

Kendal Sprint Tri Results September 2015

Bib	FirstName	LastName	Sex	AG	Swimming	SwimRank	Transition 1	Biking	BikeRank	Transition 2	Running	RunRank	Finish	FinalRank	MFRank	AGRank
209	Kieran	Rowlands	m	Seniors M30	00:06:03	6	0:00:33.84	00:33:10	1	0:00:37.88	0:19:00.68	1	00:59:25	1	1	1
205	Joseph	Moulton	m	Men	00:05:51	3	0:00:37.73	00:34:38	5	0:00:45.62	0:19:44.29	3	01:01:37	2	2	1
203	James	Souter	m	Seniors M30	00:06:18	9	0:00:35.12	00:34:50	7	0:00:41.13	0:19:24.05	2	01:01:48	3	3	2
201	Adrian	Sowerby	m	Seniors M50	00:06:40	16	0:00:37.76	00:33:36	2	0:00:37.91	0:20:18.88	5	01:01:50	4	4	1
170	Andy	Johnson	m	Seniors M30	00:07:43	46	0:00:35.6	00:34:24	4	0:00:50.4	0:20:18.3	4	01:03:51	5	5	3
207	Simon	Jones	m	Seniors M35	00:05:38	2	0:00:50.11	00:36:07	14	0:00:43.82	0:21:08.21	11	01:04:27	6	6	1
202	Tom	Glover	m	Men	00:05:27	1	0:00:53.65	00:34:59	8	0:00:49.62	0:22:56.06	29	01:05:05	7	7	2
200	David	Biddulph	m	Seniors M45	00:07:06	27	0:00:56.37	00:35:11	9	0:00:44.48	0:21:09.00	12	01:05:07	8	8	1
194	Martin	Garnett	m	Seniors M30	00:07:15	31	0:00:56.8	00:35:36	12	0:01:02.4	0:20:59.7	9	01:05:50	9	9	4
184	Justin	Dixon	m	Seniors M35	00:07:12	30	0:01:11.0	00:35:31	11	0:00:59.8	0:21:20.3	14	01:06:15	10	10	2
199	Paul	Mason	m	Seniors M50	00:06:45	17	0:00:43.69	00:36:39	19	0:01:03.99	0:21:37.18	15	01:06:49	11	11	2
204	Mike	Dent	m	Seniors M50	00:06:01	5	0:00:43.93	00:35:58	13	0:00:44.34	0:23:27.60	34	01:06:55	12	12	3
181	Benjamin	Park	m	Seniors M35	00:07:05	26	0:01:28.5	00:35:27	10	0:00:51.4	0:22:42.0	25	01:07:34	13	13	3
206	Paul	Rickerby	m	Seniors M50	00:05:57	4	0:00:56.28	00:37:33	24	0:00:55.78	0:22:15.32	20	01:07:37	14	14	4
193	Guy	Higgs	m	Seniors M45	00:06:48	18	0:00:46.8	00:36:21	16	0:00:56.3	0:22:54.9	28	01:07:46	15	15	2
167	Pete	Marston	m	Seniors M40	00:07:42	45	0:01:10.6	00:38:02	29	0:00:32.5	0:20:39.2	6	01:08:06	16	16	1
183	Mark	Dixon	m	Seniors M40	00:07:33	39	0:00:54.1	00:36:28	17	0:00:46.7	0:22:29.0	23	01:08:11	17	17	2
182	Benjamin	Hodgson	m	Seniors M30	00:08:18	61	0:01:09.2	00:37:48	26	0:00:25.9	0:20:39.6	7	01:08:21	18	18	5
142	Chris	Travis	m	Men	00:06:48	19	0:00:57.2	00:39:11	43	0:00:42.5	0:20:54.0	8	01:08:33	19	19	3
168	Chris	Hewson	m	Men	00:06:05	7	0:01:01.0	00:38:49	39	0:00:43.5	0:22:00.8	19	01:08:39	20	20	4
195	Sam	Gibson	m	Men	00:07:29	37	0:01:30.5	00:34:23	3	0:01:21.3	0:24:10.0	46	01:08:54	21	21	5
130	Phillip	Dickinson	m	Seniors M30	00:08:11	55	0:01:19.4	00:37:19	21	0:00:38.1	0:21:39.1	16	01:09:07	22	22	6
196	Russell	coy	m	Seniors M45	00:07:29	36	0:01:11.0	00:37:50	28	0:00:54.9	0:22:20.9	21	01:09:46	23	23	3
95	Richard	Harvey	m	Seniors M35	00:08:18	62	0:01:19.3	00:38:31	34	0:00:44.5	0:21:18.0	13	01:10:12	24	24	4
187	Thomas	McKee	m	Teenagers (m) U20	00:08:04	50	0:01:25.2	00:38:44	37	0:01:14.0	0:20:59.8	10	01:10:27	25	25	1
180	Robert	Woodward	m	Seniors M40	00:07:24	34	0:01:23.7	00:37:10	20	0:00:53.7	0:23:43.9	38	01:10:35	26	26	3
78	Harriet	Gilson	w	Women	00:07:11	28	0:01:20.1	00:38:05	30	0:00:52.9	0:23:49.8	41	01:11:19	27	1	1
143	Chris	Davies	m	Seniors M40	00:09:16	91	0:01:27.6	00:36:30	18	0:01:03.8	0:23:17.5	31	01:11:35	28	27	4
120	Euan	Mckinnon	m	Seniors M40	00:06:39	15	0:01:58.5	00:38:43	36	0:01:04.2	0:23:20.7	33	01:11:46	29	28	5
75	Kristina	Jackson	w	Seniors W30	00:06:39	14	0:01:25.4	00:40:12	51	0:00:58.3	0:22:41.4	24	01:11:56	30	2	1
84	Samantha	Sugden	w	Seniors W35	00:06:39	13	0:00:50.2	00:39:03	42	0:00:42.8	0:25:02.7	59	01:12:17	31	3	1
186	Ashley	Robinson	m	Men	00:07:32	38	0:01:12.1	00:40:20	55	0:00:59.0	0:22:27.9	22	01:12:31	32	29	6
146	Ken	Earnshaw	m	Seniors M50	00:09:56	110	0:00:54.0	00:37:30	22	0:00:50.0	0:23:43.8	37	01:12:53	33	30	5
156	Andrew	Crisp	m	Seniors M30	00:06:59	22	0:01:23.3	00:39:27	45	0:01:11.7	0:24:04.5	45	01:13:06	34	31	7
173	John	Jones	m	Seniors M30	00:07:00	23	0:01:38.3	00:37:47	25	0:00:57.0	0:25:52.9	76	01:13:15	35	32	8
52	Suzanne	Toppin	w	Seniors W45	00:08:17	60	0:01:07.0	00:40:28	56	0:01:43.3	0:21:43.1	17	01:13:18	36	4	1
179	Paul	Catterall	m	Seniors M55	00:07:39	42	0:01:05.6	00:38:07	31	0:00:58.4	0:25:38.9	72	01:13:29	37	33	1
197	Damian	Sanderson	m	Seniors M40	00:07:03	25	0:01:24.5	00:40:05	48	0:00:48.0	0:24:12.9	47	01:13:34	38	34	6
189	John	Beck	m	Seniors M50	00:07:24	35	0:01:40.1	00:38:37	35	0:01:11.2	0:24:45.4	55	01:13:37	39	35	6
73	Alison	Rushton	w	Seniors W40	00:08:30	68	0:01:12.8	00:38:22	33	0:01:10.0	0:24:45.4	54	01:14:00	40	5	1
123	Russell	Brooks	m	Seniors M45	00:09:20	92	0:01:13.7	00:39:33	47	0:01:12.7	0:22:45.8	26	01:14:05	41	36	4
150	Dave	Horn	m	Seniors M50	00:10:26	125	0:01:50.5	00:37:49	27	0:00:49.5	0:23:18.2	32	01:14:13	42	37	7

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Bib	FirstName	LastName	Sex	AG	Swimming	SwimRank	Transition 1	Biking	BikeRank	Transition 2	Running	RunRank	Finish	FinalRank	MFRank	AGRank
169	Peter	Jackson	m	Seniors M40	00:07:34	40	0:01:13.1	00:39:14	44	0:02:10.0	0:24:19.9	48	01:14:31	43	38	7
110	Michael	Hutchings	m	Seniors M35	00:09:22	94	0:02:22.1	00:36:10	15	0:01:13.8	0:25:34.5	69	01:14:43	44	39	5
166	Paul	Giles	m	Seniors M45	00:09:28	99	0:01:53.3	00:39:31	46	0:00:46.6	0:23:04.6	30	01:14:44	45	40	5
80	Louise	Rowe	w	Seniors W50	00:06:38	12	0:01:09.9	00:41:40	67	0:01:22.7	0:23:52.9	43	01:14:44	46	6	1
144	Michael	Ronayne	m	Seniors M30	00:07:52	48	0:00:41.4	00:40:13	52	0:00:36.8	0:25:55.7	78	01:15:18	47	41	9
151	Paul	Giblin	m	Seniors M45	00:08:58	82	0:00:59.5	00:41:29	66	0:00:58.4	0:22:53.1	27	01:15:18	48	42	6
83	Katy	Douglas	w	Women	00:06:36	11	0:01:36.3	00:40:44	60	0:01:01.6	0:25:31.4	68	01:15:29	49	7	2
148	Carl	Wilkowski	m	Seniors M35	00:09:08	87	0:00:51.4	00:40:14	53	0:00:52.6	0:24:32.2	51	01:15:38	50	43	6
128	Colin	Dugdale	m	Seniors M40	00:07:11	29	0:01:16.2	00:38:52	41	0:01:36.4	0:26:51.7	85	01:15:48	51	44	8
155	Scott	Reeves	m	Seniors M45	00:07:50	47	00:01:44.672	00:42:42	76	00:00:32	00:23:01	150	01:15:49	52	45	7
165	Philip	Jackson	m	Seniors M35	00:08:04	51	0:01:19.9	00:40:11	50	0:00:49.8	0:25:27.2	66	01:15:52	53	46	7
178	Mark	Bales	m	Seniors M45	00:07:35	41	0:01:34.2	00:40:18	54	0:01:51.8	0:25:22.7	64	01:16:42	54	47	8
109	Femi	Akinbolu	m	Seniors M35	00:09:38	103	0:02:07.1	00:38:50	40	0:01:15.7	0:25:01.4	57	01:16:52	55	48	8
153	Simon	Barnes	m	Men	00:09:22	95	0:01:10.7	00:37:31	23	0:01:04.5	0:27:52.2	98	01:17:01	56	49	7
126	Robert	Brown	m	Seniors M30	00:09:30	101	0:02:31.7	00:38:45	38	0:01:48.4	0:24:31.6	50	01:17:07	57	50	10
162	Robert	Hamill	m	Seniors M45	00:08:29	67	0:01:36.0	00:40:53	62	0:00:58.2	0:25:11.8	61	01:17:09	58	51	9
161	Doug	Wardle	m	Seniors M50	00:08:13	59	0:02:40.2	00:41:17	65	0:01:08.8	0:23:55.1	44	01:17:14	59	52	8
171	Bob	Muirhead	m	Seniors M35	00:08:24	63	0:01:10.8	00:42:32	72	0:00:44.7	0:24:39.4	52	01:17:31	60	53	9
121	Anthony	Lawrenson	m	Seniors M40	00:10:14	119	0:01:56.1	00:40:36	59	0:01:18.0	0:23:36.4	35	01:17:41	61	54	9
99	Martin	Klabou	m	Seniors M35	00:06:57	21	0:02:31.6	00:42:12	70	0:01:35.7	0:24:30.7	49	01:17:46	62	55	10
133	Adam	Marshall	m	Seniors M35	00:08:45	73	0:01:36.6	00:40:31	57	0:01:32.1	0:25:22.9	65	01:17:47	63	56	11
82	Ruth	Dodwell	w	Seniors W30	00:07:15	32	0:01:49.7	00:43:55	81	0:01:00.5	0:23:52.0	42	01:17:53	64	8	2
119	Matt	Jones	m	Seniors M40	00:08:06	52	0:01:40.5	00:42:34	74	0:01:21.3	0:24:40.1	53	01:18:22	65	57	10
86	Donna	Crisp	w	Seniors W30	00:06:08	8	0:01:37.1	00:44:20	83	0:00:56.1	0:25:36.0	70	01:18:37	66	9	3
134	Matt	Price	m	Seniors M30	00:09:38	104	0:01:58.5	00:40:47	61	0:01:30.3	0:24:45.8	56	01:18:40	67	58	11
125	Adam	Dubale	m	Seniors M30	00:09:08	86	0:02:00.6	00:44:57	87	0:00:54.3	0:21:47.5	18	01:18:47	68	59	12
135	Jonathan	Knight	m	Seniors M30	00:08:51	80	0:01:44.5	00:38:13	32	0:02:04.3	0:28:02.4	99	01:18:56	69	60	13
176	Nat	Pawlowski	m	Seniors M40	00:08:13	58	0:01:29.6	00:40:36	58	0:01:34.3	0:27:07.2	87	01:19:00	70	61	11
68	Vivienne	Sherry	w	Seniors W30	00:08:07	54	0:01:27.9	00:42:04	69	0:01:40.9	0:25:54.0	77	01:19:14	71	10	4
79	Kathleen	Taylor	w	Seniors W50	00:07:40	44	0:01:09.3	00:40:10	49	0:01:16.3	0:29:45.0	111	01:20:00	72	11	2
139	James	Ashworth	m	Seniors M30	00:08:49	77	0:03:16.1	00:40:59	64	0:02:00.6	0:25:10.3	60	01:20:16	73	62	14
85	Nicola	Woodruff	w	Seniors W35	00:06:31	10	0:01:33.2	00:45:22	92	0:01:22.4	0:25:28.3	67	01:20:17	74	12	2
67	Angie	Trippitt	w	Seniors W45	00:08:28	66	0:01:23.6	00:44:24	84	0:01:04.3	0:25:59.7	79	01:21:20	75	13	2
116	Stephen	Rank	m	Seniors M45	00:07:21	33	0:02:14.3	00:40:57	63	0:01:25.7	0:29:31.4	109	01:21:30	76	63	10
105	Lee	Finch	m	Seniors M40	00:09:02	84	0:01:33.8	00:44:13	82	0:00:40.7	0:26:34.9	83	01:22:04	77	64	12
96	Tony	McNaughton	m	Seniors M55	00:11:39	142	0:02:47.1	00:43:14	79	0:00:42.0	0:23:45.4	39	01:22:08	78	65	2
190	Julian	Wrigglesworth	m	Seniors M50	00:08:07	53	0:01:33.8	00:43:52	80	0:01:37.6	0:27:48.8	97	01:22:59	79	66	9
136	Ian	Charnock	m	Seniors M35	00:10:03	114	0:01:38.6	00:45:04	89	0:00:55.9	0:25:45.4	73	01:23:27	80	67	12
113	Tim	Johnson	m	Teenagers (m) U20	00:10:10	118	0:02:03.7	00:42:40	75	0:02:22.3	0:26:38.0	84	01:23:55	81	68	2
62	Emma	Sherlock	w	Seniors W30	00:08:11	56	0:01:47.4	00:46:01	94	0:01:06.4	0:26:59.6	86	01:24:05	82	14	5
11	Helen	Wilson	w	Seniors W45	00:10:00	111	0:02:17.7	00:42:17	71	0:01:16.6	0:28:29.5	102	01:24:20	83	15	3
45	Lizzie	Rank	w	Teenagers (f) U 18	00:07:40	43	0:01:26.0	00:49:27	114	0:00:40.6	0:25:15.7	62	01:24:29	84	16	1

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Bib	FirstName	LastName	Sex	AG	Swimming	SwimRank	Transition 1	Biking	BikeRank	Transition 2	Running	RunRank	Finish	FinalRank	MFRank	AGRank
111	Keith	Conway	m	Seniors M45	00:09:12	90	0:01:52.5	00:44:46	86	0:01:42.5	0:27:12.0	90	01:24:45	85	69	11
115	Nick	Balcombe	m	Seniors M45	00:10:07	117	0:01:21.8	00:42:54	78	0:01:11.5	0:29:51.9	113	01:25:26	86	70	12
118	Sean	Howarth	m	Seniors M40	00:08:54	81	0:02:15.2	00:45:09	90	0:01:33.7	0:27:44.1	96	01:25:35	87	71	13
1	Sally	Blackmore	w	Seniors W50	00:08:50	79	0:01:30.1	00:44:25	85	0:01:12.6	0:29:45.0	112	01:25:43	88	17	3
4	Sarah	Folks	w	Seniors W40	00:10:44	127	0:02:34.1	00:45:16	91	0:02:15.3	0:25:17.5	63	01:26:07	89	18	2
158	Darren	Wilson	m	Seniors M45	00:08:27	65	0:01:59.3	00:42:33	73	0:01:40.5	0:31:36.6	124	01:26:16	90	72	13
160	Nick	Hall	m	Seniors M55	00:09:23	97	0:01:39.6	00:42:52	77	0:01:19.7	0:31:42.1	125	01:26:56	91	73	3
72	Jenny	Ward	w	Seniors W35	00:07:55	49	0:01:42.7	00:47:25	99	0:01:04.2	0:28:55.0	104	01:27:02	92	19	3
12	Emma	Baird	w	Seniors W35	00:09:30	100	0:01:11.1	00:46:23	95	0:01:16.1	0:28:51.8	103	01:27:11	93	20	4
26	Susan	Dowker-Thompson	w	Seniors W40	00:09:52	108	0:01:17.8	00:48:40	108	0:01:14.7	0:26:24.1	80	01:27:29	94	21	3
51	Amy	Wilkinson	w	Seniors W30	00:09:45	107	0:02:02.2	00:34:43	6	0:03:07.8	0:37:51.8	145	01:27:31	95	22	6
129	Andrew	Johnson	m	Seniors M55	00:09:31	102	0:02:14.6	00:47:57	104	0:01:57.4	0:25:51.3	74	01:27:32	96	74	4
41	Sarah	Bird	w	Seniors W35	00:08:33	69	0:01:29.0	00:49:17	112	0:00:57.9	0:27:16.1	91	01:27:33	97	23	5
44	Shuna	Rank	w	Seniors W45	00:11:09	133	0:01:54.2	00:47:55	103	0:01:36.3	0:25:02.6	58	01:27:37	98	24	4
141	Rupert	Shoebridge	m	Seniors M45	00:11:36	141	0:02:30.4	00:45:44	93	0:00:46.0	0:27:09.6	89	01:27:46	99	75	14
213	Paul	Medcalfe	m	Seniors M40	00:08:34	70	0:02:14.32	00:49:13	111	0:00:57.77	0:27:38.14	94	01:28:37	100	76	14
212	Dan	Hatton	m	Seniors M35	00:06:55	20	0:04:05.85	00:49:04	110	0:00:58.98	0:27:36.59	93	01:28:40	101	77	13
147	Phil	Ross	m	Seniors M50	00:09:21	93	0:01:16.5	00:44:59	88	0:01:12.0	0:32:04.0	128	01:28:52	102	78	10
54	Alex	Longrigg	w	Seniors W40	00:08:46	75	0:02:09.6	00:47:31	100	0:00:54.3	0:30:04.8	114	01:29:25	103	25	4
28	Isla	Armstrong	w	Seniors W35	00:09:09	88	0:02:59.9	00:49:40	115	0:01:11.0	0:26:28.2	82	01:29:28	104	26	6
102	CLIFF	ETHERDEN	m	Seniors M65	00:14:21	151	0:03:00.0	00:48:04	105	0:01:11.0	0:23:49.3	40	01:30:25	105	79	1
39	Ruth	Connelly	w	Seniors W30	00:10:22	124	0:02:13.9	00:46:50	96	0:01:12.5	0:30:06.6	115	01:30:45	106	27	7
38	Lucy	Clarkson	w	Seniors W30	00:11:07	131	0:01:39.5	00:46:51	97	0:01:09.0	0:30:08.3	116	01:30:56	107	28	8
31	Sarah	Collin	w	Seniors W40	00:08:45	74	0:02:03.3	00:50:07	118	0:01:17.9	0:29:10.6	106	01:31:23	108	29	5
76	Sara	Fisher	w	Seniors W40	00:08:41	72	0:02:11.5	00:47:49	102	0:01:11.2	0:31:34.3	123	01:31:27	109	30	6
5	Wendy	Birkett	w	Seniors W55	00:10:29	126	0:02:13.9	00:51:34	125	0:01:37.7	0:25:37.7	71	01:31:32	110	31	1
81	Hayley	Leece	w	Seniors W30	00:11:26	140	0:02:25.0	00:49:53	116	0:00:40.6	0:27:08.1	88	01:31:33	111	32	9
15	Catherine	Oldham	w	Women	00:09:01	83	0:02:26.6	00:55:20	141	0:01:18.8	0:23:37.2	36	01:31:43	112	33	3
23	Angela	White	w	Seniors W55	00:11:08	132	0:02:56.3	00:49:18	113	0:01:06.8	0:27:22.3	92	01:31:52	113	34	2
40	Kate.	Lund	w	Seniors W40	00:08:38	71	0:02:23.5	00:50:45	120	0:00:55.1	0:29:22.3	108	01:32:03	114	35	7
42	Julie	Sherwood	w	Seniors W50	00:09:41	106	0:02:23.0	00:50:08	119	0:01:36.5	0:28:17.8	101	01:32:07	115	36	4
16	Lisa	Hewson	w	Seniors W40	00:10:00	112	0:01:56.5	00:51:12	122	0:01:50.0	0:27:38.5	95	01:32:37	116	37	8
60	Lisa	Preston	w	Seniors W45	00:09:55	109	0:02:13.2	00:48:08	106	0:01:49.8	0:30:32.6	118	01:32:39	117	38	5
93	Peter	Farnworth	m	Seniors M50	00:12:21	147	0:02:42.0	00:47:41	101	0:00:49.3	0:29:13.0	107	01:32:46	118	80	11
53	Maria	Renucci	w	Seniors W45	00:09:11	89	0:01:17.0	00:51:00	121	0:01:17.5	0:30:12.9	117	01:32:58	119	39	6
61	Kate	Robinson	w	Women	00:09:07	85	0:02:47.3	00:47:15	98	0:02:05.4	0:31:51.8	127	01:33:06	120	40	4
114	Ian	Oldham	m	Seniors M55	00:11:11	135	0:03:14.6	00:51:38	126	0:01:17.5	0:26:27.0	81	01:33:48	121	81	5
56	Emma	Scott	w	Seniors W40	00:11:10	134	0:01:36.6	00:52:25	131	0:00:41.9	0:28:13.6	100	01:34:08	122	41	9
50	Karen	Archer	w	Seniors W30	00:10:04	115	0:02:13.8	00:49:03	109	0:01:55.3	0:31:08.8	122	01:34:25	123	42	10
103	Rajinder	Khokhar	m	Seniors M30	00:11:19	139	0:01:37.9	00:48:27	107	0:00:46.3	0:32:24.5	130	01:34:35	124	82	15
29	Viki	Sutton	w	Seniors W50	00:10:15	120	0:01:54.2	00:52:55	132	0:01:11.2	0:29:04.4	105	01:35:20	125	43	5
30	Laura	Davy	w	Seniors W30	00:10:01	113	0:01:21.5	00:51:58	130	0:01:39.9	0:30:51.9	120	01:35:52	126	44	11

Kendal Sprint Tri Results September 2015

Bib	FirstName	LastName	Sex	AG	Swimming	SwimRank	Transition 1	Biking	BikeRank	Transition 2	Running	RunRank	Finish	FinalRank	MFRank	AGRank
10	AMANDA	KIRTLEY	w	Seniors W45	00:11:12	136	0:01:19.8	00:51:51	128	0:01:11.0	0:30:44.4	119	01:36:18	127	45	7
131	John	Smith	m	Seniors M35	00:10:06	116	0:02:21.9	00:51:30	124	0:01:38.1	0:31:49.5	126	01:37:26	128	83	14
122	Stuart	Stephen	m	Seniors M55	00:09:26	98	0:03:32.1	00:51:48	127	0:02:01.6	0:30:59.1	121	01:37:47	129	84	6
36	Megan	Stewart	w	Women	00:11:41	143	0:03:02.2	00:55:02	138	0:02:22.2	0:25:52.6	75	01:38:00	130	46	5
48	Kerry	Rixom	w	Seniors W30	00:08:48	76	0:02:13.8	00:53:14	133	0:01:18.1	0:32:46.3	132	01:38:20	131	47	12
97	Peter	Milner	m	Seniors M40	00:10:18	122	0:02:15.2	00:53:59	135	0:00:45.7	0:32:30.4	131	01:39:49	132	85	15
18	Faye	Gillespie	w	Seniors W35	00:11:00	130	0:01:50.7	00:51:22	123	0:00:55.5	0:35:21.2	142	01:40:29	133	48	7
32	Zoe	Macdonald	w	Seniors W40	00:10:22	123	0:02:55.2	00:53:30	134	0:01:41.9	0:33:19.9	134	01:41:49	134	49	10
9	Isobel	Williamson	w	Seniors W65	00:12:14	146	0:02:49.7	00:55:50	142	0:01:31.4	0:29:40.2	110	01:42:05	135	50	1
55	Heather	Eastwood	w	Seniors W45	00:09:23	96	0:02:42.2	00:56:30	143	0:01:27.1	0:34:55.9	138	01:44:57	136	51	8
43	Sarah	Green	w	Seniors W30	00:11:16	137	0:02:57.0	00:50:03	117	0:02:10.2	0:38:42.9	146	01:45:09	137	52	13
101	Malcolm	Sherwood	m	Seniors M60	00:13:46	150	0:03:28.3	00:51:57	129	0:01:19.0	0:35:17.9	141	01:45:48	138	86	1
21	Tammy	Hutchinson	w	Seniors W35	00:11:17	138	0:02:35.7	00:55:04	139	0:01:47.9	0:36:06.6	143	01:46:51	139	53	8
57	A	Towse	w	Seniors W35	00:08:50	78	0:02:37.9	00:54:00	136	0:02:08.7	0:41:07.5	148	01:48:44	140	54	9
69	Katie	Marston	w	Seniors W30	00:08:12	57	0:03:06.4	01:01:21	145	0:01:07.5	0:35:07.8	140	01:48:54	141	55	14
17	Catherine	Miller	w	Seniors W35	00:09:41	105	0:02:35.8	01:03:29	146	0:01:13.2	0:34:06.6	136	01:51:05	142	56	10
94	Frank	Chalmers	m	Seniors M60	00:16:56	152	0:03:47.2	00:54:18	137	0:01:32.6	0:34:58.2	139	01:51:32	143	87	2
138	Michael	Hoole	m	Seniors M50	00:10:46	128	0:03:27.5	00:55:11	140	0:02:23.2	0:39:50.1	147	01:51:38	144	88	12
6	Jane	Price	w	Seniors W30	00:10:51	129	0:02:39.1	01:00:29	144	0:01:36.5	0:37:44.9	144	01:53:20	145	57	15
22	Nicola	Kay	w	Seniors W30	00:11:43	144	0:01:59.9	01:06:15	148	0:00:59.0	0:33:03.3	133	01:54:01	146	58	16
14	Mary	Bloye	w	Seniors W50	00:13:11	149	0:03:19.7	01:05:33	147	0:01:10.3	0:33:48.1	135	01:57:02	147	59	6
35	Sandra	Ashton	w	Seniors W50	00:10:18	121	0:02:01.3	01:13:05	150	0:01:40.5	0:32:16.6	129	01:59:21	148	60	7
19	Danielle	Hall	w	Women	00:12:49	148	0:02:20.8	01:10:08	149	0:01:39.9	0:34:11.8	137	02:01:10	149	61	6
13	Nicola	Joyce	w	Seniors W45	00:12:12	145	0:03:51.6	01:33:20	152	0:01:20.4	0:43:58.4	149	02:34:42	150	62	9
211	Kit	Rickerby	m	Seniors M40	00:07:00	24	0:01:14.207	00:42:01	68	0:01:09.49	DNF		DNF			
77	Victoria	Husband	w	Women	00:08:25	64	00:01:43	01:22:24	151	DNF	DNF		DNF			