



1	Jacob O'Hara	MU17 Portsmouth AC	25.46	66	Cathy Stewart	F50 Aldershot Farnham and Distri	36.47
2	Carl Holden	M Guernsey AC	26.43	67	Alex Nicol-gent	MU17 Guernsey AC	36.50
3	Richard Bartram	MU20 Guernsey AC	27.03	68	Matt Le Page	M	36.52
4	Daniel Galpin	MU20 Guernsey AC	27.10	69	Anna Phillips	F40 Guernsey AC	36.54
5	Peter Holmes	MU17 Jersey Tri Club	27.17	70	Robert Crocker	M OS Runners	36.56
6	Tristan Robilliard	M Guernsey AC	27.19	71	Paul W Ferbrache	M50 Guernsey AC	37.17
7	Dave Holmes	M Guernsey AC	27.34	72	Hugo Thompson	MU17	37.17
8	Samuel Galpin	MU20 Guernsey AC	27.36	73	Giles Quigley	MU20 LMR	37.18
9	James De Garis	M Guernsey AC	27.38	74	Emily Le Prevost	F	37.26
10	Louise Perrio	F Guernsey AC	28.17	75	Jean-Pierre Mace	M60 Guernsey AC	37.26
11	Robert Finch	M OS Runners	28.25	76	Steven Rue	M60	37.27
12	Edward Mason	MU20 Guernsey AC	28.35	77	Emma Hardie	F	37.30
13	Adam O'Hara	M Portsmouth AC	28.43	78	Gina Rowe	F50 Guernsey AC	37.32
14	James Priest	M Guernsey AC	28.56	79	Gemma Le Sauvage	F	37.38
15	Chris Way	M Guernsey AC	29.07	80	Jason Powers	M40	38.00
16	Sean Galpin	M50 Guernsey AC	29.25	81	Isaac Powers	MU17 Guernsey AC	38.00
17	Zippy Grice	M40 Aldershot Farnham and Distric	29.36	82	Alison Gavey	F40 Guernsey AC	38.06
18	Joe Yeaman	MU20 Guernsey AC	29.42	83	Ian Graham	M60 Bournemouth	38.07
19	Simon Ingrouille	M40 Guernsey AC	30.06	84	Eloise Bird	F40	38.14
20	Jenny James	F Guernsey AC	30.12	85	Peter Jay	M50	38.25
21	Toby Grice	M40 Guernsey AC	30.18	86	Naomi Stanley	F OS Runners	38.46
22	Ben Foote	M Guernsey AC	30.41	87	Andy Bell	M40	39.09
23	Sam Cooper	M	30.43	88	Simon Graham	M50	39.20
24	Marc Guille	M	30.47	89	Williams Rosie	F	39.26
25	Laura Mccarthy	F Guernsey AC	30.48	90	Louise Critchlow	F	40.10
26	Damian Griffiths	M	30.48	91	Dean Cooper	M40	40.15
27	Michael Peters	M50 Godiva Harriers	30.50	92	Julie Chester	F40	40.23
28	Steve McCracken	M	30.57	93	David Parsons	M60 Bournemouth	40.25
29	Adrian Lihou	M40 Guernsey AC	31.08	94	Jonathan Leedham	M	40.26
30	Mark Goodison	M50 Tolley AC	31.11	95	Nick Medlen	M	40.50
31	Chris Ledgard	M40	31.22	96	Collette Watts	F	40.52
32	Dean Paulley	M OS Runners	31.24	97	Claire Doonan	F	41.18
33	Kris Allen	M	31.25	98	Amanda Mew	F50	41.25
34	Charlie Thompson	M	31.31	99	Russell Mead	M50	41.31
35	Steve Smith	M40 Guernsey Tri Club	31.38	100	Maggie Marsh	F50 Portsmouth Jgrs	41.33
36	Nick Mann	M Guernsey Triathlon Club	31.46	101	Anne McAuliffe	F	41.35
37	Will Thompson	MU20	32.02	102	Tim Coates	M	41.35
38	Andrew Jeanne	M	32.02	103	Jeanne Svejstrup	F40 LMR	41.58
39	Adam Skinner	M	32.24	104	Alun Williams	M50 Guernsey AC	41.59
40	Keith Vallis	M50	32.35	105	Trevor Jeffries	M70	42.07
41	Chantal Green	F Guernsey AC	32.50	106	Mags Smith	F50 Peel Road Joggers	42.10
42	Maisie Grice	FU17 Aldershot Farnham and Distric	33.01	107	Catherine Birnie	F50 Guernsey AC	42.19
43	Peter Bird	M40	33.11	108	Helen Craig	F50	42.59
44	Michael Ede	M60 Cheltenham and County Harri	33.19	109	Ann Ledgard	F40	43.04
45	Nick Hynes	M40 Guernsey AC	33.28	110	Sophie Kimber	F50	43.05
46	Adam Dorey	M	33.57	111	Marie Hards	F	43.14
47	Adam Grogan	M	33.57	112	Cressida Pearce	F50 Tolley AC	43.19
48	Miky Ingrouille	MU17 Guernsey AC	33.58	113	Rita Rue	F50	43.24
49	Steve Sarre	M	34.13	114	Rowena Homan	F50	43.39
50	Bernie Barnaby	M50 Guernsey AC	34.20	115	David Yetton	M60 Portsmouth Jgrs	43.47
51	Elaine Graham	F40	34.27	116	Jessica Gallienne	FU20 Guernsey AC	43.56
52	Annabel Matthews-smith	F	34.28	117	Zara Torode	F	44.01
53	Nikki Neal	F40 Guernsey AC	34.39	118	Claire Hackney	F40	44.23
54	Mark Pizzey	M40	34.40	119	Sam Ingrouille	F50 Guernsey AC	46.20
55	Neil Dade	M	34.41	120	Raymond Scholes	M70 Guernsey AC	48.19
56	Matthew Pillinger	M OS Runners	34.51	121	Nick Jenkins	M40	48.52
57	John Bonner	M40	35.13	122	Mike Pitcher	M70	49.00
58	Jon Press	M Guernsey AC	35.15	123	Chris Gray	M40	49.08
59	Chris Dorey	M60	35.57	124	Robyn Palfrey	FU20	49.38
60	Jeremey Mew	M50 Guernsey AC	35.59	125	Mark Palfrey	M	49.38
61	Nicola Holmes	F	36.10	126	Corinne Hardie	F50	50.01
62	Ross Le Brun	M	36.13	127	Hannah Gray	F40	50.14
63	Chris James	M	36.13	128	Geoffrey Scott	M70 Poole Runners	50.18
64	Ian Ozanne	M50	36.38	129	Alistair Jackson	M70	52.32
65	Dave Hockey	M40 Guernsey AC	36.42				

