

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Michael Beaumont					01:29:24			
Matthew Beaver	00:23:54	00:39:34	00:51:10	01:24:43	01:56:44	02:14:45	02:25:15	04:03:23
Benjamin Beckley								
Linda Beddis			01:14:13					
Julie Beerling	00:29:18	00:48:31	01:09:05	01:56:07	02:25:37	02:48:06	03:01:12	05:03:36
Laurence Bell								
Luc Bellerose					02:34:05			
Sarah Bendle	00:24:23	00:38:32	00:48:31	01:30:39	01:48:19	02:05:02	02:14:47	03:45:50
Simon Bendle								
Patrick Bermingham	00:20:09	00:34:37	00:43:57	01:12:46	01:52:32	02:09:54	02:20:02	03:54:37
Mel Blackshaw								
Peter Blomfield								
Kevin Blowers	00:21:27	00:37:17	00:46:46	01:25:27	01:45:49	02:02:09	02:11:40	03:40:37
Adam Bolland	00:27:07	00:44:54	00:59:22	01:38:18	02:10:53	02:31:06	02:42:52	04:32:53
Jake Bourne								
Tina Brady					02:26:07			
Penny Braker			00:53:51					
Wendy Brampton								
David Bratby	00:22:40	00:37:32	00:47:16	01:18:15	01:59:25	02:17:51	02:28:35	04:08:59
Andrew Broadway								
Anne Brooks								
Julie Brooks	00:25:52							
Anthony Broughton								
Nicholas Brown								
Helen Brown								
Julie Browne								
Geoff Browning								
Piers Brunning	00:23:16	00:36:32	00:48:57	01:21:03	01:50:19	02:07:21	02:17:16	03:50:00
Paul Burchett	00:19:32	00:32:21	00:41:00	01:17:06	01:29:38	01:43:28	01:51:32	03:06:53
Shana Burchett	00:26:19	00:44:40	01:00:46	01:40:37	02:27:38	02:50:26	03:03:42	05:07:48
Catherine Burke								
Richard Burne			00:53:28					

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Julian Buss					03:09:17			
Paul Cabban								
Leo Cacciatore	00:17:50	00:29:31	00:37:04	01:01:22	01:23:00	01:35:49	01:43:17	02:53:03
Arrianne Callow					02:47:32			
Kim Callow	00:27:12	00:45:14	00:59:41	01:38:49	02:09:33	02:29:33	02:41:12	04:30:06
Allison Campbell								
Pauline Caney								
Kirstie Carlton-Blake	00:26:14	00:45:19	00:58:56	01:37:35	02:08:08	02:27:55	02:39:26	04:27:09
Louise Cavill	00:30:03	00:49:45	01:03:44	01:45:32	02:37:30	03:01:49	03:15:59	05:28:23
Mary Chantler								
Peter Chapman								
Manami Cheves	00:26:45	00:44:18	00:56:16	01:33:10	02:14:49	02:35:38	02:47:45	04:41:05
Emma Clamp								
Abi Clarke	00:34:51							
Michael Cloke					01:40:01			
Louise Coates		00:50:07						
Richard Coates	00:25:09	00:41:38	00:43:56	01:12:45	01:36:52	01:51:49	02:00:31	03:21:57
Peter Cocker								
Charlie Colbran								
Lauren Coleman	00:26:56	00:44:35	00:56:08	01:32:57	02:16:53	02:38:01	02:50:20	04:45:24
Richard Coleman								
Jane Coles	00:22:31	00:37:47	00:47:26	01:28:11	01:47:54	02:04:34	02:14:16	04:21:28
Roger Collier								
Cassie Colvin								
Jacob Colvin								
Bruce Colvin	00:27:17	00:45:11	00:58:02	01:36:05	02:07:57	02:27:42	02:39:12	04:26:45
Paul Cooper								
Patience Cooper								
David Craddock								
Val Crawford								
Marie Crawford								
Judith Creasy	00:32:42	00:54:09	01:07:34	01:51:53	02:37:30	03:01:49	03:15:59	05:28:23

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Richard Cross	00:22:09	00:36:50	00:46:23	01:25:29	01:44:45	02:00:55	02:10:20	03:38:24
Alan Croucher	00:27:51	00:46:07	01:00:00	01:39:21	02:11:57	02:32:19	02:44:11	04:35:06
Joseph Cruttenden					01:34:13			
Jessica Cull	00:25:42	00:42:32	00:53:34	01:28:42	01:57:39	02:15:49	02:26:24	04:05:18
Paul Curtis								
Colin Daniels								
Ivan Darch								
Hannah Deeble								
Simon Deeprise								
Anthony DeMarco								
Robert Dennis	00:23:58	00:39:05	00:49:56	01:29:56	01:51:10	02:08:20	02:18:20	03:51:46
David Devlin								
David Dixon								
Shazra Dobbs	00:28:29	00:52:14	01:02:27	01:43:24	02:16:59	02:38:08	02:50:27	06:26:31
Carrie Dubber								
Benjamin Dummy								
Ria Eames								
Gillian Earle-Henson								
Bradley Earwaker	00:21:14	00:35:09	00:44:16	01:13:18	01:38:19	01:53:30	02:02:20	03:24:59
Matt Edmonds	00:16:38	00:27:32	00:34:40	00:57:24	01:16:29	01:28:18	01:35:10	02:39:28
Andy Edmonds			00:46:56					
William Edmondson	00:25:31	00:43:21	00:54:53	01:30:53	02:06:45	02:26:19	02:37:43	04:24:16
Jo Edwards	00:29:01	00:48:03	01:03:31	01:45:10	02:19:06	02:40:35	02:53:05	04:50:01
Irene Ellis								
Mike Ellis	00:27:38	00:45:45	01:00:03	01:39:26	02:28:31	02:51:27	03:04:48	05:09:39
Carly Elliston			01:03:13					
Keith Emery								
Justin Etkin								
LUKE Evans	00:21:25	00:36:26	00:45:53	01:15:58	01:47:01	02:03:32	02:13:10	04:39:58
Janet Fawcett								
Mike Foord								
Dean Fox	00:19:42	00:33:02	00:42:03	01:09:38	01:35:41	01:50:27	01:59:04	03:19:30

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Michelle Fox	00:25:09	00:42:19	01:00:57	01:40:55	02:05:16	02:24:36	02:35:52	04:21:10
Tamsin Freemantle	00:26:30	00:43:53	01:00:15	01:39:46	01:58:03	02:16:17	02:26:53	04:06:08
Jenna Louise French	00:19:51	00:32:53	00:41:24	01:08:33	01:32:28	01:46:45	01:55:03	03:12:47
Jo French	00:27:05	00:47:13	00:58:14	01:36:25	02:08:23	02:28:13	02:39:45	04:27:41
Julia French								
Victor Froehlke								
Frank Frost								
Annette Fry	00:25:35	00:45:16	00:52:06	01:41:41	02:04:34	02:23:48	02:35:00	04:19:43
Simon Fry	00:25:52	00:42:50	00:52:13	01:26:28	01:59:03	02:17:26	02:28:08	04:08:13
Sarah Gale								
Katherine Ganly								
Anthony Gardner	00:22:06	00:36:36	00:47:11	01:18:08	01:58:20	02:16:36	02:27:15	04:06:43
Paul Garriock								
Gigi Gittings-hart		00:58:24						
Spencer Godden								
Andy Goldberg	00:29:17	00:48:00	01:00:26	01:40:05	02:13:15	02:33:50	02:45:48	04:37:49
Mark Goodman								
Keith Goodsell	00:26:22	00:43:39	00:54:58	01:31:01	01:54:21	02:12:00	02:22:17	03:58:25
James Graham	00:25:01							
Sally Grainger	00:22:49	00:37:47	00:47:35	01:18:47	01:40:31	01:56:02	02:05:04	03:29:34
Michael Grass	00:21:47	00:41:21	00:47:16	01:18:16	01:44:12	02:00:18	02:09:40	03:37:16
Lisa Grass	00:23:15	00:39:05	00:49:26	01:21:51	01:55:46	02:13:38	02:24:03	04:25:42
Graeme Grass	00:19:46	00:34:05	00:41:48	01:09:13	01:35:21	01:50:04	01:58:39	03:18:48
Jill Green								
Pam Greenstreet			01:00:33					
Amy Gudgeon			00:54:22					
Patrick Hale	00:30:23	00:52:13	01:06:11	01:49:35	02:25:55	02:48:27	03:01:34	05:04:13
Michael Hall	00:26:12	00:43:23	01:01:45	01:42:15	02:30:13	02:53:25	03:06:55	05:13:11
Adrian Hall	00:22:43	00:37:37	00:48:50	01:20:51	01:55:12	02:12:59	02:23:21	04:00:11
Michael Hamer	00:21:53	00:36:14	00:47:18	01:18:19	01:44:17	02:00:23	02:09:46	03:37:25
Brian Harding								
Victoria Harding	00:28:21	00:46:11	01:00:57	01:40:55	02:14:23	02:35:07	02:47:12	04:40:10

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Steve Johnson	00:24:40	00:40:51	00:53:43	01:28:57	01:58:26	02:16:43	02:27:22	04:06:55
Lee Jones								
Tim Jury	00:25:52	00:42:50	00:53:56	01:29:18	02:05:46	02:25:11	02:36:30	04:22:13
Ashley Jury								
Eva Kennedy	00:24:45	00:41:00	00:51:37	01:25:28	01:55:13	02:13:00	02:23:22	04:00:13
Francis Keith								
Becky Kerry								
Andy Key			00:45:20					
Maria Kibblewhite								
David Kilby								
Rodney King								
Stephen King								
Brian Kirkdale								
Terry Kitson	00:28:33	00:47:52	01:00:53	01:40:49	02:33:36	02:57:19	03:11:08	05:20:15
Irene Kitson	00:30:23	00:54:55	01:04:44	01:47:11	02:33:37	02:57:20	03:11:09	05:20:17
Andy Knight	00:20:11	00:34:33	00:44:00	01:12:51	01:43:28	01:59:26	02:08:45	03:35:43
Marina Kozlovskaja					02:06:09			
Michelle Krombholz			01:02:48					
Jakub Kucharski	00:22:35	00:37:24	00:48:45	01:20:43	01:44:51	02:01:02	02:10:28	03:38:36
Nick Lambert								
Paul Lambert								
Johanna Lambourne	00:24:17	00:40:13	00:50:39	01:23:51	01:51:39	02:08:53	02:18:56	05:04:12
Nina Lambrou	00:23:01	00:38:07	00:51:32	01:25:20	01:49:05	02:05:56	02:15:44	03:47:26
Gary Lancaster	00:25:37							
Chris Langdon								
Julie Langdon								
Hilary Langdon								
Mary Le Pla								
Ian Lee	00:27:10	00:44:59	00:57:38	01:35:26	02:15:18	02:36:11	02:48:21	04:42:05
Andy Lee	00:19:09	00:31:50	00:39:28	01:09:33	01:38:14	01:53:24	02:02:14	03:24:49
Amanda Link			00:48:54					
Simon Linklater	00:29:41	00:51:23	01:04:32	01:46:51	02:34:55	02:58:50	03:12:46	05:22:59

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Clare Lippiatt	00:22:18	00:38:04	00:47:17	01:27:56	01:47:12	02:03:45	02:13:23	03:43:30
Kelvin Lowes			00:47:17					
Carol Lowes			00:54:48					
Mark Lutman								
Elizabeth Maddams								
Jack Madden								
Paul Madden								
Roger Mandry								
Susan Mann	00:30:57	00:48:23	01:04:07	01:46:10	02:14:22	02:35:07	02:47:12	04:40:09
Tom Mann	00:24:20	00:40:17	00:50:44	01:24:00	02:25:05	02:47:29	03:00:32	05:02:29
Jacqueline Mannering	00:24:14	00:40:33	00:54:03	01:29:30	01:58:27	02:16:44	02:27:23	04:57:30
Steve Manwaring					02:11:12			
Claire Maplesden								
Sarah Marzaioli	00:27:50	00:46:05	00:58:01	01:42:04	02:03:34	02:22:39	02:33:45	04:32:03
Peter Matthews								
Adam Maynard	00:21:01	00:34:48	00:46:36	01:17:10	01:42:44	01:58:36	02:07:50	03:34:12
Sophie McGoldrick			00:45:49					
Kirsty McIntosh	00:33:27	00:55:23	01:09:09	01:54:30	02:32:27	02:56:00	03:09:42	05:17:51
Charlie McSherry					02:30:31			
Lee Miller								
Stephanie Miller								
Jennifer Milnes	00:27:23							
Maria Mitchell			00:53:00					
Paul Moir	00:25:09	00:42:18	00:52:54	01:27:35	02:05:17	02:24:38	02:35:53	04:21:12
Amanda Moore	00:32:19							
Deborah Morgan	00:29:29							
Stan Morgan								
Sue Morris								
Lynda Muggeridge								
Helen Munday	00:29:59	00:49:39	01:04:39	01:58:23	02:22:36	02:44:37	02:57:26	06:50:05
Sylvia Murphy			01:05:30					
Morag Murray		01:09:17						

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
John Nash	00:31:01	00:51:21	01:04:30	01:46:48	02:22:12	02:44:09	02:56:57	04:56:29
Susie Nash-Frost	00:32:42							
Joanne Nevett		00:43:22						
Gary Newport	00:21:42							
Martin Noakes	00:19:05	00:31:07	00:40:01	01:06:16	01:28:13	01:41:51	01:49:47	03:03:56
Peter Noakes								
Michael Norris	00:22:19	00:37:17	00:48:25	01:20:10	01:56:15	02:14:12	02:24:39	04:02:22
Daniel Oliver	00:21:35							
Alice Paine					02:24:07			
Sue Palmer	00:30:59							
Darren Anthony Palmer								
Ben Park					01:42:37			
Darren Pearson	00:22:51	00:37:33	00:48:06	01:29:19	01:44:08	02:00:13	02:09:34	04:05:57
Dave Pendleton					01:57:14			
Nicola Peters	00:27:12	00:45:02	00:59:32	01:38:35	02:11:06	02:31:20	02:43:08	04:33:20
Susan Peters	00:31:57	00:53:02	01:14:12	02:02:52	02:38:34	03:03:03	03:17:18	05:30:36
Lisa Peterson	00:32:30	00:53:49	01:07:46	01:52:12	03:32:18	04:05:05	04:24:10	07:22:38
Daniel Piper								
Max Porter								
Kieran Price	00:19:26	00:32:11	00:40:31	01:07:06	01:31:08	01:45:12	01:53:24	03:10:00
Sue Quincey	00:25:57	00:42:08	00:54:39	01:30:29	02:02:07	02:20:58	02:31:57	04:14:36
Kayla Quinnell								
Christine Rackstraw								
Juliette Ramsey								
Hayley Ranson	00:33:34	00:55:35	01:09:59	01:55:53	02:35:32	02:59:33	03:13:32	05:24:17
Daniel Ratnarajah	00:22:15	00:38:37	00:47:43	01:19:01	01:55:53	02:13:47	02:24:12	04:01:37
Tracy Ratnarajah	00:32:55	00:58:50	01:14:38	02:03:35	03:05:19	03:33:56	03:50:35	06:26:22
Mark Reese	00:27:04	00:44:48	00:56:25	01:43:03	01:53:13	02:10:42	02:20:53	05:53:45
Lucinda Reese	00:27:53	00:46:10	00:58:08	01:36:16	02:18:29	02:39:52	02:52:19	04:48:44
Terry Regan	00:21:51							
Adrien Relfe								
Yock Lin Richardson	00:27:15	00:48:31	01:00:17	01:39:49	02:12:54	02:33:26	02:45:23	04:37:06

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Tony Richardson								
Sue Robins								
Nina Rogers	00:40:15	01:06:39	01:23:55	02:18:58	03:19:23	03:50:10	04:08:06	06:55:42
Bob Russell	00:18:32	00:30:41	00:39:16	01:05:01	01:25:36	01:38:49	01:46:31	02:58:28
Ben Sallows	00:21:33	00:35:41	00:47:23	01:18:27	01:40:21	01:55:51	02:04:52	03:29:13
Danielle Salmon								
Christine Sanderson	00:29:46							
Jacob Sands								
Dale Saxby	00:17:54	00:30:16	00:38:26	01:03:38	01:25:50	01:39:05	01:46:48	02:58:57
Dale Scowen	00:21:35	00:35:15	00:45:28	01:27:56	01:39:21	01:54:41	02:03:37	03:27:08
Sarah Sellens	00:29:04	00:48:08	01:00:35	01:46:33	02:21:52	02:43:47	02:56:32	04:55:47
Neil Sellman	00:21:09							
Sarah Sheppard								
John Simcox	00:22:36	00:37:25	00:48:56	01:21:01	01:52:38	02:10:01	02:20:09	03:54:50
Christopher Simmons								
Eleanor Sims	00:31:33	00:51:38	01:11:36	01:58:25	02:37:40	03:02:01	03:16:12	05:28:44
Victoria Sims	00:27:46	00:45:59	01:01:41	01:42:08	02:13:42	02:34:21	02:46:22	04:38:45
Kelly Sinfield	00:23:36	00:39:54	00:50:56	01:24:20	01:50:47	02:07:53	02:17:51	03:50:59
Corrina Skinner								
Tony Skinner	00:27:18	00:45:12	00:56:55	01:34:15	02:12:45	02:33:15	02:45:11	04:36:46
Ben Skinner								
Stephen Slater	00:25:29	00:42:11	00:51:28	01:39:10	02:03:52	02:22:59	02:34:08	04:18:15
Natasha Slow					02:32:19			
Deanne Smith	00:26:54	00:43:53	00:56:29	01:33:31	02:12:33	02:33:01	02:44:56	04:36:21
Matthew Smith	00:26:33	00:43:57	00:58:19	01:36:34	02:06:40	02:26:13	02:37:37	04:24:05
Val Smith								
Dan Snellgrove								
Ben Spicer								
Ruth Spiller								
Kamal Spilsted								
David Stevens	00:31:03	00:51:25	01:04:45	01:47:13	02:23:02	02:45:07	02:57:59	04:58:13
Amy Stevens			01:13:04					

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Eloise Stroud	00:25:18	00:48:28	01:04:59	01:47:36	02:08:51	02:28:45	02:40:20	04:28:39
Emma Stubbs								
Glenn Sully								
Eleanor Swaine	00:28:11	00:46:40	00:58:39	01:50:29	02:13:26	02:34:02	02:46:02	05:49:18
Andrew Swindles	00:21:13	00:35:08	00:44:14	01:13:15	01:39:43	01:55:07	02:04:05	03:27:54
Nicci Talbot								
Allison Tanner	00:29:41	00:53:55	01:02:39	01:50:03	02:22:19	02:44:17	02:57:05	04:56:43
Jessica Tanner	00:36:09							
Tracey Tate								
Jill Taylor								
Robert Thomas	00:22:58	00:38:02	00:48:10	01:19:45	01:52:40	02:10:04	02:20:12	03:54:54
Claire Thomas	00:21:08	00:37:37	00:44:49	01:14:12	01:58:13	02:16:28	02:27:06	04:06:28
Nigel Thornely	00:26:15	00:42:01	00:52:54	01:44:34	02:04:37	02:23:51	02:35:04	04:19:49
Simon Trevena	00:25:03	00:34:51	00:47:13	01:18:11	01:44:10	02:00:15	02:09:37	03:37:11
Emma Tricker								
Darren Tuppen								
Martin Turner	00:21:01	00:34:48	00:44:16	01:13:18	01:37:36	01:52:40	02:01:26	03:23:29
Martin Tytherleigh					01:48:19			
Stephen Uzzell	00:28:28	00:47:10	01:02:27	01:43:24	02:27:37	02:50:24	03:03:41	05:07:46
Deborah Van Aalst	00:26:17	00:43:31	00:57:08	01:34:36	02:09:55	02:29:59	02:41:39	04:30:52
Russell Vincent					01:48:53			
Teo Vogiatzis								
Ashley Vora								
Sharon Wadham	00:27:21	00:45:17	00:56:22	01:33:20	02:04:16	02:23:27	02:34:38	04:19:06
Yvonne Wallace								
Bradley Ward-Smith								
Emma Wareham	00:32:44	00:54:12	01:14:48	02:03:51	02:28:56	02:51:56	03:05:19	07:38:30
Andrew Watson	00:19:13	00:31:49	00:40:30	01:07:04	01:30:13	01:44:09	01:52:15	03:08:06
Ralph Watson					02:17:26			
Nick Webb	00:23:44	00:39:18	00:49:29	01:21:56	01:59:38	02:18:06	02:28:52	04:09:26
Jamie Webb	00:22:39							

Catherine Wellington

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Craig Weston			00:57:32					
Colin White	00:18:15	00:30:13	00:38:49	01:04:16	01:23:22	01:36:14	01:43:44	02:53:49
Rachael White	00:23:00	00:38:05	00:47:57	01:19:24	01:45:45	02:02:05	02:11:35	03:40:29
Jane Whittington								
Jacob Wilkinson					01:30:07			
Susan Wilkinson								
Elaine Williams								
Victoria Willis								
Erica Wilson	00:33:08	00:54:51	01:09:04	01:54:22	02:32:17	02:55:48	03:09:29	06:20:12
Stephen Wilson								
Nadia Winborn	00:29:33	00:47:26	01:01:17	01:52:51	02:33:16	02:56:56	03:10:43	05:19:33
Ian Winborn	00:25:40	00:46:53	00:56:17	01:48:39	02:16:39	02:37:45	02:50:02	04:44:54
Liz Winchester								
James Winder								
Jennifer Winnington								
David Witcombe			00:51:07					
Abke Witte								
Cheryl Wood								
Colin Wood								
Steven Wood	00:25:33	00:42:18	00:53:16	01:28:12	01:55:10	02:12:57	02:23:18	04:00:07
Beth Woolf								
Stuart Woolford	00:23:50	00:39:28	00:51:41	01:25:35	01:49:03	02:05:53	02:15:42	03:47:22
Henry Worthington	00:33:58	01:00:43	01:19:53	02:12:16	03:16:10	03:46:27	04:04:06	06:49:00
Angela Wright	00:31:38	00:52:22	01:24:10	02:19:22	03:05:34	03:34:13	03:50:54	06:26:53
Philip Wright								
Leigh Yates	00:26:48	00:44:23	00:57:20	01:34:56	02:06:24	02:25:55	02:37:17	04:23:32
Janice Young	00:25:43	00:42:35	00:53:54	01:29:15	01:55:22	02:13:11	02:23:33	04:00:32
Todd Fitz-Hugh	00:21:16	00:35:38	00:44:52	01:14:18	01:47:41	02:04:19	02:13:59	03:44:31
Sharon Goodsell	00:27:51	00:48:54	01:05:19	01:48:09	02:14:15	02:34:59	02:47:03	07:38:29
Susan Rae	00:27:36	00:44:44	00:59:41	01:38:49	02:11:35	02:31:54	02:43:44	04:34:20