

	Races	Age Cat	Race Best
Chris Discombe	2	SM	15.47
Lee Aherne	7	M40	16.14
Phil Cook	2	SM	16.19
Stuart Crees	15	SM	16.24
Victor Vinyals	3	SM	16.29
Calum Cheshire	11	SM	16.29
Richard Wilder	28	SM	16.30
David Williams	3	SM	16.36
Nick Dukes	15	SM	16.43
Mark Palsler	9	SM	16.55
Julian Baker	2	M40	16.56
Phil George	7	SM	16.56
Phil Cook	2	M40	17.07
Mark Cason	2	SM	17.10
Richard Bullen	4	M40	17.15
Lyndon Tudor-Maisey	2	SM	17.29
Jamie Nutt	1	SM	17.40
Stuart McIlroy	18	SM	17.40
Rob Sage	9	SM	17.40
David Headon	6	M40	17.47
Dave Coles	4	M40	17.49
Mick McGeoch	7	M50	17.51
Richard Self	12	M40	17.56
Martin Williams	8	M40	17.57
Gareth Morgan	1	SM	17.57
Dave Coles	2	M50	18.00
Matthew Hurford	6	SM	18.18
Mick Tabor	14	M50	18.19
Eero Keranen	4	M50	18.21
Adam Morton	10	SM	18.23
Paul Coker	5	M50	18.24
Elio Lepore	16	M50	18.27
Sandy Johnston	14	M60	18.27
Nick Rees	1	M50	18.31

Ben Pitman	7	SM	18.31
Ben Farag	3	M40	18.35
Rob Jones	3	M50	18.40
Paulo Simoes	23	SM	18.42
Rob Scott	1	SM	18.51
Katie Beecher	12	SW	18.52
Peter Kellam	1	M40	18.53
Brian Richardson	4	M50	18.53
Matt Townsend	1	SM	18.54
Andy Cleves	6	SM	18.55
Shayne Sawyers	4	SM	18.55
Jerry Cleall-Harding	3	M50	18.57
Jessica Parry-Williams	1	SW	18.58
Shaun Connor	25	M40	19.01
Rob Evans	5	M50	19.04
John Diffey	18	M40	19.04
David Proud	13	M40	19.06
Clive Osmond	1	M40	19.08
John O'Shea	2	M50	19.10
Simon Nurse	1	SM	19.14
Gerry Crispie	7	M40	19.18
Libby O'Duffy	6	W35	19.19
Dave Price	4	M40	19.20
Alun Jones	9	SM	19.20
Scott Hemmens	9	SM	19.22
Mike Murphy	5	M50	19.26
Wouter Poortinga	1	SM	19.26
Jen Salter	19	W35	19.27
Andrew Russell	4	SM	19.34
Ruth Tyler	1	SW	19.37
Terry Caveney	5	M40	19.43
Paul Morris	17	M50	19.46
Brendan Jones	2	M40	19.47
David Lloyd	1	M40	19.50
Richard Boon	4	M40	19.51
Terry Caveney	3	M50	19.51

Nick Williams	32	M40	19.52
Kellinu Portelli	4	M40	19.53
Richard Sewell	20	M50	19.56
Steve Owen	6	M50	20.00
John Magee	2	M40	20.01
Cheryl Hudgell	8	SW	20.02
Maria Zubizarreta	7	W35	20.06
Jane Coker	5	W45	20.07
Mike Davies	3	M50	20.10
Martin Pinnell	13	M50	20.10
Stephen Alexander	4	M40	20.15
Marcus Coles	1	SM	20.16
Graeme Donnan	7	M50	20.19
John Plain	7	M60	20.30
Liz Ashton	10	SW	20.35
Alan Mason	3	M40	20.42
Marcia Migay	5	SW	20.47
James Horner	1	SM	20.48
David Miller	3	M50	20.50
Claire Beatty	6	SW	20.50
Alan Mann	8	M50	20.56
Tim O'Sullivan	1	M50	21.02
Martin Peters	1	V40	21.04
Cath Tailby	3	W35	21.10
Jeff Aston	12	M60	21.11
David E Williams	2	M40	21.14
Jenny Hughes	6	SW	21.16
Loretta Daley	20	W35	21.22
Gill Kellam	2	W45	21.25
Andy Mundy	2	SM	21.28
Yvonne Bullen	5	W45	21.35
Wendy Boon	4	W45	21.44
Frank Williams	10	M50	21.46
Julie Scholey	8	W45	21.51
Rod Perons	1	SM	21.56
Tim Cummings	1	SM	22.00

Karl Johns	1	SM	22.03
David Furness	7	SM	22.10
Steve B Lewis	1	M50	22.10
Joanne Tucker	2	SW	22.12
Gary Bodman	2	M40	22.12
Michael Rossiter	4	M50	22.13
Dave Weeden	6	M40	22.14
David McDonald	4	M40	22.27
Julie Lewis	2	W45	22.27
Alex Bullen	1	SM	22.29
Sian Evans	3	W35	22.32
Des Davies	29	M50	22.37
Stephen Williams	2	M50	22.41
Alun Williams	3	SM	22.42
Jennifer Topalian	2	SW	22.47
Sara Keranen	3	W45	23.08
Richard Crawford	11	M50	23.13
Chris Morgan	4	M40	23.20
Sara MacBride-Stewart	2	W35	23.29
Richard Barlow	4	M40	23.30
Sarah McCarthy	1	W35	23.31
Howard Brown	3	M60	23.33
Mel James	1	M60	23.36
Joel Bullen	1	SM	23.39
Mark Farrar	1	M40	23.41
Ralph Davey	4	M60	23.50
Caroline Dallimore	2	W45	23.52
Des Davies	1	M60	24.11
Jemma Nurse	6	W35	24.23
Gillian McCue	8	SW	24.26
Aelwen Blythe	4	SW	24.29
Clare Johnson	7	W55	24.43
Hannah Davies	5	SW	24.44
Mark Engstrom	3	M40	25.39
Sasha Macken	3	SW	25.47
Annie Conroy	4	W55	26.02

Sarah Dawes-Clark	5	SW	26.15
Geoff Wright	13	M50	26.18
Linda Jensen	2	W45	26.22
Gillian Murphy	3	W55	26.36
Tony Dorsett	44	M60	26.48
Lorna Mackintosh	3	SW	26.57
Gary Pashley	1	M60	26.58
Jo Gamba	11	SW	26.59
Errol Alexis	31	M70	27.01
Bill Fear	2	M40	27.19
Alan Bladen	14	M70	27.21
Geoff Wright	8	M60	27.24
Mal Rowson	3	W55	27.40
Anne Donald	9	W55	27.43
Carys Davies	2	W35	28.08
Gwenno Williams	8	W45	28.27
Sandra Caveney	3	W45	29.17
Kerry Francis	7	W45	29.30
Maria Carr	4	SW	31.08
Eirian Arwyn	37	W55	31.15
Christine Faulkner	3	W35	31.40