

1	Jacob O'Hara	MU17 Portsmouth AC	15.56	61	Nathan Ward	M LMR	19.53
2	Carl Holden	M Guernsey AC	16.01	62	Chantal Green	F Guernsey AC	19.55
3	Richard Bartram	MU20 Guernsey AC	16.28	63	Grant Stenhouse	M50 Aldershot Farnham and Distri	20.01
4	Richard Friedrich	M Guernsey AC	16.35	64	Craig Allen	M40	20.02
5	Peter Holmes	MU15 Jersey Tri Club	16.40	65	Christopher O'Neill	M60 Guernsey AC	20.03
6	Tristan Robilliard	M Guernsey AC	16.41	66	Michael Ede	M60 Cheltenham and County Harr	20.19
7	Robert Finch	M Southampton	16.43	67	Amy Critchlow	F	20.21
8	Daniel Galpin	MU20 Guernsey AC	16.47	68	Craig Wigley	M	20.26
9	Louise Perrio	F Guernsey AC	16.48	69	Evie Grice	FU20 Aldershot Farnham and Distri	20.28
10	Edward Mason	MU20 Guernsey AC	16.51	70	Nick Hynes	M40 Guernsey AC	20.34
11	Samuel Galpin	MU17 Guernsey AC	16.53	71	Bernie Barnaby	M50 Guernsey AC	20.41
12	James De Garis	M Guernsey AC	16.55	72	Neil Dade	M	20.46
13	Adam O'Hara	M Portsmouth AC	17.11	73	Adam Grogan	M	20.47
14	Dave Holmes	M Guernsey AC	17.18	74	Annabel Matthews-smitt	F	20.50
15	James Priest	M Guernsey AC	17.21	75	Paul Davies	M 50	20.52
16	Joe Yeaman	MU17 Guernsey AC	17.26	76	Ryan Moroney	MU13 Guernsey AC	20.54
17	Warwick Helps	M40 Guernsey AC	17.31	77	Robert Crocker	M	21.00
18	Stuart Le Noury	M Sarnia Walking Club	17.33	78	Steve Sarre	M	21.07
19	Simon Ingrouille	M40 Guernsey AC	17.38	79	Dr Guenter Raderschad	M50 Siegburg Rowing Club	21.08
20	Jamie Ingrouille	M Guernsey AC	17.50	80	Mark Pizzey	M40	21.10
21	Mark Jeffreys	M	17.51	81	Giles Quigley	MU20 LMR	21.13
22	Sean Galpin	M50 Guernsey AC	17.53	82	Shane Toms	M	21.20
23	Fabio Teles	M	18.04	83	Jon Press	M Guernsey AC	21.21
24	Zippy Grice	M40 Aldershot Farnham and Distric	18.08	84	Elaine Graham	F40	21.25
25	Marc Guille	M	18.12	85	Magdelanda Puzio	F Guernsey Tri Club	21.28
26	Adrian Lihou	M40 Guernsey AC	18.16	86	Nicola Holmes	F	21.31
27	Jenny James	F Guernsey AC	18.18	87	Alex Nicol-gent	MU15 Guernsey AC	21.48
28	Charlie Thompson	M	18.20	88	Chris Dorey	M60	21.50
29	Sam Cooper	M	18.21	89	Lee Forshaw	M70	21.55
30	Clint King	M	18.27	90	Cathy Stewart	F50	21.56
31	Damian Griffiths	M	18.29	91	Iain Kilpatrick	M40	22.00
32	Ben Foote	M Guernsey AC	18.33	92	Matthew Mason	M40 Guernsey AC	22.07
33	Will Thompson	MU20	18.34	93	Steven Rue	M60	22.09
34	Laura Mccarthy	F Guernsey AC	18.38	94	Ross Le Brun	M	22.10
35	Steve Manklow	M40	18.42	95	Dave Hockey	M40 Guernsey AC	22.18
36	Dean Paulley	M	18.51	96	Hugo Thompson	MU17	22.19
37	Steve McCracken	M	18.53	97	Anna Phillips	F40 Guernsey AC	22.20
38	Mark Goodison	M50 Totley AC	18.56	98	Andrew Le Poidevin	M	22.25
39	Chris Ledgard	M40	19.03	99	Chris James	M	22.27
40	Isaac Powers	MU15 Guernsey AC	19.04	100	Gina Rowe	F50 Guernsey AC	22.28
41	Michael Peters	M50 Godiva Harriers	19.05	101	Paul Evans	M40 Guernsey AC	22.31
42	Nick Mann	M Guernsey Triathlon Club	19.08	102	Larry Hughes	M50	22.34
43	Steve Smith	M40 Guernsey Tri Club	19.15	103	Emily Le Prevost	F	22.35
44	Paul Hewitt	M40 worthing striders	19.16	104	Glenn Gallienne	M40	22.36
45	Maisie Grice	FU17 Aldershot Farnham and Distric	19.25	105	Laura Quayle	F Guernsey AC	22.37
46	Adam Dorey	M	19.26	106	Nikki Neal	F40 Guernsey AC	22.38
47	Summer Woodhead	FU13 Guernsey AC	19.28	107	Matt Le Page	M	22.41
48	Peter Bird	M40	19.33	108	Laura Guilbert	F Lee Merrien's running club	22.43
49	Vanessa Rodrigues	F Guernsey AC	19.33	109	Mike Brehaut	M40	22.43
50	Danny Blake	M40 Guernsey AC	19.33	110	Alison Lihou	F40 Guernsey AC	22.43
51	Toby Grice	M40 Guernsey AC	19.33	111	Fiona Ashworth	F	22.43
52	Melanie Nicolle	F Guernsey AC	19.33	112	Emily Bookless	F40 Lee Merrien & Fry Fit	22.43
53	Robert Cornelius	M40 Guernsey AC	19.34	113	Gemma Le Sauvage	F	22.47
54	Adam Skinner	M	19.34	114	Ian Graham	M60 Bournemouth	22.52
55	Ian Taylor	M40 Guernsey AC	19.34	115	Eloise Bird	F40	22.53
56	Mikey Ingrouille	MU17 Guernsey AC	19.34	116	Shane Mechem	M40	22.54
57	Jack Le Tissier	MU13 Guernsey AC	19.37	117	Ian Ozanne	M50	22.58
58	Matthew Pillinger	M	19.38	118	Peter Jay	M50	23.16
59	Helen Hadjam	F Herne Hill Harriers	19.45	119	Zoe Pillinger	F	23.18
60	Zara Hyde-Peters	F50 Coventry Godiva	19.49	120	Daniel Reoch-brehaut	M40	23.20

121	Simon Graham	M50		23.21	181	Andrew Whitton	M50	28.18
122	Naomi Stanley	F		23.22	182	Nikie Coquelin	F40	28.21
123	Alison Gavey	F40	Guernsey AC	23.23	183	Taryn Hutchinson	F	28.24
124	Emma Hardie	F		23.25	184	Lisa Evans	F40	28.25
125	Russell Mead	M50		23.28	185	Thomas Everitt	M80 Eton Manor AC	28.33
126	Williams Rosie	F		23.37	186	Isobel Ledgard	FU17	28.35
127	Dean Cooper	M40		23.38	187	Sam Sexton	F40 Guernsey Athletics	28.44
128	Penny Freeman	F		23.42	188	Chris Gray	M40	28.47
129	David Parsons	M60	Bournemouth	23.54	189	Nick Jenkins	M40	29.00
130	Will Green	M		23.58	190	Corinne Hardie	F50	29.03
131	Louise Critchlow	F		24.00	191	Suzanne Trustum	F40	29.14
132	Tony King	M40		24.05	192	Raymond Scholes	M70 Guernsey AC	29.51
133	Sydney Schreimaier	FU13	Guernsey AC	24.08	193	Ashley Ellis	M	29.57
134	Tania Shires	F40		24.16	194	Daniel Noyon	M	29.58
135	Renée Hubert	FU17	Guernsey AC	24.25	195	Mike Pitcher	M70	30.11
136	Kevin Le Noury	M50	Sarnia Walking Club	24.32	196	Ruth Whitton	F40	30.37
137	Robin Bailey	M40		24.34	197	Geoffrey Scott	M70 Poole Runners	30.43
138	Julie Chester	F40		24.44	198	Alistair Jackson	M70	30.46
139	Claire Doonan	F		24.55	199	Emma Bailey	F40	31.01
140	Sammie Redhead	F		24.57	200	Hannah Gray	F40	31.15
141	Andy De La Mare	M40		24.58	201	Beverley Falla	F Lee Merrien	31.31
142	Rudi Le Roux	M40		25.00	202	Sarah Alves De Sousa	F70 Sandhurst Joggers	31.41
143	Mags Smith	F50	Peel Road Joggers	25.01	203	Alison Bone	F60	31.57
144	Rebecca Gregson	F40		25.07	204	Anne Whillis	F60 Sandhurst Joggers	32.47
145	Martin Dean	M40	Guernsey Triathlon Club	25.08				
146	Joanna Griffiths	F		25.09				
147	Jeanne Svejstrup	F40	LMR	25.10				
148	Claire Allen	F40		25.13				
149	Maggie Marsh	F50	Portsmouth Jgrs	25.14				
150	David Reed	M	Lee Merrien Running	25.20				
151	Alun Williams	M50	Guernsey AC	25.30				
152	Tess Murphy	F		25.32				
153	Amanda Mew	F50		25.41				
154	Chantelle Le Cheminant	F	Lee Merrien Running Club	25.42				
155	Cressida Pearce	F50	Totley AC	25.50				
156	Claire Hackney	F40		25.51				
157	Helen Craig	F50		25.57				
158	Sophie Kimber	F50		25.58				
159	Catherine Birnie	F50	Guernsey AC	26.10				
160	Hannah Williams	F		26.11				
161	Rita Rue	F50		26.12				
162	Amber Helps	F		26.15				
163	Ann Ledgard	F40		26.23				
164	Roland Mills	M40		26.32				
165	Zara Torode	F		26.37				
166	Vicki Joyce	F40		26.38				
167	David Yetton	M60	Portsmouth Jgrs	26.40				
168	Marie Hards	F		26.52				
169	Wayne Robert	M		26.56				
170	Simon Whillis	M60	Sandhurst Joggers	27.05				
171	Sophie Gallienne	FU15	Guernsey AC	27.11				
172	Rick Mann	M60	Guernsey Athletics	27.23				
173	Gemma Brouard	F		27.30				
174	Sharon Finn-davey	F40		27.36				
175	Simon Luxon	M		27.36				
176	Nicki Garnham	F		27.41				
177	Sam Ingrouille	F50	Guernsey AC	27.47				
178	Kerry Marley	F40		27.54				
179	Laura Middleton	F	Lee Merrien Running Group	28.02				
180	Utopia Blackwood	FU17	Guernsey AC	28.10				

