

	Races	Age Cat	Race Best
Chris Discombe	2	SM	15.05
Steve Paterson	2	SM	16.03
Mark Palsler	3	SM	16.17
Nick Dukes	14	SM	16.27
Stuart Crees	5	SM	16.34
Ed Donovan	12	SM	16.39
David J Williams	1	SM	16.41
Phil Cook	4	M40	16.42
Phil George	14	SM	16.42
Richard Wilder	10	SM	16.46
Richard Bullen	3	M40	17.14
Rob Sage	10	SM	17.22
Julian Baker	1	M40	17.26
Martin Williams	5	M40	17.30
Matthew Hurford	2	SM	17.36
Stuart McIlroy	5	SM	17.36
David Headon	2	M40	17.37
David Headon	3	M50	17.45
Richard Self	10	M40	17.48
Scott Howell	2	M40	17.49
Daniel Harris	4	SM	17.51
Lyndon Tudor-Maisey	1	SM	17.53
Ben Pitman	7	SM	17.55
Dave Coles	1	M50	18.11
Sandy Johnston	6	M60	18.21
Brian Kerry	5	SM	18.29
Peter Kellam	10	M40	18.29
Ben Farag	9	M40	18.29
Paul Coker	1	M50	18.31
Steffen Scholz	2	SM	18.32
Ruth Tyler	3	SW	18.33
Rob Scott	1	SM	18.34
Rob Jones	4	M50	18.35
Elio Lepore	7	M50	18.37
Calum Cheshire	1	SM	18.38
Scott Hemmens	4	SM	18.46
Alun Jones	2	SM	18.54
Mike Murphy	2	M50	18.57
Paulo Simoes	12	SM	19.00
Mick Tabor	9	M50	19.04
Paul Morris	19	M50	19.04
Wouter Poortinga	4	SM	19.08
Andy Cleves	3	SM	19.10
Libby O'Duffy	5	W35	19.12
David Proud	5	M40	19.18
Jeremy Forshew	1	M40	19.18
Andrew Russell	6	SM	19.19
Adam Morton	11	SM	19.24
John Diffey	9	M40	19.25
Maria Zubizarreta	13	W35	19.26

Matt Townsend	1 M40	19.34
Geraint John	5 SM	19.39
Brian Richardson	1 M50	19.40
Andrew Blair	8 M40	19.41
Marcus Coles	1 SM	19.42
Brendan Jones	8 M40	19.51
Dave Price	8 M40	19.54
Jane Coker	1 W45	19.56
Gerry Crispie	5 M40	20.01
Jen Salter	1 W35	20.08
Cheryl Hudgell	3 SW	20.10
Dan Carr	2 SM	20.16
David E Williams	15 M40	20.23
Terry Caveney	1 M50	20.24
Shaun Connor	9 M40	20.27
Tim O'Sullivan	3 M50	20.29
Mick McGeoch	3 M50	20.29
John Magee	16 M40	20.32
Kellinu Portelli	2 M40	20.35
Martin Pinnell	10 M50	20.36
Jerry Cleall-Harding	1 M50	20.44
Cath Tailby	1 W35	20.44
Graeme Donnan	7 M50	20.44
Peter Turnbull	1 M40	20.44
Helen Jessop	5 SW	20.44
Mike Davies	2 M60	20.46
John O'Shea	1 M50	20.46
Richard Sewell	13 M50	20.49
Stephen Alexander	3 M40	20.52
John Plain	5 M60	20.57
Alan Mason	1 M50	21.00
Gary Bodman	8 M40	21.00
Claire Beatty	11 SW	21.02
Andrew Shardlow	3 M50	21.02
Rod Perons	10 M40	21.05
Gary John	2 M50	21.06
Nick Dallimore	1 M50	21.06
Marcia Migay	6 SW	21.08
Andrew Sedgmond	2 M50	21.13
Liz Ashton	6 SW	21.15
Paula Ham	1 W35	21.19
Julie Scholey	2 W45	21.29
Nick Williams	18 M40	21.34
Michael Rossiter	11 M50	21.35
Alun E Williams	8 SM	21.41
Alan Mann	1 M50	21.50
Jo Tucker	2 W35	21.57
Loretta Daley	6 W35	22.00
Steve B Lewis	1 M50	22.03
Liz Merrifield	1 SW	22.04
Jeff Aston	4 M60	22.08
Sarah McCarthy	4 W35	22.09

Stephen Quin	6 SM	22.17
Sian Evans	3 W35	22.23
Jennifer Topalian	2 SW	22.35
Chris B Morgan	2 M40	22.37
Shayne Sawyers	2 SM	22.38
Frank Williams	10 M50	22.43
Caroline Dallimore	3 W45	22.46
Des Davies	8 M60	22.56
Yvonne Bullen	3 W45	23.04
Sasha Macken	5 SW	23.04
Gillian McCue	7 SW	23.09
Roy Silver	11 M50	23.13
Carol Miller	1 W45	23.29
Jan Hall	1 W45	23.44
David F Williams	5 SM	23.45
Sara MacBride-Stewart	2 W35	23.50
Frances Machin	1 SW	23.54
Jenny Hughes	2 SW	23.57
Ralph Davey	3 M60	24.16
Tina Rossiter	2 W45	25.01
Hayley Jones	1 SW	25.15
Abby Forster	11 SW	25.30
Clare Johnson	5 W55	25.36
Robert Mawhinney	1 M40	26.14
Mark Engstrom	1 M40	26.17
Sarah Dawes-Clark	4 SW	26.23
Jo Gamba	4 SW	26.24
Bill Fear	6 M40	26.34
Errol Alexis	13 M70	26.38
Richard Crawford	3 M50	26.39
Gillian Murphy	3 W55	26.39
Lisa Elliot	1 SW	26.43
Carys Davies	7 W35	27.07
Christine Faulkner	12 W35	27.20
Gwenno Williams	2 W45	27.32
Hannah Davies	2 SW	27.36
Kerry Francis	16 W45	27.43
Geoff Wright	21 M60	27.56
Tony Dorsett	24 M60	28.07
John Dowden	3 M60	28.42
Lisa Harwood	1 W35	28.51
Mal Rowson	2 W55	28.54
Sandra Caveney	3 W45	29.08
Anne Donald	5 W55	29.24
David McDonald	1 M40	30.44
Eirian Arwyn	19 W55	35.04
Maria Carr	1 SW	35.07
Kerry Willecome	2 SW	37.19
Katie Beecher	2 SW	40.39