

Position	Runner No.	Name	Category	Lap 1	Lap 2	Total
1	176	Ryan Nicholl	SM	0:19:48	0:20:24	0:40:12
2	157	Luke Bartisher	SM	0:19:51	0:21:08	0:40:59
3	175	Luke Nicholl	MU23	0:20:11	0:21:37	0:41:48
4	154	Darren Darkins	SM	0:20:57	0:21:18	0:42:15
5	188	Stephen Dicks	MV40	0:20:57	0:21:47	0:42:44
6	162	James Gray	SM	0:21:42	0:22:06	0:43:48
7	150	Simon Raglione-Hall	MV40	0:22:06	0:22:11	0:44:17
8	186	Robert Brightman	SM	0:22:29	0:22:26	0:44:55
9	183	Anna Folland	FV40	0:23:11	0:23:00	0:46:11
10	181	Phil Stanley	SM	0:22:50	0:23:32	0:46:22
11	156	Robert Hardwick	SM	0:23:14	0:23:40	0:46:54
12	158	Roy Wildman	MV50	0:25:19	0:22:39	0:47:58
13	151	Georgia Richardson	FU23	0:23:44	0:24:20	0:48:04
14	172	Chas Fisk	MU23	0:24:27	0:24:01	0:48:28
15	184	Richard Pooley	MV50	0:24:43	0:24:45	0:49:28
16	192	David Holt	MV60	0:25:11	0:24:46	0:49:57
17	178	Niki Jones	FV40	0:25:19	0:25:16	0:50:35
18	185	Simon King	MV50	0:25:19	0:25:25	0:50:44
19	179	Robert Burrells	MV60	0:25:22	0:25:45	0:51:07
20	191	Viv Kilgour	FV50	0:25:29	0:25:48	0:51:17
21	168	Beverley Tredget	FV50	0:27:11	0:26:46	0:53:57
22	170	James Saunders	SM	0:27:30	0:26:40	0:54:10
23	171	Richard Woodward	SM	0:27:37	0:27:23	0:55:00
24	153	James Richardson	MV50	0:27:27	0:27:45	0:55:12
25	159	Stuart Bullard	MV40	0:27:53	0:28:42	0:56:35
26	155	Steve Crane	MV60	0:28:47	0:28:20	0:57:07
27	174	Lydia Strange	FU23	0:28:39	0:28:35	0:57:14
28	190	Bex Sharpe	FU23	0:29:06	0:28:31	0:57:37
29	189	Tim Taylor	MV40	0:29:06	0:28:32	0:57:38
30	160	Nicola Rouse	FV40	0:29:38	0:28:09	0:57:47
31	177	Julie Driver	FV50	0:29:46	0:30:29	1:00:15
32	173	Simon Forbes	MV50	0:30:40	0:32:02	1:02:42
33	152	Carolyn Richardson	FV50	0:31:47	0:31:40	1:03:27
34	167	Liz Pond	SF	0:31:32	0:32:06	1:03:38
35=	164	Henrietta Malpass	FU23	0:32:06	0:32:41	1:04:47
35=	165	Andrew MacIntyre	MU23	0:32:06	0:32:42	1:04:47
37	163	James Deag	MU23	0:30:11	0:34:49	1:05:00
38	180	Jessica Corion	SF	0:32:09	0:33:51	1:06:00
39	161	Claire Jones	FV50	0:32:34	0:33:32	1:06:06
40	166	Nichole Neate	FV40	0:32:06	0:34:30	1:06:36
41=	169	Sarah Crabb	SF	0:33:20	0:35:34	1:08:54
41=	193	Bridgette Peacock	FV40	0:34:17	0:34:38	1:08:54
	182	Greg Deacon	MV50	0:42:15	DNF	DNF
	187	Therese Gray	FV50	0:42:15	DNF	DNF