

4km

Chris	Costelloe	0:27:41	0:07:10	0:20:31
Jim	Court	0:27:46	0:06:15	0:21:31
Alan	Bennett	0:27:48	0:10:25	0:17:23
Stephanie	Roberts	0:28:11	0:06:15	0:21:56
Daniel	Carter	0:28:12	0:13:45	0:14:27
Gary	Malcolmso	0:28:13	0:08:20	0:19:53
Kiki	Mussared	0:28:20	0:09:00	0:19:20
Steve	Turner	0:28:33	0:10:50	0:17:43
Benjamin	Tilyard	0:28:36	0:11:00	0:17:36
Michael	Sullivan	0:28:38	0:11:25	0:17:13
Andrew	Skelly	0:28:39	0:13:50	0:14:49
Sharon	Johns	0:28:42	0:08:55	0:19:47
Lynda	Hove	0:28:44	0:05:30	0:23:14
Mark	Lyden	0:28:45	0:14:05	0:14:40
Marcus	Lennon	0:28:46	0:09:05	0:19:41
Aaron	Humphrey	0:28:47	0:14:55	0:13:52
Brian	Bannister	0:28:48	0:11:05	0:17:43
Liam	Carr-Davie	0:28:52	0:13:10	0:15:42
David	Hancock	0:28:52	0:09:15	0:19:37
Joshua	Riseley	0:28:54	0:11:55	0:16:59
Chris	Struwe	0:28:54	0:15:25	0:13:29
Deborah	Townrow	0:28:59	0:02:20	0:26:39
Mark	Struwe	0:29:01	0:12:45	0:16:16
Emma	Lucas	0:29:03	0:11:15	0:17:48
Stan	Harrex	0:29:08	0:05:30	0:23:38
Chris	Sullivan	0:29:09	0:14:40	0:14:29
Patrick	Lyden	0:29:11	0:14:00	0:15:11
David	Lucas	0:29:11	0:10:05	0:19:06
Lynne	Lyden	0:29:11	0:07:30	0:21:41
Danny	Byas	0:29:13	0:11:05	0:18:08
Tom	Beard	0:29:13	0:13:50	0:15:23
Damien	Ploughmar	0:29:13	0:08:00	0:21:13
Frances	Hancock	0:29:15	0:03:00	0:26:15
Len	Powell	0:29:15	0:10:20	0:18:55
Tony	Rae	0:29:18	0:09:45	0:19:33
Meg	Lucas	0:29:19	0:01:50	0:27:29
Lizzy	Malcolmso	0:29:20	0:11:25	0:17:55
Adele	Lucas	0:29:24	0:10:50	0:18:34
Bob	Robertson	0:29:26	0:12:50	0:16:36
Ian	Lucas	0:29:26	0:00:10	0:29:16
Frances	Malcolmso	0:29:27	0:09:40	0:19:47
Jenny	Stevenson	0:29:28	0:01:40	0:27:48
Bobby	Malcolmso	0:29:40	0:12:15	0:17:25
Barry	Teague	0:29:50	0:12:15	0:17:35
Haylee	Mills	0:30:09	0:09:40	0:20:29
Margaret	Horne	0:30:31	0:04:20	0:26:11
Philip	Mussared	0:31:15	0:09:00	0:22:15
Jason	Fyfe	0:31:57	0:09:55	0:22:02
Sam	Lucas	0:32:05	0:02:30	0:29:35
Cara	Tilyard	0:32:33	0:06:45	0:25:48
Jason	Bell	0:34:14	0:08:00	0:26:14

Marea	Sweet	0:39:01	0:08:40	0:30:21
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8km

Kathy	Clark	0:47:05	0:05:10	0:41:55
David	Cresswell	0:47:32	0:10:30	0:37:02
Jarrold	Shaw	0:48:19	0:21:25	0:26:54
Steve	Earl	0:48:23	0:17:30	0:30:53
Paul	Lawler	0:48:27	0:14:50	0:33:37
Lee	Lucas	0:48:35	0:04:20	0:44:15
Paul	Bidgood	0:48:36	0:21:00	0:27:36
Paul	Riseley	0:48:49	0:18:10	0:30:39
Peter	Lyden	0:48:50	0:20:40	0:28:10
Bill	Vagg	0:49:04	0:19:15	0:29:49
John	Dalco	0:49:21	0:15:40	0:33:41
Peter	Hoskinson	0:49:35	0:16:10	0:33:25
Malcolm	O'May	0:49:40	0:21:05	0:28:35
David	LeSage	0:49:41	0:20:35	0:29:06
Greg	Hawthorne	0:49:48	0:15:40	0:34:08
Bob	Weldon	0:49:55	0:11:55	0:38:00
William	Yee	0:50:51	0:17:55	0:32:56
Frank	Strk	0:51:15	0:19:45	0:31:30