

# Lakes 5 day - Swindale SW

August 07, 2022

## EVENT RESULTS

### M10A 2.5km 90m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	154	Louis Bryant	SYO	M10	22:05	
2nd	1317	Darrio Tam	HH	M10	29:01	+6:56
3rd	578	Zebedee Harlock-Askew	TVOC	M10	36:17	+14:12
4th	579	Alexander Harlock-Askew	TVOC	M10	40:48	+18:43
5th	1323	Andrew C C Tang	OD	M10	41:38	+19:33
6th	217	Fraser Clarke	NGOC	M10	41:55	+19:50
7th	931	Joseph Meredith	EBOR	M10	75:59	+53:54

### M10B 2.0km 60m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	860	Francis Mansfield	BAOC	M10	20:09	
2nd	45	Harry Atkinson	LOC	M10	20:57	+0:48
3rd	21	Charlie Alcock	AIRE	M10	24:05	+3:56
4th	1200	Hugh Scarborough	MV	M10	26:12	+6:03

### M12A 3.4km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1360	Quinn Thompson	LOC	M12	35:41	
2nd	1496	Oskar Woods	SYO	M12	41:15	+5:34
3rd	887	Charlie Maule-Lidbury	HAVOC	M12	45:31	+9:50
4th	928	Daniel Meredith	EBOR	M12	51:20	+15:39
5th	344	Matvei Dnestrovskii	TVOC	M12	51:45	+16:04
6th	1087	Stanley Preston	SYO	M12	55:32	+19:51
7th	50	Peter Atkinson	ELO	M12	59:40	+23:59
8th	453	Chun Ho Andre Fu	WAOC	M12	67:26	+31:45
9th	315	Alex Darwin	WAOC	M12	77:06	+41:25
10th	1401	Alfie Tyner	Setanta	M12	89:18	+53:37
	660	Hiroki Holmes	WCOC	M12	m4-11	

### M12B 2.5km 90m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1201	Ralph Scarborough	MV	M12	48:44	

### M14A 5.0km 180m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	912	Finlay McLuckie	MOR	M14	39:42	
2nd	1128	Caspar Reynolds	SYO	M14	44:28	+4:46
3rd	629	Toby Heppell	WCOC	M14	47:04	+7:22
4th	1378	Ben Todhunter	SROC	M14	56:07	+16:25
5th	1131	Pasco Reynolds	SYO	M14	58:19	+18:37
6th	1088	William Preston	SYO	M14	60:04	+20:22
7th	787	Adam Landels	OD	M14	61:07	+21:25
8th	1124	George Rennie	WCOC	M14	62:18	+22:36
9th	199	Ben Chapman	SO	M14	64:12	+24:30
10th	651	Lawrence Hodgson	SYO	M14	65:06	+25:24
11th	1306	Max Straube-Roth	OD	M14	69:03	+29:21
12th	128	Monty Bratcher-Howard	WIM	M14	74:11	+34:29
13th	1554	Oscar Peel	SYO	M14	75:29	+35:47
14th	247	Lawrie Cope	NATO	M14	76:45	+37:03
15th	1296	Henry Stitson	AIRE	M14	94:52	+55:10
16th	1240	Eoin Simpson	LEI	M12	113:04	+73:22
17th	770	Jamie King	GO	M14	138:50	+99:08
	1318	Davis Tam	HH	M14	m1-10	
	1061	Daniel Pigott	POTOC	M14	m2-10	

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### M14A 5.0km 180m

Pos	No.	Name	Club	Age Class	Time	Behind
	454	Chun Yan Alistair Fu	WAOC	M14	m3-6 w8	

### M14B 3.4km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	473	Leo Gilbert	DEVON	M14	48:50	

### M16A 6.3km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1162	Thomas Rollins	SN	M16	39:55	
2nd	553	James Hammond	FVO	M16	42:12	+2:17
3rd	627	Daniel Heppell	WCOC	M16	43:52	+3:57
4th	1121	Ruben Razzetti	BL	M16	45:00	+5:05
5th	1048	Ben Perry	DEVON	M16	50:12	+10:17
6th	701	Isaac Hunter	WCOC	M16	50:52	+10:57
7th	152	James Bryant	SYO	M16	51:46	+11:51
8th	127	Harry Bratcher-Howard	WIM	M16	55:56	+16:01
9th	974	Yann Newey	MAROC	M16	56:13	+16:18
10th	48	Joel Atkinson	ELO	M16	56:21	+16:26
11th	1003	Jake O'Donnell	DVO	M16	66:08	+26:13
12th	237	Jamie Connor	FVO	M16	77:37	+37:42
13th	686	Austin Howe	SAX	M16	91:34	+51:39
14th	900	Matthew McCreadie	DEE	M16	97:17	+57:22
15th	513	Matthew Green	NATO	M16	136:14	+96:19
	123	Hamish Braine-Clarke	QO	M16	m3-11	
	355	John Doyle	SYO	M16	m4-12	

### M18L 7.1km 230m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	932	Adam Methven	BKO	M18	52:27	
2nd	1209	Peter Scott	LOC	M18	57:40	+5:13
3rd	481	Jamie Goddard	FVO	M18	59:52	+7:25
4th	498	Ben Gostick	HH	M18	61:00	+8:33
5th	883	Alex Matthew	SROC	M18	61:02	+8:35
6th	1049	Tom Perry	DEVON	M18	61:39	+9:12
7th	1342	Wilfrid Teasdale	WCOC	M18	62:28	+10:01
8th	614	Tommy Heap	SO	M18	63:03	+10:36
9th	911	Sam McLoughlin	WCOC	M18	67:29	+15:02
10th	1440	Dominic Wathey	MDOC	M18	78:02	+25:35
11th	246	Jonty Cope	NATO	M18	81:44	+29:17
12th	467	William Garnett	SYO	M18	82:05	+29:38
13th	810	Sam Lewis	DEVON	M18	82:33	+30:06

### M18S 5.1km 160m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1001	Ben O'Donnell	DVO	M18	64:22	
2nd	1403	Tivon Tyner	Setanta	M18	83:14	+18:52
3rd	785	Robin Lambe	HOC	M18	104:53	+40:31

### M20L 7.1km 230m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	731	Finlay Johnson	SROC	M20	47:57	
2nd	492	Jonty Goodwin	EUOC	M20	66:21	+18:24
3rd	672	Matthew Horne	LOC	M20	81:36	+33:39

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### M20L 7.1km 230m

Pos	No.	Name	Club	Age Class	Time	Behind
4th	581	Adam Harris	DEE	M20	<b>88:34</b>	+40:37
5th	781	Benjamin Kyd	MDOC	M20	<b>115:35</b>	+67:38
6th	234	Luke Collins	LVO	M20	<b>143:54</b>	+95:57
	416	Alex Fielding	HH	M20	<b>w9</b>	

### M20S 5.1km 160m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	841	Vlad Lutsenko	CHIG	M20	<b>109:48</b>	

### M21L 10.1km 350m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	507	Filip Grahn	Södertälje-Nykva	M21	<b>60:37</b>	
2nd	1343	Alastair Thomas	WCOC	M21	<b>62:52</b>	+2:15
3rd	794	Nathan Lawson	OD	M21	<b>64:21</b>	+3:44
4th	158	David Bunn	EUOC	M21	<b>67:06</b>	+6:29
5th	1288	Ben Stevens	DRONGO	M35	<b>69:48</b>	+9:11
6th	1443	Daniel Weaver	UBOC	M21	<b>73:48</b>	+13:11
7th	1459	Jérémie Wichoud	CO Lausanne-Jo	M21	<b>75:58</b>	+15:21
8th	1156	Richard Robinson	NOC	M40	<b>76:16</b>	+15:39
9th	1332	Duncan Taylor	DEVON	M21	<b>76:45</b>	+16:08
10th	414	Adam Fieldhouse	QO	M21	<b>76:55</b>	+16:18
11th	1540	Lachlan Chavasse	CUOC	M21	<b>82:47</b>	+22:10
12th	305	Dom Dakin	SYO	M21	<b>82:59</b>	+22:22
13th	1364	Alistair Thornton	FVO	M21	<b>83:21</b>	+22:44
14th	386	Robert Elston	UBOC	M21	<b>83:31</b>	+22:54
15th	745	Lawrence Jones	NGOC	M21	<b>84:32</b>	+23:55
16th	655	Thomas Hofer	OLG Huttwil	M35	<b>87:00</b>	+26:23
17th	380	Ryan Elliot	OUOC	M21	<b>88:14</b>	+27:37
18th	867	Liam Marsh	SO	M21	<b>89:48</b>	+29:11
19th	583	Duncan Harris	DEE	M55	<b>90:37</b>	+30:00
20th	362	Samuel Drinkwater	MDOC	M21	<b>90:41</b>	+30:04
21st	1273	Martin Sogno	ACA	M21	<b>91:11</b>	+30:34
22nd	493	Joseph Goodwin	SHUOC	M21	<b>92:30</b>	+31:53
23rd	1058	Matthew Pickering	SYO	M21	<b>93:21</b>	+32:44
24th	1512	Philipp Zappa	OLG Huttwil	M21	<b>93:37</b>	+33:00
25th	797	Sam Leadley	OD	M21	<b>96:15</b>	+35:38
26th	1007	Conor O'Donovan	WAOC	M21	<b>98:53</b>	+38:16
27th	688	Frazer Howe	BAOC	M21	<b>99:06</b>	+38:29
28th	415	Robin Fieldhouse	QO	M21	<b>99:12</b>	+38:35
29th	1072	Adam Poole	TVOC	M21	<b>99:52</b>	+39:15
30th	490	Ben Goodwin	WCOC	M21	<b>100:03</b>	+39:26
31st	329	Tommy Delenne	ACA	M21	<b>100:34</b>	+39:57
32nd	543	Matt Haines	UBOC	M21	<b>102:54</b>	+42:17
33rd	463	Matthew Gardner	HH	M21	<b>104:12</b>	+43:35
34th	1320	Wing Chung Tam	PAOC	M35	<b>107:31</b>	+46:54
35th	1225	Dylan Sherman	OUOC	M21	<b>112:11</b>	+51:34
36th	791	Himmy Lau	SLOW	M21	<b>119:53</b>	+59:16
37th	865	Euan Marsh	SO	M21	<b>128:56</b>	+68:19
38th	432	Daniel Font	DEE	M21	<b>132:28</b>	+71:51
39th	230	Jeremy Colgan	HVO	M50	<b>134:43</b>	+74:06
40th	1491	Cheuk Wang Wong	PAOC	M21	<b>138:28</b>	+77:51
41st	346	Peter Dobra	SAX	M21	<b>153:43</b>	+93:06
42nd	1348	James Thomas	HOC	M21	<b>176:07</b>	+115:30
	1516	Donatas Tumaitis	CHIG	M35	<b>m15</b>	

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### M21S 7.1km 230m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	36	Thomas Aspin	CLOK	M21	<b>52:32</b>	
2nd	393	James Errington	HH	M21	<b>66:23</b>	+13:51
3rd	960	Dave Murgatroyd	AIRE	M21	<b>67:14</b>	+14:42
4th	150	Robert Browne	LOC	M21	<b>69:02</b>	+16:30
5th	949	Louis Morris	WCOC	M21	<b>69:11</b>	+16:39
6th	192	Iain Cattermole	STAG	M21	<b>70:44</b>	+18:12
7th	210	Yau Chung Chiu	PAOC	M35	<b>75:16</b>	+22:44
8th	1421	Michael Wagstaff	UBOC	M21	<b>76:02</b>	+23:30
9th	965	Andrew Nash	SOC	M45	<b>76:06</b>	+23:34
10th	531	Dirgha Gurung	BAOC	M21	<b>78:16</b>	+25:44
11th	23	Ollie Allcock		M21	<b>80:13</b>	+27:41
12th	295	Paul Cumner	BOF	M21	<b>82:16</b>	+29:44
13th	533	Joshan Gurung	RSOC	M21	<b>94:59</b>	+42:27
14th	532	Dou bahadur Gurung		M21	<b>96:04</b>	+43:32
15th	349	Oliver Doncaster	BAOC	M21	<b>102:08</b>	+49:36
16th	679	Råmund Løver Hovden	STORD ORIENT	M21	<b>102:30</b>	+49:58
17th	566	Stuart Hanstock	BOK	M21	<b>105:54</b>	+53:22
18th	1347	Huw Thomas	BOK	M35	<b>110:39</b>	+58:07
19th	823	Papesh Limbu	BOF	M21	<b>114:13</b>	+61:41
20th	754	Sudeep Kamal	BAOC	M21	<b>115:32</b>	+63:00
21st	536	Prem Gurung		M21	<b>119:07</b>	+66:35
22nd	534	Nabin Gurung	BAOC	M21	<b>131:51</b>	+79:19
23rd	374	Scott Elford	WSX	M21	<b>138:05</b>	+85:33
24th	843	Nicolas MacDonald	BOF	M21	<b>179:45</b>	+127:13
	678	Brage Løver Hovden	STORD ORIENT	M21	<b>m9-11</b>	

### M35L 10.1km 350m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1203	Tim Scarbrough	MV	M35	<b>77:44</b>	
2nd	1326	Joe Taunton	SYO	M35	<b>90:02</b>	+12:18
3rd	33	Robert Ashton	BAOC	M35	<b>92:27</b>	+14:43
4th	65	Laurence Ball	NOR	M35	<b>94:55</b>	+17:11
5th	164	Mark Burley	MDOC	M35	<b>95:01</b>	+17:17
6th	1163	Matthew Rooke	LOC	M35	<b>98:50</b>	+21:06
7th	862	Gareth Mansfield	BAOC	M35	<b>132:19</b>	+54:35
8th	1298	Edward Stott	SLOW	M35	<b>135:32</b>	+57:48

### M35S 6.3km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1593	Stephan Pugh			<b>65:15</b>	
2nd	1100	Sebastian Pugh	SYO	M35	<b>69:06</b>	+3:51
3rd	1026	Colin Palmer	TVOC	M35	<b>71:33</b>	+6:18
4th	537	Sandesh Gurung	BAOC	M35	<b>75:34</b>	+10:19
5th	359	Will Drewe	CLARO	M40	<b>80:35</b>	+15:20
6th	1329	Samuel Taunton	NGOC	M35	<b>92:12</b>	+26:57
7th	341	Richard Dixon	BAOC	M35	<b>94:04</b>	+28:49
8th	1113	Birbahadur Rai	WCH	M35	<b>99:15</b>	+34:00
9th	981	Edward Nichols	SO	M40	<b>130:54</b>	+65:39
10th	917	Neil McMillan	ELO	M35	<b>132:06</b>	+66:51

### M40L 10.1km 350m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1166	David Roome	SROC	M40	<b>75:11</b>	
2nd	626	Will Hensman	FVO	M40	<b>85:51</b>	+10:40
3rd	930	James Meredith	EBOR	M40	<b>89:16</b>	+14:05

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### M40L 10.1km 350m

Pos	No.	Name	Club	Age Class	Time	Behind
4th	1063	Graham Pigott	POTOC	M40	94:02	+18:51
5th	1292	Andrew Stimson	NN	M40	96:42	+21:31
6th	1084	Jeff Powell Davies	BL	M40	96:46	+21:35
7th	666	Tim Holt	SYO	M40	102:43	+27:32
8th	1562	James Todhunter	SROC	M40	110:37	+35:26
9th	798	Rob Leathley	SO	M45	116:47	+41:36
10th	477	Tim Gilbert	DEVON	M40	119:11	+44:00
11th	975	David Newton	DVO	M40	120:34	+45:23
12th	265	Daniel Cowley	NOR	M40	144:18	+69:07
	1293	Doug Stimson	NWO	M40	m6-10	

### M40S 6.0km 210m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	575	James Hargreaves	BOK	M40	47:15	
2nd	424	Dan Findlay-Robinson	WCH	M40	59:33	+12:18
3rd	1354	Simon Thomas	WCOC	M40	76:20	+29:05
4th	218	Grant Clarke	NGOC	M40	79:46	+32:31
5th	520	Paul Gregson	OD	M40	86:40	+39:25
	893	Greg May	PFO	M40	m8	

### M45L 8.4km 320m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1238	Andy Simpson	LEI	M45	62:27	
2nd	482	Roger Goddard	FVO	M45	63:06	+0:39
3rd	73	Nick Barrable	SYO	M45	69:06	+6:39
4th	1243	Julian Simpson	CLOK	M45	69:30	+7:03
5th	515	Nick Green	NATO	M45	70:23	+7:56
6th	1446	Steve Webb	AIRE	M60	74:06	+11:39
7th	1207	Marcus Scotney	DVO	M45	74:48	+12:21
8th	1390	Peter Tryner	SYO	M45	75:59	+13:32
9th	1064	Martin Pigott	POTOC	M45	76:25	+13:58
10th	257	Paul Couldridge	SLOW	M45	77:13	+14:46
11th	922	Jolyon Medlock	WSX	M45	82:01	+19:34
12th	615	Will Heap	SO	M45	84:33	+22:06
13th	902	Adam McCreddie	DEE	M45	84:39	+22:12
14th	574	Ian Hargreaves	SOS	M45	86:23	+23:56
15th	1484	Steve Wilson	PFO	M45	88:42	+26:15
16th	1228	Peter Shirvington	QO	M45	90:42	+28:15
17th	653	Simon Hodgson	SYO	M45	91:17	+28:50
18th	723	Richard Jackson	DEVON	M45	91:44	+29:17
19th	1260	Gavin Smith	SROC	M60	94:57	+32:30
20th	555	Paul Hammond	FVO	M45	96:20	+33:53
21st	1179	Andrew Rowe	POTOC	M45	96:43	+34:16
22nd	22	David Alcock	AIRE	M45	97:32	+35:05
23rd	1015	Michael Osborne	LOC	M45	104:16	+41:49
24th	1274	Philip Sorrell	QO	M45	105:51	+43:24
25th	1276	Alexander Soulsby	HH	M45	108:19	+45:52
26th	680	Andrew Howard	BOF	M45	110:15	+47:48
27th	260	Brian Cowe	WAOC	M45	115:27	+53:00
28th	1083	Richard Powell	WAOC	M45	117:34	+55:07
29th	1134	Leon Ricketts	AIRE	M45	144:03	+81:36
30th	758	Chris Kelly	FVO	M45	161:26	+98:59
31st	1319	Dickson CY Tam	HH	M45	183:53	+121:26
	953	Peter Moseley	SROC	M45	m4-6	
	1016	Alex Owen	LOK	M45	m4	
	111	Fred Boardman	WCOC	M45	m7-11	

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### M45S 6.0km 210m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	488	Roger Gooding	SOS	M45	61:28	
2nd	840	Kostya Lutsenko	CHIG	M45	67:22	+5:54
3rd	511	Julian Green	EPOC	M45	79:01	+17:33
4th	1497	Todd Woods	SYO	M45	82:38	+21:10
5th	49	Michael Atkinson	ELO	M45	85:38	+24:10
6th	213	Mykyta Chubynsky	OD	M45	86:55	+25:27
7th	518	Douglas Greenwood	SOC	M45	99:44	+38:16
8th	1422	Christopher Walker	LOK	M45	169:45	+108:17

### M50L 8.4km 320m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	788	Alistair Landels	OD	M50	61:37	
2nd	702	Simon Hunter	WCOC	M50	67:20	+5:43
3rd	899	Chris McCartney	HOC	M50	77:38	+16:01
4th	1429	Peter Ward	NGOC	M50	78:58	+17:21
5th	1126	Jamie Rennie	WCOC	M50	79:08	+17:31
6th	662	Steve Holmes	WCOC	M50	79:51	+18:14
7th	1178	Calvin Routledge	BAOC	M50	80:07	+18:30
8th	994	Danny O'Callaghan	CLOK	M50	81:04	+19:27
9th	1074	Ian Porter	SROC	M50	81:25	+19:48
10th	251	Liam Corner	MDOC	M50	81:32	+19:55
11th	1514	Ilan Zuck	SHOC	M55	81:56	+20:19
12th	1402	Angus Tyner	Setanta	M50	82:26	+20:49
13th	129	Steven Breeze	WCOC	M50	82:41	+21:04
14th	886	Tom Matthew	SROC	M50	82:42	+21:05
15th	292	Dave Cumins	SO	M50	84:20	+22:43
16th	1375	David Todd	SYO	M55	91:32	+29:55
17th	687	Brendon Howe	SAX	M50	92:16	+30:39
18th	207	Dan Chissick	Galilee	M50	92:17	+30:40
19th	35	David Aspin	CLOK	M50	95:15	+33:38
20th	818	Guy Lidbury	HAVOC	M50	95:47	+34:10
21st	276	Stuart Crawford	WCOC	M50	96:45	+35:08
22nd	1432	Darren Warner-Swann	SO	M50	99:07	+37:30
23rd	115	Brendan Bolland	WAROC	M50	99:31	+37:54
24th	417	Kevin Fielding	HH	M50	102:01	+40:24
25th	811	Tom Lewis	DEVON	M50	102:56	+41:19
26th	1025	Jeff Pakes	QO	M50	103:03	+41:26
27th	915	Peter McLuckie	MOR	M50	105:03	+43:26
28th	740	Terry Johnstone	ESOC	M55	107:21	+45:44
29th	505	Stuart Graham	SOLWAY	M50	111:24	+49:47
30th	1406	Denis Valentin	BROS 4012	M50	114:40	+53:03
31st	604	Jim Hayward	BOK	M55	117:36	+55:59
32nd	595	Philip Harvey	WIM	M50	128:01	+66:24
33rd	1308	Anders Sundelin	OK Orion	M50	128:48	+67:11
34th	290	John Crowther	Rocky Mountain	M50	151:25	+89:48
35th	1460	Pierre Wichoud	CO Lausanne-Jo	M50	160:47	+99:10
	671	Mike Hooper	LOC	M50	w6	
	1216	Nick Shanahan	BAOC	M50	rtd	

### M50S 5.6km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1494	Mark Wood	FVO	M50	57:27	
2nd	1195	Oliver Santschi	OLG BERN	M50	63:59	+6:32
3rd	459	Paul Gaines	BL	M50	69:58	+12:31
4th	1287	Martin Steiner	OLG BERN	M50	70:56	+13:29
5th	1172	Finlay Ross	ESOC	M55	82:13	+24:46
6th	436	David Frampton	HH	M50	87:55	+30:28

# Lakes 5 day - Swindale SW

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## EVENT RESULTS

### M50S 5.6km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
7th	1204	Antony Schofield	MV	M60	95:26	+37:59
8th	1002	Chris O'Donnell	DVO	M50	100:00	+42:33
9th	1041	Trevor Peacock	CLOK	M50	143:17	+85:50

### M55L 7.5km 260m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	548	Clive Hallett	BOK	M55	57:23	
2nd	796	David Leadley	OD	M55	59:38	+2:15
3rd	160	Nigel Bunn	TVOC	M55	62:04	+4:41
4th	768	Gunnar Kindlundh	Trosabygdens O	M55	64:54	+7:31
5th	1387	Jim Trueman	MDOC	M55	65:37	+8:14
6th	925	Marc Meeuwssen	TROL Belgium	M55	66:21	+8:58
7th	184	Robert Campbell	LOC	M55	67:25	+10:02
8th	144	Jon Brooke	WSX	M55	69:16	+11:53
9th	712	Alan Irving	WCOC	M55	69:18	+11:55
10th	121	Andrew Bradley	WCOC	M55	69:26	+12:03
11th	598	Jon Hateley	DEE	M55	69:40	+12:17
12th	1017	Matthew Owen	BOK	M55	70:27	+13:04
13th	1248	Martin Skinner	WCOC	M55	71:18	+13:55
14th	692	Nick Howlett	LOC	M55	71:37	+14:14
15th	793	David Lawson	OD	M55	71:59	+14:36
16th	647	Steve Hinshelwood	WAOC	M55	74:57	+17:34
17th	743	Ian Jones	NGOC	M55	76:37	+19:14
18th	850	Bruno Maes	CO Lorient	M55	76:48	+19:25
19th	87	Dai Bedwell	DVO	M55	76:58	+19:35
20th	418	Pascal Figuiere	Givry SO	M55	77:21	+19:58
21st	131	Mike Brett	BAOC	M55	77:40	+20:17
22nd	91	Iain Bell	DEE	M55	77:58	+20:35
23rd	894	Charles Mayes	CLOK	M55	78:33	+21:10
24th	1232	Mark Simmonds	LOC	M55	78:38	+21:15
25th	1222	Iain Shepherd	INVOC	M55	80:14	+22:51
26th	1393	Chris Turner	WIM	M55	81:14	+23:51
27th	571	George Hare	NATO	M55	81:45	+24:22
28th	620	Andrew Henderson	WAOC	M55	81:48	+24:25
29th	112	Tim Boden	LOC	M55	81:52	+24:29
30th	1462	Tim Wiegand	SYO	M55	83:00	+25:37
31st	1436	Julian Warren	NN	M55	83:33	+26:10
32nd	206	Peter Chapman	SO	M55	83:40	+26:17
33rd	197	Ade Chapman	RAFO	M55	84:26	+27:03
34th	1263	Phil Smith	AYROC	M55	85:20	+27:57
35th	748	Pauly-D Jones	DEE	M55	85:31	+28:08
36th	194	Dave Chaffey	DVO	M55	85:40	+28:17
37th	411	John Ferris-Worth	BL	M55	86:13	+28:50
38th	897	David McCann	MDOC	M55	86:14	+28:51
39th	343	Alexey Dnestrovskii	TVOC	M55	86:32	+29:09
40th	1142	Andy Rimes	QO	M55	88:04	+30:41
41st	1140	Richard Rigby	CLOK	M55	94:55	+37:32
42nd	1034	Gordon Parker	SLOW	M55	100:49	+43:26
43rd	196	Jon Chandler	LOK	M55	100:51	+43:28
44th	906	Ian McIntyre	INT	M55	101:08	+43:45
45th	428	Lyle Fleming	LVO	M55	102:25	+45:02
46th	764	Derek Kennedy	SOLWAY	M55	102:45	+45:22
47th	287	Sean Cronin	SAX	M55	104:13	+46:50
48th	232	Geoffrey Collins	LVO	M55	107:00	+49:37
49th	654	Trevor Hoey	FVO	M55	108:06	+50:43
50th	347	Nigel Dobson	YALANGA	M55	109:09	+51:46
51st	927	Derick Mercer	BKO	M55	109:18	+51:55
52nd	328	Matthieu Delenne	ACA	M55	111:28	+54:05

# Lakes 5 day - Swindale SW

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## EVENT RESULTS

### M55L 7.5km 260m

Pos	No.	Name	Club	Age Class	Time	Behind
53rd	988	Dougie Nisbet	NN	M55	113:25	+56:02
54th	1030	Bert Park	SUFFOC	M55	115:11	+57:48
55th	1150	John Robertson	STAG	M55	119:51	+62:28
56th	802	Stephen Lee-Jones	BOK	M55	165:39	+108:16
57th	617	Paul Hearn	HH	M55	175:16	+117:53
	422	Russell Finch	OD	M55	m8	
	373	Mark Edwards	SROC	M55	m13	
	806	Lap On Leung	COBOC	M55	w2	

### M55S 5.3km 180m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1315	Andy Sykes	DVO	M55	61:46	
2nd	332	Steve Dempsey	SYO	M55	62:24	+0:38
3rd	168	Ian Buxton	TVOC	M55	64:44	+2:58
4th	460	Ian Gamlen	COBOC	M55	68:41	+6:55
5th	413	Tim Field	LOC	M55	69:06	+7:20
6th	904	Roy McGregor	SROC	M55	76:54	+15:08
7th	271	Robert Cranston	RR	M55	83:43	+21:57
8th	864	David Marsh	SO	M55	83:58	+22:12
9th	705	Ed Hutt	BL	M55	91:17	+29:31
10th	951	Richard Morris	SYO	M55	91:29	+29:43
11th	446	Andrew French	WIM	M55	94:56	+33:10
12th	155	Robert Bryant	SYO	M55	96:33	+34:47
13th	674	Terence Hosking	BKO	M55	108:52	+47:06
14th	135	Neil Bricknell	SAX	M55	110:35	+48:49
15th	468	Gerry Garvey	BL	M55	124:32	+62:46
	963	Phil Murray	INT	M55	m4-6	
	636	Alan Hickling	SAX	M55	rtd	

### M60L 7.1km 230m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1093	Ian Prosser	ABOMINABLE O	M60	57:05	
2nd	990	Ivo Novak	OK 24 PRAHA	M60	61:44	+4:39
3rd	388	Jonathan Emberton	EPOC	M60	64:13	+7:08
4th	890	Ian Maxwell	RR	M60	64:21	+7:16
5th	390	John Embrey	SROC	M60	65:10	+8:05
6th	1212	Mark Seddon	SELOC	M60	66:47	+9:42
7th	1513	Richard Zeiner-Gundersen	Aker Brygge Ori	M60	69:04	+11:59
8th	1037	Rob Parkinson	MOR	M65	69:43	+12:38
9th	568	Kevin Harding	HH	M60	70:47	+13:42
10th	266	Anthony Cox	COLE	M60	72:02	+14:57
11th	941	Adrian Moir	SWOC	M60	74:55	+17:50
12th	1536	John Dowty	SLOW	M60	75:34	+18:29
13th=	55	Steve Bailey	SN	M60	76:11	+19:06
13th=	1145	Keith Roberts	MAROC	M60	76:11	+19:06
15th	834	Gary Longhurst	FVO	M60	76:19	+19:14
16th	956	Michael Muggeridge	HAVOC	M60	77:57	+20:52
17th	110	Steve Blount	SO	M60	78:08	+21:03
18th	471	Simon George	Big Foot	M60	78:54	+21:49
19th	973	Phil Newall	KERNO	M60	78:59	+21:54
20th	235	Mark Collins	DFOK	M60	80:28	+23:23
21st	699	Tim Hulley	SO	M60	81:55	+24:50
22nd	253	Steve Corrigan	EBOR	M60	82:17	+25:12
23rd	844	Alastair Mackenzie	CLOK	M60	82:55	+25:50
24th	804	Howard Leslie	WCOC	M60	83:33	+26:28
25th	1022	Richard Oxlade	ESOC	M60	83:50	+26:45
26th	1047	Dmitry Perchonok	Emek Hefer	M60	84:28	+27:23



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## EVENT RESULTS

### M60L 7.1km 230m

Pos	No.	Name	Club	Age Class	Time	Behind
27th	102	Stephen Bingham	MDOC	M60	<b>84:33</b>	+27:28
28th	420	Alex Finch	SROC	M60	<b>86:02</b>	+28:57
29th	668	Chris Hooker	SO	M60	<b>86:41</b>	+29:36
30th	1352	Roger Thomas	WCOC	M60	<b>86:52</b>	+29:47
31st	1044	Brian Pearson	QO	M60	<b>87:51</b>	+30:46
32nd	486	Mike Goldthorpe	SOC	M60	<b>87:52</b>	+30:47
33rd	1297	Andy Stott	NGOC	M60	<b>89:38</b>	+32:33
34th	1371	Richard Tiley	LOC	M60	<b>90:01</b>	+32:56
35th	1465	David Williams	AIRE	M60	<b>90:46</b>	+33:41
36th	1416	David Vincent	DVO	M60	<b>92:17</b>	+35:12
37th	106	Russell Blatchford	NC-N	M60	<b>93:51</b>	+36:46
38th	1137	Andrew Ridgway	NOC	M60	<b>96:06</b>	+39:01
39th	961	Ian Murgatroyd	SOLWAY	M60	<b>96:18</b>	+39:13
40th	472	Jonathan Gilbert	NOR	M60	<b>96:19</b>	+39:14
41st	1206	Noel Schorah	DEE	M60	<b>105:16</b>	+48:11
42nd	724	Dorien James	SMOC	M60	<b>108:16</b>	+51:11
43rd	667	Rini Hoogkamer	NOR	M60	<b>110:01</b>	+52:56
44th	659	Geoffrey Hollins	POTOC	M65	<b>113:20</b>	+56:15
45th	635	Rob Hick	WSX	M60	<b>114:19</b>	+57:14
46th	1073	Chris Poole	TVOC	M60	<b>122:53</b>	+65:48
47th	1344	David Thomas	SYO	M60	<b>131:52</b>	+74:47
48th	658	Janusz Holender	TVOC	M60	<b>152:57</b>	+95:52
	450	Mike Frizzell	BADO	M60	<b>m9-11</b>	
	1055	Ian Pickering	HOC	M65	<b>m6</b>	
	34	James Askew	TVOC	M60	<b>m6 m8-</b>	

### M60S 5.1km 160m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	280	Andy Creber	NGOC	M60	<b>44:12</b>	
2nd	288	David Cronk	WAOC	M60	<b>54:00</b>	+9:48
3rd	1510	Andrew Yeates	WCH	M60	<b>56:57</b>	+12:45
4th	600	Jan Haugland	AARSTAD	M60	<b>57:38</b>	+13:26
5th	832	Graham Lloyd	EPOC	M60	<b>58:25</b>	+14:13
6th	185	Graham Capper	LOC	M60	<b>58:54</b>	+14:42
7th	870	Ian Marshall	AIRE	M60	<b>62:51</b>	+18:39
8th	1197	David Saunders	HH	M60	<b>63:24</b>	+19:12
9th	294	Richard Cummings	WCOC	M60	<b>64:36</b>	+20:24
10th	1341	Ian Teasdale	WCOC	M60	<b>66:47</b>	+22:35
11th	318	Kelvin Davies	BOK	M60	<b>72:05</b>	+27:53
12th	1519	Ian Byford	HH	M60	<b>73:59</b>	+29:47
13th	407	Stephen Fellbaum	LOC	M60	<b>74:44</b>	+30:32
14th	978	David Nichol	AYROC	M60	<b>76:21</b>	+32:09
15th	83	Graham Batty	HAVOC	M60	<b>76:40</b>	+32:28
16th	719	Colin Jackson	HAVOC	M60	<b>76:46</b>	+32:34
17th	107	Paul Bloch	DEVON	M60	<b>78:03</b>	+33:51
18th	698	Nigel Hulley	AIRE	M60	<b>78:22</b>	+34:10
19th	993	Terry O'Brien BEM	STAG	M60	<b>79:36</b>	+35:24
20th	54	Rob Bailey	CLOK	M60	<b>85:21</b>	+41:09
21st	1448	Charles Weir	BL	M60	<b>89:24</b>	+45:12
22nd	18	Neil Adams	WCH	M60	<b>90:57</b>	+46:45
23rd	857	Rod Mansel	SUFFOC	M60	<b>91:54</b>	+47:42
24th	186	Jon Carberry	SROC	M60	<b>94:13</b>	+50:01
25th	309	Kenneth Daly	INT	M60	<b>103:35</b>	+59:23
26th	608	Graham Heap	MDOC	M60	<b>109:45</b>	+65:33
	755	John Kay	BAOC	M60	<b>m10</b>	

# Lakes 5 day - Swindale SW

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## EVENT RESULTS

### M65L 6.0km 210m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1051	Donald Petrie	CLYDE	M65	53:38	
2nd	225	Gavin Clegg	WSX	M65	54:56	+1:18
3rd	544	Peter Haines	AIRE	M65	56:16	+2:38
4th	120	Paul Bradbury	SYO	M65	57:38	+4:00
5th	340	Ian Ditchfield	MV	M65	60:25	+6:47
6th	1307	Takashi Sugiyama	Sans Souci	M65	61:00	+7:22
7th	19	Paul Addison	DVO	M65	61:07	+7:29
8th	375	Barry Elkington	OD	M65	61:12	+7:34
9th	371	Stephen Eastley	BL	M65	62:11	+8:33
10th	391	Are Eriksen	OSI	M65	62:28	+8:50
11th	1482	Richard Wilson	AIRE	M65	63:31	+9:53
12th	526	Mikhail Gryaznevich	TVOC	M65	64:54	+11:16
13th	1272	Mike Snell	ERYRI	M65	66:12	+12:34
14th	337	Colin Dickson	BAOC	M65	67:26	+13:48
15th	591	Neil Harvatt	HALO	M65	68:40	+15:02
16th	814	Andrew Lewsley	BL	M65	70:01	+16:23
17th	452	Derek Fryer	LOC	M65	70:18	+16:40
18th	92	Mike Bennett	HH	M65	72:55	+19:17
19th	114	Jean-Luc Boelle	Club COOL	M65	74:26	+20:48
20th	202	Dave Chapman	SN	M65	74:47	+21:09
21st	396	Andrew Evans	DFOK	M65	75:11	+21:33
22nd	310	Robert Daly	GRAMP	M65	75:19	+21:41
23rd	1106	Andrew Quickfall	SROC	M65	75:23	+21:45
24th	1096	Paul Prudhoe	Central Coast	M65	75:41	+22:03
25th	367	Paul Duley	GRAMP	M65	76:30	+22:52
26th	435	Peter Foster	BOK	M65	76:43	+23:05
27th	762	Christopher Kelsey	BOK	M65	77:59	+24:21
28th	1468	Paul Williams	LOC	M65	80:52	+27:14
29th	1152	Andy Robinson	LOC	M65	81:04	+27:26
30th	1143	David Roach	SLOW	M65	81:43	+28:05
31st	830	Richard Llewellyn	NOC	M65	83:49	+30:11
32nd	1151	Steve Robertson	QO	M65	84:00	+30:22
33rd	676	Joe House	SO	M65	87:15	+33:37
34th	1423	Alan Wallis	SN	M65	87:48	+34:10
35th	1532	David Downes	WCOC	M65	89:14	+35:36
36th	228	Matthew Cochrane	SROC	M65	89:54	+36:16
37th	970	Pete Nelson	WCOC	M65	90:08	+36:30
38th	892	Nicholas Maxwell	DEVON	M65	92:35	+38:57
39th	1330	Adrian Taylor	DEVON	M65	92:59	+39:21
40th	730	Chris Johnson	BOK	M65	94:12	+40:34
41st	311	Charles Daniel	BOK	M65	94:40	+41:02
42nd	1158	John Robson	SOLWAY	M65	95:04	+41:26
43rd	1503	Gavin Wyatt-Mair	Bay Area OC	M65	95:44	+42:06
44th	558	Andrew Hannaford	SO	M65	101:42	+48:04
45th	172	Ian Byrne	SMOC	M65	103:22	+49:44
46th	1466	Glyn Williams	WIGHTO	M65	105:20	+51:42
47th	205	Mark Chapman	SYO	M55	117:58	+64:20
	1271	Patrick Smyth	BOF	M65	m1-9 w1	
	842	Malcolm Lyon	TVOC	M65	w12	
	519	Simon Greenwood	SAX	M65	w12	
	1502	Selwyn Wright	LOC	M65	w2	
	1580	Paul Watson	BL	M65	m4 w12	

### M65S 4.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	512	Martin Green	MDOC	M65	51:11	
2nd	1057	Kevin Pickering	WIM	M65	52:12	+1:01
n/c	618	Chris Heaton	LOC	M40	55:10	

# Lakes 5 day - Swindale SW

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## EVENT RESULTS

### M65S 4.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
3rd	541	Gunnar Gytri	Førde	M65	55:13	+4:02
4th	1092	Ian Prosser	BAOC	M65	59:38	+8:27
5th	992	Liam O'Brien	CORK O	M65	59:45	+8:34
6th	1198	Howard Sawyer	AIRE	M65	63:00	+11:49
7th	1279	Eddie Speak	MDOC	M65	64:42	+13:31
8th	986	Philip Nichols	BL	M65	66:08	+14:57
9th	704	Jonathan Hurford	BOK	M65	70:01	+18:50
10th	1369	Paul Tickner	WCOC	M65	75:56	+24:45
11th	1477	Charlie Wilson	NATO	M65	78:17	+27:06
12th	641	Bob Hill	RAFO	M65	80:02	+28:51
13th	1187	Arun Sahni	SYO	M65	93:58	+42:47
14th	313	David Dann	MDOC	M65	95:49	+44:38
15th	319	Les Davies	SROC	M65	98:25	+47:14
16th	563	David Hanstock	BOK	M65	101:09	+49:58
17th	170	Russell Buxton	DVO	M65	110:03	+58:52
18th	494	Richard Goodwin	WCOC	M65	113:50	+62:39
19th	1170	David Rosen	SROC	M65	123:52	+72:41
20th	677	Åge Hovden	STORD ORIENT	M65	131:28	+80:17
	1283	Alan Starling	NGOC	M65	m3-9	

### M70L 5.3km 180m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	495	Peter Gorvett	SYO	M75	52:40	
2nd	521	Bjørn Grinde	Geoform	M70	57:14	+4:34
3rd	108	Axel Blomquist	SN	M70	57:51	+5:11
4th	596	Eddie Harwood	MOR	M70	58:53	+6:13
5th	1269	Mike Smithard	DEE	M70	60:12	+7:32
6th	1234	John Simmons	BOK	M70	60:14	+7:34
7th	1168	Martyn Roome	SROC	M70	61:18	+8:38
8th	1337	John Taylor	SROC	M70	63:51	+11:11
9th	1363	Tony Thornley	AIRE	M70	64:13	+11:33
10th	394	Cliff Etherden	LOC	M70	66:49	+14:09
11th	307	Leslie Dagleish	ESOC	M70	71:51	+19:11
12th	1471	Alan Williamson	SO	M70	73:38	+20:58
13th	1264	Roger Smith	LOC	M70	74:55	+22:15
14th	837	Roger Lott	AIRE	M70	75:13	+22:33
15th	479	Mark Glaisher	SAX	M70	75:32	+22:52
16th	484	Mike Godfree	DVO	M70	75:39	+22:59
17th	736	Paul Johnson	BL	M70	77:32	+24:52
18th	177	Christopher Calow	DEE	M70	78:43	+26:03
19th	141	John Britton	MDOC	M70	78:56	+26:16
20th	1235	Rob Simmons	Albury Wodonga	M70	79:09	+26:29
21st	314	Allan Darwell	BOK	M70	80:08	+27:28
22nd	138	Simon Brister	DVO	M70	81:57	+29:17
23rd	1327	Paul Taunton	NGOC	M70	82:10	+29:30
24th	967	John Nash	LOC	M70	84:11	+31:31
25th	739	Ray Johnstone	WCOC	M70	84:39	+31:59
26th	863	Dave Marr	OD	M70	85:27	+32:47
27th	1199	Ian Sayer	WSX	M70	88:03	+35:23
28th	586	John Harrison	BADO	M75	88:09	+35:29
29th	1006	Tim O'Donoghue	SOLWAY	M70	91:12	+38:32
30th	322	Roy Dawson	NATO	M70	91:35	+38:55
31st	1155	John Robinson	WCH	M70	97:57	+45:17
32nd	935	Andrew Middleton	DVO	M70	98:10	+45:30
33rd	1486	Mike Wimpenny	DEVON	M70	99:56	+47:16
34th	523	Philip Gristwood	MV	M70	100:51	+48:11
35th	126	Robert Brandon	OD	M70	104:31	+51:51
36th	379	Mike Elliot	MV	M70	105:57	+53:17

# Lakes 5 day - Swindale SW

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## EVENT RESULTS

### M70L 5.3km 180m

Pos	No.	Name	Club	Age Class	Time	Behind
37th	742	Glyn Jones	SOLWAY	M70	110:29	+57:49
38th	283	Neil Croasdell	EPOC	M70	119:09	+66:29
39th	1177	Stephen Round	SELOC	M70	119:51	+67:11
40th	1397	Mike Turner	SO	M70	121:45	+69:05
	1053	Ralph Phipps	OD	M70	m4-7	
	1456	Steve Whitehead	EBOR	M70	w9	
	1463	Keith Willdig	OD	M70	m6	
	643	Mike Hind	CLARO	M70	w2	
	547	Norman Hall	DEE	M70	w11	
	161	Chris Burden	AIRE	M70	w1	
	1302	Robin Strain	ELO	M70	w11	
	773	David Kingdon	SAX	M70	w2	

### M70S 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	90	Andrew Bell	BL	M70	32:24	
2nd	323	David Day	CLARO	M70	33:55	+1:31
3rd	100	Michael Bickle	WAOC	M70	36:14	+3:50
4th	831	David Lloyd	LOC	M70	45:29	+13:05
5th	528	Peter Guillaume	SYO	M70	47:09	+14:45
6th	1101	John Pullin	LOC	M70	49:06	+16:42
7th	1147	Rick Roberts	HOC	M70	61:26	+29:02
8th	252	David Corp	LOC	M70	63:00	+30:36
9th	1157	Ian Robson	EBOR	M70	71:13	+38:49
10th	1099	Nicholas Pugh	SOS	M70	73:17	+40:53
11th	1424	Dave Walton	LOC	M70	76:57	+44:33
12th	455	John Fulwood	HALO	M70	88:24	+56:00
13th	987	Stephen Nightingale	HOC	M70	92:20	+59:56
	728	Middler John	OD	M70	m2-9	

### M75L 3.5km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1481	Martin Wilson	BKO	M75	37:05	
2nd	368	Tony Duncan	WCOC	M75	42:54	+5:49
3rd	187	Peter Carey	OD	M75	44:21	+7:16
4th	244	Ian Cooper	SYO	M75	44:39	+7:34
5th	96	Colin Best	SYO	M75	45:35	+8:30
6th	1027	David Palmer	BOK	M75	47:29	+10:24
7th	254	Ian Couch	EPOC	M75	48:43	+11:38
n/c	1570	James Bedwell	DVO	M20	49:46	
8th	962	Denis Murphy	DEE	M75	50:59	+13:54
9th	718	Brian Jackson	SROC	M75	51:18	+14:13
10th	920	Dave McQuillen	SOLWAY	M75	53:16	+16:11
11th	903	Ted McDonald	BOK	M75	55:03	+17:58
12th	29	David Arnot	COBOC	M75	56:02	+18:57
13th	722	Paul Jackson	EPOC	M75	56:36	+19:31
14th	991	John Nuttall	SELOC	M75	57:33	+20:28
15th	824	Roy Lindsell	EPOC	M75	58:25	+21:20
16th	1211	Roger Scrutton	ESOC	M75	59:18	+22:13
17th	1520	Graham Tough	SWOC	M75	60:26	+23:21
18th	958	Alan Mullock	DEE	M75	60:52	+23:47
19th	1270	Phil Smithard	KFO	M75	61:47	+24:42
20th	1038	Garry Parmenter	HAVOC	M75	63:34	+26:29
21st	968	Dave Neild	LOC	M75	64:43	+27:38
22nd	298	Mike Cumpstey	BL	M75	66:30	+29:25
23rd	588	Brian Hart	SARUM	M75	66:45	+29:40
24th	775	Chris Kirkham	MDOC	M75	68:13	+31:08

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## EVENT RESULTS

### M75L 3.5km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
25th	782	Julian Lailey	SROC	M75	69:50	+32:45
26th	1442	Ian Watson	MDOC	M75	71:12	+34:07
27th	1046	Ian Peirce	SARUM	M75	75:34	+38:29
28th	876	Henry Marston	SYO	M75	77:04	+39:59
29th	1420	Tony Wagg	MDOC	M75	78:05	+41:00
30th	1094	Jim Prowting	TVOC	M75	78:59	+41:54
31st	1149	Trevor Roberts	MDOC	M75	79:40	+42:35
32nd	1182	Malcolm Ruckledge	WCOC	M75	79:46	+42:41
33rd	1237	Alan Simpson	CLOK	M75	94:11	+57:06
n/c	263	Ian Cowe		M70	99:53	
34th	1505	Brian Yates	ESOC	M75	100:57	+63:52
	64	David Ball	NOR	M75	m5-6	
	372	Douglas Edwards	MDOC	M75	m5-7	

### M75S 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1501	Raymond Wren	BL	M75	32:09	
2nd	1024	John Padget	DEE	M75	39:50	+7:41
3rd	577	Roger Hargreaves	KERNO	M75	43:53	+11:44
4th	433	Robert Forster	NGOC	M75	51:03	+18:54
5th	456	Philip Gager	SROC	M75	53:23	+21:14
6th	1469	Rod Williams	HALO	M75	54:07	+21:58
7th	1247	Dave Skidmore	DVO	M75	54:12	+22:03
8th	1257	Andrew Smith	LOC	M75	55:32	+23:23
9th	1511	Peter Yoxall	POTOC	M75	57:21	+25:12
10th	642	Peter Hills	DEE	M75	58:40	+26:31
11th	1090	Roger Pring	SAX	M75	71:33	+39:24
12th	1294	Ken Stimson	NWO	M75	83:28	+51:19
13th	551	Peter Hambleton	SARUM	M75	95:52	+63:43
	215	Richard Clark	EBOR	M75	m5-8	
	384	Bob Elmes	DEE	M75	m3 m5-	

### M80 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1218	Brian Shaw	SYO	M80	39:07	
2nd	1413	Robert Verity	DEE	M80	41:37	+2:30
3rd	1541	Andrew Nicoll	NATO	M80	44:52	+5:45
4th	1184	John Russell	SOS	M80	45:15	+6:08
5th	852	Roger Maher	SO	M80	46:52	+7:45
6th	621	Keith Henderson	WIM	M80	48:02	+8:55
7th	790	Christopher Lates	BL	M80	55:12	+16:05
8th	1220	Rod Shaw	EPOC	M80	56:25	+17:18
9th	1246	Trevor Simpson	OD	M80	56:27	+17:20
10th	267	Roger Craddock	QO	M80	57:00	+17:53
11th	60	Basil Baldwin	GOLDSEEKERS	M80	57:04	+17:57
12th	630	Alan Heppenstall	LOC	M80	58:33	+19:26
13th	706	Frank Ince	SWOC	M80	60:25	+21:18
14th	163	Steve Burge	LOC	M80	61:54	+22:47
15th	1458	Dick Whitworth	BL	M80	63:48	+24:41
16th	1009	Jeremy Oldershaw	SAX	M80	68:40	+29:33
17th	401	Mike Fairburn	PFO	M80	75:03	+35:56
18th	366	Michael Dugmore	HOC	M80	78:57	+39:50
19th	442	Rodney Freeburn	NOR	M80	82:09	+43:02
20th	1455	Michael White	MV	M85	104:40	+65:33

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### M85 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	738	Stanley Johnston	LOC	M85	73:53	
2nd	942	Donald Moir	LEI	M85	82:38	+8:45

### W10A 2.5km 90m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	219	Helena Clarke	NGOC	W10	28:55	
2nd	1382	Maisie Todhunter	SROC	W10	29:03	+0:08
3rd	1076	Alys Powell	WAO	W10	32:01	+3:06
4th	665	Lucy Holt	SYO	W10	33:48	+4:53
5th	261	Elysia Cowe	WAO	W10	37:59	+9:04
6th	47	Jessica Atkinson	LOC	W10	41:24	+12:29
7th	661	Sola Holmes	WCOC	W10	45:27	+16:32
	474	Martha Gilbert	DEVON	W10	w11	

### W10B 2.0km 60m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1078	Hana Powell	WAO	W10	121:20	

### W12A 3.4km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	445	Alice French	WIM	W12	46:32	
2nd	204	Hannah Chapma	SYO	W12	46:41	+0:09
3rd	681	Anna Howard	MOR	W12	52:03	+5:31
4th	1062	Eden Pigott	POTOC	W12	56:41	+10:09
5th	221	Sadie Clarke	NGOC	W12	59:11	+12:39
6th	236	Eilidh Connor	FVO	W12	65:05	+18:33
7th	203	Emma Chapman	SO	W12	67:44	+21:12

### W12B 2.5km 90m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	475	Poppy Gilbert	DEVON	W12	34:06	
2nd	689	Holly Howe	SAX	W12	40:04	+5:58
	663	Anna Holt	SYO	W12	m3-12	

### W14A 3.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	157	Katie Buckley	AIRE	W14	31:00	
2nd	201	Charlotte Chapman	SYO	W14	36:29	+5:29
3rd	684	Sophie Howard	MOR	W14	38:59	+7:59
4th	895	Rebecca Mayes	CLOK	W14	39:43	+8:43
5th	275	Sophie Crawford	WCOC	W14	40:57	+9:57
6th	921	Eskarina Medlock	WSX	W14	42:55	+11:55
7th	458	Maria Gaines	BL	W14	42:57	+11:57
8th	759	Esme Kelly	FVO	W14	43:44	+12:44
9th	44	Emily Atkinson	ELO	W14	46:49	+15:49
10th	1379	Ellie Todhunter	SROC	W14	48:33	+17:33
11th	1251	Charlotte Slade	SN	W14	50:50	+19:50
12th	721	Lottie Jackson	DEVON	W14	50:55	+19:55
13th	1277	Alice Soulsby	HH	W14	59:50	+28:50
14th	1239	Ellen Simpson	LEI	W14	64:01	+33:01
15th	646	Libby Hinshelwood	WAO	W14	124:57	+93:57
	556	Rebecca Hammond	FVO	W14	m7	

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### W16A 5.1km 160m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	923	Lyra Medlock	WSX	W16	42:06	
2nd	1388	Freya Tryner	SYO	W16	47:21	+5:15
3rd	761	Scarlett Kelly	FVO	W14	49:40	+7:34
4th	1127	Daisy Rennie	WCOC	W16	49:54	+7:48
5th	913	Kate McLuckie	MOR	W16	50:27	+8:21
6th	1374	Anna Todd	SYO	W14	50:45	+8:39
7th	884	Cate Matthew	SROC	W16	51:30	+9:24
8th	1425	Jessica Ward	NGOC	W16	52:39	+10:33
9th	1530	Ellie Darlow	RR	W16	56:26	+14:20
10th	447	Grace French	WIM	W16	58:27	+16:21
11th	1356	Amelia Thompson	LOC	W16	59:24	+17:18
12th	317	Hebe Darwin	WAOC	W16	65:47	+23:41
13th	1522	Myrtle Ashworth	WCOC	W16	66:35	+24:29
14th	1278	Maggie Soulsby	HH	W16	72:55	+30:49
15th	1488	Isabel Winskill	WCOC	W16	76:10	+34:04
16th	140	Scarlett Britain	MOR	W16	81:53	+39:47
17th	700	Eva Humphreys	WCOC	W16	86:06	+44:00
18th	465	Alexandra Garnett	SYO	W16	86:53	+44:47
19th	996	Kendal O'Callaghan	CLOK	W16	87:09	+45:03
20th	510	Chloe Green	NATO	W16	88:28	+46:22
21st	605	Cecilia Hayward-Bhikha	SLOW	W16	91:55	+49:49
22nd	623	Katie Hensman	FVO	W16	92:45	+50:39
23rd	457	Isabel Gaines	BL	W16	96:34	+54:28
24th	645	Katy Hinshelwood	WAOC	W16	111:31	+69:25

### W18L 5.1km 160m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	147	Laura Brown	LOC	W18	52:15	
2nd	1312	Issy Sunley	WCOC	W18	52:54	+0:39
3rd	273	Emma Crawford	WCOC	W18	55:41	+3:26
4th	800	Amy Lee-Jones	BOK	W18	63:34	+11:19
5th	772	Phoebe King	GO	W18	65:31	+13:16
6th	437	Tegan Frampton	HH	W18	88:08	+35:53
	624	Lucy Hensman	FVO	W18	m2-6 m	

### W18S 4.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	133	Ffion Bricknell	SAX	W18	79:28	

### W20L 5.1km 160m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1430	Rebecca Ward	NGOC	W20	44:32	
2nd	612	Scarlet Heap	SO	W20	48:45	+4:13
3rd	1036	Lois Parker	OUOC	W20	50:18	+5:46
4th	752	Sophie Jones	UBOC	W20	51:07	+6:35
5th	1404	Zoë Tyner	Setanta	W20	54:34	+10:02
6th	378	Alex Elliot	SYO	W20	54:59	+10:27
7th	650	Isabelle Hodgson	SYO	W20	63:00	+18:28
8th	1535	Carys Thomas	WCOC	W20	74:17	+29:45

### W20S 4.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1444	Emma Weave		W20	72:08	

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### W21L 7.5km 260m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1563	Lucie Todhunter	SROC	W40	59:41	
2nd	1161	Sarah Rollins	SN	W45	63:37	+3:56
3rd	88	Elizabeth Bedwell	NN	W21	66:20	+6:39
4th	503	Laura Goy	SYO	W35	68:22	+8:41
5th	16	Louise Adams	EUOC	W21	72:46	+13:05
6th	1010	Alison O'Neil	ESOC	W35	75:59	+16:18
7th	741	Georgia Jones	LOK	W21	76:52	+17:11
8th	327	Joanna Delenne	ACA	W21	79:19	+19:38
9th	597	Hannah Hateley	DEE	W21	85:04	+25:23
10th	478	Jasmine Girdlestone	WCOC	W21	86:40	+26:59
11th	751	Saskia Jones	SWOC	W21	90:33	+30:52
12th	1056	Jo Pickering	WIM	W21	95:09	+35:28
13th	326	Camilla Delenne	ACA	W21	98:41	+39:00
14th	1417	Emma Vincent	DVO	W21	115:02	+55:21
15th	997	Annie Ockenden	OD	W21	131:06	+71:25
16th	118	Kate Bosher	UBOC	W21	135:18	+75:37
	1418	Samantha Vincent	DVO	W21	m6-9 m	

### W21S 4.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	429	Mary Fleming	SYO	W21	47:09	
2nd	1437	Saskia Warren	NN	W21	47:10	+0:01
3rd	1138	Alice Rigby	CLOK	W21	47:18	+0:09
4th	734	Nicola Johnson	BOK	W21	51:37	+4:28
5th	1236	Shona Simmons	ESOC	W21	53:33	+6:24
6th	1537	Bryony Crickmore	SO	W21	53:54	+6:45
7th	766	Anna Kindlundh	Södertälje-Nykva	W21	56:31	+9:22
8th	502	Agathe Gourrat	ACA	W21	62:30	+15:21
9th	385	Evelyn Elmes	DEE	W21	63:58	+16:49
10th	53	Becky Bailey	CLOK	W21	69:14	+22:05
11th	744	Kitty Jones	DEE	W21	73:43	+26:34
12th	1376	Morven Todd		W21	77:02	+29:53
13th	524	Charlotte Grundy		W21	79:13	+32:04
14th	10	Freyja Abbott	STAG	W21	79:34	+32:25
15th	610	Poppy Heap	MDOC	W21	88:35	+41:26
16th	1262	Julia Smith		W21	129:38	+82:29
17th	606	Jemima Hayward-Bhikha	SLOW	W21	154:17	+107:08
	1493	Harriet Wood	LOC	W21	m5-6	

### W35L 6.3km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	149	Lizzie Browne	LOC	W35	53:44	
2nd	1301	Kirsten Strain	AROS	W35	56:14	+2:30
3rd	74	Sarah-Jane Barrable	SLOW	W35	59:16	+5:32
4th	1110	Becky Raftery	HH	W35	61:53	+8:09
5th	51	Sarah Atkinson	LOC	W35	61:58	+8:14
6th	32	Megan Ashton	RNRMOC	W35	82:59	+29:15
7th	1070	Rachel Platt	LOC	W35	94:10	+40:26
8th	918	Vanessa McMillan	HH	W35	94:18	+40:34
9th	461	Elizabeth Gardner	CLYDE	W35	101:28	+47:44
10th	1452	Alison White	KERNO	W55	172:14	+118:30

### W35S 4.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	877	Jo Martin		W35	106:50	



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### W35S 4.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
	281	Rebecca Crellin	WCOC	W35	m1 m3-	

### W40L 6.3km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	358	Liz Drewe	CLARO	W40	58:12	
2nd	916	Lindsay McMillan	EPOC	W40	64:16	+6:04
3rd	1533	Åsa Otterbjörk	Umeå OK	W40	67:06	+8:54
4th	95	Isabel Berry	BL	W40	68:11	+9:59
5th	1008	Toni O'Donovan	LEI	W40	68:55	+10:43
6th	1202	Sarah Scarbrough	MV	W40	69:00	+10:48
7th	1086	Julia Preston	SROC	W40	76:48	+18:36
8th	1531	Kate Darlow	RR	W40	83:30	+25:18
9th	312	Charlotte Daniel	BOK	W40	93:26	+35:14
10th	1180	Rebecca Rowe	SROC	W40	99:05	+40:53
11th	929	Helen Meredith	EBOR	W40	99:21	+41:09
12th	46	Jennifer Atkinson	ELO	W40	99:38	+41:26
13th	957	Becca Muir	WCOC	W40	111:46	+53:34

### W40S 4.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	619	Liz Heaton	LOC	W40	58:25	
2nd	99	Helen Bickle	WAOC	W40	62:42	+4:17
3rd	220	Laura Clarke	NGOC	W40	77:21	+18:56
4th	952	Frances Moseley	SROC	W40	80:31	+22:06
5th	539	Susan Guy	SYO	W40	92:06	+33:41
6th	476	Ruth Gilbert	DEVON	W40	97:47	+39:22
7th	858	Sarah Mansel	SUFFOC	W55	108:36	+50:11
8th	1483	Ruth Wilson	NATO	W40	115:20	+56:55
	1118	Karen Ransley	SAX	W40	m3 m5-	

### W45L 6.3km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1476	Catherine Wilson	PFO	W45	61:06	
2nd	339	Gabriela Diethelm	OLG Chur	W45	64:18	+3:12
3rd	1305	Anne Straube	OD	W45	64:25	+3:19
4th	573	Helen Ruth Hargreaves	WCOC	W45	65:39	+4:33
5th	998	Mary Ockenden	SROC	W60	71:24	+10:18
6th	11	Joanna Abbott	NATO	W45	72:34	+11:28
7th	945	Carys Morgan	SLOW	W45	75:51	+14:45
8th	683	Nikki Howard	MOR	W45	77:20	+16:14
9th	816	Jill Libby	BL	W65	80:09	+19:03
10th	885	Jo Matthew	SROC	W45	81:44	+20:38
11th	1407	Emmanuelle Valentin	BROS 4012	W45	81:59	+20:53
12th	847	Maria MacKenzie	EBOR	W45	82:21	+21:15
13th	1130	Louise Reynolds	SYO	W45	83:41	+22:35
14th	938	Tania Milnes	SROC	W45	85:32	+24:26
15th	1495	Hannah Woods	SYO	W45	87:30	+26:24
16th	1014	Eleanor Osborne	LOC	W45	93:08	+32:02
17th	198	Anna Chapman	SO	W45	94:54	+33:48
18th	291	Judith Cudden	SYO	W45	96:47	+35:41
19th	66	Ida Baluskova	OK 24 PRAHA	W45	97:08	+36:02
20th	440	Karen Fraser	MOR	W45	101:39	+40:33
21st	901	Rebecca McCreadie	DEE	W45	111:23	+50:17
22nd	669	Alison Hooper	LOC	W45	117:07	+56:01
23rd	1080	Johanna Powell	WAOC	W45	121:14	+60:08

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### W45L 6.3km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
24th	628	Sally Heppell	WCOC	W45	137:30	+76:24
25th	554	Jenny Hammond	FVO	W45	142:38	+81:32
26th	1250	Catherine Slade	SAX	W45	143:19	+82:13

### W45S 3.5km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1125	Helen Rennie	WCOC	W45	51:39	
2nd	1396	Kate Turner	SO	W45	56:22	+4:43
3rd	517	Annika Greenwood	SOC	W50	58:40	+7:01
4th	924	Rebecca Medlock	WSX	W45	60:43	+9:04
5th	1441	Sarah Watkins	SROC	W45	64:43	+13:04
6th	348	Phil Dolphin	HOC	W45	72:57	+21:18
	717	Becca Jackson	DEVON	W45	m2-4 m	

### W50L 5.6km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1461	Lucy Wiegand	SYO	W50	55:07	
2nd	1275	Juliette Soulard	OD	W50	55:08	+0:01
3rd	1252	Melanie Slade	SN	W50	61:36	+6:29
4th	238	Natasha Conway	AIRE	W50	63:16	+8:09
5th	914	Morag McLuckie	MOR	W50	64:08	+9:01
6th	685	Alison Howe	SAX	W50	64:27	+9:20
7th	1013	Beccy Osborn	FVO	W50	67:47	+12:40
8th	585	Emma Harrison	EPOC	W50	68:17	+13:10
9th	85	Sarah Bayliss	WRE	W50	69:21	+14:14
10th	274	Karen Crawford	BOK	W50	70:23	+15:16
11th	1389	Pauline Tryner	SYO	W50	70:39	+15:32
12th	325	Anne-françoise Delenne	ACA	W50	78:20	+23:13
13th	1350	Lynne Thomas	WCOC	W50	78:36	+23:29
14th	767	Eva Kindlundh	Trosabygdens O	W50	81:59	+26:52
15th	971	Katja Neumann	MAROC	W50	85:40	+30:33
16th	776	Rachel Kirkland	FVO	W50	86:12	+31:05
17th	715	Diane Jacks	WRE	W50	88:43	+33:36
18th	139	Frances Britain	MOR	W50	89:59	+34:52
19th	933	Lisa Methven	BKO	W50	92:17	+37:10
20th	316	Camilla Darwin	WAOC	W50	92:32	+37:25
21st	423	Sharon Finch	OD	W50	99:15	+44:08
22nd	58	Karen Baker	DEVON	W50	109:22	+54:15
23rd	584	Ruth Harris	DEE	W50	114:50	+59:43
	601	Natalie Hawkrigg	BL	W50	m5-6 m	

### W50S 3.5km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	272	Alex Crawford	WCOC	W50	45:53	
2nd	1506	Jane Yates	BL	W50	58:42	+12:49
3rd	211	Suzanne Christie	SOLWAY	W50	61:11	+15:18
4th	905	Janette McHendry	WCOC	W50	64:06	+18:13
5th	89	Karen Bedwell	DVO	W50	84:33	+38:40
6th	1480	Jane Wilson	LVO	W50	87:23	+41:30
7th	1428	Michelle Ward	NGOC	W50	88:36	+42:43
8th	656	Jane Holcombe	BOK	W50	95:50	+49:57
9th	1004	Nicola O'Donnell	DVO	W50	104:25	+58:32
10th	259	Alison Cowe	WAOC	W50	132:40	+86:47
	594	Nicola Harvey	WIM	W50	w7	
	1490	Amy Winston	Rocky Mountain	W50	m5-6	

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## EVENT RESULTS

### W55L 5.6km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	224	Jo Cleary	LOC	W55	<b>60:25</b>	
2nd	406	Heather Fellbaum	FVO	W55	<b>61:40</b>	+1:15
3rd	303	Alison Cunningham	ESOC	W55	<b>62:03</b>	+1:38
4th	1515	Hazel Dean	FVO	W55	<b>63:22</b>	+2:57
5th	546	Ann Haley	INT	W55	<b>64:53</b>	+4:28
6th	15	Janet Adams	SYO	W55	<b>67:26</b>	+7:01
7th	354	Bronwen Doyle	SYO	W55	<b>68:28</b>	+8:03
8th	1249	Susan Skinner	WCOC	W55	<b>69:02</b>	+8:37
9th	753	Trine Marit Justad Raaen	Aker Brygge Ori	W55	<b>70:46</b>	+10:21
10th	86	Rebekah Beadle	LOC	W55	<b>71:03</b>	+10:38
11th	835	Louise Longhurst	FVO	W55	<b>73:41</b>	+13:16
12th	720	Elizabeth Jackson	DEE	W55	<b>74:20</b>	+13:55
13th	419	Valérie Figuiere	Givry SO	W55	<b>75:09</b>	+14:44
14th	195	Sal Chaffey	DVO	W55	<b>75:20</b>	+14:55
15th	898	Jane McCann	MDOC	W55	<b>81:06</b>	+20:41
16th	964	Deb Murrell	SROC	W55	<b>82:35</b>	+22:10
17th	1434	Debby Warren	NN	W55	<b>83:23</b>	+22:58
18th	1107	Karen Quickfall	SROC	W55	<b>83:28</b>	+23:03
19th	559	Dorte Torpe Hansen	SLOW	W55	<b>83:47</b>	+23:22
20th	1282	Robyn Stanyon	SYO	W55	<b>84:31</b>	+24:06
21st	122	Sheila Braine	QO	W55	<b>85:32</b>	+25:07
22nd	1409	Marijs Vandeweyer	TROL Belgium	W55	<b>85:49</b>	+25:24
23rd	448	Karen French	WIM	W55	<b>85:56</b>	+25:31
24th	599	Maggie Hateley	DEE	W55	<b>87:08</b>	+26:43
25th	501	Christine Goulding	BL	W55	<b>89:17</b>	+28:52
26th	480	Dawn Goddard	FVO	W55	<b>90:28</b>	+30:03
27th	851	Karine Maes	CO Lorient	W55	<b>91:25</b>	+31:00
28th	145	Nicola Brooke	WSX	W55	<b>94:39</b>	+34:14
29th	1400	Anne Tynegate	BADO	W60	<b>96:08</b>	+35:43
30th	398	Joanna Evans	QO	W55	<b>97:11</b>	+36:46
31st	1559	Miranda Mackereth	HOC	W55	<b>101:04</b>	+40:39
32nd	1256	Alison Smith	TVOC	W55	<b>101:42</b>	+41:17
33rd	868	Penny Marsh	SO	W55	<b>101:46</b>	+41:21
34th	57	Elaine Baker	DEE	W55	<b>102:03</b>	+41:38
35th	829	Helen Livesey	LOC	W55	<b>103:57</b>	+43:32
36th	845	Caroline Mackenzie	CLOK	W55	<b>110:43</b>	+50:18
37th	504	Carol Graham	SOLWAY	W55	<b>112:41</b>	+52:16
38th	552	Elizabeth Hamer-Davies	MDOC	W55	<b>115:07</b>	+54:42
39th	771	Lesley King	GO	W55	<b>131:10</b>	+70:45
40th	1386	Nicola Trotman	HH	W55	<b>147:47</b>	+87:22

### W55S 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	889	Eileen Maxwell	RR	W55	<b>38:47</b>	
2nd	171	Sue Buxton	TVOC	W55	<b>39:14</b>	+0:27
3rd	746	Margaret Jones	NGOC	W55	<b>45:23</b>	+6:36
4th	907	Jo McKendrick	SYO	W55	<b>46:21</b>	+7:34
5th	1509	Alison Yeates	WCH	W55	<b>46:41</b>	+7:54
6th	1139	Carolyn Rigby	CLOK	W55	<b>46:47</b>	+8:00
7th	93	Juliet Bentley	SROC	W55	<b>48:12</b>	+9:25
8th	805	Kim Leslie	WCOC	W55	<b>48:22</b>	+9:35
9th	882	Isla Mathieson	CLOK	W55	<b>49:34</b>	+10:47
10th	1336	Joanne Taylor	SROC	W55	<b>50:18</b>	+11:31
11th	803	Joanne Leigh	HOC	W55	<b>55:06</b>	+16:19
12th	1286	Rach Stavert	LOC	W55	<b>55:32</b>	+16:45
13th	525	Rachel Grundy	CAP03	W55	<b>58:27</b>	+19:40
14th	833	Rebecca Lloyd	EPOC	W55	<b>60:06</b>	+21:19
15th	1450	Catherine Wetherfield	WCOC	W55	<b>66:00</b>	+27:13

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## EVENT RESULTS

### W55S 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
16th	809	Karen Lewis	QO	W55	<b>69:48</b>	+31:01
17th	1309	Katarina Sundelin	OK Orion	W55	<b>70:54</b>	+32:07
18th	76	Louise Barrett	NOR	W55	<b>77:27</b>	+38:40
19th	795	Vivianne Lawson	OD	W55	<b>80:23</b>	+41:36
20th	231	Alison Collins	LVO	W55	<b>107:39</b>	+68:52
	269	Tracy Craig	WCH	W55	<b>m1-9</b>	
	778	Janet Knight	DEE	W55	<b>m5</b>	

### W60L 5.3km 180m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	872	Joyce Marshall	AIRE	W60	<b>63:40</b>	
2nd	84	Lindsey Bayles	LOC	W60	<b>66:10</b>	+2:30
3rd	365	Caz Dudley	MAROC	W60	<b>70:02</b>	+6:22
4th	691	Sarah Howes	SAX	W60	<b>70:12</b>	+6:32
5th	947	Jane Morgan	SOC	W60	<b>73:14</b>	+9:34
6th	255	Julie Couch	EPOC	W60	<b>74:05</b>	+10:25
7th	786	Jane Lambert	SO	W60	<b>75:45</b>	+12:05
8th	567	Alison Harding	HH	W60	<b>77:06</b>	+13:26
9th	243	Trish Coombs	MAROC	W65	<b>78:02</b>	+14:22
10th	109	Jill Blount	SO	W60	<b>80:42</b>	+17:02
11th	856	Jane Malley	NATO	W60	<b>82:33</b>	+18:53
12th	780	Sue Kuestner	Bay Area OC	W60	<b>83:26</b>	+19:46
13th	392	Helen Errington	HH	W60	<b>84:24</b>	+20:44
14th	1215	Gabi Shanahan	BAOC	W60	<b>86:38</b>	+22:58
15th	491	Deborah Goodwin	WCOC	W60	<b>88:14</b>	+24:34
16th	589	Nicola Hart	DVO	W60	<b>88:51</b>	+25:11
17th	972	Adele Newall	KERNO	W60	<b>89:18</b>	+25:38
18th	1091	Carol Prosser	BAOC	W60	<b>91:33</b>	+27:53
19th	200	Carole Chapman	RAFO	W60	<b>94:55</b>	+31:15
20th	838	Anne Løver	STORD ORIENT	W60	<b>95:01</b>	+31:21
21st	17	Mary Adams	WCH	W60	<b>95:16</b>	+31:36
22nd	335	Carolyn Dent	BOK	W60	<b>96:01</b>	+32:21
23rd	226	Fiona Clough	BKO	W60	<b>96:48</b>	+33:08
24th	426	Marie-Anne Fischer	TVOC	W60	<b>97:18</b>	+33:38
25th	1325	Gwen Tanner	BOK	W60	<b>97:30</b>	+33:50
26th	1255	Helen Smethurst	PFO	W60	<b>103:00</b>	+39:20
27th	14	Gill Adams	AIRE	W60	<b>103:11</b>	+39:31
28th	1033	Gail Parker	SLOW	W60	<b>111:06</b>	+47:26
29th	696	Angela Hulley	AIRE	W60	<b>111:34</b>	+47:54
30th	1108	Mary Rack	NATO	W60	<b>111:45</b>	+48:05
31st	853	Christine Mahony	ESOC	W60	<b>114:22</b>	+50:42
32nd	580	Gill Harrington	SYO	W60	<b>117:23</b>	+53:43
33rd	1472	Dawn Williamson	DEVON	W60	<b>125:56</b>	+62:16
34th	306	Jacky Dakin	SYO	W60	<b>131:43</b>	+68:03
35th	169	Kim Buxton	DVO	W60	<b>138:48</b>	+75:08
36th	1560	Catherine Rooney	RR	W60	<b>141:41</b>	+78:01
	1284	Ellen Starling	NGOC	W60	<b>m1-11</b>	
	179	Joy Cameron	MAROC	W60	<b>m1-12</b>	
	293	Ann Cummings	WCOC	W60	<b>m4-6</b>	
	369	Louise Dunn	LOC	W60	<b>w9</b>	

### W60S 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1280	Kath Speak	MDOC	W60	<b>38:07</b>	
2nd	364	Colette Du Toit	NGOC	W60	<b>53:00</b>	+14:53
3rd	193	Jenny Cattermole		W60	<b>57:47</b>	+19:40
4th	726	Bridget Jardine	PFO	W60	<b>58:11</b>	+20:04

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## EVENT RESULTS

### W60S 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
5th	1146	Marie Roberts	MDOC	W60	58:54	+20:47
6th	387	Joanna Emberton	EPOC	W60	61:04	+22:57
7th	338	Elisabeth Dickson	BAOC	W60	61:40	+23:33
8th	233	Julie Collins	DFOK	W60	63:52	+25:45
9th	1005	Helen O'Donoghue	SOLWAY	W60	75:09	+37:02
10th	983	Janice Nichols	BL	W60	79:54	+41:47
11th	693	Anne Hoy	ESOC	W60	96:22	+58:15
12th	609	Penny Heap	MDOC	W60	99:18	+61:11
13th	725	Ros James	SMOC	W60	102:52	+64:45
14th	613	Stella Heap	MDOC	W60	109:55	+71:48

### W65L 5.1km 160m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1233	Alison Simmons	BOK	W65	52:47	
2nd	1485	Allie Wilson Craw	NATO	W65	58:43	+5:56
3rd	549	Jackie Hallett	BOK	W65	59:00	+6:13
4th	1189	Anne Salisbury	WAROC	W65	62:30	+9:43
5th	270	Ann Cranke	CLOK	W65	67:04	+14:17
6th	989	Janice Nisbet	ESOC	W65	70:06	+17:19
7th	289	Janet Cronk	WAOC	W65	70:30	+17:43
8th	162	Judy Burge	LOC	W65	71:03	+18:16
9th	1075	Liz Potterton	CLARO	W65	72:30	+19:43
10th	815	Stella Lewsley	BL	W65	74:42	+21:55
11th	214	Karen Clark	EBOR	W65	75:15	+22:28
12th	1144	Maggie Roach	SLOW	W65	75:38	+22:51
13th	607	Mary Healy	GEN	W65	76:46	+23:59
14th	119	Marcia Bradbury	SYO	W65	76:52	+24:05
15th	763	Helen Kelsey	BOK	W65	79:20	+26:33
16th	1050	Amelia Petrie	CLYDE	W65	82:18	+29:31
17th	1095	Julia Prudhoe	Central Coast	W65	84:21	+31:34
18th	148	Gill Browne	LOC	W65	84:24	+31:37
19th	1153	Christine Robinson	LOC	W65	87:08	+34:21
20th	113	Catherine Boelle	Club COOL	W65	87:38	+34:51
21st	1504	Rosie Wych	QO	W65	90:35	+37:48
22nd	979	Sheelagh Nichol	AYROC	W65	91:41	+38:54
23rd	1290	Jane Stew	OD	W65	93:58	+41:11
24th	37	Julie Astin	WSX	W65	97:14	+44:27
25th	321	Catherine Dawson	NATO	W65	97:36	+44:49
26th	602	Linda Hayles	EPOC	W65	98:25	+45:38
27th	564	Fiona Hanstock	BOK	W65	101:55	+49:08
28th	227	Jill Cochrane	SROC	W65	103:55	+51:08
29th	1464	Margaret Willdig	OD	W65	105:38	+52:51
30th	441	Rhona Fraser	ESOC	W65	109:29	+56:42
31st	320	Patricia Davies	BL	W65	111:49	+59:02
32nd	697	Linda Hulley	SO	W65	134:41	+81:54
	1487	Toria Wimpenny	DEVON	W65	m2-6	
	622	Leila Henderson	YALANGA	W65	w5	

### W65S 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1261	Jill Smith	EBOR	W65	38:11	
2nd	714	Noreen Ives	WAOC	W65	54:51	+16:40
3rd	943	Pat Moody	DEE	W65	56:18	+18:07
4th	1499	Lesley Wornham	WCOC	W65	69:03	+30:52
5th	1054	Hilary Pickering	WIM	W65	79:12	+41:01
6th	1123	Suzanne Relton	EBOR	W65	87:45	+49:34

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### W70L 3.5km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	308	Margaret Dalglish	ESOC	W70	47:23	
2nd	1169	Susan Roome	SROC	W70	47:58	+0:35
3rd	966	Janet Nash	LOC	W70	51:11	+3:48
4th	483	Liz Godfree	DVO	W70	54:38	+7:15
5th	557	Sue Hands	WIM	W70	59:03	+11:40
6th	1171	Miriam Rosen	SROC	W70	59:44	+12:21
7th	1475	Anne Wilson	AIRE	W70	61:02	+13:39
8th	733	Judy Johnson	BL	W70	61:57	+14:34
9th	1303	Sheila Strain	ELO	W70	61:58	+14:35
10th	765	Christine Kiddier	BL	W70	63:10	+15:47
11th	297	Joan Cumpstey	BL	W70	64:04	+16:41
12th	1394	Di Turner	SO	W70	64:17	+16:54
13th	1258	Ann Smith	LOC	W70	70:36	+23:13
14th	1412	Barbara Verity	DEE	W70	72:21	+24:58
15th	1328	Rosalind Taunton	NGOC	W70	84:18	+36:55
16th	1160	Trina Rogerson	ELO	W70	85:43	+38:20
17th	1500	Jenny Wren	BL	W70	87:01	+39:38
18th	381	Elizabeth Elliott	WCOC	W70	95:23	+48:00
19th	1219	Margaret Shaw	EPOC	W70	108:05	+60:42
20th	353	Alison Doyle	MDOC	W70	133:29	+86:06
	1267	Heather Smithard	KFO	W70	m2-9	

### W70S 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	382	Jan Ellis	NOC	W70	59:37	
2nd	383	Ruth Ellis	DVO	W70	64:13	+4:36
3rd	98	Hazel Bickle	WAOC	W70	84:23	+24:46
4th	1148	Susan Roberts	HOC	W70	84:50	+25:13

### W75L 3.5km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	188	Sheila Carey	OD	W75	43:19	
2nd	919	Carol McNeill	LOC	W75	48:27	+5:08
3rd	105	Karen Blackburn	BL	W75	58:56	+15:37
4th	61	Jean Baldwin	GOLDSEEKERS	W75	66:58	+23:39
5th	670	Bridget Hooper	SO	W75	71:11	+27:52
6th	1366	Charlotte Thornton	SARUM	W75	71:20	+28:01
7th	1089	Beryl Pring	SAX	W75	77:01	+33:42
8th	1183	Geraldine Russell	SOS	W75	77:36	+34:17
9th	969	Helen Neild	LOC	W75	77:48	+34:29
10th	936	Christine Middleton	DVO	W75	103:48	+60:29
11th	590	Pat Hart	SARUM	W75	128:54	+85:35
	1175	Pauline Rosser	SYO	W75	m2 m4	
	333	Marian Denham	POTOC	W75	m2-4	

### W75S 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1295	Nina Stimson	NWO	W75	71:19	
	1508	Liz Yeadon	SARUM	W75	m1	

### W80 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1358	Jenny Thompson	TVOC	W80	44:12	
2nd	1132	Ruth Rhodes	SO	W80	59:00	+14:48

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### W80 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
3rd	550	Joan Hambleton	SARUM	W80	67:23	+23:11
4th	1213	Joan Selby	CLOK	W80	73:41	+29:29
5th	1176	Jean Rostron	POTOC	W80	79:36	+35:24
6th	1000	Catherine Odell	EBOR	W80	97:58	+53:46
	1241	Hilary Simpson	OD	W80	m3-5 m	
	1045	Freda Peirce	SARUM	W80	m5-8	
	430	Clare Fletcher	BOK	W80	rtd	

### W85 2.7km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	570	Gill Hardy	WCOC	W85	65:21	
2nd	470	Barbara George	NOR	W85	74:06	+8:45
3rd	1254	Alison Sloman	HOC	W85	75:31	+10:10
4th	103	Sue Birkinshaw	MDOC	W85	102:54	+37:33
	611	Rupert Heap		M21	m1-8	

### Light Green 3.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1164	Rebecca Rooke	LOC	W35	27:07	
2nd	376	Helen Elkington	OD	W21	38:00	+10:53
3rd	1365	Andrew Thornton	MDOC	M60	40:24	+13:17
4th	1454	Matt White	LEI	M55	47:05	+19:58
5th	56	Darren Baker	DEE	M55	48:34	+21:27
6th	535	Prabin Gurung	BAOC	M21	48:46	+21:39
7th	637	Joanne Hickling	SAX	W55	48:52	+21:45
8th	1447	Richard Webster	AIRE	M21	49:28	+22:21
9th	769	Becky King	CLOK	W21	50:08	+23:01
10th	1556	Nathan Peel	SYO	M12	51:12	+24:05
11th	1223	Lorraine Shepherd	INVOC	W55	51:30	+24:23
12th	350	Martin Double	SLOW	M45	52:59	+25:52
13th	1588	Ingo Hursie	UCC Magelehug	M60	53:17	+26:10
14th	1547	Irene Crawshaw	MDOC	W75	57:21	+30:14
15th	1414	Hugo Vigouroux	ACA	M21	58:16	+31:09
16th	1120	David Rawle	BL	M50	59:26	+32:19
17th	634	Eric Heritage	WRE	M60	60:05	+32:58
18th	1584	Isobel Williamson	LOC	W70	60:11	+33:04
19th	1115	Sunil Rai	RSOC	M21	61:14	+34:07
20th	79	Megan Barry	TVOC	W21	64:25	+37:18
21st	760	Joseph Kelly	BAOC	M21	65:12	+38:05
22nd	648	Cinnamon Hodgson	SYO	W50	69:18	+42:11
23rd	1474	Anna Wilson	PFO	W12	72:58	+45:51
24th	395	Kath Etherden	SELOC	W70	77:40	+50:33
25th	625	Susan Hensman	FVO	W45	79:21	+52:14
26th	116	Jonathan Booker	EBOR	M45	79:55	+52:48
27th	1333	Helen Taylor	DEVON	W60	82:09	+55:02
28th	434	Joanna Foster	BOK	W65	82:19	+55:12
29th	1546	Grahame Crawshaw	MDOC	M70	83:15	+56:08
30th	1478	Daniel Wilson	PFO	M14	83:34	+56:27
31st	1122	David Relton	EBOR	M70	84:27	+57:20
32nd	9	Erinn Abbott	STAG	W21	84:37	+57:30
33rd	1453	Karen White	LEI	W55	86:23	+59:16
34th	250	Brendan Cormican	LVO	M45	90:14	+63:07
35th	1542	Lucy Gilbert		W60	96:15	+69:08
36th	944	Charlotte Moore	HOC	W35	96:29	+69:22
37th	1470	Sue Williams	WIGHTO	W70	98:11	+71:04
38th	839	Sarah Lowe	SO	W50	105:54	+78:47
39th	75	Amanda Barrett	NOR	W40	114:34	+87:27

# Lakes 5 day - Swindale SW

August 07, 2022

## EVENT RESULTS

### Light Green 3.4km 130m

Pos	No.	Name	Club	Age Class	Time	Behind
40th	208	Knoie Chiu	PAOC	W35	144:24	+117:17
	1591	Allan Miller	KENDAL ATHLE	M60	w1	
	779	Dorian Kopij	SAX	M20	m3-8	
	67	Caroline Barcham	SELOC	W55	m4-5	
	1310	Martina Sundelin	OK Orion	W21	m4-5	
	1311	Nanna Sundelin	OK Orion	W16	m4-5	
	134	Karen Bricknell	SAX	W50	m3-5 m	
	1538	Carolyn Marr	OD	W75	m7	

### Orange 3.4km 100m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1590	Otto Volker	KOLV	M60	47:00	
2nd	324	Martin Dean	FVO	M65	47:42	+0:42
3rd	1214	Ashish Sen		M21	48:17	+1:17
4th	727	Aman Jarga Magar		M21	49:38	+2:38
5th	817	Maxence Libert		M21	52:32	+5:32
6th	1114	Sangam Rai		M21	54:08	+7:08
7th	1583	Sajan Limbu	BAOC	M21	56:36	+9:36
8th	1242	Isla Simpson	CLOK	W14	57:17	+10:17
9th	1313	Keshav Gurung	RSOC	M21	60:23	+13:23
10th	801	Gillian Lee-Jones	BOK	W55	61:14	+14:14
11th	784	Dhawa Lama		M21	63:08	+16:08
12th	216	Caroline Clarke	FVO	W45	69:43	+22:43
13th	813	Oliver Lewis	QO	M14	71:21	+24:21
14th	1268	Les Smithard	KFO	M70	72:02	+25:02
15th	1227	Jacob Shirvington	QO	M14	72:14	+25:14
16th	713	Glenn Irving		M16	75:57	+28:57
17th	1595	James Bruce		M21	78:55	+31:55
18th	703	Alison Hurford	BOK	W60	80:07	+33:07
19th	77	Alison Barry	TVOC	W55	83:24	+36:24
20th	756	Spencer Kay		M21	85:48	+38:48
21st	2022	Jude Smith	AYROC	W50	86:21	+39:21
22nd	934	Michael Eden		M14	102:36	+55:36
23rd	939	Andrey Miroshnikov		M21	104:05	+57:05
24th	264	Elysia Cowe (2nd run)	WAOC	W10	105:39	+58:39
25th	1581	Priscilla Chen-Chandler	LOK		107:58	+60:58
26th	812	Annabelle Lewis	QO	W16	109:55	+62:55
27th	1321	Buddhi Tamang	BOF	M21	110:56	+63:56
28th	1314	Sandesh Sunuwar	BOF	M21	111:52	+64:52
29th	1579	James Thebe Limbu	BAOC	M21	128:06	+81:06
30th	603	Diane Hayward	SLOW	W50	136:23	+89:23
31st	334	Alyson Denney	OD	W70	149:29	+102:29
	569	Samuel Harding		M21	m1-3 m	
	874	Roberta Marshall	NN	W60	m2 m4-	
	1489	Maisy Winskill	WCOC	W14	m6-8 w1	
	572	Elsie Hargreaves	KERNO	W75	m6-8 m	
	1582	Oscar Bagley	BAOC	M21	m10	
	1116	Amy Ransley	NOC	W35	m6-8 m	
	191	Barbara Castle	SAX	W60	m6-8	
	593	Heather Harvey	WIM	W12	m6-8 m	
	1594	Richard Alex McDonald		M45	m6-10	
	1601	Nicola Pearson		W55	m3	
	616	Kathryn Hearn		W55	rtd	

### Yellow 2.5km 90m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1129	Jago Reynolds	SYO	M12	28:48	



# Lakes 5 day - Swindale SW

August 07, 2022

## EVENT RESULTS

### Yellow 2.5km 90m

Pos	No.	Name	Club	Age Class	Time	Behind
2nd	1585	Mary Ann O'Brian	CORKO	W12	30:57	+2:09
3rd	1245	Rae Simpson	CLOK	W10	39:48	+11:00
4th	1587	Kyra Green	WCOC	W10	41:52	+13:04
5th	1592	Hugo Maule-Lidbury	HAVOC	M10	46:46	+17:58
6th	1589	Gabrielle Harke	KOLV	W55	49:48	+21:00
7th	1324	Daniel C N Tang	OD	M10	53:39	+24:51
8th	1316	Daniel Tam	HH	M10	56:22	+27:34
9th	342	Anna Dnestrovskiaya	TVOC	W21	62:13	+33:25
10th	439	Emily Fraser	MOR	W10	75:59	+47:11
11th	1	Karen Abbatuan	BAOC	W35	89:30	+60:42
12th	5	Katheryn Abbatuan	BAOC	W21	89:35	+60:47
13th	8	Maria Abbatuan	BAOC	W60	91:50	+63:02
14th	1077	Betsan Powell	WAOC	W14	92:02	+63:14
15th	1507	Alan Yeadon	SARUM	M85	108:21	+79:33
	592	Edward Harvey	WIM	M10	m3 m11	

### White 2.0km 60m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1111	Isabelle Raftery	HH	W10	25:09	
2nd	1244	Lauren Simpson	CLOK	W10	26:19	+1:10
3rd	352	Osian Double	SLOW	M10	28:00	+2:51
4th	351	Menna Double	SLOW	W10	28:52	+3:43
5th	20	Alfie Alcock	AIRE	M10	30:32	+5:23
6th	31	George Ashton	SARUM	M10	32:46	+7:37
7th	24	Felix Alloway	LOC	M10	39:04	+13:55
8th	1109	Alice Raftery	HH	W10	40:18	+15:09
9th	982	Harriet Nichols	SO	W10	46:47	+21:38
10th	985	Lizzie Nichols	SO	W10	47:09	+22:00
11th	1600	Una may	PFO	W6	49:29	+24:20
12th	1598	George Ricketts		M10	50:52	+25:43
13th	357	Charlotte Drewe	CLARO	W10	56:52	+31:43
14th	1586	Felix Gardner	BL	M3	59:03	+33:54
15th	995	Eadie O'Callaghan	CLOK	W14	92:58	+67:49
	1551	Jonty Razzetti	BL	M10	m8	