

| Name | Cat | Time |
|---------------------|------|---------|
| 1 Ryan Burling | M | 0:50.31 |
| 2 Steve Dawes | M | 0:54.34 |
| 3 Steve Bienvenu | M | 0:57.22 |
| 4 James De Garis | M | 0:57.41 |
| 5 James Priest | M | 0:57.50 |
| 6 Tom Shaw | M | 0:58.02 |
| 7 Ben Wilen | M | 0:58.28 |
| 8 Louise Perrio | W | 1:00.57 |
| 9 Steve Mann | M40 | 1:01.38 |
| 10 Chris Gillman | M | 1:01.40 |
| 11 Sammy Galpin | U20M | 1:01.41 |
| 12 Alex Rowe | U20M | 1:02.03 |
| 13 Joshua Thornton | U20M | 1:02.29 |
| 14 Clint King | M | 1:02.37 |
| 15 Simon Ingrouille | M40 | 1:02.37 |
| 16 Ulrike Maisch | W40 | 1:02.58 |
| 17 Laura McCarthy | W | 1:02.59 |
| 18 Richard Hann | M | 1:03.02 |
| 19 Adrian Lihou | M40 | 1:03.08 |
| 20 Colin Jeffreys | M | 1:03.30 |
| 21 Sean Galpin | M50 | 1:03.37 |
| 22 Nick Mann | M | 1:03.41 |
| 23 Dave Dyke | M | 1:04.24 |
| 24 Andy Hatton | M | 1:04.49 |
| 25 Rob Byrne | M | 1:05.39 |
| 26 David Mosley | M | 1:06.32 |
| 27 Andrew McArthur | M | 1:06.40 |
| 28 Mark Pizzey | M40 | 1:07.10 |
| 29 Sam Cooper | M | 1:07.13 |
| 30 David Hockey | M40 | 1:07.15 |
| 31 Andrew Watts | M40 | 1:07.17 |
| 32 Shane Huxster | M | 1:07.21 |
| 33 Matt Brawn | M40 | 1:07.23 |
| 34 Danny Blake | M40 | 1:07.29 |
| 35 Dan Armsden | M | 1:07.34 |
| 36 Liz Dudin | W | 1:07.52 |
| 37 Paul Hewitt | M40 | 1:09.25 |
| 38 Emily Bookless | W40 | 1:09.35 |
| 39 Amy Critchlow | W | 1:09.36 |
| 40 Steve McCracken | M | 1:09.46 |
| 41 Michael Hunt | M | 1:10.13 |
| 42 Jon Sexton | M40 | 1:10.17 |
| 43 Steve Smith | M40 | 1:10.29 |
| 44 Adam Skinner | M | 1:10.37 |
| 45 Matt Joyce | M40 | 1:10.42 |
| 46 Jon Shaw | M40 | 1:10.52 |
| 47 Richard Stapley | M50 | 1:11.27 |
| 48 Richard Wickins | M40 | 1:11.46 |
| 49 Ben Foote | M | 1:11.55 |
| 50 Michael Way | M40 | 1:12.05 |
| 51 Rob Cornelius | M40 | 1:12.09 |
| 52 Jim Elliott | M | 1:12.18 |
| 53 Adam Grogan | M | 1:12.20 |
| 54 Tim Creasey | M | 1:12.22 |
| 55 Adam Dorey | M | 1:12.36 |

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| 56 | Alistair Boyle | M40 | 1:12.40 |
| 57 | Sean Collins | M50 | 1:12.44 |
| 58 | Elaine Graham | W40 | 1:13.10 |
| 59 | Craig Allen | M40 | 1:13.10 |
| 60 | Jason Carre | M | 1:13.12 |
| 61 | Sean Murphy | M40 | 1:13.22 |
| 62 | Simon March | M | 1:13.29 |
| 63 | Lee Dodd | M40 | 1:13.34 |
| 64 | Shane Gaudion | M40 | 1:13.46 |
| 65 | Steve Sarre | M | 1:15.06 |
| 66 | Dave Watson | M40 | 1:15.10 |
| 67 | Derek Beatty | M | 1:15.50 |
| 68 | Rex Bisson | M40 | 1:15.59 |
| 69 | Adele Perrot | W | 1:16.10 |
| 70 | Wayne Topley | M | 1:16.29 |
| 71 | Helene Herve | W | 1:16.31 |
| 72 | Matt Ashworth | M | 1:17.09 |
| 73 | Magda Puzio | W | 1:17.13 |
| 74 | Colette Jackson | W40 | 1:17.40 |
| 75 | Jason Connolly | M40 | 1:18.10 |
| 76 | Giles Quigley | U20M | 1:18.13 |
| 77 | Laura Guilbert | W | 1:18.38 |
| 78 | Stuart Hamon | M40 | 1:18.48 |
| 79 | Carl Gardner | M | 1:19.01 |
| 80 | Bob Green | M60 | 1:19.20 |
| 81 | Ross Le Brun | M | 1:19.20 |
| 82 | Vicky Carre | W40 | 1:19.26 |
| 83 | Emily Le Prevost | W | 1:19.34 |
| 84 | Matt Tardivel | M | 1:19.59 |
| 85 | Francesco Musardo | M | 1:20.16 |
| 86 | Jon Press | M | 1:20.18 |
| 87 | Javan Isabelle | M40 | 1:21.00 |
| 88 | Richard Gibbons | M | 1:21.07 |
| 89 | Katie Elward | W | 1:21.17 |
| 90 | Chris James | M | 1:21.54 |
| 91 | Tim Gilchrist | M | 1:21.56 |
| 92 | Michael Morris | M | 1:21.56 |
| 93 | Karen Farman | W40 | 1:21.57 |
| 94 | Gemma Le Sauvage | W | 1:22.25 |
| 95 | Matty Lovell | M40 | 1:22.27 |
| 96 | Ali Lihou | W40 | 1:22.34 |
| 97 | Mick Hughes | M40 | 1:22.51 |
| 98 | Becky Mauger | W | 1:22.54 |
| 99 | Danielle Gavet | W | 1:23.02 |
| 100 | Rosie Williams | W | 1:23.10 |
| 101 | Tim Hatton | M50 | 1:23.20 |
| 102 | Tina Bury | W | 1:23.48 |
| 103 | Ali Gavey | W40 | 1:23.51 |
| 104 | Sarah Wright | W40 | 1:24.59 |
| 105 | Angel Huettemann | W | 1:26.10 |
| 106 | Jeanne Svejstrup | W40 | 1:26.54 |
| 107 | Lucy Le Cocq | W | 1:26.56 |
| 108 | David Reed | M | 1:28.00 |
| 109 | Claire Allen | W40 | 1:28.28 |
| 110 | Tonderai Kahuni | M | 1:29.04 |
| 111 | Itayi Chibaya | M | 1:29.59 |
| 112 | Danniel Zimuto | M | 1:30.24 |
| 113 | Serena Ace-Hopkins | W | 1:30.26 |
| 114 | Sam Ingrouille | W50 | 1:34.31 |
| 115 | Fiona McGinn | W | 1:34.43 |
| 116 | Sonia Hewitt | W | 1:34.44 |
| 117 | Claire Doonan | W | 1:35.03 |
| 118 | Dave Bichard | M50 | 1:36.04 |

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| 119 | Bruce Dovey | M50 | 1:39.01 |
| 120 | Paul James | M | 1:40.19 |
| 121 | Roger Naftel | M70 | 1:42.22 |
| 122 | Terry Hamden | M50 | 1:43.20 |
| 123 | Karen Wood | W40 | 1:46.47 |
| 124 | Angela Waters | W50 | 1:48.44 |
| 125 | Ray Scholes | M70 | 1:49.23 |
| 126 | Dave Hall | M | 1:51.27 |
| 127 | Bron Hall | W | 1:51.27 |
| 128 | Joanne Hardhill | W | 1:53.54 |
| 129 | Toby Birch | M50 | 1:59.23 |

Congratulations on completing the race. Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. More than 75,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36.0, your free personalised running biography page includes your current national ranking by age band and postcode, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on <http://www.runbritainrankings.com/user/claimhandicap.aspx>