

Age/Gender Graded Result	Name	Cat	Time	AG
	1 Ryan Burling	M	0:50.31	87.10
	2 Louise Perrio	W	1:00.57	81.79
	3 Ulrike Maisch	W40	1:02.58	81.63
	4 Steve Dawes	M	0:54.34	81.43
	5 Sean Galpin	M50	1:03.37	79.46
	6 Laura McCarthy	W	1:02.59	78.70
	7 James De Garis	M	0:57.41	77.72
	8 Steve Bienvenu	M	0:57.22	77.45
	9 Simon Ingrouille	M40	1:02.37	77.32
	10 Dave Dyke	M	1:04.24	77.12
	11 James Priest	M	0:57.50	76.08
	12 Adrian Lihou	M40	1:03.08	76.03
	13 Steve Mann	M40	1:01.38	75.99
	14 Tom Shaw	M	0:58.02	75.96
	15 Ben Wilen	M	0:58.28	75.26
	16 Emily Bookless	W40	1:09.35	73.87
	17 Liz Dudin	W	1:07.52	73.23
	18 Amy Critchlow	W	1:09.36	72.53
	19 Chris Gillman	M	1:01.40	71.49
	20 Mark Pizzey	M40	1:07.10	71.46
	21 Sammy Galpin	U20M	1:01.41	71.39
	22 Joshua Thornton	U20M	1:02.29	71.01
	23 Alex Rowe	U20M	1:02.03	70.96
	24 Clint King	M	1:02.37	70.96
	25 David Hockey	M40	1:07.15	70.81
	26 Elaine Graham	W40	1:13.10	70.25
	27 Michael Hunt	M	1:10.13	70.14
	28 Sean Collins	M50	1:12.44	70.10
	29 Richard Hann	M	1:03.02	70.07
	30 Nick Mann	M	1:03.41	70.06
	31 Richard Stapley	M50	1:11.27	69.51
	32 Colin Jeffreys	M	1:03.30	69.42
	33 Steve Smith	M40	1:10.29	69.26
	34 Andy Hatton	M	1:04.49	68.84
	35 Bob Green	M60	1:19.20	68.53
	36 Andrew Watts	M40	1:07.17	67.95
	37 Danny Blake	M40	1:07.29	67.75
	38 Jon Shaw	M40	1:10.52	67.73
	39 Paul Hewitt	M40	1:09.25	67.47
	40 Matt Brawn	M40	1:07.23	67.35
	41 Michael Way	M40	1:12.05	67.17
	42 Rob Byrne	M	1:05.39	67.02
	43 Matt Joyce	M40	1:10.42	66.78
	44 Dan Armsden	M	1:07.34	66.72
	45 Adele Perrot	W	1:16.10	66.63
	46 Colette Jackson	W40	1:17.40	66.18
	47 Ali Gavey	W40	1:23.51	66.15
	48 David Mosley	M	1:06.32	66.13
	49 Jon Sexton	M40	1:10.17	66.09
	50 Andrew McArthur	M	1:06.40	66.00

51	Rob Comelius	M40	1:12.09	66.00
52	Jason Carre	M	1:13.12	65.57
53	Sam Cooper	M	1:07.13	65.48
54	Shane Huxster	M	1:07.21	65.45
55	Magda Puzio	W	1:17.13	65.06
56	Vicky Carre	W40	1:19.26	64.71
57	Helene Herve	W	1:16.31	64.56
58	Richard Wickins	M40	1:11.46	64.21
59	Tim Hatton	M50	1:23.20	64.04
60	Craig Allen	M40	1:13.10	64.01
61	Dave Watson	M40	1:15.10	63.86
62	Karen Farman	W40	1:21.57	63.68
63	Shane Gaudion	M40	1:13.46	63.49
64	Steve McCracken	M	1:09.46	63.19
65	Alistair Boyle	M40	1:12.40	62.91
66	Laura Guilbert	W	1:18.38	62.91
67	Adam Skinner	M	1:10.37	62.31
68	Ali Lihou	W40	1:22.34	62.25
69	Lee Dodd	M40	1:13.34	62.14
70	Emily Le Prevost	W	1:19.34	62.02
71	Jim Elliott	M	1:12.18	62.01
72	Jason Connolly	M40	1:18.10	61.94
73	Sarah Wright	W40	1:24.59	61.91
74	Sean Murphy	M40	1:13.22	61.86
75	Katie Elward	W	1:21.17	61.80
76	Tim Creasey	M	1:12.22	61.65
77	Gemma Le Sauvage	W	1:22.25	61.25
78	Ben Foote	M	1:11.55	61.21
79	Adam Grogan	M	1:12.20	60.94
80	Adam Dorey	M	1:12.36	60.72
81	Simon March	M	1:13.29	60.72
82	Jeanne Svejstrup	W40	1:26.54	60.55
83	Rex Bisson	M40	1:15.59	60.17
84	Steve Sarre	M	1:15.06	59.70
85	Danielle Gavet	W	1:23.02	59.43
86	Sam Ingrouille	W50	1:34.31	59.37
87	Rosie Williams	W	1:23.10	59.34
88	Tina Bury	W	1:23.48	59.31
89	Becky Mauger	W	1:22.54	59.30
90	Derek Beatty	M	1:15.50	59.12
91	Stuart Hamon	M40	1:18.48	58.95
92	Roger Naftel	M70	1:42.22	58.74
93	Claire Allen	W40	1:28.28	58.10
94	Wayne Topley	M	1:16.29	57.64
95	Javan Isabelle	M40	1:21.00	57.35
96	Angel Huettemann	W	1:26.10	57.27
97	Matt Ashworth	M	1:17.09	57.03
98	Lucy Le Cocq	W	1:26.56	57.02
99	Ross Le Brun	M	1:19.20	56.83
100	Ray Scholes	M70	1:49.23	56.42
101	Giles Quigley	U20M	1:18.13	56.25
102	Carl Gardner	M	1:19.01	56.23
103	Jon Press	M	1:20.18	56.14
104	Mick Hughes	M40	1:22.51	56.07
105	Angela Waters	W50	1:48.44	55.59
106	Francesco Musardo	M	1:20.16	55.17
107	Matty Lovell	M40	1:22.27	55.04
108	Matt Tardivel	M	1:19.59	55.01
109	Serena Ace-Hopkins	W	1:30.26	54.81
110	Michael Morris	M	1:21.56	54.45

111	Richard Gibbons	M	1:21.07	54.24
112	Tim Gilchrist	M	1:21.56	54.05
113	Chris James	M	1:21.54	53.83
114	Fiona McGinn	W	1:34.43	53.58
115	Sonia Hewitt	W	1:34.44	53.29
116	Claire Doonan	W	1:35.03	52.64
117	Dave Bichard	M50	1:36.04	52.62
118	Terry Hamden	M50	1:43.20	51.65
119	Karen Wood	W40	1:46.47	50.23
120	David Reed	M	1:28.00	50.09
121	Bruce Dovey	M50	1:39.01	49.74
122	Tonderai Kahuni	M	1:29.04	49.40
123	Itayi Chibaya	M	1:29.59	48.90
124	Danniel Zimuto	M	1:30.24	48.69
125	Paul James	M	1:40.19	46.69
126	Toby Birch	M50	1:59.23	45.00
127	Joanne Hardhill	W	1:53.54	44.32
128	Bron Hall	W	1:51.27	44.28
129	Dave Hall	M	1:51.27	40.23

*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>*