





Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Leo Cacciatore	00:18:47	00:30:15	00:38:09	01:03:10	01:24:52	01:37:58	01:45:36	02:56:56
Arrienne Callow								
Kim Callow	00:27:48	00:46:15	00:58:52	01:37:28	02:09:47	02:29:49	02:41:29	04:30:35
Allison Campbell	00:29:26	00:46:10	01:03:09	01:44:34	02:19:14	02:40:43	02:53:14	04:50:17
Pauline Caney								
Kirstie Carlton-Blake	00:26:58	00:44:39	00:56:13	01:33:06	02:17:20	02:38:32	02:50:53	04:46:20
Louise Cavill	00:27:56	00:46:30	00:58:53	01:45:12	02:28:07	02:50:59	03:04:18	05:08:49
Mary Chantler								
Peter Chapman								
Manami Cheves	00:23:16	00:42:42	00:52:32	01:26:59	01:55:49	02:13:42	02:24:07	04:01:29
Andrew Clubb								
Michael Cloke								
Andrew Clubb								
Louise Coates								
Richard Coates	00:23:08							
Charlie Colbran								
Lauren Coleman	00:27:50	00:45:31	00:57:19	01:34:54	02:06:21	02:25:52	02:37:14	04:23:27
Jane Coles	00:21:26	00:36:34	00:46:41	01:21:53	01:47:37	02:04:14	02:13:55	03:44:22
Roger Collier								
Cassie Colvin								
Jacob Colvin								
Bruce Colvin								
Berenice Consavela	00:23:36	00:40:05	00:50:28	01:23:34	01:51:16	02:08:27	02:18:28	03:52:00
Paul Cooper								
Patience Cooper								
Sarah Cornelius								
David Craddock								
Val Crawford								
Marie Crawford	00:25:54	00:45:05	00:56:05	01:32:52	02:05:50	02:25:16	02:36:35	05:51:58
Judith Creasy								
Richard Cross	00:22:24	00:37:05	00:54:42	01:30:34	01:45:07	02:01:21	02:10:48	03:39:10
Alan Croucher	00:31:38	00:52:23	01:09:02	01:54:18	02:28:14	02:51:07	03:04:27	05:09:03

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Joseph Cruttenden								
Jessica Cull	00:25:42	00:41:48	00:56:44	01:33:56	01:59:35	02:18:03	02:28:48	04:46:39
Colin Daniels								
Hannah Deeble								
Simon Deeprise				01:29:11				
Anthony DeMarco								
Robert Dennis	00:23:40	00:39:11	00:50:44	01:27:47	01:59:09	02:17:33	02:28:16	04:08:25
David Devlin	00:20:13	00:33:28	00:43:00	01:11:12	01:37:19	01:52:21	02:01:06	03:22:54
Shazra Dobbs								
Carrie Dubber								
David Duggan								
Becky Duggan								
Jean-Paul Dunin								
Stella Dunn								
Ria Eames								
Gillian Earle-Henson			00:58:50					
Bradley Joel Earwaker								
Shelley Eastman								
Matt Edmonds	00:16:41	00:27:37	00:36:19	01:00:08	01:20:04	01:32:26	01:39:38	02:46:56
Andy Edmonds			00:39:27					
William Edmondson	00:25:31	00:43:32	00:53:22	01:28:22	02:08:16	02:28:04	02:39:36	04:27:26
Jo Edwards	00:29:37	00:49:02	01:01:45	01:55:04	02:30:57	02:54:15	03:07:50	05:14:43
Irene Ellis								
Mike Ellis	00:28:11	00:47:58	01:00:24	01:40:00	02:23:34	02:45:44	02:58:38	04:59:20
Carly Elliston								
Keith Emery								
Traci English	00:29:58	00:49:37	01:05:12	01:47:57	02:23:45	02:45:56	02:58:52	04:59:42
LUKE Evans	00:22:14	00:36:49	00:46:21	01:16:45	01:52:02	02:09:20	02:19:24	03:53:35
Todd Fitz-Hugh	00:20:08	00:34:23	00:43:18	01:11:41	01:50:39	02:07:44	02:17:41	03:50:42
Danny Firth	00:20:50	00:34:29	00:46:22	01:16:46	01:42:13	01:58:00	02:07:12	03:33:08
Chris Foord								
Dean Fox	00:21:12	00:35:43	00:44:58	01:14:28	01:39:20	01:54:40	02:03:36	03:27:06



Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Michael Hall								
Greg Hall								
Adrian Hall	00:23:28	00:39:30	00:49:29	01:33:21	01:57:59	02:16:12	02:26:48	04:05:59
Michael Hamer	00:20:22	00:33:43	00:45:49	01:15:52	01:47:13	02:03:46	02:13:25	03:43:32
Brian Harding								
David Harding								
Victoria Harding	00:27:00	00:44:42	00:55:48	01:32:24	02:15:02	02:35:53	02:48:01	04:41:32
Eric Hardwick								
Sophie Harper								
Hannah Hayler	00:23:07	00:38:17	00:48:12	01:19:48	01:52:39	02:10:03	02:20:10	03:54:52
Michael Hayler	00:20:01	00:35:37	00:42:43	01:10:44	01:49:09	02:06:00	02:15:49	03:47:34
Stacey Hayler								
Pete Heasman								
Jane Hilder								
Davinia Hill	00:27:37	00:45:27	00:57:14	01:34:46	02:08:47	02:28:40	02:40:15	04:28:30
Katherine Hill	00:31:03	00:51:25	01:04:44	01:57:28	02:36:24	03:00:33	03:14:37	05:26:06
Stephanie Hobbs								
Ethan Hodges								
Gareth Hodges	00:24:43	00:40:50	00:51:25	01:25:08	01:53:21	02:10:52	02:21:03	03:56:20
Christopher Hogan								
Sarah Holmes	00:30:08	00:49:54	01:02:50	01:52:14	02:02:55	02:21:54	02:32:57	04:16:16
Paul Homer								
Harry Hood	00:21:22	00:35:23	00:44:33	01:13:46	01:51:04	02:08:13	02:18:12	03:51:34
Paul Hope	00:24:58	00:41:20	00:52:03	01:26:11	02:26:33	02:49:11	03:02:21	05:05:33
Jennifer Hudson								
Ronald Huggett	00:31:52	00:52:46	01:06:27	01:50:01	02:44:49	03:10:16	03:25:05	05:43:38
Sylvia Huggett	00:26:25	00:43:39	00:54:58	01:31:00	02:09:28	02:29:27	02:41:06	04:29:56
Eleanor Hughes								
Jane Hughes	00:24:11	00:40:03	00:50:34	01:23:44	01:51:29	02:08:42	02:18:43	03:52:26
Ken Hughes								
Debbie Humbles	00:21:43	00:36:08	00:46:47	01:19:01	01:43:35	01:59:35	02:08:53	03:35:58
Grace Humbles		00:48:06						

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Ivan Hurry								
Martin Hurry	00:22:15	00:36:51	00:46:24	01:16:50	01:39:00	01:54:17	02:03:11	03:26:24
Sarah Hyland								
Kanna Ingleson								
Kristiyana Ivanova	00:31:16							
Sacha Jackson								
Mark James		00:40:12						
Julia James	00:27:49							
ANDREA James		00:49:02						
Ian Jarvis	00:29:47	00:49:19	01:02:06	01:14:59	01:39:24	01:54:45	02:03:41	03:27:15
Neil Jeffries	00:20:34	00:35:02	00:42:33	01:10:27	01:33:49	01:48:18	01:56:44	03:15:35
Fiona Johnson					02:22:59			
Michael Johnson								
Steve Johnson	00:26:01							
Lee Jones								
Tim Jury			01:09:34					
Ashley Jury								
Stephanie Kemp								
Becky Kerry								
Maria Kibblewhite								
David Kilby	00:27:03							
Lena King	00:28:44	00:49:18	01:07:58	01:52:32	02:37:12	03:01:28	03:15:36	05:27:45
Ben Kirimli	00:25:47	00:44:00	00:59:17	02:21:58	02:08:19	02:28:08	02:39:40	07:46:06
Brian Kirkdale								
Terry Kitson	00:27:44	00:45:49	01:02:37	01:43:41	02:32:43	02:56:18	03:10:02	05:18:24
Irene Kitson	00:29:13	00:53:36	01:04:06	01:46:08	02:46:09	03:11:48	03:26:45	05:46:25
Andy Knight	00:20:39	00:34:12	00:45:45	01:15:45	01:40:52	01:56:26	02:05:30	03:30:18
Michelle Krombholz	00:27:53	00:46:52	01:05:26	01:48:21	02:19:32	02:41:05	02:53:37	04:50:55
Jakub Kucharski	00:24:47	00:41:02	00:51:40	01:25:33	01:47:43	02:04:21	02:14:02	03:44:35
Paul Lambert	00:20:02	00:33:10	00:41:46	01:09:10	01:38:29	01:53:41	02:02:33	03:25:20
Johanna Lambourne	00:22:59	00:38:03	00:47:55	01:19:20	01:45:38	02:01:56	02:11:26	04:34:07
Nina Lambrou	00:23:07	00:38:17	00:50:03	01:21:33	01:46:08	02:02:31	02:12:04	03:41:17





Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Lee Miller								
Stephanie Miller								
Jennifer Milnes	00:27:15	00:45:07	00:56:46	01:34:00	02:05:09	02:24:29	02:35:44	04:20:56
Catherine Mitchell	00:28:09	00:49:02	01:00:09	01:39:36	02:12:37	02:33:05	02:45:01	04:36:29
Paul Moir	00:25:35	00:42:22	00:59:49	01:39:03	02:11:53	02:32:14	02:44:06	04:34:57
Paul Moon								
Amanda Moore	00:28:02	00:46:25	01:02:57	01:44:14	02:30:48	02:54:05	03:07:39	05:14:24
Deborah Morgan								
Stan Morgan								
Sue Morris								
Ben Muggridge								
Helen Munday	00:30:11	00:50:10	01:18:07	02:09:21	02:52:13	03:18:49	03:34:18	05:59:04
Morag Murray		01:06:22						
John Nash	00:30:33	00:50:35	01:03:24	01:48:19	02:37:04	03:01:19	03:15:26	05:27:28
Joanne Nevett	00:24:47	00:45:09	00:51:18	01:24:57	01:53:06	02:10:34	02:20:44	03:55:48
Simon Newstead	00:20:21	00:33:42	00:42:26	01:10:16	01:34:48	01:49:26	01:57:58	03:17:39
Martin Noakes		00:30:59						
Peter Noakes	00:22:33	00:38:21	00:52:29	01:26:54	01:55:43	02:13:34	02:23:59	04:01:15
Michael Norris	00:21:39	00:37:35	00:47:51	01:19:14	01:43:33	01:59:32	02:08:51	03:35:54
Gina Noves								
Michael O'Driscoll	00:18:33							
Daniel Oliver	00:20:37	00:35:40	00:45:09	01:14:46	01:39:56	01:55:22	02:04:21	03:28:21
Darren Owen	00:21:59	00:37:42	00:48:01	01:19:30	02:08:11	02:27:58	02:39:30	04:27:15
Sue Palmer	00:28:48	00:51:10	01:04:29	01:46:46	02:29:07	02:52:08	03:05:33	05:10:54
Ben Park					01:37:17			
Scott Parsons								
Darren Pearson	00:23:28	00:39:53	00:40:06	01:31:32	01:53:05	02:10:33	02:20:43	04:51:52
Dave Pendleton					01:57:45			
Sam Perman								
Nicola Peters	00:25:23	00:41:18	00:50:52	01:24:13	01:54:31	02:12:12	02:22:30	04:33:23
Susan Peters	00:37:29	01:02:04	01:15:20	02:04:44	02:46:05	03:11:44	03:26:40	05:46:17
Lisa Peterson			01:12:18					



Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Tony Skinner			01:03:58					
Stephen Slater	00:25:17	00:41:30	00:52:18	01:35:13	02:09:31	02:29:31	02:41:10	04:30:02
Natasha Slow	00:32:00	00:52:59	01:06:43	01:50:28	02:24:28	02:46:46	02:59:46	05:01:12
Jon Smalldon	00:24:32	00:40:37	00:57:36	01:35:22	02:06:59	02:26:36	02:38:01	04:24:46
Deanne Smith	00:28:10	00:44:57	00:57:30	01:35:12	02:06:46	02:26:21	02:37:44	04:24:18
Matthew Smith	00:23:03	00:38:10	00:48:03	01:19:34	01:56:19	02:14:17	02:24:44	04:02:31
Christopher Smith								
Martin Snape								
Dan Snellgrove	00:19:07	00:32:38	00:39:47	01:05:52	01:34:37	01:49:14	01:57:44	03:17:16
Catherine Southgate								
Ben Spicer	00:27:34	00:45:39	01:01:29	01:41:48	02:15:33	02:36:29	02:48:40	04:42:37
Ruth Spiller	00:26:27	00:43:48	01:00:25	01:40:02	02:08:22	02:28:11	02:39:44	04:27:38
Kamal Spilsted								
Leanne Spring			00:53:25					
David Stevens	00:28:19	00:46:54	00:59:03	01:37:47	02:23:08	02:45:14	02:58:06	04:58:25
Eloise Stroud	00:27:36	00:45:41	00:57:32	01:35:16	02:21:08	02:42:55	02:55:37	04:54:15
Emma Stubbs	00:26:17	00:43:29	00:56:29	01:33:31	02:04:32	02:23:45	02:34:57	04:19:38
Glenn Sully								
Eleanor Swaine	00:28:07	00:45:04	00:54:45	01:30:39	02:09:38	02:29:39	02:41:18	04:37:41
Louise Swann								
Allison Tanner	00:28:17	00:46:50	00:58:41	01:37:10	02:09:21	02:29:19	02:40:57	04:29:41
Jessica Tanner	00:37:43	00:58:28	01:13:37	02:21:57	03:05:18	03:33:55	03:50:34	06:26:20
Jill Taylor								
Robert Thomas	00:22:32	00:37:19	00:48:29	01:20:17	01:49:53	02:06:51	02:16:44	03:58:18
Claire Thomas	00:21:48	00:37:17	00:45:39	01:15:35	01:51:39	02:08:53	02:18:56	03:52:47
Nigel Thornely	00:25:03	00:41:28	00:52:13	01:26:28	02:00:22	02:18:57	02:29:46	04:10:57
Jacob Thornely								
David Todd								
Simon Trevena	00:22:26	00:39:34	00:46:41	01:17:18	01:43:00	01:58:54	02:08:10	03:34:45
Darren Tuppen								
Martin Turner	00:20:16	00:35:24	00:43:06	01:11:22	01:44:20	02:00:27	02:09:49	03:37:32
Martin Tytherleigh	00:24:45	00:40:59	00:51:36	01:25:27	01:55:19	02:13:07	02:23:29	04:00:26

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Steve Uzzell	00:29:20	00:46:22	01:01:29	01:41:48	02:21:43	02:43:36	02:56:20	05:31:46
Debra Van Aalst	00:26:14	00:43:44	00:56:03	01:32:48	02:03:34	02:22:39	02:33:46	04:17:38
Ashley Vora	00:19:06	00:32:15	00:40:36	01:07:14	01:29:32	01:43:21	01:51:24	03:06:40
Paul Wadham	00:26:16							
Sharon Wadham	00:26:30	00:43:53	00:55:04	01:33:33	02:02:52	02:21:50	02:32:53	04:16:10
Yvonne Wallace								
Emma Wareham	00:31:03	00:52:45	01:06:25	01:49:59	02:31:45	02:55:11	03:08:49	05:16:23
Andrew Watson	00:19:13	00:31:49	00:41:12	01:08:13	01:30:50	01:44:51	01:53:01	03:09:23
Simon Weatherley			01:01:28					
Nick Webb	00:24:19	00:40:16	00:52:44	01:27:19	01:53:57	02:11:33	02:21:47	03:57:35
Jamie Webb	00:20:23	00:34:44	00:43:39	01:12:17	01:36:04	01:50:54	01:59:32	03:20:18
Sarah Weeks	00:25:55	00:42:55	01:00:25	01:40:02	02:13:12	02:33:46	02:45:45	04:37:43
Catherine Wellington								
Craig Weston								
Colin White	00:18:20	00:30:21	00:38:19	01:05:06	01:24:01	01:36:59	01:44:33	02:55:10
Christopher White	00:27:43	00:46:24	01:03:33	01:45:14	02:35:57	03:00:02	03:14:03	05:25:09
Rachael White	00:22:42	00:37:35	00:51:40	01:25:33	01:47:50	02:04:29	02:14:11	03:44:50
Kerry Wilkins								
Susan Wilkinson	00:27:42	00:45:13	00:58:39	01:37:07	02:09:20	02:29:18	02:40:56	04:29:39
Barny Willard								
Elaine Williams	00:27:09							
Debbie Willis								
Michelle Willsmore								
Erica Wilson	00:35:10	00:56:49	01:09:03	01:59:53	02:35:14	02:59:12	03:13:10	05:48:31
Nadia Winborn	00:29:00	00:48:01	00:59:46	01:38:58	02:20:23	02:42:03	02:54:41	05:41:07
Ian Winborn	00:25:28	00:42:10	01:03:31	01:37:48	02:09:40	02:29:41	02:41:21	04:30:21
Liz Winchester					02:26:00			
Jennifer Winnington								
David Witcombe	00:22:59	00:40:46	00:51:20	01:25:00	01:57:36	02:15:45	02:26:20	04:05:11
Steven Wood								
Stuart Woolford								
Simon Woroniecki	00:29:15							

Name	5K	5M	10K	10M	13.1M	15M	16.1M	26.2M
Henry Worthington	00:36:02	00:57:02	01:15:33	02:05:06	03:13:14	03:43:04	04:00:27	06:42:53
Leigh Yates	00:27:39	00:45:47	00:57:39	01:35:27	02:24:39	02:46:59	02:59:59	05:01:35
Janice Young	00:24:39	00:41:03	00:52:34	01:27:02	01:57:15	02:15:21	02:25:54	04:04:27