
245	303 Neil Parkinson	M	50 BIRSTALL RUNNING CLUB	03:57:47	226	03:53:32
246	733 David Fox	M	55 BENFLEET RUNNING CLUB	03:57:56	246	03:56:42
247	176 Carl Baker	M	45 PEEL ROAD RUNNERS	03:57:57	249	03:57:17
248	356 Martin Cowton	M		03:58:09	244	03:56:07
249	24 Craig Johnson	M	HERMITAGE HARRIERS	03:58:21	250	03:57:24
250	384 Dean Tonks	M	BARROW RUNNERS	03:58:27	247	03:56:45
251	141 Alex Mcquire	M		03:59:09	248	03:57:10
252	367 Jonathan Straw	M	40 WYMESWOLD RUNNING CLUB	03:59:12	251	03:57:47
253	36 Mark Pickard	M	40	03:59:15	252	03:58:04
254	49 David Major	M	45 100 MARATHON CLUB	03:59:36	255	03:58:36
255	10 Christian Rijs	M	CLAPHAM CHASERS	03:59:44	257	03:58:56
256	219 Simon Griffiths	M	45	03:59:46	256	03:58:46
257	233 Chris Vurley	M		03:59:47	253	03:58:06
258	319 Taig Drummond	M		04:00:00	258	03:59:02
259	535 Jon Heap	M	40 ROADHOGGS	04:00:15	259	03:59:03
260	376 Chris Atkin	M		04:01:03	268	04:00:44
261	310 Patrik Gustavsson	M		04:01:07	261	03:59:40
262	624 Luke Tombs	M		04:01:20	260	03:59:34
263	65 Aimee Harrisonwild	F	NUFFIELD ROAD RUNNERS	04:01:23	266	04:00:37
264	200 Phil Clarke	M	55 AMPTHILL AND FLITWICK FLYERS	04:01:44	254	03:58:16
265	560 Matthew Player	M		04:02:23	263	04:00:27
266	754 Matthew David	M		04:02:41	262	04:00:13
267	715 Robert Steele	M	55 TRAIL RUNNING ASSOCIATION	04:02:50	269	04:00:51
268	326 Jon Watkins	M	40	04:02:59	264	04:00:27
269	170 Tom Hinds	M	40 HERMITAGE HARRIERS	04:03:03	265	04:00:36
270	169 Paul Langham	M	40 ROADHOGGS	04:03:04	267	04:00:37
271	678 Scott Morrall	M	DROITWICH AC	04:03:13	270	04:01:00
272	421 Keith Humphrey	M	45 WYMESWOLD RUNNING CLUB	04:04:18	275	04:02:53
273	443 Dave Grewcock	M	45	04:04:23	271	04:02:07
274	544 Simon Lea	M	45	04:04:28	272	04:02:10
275	483 Bill Russell	M	55	04:04:53	276	04:03:09

276	696 Deborah Pitt	F		TELFORD HARRIERS	04:04:57	278	04:03:45
277	231 Jon Steadman	M	40		04:05:04	274	04:02:47
278	739 Laura Coxon	F			04:05:09	273	04:02:28
279	66 John Hall	M	60		04:05:16	281	04:04:15
280	587 Les Kennedy	M	40		04:05:28	284	04:05:08
281	242 Jim Brown	M	55	HARVEL HASH HOUSE HARRIERS	04:05:37	282	04:04:32
282	590 Simon Jones	M		HUNCOTE HARRIERS	04:05:39	277	04:03:39
283	646 Stephen Elliott	M		RUGBY & NORTHAMPTON ATHLETICS CLUB	04:05:45	279	04:03:50
284	586 Mat Nicholson	M			04:05:46	286	04:05:19
285	574 Perie Cordner	F	35	DERBY TRIATHLON CLUB	04:06:01	287	04:05:24
286	324 Scott Mcivor	M	55		04:06:38	290	04:05:51
287	619 Laurent Bonthonneau	M		WEST END RUNNERS	04:06:48	292	04:06:41
288	637 Fiona Price	F	40	AVON VALLEY RUNNERS	04:06:55	280	04:04:12
289	14 Matt Smith	M		ROAD RUNNERS CLUB	04:07:12	283	04:04:33
290	168 Alison Mccoy	F	50	LOUTH A C	04:07:29	285	04:05:15
291	398 Tom Neill	M	45		04:07:40	289	04:05:44
292	772 Gary Dixon	M	45	REALRUNNER.COM	04:08:01	297	04:07:44
293	767 Marie Wilford	F	40	HUNCOTE HARRIERS	04:08:17	288	04:05:37
294	632 Madeleine Bradnam	F			04:08:31	291	04:06:00
295	163 Peter Majer	M			04:08:46	293	04:06:51
296	377 Jonny Gould	M			04:09:11	300	04:08:52
297	501 Charlotte Thompson	F	35		04:09:52	303	04:09:43
298	695 Christopher Purkiss	M	50	SERPENTINE RC	04:09:59	296	04:07:37
299	452 Ian Baker	M			04:10:29	298	04:07:51
300	537 Harminder Singh Dhillon	M			04:10:41	294	04:07:19
301	160 Julie Fairclough	F	45	STOCKPORT HARRIERS	04:11:11	305	04:10:04
302	108 Andrew Smith	M	50	UKNETRUNNER	04:11:18	299	04:08:42
303	670 Rob Taylor	M			04:11:24	295	04:07:20
304	313 Simon Easto	M	50	PEEL ROAD RUNNERS	04:11:28	310	04:10:48
305	62 Daniel Bursztyn	M			04:11:36	301	04:09:11
306	187 Jayne Bevan	F	35		04:11:41	307	04:10:14
307	383 Sacha Patel	M	40		04:11:45	306	04:10:09
308	620 Wayne Kern	M	40	HALSTEAD ROAD RUNNERS	04:12:11	302	04:09:43
309	723 Des Adey	M	45	BOURNE TOWN HARRIERS	04:12:44	317	04:11:55
310	703 Chris North	M			04:12:52	304	04:09:52
311	740 Anna Launay	F			04:13:01	315	04:11:41
312	357 Matthew Curtis	M	40		04:13:05	309	04:10:37
313	247 Steve Toone	M			04:13:13	316	04:11:42
314	782 Sam Cohen	M			04:13:21	313	04:11:29
315	673 Peter Golden	M	45		04:13:34	319	04:12:20
316	520 Steven Pollard	M	55		04:13:43	312	04:10:55
317	209 Ann Harrison	F	45		04:13:44	311	04:10:50
318	503 Michael Rennoldson	M			04:14:10	308	04:10:34
319	11 Marc Draycott	M	40		04:14:26	314	04:11:36
320	59 Sezer Domac	M	45		04:14:36	320	04:12:56
321	774 David Lewis	M	55	100 MARATHON CLUB	04:14:46	321	04:13:17
322	30 Paul Cleverley	M	40		04:14:56	323	04:13:25
323	39 David Thomas	M	40		04:15:06	322	04:13:20
324	74 Teresa White	F	40		04:15:14	326	04:13:58
325	43 Samantha Jess	F	35	WOOTTON ROAD RUNNERS	04:15:14	327	04:13:58
326	700 Marcus Lander	M			04:15:17	324	04:13:27
327	260 Hitesh Pandya	M	45	ROADHOGGS	04:15:19	329	04:14:19
328	320 Philip Griffiths	M	50	WOODTHORPE RUNNERS	04:15:23	330	04:14:26
329	474 Rush Y Adave	M	55	100 MARATHON CLUB	04:15:31	331	04:14:49
330	477 Trusha Yadave	F		LDWA	04:15:32	332	04:14:50
331	104 Manish Amin	M	40	LEO CC	04:15:42	318	04:12:16
332	105 Neil Mitchell	M			04:15:57	336	04:15:38
333	464 John Sharman	M	45		04:16:16	337	04:15:39
334	455 Lee Hennell	M			04:16:25	340	04:16:09
335	486 Laurence Wicks	M			04:16:25	339	04:16:09
336	596 Nick Coles	M			04:16:31	328	04:14:13
337	119 Paul Eggleton	M	50	DUNSTABLE ROAD RUNNERS	04:16:39	334	04:15:29
338	680 Kelly Paterson	F		MANCHESTER TRIATHLON CLUB	04:17:00	335	04:15:31
339	659 Philip Sugden	M	40	LONG EATON RUNNING CLUB	04:17:07	333	04:15:23
340	278 Stuart Dewdney	M	45		04:17:33	341	04:16:25
341	444 Chris Handley-Jones	M			04:17:51	325	04:13:45
342	165 Steven Garratt	M		ATHERTON RUNNING CLUB	04:17:58	342	04:16:26
343	428 Jess Goldsmith	F			04:18:02	338	04:16:06
344	84 Brian Chamberlain	M	70	HART ROAD RUNNERS	04:18:07	346	04:17:31

345	510 Darren Lewin	M		04:18:08	343	04:16:27
346	420 Katherine Hull	F		04:18:47	344	04:16:56
347	565 Mark Chamberlain	M	40 ROADHOGGS	04:19:17	354	04:19:17
348	704 Robert Gibbons	M	VEG CYCLING & ATHLETICS	04:19:56	351	04:18:27
349	347 Robert Duckworth	M		04:20:14	347	04:17:32
350	714 Julian Wilton	M	40	04:20:57	359	04:20:24
351	98 Stuart Farnan	M		04:21:01	356	04:19:55
352	648 Marie Brown	F	35	04:21:01	345	04:17:14
353	466 Colin Longworth	M	55 100 MARATHON CLUB	04:21:02	348	04:17:50
354	654 Mark Challinor	M		04:21:06	349	04:18:10
355	361 Mick Wallis	M	40 BARROW RUNNERS	04:21:33	353	04:19:07
356	449 Angelo Della Vittoria	M		04:21:58	350	04:18:25
357	770 Matt Allsop	M		04:22:15	364	04:21:22
358	159 Mark Allen	M	ORPINGTON ROAD RUNNERS	04:22:16	352	04:19:04
359	469 Paul Barton	M	AMPTHILL FLITWICK FLYERS	04:22:30	358	04:20:18
360	539 Peter Allen	M	50 BISHOPS STORTFORD	04:22:33	361	04:20:30
361	217 Anita Hall	F	40 DUNSTABLE ROAD RUNNES	04:22:41	365	04:21:30
362	218 Iain Wilson	M	DUNSTABLE ROAD RUNNERS	04:22:41	366	04:21:30
363	415 Neil Parker	M	45	04:22:49	360	04:20:27
364	783 Shaun Kerr	M		04:22:54	355	04:19:55
365	262 David Bowrey	M	40	04:23:24	357	04:20:07
366	113 Rita Williams	F	60 WARE JOGGERS	04:23:40	363	04:21:13
367	345 Kevin Proctor	M		04:24:01	362	04:20:43
368	405 Phil Rowland	M	NORTH NORFOLK BEACH RUNNERS	04:24:11	370	04:22:16
369	397 Lindsay Kitchen	M	45 NORTH NORFOLK BEACH RUNNERS	04:24:11	371	04:22:16
370	279 Robert Bryant	M	55	04:24:22	372	04:22:18
371	26 Kate Reeves	F	HERMITAGE HARRIERS	04:24:34	373	04:22:44
372	85 Richard Donkin	M		04:24:49	379	04:23:44
373	472 Ian Robinson	M	45 BARROW RUNNERS	04:24:51	368	04:21:44
374	473 Elizabeth Robinson	F	45 BARROW RUNNERS	04:24:51	369	04:21:44
375	207 Jackie O'sullivan	F	40 BIRSTALL RUNNING CLUB	04:25:24	376	04:23:04
376	184 Aeronwy Preece-Towey	F		04:25:26	367	04:21:42
377	45 Karen Chin	F	35	04:25:55	384	04:24:49
378	489 Edward Verey	M		04:25:56	374	04:22:49
379	523 Pete Kirkby	M	70 WREAKE RUNNERS	04:26:04	385	04:24:55
380	602 David Burgess	M	45	04:26:12	380	04:23:54
381	550 Dave Gillies	M	45 PENNY LANE STRIDERS	04:26:18	377	04:23:06
382	592 Andy Paine	M		04:26:20	394	04:25:45
383	100 David Abbey	M	50	04:26:23	375	04:22:50
384	403 Hmad Naatit	M	45	04:26:30	381	04:24:00
385	563 Simon Hack	M	40	04:27:07	391	04:25:34
386	109 John Davis	M		04:27:09	382	04:24:19
387	336 Neil Fennel	M	45 100 MARATHON CLUB	04:27:20	378	04:23:14
388	451 Richard Pearce	M	45	04:27:32	387	04:25:17
389	776 Vanessa Brewster	F	40	04:27:45	405	04:27:21
390	210 Ling Chan	F	50 ORPINGTON ROAD RUNNERS	04:27:48	398	04:26:20
391	481 Luke Gibson	M		04:27:54	386	04:25:17
392	273 Chris Lucas	M	40 FLECKNEY & KIBWORTH	04:28:13	408	04:27:58
393	728 Matthew Kite	M	40	04:28:13	383	04:24:30
394	178 Vicky Whitlock	F	35	04:28:16	388	04:25:25
395	128 Rob Dowse	M		04:28:24	392	04:25:39
396	46 Ian Thompson	M	50	04:28:32	407	04:27:52
397	515 Ajay Narayan	M	50 BIRSTALL RUNNING CLUB	04:29:04	395	04:26:04
398	305 Emma Rathbone	F		04:29:06	411	04:28:47
399	736 Paul Kaye	M	50	04:29:10	390	04:25:33
400	722 Kevin Lidgard	M	50	04:29:10	393	04:25:42
401	610 Karl Hiner	M	40 RIVERSIDE RUNNERS	04:29:16	399	04:26:23
402	779 Elizabeth Hiner	F	35 RIVERSIDERUNNERS	04:29:17	400	04:26:23
403	315 Simon Stevens	M		04:29:26	389	04:25:33
404	385 Ian Tonks	M	40	04:29:30	403	04:27:04
405	222 Sarah Harris	F	40	04:29:58	409	04:28:03
406	499 Laura Marsh	F		04:30:00	396	04:26:05
407	676 Andrew Hall Venmore	M		04:30:07	397	04:26:10
408	63 Charlie Juffs	M	50	04:30:12	406	04:27:47
409	681 Martin Knight-Jones	M		04:30:54	402	04:26:58
410	682 Theodore Knight-Jones	M		04:30:55	401	04:26:57
411	556 Michael Scandrett	M		04:31:12	404	04:27:20
412	355 Peter Walker	M	55	04:31:36	410	04:28:28
413	16 Richard Franklin	M	55	04:31:43	414	04:29:42

414	720 Selina Da Silva	F	50	100 MARATHON CLUB	04:32:04	413	04:29:37
415	414 Emily Mccluskey	F			04:32:14	417	04:30:17
416	299 Gina Little	F	65	100 MARATHON CLUB	04:32:18	412	04:29:17
417	399 Heidi Breagan	F			04:33:04	415	04:29:43
418	15 Richard Barnette	M	40		04:33:06	418	04:30:19
419	721 Andrew Whitrow	M	60		04:33:24	422	04:31:03
420	742 Luke Sieger	M			04:33:30	420	04:30:43
421	283 Kath Spencer	M	45	BARROW RUNNERS	04:33:33	421	04:30:45
422	600 William Williamson	M			04:33:47	419	04:30:23
423	343 Jagjit Singh	M	50		04:33:52	416	04:29:46
424	780 Noel Boylan	M			04:34:05	423	04:31:10
425	660 Henry Charles	M	40		04:34:59	427	04:33:33
426	171 Stefan Wittering	M	60	DESFORD STRIDERS	04:35:10	424	04:31:43
427	270 Kent Sumpner	M			04:35:27	426	04:33:20
428	236 Ian Maudsley	M			04:35:30	425	04:32:35
429	183 David Ryder	M	40	OAK PARK RUNNING CLUB	04:35:35	432	04:34:35
430	765 Bhavna Patel	F			04:35:50	430	04:34:00
431	470 John Williams	M	70	100 MARATHON CLUB	04:36:06	428	04:33:36
432	747 William Irving	M			04:36:20	439	04:36:04
433	188 Steven Donoghue	M	50		04:36:29	431	04:34:01
434	253 Simon Lathbury	M	40	DEVIZES	04:36:41	429	04:33:37
435	252 David Score	M			04:36:53	436	04:35:29
436	131 Philip Dunderdale	M			04:37:12	434	04:34:56
437	75 Naomi Smith	F			04:37:20	437	04:35:33
438	761 Gareth Ewing	M	40		04:37:21	435	04:35:03
439	410 Paul French	M			04:37:36	445	04:36:31
440	411 Damian Hill	M			04:37:36	444	04:36:31
441	28 Steven Perkins	M	45		04:37:38	433	04:34:39
442	103 Sue Hardy	F	45		04:38:54	447	04:37:32
443	102 Steven Anstee	M	45		04:38:54	448	04:37:33
444	227 Megan Pratt	F		HEADINGTON ROAD RUNNERS	04:38:56	450	04:37:52
445	626 Laura Edgley	F	35	HUNTS AC	04:38:58	441	04:36:10
446	309 David Trayner	M			04:39:02	440	04:36:08
447	241 Gavin Gibbon	M			04:39:15	442	04:36:16
448	409 Duncan Bennett	M			04:39:19	443	04:36:27
449	213 Catherine Marriott	F	55	RSPB STAFF ASSOCIATION RC	04:39:21	446	04:37:31
450	47 Stuart Simpson	M	45		04:39:52	449	04:37:41
451	532 Jenny De"ath	F	45		04:39:59	438	04:36:03
452	149 Paul Berry	M			04:40:39	459	04:40:12
453	460 Bob Parmenter	M	55	HALSTEAD ROAD RUNNERS	04:40:46	451	04:38:17
454	566 Nathan Proud	M			04:40:49	452	04:38:27
455	456 Richard Cooper	M	40	WYMESWOLD RUNNING CLUB	04:41:12	455	04:39:46
456	533 Harmesh Gangar	M			04:42:41	454	04:39:20
457	672 James Johnson	M			04:42:45	456	04:40:06
458	675 Shaun Kirkpatrick	M	40		04:42:57	453	04:38:56
459	370 Alyson Scobie	F	40		04:43:02	460	04:40:46
460	292 Clive Wright	M	50	STILTON STRIDERS	04:43:03	461	04:41:00
461	413 Shaun Richardson	M		WYMESWOLD RUNNING CLUB	04:43:07	462	04:41:39
462	21 Charlotte Sullivan	F			04:43:25	457	04:40:07
463	20 Marie Sullivan-Gilbury	F	40		04:43:25	458	04:40:07
464	751 Maurice Spooner	M	45		04:45:06	467	04:44:48
465	266 Karen Roberts	F		WREAKE RUNNERS	04:45:24	464	04:43:57
466	640 Holly Malpass	F			04:45:27	466	04:44:20
467	518 Jimmy Kirkby	M			04:46:48	463	04:43:30
468	636 Thomas Farrow	M			04:47:09	470	04:46:19
469	735 Ruth Emma Benzimra	F	45	100 MARATHON CLUB	04:47:53	465	04:44:12
470	353 Timothy Bournnell	M	40		04:48:31	468	04:45:16
471	362 Dean Newbrooks	M	40	LEICESTER TRIATHLON CLUB	04:48:34	475	04:47:07
472	468 Kang Kim	F	50		04:48:52	478	04:47:57
473	208 David Phillips	M	65	MAVEY FERGUSON RC	04:49:03	482	04:48:52
474	153 Pauline Howes	F	55	RRC	04:49:18	483	04:48:55
475	115 Nick McLaren	M			04:49:26	473	04:46:34
476	8 Jo Baldwin	M			04:49:52	474	04:46:36
477	502 Amy Hodson	F			04:49:54	469	04:46:03
478	494 Ben Clarke	M			04:50:22	472	04:46:33
479	493 Ed Stockwell	M			04:50:22	471	04:46:33
480	588 James Meath	M			04:50:22	477	04:47:51
481	337 Les Pullen	M	55	CAMBRIDGE HARRIERS	04:50:30	476	04:47:25
482	758 Mark Phillips	M			04:50:55	490	04:50:19

483	351 Stephen Devine	M	45	04:51:17	484	04:48:56
484	394 Frankie Crouch	M		04:51:20	485	04:49:03
485	729 Benjamin Laadik	M		04:51:38	491	04:50:31
486	718 Andrew Chambers	M	45	04:51:51	479	04:48:20
487	327 Varaidzo Chirango Kandi	M		04:52:06	488	04:49:48
488	416 Linda Parker	F	55	04:52:13	480	04:48:26
489	595 Chris Brumby	M	45 SANDBACH STRIDERS	04:52:23	481	04:48:31
490	91 Andrew Mcevoy	M	45 FETCHEVERYONE RC	04:53:03	486	04:49:07
491	380 Steve Collett	M		04:53:12	489	04:50:10
492	58 Jane Coltman	F	35 BIRSTALL RUNNING CLUB	04:53:15	487	04:49:41
493	350 Wayne Woodward	M		04:53:19	496	04:52:48
494	9 Kevin Stanton	M	45	04:54:05	492	04:50:44
495	766 Kalpesh Patel	M		04:54:16	494	04:52:26
496	538 Mithul Bhavsar	M		04:54:49	493	04:51:27
497	425 Simon Moore	M	40	04:55:05	498	04:53:48
498	488 Anthony Magrath	M		04:55:20	499	04:53:53
499	756 David Toms	M	55 BRANDON FERN HOPPERS	04:55:52	497	04:53:25
500	697 Woo Ching Hwa	M	55	04:56:09	495	04:52:39
501	276 John Gilbert	M	55 100 MARATHON CLUB	04:56:19	506	04:55:39
502	727 Nigel Hammersley	M	55	04:56:47	500	04:53:56
503	277 Carla Hayes	F	45 PLUMSTEAD RUNNERS	04:57:08	509	04:56:33
504	475 Peter Law	M	65 STRATFORD ON AVON	04:57:44	503	04:55:01
505	694 Matthew Rice	M		04:57:48	502	04:54:55
506	118 Kevin Miller	M		04:58:08	501	04:54:16
507	731 Kyle Jameson	M		04:58:18	505	04:55:39
508	635 Kine Dorum	F		04:59:34	504	04:55:35
509	304 John Kent	M		04:59:42	508	04:56:01
510	112 Alexander Banks	M		04:59:57	510	04:57:06
511	395 Ryan Crane	M		05:00:04	507	04:55:58
512	4 Dennis Ankomah	M		05:01:07	514	04:58:05
513	422 Khewel Kesur	M		05:01:22	511	04:57:32
514	275 Jacqueline Leavitt	F	45	05:01:37	513	04:57:56
515	730 Susan Odai	F	45	05:01:45	512	04:57:39
516	491 Caroline I'anson	F	40	05:02:07	520	05:01:09
517	199 Jason Gadeke	M	40	05:02:18	515	04:58:52
518	86 Christopher Foxall	M		05:02:22	516	04:59:01
519	423 Keith Thorogood	M	55 HALSTEAD ROAD RUNNERS	05:02:32	519	05:00:03
520	490 Leigh Ellis	M		05:02:33	517	04:59:26
521	177 Aaron Gomes	M	40	05:03:09	518	04:59:54
522	363 Richard Rands	M		05:03:17	521	05:01:11
523	90 Matthew Lane	M		05:03:56	525	05:03:05
524	689 Thomas Fitzsimons	M		05:04:40	526	05:03:13
525	17 Alec Reynolds	M		05:05:34	522	05:02:05
526	391 Terry Woodhouse	M		05:05:35	523	05:02:39
527	341 Thomas Castle	M		05:05:55	524	05:02:44
528	562 Matthew Bullock	M		05:06:02	528	05:04:27
529	649 Clare Bradley	F	45 MASSEY FERGUSON RC	05:06:42	529	05:04:32
530	34 Trevor Hope	M	40 HERMITAGE HARRIERS	05:07:01	530	05:05:01
531	625 Catherine Kerlake	F	40 HUNTS AC	05:07:02	527	05:04:13
532	306 Muhammad Imran	M	45	05:07:58	536	05:07:55
533	13 Victoria Elmer	F		05:08:47	533	05:05:39
534	485 Jonathan Ure	M		05:08:54	535	05:07:01
535	127 Katie Broadhurst	F		05:09:07	531	05:05:10
536	126 Joanne Chase	F		05:09:07	532	05:05:10
537	335 Andrew Walton	M		05:09:12	534	05:06:19
538	192 Aaron Higgs	M		05:12:18	537	05:09:08
539	189 David Gilbert	M		05:13:26	538	05:10:12
540	430 Collette O'hagan	F	60 100 MARATHON CLUB	05:13:26	540	05:13:02
541	647 Eimear Hurley	F	50	05:13:27	541	05:13:03
542	339 Nicholas Hurrell	M	GOYT VALLEY STRIDERS	05:15:07	539	05:11:38
543	487 Peter Fowell	M	50	05:18:14	542	05:17:23
544	656 Brian Mills	M	50 100 MARATHON CLUB	05:21:01	544	05:18:21
545	500 Max Bridgewater	M	45	05:21:15	543	05:17:59
546	618 David Pollard	M		05:23:02	545	05:20:14
547	293 Robin Wilson	M	70 COLLINGWOOD AC	05:23:11	547	05:22:46
548	6 Ritch Partridge	M		05:25:16	546	05:22:22
549	132 Paul Ridgway	M	40	05:27:03	548	05:24:50
550	435 Zoe Pierce	F	35 MASSEY FERGUSON RC	05:27:57	551	05:25:47
551	633 Christian Hitchen	M		05:29:06	555	05:28:15

552	97 Katy Tilbury	F	35	05:29:16	549	05:25:11
553	96 Sarah Tilbury	F	35	05:29:17	550	05:25:13
554	685 Gillian Calliste	F	50	05:29:25	552	05:26:21
555	757 Lee Smith	M	40	05:30:56	553	05:27:09
556	221 Jayne Collins	F	40	05:31:03	554	05:27:23
557	269 Devendra Patel	M		05:33:25	556	05:32:00
558	244 James Dobbie	M		05:35:24	557	05:32:24
559	658 Gert Briers	M	60	05:35:43	558	05:32:37
560	198 Mark Gadeke	M	40	05:41:33	559	05:38:07
561	605 Sheila Swart	F	65	05:43:31	560	05:40:26
562	657 Johann Swart	M	60	05:43:31	561	05:40:26
563	211 Jeffrey Wiltshire	M	50	05:45:00	565	05:44:07
564	220 Melanie Rowland-Depledge	F	40	05:45:40	562	05:42:01
565	193 Caroline Flavell	F		05:46:54	564	05:44:05
566	719 Michele Anikitou	F		05:46:56	563	05:43:48
567	346 Richard Olney	M	40	05:48:18	566	05:45:13
568	133 Jonathon Collins	M		05:49:35	567	05:47:19
569	669 Liam Fenelon	M	65	05:51:32	568	05:50:20
570	89 Robin Wragg	M		06:01:21	571	06:01:07
571	551 Aaron Morgan	M		06:01:26	569	05:57:29
572	492 Barry Jacobson	M	65	06:01:30	570	05:57:52
573	285 Pamela Storey	F	60	06:14:36	573	06:12:38
574	713 Elaine Oddie	F	55	06:14:36	572	06:10:58
575	340 Ivor Davies	M	60	06:15:44	574	06:14:30
576	60 Dominic Jardine	M		06:24:06	575	06:20:16
577	555 Liz Haigh	F	40	06:24:25	576	06:21:21
578	64 Karl Bhikha	M		06:30:03	577	06:27:15
579	542 Graham Norman	M	60	06:37:34	578	06:34:01