

Name	Cat	Time
1 Ryan Burling	M	35.55
2 Andrew van Kints	M	39.14
3 Peter Amy	M	39.46
4 James De Garis	M	39.49
5 Ben Wilen	M	40.14
6 James Priest	M	40.27
7 Louise Perrio	W	40.45
8 Sarah Mercier	W	40.55
9 Tom Shaw	M	40.59
10 James Gower	M40	41.58
11 Warwick Helps	M40	42.25
12 Luke Richards	M	42.43 *
13 Sean Galpin	M50	42.44
14 Adrian Lihou	M40	43.00
15 Ulrike Maisch	W40	43.22
16 Ian Scholes	M40	43.31
17 Sammy Galpin	u20M	43.44
18 Sam Lesley	M	43.45
19 Simon Ingrouille	M40	43.52
20 Jenny James	W	43.52
21 Steven Elliott	M	44.05
22 Andrew McArthur	M	44.46
23 Ben Foote	M	44.57
24 Stuart Le Noury	M	44.58
25 Dave Dyke	M50	45.11
26 Sam Cooper	M	45.13
27 Shane Huxster	M	45.15
28 Mark Pizzey	M40	45.35
29 Fabio Teles	M	45.54
30 Robert Gregson	M50	45.57
31 Paul Hewitt	M40	46.22
32 Pete Le Prevost	M	46.26
33 Danny Blake	M40	46.31
34 Nick Hynes	M40	46.41
35 James Herve	M	47.07
36 Dave Hockey	M40	47.38
37 Laura McCarthy	W	47.42
38 Robert Comelius	M40	48.09
39 Jon Shaw	M40	48.25
40 Nicolo Rocca	M	48.33
41 Mike Doyle	M50	48.36
42 Garrett Le Noury	M	48.39
43 Steve Sarre	M	48.43 *
44 Mathew Le Huray	M40	48.49
45 David Woodhead	M40	48.51
46 David Strawbridge	M50	49.00
47 Richard Stapley	M50	49.05
48 Toby Mann	M	49.18
49 Elaine Graham	W40	49.21
50 Mikey Ingrouille	U17M	49.23
51 Ryan De Jersey	M	49.25
52 Adam Skinner	M	49.26

53	Ben Barnes	M	49.31
54	Andrew Zabiela	M40	49.40
55	Clint King	M	49.42
56	Shane Toms	M	49.43
57	Tim Andrews	M	49.50
58	Tom Nichols	M	49.50
59	Stuart Dunne	M40	49.51
60	Michael Way	M40	49.51
61	Evan Melrose	M	49.58
62	Matt Hobbs	M50	50.01
63	#N/A	#N/A	50.01
64	Craig Allen	M40	50.06
65	Jordan Smith	M	50.17
66	Craig Le Lerre	M	50.48
67	Alex KoMas	M	51.00
68	Marc Isabelle	M	51.05
69	Katrina Rowe	W	51.33
70	Paul Davies	M50	51.53
71	Martine Cunningham	W	52.19
72	Richard Davis	M40	52.31
73	Lucia Ronacador	W	52.40
74	Richard Davey	M40	52.43
75	Nick Mann	M	52.49
76	Sam Norris	M	53.00
77	Michael Le Page	M	53.02
78	Helene Herve	W	53.04
79	Brett Bewey	M40	53.06
80	M Davy	M40	53.14
81	Paul Blackmore	M40	53.15
82	Nigel Cashin	M50	53.23
83	Wayne Topley	M	53.31
84	Claire Smit	W35	53.35
85	Jason Connolly	M40	53.51
86	Harry Turner	M	53.51
87	Chris Dorey	M60	54.01
88	Joe Le Page	M	54.06
89	Jocelyn Mclellan	W40	54.09
90	Mark Haggarty	M	54.38
91	Gareth Ashmead	M50	54.39
92	Daz Carre	M	54.54
93	Paul W Ferbrache	M50	55.08
94	Katie Watson	W	55.11
95	Chris Markham	M40	55.14
96	Richard Gibbons	M	55.27
97	Jason Powers	M40	55.46
98	Wynand Pretorius	M40	55.52
99	Jake Dutot	M	55.56
100	Jonny Fenn	M	55.57
101	Anna Phillips	W40	56.08
102	Tim Hatton	M50	56.08
103	Chris Kilzer	M40	56.09
104	Conor Manganaro	M	56.17
105	Abbie Swain	W	56.30
106	Nicky Kendall	W	56.35
107	Karen Farman	W40	56.41
108	Daniel Reoch-Brehaut	M40	56.46
109	Mark Palfrey	M50	56.54
110	Glenn Gallienne	M40	57.03
111	Matt Mason	M50	57.12
112	#N/A	#N/A	57.17

113	Josh Rault	M	57.20
114	Rosie Williams	W	57.21
115	Ross Le Brun	M40	57.23
116	Matt Le Page	M	57.39
117	Matty Lovell	M40	57.39
118	Vito Priore	M40	57.39
119	Emile Thompson	M	57.53
120	Kristin Dowling	W35	58.24
121	Takudzwa Vimpe	M	58.33
122	James Woolrich	M	58.43
123	Claire Brehaut	W40	58.46
124	Divon Crouse	M	59.28
125	Paul Annegarn	M50	59.28
126	Sally Rochester	W40	59.34
127	Helen Robinson	W40	59.50
128	Becky Mauger	W	60.09
129	Lisa Ferbrache	W	60.28
130	Sarah Wright	W40	60.45
131	Chris Bradley	W	60.47
132	Heather Bromley	W	60.59
133	Paul Robinson	M40	61.07
134	Debbie Barton	W	61.29
135	Ruairi Hamden	M	61.37
136	Simon Luxon	M	61.41
137	Itayi Chibaya	M	61.59
138	Matthew Firth	M	61.59
139	Darren Smith	M40	62.04
140	Stephanie Clarke	W40	62.26
141	Sarah Dorey	W	62.31
142	Kevin Le Noury	M60	62.49
143	TG Jeffries	M70	63.10
144	Nikki Scott	W50	63.16
145	Catherine Sinclair-Stott	W	63.24
146	Elizabeth Arklie	W	63.25
147	Rebecca Burrige	W	63.41
148	Sophie Lihou	W	63.47
149	Richard Tostevin	M50	64.25
150	Sue Lawrence	W50	64.31
151	John Hibbs	M40	64.37
152	Jonathan Creasy	M	64.41
153	Zara Torode	W35	64.42
154	Andrew Harper	M40	64.45
155	Collette Watts	W	64.56
156	Terry Hamden	M60	64.56
157	Chris Harvey	M40	64.57
158	Nicky Pledger	W	64.57
159	John Philipps	M40	65.07
160	Gary Allen	M50	65.07
161	Laura Kansere	W35	65.41
162	Paul James	M40	65.48
163	Andy Bougourd	M	65.53
164	Laura Quayle	W35	65.53
165	Lisa Evans	W40	66.30
166	Rachie McCutcheon	W40	66.50
167	Kate Trow	W50	66.54
168	Roger Naftel	M70	67.12
169	Martyn Roberts	M	67.20
170	Peter McGovern	M60	67.39
171	Lesley Howgegs	W	67.55
172	Lucy Gosselin	W35	67.59

173	Kerry Tardif	W40	69.08
174	Laura Clayton	W35	69.13
175	Sam Ingrouille	W50	70.00
176	Bev Dereham	W40	70.00
177	Helen Craig	W50	70.05
178	Neal Bewey	M40	70.08
179	Alun Williams	M50	70.39
180	Nick Jenkins	M40	71.25
181	Jackie Mauger	W	71.44
182	Rick Mann	M60	72.13
183	Emma Shearer	W40	72.38
184	Julia Dando	W50	73.36
185	Annie Ashmead	W50	73.55
186	Jamie McCormack	M40	76.36
187	Martin Bougourd	M40	76.54
188	Chantelle Le Cheminant	W35	79.20
189	Berni Gilman	W40	79.20
190	Toby Birch	M50	86.49

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>