

Overall Pos.	Name	Category	Club	5k Position	FC Position	10k Position	TOTAL
1	Ryan Burling	MSEN	Gsy AC	1	1		2
2	Dan Galpin	MSEN	Gsy AC	3	2		5
3	Richard Bartram	MSEN	Gsy AC	2	3		5
4	James Griggs	MSEN	Coventry Godiva	4	5		9
5	James De Garis	MV35	Gsy AC	9	4		13
6	David Holmes	MV35	Jersey Tri Club	8	6		14
7	Sammy Galpin	MU20	Gsy AC	12	8		20
8	Adam O'hara	MV35	City of Portsmouth	11	10		21
9	Tom Shaw	MSEN	Gsy AC	10	11		21
10	Louise Perrio	FV35	Gsy AC	16	9		25
11	Richard Batchelor	MV40	Aldershot F&D	19	12		31
12	Sean Galpin	MV50	Gsy AC	25	13		38
13	Warwick Helps	MV40	Gsy AC	23	17		40
14	Zippy Grice	M V40	Aldershot F&D	27	14		41
15	James Travers	MSEN	Gsy Tri Club	31	16		47
16	Charlie Thompson	MSEN	0	29	18		47
17	Paul Soby	MV45	Plymstock	30	22		52
18	Maisie Grice	FU20	Aldershot F&D	32	21		53
19	Ben Foote	MSEN	Gsy AC	36	19		55
20	Paul Bleach	MV50	City of Portsmouth	35	23		58
21	Adam Thoumine	MSEN	0	40	20		60
22	David Mosley	MSEN	0	44	24		68
23	Andrew Mcarthur	MSEN	Gsy AC	39	29		68
24	George Coffey	MU20	Gsy AC	38	30		68
25	Will Thompson	MU20	0	46	26		72
26	Ryan Whatling	MSEN	City of Portsmouth	33	39		72
27	Sam Cooper	MSEN	0	48	25		73
28	Mark Pizzey	MV45	Gsy AC	50	31		81
29	Mia Billins	FU17	City of Portsmouth	49	32		81
30	Nick Mann	MV35	Gsy AC	28	53		81
31	Peter Holmes	MU17	Jersey Tri Club	56	28		84
32	Nikki Neal	FV45	Gsy AC	61	27		88

33	Mikey Ingrouille	MU17	Gsy AC	54	36	90
34	Danny Blake	MV40	Gsy AC	53	37	90
35	Peter Bird	MV40	St Edmunds Pacers	58	34	92
36	Jonathan Shaw	MV45	0	60	40	100
37	Adam Skinner	MSEN	0	66	38	104
38	Katie King	FSEN	0	74	42	116
39	Ryan De Jersey	MSEN	0	73	43	116
40	Steve Smith	MV45	Gsy Tri Club	84	33	117
41	David Keogh	MV50	Somer AC	72	46	118
42	Jos Ensink	MV50	Gsy AC	69	51	120
43	Michael Way	MV45	Gsy AC	77	45	122
44	Alice Loveridge	FSEN	Gsy AC	80	44	124
45	Andrew Jeanne	MSEN	0	90	41	131
46	Toby Grice	MV45	Gsy AC	83	49	132
47	Nicola Holmes	FV35	Jersey Tri Club	88	47	135
48	Elaine Graham	FV40	Gsy AC	92	50	142
49	Annabel Matthews-smith	FSEN	0	89	54	143
50	Melanie Nicolle	FSEN	Gsy AC	87	57	144
51	Chantal Green	FSEN	Gsy AC	102	48	150
52	Steve Roussel	MV50	0	99	52	151
53	Robert Mills	MV60	0	104	55	159
54	Laura Quayle	FV35	Gsy AC	101	58	159
55	Robert Gregson	MV50	Gsy AC	97	65	162
56	Hugo Thompson	MU20	0	108	56	164
57	Matthew Tardivel	MSEN	0	105	61	166
58	Brett Bewey	MV35	Gsy AC	114	59	173
59	Steven Rue	MV65	St Edmunds Pacers	119	64	183
60	Gemma Le Sauvage	FV35	Gsy AC	115	68	183
61	Glenn Gallienne	MV45	Gsy AC	121	63	184
62	Abbie Swain	FSEN	0	113	71	184
63	Ross Le Brun	MV35	0	112	72	184
64	Gina Rowe	FV50	Gsy AC	123	67	190
65	Helene Herve	FSEN	Gsy AC	110	82	192

66	Mark Palfrey	MV50	0	132	62	194
67	Chris Dorey	MV60	Gsy AC	129	66	195
68	Peter Jay	MV55	St. Edmunds Pacers	126	70	196
69	Peter Jay	MV55	St. Edmunds Pacers	126	70	196
70	Matt Mason	MV45	Gsy AC	120	83	203
71	Emily Le Prevost	FSEN	0	130	74	204
72	Ian Graham	MV70	Bournemouth	138	69	207
73	Robert Morgan	MV55	0	133	75	208
74	Jenny Morgan	FV60	0	131	79	210
75	Alison Gavey	FV45	Gsy AC	136	77	213
76	Eloise Bird	FV50	St Edmunds Pacers	135	80	215
77	Jonny Ferry	MSEN	0	127	88	215
78	Emma Hardie	FSEN	0	145	76	221
79	Katie Watson	FSEN	0	146	78	224
80	Heather Rose	FSEN	0	192	35	227
81	Donna Marie Allan	FV40	0	142	86	228
82	Ben Duggan	MSEN	0	148	81	229
83	Russell Mead	MV50	0	143	91	234
84	Emile Thompson	MSEN	0	151	85	236
85	Nicola Smith	FV35	0	153	84	237
86	Jeanne Svejstrup	FV40	Gsy AC	147	95	242
87	Maggie Marsh	FV50	Portsmouth Joggers	156	92	248
88	Caroline Wallbridge	FV35	0	166	89	255
89	Jess Gallienne	FU20	Gsy AC	161	99	260
90	Darren Loveridge	MSEN	0	169	94	263
91	Katy Sodeau	FV50	0	208	60	268
92	Helen Soby	FV50	Plymstock	167	103	270
93	Nicky Pledger	FV35	0	179	96	275
94	Chris Harvey	MV40	0	180	97	277
95	Nick Jenkins	MV45	0	171	106	277
96	Brian Holden	MV65	Gsy AC	170	107	277
97	Graeme Neal	MV50	0	176	105	281
98	Rita Rue	FV55	St Edmunds Pacers	184	98	282

99 Michelle Bewey	FV50	0	182	100	282
100 Ruairi Harnden	MSEN	0	181	101	282
101 David Parsons	MV65	Bournemouth	174	108	282
102 Sandra Williams	FV55	0	186	102	288
103 Zara Torode	FV35	0	187	109	296
104 Sarah Earles	FSEN	0	185	112	297
105 Ros Jinks	FV55	0	188	111	299
106 Hannah Williams	FSEN	0	197	104	301
107 Claire Hackney	FV45	0	189	118	307
108 Samantha Ingrouille	FV50	Gsy AC	198	113	311
109 Terry Harnden	MV55	Gsy AC	202	110	312
110 Robert Burton	MV55	0	207	114	321
111 Jules Dinwoodie	FV55	0	211	115	326
112 David Brooks	MV75	Veterans AC	214	119	333
113 Ray Scholes	MV70	Gsy AC	223	121	344
114 Cressida Goodison	FV55	0	227	120	347
115 Claire Jay	FV50	Stowmarket Striders RC	229	123	352
116 Alistair Jackson	MV70	Veterans AC	231	124	355
117 Peter Chittenden	MV80	0	238	125	363