

Pos	Time	First	Surname	G	Laps	Av min/m	Av min/km	Dist m	Dist km	Av Lap Split
1	00:28:22	Leo	Dale	M	2	00:08:52	00:05:40	3.2	5	00:14:11
2	00:31:28	Mae	Elvey	F	2	00:09:50	00:06:18	3.2	5	00:15:44
3	00:34:10	Trevor	Smith	M	2	00:10:41	00:06:50	3.2	5	00:17:05
4	00:34:43	David	Wood	M	2	00:10:51	00:06:57	3.2	5	00:17:22
5	00:35:03	Kris	Thomas	F	2	00:10:57	00:07:01	3.2	5	00:17:31
6	00:38:50	Max	Dale	M	2	00:12:08	00:07:46	3.2	5	00:19:25
7	00:38:58	Anna	Elvey	F	2	00:12:11	00:07:48	3.2	5	00:19:29
8	00:39:28	Gillian	Wood	F	2	00:12:20	00:07:54	3.2	5	00:19:44
9	00:39:33	Roger	Thomson	M	2	00:12:22	00:07:55	3.2	5	00:19:46
10	00:42:28	Bethan	Jovanovic	F	2	00:13:16	00:08:30	3.2	5	00:21:14
11	00:42:41	Nicky	Riordan	F	2	00:13:20	00:08:32	3.2	5	00:21:20
12	00:45:49	Ayesha	Nauth	F	2	00:14:19	00:09:10	3.2	5	00:22:55
13	00:46:53	Andrea	Newcomer-Jones	F	2	00:14:39	00:09:23	3.2	5	00:23:26
14	00:47:08	Samantha	DeBanks-Hirst	F	2	00:14:44	00:09:26	3.2	5	00:23:34
15	00:47:38	Hope	Newcomer	F	2	00:14:53	00:09:32	3.2	5	00:23:49
16	00:47:39	Jenny-Marie	Railton	F	2	00:14:53	00:09:32	3.2	5	00:23:50
17	00:48:35	Jenny	Preece	F	2	00:15:11	00:09:43	3.2	5	00:24:18
18	00:49:25	Debbie	Chapman	F	2	00:15:27	00:09:53	3.2	5	00:24:43
19	00:55:05	Caroline	McLean	F	2	00:17:13	00:11:01	3.2	5	00:27:33
20	00:56:34	Rachael	Dean	F	2	00:17:41	00:11:19	3.2	5	00:28:17
21	01:01:19	Anna	Persson	F	2	00:19:10	00:12:16	3.2	5	00:30:40
21	01:01:21	Jen	Persson	F	2	00:19:10	00:12:16	3.2	5	00:30:41
22	01:19:49	Christina	van den End	F	2	00:24:57	00:15:58	3.2	5	00:39:55
23	01:19:49	Claire	Cutmore	F	2	00:24:57	00:15:58	3.2	5	00:39:55
1	01:01:09	Alexandra	Witt	F	3	00:12:44	00:08:09	4.8	7.5	00:20:23
2	01:03:00	Helen	Mears	F	3	00:13:07	00:08:24	4.8	7.5	00:21:00
3	01:03:32	Gabrielle	Moffatt	F	3	00:13:14	00:08:28	4.8	7.5	00:21:11
4	01:03:32	Jo	Ross	F	3	00:13:14	00:08:28	4.8	7.5	00:21:11
5	01:05:00	Vicky	Timson	F	3	00:13:32	00:08:40	4.8	7.5	00:21:40
6	01:18:00	Karen	Rogerson	F	3	00:16:15	00:10:24	4.8	7.5	00:26:00
Pos	Time	First	Surname	G	Laps	Av min/m	Av min/km	Dist m	Dist km	Av Lap Split
1	00:54:08	Robin	Charnock	M	4	00:08:28	00:05:25	6.4	10	00:13:32
2	01:01:07	Jack	Weller	M	4	00:09:33	00:06:07	6.4	10	00:15:17
3	01:05:03	Craig	Williamson	M	4	00:10:10	00:06:30	6.4	10	00:16:16
4	01:08:04	Fred	Thomson	M	4	00:10:38	00:06:48	6.4	10	00:17:01
5	01:10:49	FM	McKenna	F	4	00:11:04	00:07:05	6.4	10	00:17:42
6	01:12:40	Nathaniel	Fowles	M	4	00:11:21	00:07:16	6.4	10	00:18:10
7	01:13:02	Marie	Elvey	F	4	00:11:25	00:07:18	6.4	10	00:18:15
8	01:15:25	Ali	Timson	F	4	00:11:47	00:07:32	6.4	10	00:18:51
9	01:15:30	Jo	Durrant	F	4	00:11:48	00:07:33	6.4	10	00:18:52
10	01:15:50	Dionne	O'Hagan	F	4	00:11:51	00:07:35	6.4	10	00:18:58
11	01:16:37	Silvia	Gorgues	F	4	00:11:58	00:07:40	6.4	10	00:19:09
12	01:18:37	Michaela	Scowen	F	4	00:12:17	00:07:52	6.4	10	00:19:39
13	01:20:00	Lee	Cartmer	M	4	00:12:30	00:08:00	6.4	10	00:20:00
14	01:22:00	Claire	Pierce	F	4	00:12:49	00:08:12	6.4	10	00:20:30
15	01:24:00	Bridget	Anderson	F	4	00:13:07	00:08:24	6.4	10	00:21:00
16	01:25:26	Mike	Dean	M	4	00:13:21	00:08:33	6.4	10	00:21:22
17	01:32:57	Samantha	Ellis	F	4	00:14:31	00:09:18	6.4	10	00:23:14
18	01:35:37	Lorraine	Ranson	F	4	00:14:56	00:09:34	6.4	10	00:23:54
19	01:35:37	Tracy	Woodbridge	F	4	00:14:56	00:09:34	6.4	10	00:23:54
20	02:05:21	Wendy	Chandler	F	4	00:19:35	00:12:32	6.4	10	00:31:20
21	02:05:21	Sally	Hughes	F	4	00:19:35	00:12:32	6.4	10	00:31:20
1	01:38:26	MaryAnn	Gillett	F	5	00:12:18	00:07:52	8	12.5	00:19:41
2	01:38:26	Samantha	DeCourcy	F	5	00:12:18	00:07:52	8	12.5	00:19:41

