

1	Jacob O'Hara	MU17	Portsmouth AC	32.37	61	Janine Ellis	F40	Wilmslow RC	43.00
2	Carl Holden	M	Guernsey AC	33.20	62	Chris Perkins	M	Guernsey AC	43.02
3	Richard Bartram	MU20	Guernsey AC	34.35	63	Robert Cornelius	M40	Guernsey AC	43.09
4	Daniel Galpin	MU20	Guernsey AC	34.40	64	Michael Ede	M60	Cheltenham and County Harriers	43.13
5	Richard Friedrich	M	Guernsey AC	34.42	65	Craig Allen	M40		43.16
6	Ben Wilen	M	Guernsey AC	35.01	66	Chantal Green	F	Guernsey AC	43.28
7	Tristan Robilliard	M	Guernsey AC	35.07	67	Alex Nicol-gent	MU17	Guernsey AC	43.31
8	James De Garis	M	Guernsey AC	35.08	68	Mikey Ingrouille	M	Guernsey AC	43.33
9	Louise Perrio	F	Guernsey AC	35.14	69	Isaac Powers	MU17	Guernsey AC	43.34
10	Peter Holmes	MU17	Jersey Tri Club	35.50	70	Mark Pizzey	M40		43.47
11	Samuel Galpin	MU20	Guernsey AC	36.12	71	Tim Andrews	M	Guernsey AC	44.04
12	James Priest	M	Guernsey AC	36.25	72	Chris Northey	M		44.12
13	Adam O'Hara	M	Portsmouth AC	36.29	73	Annabel Matthews-smitl	F		44.13
14	Jamie Ingrouille	M	Guernsey AC	36.37	74	Timothy Hatton	M50	Guernsey AC	44.17
15	Warwick Helps	M40	Guernsey AC	36.50	75	Elaine Graham	F40		44.54
16	Edward Mason	MU20	Guernsey AC	37.27	76	Chris Dorey	M60		45.09
17	Sean Galpin	M50	Guernsey AC	37.37	77	Dave Hockey	M40	Guernsey AC	45.13
18	Fabio Teles	M		37.38	78	Giles Quigley	MU20	LMR	45.26
19	Zippy Grice	M40	Aldershot Farnham and District	37.45	79	Gareth Ashmead	M50	Yeovil Town RRC	45.31
20	Stuart Le Noury	M	Sarnia Walking Club	38.04	80	Robert Crocker	M		45.35
21	Jenny James	F	Guernsey AC	38.13	81	Nicola Holmes	F		45.54
22	Mark Jeffreys	M		38.21	82	Paul Williams	M	Sitting Bounne Strides	45.59
23	Marc Guille	M		38.26	83	Katie Lowe	F	LMR	45.59
24	Ben Foote	M	Guernsey AC	38.31	84	Ian Ozanne	M50		46.17
25	Laura Mccarthy	F	Guernsey AC	38.38	85	Steve Sarre	M		46.24
26	Charlie Thompson	M		38.44	86	Martine Cunningham	F		46.27
27	Toby Grice	M40	Guernsey AC	38.47	87	Rachel Horne	F		46.30
28	Robert Finch	M		38.50	88	Ross Le Brun	M		46.31
29	Timothy Coates	M		39.01	89	Cathy Stewart	F50		46.33
30	Sean Murphy	M	Guernsey Tri Club	39.02	90	Matthew Mason	M40	Guernsey AC	46.40
31	Steve McCracken	M		39.10	91	Steven Rue	M60		46.58
32	Mark Goodison	M50	Totley AC	39.46	92	Shane Toms	M		47.12
33	Michael Peters	M50	Godiva Harriers	40.06	93	Chris James	M		47.16
34	Damian Griffiths	M		40.08	94	Paul W Ferbrache	M50	Guernsey AC	47.18
35	Andy Alford	M		40.14	95	Andrew Zabiela	M		47.25
36	Will Thompson	MU20		40.21	96	John Bonner	M40		47.27
37	Vanessa Rodrigues	F	Guernsey AC	40.31	97	Ian Graham	M60	Bournemouth	47.33
38	Andrew Watts	M40	Tri Club	40.37	98	Fiona Ashworth	F		47.41
39	Nick Mann	M	Guernsey Triathlon Club	40.41	99	Emily Le Prevost	F		47.46
40	Jon Sexton	M40	Guernsey AC	40.42	100	Iain Kilpatrick	M40		47.52
41	Danny Blake	M40	Guernsey AC	40.44	101	Mark Guille	M		47.52
42	Steve Smith	M40	Guernsey Tri Club	40.51	102	Larry Hughes	M50		47.53
43	Chris Ashton	M		41.01	103	Rob Toms	M40	Guernsey AC	48.06
44	Dean Paulley	M		41.16	104	Alison Gavey	F40	Guernsey AC	48.06
45	Melanie Nicolle	F	Guernsey AC	41.17	105	Emma Hardie	F		48.30
46	Andrew Bell	M		41.24	106	Steve Falla	M50		48.41
47	Chris Ledgard	M40		41.32	107	Andrew Le Poidevin	M		48.44
48	Guy Surtees	M50	Wimbledon Windmilers	42.00	108	Darren Lewin	M40	Blackpool Wyre and Fylde AC	48.46
49	Adam Skinner	M		42.08	109	David Parsons	M60	Bournemouth	48.50
50	Iain Lowe	M		42.18	110	Matt Chick	M		48.55
51	Peter Bird	M40		42.23	111	Tony King	M40		49.03
52	Jon Press	M	Guernsey AC	42.27	112	Kathryn Berry	F50	Wimbledon windmilers	49.12
53	Chris Williams	M	Sitting Bounne Strides	42.32	113	Eloise Bird	F40		49.14
54	Andrew Jeanne	M		42.37	114	Peter Jay	M50		49.26
55	Bernie Barnaby	M50	Guernsey AC	42.38	115	Simon Graham	M50		49.40
56	Ian Taylor	M40	Guernsey AC	42.41	116	Gemma Le Sauvage	F		49.54
57	Neil Dade	M		42.42	117	Chloe Adam	F		50.18
58	Zara Hyde-Peters	F50	Coventry Godiva	42.43	118	Jason Powers	M40		50.24
59	Matthew Pillingier	M		42.47	119	Matt Le Cont	M		50.26
60	Nick Hynes	M40	Guernsey AC	42.52	120	Naomi Stanley	F		50.33

121	Mags Smith	F50	Peel Road Joggers	50.34	181	Ruth Whitton	F40	64.55
122	Dean Cooper	M40		50.43	182	Julian Falla	M	66.19
123	Renée Hubert	FU20	Guernsey AC	51.08	183	Beverley Falla	F Lee Merrien	66.19
124	Julie Chester	F40		52.23	184	Toby Birch	M50 Lee Merrien	67.50
125	Charlotte Parish	F		51.34	185	Ali Finigan	F50	74.18
126	Chris Sandy	M40		51.50	186	Nicki Watson	F50 LMR	74.19
127	Jeanne Svejstrup	F50	LMR	51.55				
128	Claire Doonan	F		51.57				
129	Daniel Reoch-brehaut	M40		52.22				
130	Amanda Mew	F50		52.46				
131	Alun Williams	M50	Guernsey AC	52.49				
132	Kevin Le Noury	M50	Sarnia Walking Club	52.51				
133	Rebecca Gregson	F40		52.52				
134	Will Green	M		52.54				
135	Martin Dean	M40	Guernsey Triathlon Club	53.00				
136	Sarah Earles	F		53.03				
137	Chantelle Le Cheminant	F		53.11				
138	Isobel Akermson	F		0 53.16				
139	Maggie Marsh	F50	Portsmouth Jgrs	53.27				
140	Russell Mead	M50		54.10				
141	Williams Rosie	F		54.20				
142	Helen Craig	F50		54.27				
143	Sarah Bower	F50		54.29				
144	Nikki Neal	F40	Guernsey AC	54.30				
145	Catherine Birnie	F50	Guernsey AC	54.39				
146	Emma Bougourd	F		54.41				
147	Marie Hards	F		54.42				
148	Rita Rue	F50		54.49				
149	Zara Torode	F		54.51				
150	Claire Allen	F40		55.09				
151	Sophie Kimber	F50		55.15				
152	Cressida Pearce	F50	Totley AC	55.20				
153	Ann Ledgard	F40		55.21				
154	Tess Murphy	F		55.28				
155	Claire Hackney	F40		55.36				
156	Rudi Le Roux	M40		55.40				
157	Rowena Homan	F50		55.54				
158	Jane Oxby	F40		56.04				
159	Sharon Finn-davey	F40		56.51				
160	Heidi Sandy	F		57.17				
161	Sam Ingrouille	F50	Guernsey AC	58.15				
162	Gemma Brouard	F		58.16				
163	Agnieszka Ritkiewicz	F		58.39				
164	Kelly Marquis	F		59.01				
165	Rod Paris	M70		59.11				
166	Nick Jenkins	M40		59.33				
167	Andrew Whitton	M50		60.03				
168	Vicki Joyce	F40		60.06				
169	Rick Mann	M60	Guernsey Athletics	60.09				
170	Chris Gray	M40		60.34				
171	Lisa Evans	F40		60.39				
172	Raymond Scholes	M70		60.52				
173	Sophie Mackin	F		61.50				
174	Barrie Pimm-smith	M70		63.11				
175	Corinne Hardie	F50		63.15				
176	Luisa Chiappa	F		0 63.16				
177	Hannah Gray	F40		63.29				
178	Maddy Taylor	F	Fryfit	63.32				
179	Geoffrey Scott	M70	Poole Runners	64.19				
180	Alistair Jackson	M70		64.40				