

# Lakes 5 day - Dale Park

August 09, 2022

## EVENT RESULTS

### M10A 1.7km 105m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	154	Louis Bryant	SYO	M10	24:19	
2nd	729	Alex Johnson	SYO	M10	27:37	+3:18
3rd	1317	Darrio Tam	HH	M10	29:02	+4:43
4th	578	Zebedee Harlock-Askew	TVOC	M10	34:16	+9:57
5th	579	Alexander Harlock-Askew	TVOC	M10	44:17	+19:58
6th	217	Fraser Clarke	NGOC	M10	47:18	+22:59
7th	1323	Andrew C C Tang	OD	M10	48:06	+23:47
8th	879	Dougal Mather	MAROC	M10	49:36	+25:17
9th	931	Joseph Meredith	EBOR	M10	82:27	+58:08

### M10B 1.3km 70m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1200	Hugh Scarborough	MV	M10	37:01	
2nd	860	Francis Mansfield	BAOC	M10	48:17	+11:16
	21	Charlie Alcock	AIRE	M10	m10	

### M12A 2.0km 115m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1360	Quinn Thompson	LOC	M12	27:31	
2nd	660	Hiroki Holmes	WCOC	M12	29:16	+1:45
3rd	887	Charlie Maule-Lidbury	HAVOC	M12	30:02	+2:31
4th	1496	Oskar Woods	SYO	M12	31:47	+4:16
5th	1087	Stanley Preston	SYO	M12	34:04	+6:33
6th	50	Peter Atkinson	ELO	M12	35:09	+7:38
7th	315	Alex Darwin	WAOC	M12	35:10	+7:39
8th	1555	Nathan Peel	SYO	M12	38:36	+11:05
9th	453	Chun Ho Andre Fu	WAOC	M12	39:52	+12:21
10th	344	Matvei Dnestrovskii	TVOC	M12	44:54	+17:23
11th	1401	Alfie Tyner	Setanta	M12	51:06	+23:35
12th	928	Daniel Meredith	EBOR	M12	70:39	+43:08

### M12B 1.7km 105m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1201	Ralph Scarborough	MV	M12	39:37	

### M14A 2.8km 170m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	912	Finlay McLuckie	MOR	M14	37:50	
2nd	1554	Oscar Peel	SYO	M14	41:43	+3:53
3rd	1088	William Preston	SYO	M14	45:18	+7:28
4th	629	Toby Heppell	WCOC	M14	49:03	+11:13
5th	1128	Caspar Reynolds	SYO	M14	49:50	+12:00
6th	651	Lawrence Hodgson	SYO	M14	51:45	+13:55
7th	1306	Max Straube-Roth	OD	M14	52:32	+14:42
8th	1124	George Rennie	WCOC	M14	56:38	+18:48
9th	711	Matthew Inman	FVO	M14	63:36	+25:46
10th	1194	Oscar Sanderson	NATO	M14	64:46	+26:56
11th	199	Ben Chapman	SO	M14	65:41	+27:51
12th	1131	Pasco Reynolds	SYO	M14	65:48	+27:58
13th	1378	Ben Todhunter	SROC	M14	65:55	+28:05
14th	1240	Eoin Simpson	LEI	M12	66:45	+28:55
15th	128	Monty Bratcher-Howard	WIM	M14	66:52	+29:02
16th	247	Lawrie Cope	NATO	M14	68:48	+30:58
17th	1061	Daniel Pigott	POTOC	M14	89:02	+51:12

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### M14A 2.8km 170m

Pos	No.	Name	Club	Age Class	Time	Behind
18th	1318	Davis Tam	HH	M14	<b>108:54</b>	+71:04
	787	Adam Landels	OD	M14	<b>m3-6 m</b>	
	454	Chun Yan Alistair Fu	WAOC	M14	<b>w13</b>	

### M14B 2.0km 115m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	473	Leo Gilbert	DEVON	M14	<b>45:05</b>	

### M16A 3.1km 195m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1162	Thomas Rollins	SN	M16	<b>38:02</b>	
2nd	152	James Bryant	SYO	M16	<b>42:09</b>	+4:07
3rd	627	Daniel Heppell	WCOC	M16	<b>42:39</b>	+4:37
4th	822	Robbie Lightfoot	SYO	M14	<b>45:27</b>	+7:25
5th	127	Harry Bratcher-Howard	WIM	M16	<b>51:36</b>	+13:34
6th	1003	Jake O'Donnell	DVO	M16	<b>53:16</b>	+15:14
7th	701	Isaac Hunter	WCOC	M16	<b>55:49</b>	+17:47
8th	686	Austin Howe	SAX	M16	<b>56:15</b>	+18:13
9th	900	Matthew McCreddie	DEE	M16	<b>62:44</b>	+24:42
10th	237	Jamie Connor	FVO	M16	<b>68:02</b>	+30:00
11th	355	John Doyle	SYO	M16	<b>71:18</b>	+33:16
12th	1191	Benedict Sanderson	NATO	M16	<b>73:31</b>	+35:29
13th	48	Joel Atkinson	ELO	M16	<b>76:35</b>	+38:33
	974	Yann Newey	MAROC	M16	<b>w11</b>	
	123	Hamish Braine-Clarke	QO	M16	<b>m13 m1</b>	

### M16B 2.8km 170m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	286	Ben Cronin	SAX	M16	<b>97:21</b>	

### M18L 3.2km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	932	Adam Methven	BKO	M18	<b>33:12</b>	
2nd	481	Jamie Goddard	FVO	M18	<b>33:57</b>	+0:45
3rd	883	Alex Matthew	SROC	M18	<b>38:41</b>	+5:29
4th	498	Ben Gostick	HH	M18	<b>40:44</b>	+7:32
5th	819	Jamie Lightfoot	SYO	M18	<b>43:00</b>	+9:48
6th	614	Tommy Heap	SO	M18	<b>45:57</b>	+12:45
7th	950	Matthew Morris	SYO	M18	<b>46:10</b>	+12:58
8th	1209	Peter Scott	LOC	M18	<b>48:58</b>	+15:46
9th	1440	Dominic Wathey	MDOC	M18	<b>50:27</b>	+17:15
10th	467	William Garnett	SYO	M18	<b>50:48</b>	+17:36
11th	911	Sam McLoughlin	WCOC	M18	<b>62:20</b>	+29:08
12th	810	Sam Lewis	DEVON	M18	<b>93:17</b>	+60:05
13th	246	Jonty Cope	NATO	M18	<b>98:52</b>	+65:40

### M18S 2.4km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1001	Ben O'Donnell	DVO	M18	<b>72:27</b>	
2nd	1403	Tivon Tyner	Setanta	M18	<b>83:32</b>	+11:05
3rd	785	Robin Lambe	HOC	M18	<b>102:34</b>	+30:07

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### M20L 3.2km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	731	Finlay Johnson	SROC	M20	32:21	
2nd	416	Alex Fielding	HH	M20	37:40	+5:19
3rd	781	Benjamin Kyd	MDOC	M20	52:00	+19:39
4th	672	Matthew Horne	LOC	M20	52:09	+19:48
5th	581	Adam Harris	DEE	M20	60:14	+27:53
6th	492	Jonty Goodwin	EUOC	M20	70:34	+38:13
7th	234	Luke Collins	LVO	M20	75:57	+43:36

### M20S 2.4km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	841	Vlad Lutsenko	CHIG	M20	84:01	

### M21L 4.4km 320m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	507	Filip Grahn	Södertälje-Nykva	M21	35:48	
2nd	735	Oliver Johnson	SYO	M40	37:32	+1:44
3rd	1343	Alastair Thomas	WCOC	M21	37:48	+2:00
4th	794	Nathan Lawson	OD	M21	37:51	+2:03
5th	1266	Chris Smithard	FVO	M21	39:36	+3:48
6th	158	David Bunn	EUOC	M21	47:29	+11:41
7th	1156	Richard Robinson	NOC	M40	48:21	+12:33
8th	1288	Ben Stevens	DRONGO	M35	48:32	+12:44
9th	380	Ryan Elliot	OUOC	M21	48:52	+13:04
10th	1281	Daniel Spencer	EUOC	M21	49:44	+13:56
11th	1364	Alistair Thornton	FVO	M21	50:45	+14:57
12th	1443	Daniel Weaver	UBOC	M21	51:47	+15:59
13th	305	Dom Dakin	SYO	M21	51:53	+16:05
14th	1553	David Peel	SYO	M55	52:40	+16:52
15th	1540	Lachlan Chavasse	CUOC	M21	56:11	+20:23
16th	797	Sam Leadley	OD	M21	58:51	+23:03
17th	1459	Jérémie Wichoud	CO Lausanne-Jo	M21	59:29	+23:41
18th	490	Ben Goodwin	WCOC	M21	60:49	+25:01
19th	414	Adam Fieldhouse	QO	M21	61:19	+25:31
20th	1332	Duncan Taylor	DEVON	M21	61:50	+26:02
21st	329	Tommy Delenne	ACA	M21	63:14	+27:26
22nd	1072	Adam Poole	TVOC	M21	64:14	+28:26
23rd	1007	Conor O'Donovan	WAOC	M21	64:54	+29:06
24th	655	Thomas Hofer	OLG Huttwil	M35	64:56	+29:08
25th	867	Liam Marsh	SO	M21	65:07	+29:19
26th	1273	Martin Sogno	ACA	M21	65:29	+29:41
27th	493	Joseph Goodwin	SHUOC	M21	67:12	+31:24
28th	745	Lawrence Jones	NGOC	M21	70:10	+34:22
29th	1512	Philipp Zappa	OLG Huttwil	M21	70:40	+34:52
30th	1320	Wing Chung Tam	PAOC	M35	73:31	+37:43
31st	415	Robin Fieldhouse	QO	M21	75:32	+39:44
32nd	104	Nikolaj Bjørn	TISVILDE HEGN	M21	76:20	+40:32
33rd	1058	Matthew Pickering	SYO	M21	76:58	+41:10
34th	583	Duncan Harris	DEE	M55	77:33	+41:45
35th	463	Matthew Gardner	HH	M21	80:32	+44:44
36th	1516	Donatas Tumaitis	CHIG	M35	84:05	+48:17
37th	688	Frazer Howe	BAOC	M21	84:10	+48:22
38th	1225	Dylan Sherman	OUOC	M21	85:06	+49:18
39th	346	Peter Dobra	SAX	M21	86:24	+50:36
40th	386	Robert Elston	UBOC	M21	91:31	+55:43
41st	432	Daniel Font	DEE	M21	93:40	+57:52
42nd	543	Matt Haines	UBOC	M21	99:32	+63:44
43rd	230	Jeremy Colgan	HVO	M50	106:15	+70:27

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### M21L 4.4km 320m

Pos	No.	Name	Club	Age Class	Time	Behind
44th	865	Euan Marsh	SO	M21	112:37	+76:49
45th	791	Himmy Lau	SLOW	M21	119:37	+83:49
	1399	James Turton	SROC	M21	w15	

### M21S 3.2km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	36	Thomas Aspin	CLOK	M21	43:30	
2nd	150	Robert Browne	LOC	M21	44:20	+0:50
3rd	192	Iain Cattermole	STAG	M21	47:09	+3:39
4th	949	Louis Morris	WCOC	M21	48:03	+4:33
5th	210	Yau Chung Chiu	PAOC	M35	48:33	+5:03
6th	965	Andrew Nash	SOC	M45	50:56	+7:26
7th	393	James Errington	HH	M21	53:31	+10:01
8th	679	Råmund Løver Hovden	STORD ORIENT	M21	60:06	+16:36
9th	1492	Cheuk Wang Wong	PAOC	M21	60:15	+16:45
10th	823	Papesh Limbu	BOF	M21	72:23	+28:53
11th	566	Stuart Hanstock	BOK	M21	80:30	+37:00
12th	23	Ollie Allcock		M21	84:05	+40:35
13th	754	Sudeep Kamal	BAOC	M21	85:54	+42:24
14th	533	Joshua Gurung	RSOC	M21	88:57	+45:27
15th	843	Nicolas MacDonald	BOF	M21	93:06	+49:36
16th	678	Brage Løver Hovden	STORD ORIENT	M21	96:05	+52:35
17th	1259	Fergus Smith	AYROC	M21	97:11	+53:41
18th	1115	Sunil Rai	RSOC	M21	98:24	+54:54
19th	534	Nabin Gurung	BAOC	M21	100:39	+57:09
20th=	295	Paul Cumner	BOF	M21	100:59	+57:29
20th=	1322	Deepen Tamang	BOF	M21	100:59	+57:29
22nd	826	Edward Lines	SO	M21	103:19	+59:49
23rd	1421	Michael Wagstaff	UBOC	M21	104:52	+61:22
24th	531	Dirgha Gurung	BAOC	M21	111:37	+68:07
25th	866	Kieran Marsh	SLOW	M21	113:25	+69:55
26th	374	Scott Eford	WSX	M21	117:33	+74:03
27th	532	Dou bahadur Gurung		M21	125:08	+81:38
28th	536	Prem Gurung		M21	174:55	+131:25

### M35L 4.4km 320m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1326	Joe Taunton	SYO	M35	55:23	
2nd	65	Laurence Ball	NOR	M35	64:40	+9:17
3rd	1163	Matthew Rooke	LOC	M35	66:29	+11:06
4th	33	Robert Ashton	BAOC	M35	67:27	+12:04
5th	1298	Edward Stott	SLOW	M35	98:15	+42:52
	1203	Tim Scarbrough	MV	M35	m12-19	
	862	Gareth Mansfield	BAOC	M35	m8	

### M35S 3.1km 195m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1113	Birbahadur Rai	WCH	M35	58:23	
2nd	1100	Sebastian Pugh	SYO	M35	59:10	+0:47
3rd	537	Sandesh Gurung	BAOC	M35	65:25	+7:02
4th	359	Will Drewe	CLARO	M40	65:43	+7:20
5th	981	Edward Nichols	SO	M40	68:08	+9:45
6th	341	Richard Dixon	BAOC	M35	72:27	+14:04
7th	1329	Samuel Taunton	NGOC	M35	106:45	+48:22
	917	Neil McMillan	ELO	M35	rtd	

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### M40L 4.4km 320m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1166	David Roome	SROC	M40	48:05	
2nd	626	Will Hensman	FVO	M40	50:14	+2:09
3rd	631	Chris Heppenstall	LOC	M40	60:35	+12:30
4th	1063	Graham Pigott	POTOC	M40	75:36	+27:31
5th	1574	Graeme Ambler	BOK	M40	92:35	+44:30
6th	666	Tim Holt	SYO	M40	96:11	+48:06
7th	477	Tim Gilbert	DEVON	M40	97:31	+49:26
8th	265	Daniel Cowley	NOR	M40	101:02	+52:57
9th	1292	Andrew Stimson	NN	M40	101:07	+53:02
10th	930	James Meredith	EBOR	M40	102:39	+54:34
11th	975	David Newton	DVO	M40	104:59	+56:54
12th	798	Rob Leathley	SO	M45	156:08	+108:03
	529	Richard Guillaume	SYO	M35	m10-23	
	1293	Doug Stimson	NWO	M40	m10-22	

### M40S 2.9km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	575	James Hargreaves	BOK	M40	47:49	
2nd	424	Dan Findlay-Robinson	WCH	M40	58:28	+10:39
3rd	218	Grant Clarke	NGOC	M40	85:28	+37:39
4th	42	Robert Atkins	HOC	M40	97:21	+49:32
5th	520	Paul Gregson	OD	M40	101:24	+53:35

### M45L 3.7km 250m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	73	Nick Barrable	SYO	M45	42:08	
2nd	1238	Andy Simpson	LEI	M45	44:27	+2:19
3rd	482	Roger Goddard	FVO	M45	45:32	+3:24
4th	1390	Peter Tryner	SYO	M45	46:37	+4:29
5th	1243	Julian Simpson	CLOK	M45	54:00	+11:52
6th	257	Paul Couldridge	SLOW	M45	54:19	+12:11
7th	22	David Alcock	AIRE	M45	54:28	+12:20
8th	555	Paul Hammond	FVO	M45	58:30	+16:22
9th	1064	Martin Pigott	POTOC	M45	59:14	+17:06
10th	1484	Steve Wilson	PFO	M45	59:16	+17:08
11th	574	Ian Hargreaves	SOS	M45	61:36	+19:28
12th	615	Will Heap	SO	M45	67:38	+25:30
13th	922	Jolyon Medlock	WSX	M45	71:53	+29:45
14th	1207	Marcus Scotney	DVO	M45	72:57	+30:49
15th	680	Andrew Howard	BOF	M45	74:35	+32:27
16th	1179	Andrew Rowe	POTOC	M45	75:43	+33:35
17th	880	Paul Mather	MAROC	M45	77:40	+35:32
18th	1274	Philip Sorrell	QO	M45	84:02	+41:54
19th	902	Adam McCreddie	DEE	M45	85:17	+43:09
20th	260	Brian Cowe	WAOC	M45	88:17	+46:09
21st	1228	Peter Shirvington	QO	M45	101:53	+59:45
22nd	1226	Francis Shillitoe	NATO	M45	108:02	+65:54
23rd	111	Fred Boardman	WCOC	M45	119:53	+77:45
24th	1016	Alex Owen	LOK	M45	120:17	+78:09
25th	758	Chris Kelly	FVO	M45	126:46	+84:38
26th	1134	Leon Ricketts	AIRE	M45	130:55	+88:47
27th	723	Richard Jackson	DEVON	M45	135:52	+93:44
28th	1319	Dickson CY Tam	HH	M45	149:50	+107:42
	953	Peter Moseley	SROC	M45	w11	
	653	Simon Hodgson	SYO	M45	w5 m11-	
	1083	Richard Powell	WAOC	M45	m12-22	

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### M45S 2.9km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	213	Mykyta Chubynsky	OD	M45	85:18	
2nd	511	Julian Green	EPOC	M45	100:58	+15:40
3rd	1497	Todd Woods	SYO	M45	105:19	+20:01
	488	Roger Gooding	SOS	M45	m9	
	840	Kostya Lutsenko	CHIG	M45	w11	
	49	Michael Atkinson	ELO	M45	w11	
	1422	Christopher Walker	LOK	M45	m10-14	

### M50L 3.7km 250m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	788	Alistair Landels	OD	M50	41:29	
2nd	710	Jason Inman	FVO	M50	53:41	+12:12
3rd	239	Neil Conway	AIRE	M50	55:07	+13:38
4th	1429	Peter Ward	NGOC	M50	56:44	+15:15
5th	115	Brendan Bolland	WAROC	M50	62:28	+20:59
6th	662	Steve Holmes	WCOC	M50	63:12	+21:43
7th	1402	Angus Tyner	Setanta	M50	64:47	+23:18
8th	129	Steven Breeze	WCOC	M50	65:46	+24:17
9th	207	Dan Chissick	Galilee	M50	68:12	+26:43
10th	1126	Jamie Rennie	WCOC	M50	68:56	+27:27
11th	687	Brendon Howe	SAX	M50	70:34	+29:05
12th	1178	Calvin Routledge	BAOC	M50	73:13	+31:44
13th	886	Tom Matthew	SROC	M50	74:05	+32:36
14th	417	Kevin Fielding	HH	M50	74:09	+32:40
15th	251	Liam Corner	MDOC	M50	75:04	+33:35
16th	1514	Ilan Zuck	SHOC	M55	75:21	+33:52
17th	587	Mike Harrison	WCOC	M50	76:08	+34:39
18th	1406	Denis Valentin	BROS 4012	M50	81:51	+40:22
19th	1025	Jeff Pakes	QO	M50	84:27	+42:58
20th	807	Pavel Levitsky	TEL AVIV UNIV	M50	88:54	+47:25
21st	915	Peter McLuckie	MOR	M50	91:06	+49:37
22nd	1375	David Todd	SYO	M55	92:08	+50:39
23rd	818	Guy Lidbury	HAVOC	M50	92:28	+50:59
24th	994	Danny O'Callaghan	CLOK	M50	92:52	+51:23
25th	595	Philip Harvey	WIM	M50	93:44	+52:15
26th	604	Jim Hayward	BOK	M55	93:45	+52:16
27th	35	David Aspin	CLOK	M50	94:52	+53:23
28th	240	Darren Cook	DVO	M50	96:43	+55:14
29th	702	Simon Hunter	WCOC	M50	109:27	+67:58
30th	1308	Anders Sundelin	OK Orion	M50	111:10	+69:41
31st	290	John Crowther	Rocky Mountain	M50	119:27	+77:58
32nd	505	Stuart Graham	SOLWAY	M50	124:34	+83:05
33rd	292	Dave Cumins	SO	M50	124:38	+83:09
34th	740	Terry Johnstone	ESOC	M55	125:49	+84:20
35th	1460	Pierre Wichoud	CO Lausanne-Jo	M50	142:07	+100:38
36th	1216	Nick Shanahan	BAOC	M50	144:56	+103:27
37th	1432	Darren Warner-Swann	SO	M50	147:13	+105:44
	466	James Garnett	SYO	M50	m11-20	
	899	Chris McCartney	HOC	M50	m9	
	871	John Marshall	CLYDE	M50	m10-16	
	811	Tom Lewis	DEVON	M50	rtd	

### M50S 2.6km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1494	Mark Wood	FVO	M50	44:17	
2nd	1195	Oliver Santschi	OLG BERN	M50	45:15	+0:58
3rd	459	Paul Gaines	BL	M50	60:30	+16:13

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### M50S 2.6km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
4th	1172	Finlay Ross	ESOC	M55	62:28	+18:11
5th	1287	Martin Steiner	OLG BERN	M50	63:10	+18:53
6th	1529	Rodney White	WIM	M50	87:33	+43:16
	469	Mike Garvin	SLOW	M50	m6-9	
	436	David Frampton	HH	M50	rtd	
	926	Edward Mellor	SELOC	M50	rtd	

### M55L 3.3km 240m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	13	Charlie Adams	SYO	M55	39:25	
2nd	768	Gunnar Kindlundh	Trosabygdens O	M55	44:36	+5:11
3rd	1427	Martin Ward	SYO	M55	46:31	+7:06
4th	1017	Matthew Owen	BOK	M55	49:03	+9:38
5th	712	Alan Irving	WCOC	M55	49:06	+9:41
6th	598	Jon Hateley	DEE	M55	49:09	+9:44
7th	91	Iain Bell	DEE	M55	50:43	+11:18
8th	144	Jon Brooke	WSX	M55	55:01	+15:36
9th	1387	Jim Trueman	MDOC	M55	55:43	+16:18
10th	793	David Lawson	OD	M55	56:29	+17:04
11th	796	David Leadley	OD	M55	56:54	+17:29
12th	850	Bruno Maes	CO Lorient	M55	56:56	+17:31
13th	87	Dai Bedwell	DVO	M55	57:13	+17:48
14th	748	Pauly-D Jones	DEE	M55	58:53	+19:28
15th	131	Mike Brett	BAOC	M55	58:59	+19:34
16th	184	Robert Campbell	LOC	M55	59:09	+19:44
17th	194	Dave Chaffey	DVO	M55	59:15	+19:50
18th	418	Pascal Figueire	Givry SO	M55	60:00	+20:35
19th	743	Ian Jones	NGOC	M55	60:45	+21:20
20th	647	Steve Hinshelwood	WAOC	M55	62:13	+22:48
21st	571	George Hare	NATO	M55	63:55	+24:30
22nd	654	Trevor Hoey	FVO	M55	65:28	+26:03
23rd=	925	Marc Meeuwssen	TROL Belgium	M55	65:54	+26:29
23rd=	197	Ade Chapman	RAFO	M55	65:54	+26:29
25th	1339	Paul Taylor	SYO	M55	65:55	+26:30
26th	1263	Phil Smith	AYROC	M55	66:08	+26:43
27th=	1248	Martin Skinner	WCOC	M55	66:09	+26:44
27th=	328	Matthieu Delenne	ACA	M55	66:09	+26:44
29th	1222	Iain Shepherd	INVOC	M55	66:11	+26:46
30th	206	Peter Chapman	SO	M55	66:46	+27:21
31st	808	Andrew Lewis	WCH	M55	69:33	+30:08
32nd	121	Andrew Bradley	WCOC	M55	70:55	+31:30
33rd	1232	Mark Simmonds	LOC	M55	71:18	+31:53
34th	112	Tim Boden	LOC	M55	72:10	+32:45
35th	1462	Tim Wiegand	SYO	M55	72:12	+32:47
36th	927	Derick Mercer	BKO	M55	72:54	+33:29
37th	1142	Andy Rimes	QO	M55	76:24	+36:59
38th=	1030	Bert Park	SUFFOC	M55	77:03	+37:38
38th=	906	Ian McIntyre	INT	M55	77:03	+37:38
40th	827	Robert Lines	SO	M55	79:01	+39:36
41st	1436	Julian Warren	NN	M55	84:46	+45:21
42nd	897	David McCann	MDOC	M55	85:22	+45:57
43rd	620	Andrew Henderson	WAOC	M55	87:17	+47:52
44th	428	Lyle Fleming	LVO	M55	89:14	+49:49
45th	117	Kevin Booth	PFO	M55	90:01	+50:36
46th	422	Russell Finch	OD	M55	90:16	+50:51
47th	343	Alexey Dnestrovskii	TVOC	M55	90:42	+51:17
48th	1034	Gordon Parker	SLOW	M55	90:55	+51:30
49th	1596	Steve Bell	LOC	M55	92:33	+53:08

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## EVENT RESULTS

### M55L 3.3km 240m

Pos	No.	Name	Club	Age Class	Time	Behind
50th	196	Jon Chandler	LOK	M55	94:01	+54:36
51st	1140	Richard Rigby	CLOK	M55	96:59	+57:34
52nd	347	Nigel Dobson	YALANGA	M55	97:15	+57:50
53rd	287	Sean Cronin	SAX	M55	98:55	+59:30
54th	411	John Ferris-Worth	BL	M55	102:06	+62:41
55th	1097	Mark Pruzina	LVO	M55	104:51	+65:26
56th	232	Geoffrey Collins	LVO	M55	105:12	+65:47
57th	806	Lap On Leung	COBOC	M55	108:42	+69:17
58th	802	Stephen Lee-Jones	BOK	M55	126:40	+87:15
59th	988	Dougie Nisbet	NN	M55	127:57	+88:32
	548	Clive Hallett	BOK	M55	w6	
	1393	Chris Turner	WIM	M55	w10	
	160	Nigel Bunn	TVOC	M55	m15-19	
	617	Paul Hearn	HH	M55	m9-17	
	1150	John Robertson	STAG	M55	m15-16	

### M55S 2.5km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	963	Phil Murray	INT	M55	39:26	
2nd	1315	Andy Sykes	DVO	M55	41:30	+2:04
3rd	332	Steve Dempsey	SYO	M55	48:41	+9:15
4th	446	Andrew French	WIM	M55	54:41	+15:15
5th	168	Ian Buxton	TVOC	M55	57:20	+17:54
6th	460	Ian Gamlen	COBOC	M55	63:36	+24:10
7th	413	Tim Field	LOC	M55	64:17	+24:51
n/c	1002	Chris O'Donnell	DVO	M50	66:07	
8th	271	Robert Cranston	RR	M55	69:49	+30:23
9th	468	Gerry Garvey	BL	M55	74:45	+35:19
10th	951	Richard Morris	SYO	M55	74:51	+35:25
11th	636	Alan Hickling	SAX	M55	76:26	+37:00
12th	864	David Marsh	SO	M55	79:13	+39:47
13th	135	Neil Bricknell	SAX	M55	83:17	+43:51
14th	155	Robert Bryant	SYO	M55	99:52	+60:26
15th	674	Terence Hosking	BKO	M55	109:41	+70:15

### M60L 3.2km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	990	Ivo Novak	OK 24 PRAHA	M60	41:05	
2nd	388	Jonathan Emberton	EPOC	M60	45:02	+3:57
3rd	1513	Richard Zeiner-Gundersen	Aker Brygge Ori	M60	46:02	+4:57
4th	1093	Ian Prosser	ABOMINABLE O	M60	46:05	+5:00
5th	1212	Mark Seddon	SELOC	M60	46:08	+5:03
6th	834	Gary Longhurst	FVO	M60	46:58	+5:53
7th	1384	Keith Tonkin	BL	M60	49:49	+8:44
8th	266	Anthony Cox	COLE	M60	50:57	+9:52
9th	821	Nicholas Lightfoot	SYO	M60	51:46	+10:41
10th	471	Simon George	Big Foot	M60	52:58	+11:53
11th	1031	Dan Parker	BL	M60	54:32	+13:27
12th	1352	Roger Thomas	WCOC	M60	54:34	+13:29
13th	941	Adrian Moir	SWOC	M60	55:17	+14:12
14th	1047	Dmitry Perchonok	Emek Hefer	M60	56:25	+15:20
15th	256	Pete Couldery	GO	M60	56:43	+15:38
16th	844	Alastair Mackenzie	CLOK	M60	58:00	+16:55
17th	1022	Richard Oxlade	ESOC	M60	58:06	+17:01
18th	1536	John Dowty	SLOW	M60	58:37	+17:32
19th	973	Phil Newall	KERNO	M60	58:46	+17:41
20th	1465	David Williams	AIRE	M60	58:59	+17:54



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## EVENT RESULTS

### M60L 3.2km 220m

Pos	No.	Name	Club	Age Class	Time	Behind
21st	55	Steve Bailey	SN	M60	60:38	+19:33
22nd	568	Kevin Harding	HH	M60	62:09	+21:04
23rd	110	Steve Blount	SO	M60	62:33	+21:28
24th	668	Chris Hooker	SO	M60	64:52	+23:47
25th	1044	Brian Pearson	QO	M60	68:01	+26:56
26th	956	Michael Muggeridge	HAVOC	M60	70:12	+29:07
27th	253	Steve Corrigan	EBOR	M60	70:36	+29:31
28th	1073	Chris Poole	TVOC	M60	70:44	+29:39
29th	1020	Pete Owens	DEE	M60	71:12	+30:07
30th	635	Rob Hick	WSX	M60	73:28	+32:23
31st	235	Mark Collins	DFOK	M60	73:39	+32:34
32nd	667	Rini Hoogkamer	NOR	M60	74:47	+33:42
33rd	545	Nick Hale	MAROC	M60	75:17	+34:12
34th	106	Russell Blatchford	NC-N	M60	83:51	+42:46
35th	724	Dorien James	SMOC	M60	85:07	+44:02
36th	1217	Paul Shannon	DEE	M60	88:34	+47:29
37th	137	John Briggs	BKO	M60	89:09	+48:04
38th	486	Mike Goldthorpe	SOC	M60	89:54	+48:49
39th	472	Jonathan Gilbert	NOR	M60	94:45	+53:40
40th	1137	Andrew Ridgway	NOC	M60	95:30	+54:25
41st	1416	David Vincent	DVO	M60	95:34	+54:29
42nd	1145	Keith Roberts	MAROC	M60	95:44	+54:39
43rd	1186	Tony Rutter	SROC	M60	100:38	+59:33
44th	125	John Brammer	DEE	M60	113:53	+72:48
45th	659	Geoffrey Hollins	POTOC	M65	115:42	+74:37
46th	450	Mike Frizzell	BADO	M60	115:49	+74:44
47th	1205	Antony Schofield	MV	M60	118:03	+76:58
	420	Alex Finch	SROC	M60	m10-16	
	1206	Noel Schorah	DEE	M60	m10-17	
	34	James Askew	TVOC	M60	m5-16	
	658	Janusz Holender	TVOC	M60	m15-16	
	1479	Jamie Wilson	ELO	M60	rtd	

### M60S 2.4km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	280	Andy Creber	NGOC	M60	41:32	
2nd	600	Jan Haugland	AARSTAD	M60	45:06	+3:34
3rd	1510	Andrew Yeates	WCH	M60	46:05	+4:33
4th	1297	Andy Stott	NGOC	M60	49:35	+8:03
5th	832	Graham Lloyd	EPOC	M60	51:13	+9:41
6th	1341	Ian Teasdale	WCOC	M60	55:31	+13:59
7th	1197	David Saunders	HH	M60	56:55	+15:23
8th	444	Richard Freeman	HH	M60	60:58	+19:26
9th	407	Stephen Fellbaum	LOC	M60	62:00	+20:28
10th	309	Kenneth Daly	INT	M60	65:25	+23:53
11th	294	Richard Cummings	WCOC	M60	66:30	+24:58
12th	1557	Steve Kruger	LOC	M60	71:46	+30:14
13th	1519	Ian Byford	HH	M60	73:26	+31:54
14th	755	John Kay	BAOC	M60	73:59	+32:27
15th	1300	Phil Stradling	BKO	M60	74:13	+32:41
16th	318	Kelvin Davies	BOK	M60	74:37	+33:05
17th	870	Ian Marshall	AIRE	M60	74:44	+33:12
18th	719	Colin Jackson	HAVOC	M60	75:24	+33:52
19th	288	David Cronk	WAOC	M60	75:46	+34:14
20th	186	Jon Carberry	SROC	M60	80:56	+39:24
21st	500	Neil Gostick	HH	M60	82:10	+40:38
22nd	54	Rob Bailey	CLOK	M60	98:23	+56:51
23rd	1021	Chris Oxlade		M60	100:06	+58:34

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## EVENT RESULTS

### M60S 2.4km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
24th	698	Nigel Hulley	AIRE	M60	100:14	+58:42
25th	608	Graham Heap	MDOC	M60	111:14	+69:42
26th	107	Paul Bloch	DEVON	M60	118:44	+77:12
27th	18	Neil Adams	WCH	M60	121:42	+80:10
28th	1181	Simon Rowlett	MV	M60	123:26	+81:54
	178	Ewan Cameron	MAROC	M60	m3-16	
	142	John Broadhead	WRE	M65	m11-14	
	241	Jim Cooke	POTOC	M60	m8-17	
	83	Graham Batty	HAVOC	M60	m3-5 m	
	1141	Gerard Riley	POTOC	M60	m17	
	978	David Nichol	AYROC	M60	m3	
	185	Graham Capper	LOC	M60	rtd	
	857	Rod Mansel	SUFFOC	M60	m3-4 rtd	

### M65L 2.9km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	544	Peter Haines	AIRE	M65	47:54	
2nd	391	Are Eriksen	OSI	M65	55:30	+7:36
3rd	340	Ian Ditchfield	MV	M65	56:37	+8:43
4th	310	Robert Daly	GRAMP	M65	57:35	+9:41
5th	337	Colin Dickson	BAOC	M65	57:38	+9:44
6th	151	Bruce Bryant	OD	M65	60:25	+12:31
7th	970	Pete Nelson	WCOC	M65	62:18	+14:24
8th	375	Barry Elkington	OD	M65	63:13	+15:19
9th	1119	Derek Ratcliffe	LOC	M65	63:22	+15:28
10th	1307	Takashi Sugiyama	Sans Souci	M65	63:56	+16:02
11th	814	Andrew Lewsley	BL	M65	65:10	+17:16
12th	1143	David Roach	SLOW	M65	68:26	+20:32
13th	526	Mikhail Gryaznevich	TVOC	M65	68:35	+20:41
14th	19	Paul Addison	DVO	M65	70:44	+22:50
15th	205	Mark Chapman	SYO	M55	71:59	+24:05
16th	749	Peter Jones	AIRE	M65	72:18	+24:24
17th	591	Neil Harvatt	HALO	M65	72:20	+24:26
18th	1468	Paul Williams	LOC	M65	72:38	+24:44
19th	82	Paul Basher	HOC	M65	73:15	+25:21
20th	707	Steve Ingleby	DEE	M65	73:46	+25:52
21st	452	Derek Fryer	LOC	M65	73:53	+25:59
22nd	1152	Andy Robinson	LOC	M65	77:22	+29:28
23rd	371	Stephen Eastley	BL	M65	78:03	+30:09
24th	92	Mike Bennett	HH	M65	78:35	+30:41
25th	519	Simon Greenwood	SAX	M65	79:03	+31:09
26th	1482	Richard Wilson	AIRE	M65	79:10	+31:16
27th	1423	Alan Wallis	SN	M65	80:12	+32:18
28th	1106	Andrew Quickfall	SROC	M65	80:30	+32:36
29th	80	Richard Bartlett	LOC	M65	82:56	+35:02
30th	120	Paul Bradbury	SYO	M65	83:43	+35:49
31st	367	Paul Duley	GRAMP	M65	85:30	+37:36
32nd	228	Matthew Cochrane	SROC	M65	90:50	+42:56
33rd	676	Joe House	SO	M65	90:54	+43:00
34th	1151	Steve Robertson	QO	M65	92:30	+44:36
35th	1272	Mike Snell	ERYRI	M65	93:16	+45:22
36th	114	Jean-Luc Boelle	Club COOL	M65	96:17	+48:23
37th	1096	Paul Prudhoe	Central Coast	M65	99:15	+51:21
38th	435	Peter Foster	BOK	M65	103:56	+56:02
39th	892	Nicholas Maxwell	DEVON	M65	106:15	+58:21
40th	1133	Stephen Richards	SELOC	M65	106:48	+58:54
41st	396	Andrew Evans	DFOK	M65	107:24	+59:30
42nd	1330	Adrian Taylor	DEVON	M65	108:32	+60:38

# Lakes 5 day - Dale Park

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## EVENT RESULTS

### M65L 2.9km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
43rd	172	Ian Byrne	SMOC	M65	109:24	+61:30
44th	558	Andrew Hannaford	SO	M65	112:21	+64:27
45th	1055	Ian Pickering	HOC	M65	117:55	+70:01
46th	1503	Gavin Wyatt-Mair	Bay Area OC	M65	156:01	+108:07
47th	1466	Glyn Williams	WIGHTO	M65	164:46	+116:52
	202	Dave Chapman	SN	M65	m6-18	
	225	Gavin Clegg	WSX	M65	w11	
	762	Christopher Kelsey	BOK	M65	m18	
	830	Richard Llewellyn	NOC	M65	w11	
	730	Chris Johnson	BOK	M65	w6	
	1502	Selwyn Wright	LOC	M65	rtd	
	1623	Richard Hughes	DEE	M65	rtd	

### M65S 2.3km 140m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	512	Martin Green	MDOC	M65	39:23	
2nd	541	Gunnar Gytri	Førde	M65	40:20	+0:57
n/c	618	Chris Heaton	LOC	M40	46:45	
3rd	1198	Howard Sawyer	AIRE	M65	56:17	+16:54
4th	1057	Kevin Pickering	WIM	M65	57:01	+17:38
5th	1391	Charlie Turner	SLOW	M65	61:26	+22:03
6th	992	Liam O'Brien	CORK O	M65	65:19	+25:56
7th	704	Jonathan Hurford	BOK	M65	66:45	+27:22
8th	1279	Eddie Speak	MDOC	M65	67:26	+28:03
9th	1170	David Rosen	SROC	M65	71:35	+32:12
10th	1092	Ian Prosser	BAOC	M65	73:46	+34:23
11th	641	Bob Hill	RAFO	M65	81:26	+42:03
12th	677	Åge Hovden	STORD ORIENT	M65	82:44	+43:21
13th	896	Glyn Mayley	LOG	M65	84:29	+45:06
14th	313	David Dann	MDOC	M65	89:20	+49:57
15th	563	David Hanstock	BOK	M65	96:37	+57:14
16th	170	Russell Buxton	DVO	M65	105:29	+66:06
17th	494	Richard Goodwin	WCOC	M65	110:22	+70:59
18th	1369	Paul Tickner	WCOC	M65	118:55	+79:32
19th	319	Les Davies	SROC	M65	128:49	+89:26
20th	999	Peter O'Connell	EBOR	M65	130:28	+91:05
	986	Philip Nichols	BL	M65	m8-16	
	1081	Martin Powell	LOC	M70	m4	
	1498	Geoff Woolfenden	DEE	M65	m5-16	
	1283	Alan Starling	NGOC	M65	rtd	

### M70L 2.5km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	596	Eddie Harwood	MOR	M70	39:14	
2nd	521	Bjørn Grinde	Geoform	M70	41:51	+2:37
3rd	1363	Tony Thornley	AIRE	M70	49:41	+10:27
4th	1168	Martyn Roome	SROC	M70	50:14	+11:00
5th	1269	Mike Smithard	DEE	M70	51:12	+11:58
6th	356	Bob Dredge	WCOC	M70	56:32	+17:18
7th	108	Axel Blomquist	SN	M70	57:16	+18:02
8th	1234	John Simmons	BOK	M70	61:08	+21:54
9th	394	Cliff Etherden	LOC	M70	61:14	+22:00
10th	307	Leslie Dalglish	ESOC	M70	62:02	+22:48
11th	1471	Alan Williamson	SO	M70	62:06	+22:52
12th	1199	Ian Sayer	WSX	M70	62:16	+23:02
13th	479	Mark Glaisher	SAX	M70	62:22	+23:08
14th	495	Peter Gorvett	SYO	M75	62:26	+23:12

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## EVENT RESULTS

### M70L 2.5km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
15th	1385	Geoff Trewin	HOC	M70	63:39	+24:25
16th	1337	John Taylor	SROC	M70	64:15	+25:01
17th	1456	Steve Whitehead	EBOR	M70	65:09	+25:55
18th	1302	Robin Strain	ELO	M70	66:32	+27:18
19th	70	Bob Barnby	WCOC	M70	68:57	+29:43
20th	484	Mike Godfree	DVO	M70	71:46	+32:32
21st	1264	Roger Smith	LOC	M70	73:14	+34:00
22nd	1285	Stefan Stasiuk	BKO	M70	73:21	+34:07
23rd	1486	Mike Wimpenny	DEVON	M70	74:03	+34:49
24th	141	John Britton	MDOC	M70	74:33	+35:19
25th	643	Mike Hind	CLARO	M70	76:53	+37:39
26th	773	David Kingdon	SAX	M70	76:55	+37:41
27th	1327	Paul Taunton	NGOC	M70	77:01	+37:47
28th	126	Robert Brandon	OD	M70	78:54	+39:40
29th	314	Allan Darwell	BOK	M70	79:21	+40:07
30th	1006	Tim O'Donoghue	SOLWAY	M70	81:53	+42:39
31st	547	Norman Hall	DEE	M70	84:44	+45:30
32nd	586	John Harrison	BADO	M75	85:00	+45:46
33rd	523	Philip Gristwood	MV	M70	85:48	+46:34
34th	863	Dave Marr	OD	M70	86:21	+47:07
35th	967	John Nash	LOC	M70	89:57	+50:43
36th	1235	Rob Simmons	Albury Wodonga	M70	91:26	+52:12
37th	1177	Stephen Round	SELOC	M70	98:39	+59:25
38th	1397	Mike Turner	SO	M70	102:16	+63:02
39th	379	Mike Elliot	MV	M70	102:52	+63:38
40th	1155	John Robinson	WCH	M70	106:42	+67:28
41st	742	Glyn Jones	SOLWAY	M70	107:52	+68:38
42nd	283	Neil Croasdell	EPOC	M70	110:52	+71:38
	138	Simon Brister	DVO	M70	m4-15	
	1521	Brian Bullen	FVO	M70	w9	
	322	Roy Dawson	NATO	M70	w3	
	837	Roger Lott	AIRE	M70	m3	
	1463	Keith Willdig	OD	M70	w3	
	935	Andrew Middleton	DVO	M70	m3-4	

### M70S 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
n/c	1208	Harry Scott	SHUOC	M21	25:11	
1st	100	Michael Bickle	WAOC	M70	41:06	
2nd	831	David Lloyd	LOC	M70	42:16	+1:10
3rd	323	David Day	CLARO	M70	43:44	+2:38
4th	90	Andrew Bell	BL	M70	44:38	+3:32
5th	528	Peter Guillaume	SYO	M70	48:58	+7:52
6th	1099	Nicholas Pugh	SOS	M70	50:54	+9:48
7th	1451	Jon Wheatcroft	TVOC	M70	58:03	+16:57
8th	455	John Fulwood	HALO	M70	60:43	+19:37
9th	1147	Rick Roberts	HOC	M70	61:27	+20:21
10th	869	Bruce Marshall	WAOC	M70	67:09	+26:03
11th	1101	John Pullin	LOC	M70	68:58	+27:52
12th	1157	Ian Robson	EBOR	M70	90:07	+49:01
13th	987	Stephen Nightingale	HOC	M70	90:30	+49:24
14th	189	Dick Carmichael	TINTO	M70	92:08	+51:02
15th	854	Malcolm Mahony	ESOC	M70	92:22	+51:16
16th	1424	Dave Walton	LOC	M70	98:16	+57:10
	252	David Corp	LOC	M70	m8-14	
	728	Middler John	OD	M70	m6-9 rtd	

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## EVENT RESULTS

### M75L 2.2km 120m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1027	David Palmer	BOK	M75	44:22	
2nd	1270	Phil Smithard	KFO	M75	48:43	+4:21
3rd	782	Julian Lailey	SROC	M75	50:12	+5:50
4th	244	Ian Cooper	SYO	M75	53:00	+8:38
5th	1481	Martin Wilson	BKO	M75	53:15	+8:53
6th	1211	Roger Scrutton	ESOC	M75	55:23	+11:01
7th	920	Dave McQuillen	SOLWAY	M75	56:22	+12:00
8th	96	Colin Best	SYO	M75	56:37	+12:15
9th	1174	Peter Ross	MDOC	M75	57:31	+13:09
10th	1094	Jim Prowting	TVOC	M75	57:40	+13:18
11th	368	Tony Duncan	WCOC	M75	58:48	+14:26
12th	29	David Arnot	COBOC	M75	60:27	+16:05
13th	1570	James Bedwell	DVO	M20	62:03	+17:41
14th	1038	Garry Parmenter	HAVOC	M75	62:22	+18:00
15th	1442	Ian Watson	MDOC	M75	64:31	+20:09
16th	718	Brian Jackson	SROC	M75	65:04	+20:42
17th	824	Roy Lindsell	EPOC	M75	65:43	+21:21
18th	254	Ian Couch	EPOC	M75	68:26	+24:04
19th	187	Peter Carey	OD	M75	68:38	+24:16
20th	1520	Graham Tough	SWOC	M75	69:34	+25:12
21st	588	Brian Hart	SARUM	M75	71:26	+27:04
22nd	1043	John Pearce	DEVON	M75	71:47	+27:25
23rd	363	Colin Drury	SYO	M75	73:41	+29:19
24th	968	Dave Neild	LOC	M75	77:02	+32:40
25th	958	Alan Mullock	DEE	M75	77:32	+33:10
26th	1149	Trevor Roberts	MDOC	M75	78:37	+34:15
27th	903	Ted McDonald	BOK	M75	80:47	+36:25
28th	1046	Ian Peirce	SARUM	M75	85:49	+41:27
29th	372	Douglas Edwards	MDOC	M75	96:26	+52:04
30th	64	David Ball	NOR	M75	102:36	+58:14
31st	1505	Brian Yates	ESOC	M75	103:16	+58:54
32nd	1420	Tony Wagg	MDOC	M75	112:28	+68:06
33rd	876	Henry Marston	SYO	M75	114:47	+70:25
34th	1253	Brian Slater	HALO	M75	119:02	+74:40
35th	263	Ian Cowe		M70	135:14	+90:52
	991	John Nuttall	SELOC	M75	m13	
	1182	Malcolm Ruckledge	WCOC	M75	w2	
	1237	Alan Simpson	CLOK	M75	m3	
	722	Paul Jackson	EPOC	M75	m8-14	

### M75S 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1024	John Padget	DEE	M75	50:45	
2nd	1469	Rod Williams	HALO	M75	55:42	+4:57
3rd	433	Robert Forster	NGOC	M75	56:20	+5:35
4th	1501	Raymond Wren	BL	M75	59:06	+8:21
5th	1257	Andrew Smith	LOC	M75	59:27	+8:42
6th	1247	Dave Skidmore	DVO	M75	62:34	+11:49
7th	577	Roger Hargreaves	KERNO	M75	68:08	+17:23
8th	456	Philip Gager	SROC	M75	76:32	+25:47
9th	642	Peter Hills	DEE	M75	77:18	+26:33
10th	248	Mike Cope	CLARO	M75	84:34	+33:49
11th	1090	Roger Pring	SAX	M75	85:30	+34:45
12th	551	Peter Hambleton	SARUM	M75	94:19	+43:34
13th	1511	Peter Yoxall	POTOC	M75	100:42	+49:57
14th	1294	Ken Stimson	NWO	M75	144:38	+93:53
	937	Geoffrey Millan	MDOC	M75	m7-12	
	215	Richard Clark	EBOR	M75	m6-12	

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## EVENT RESULTS

### M75S 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
	384	Bob Elmes	DEE	M75	rtd	

### M80 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1218	Brian Shaw	SYO	M80	41:05	
2nd	1413	Robert Verity	DEE	M80	55:01	+13:56
3rd	1009	Jeremy Oldershaw	SAX	M80	61:31	+20:26
4th	706	Frank Ince	SWOC	M80	66:40	+25:35
5th	267	Roger Craddock	QO	M80	76:24	+35:19
6th	163	Steve Burge	LOC	M80	86:44	+45:39
7th	1458	Dick Whitworth	BL	M80	87:26	+46:21
8th	60	Basil Baldwin	GOLDSEEKERS	M80	93:18	+52:13
9th	442	Rodney Freeburn	NOR	M80	158:04	+116:59
	1184	John Russell	SOS	M80	m5	
	852	Roger Maher	SO	M80	m15	
	621	Keith Henderson	WIM	M80	w10	
	1246	Trevor Simpson	OD	M80	w1	
	1455	Michael White	MV	M85	rtd	

### M85 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	738	Stanley Johnston	LOC	M85	101:52	
2nd	942	Donald Moir	LEI	M85	119:22	+17:30

### W10A 1.7km 105m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1382	Maisie Todhunter	SROC	W10	22:38	
2nd	219	Helena Clarke	NGOC	W10	30:07	+7:29
3rd	661	Sola Holmes	WCOC	W10	32:18	+9:40
4th	261	Elysia Cowe	WAOC	W10	35:45	+13:07
5th	665	Lucy Holt	SYO	W10	41:55	+19:17
6th	708	Hannah Inman	FVO	W10	43:08	+20:30
7th	474	Martha Gilbert	DEVON	W10	46:38	+24:00
8th	1076	Alys Powell	WAOC	W10	47:08	+24:30
9th	487	Lulu Gooding	SOS	W10	49:05	+26:27

### W10B 1.3km 70m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1078	Hana Powell	WAOC	W10	43:28	

### W12A 2.0km 115m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	445	Alice French	WIM	W12	29:32	
2nd	236	Eilidh Connor	FVO	W12	30:04	+0:32
3rd	1062	Eden Pigott	POTOC	W12	30:58	+1:26
4th	204	Hannah Chapma	SYO	W12	34:11	+4:39
5th	681	Anna Howard	MOR	W12	34:38	+5:06
6th	156	Bethan Buckley	AIRE	W12	37:47	+8:15
7th	203	Emma Chapman	SO	W12	37:50	+8:18
8th	221	Sadie Clarke	NGOC	W12	54:56	+25:24

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### W12B 1.7km 105m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	475	Poppy Gilbert	DEVON	W12	41:36	
2nd	689	Holly Howe	SAX	W12	109:45	+68:09

### W14A 2.6km 145m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	684	Sophie Howard	MOR	W14	42:40	
2nd	201	Charlotte Chapman	SYO	W14	43:11	+0:31
3rd	157	Katie Buckley	AIRE	W14	43:13	+0:33
4th	275	Sophie Crawford	WCOC	W14	43:37	+0:57
5th	759	Esme Kelly	FVO	W14	44:11	+1:31
6th	895	Rebecca Mayes	CLOK	W14	46:50	+4:10
7th	1251	Charlotte Slade	SN	W14	48:01	+5:21
8th	556	Rebecca Hammond	FVO	W14	48:44	+6:04
9th	44	Emily Atkinson	ELO	W14	55:10	+12:30
10th	921	Eskarina Medlock	WSX	W14	55:49	+13:09
11th	1379	Ellie Todhunter	SROC	W14	56:09	+13:29
12th	458	Maria Gaines	BL	W14	59:37	+16:57
13th	1239	Ellen Simpson	LEI	W14	65:58	+23:18
14th	721	Lottie Jackson	DEVON	W14	78:50	+36:10
15th	646	Libby Hinshelwood	WAOC	W14	112:05	+69:25
	652	Margaux Hodgson	SYO	W14	m4-16	

### W14B 2.0km 115m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	995	Eadie O'Callaghan	CLOK	W14	88:45	

### W16A 2.4km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	923	Lyra Medlock	WSX	W16	33:18	
2nd	913	Kate McLuckie	MOR	W16	33:42	+0:24
3rd	761	Scarlett Kelly	FVO	W14	38:39	+5:21
4th	1374	Anna Todd	SYO	W14	39:02	+5:44
5th	1127	Daisy Rennie	WCOC	W16	40:08	+6:50
6th	447	Grace French	WIM	W16	47:39	+14:21
7th	884	Cate Matthew	SROC	W16	47:47	+14:29
8th	700	Eva Humphreys	WCOC	W16	56:35	+23:17
9th	489	Taylor Gooding	SOS	W16	57:40	+24:22
10th	1425	Jessica Ward	NGOC	W16	58:23	+25:05
11th	1356	Amelia Thompson	LOC	W16	59:17	+25:59
12th	317	Hebe Darwin	WAOC	W16	60:55	+27:37
13th	465	Alexandra Garnett	SYO	W16	62:20	+29:02
14th	457	Isabel Gaines	BL	W16	71:42	+38:24
15th	623	Katie Hensman	FVO	W16	75:05	+41:47
16th	605	Cecilia Hayward-Bhikha	SLOW	W16	92:00	+58:42
17th	996	Kendal O'Callaghan	CLOK	W16	95:54	+62:36
18th	1488	Isabel Winskill	WCOC	W16	105:28	+72:10
19th	140	Scarlett Britain	MOR	W16	131:00	+97:42
20th	645	Katy Hinshelwood	WAOC	W16	153:31	+120:13
	1388	Freya Tryner	SYO	W16	w7 w14	

### W18L 2.4km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	147	Laura Brown	LOC	W18	37:45	
2nd	1312	Issy Sunley	WCOC	W18	43:09	+5:24

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## EVENT RESULTS

### W18L 2.4km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
3rd	624	Lucy Hensman	FVO	W18	53:16	+15:31
4th	273	Emma Crawford	WCOC	W18	53:41	+15:56
5th	800	Amy Lee-Jones	BOK	W18	63:01	+25:16
6th	437	Tegan Frampton	HH	W18	78:53	+41:08

### W18S 2.3km 140m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	133	Ffion Bricknell	SAX	W18	49:28	

### W20L 2.4km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	378	Alex Elliot	SYO	W20	40:42	
2nd	1404	Zoë Tyner	Setanta	W20	41:19	+0:37
3rd	1036	Lois Parker	OUOC	W20	48:09	+7:27
4th	752	Sophie Jones	UBOC	W20	50:15	+9:33
5th	612	Scarlet Heap	SO	W20	52:48	+12:06
6th	1430	Rebecca Ward	NGOC	W20	54:20	+13:38
7th	1535	Carys Thomas	WCOC	W20	54:49	+14:07
8th	650	Isabelle Hodgson	SYO	W20	55:32	+14:50
9th	443	Hannah Freeman	HH	W20	66:37	+25:55

### W20S 2.3km 140m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1444	Emma Weave		W20	65:06	

### W21L 3.3km 240m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	633	Heather Heppenstall	LOC	W40	36:49	
2nd	597	Hannah Hateley	DEE	W21	49:33	+12:44
3rd	16	Louise Adams	EUOC	W21	50:16	+13:27
4th	1010	Alison O'Neil	ESOC	W35	50:20	+13:31
5th	1161	Sarah Rollins	SN	W45	50:36	+13:47
6th	741	Georgia Jones	LOK	W21	51:02	+14:13
7th	1408	Iben Valery	TISVILDE HEGN	W21	53:33	+16:44
8th	326	Camilla Delenne	ACA	W21	57:20	+20:31
9th	565	Helen Hanstock	BOK	W21	59:36	+22:47
10th	1224	Rozy Shepherd	INVOC	W21	63:06	+26:17
11th	327	Joanna Delenne	ACA	W21	64:13	+27:24
12th	478	Jasmine Girdlestone	WCOC	W21	65:44	+28:55
13th	1056	Jo Pickering	WIM	W21	68:17	+31:28
14th	506	Zoe Graham	SOLWAY	W21	68:45	+31:56
15th	88	Elizabeth Bedwell	NN	W21	72:04	+35:15
16th	1438	Saskia Warren	NN	W21	76:23	+39:34
17th	751	Saskia Jones	SWOC	W21	78:06	+41:17
18th	1607	Ruth Beresford	MDOC	W21	89:12	+52:23
	118	Kate Boshier	UBOC	W21	m9-16	

### W21S 2.3km 140m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	766	Anna Kindlundh	Södertälje-Nykva	W21	36:46	
2nd	429	Mary Fleming	SYO	W21	37:16	+0:30
3rd	1138	Alice Rigby	CLOK	W21	37:17	+0:31
4th	734	Nicola Johnson	BOK	W21	47:14	+10:28



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### W21S 2.3km 140m

Pos	No.	Name	Club	Age Class	Time	Behind
5th	1236	Shona Simmons	ESOC	W21	49:04	+12:18
6th	737	Rowena Johnson	BOK	W21	63:16	+26:30
7th	385	Evelyn Elmes	DEE	W21	67:58	+31:12
8th	10	Freyja Abbott	STAG	W21	71:18	+34:32
9th	502	Agathe Gourrat	ACA	W21	71:41	+34:55
10th	606	Jemima Hayward-Bhikha	SLOW	W21	72:43	+35:57
11th	744	Kitty Jones	DEE	W21	74:44	+37:58
12th	1493	Harriet Wood	LOC	W21	77:57	+41:11
13th	1418	Samantha Vincent	DVO	W21	78:12	+41:26
14th	610	Poppy Heap	MDOC	W21	89:49	+53:03
15th	1376	Morven Todd		W21	108:32	+71:46
	1262	Julia Smith		W21	m1-3 m	
	524	Charlotte Grundy		W21	m7-8 m	

### W35L 3.1km 195m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1301	Kirsten Strain	AROS	W35	45:59	
2nd	149	Lizzie Browne	LOC	W35	51:25	+5:26
3rd	74	Sarah-Jane Barrable	SLOW	W35	53:26	+7:27
4th	1070	Rachel Platt	LOC	W35	73:53	+27:54
5th	1473	Jenny Williamson	ERYRI	W35	77:58	+31:59
6th	32	Megan Ashton	RNRMOC	W35	99:08	+53:09
7th	1452	Alison White	KERNO	W55	205:49	+159:50
	918	Vanessa McMillan	HH	W35	m6-17	

### W35S 2.3km 140m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1605	Morag Willoughby		W35	69:42	
2nd	984	Kasia Nichols	SO	W35	87:47	+18:05
	209	Knoie Chiu	PAOC	W35	m5-10	

### W40L 3.1km 195m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1381	Lucie Todhunter	SROC	W40	38:40	
2nd	1008	Toni O'Donovan	LEI	W40	48:09	+9:29
3rd	732	Jenny Johnson	SYO	W40	51:04	+12:24
4th	916	Lindsay McMillan	EPOC	W40	51:24	+12:44
5th	1202	Sarah Scarbrough	MV	W40	52:16	+13:36
6th	358	Liz Drewe	CLARO	W40	52:44	+14:04
7th	1086	Julia Preston	SROC	W40	65:40	+27:00
8th	836	Rosemary Lord	WAROC	W40	66:45	+28:05
9th	1528	Michelle Spillar	WIM	W40	67:57	+29:17
10th	929	Helen Meredith	EBOR	W40	80:37	+41:57
11th	1180	Rebecca Rowe	SROC	W40	103:01	+64:21
12th	46	Jennifer Atkinson	ELO	W40	121:29	+82:49

### W40S 2.3km 140m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	959	Anne Murgatroyd	AIRE	W40	36:39	
2nd	174	Sally Calland	BAOC	W45	43:21	+6:42
3rd	619	Liz Heaton	LOC	W40	47:33	+10:54
4th	99	Helen Bickle	WAOC	W40	69:37	+32:58
5th	539	Susan Guy	SYO	W40	80:35	+43:56
6th	476	Ruth Gilbert	DEVON	W40	83:47	+47:08

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### W40S 2.3km 140m

Pos	No.	Name	Club	Age Class	Time	Behind
7th	858	Sarah Mansel	SUFFOC	W55	84:05	+47:26
8th	952	Frances Moseley	SROC	W40	95:57	+59:18
9th	220	Laura Clarke	NGOC	W40	107:26	+70:47
10th	1118	Karen Ransley	SAX	W40	128:48	+92:09
	41	Kath Atkins	HOC	W40	w1 m4-1	

### W45L 3.1km 195m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	709	Janine Inman	FVO	W45	43:08	
2nd	573	Helen Ruth Hargreaves	WCOC	W45	45:37	+2:29
3rd	1305	Anne Straube	OD	W45	54:17	+11:09
4th	339	Gabriela Diethelm	OLG Chur	W45	55:37	+12:29
5th	1476	Catherine Wilson	PFO	W45	59:26	+16:18
6th	945	Carys Morgan	SLOW	W45	74:50	+31:42
7th	683	Nikki Howard	MOR	W45	74:53	+31:45
8th	1495	Hannah Woods	SYO	W45	78:14	+35:06
9th	716	Ange Jackson	WCOC	W45	79:13	+36:05
10th	1130	Louise Reynolds	SYO	W45	81:29	+38:21
11th	291	Judith Cudden	SYO	W45	83:20	+40:12
12th	885	Jo Matthew	SROC	W45	83:39	+40:31
13th	1407	Emmanuelle Valentin	BROS 4012	W45	95:08	+52:00
14th	66	Ida Baluskova	OK 24 PRAHA	W45	95:19	+52:11
15th	198	Anna Chapman	SO	W45	100:24	+57:16
16th	440	Karen Fraser	MOR	W45	111:32	+68:24
17th	554	Jenny Hammond	FVO	W45	114:34	+71:26
18th	901	Rebecca McCreadie	DEE	W45	118:03	+74:55
19th	1250	Catherine Slade	SAX	W45	156:10	+113:02
20th	1192	Kim Sanderson	NATO	W45	161:00	+117:52
21st	628	Sally Heppell	WCOC	W45	163:02	+119:54
	847	Maria MacKenzie	EBOR	W45	w11	
	669	Alison Hooper	LOC	W45	m10-17	
	1080	Johanna Powell	WAOC	W45	m8 rtd	

### W45S 2.2km 120m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1396	Kate Turner	SO	W45	56:15	
2nd	717	Becca Jackson	DEVON	W45	60:55	+4:40
3rd	881	Rachel Mather	MAROC	W45	71:53	+15:38
4th	1441	Sarah Watkins	SROC	W45	72:36	+16:21
5th	1125	Helen Rennie	WCOC	W45	75:00	+18:45
6th	348	Phil Dolphin	HOC	W45	80:31	+24:16
7th	924	Rebecca Medlock	WSX	W45	87:02	+30:47

### W50L 2.6km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1275	Juliette Soulard	OD	W50	40:36	
2nd	585	Emma Harrison	EPOC	W50	44:48	+4:12
3rd	1461	Lucy Wiegand	SYO	W50	46:31	+5:55
4th	1013	Beccy Osborn	FVO	W50	46:41	+6:05
5th	279	Amanda Crawshaw	SYO	W50	50:24	+9:48
6th	1389	Pauline Tryner	SYO	W50	54:40	+14:04
7th	685	Alison Howe	SAX	W50	57:13	+16:37
8th	238	Natasha Conway	AIRE	W50	58:40	+18:04
9th	1350	Lynne Thomas	WCOC	W50	63:50	+23:14
10th	274	Karen Crawford	BOK	W50	68:03	+27:27

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### W50L 2.6km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
11th	914	Morag McLuckie	MOR	W50	68:37	+28:01
12th	767	Eva Kindlundh	Trosabygdens O	W50	71:23	+30:47
13th	85	Sarah Bayliss	WRE	W50	72:14	+31:38
14th	715	Diane Jacks	WRE	W50	72:24	+31:48
15th	776	Rachel Kirkland	FVO	W50	74:33	+33:57
16th	584	Ruth Harris	DEE	W50	78:43	+38:07
17th	316	Camilla Darwin	WAOC	W50	80:42	+40:06
18th	1252	Melanie Slade	SN	W50	80:52	+40:16
19th	423	Sharon Finch	OD	W50	83:33	+42:57
20th	933	Lisa Methven	BKO	W50	91:21	+50:45
21st	325	Anne-françoise Delenne	ACA	W50	100:51	+60:15
22nd	1304	Tina Stratford	WSX	W50	106:06	+65:30
23rd	971	Katja Neumann	MAROC	W50	108:51	+68:15
24th	58	Karen Baker	DEVON	W50	133:32	+92:56
	820	Jenny Lightfoot	SYO	W50	m6	
	139	Frances Britain	MOR	W50	m7-8	
	69	Tracey Barker	SOS	W50	rtd	

### W50S 2.2km 120m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1426	Lesley Ward	SYO	W50	50:44	
2nd	1506	Jane Yates	BL	W50	65:19	+14:35
3rd	905	Janette McHendry	WCOC	W50	81:30	+30:46
4th	1059	Emily Pieters	SYO	W50	82:02	+31:18
5th	656	Jane Holcombe	BOK	W50	84:16	+33:32
6th	1480	Jane Wilson	LVO	W50	89:16	+38:32
7th	1004	Nicola O'Donnell	DVO	W50	101:24	+50:40
8th	89	Karen Bedwell	DVO	W50	108:47	+58:03
9th	594	Nicola Harvey	WIM	W50	119:20	+68:36
10th	259	Alison Cowe	WAOC	W50	146:53	+96:09
11th	1433	Johanna Warner-Swann	SO	W50	161:42	+110:58
	1490	Amy Winston	Rocky Mountain	W50	m1-3 m	
	1428	Michelle Ward	NGOC	W50	m6-12	

### W55L 2.6km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	303	Alison Cunningham	ESOC	W55	50:24	
2nd	501	Christine Goulding	BL	W55	54:15	+3:51
3rd	753	Trine Marit Justad Raaen	Aker Brygge Ori	W55	55:58	+5:34
4th	1052	Liz Phillips	OD	W55	56:20	+5:56
5th	86	Rebekah Beadle	LOC	W55	57:09	+6:45
6th	1035	Karen Parker	BL	W55	58:40	+8:16
7th	406	Heather Fellbaum	FVO	W55	61:02	+10:38
8th	546	Ann Haley	INT	W55	61:16	+10:52
9th	480	Dawn Goddard	FVO	W55	63:11	+12:47
10th	720	Elizabeth Jackson	DEE	W55	63:35	+13:11
11th	1249	Susan Skinner	WCOC	W55	66:36	+16:12
12th	354	Bronwen Doyle	SYO	W55	68:10	+17:46
13th	419	Valérie Figuiere	Givry SO	W55	69:02	+18:38
14th	122	Sheila Braine	QO	W55	72:01	+21:37
15th	835	Louise Longhurst	FVO	W55	72:41	+22:17
16th	1282	Robyn Stanyon	SYO	W55	73:03	+22:39
17th	224	Jo Cleary	LOC	W55	73:12	+22:48
18th	964	Deb Murrell	SROC	W55	74:34	+24:10
19th	559	Dorte Torpe Hansen	SLOW	W55	75:41	+25:17
20th	1107	Karen Quickfall	SROC	W55	78:09	+27:45
21st	851	Karine Maes	CO Lorient	W55	78:29	+28:05

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## EVENT RESULTS

### W55L 2.6km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
22nd	448	Karen French	WIM	W55	78:52	+28:28
23rd	1185	Brenda Rutter	SROC	W55	78:59	+28:35
24th	1400	Anne Tynegate	BADO	W60	80:56	+30:32
25th	1098	Stephanie Pruzina	LVO	W55	83:02	+32:38
26th	1256	Alison Smith	TVOC	W55	84:13	+33:49
27th	599	Maggie Hateley	DEE	W55	89:44	+39:20
28th	504	Carol Graham	SOLWAY	W55	89:46	+39:22
29th	868	Penny Marsh	SO	W55	90:52	+40:28
30th	57	Elaine Baker	DEE	W55	91:55	+41:31
31st	145	Nicola Brooke	WSX	W55	94:44	+44:20
32nd	1434	Debby Warren	NN	W55	99:43	+49:19
33rd	825	Clare Lines	SO	W55	100:31	+50:07
34th	1082	Rachel Powell	LOC	W55	100:59	+50:35
35th	1409	Marijs Vandeweyer	TROL Belgium	W55	108:31	+58:07
36th	829	Helen Livesey	LOC	W55	110:16	+59:52
37th	552	Elizabeth Hamer-Davies	MDOC	W55	111:14	+60:50
38th	898	Jane McCann	MDOC	W55	111:42	+61:18
39th	1597	Jean Bell	LOC	W55	118:10	+67:46
40th	1559	Miranda Mackereth	HOC	W55	123:58	+73:34
41st	398	Joanna Evans	QO	W55	156:19	+105:55
	1515	Hazel Dean	FVO	W55	m16	
	15	Janet Adams	SYO	W55	m16	
	124	Caroline Brammer	DEE	W55	m5	
	1386	Nicola Trotman	HH	W55	m12	
	195	Sal Chaffey	DVO	W55	rtd	
	1018	Megan Owens	DEE	W60	rtd	

### W55S 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1450	Catherine Wetherfield	WCOC	W55	51:43	
2nd	845	Caroline Mackenzie	CLOK	W55	53:37	+1:54
3rd	746	Margaret Jones	NGOC	W55	53:59	+2:16
4th	1509	Alison Yeates	WCH	W55	55:19	+3:36
5th	907	Jo McKendrick	SYO	W55	57:33	+5:50
6th	1139	Carolyn Rigby	CLOK	W55	58:33	+6:50
7th	171	Sue Buxton	TVOC	W55	61:37	+9:54
8th	249	Alison Corbett	POTOC	W55	65:37	+13:54
9th	28	Adele Appleby	QO	W55	74:18	+22:35
10th	269	Tracy Craig	WCH	W55	74:34	+22:51
11th	1286	Rach Stavert	LOC	W55	75:04	+23:21
12th	882	Isla Mathieson	CLOK	W55	75:40	+23:57
13th	833	Rebecca Lloyd	EPOC	W55	76:57	+25:14
14th	778	Janet Knight	DEE	W55	79:32	+27:49
15th	1309	Katarina Sundelin	OK Orion	W55	81:38	+29:55
16th	76	Louise Barrett	NOR	W55	88:24	+36:41
17th	809	Karen Lewis	QO	W55	96:19	+44:36
18th	803	Joanne Leigh	HOC	W55	97:05	+45:22
	1336	Joanne Taylor	SROC	W55	m1-12	
	525	Rachel Grundy	CAP03	W55	m11	
	795	Vivianne Lawson	OD	W55	w6	
	499	Jenny Gostick	HH	W55	m7-11	

### W60L 2.5km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	84	Lindsey Bayles	LOC	W60	50:42	
2nd	947	Jane Morgan	SOC	W60	51:37	+0:55
3rd	838	Anne Løver	STORD ORIENT	W60	53:37	+2:55

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## EVENT RESULTS

### W60L 2.5km 185m

Pos	No.	Name	Club	Age Class	Time	Behind
4th	392	Helen Errington	HH	W60	<b>55:50</b>	+5:08
5th	293	Ann Cummings	WCOG	W60	<b>62:05</b>	+11:23
6th	696	Angela Hulley	AIRE	W60	<b>62:52</b>	+12:10
7th	14	Gill Adams	AIRE	W60	<b>65:10</b>	+14:28
8th	567	Alison Harding	HH	W60	<b>65:21</b>	+14:39
9th	255	Julie Couch	EPOC	W60	<b>68:32</b>	+17:50
10th	872	Joyce Marshall	AIRE	W60	<b>70:01</b>	+19:19
11th	1210	Maggie Scrugham	LOC	W60	<b>70:22</b>	+19:40
12th	856	Jane Malley	NATO	W60	<b>70:25</b>	+19:43
13th	179	Joy Cameron	MAROC	W60	<b>71:19</b>	+20:37
14th	226	Fiona Clough	BKO	W60	<b>73:15</b>	+22:33
15th	335	Carolyn Dent	BOK	W60	<b>74:56</b>	+24:14
16th	169	Kim Buxton	DVO	W60	<b>75:23</b>	+24:41
17th	1108	Mary Rack	NATO	W60	<b>75:31</b>	+24:49
18th	1215	Gabi Shanahan	BAOC	W60	<b>75:57</b>	+25:15
19th	365	Caz Dudley	MAROC	W60	<b>77:08</b>	+26:26
20th	62	Elizabeth Bales	POTOC	W60	<b>78:24</b>	+27:42
21st	691	Sarah Howes	SAX	W60	<b>78:59</b>	+28:17
22nd	1091	Carol Prosser	BAOC	W60	<b>79:30</b>	+28:48
23rd	369	Louise Dunn	LOC	W60	<b>80:23</b>	+29:41
24th	589	Nicola Hart	DVO	W60	<b>80:31</b>	+29:49
25th	17	Mary Adams	WCH	W60	<b>81:50</b>	+31:08
26th	243	Trish Coombs	MAROC	W65	<b>82:11</b>	+31:29
27th	786	Jane Lambert	SO	W60	<b>84:13</b>	+33:31
28th	426	Marie-Anne Fischer	TVOC	W60	<b>88:33</b>	+37:51
29th	1255	Helen Smethurst	PFO	W60	<b>91:04</b>	+40:22
30th	1325	Gwen Tanner	BOK	W60	<b>92:20</b>	+41:38
31st	580	Gill Harrington	SYO	W60	<b>96:32</b>	+45:50
32nd	306	Jacky Dakin	SYO	W60	<b>98:21</b>	+47:39
33rd	200	Carole Chapman	RAFO	W60	<b>110:34</b>	+59:52
34th	1284	Ellen Starling	NGOC	W60	<b>116:06</b>	+65:24
35th	853	Christine Mahony	ESOC	W60	<b>117:15</b>	+66:33
36th	780	Sue Kuestner	Bay Area OC	W60	<b>137:41</b>	+86:59
37th	1472	Dawn Williamson	DEVON	W60	<b>140:35</b>	+89:53
	972	Adele Newall	KERNO	W60	<b>m3-4 m</b>	
	1033	Gail Parker	SLOW	W60	<b>m6-15</b>	
	109	Jill Blount	SO	W60	<b>w15</b>	

### W60S 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	338	Elisabeth Dickson	BAOC	W60	<b>43:40</b>	
2nd	1405	Leianne Upton	MV	W60	<b>54:29</b>	+10:49
3rd	1146	Marie Roberts	MDOC	W60	<b>55:42</b>	+12:02
4th	726	Bridget Jardine	PFO	W60	<b>59:37</b>	+15:57
5th	1196	Alison Saunders	HH	W60	<b>61:58</b>	+18:18
6th	846	Margaret Mackenzie	WCOG	W60	<b>63:18</b>	+19:38
7th	1280	Kath Speak	MDOC	W60	<b>79:17</b>	+35:37
8th	364	Colette Du Toit	NGOC	W60	<b>83:40</b>	+40:00
9th	1005	Helen O'Donoghue	SOLWAY	W60	<b>86:25</b>	+42:45
10th	983	Janice Nichols	BL	W60	<b>88:10</b>	+44:30
11th	387	Joanna Emberton	EPOC	W60	<b>97:14</b>	+53:34
12th	233	Julie Collins	DFOK	W60	<b>98:25</b>	+54:45
13th	693	Anne Hoy	ESOC	W60	<b>107:19</b>	+63:39
14th	725	Ros James	SMOC	W60	<b>122:58</b>	+79:18
15th	609	Penny Heap	MDOC	W60	<b>133:50</b>	+90:10
16th	136	Jacqui Briggs	BKO	W60	<b>145:18</b>	+101:38
	613	Stella Heap	MDOC	W60	<b>w8</b>	

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## EVENT RESULTS

### W65L 2.4km 190m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1189	Anne Salisbury	WAROC	W65	47:51	
2nd=	270	Ann Cranke	CLOK	W65	48:15	+0:24
2nd=	1233	Alison Simmons	BOK	W65	48:15	+0:24
4th	549	Jackie Hallett	BOK	W65	60:57	+13:06
5th	989	Janice Nisbet	ESOC	W65	64:16	+16:25
6th	162	Judy Burge	LOC	W65	64:55	+17:04
7th	607	Mary Healy	GEN	W65	68:22	+20:31
8th	1153	Christine Robinson	LOC	W65	72:31	+24:40
9th	214	Karen Clark	EBOR	W65	76:17	+28:26
10th	441	Rhona Fraser	ESOC	W65	76:27	+28:36
11th	289	Janet Cronk	WAOC	W65	77:43	+29:52
12th	1095	Julia Prudhoe	Central Coast	W65	78:11	+30:20
13th	1075	Liz Potterton	CLARO	W65	82:58	+35:07
14th	227	Jill Cochrane	SROC	W65	83:57	+36:06
15th	148	Gill Browne	LOC	W65	84:21	+36:30
16th	119	Marcia Bradbury	SYO	W65	87:39	+39:48
17th	763	Helen Kelsey	BOK	W65	87:42	+39:51
18th	1050	Amelia Petrie	CLYDE	W65	89:55	+42:04
19th	1504	Rosie Wych	QO	W65	92:16	+44:25
20th	37	Julie Astin	WSX	W65	93:22	+45:31
21st	1144	Maggie Roach	SLOW	W65	93:53	+46:02
22nd	564	Fiona Hanstock	BOK	W65	98:58	+51:07
23rd	644	Elizabeth Hindle	LOC	W65	106:41	+58:50
24th	321	Catherine Dawson	NATO	W65	107:56	+60:05
25th	1290	Jane Stew	OD	W65	113:16	+65:25
26th	602	Linda Hayles	EPOC	W65	125:29	+77:38
27th	1464	Margaret Willdig	OD	W65	128:25	+80:34
28th	697	Linda Hulley	SO	W65	128:45	+80:54
29th	979	Sheelagh Nichol	AYROC	W65	142:41	+94:50
30th	1351	Rachel Thomas	SMOC	W65	183:10	+135:19
	113	Catherine Boelle	Club COOL	W65	w16	
	1261	Jill Smith	EBOR	W65	m4	
	1487	Toria Wimpenny	DEVON	W65	m3 m6-	
	622	Leila Henderson	YALANGA	W65	w3	

### W65S 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	943	Pat Moody	DEE	W65	54:49	
2nd	714	Noreen Ives	WAOC	W65	63:56	+9:07
3rd	1123	Suzanne Relton	EBOR	W65	69:23	+14:34
4th	1299	Liz Stradling	BKO	W65	74:10	+19:21
5th	582	Ann Harris	SMOC	W65	80:32	+25:43
6th	427	Jean Fitzgerald	SAX	W65	83:07	+28:18
7th	1499	Lesley Wornham	WCOC	W65	89:32	+34:43
8th	1054	Hilary Pickering	WIM	W65	103:02	+48:13
9th	1622	Julia Robertson	QO	W65	151:36	+96:47
	527	Judith Guillaume	SYO	W65	m7-10	

### W70L 2.2km 120m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	308	Margaret Dagleish	ESOC	W70	48:14	
2nd	966	Janet Nash	LOC	W70	54:56	+6:42
3rd	345	Jillyan Dobby	MDOC	W70	57:49	+9:35
4th	483	Liz Godfree	DVO	W70	60:11	+11:57
5th	1328	Rosalind Taunton	NGOC	W70	71:05	+22:51
6th	381	Elizabeth Elliott	WCOC	W70	74:37	+26:23
7th	1303	Sheila Strain	ELO	W70	76:28	+28:14

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## EVENT RESULTS

### W70L 2.2km 120m

Pos	No.	Name	Club	Age Class	Time	Behind
8th	765	Christine Kiddier	BL	W70	76:29	+28:15
9th	1475	Anne Wilson	AIRE	W70	80:19	+32:05
10th	1171	Miriam Rosen	SROC	W70	81:54	+33:40
11th	1412	Barbara Verity	DEE	W70	85:24	+37:10
12th	1394	Di Turner	SO	W70	91:27	+43:13
13th	1500	Jenny Wren	BL	W70	94:12	+45:58
14th	190	Trish Carmichael	TINTO	W70	95:38	+47:24
n/c	1160	Trina Rogerson	ELO	W70	97:57	
15th	1258	Ann Smith	LOC	W70	111:29	+63:15
	1267	Heather Smithard	KFO	W70	m4-12	
	557	Sue Hands	WIM	W70	w11	
	353	Alison Doyle	MDOC	W70	m11	

### W70S 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	946	Evelyn Morgan	LOC	W70	66:21	
2nd	383	Ruth Ellis	DVO	W70	78:23	+12:02
3rd	98	Hazel Bickle	WAOC	W70	80:27	+14:06
4th	382	Jan Ellis	NOC	W70	82:06	+15:45
5th	1398	Teresa Turner	SLOW	W70	94:33	+28:12
6th	873	Maria Marshall	WAOC	W70	94:50	+28:29
7th	1148	Susan Roberts	HOC	W70	126:06	+59:45

### W75L 2.2km 120m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	919	Carol McNeill	LOC	W75	54:17	
2nd	188	Sheila Carey	OD	W75	59:58	+5:41
3rd	1042	Carol Pearce	DEVON	W75	72:38	+18:21
4th	105	Karen Blackburn	BL	W75	77:35	+23:18
5th	969	Helen Neild	LOC	W75	79:29	+25:12
6th	1089	Beryl Pring	SAX	W75	82:47	+28:30
7th	61	Jean Baldwin	GOLDSEEKERS	W75	82:49	+28:32
8th	1183	Geraldine Russell	SOS	W75	90:25	+36:08
9th	1366	Charlotte Thornton	SARUM	W75	98:15	+43:58
10th	936	Christine Middleton	DVO	W75	99:29	+45:12
11th	1175	Pauline Rosser	SYO	W75	123:46	+69:29
	670	Bridget Hooper	SO	W75	m7	
	101	Sue Bicknell	OD	W75	m8-14	
	855	Barbara Majumdar	DEE	W75	m12	
	590	Pat Hart	SARUM	W75	m10-11	
	143	Julie Brook	MDOC	W75	rtd	

### W75S 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1508	Liz Yeadon	SARUM	W75	103:34	
2nd	1295	Nina Stimson	NWO	W75	155:44	+52:10
	1362	Jo Thornley	AIRE	W75	m7-10	
	245	Monika Cooper	SYO	W75	m7-15	

### W80 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	430	Clare Fletcher	BOK	W80	71:46	
2nd	1132	Ruth Rhodes	SO	W80	72:00	+0:14
3rd	1358	Jenny Thompson	TVOC	W80	86:00	+14:14

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### W80 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
4th	1176	Jean Rostron	POTOC	W80	100:33	+28:47
5th	550	Joan Hambleton	SARUM	W80	109:34	+37:48
6th	1241	Hilary Simpson	OD	W80	156:31	+84:45
	1213	Joan Selby	CLOK	W80	m8-12	
	1045	Freda Peirce	SARUM	W80	m7-11	
	1457	Angela Whitworth	BL	W80	m7-12	

### W85 1.9km 110m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	470	Barbara George	NOR	W85	99:42	
2nd	1254	Alison Sloman	HOC	W85	136:14	+36:32
	103	Sue Birkinshaw	MDOC	W85	rtd	

### Light Green 2.6km 145m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1167	Heather Roome	SROC	W35	36:01	
2nd	1365	Andrew Thornton	MDOC	M60	48:04	+12:03
3rd	1214	Ashish Sen		M21	52:55	+16:54
4th	1609	Charles Levitt		M21	53:00	+16:59
5th	1313	Keshav Gurung	RSOC	M21	56:01	+20:00
6th	1641	Mo Chapman	SYO	W50	57:09	+21:08
7th	535	Prabin Gurung	BAOC	M21	65:08	+29:07
8th	634	Eric Heritage	WRE	M60	75:11	+39:10
9th	1588	Ingo Hursie	UCC Magelehug	M60	75:38	+39:37
10th	1079	Helen Powell		W65	76:26	+40:25
11th	637	Joanne Hickling	SAX	W55	76:47	+40:46
12th	859	Emma Mansfield	BAOC	W35	77:05	+41:04
13th	1610	Oban Lewsley	BL	W21	81:19	+45:18
14th	1618	Isla O'Donoghue	SOLWAY	W20	85:06	+49:05
15th	1612	John Purkis	SYO	M65	85:31	+49:30
16th	1579	James Thebe Limbu	BAOC	M21	87:16	+51:15
17th	1636	Richard Townshend		M21	87:54	+51:53
18th	625	Susan Hensman	FVO	W45	88:02	+52:01
19th	1627	George Engelhardt	MV	M70	88:04	+52:03
20th	1625	Ben Mullins		M21	90:35	+54:34
21st	1635	Nathan Townshend	POTOC	M65	93:13	+57:12
22nd	1621	Kath Aspin	CLOK	W55	93:14	+57:13
23rd	648	Cinnamon Hodgson	SYO	W50	93:32	+57:31
24th	1321	Buddhi Tamang	BOF	M21	94:22	+58:21
25th	1639	Ira Thompson	BOK	M18	95:27	+59:26
26th	395	Kath Etherden	SELOC	W70	95:58	+59:57
27th	1470	Sue Williams	WIGHTO	W70	98:05	+62:04
28th	1583	Sajan Limbu	BAOC	M21	104:57	+68:56
29th	1447	Richard Webster	AIRE	M21	105:56	+69:55
30th	784	Dhawa Lama		M21	106:02	+70:01
31st	1453	Karen White	LEI	W55	109:09	+73:08
32nd	1114	Sangam Rai		M21	109:18	+73:17
33rd	948	Claire Morris	SYO	W50	114:35	+78:34
34th	769	Becky King	CLOK	W21	115:20	+79:19
35th	944	Charlotte Moore	HOC	W35	116:05	+80:04
36th	1538	Carolyn Marr	OD	W75	117:50	+81:49
37th	116	Jonathan Booker	EBOR	M45	117:58	+81:57
38th	1582	Oscar Bagley	BAOC	M21	121:55	+85:54
39th	888	David Mawdsley	MDOC	M80	124:38	+88:37
40th	1367	Rebecca Thornton		W21	126:33	+90:32
41st	1370	Louise Tidmarsh		W21	126:42	+90:41
42nd	9	Erinn Abbott	STAG	W21	129:52	+93:51



# Lakes 5 day - Dale Park

August 09, 2022

## EVENT RESULTS

### Light Green 2.6km 145m

Pos	No.	Name	Club	Age Class	Time	Behind
43rd	79	Megan Barry	TVOC	W21	131:13	+95:12
44th	1603	Michael Wheelhouse		M21	132:45	+96:44
45th	1602	Izzy Lewis		W21	132:51	+96:50
46th	1333	Helen Taylor	DEVON	W60	133:14	+97:13
47th	611	Rupert Heap		M21	137:46	+101:45
48th	727	Aman Jarga Magar		M21	138:05	+102:04
49th	839	Sarah Lowe	SO	W50	163:10	+127:09
	434	Joanna Foster	BOK	W65	m5-12	
	760	Joseph Kelly	BAOC	M21	m15	
	377	Melanie Elkington	OD	W60	m8-13	
	1474	Anna Wilson	PFO	W12	m5-15	
	134	Karen Bricknell	SAX	W50	m4-12	
	1122	David Relton	EBOR	M70	m5 m11	
	75	Amanda Barrett	NOR	W40	m2 m5-	
	1314	Sandesh Sunuwar	BOF	M21	m10-13	
	250	Brendan Cormican	LVO	M45	m8-16	
	425	Hugh Finzel		M21	rtd	
	1454	Matt White	LEI	M55	rtd	

### Orange 2.0km 115m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	324	Martin Dean	FVO	M65	31:11	
2nd	569	Samuel Harding		M21	36:18	+5:07
3rd	756	Spencer Kay		M21	40:22	+9:11
4th	817	Maxence Libert		M21	41:19	+10:08
5th	1242	Isla Simpson	CLOK	W14	42:11	+11:00
6th	813	Oliver Lewis	QO	M14	45:16	+14:05
7th	934	Michael Eden		M14	50:29	+19:18
8th	801	Gillian Lee-Jones	BOK	W55	53:31	+22:20
9th	1575	Chloe Ambler	BOK	W12	53:39	+22:28
10th	1631	Mike Williams		M35	54:03	+22:52
11th	1268	Les Smithard	KFO	M70	55:14	+24:03
12th	78	Joanne Barry		W50	55:42	+24:31
13th	1590	Otto Volker	KOLV	M60	59:47	+28:36
14th	703	Alison Hurford	BOK	W60	60:30	+29:19
15th	1227	Jacob Shirvington	QO	M14	64:43	+33:32
16th	216	Caroline Clarke	FVO	W45	65:19	+34:08
17th	26	Ginny Anderson	PFO	W65	65:45	+34:34
18th	1136	Margaret Ridehalgh	PFO	W70	66:41	+35:30
19th	1599	Jude Smith	AYROC	W50	70:02	+38:51
20th	939	Andrey Miroshnikov		M21	70:21	+39:10
21st	812	Annabelle Lewis	QO	W16	73:29	+42:18
22nd	603	Diane Hayward	SLOW	W50	80:56	+49:45
23rd	77	Alison Barry	TVOC	W55	80:59	+49:48
24th	572	Elsie Hargreaves	KERNO	W75	81:19	+50:08
25th	2	Karen Abbatuan	BAOC	W35	90:40	+59:29
26th	4	Katheryn Abbatuan	BAOC	W21	90:44	+59:33
27th	1615	Barbara Page	HH	W50	93:25	+62:14
28th	264	Elysia Cowe (2nd run)	WAOC	W10	110:00	+78:49
29th	1628	Debbie Hitchen		W60	112:35	+81:24
30th	616	Kathryn Hearn		W55	112:38	+81:27
31st	875	Roberta Marshall	NN	W60	120:17	+89:06
32nd	1581	Priscilla Chen-Chandler	LOK		120:37	+89:26
33rd	191	Barbara Castle	SAX	W60	160:43	+129:32
34th	334	Alyson Denney	OD	W70	162:30	+131:19

# Lakes 5 day - Dale Park

August 09, 2022

## EVENT RESULTS

### Yellow 1.7km 105m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1638	James Heppenstall	LOC	M10	23:12	
2nd	1129	Jago Reynolds	SYO	M12	30:20	+7:08
3rd	1245	Rae Simpson	CLOK	W10	33:36	+10:24
4th	1324	Daniel C N Tang	OD	M10	46:14	+23:02
5th	1585	Mary Ann O'Brian	CORKO	W12	47:33	+24:21
6th	1590	Gabrielle Harke	KOLV	W55	51:22	+28:10
7th	1316	Daniel Tam	HH	M10	57:10	+33:58
8th	1642	Chris Howard		M45	57:51	+34:39
9th	977	Naomi Newton	DVO	W12	57:54	+34:42
10th	1626	Isaac Welburn		M10	60:01	+36:49
11th	342	Anna Dnestrovskiyaya	TVOC	W21	64:55	+41:43
12th	439	Emily Fraser	MOR	W10	65:13	+42:01
13th	1640	Susan Rowlett	MV	W60	74:08	+50:56
14th	1592	Hugo Maule-Lidbury	HAVOC	M10	89:45	+66:33
15th	8	Maria Abbatuan	BAOC	W60	140:35	+117:23
	976	Jonah Newton	DVO	M10	m12-14	
	1077	Betsan Powell	WAOC	W14	m12	
	1507	Alan Yeadon	SARUM	M85	rtd	

### White 1.3km 70m

Pos	No.	Name	Club	Age Class	Time	Behind
1st	1244	Lauren Simpson	CLOK	W10	21:31	
2nd	1637	Lucie Heppenstall	LOC	W10	22:06	+0:35
3rd	1624	Henry Pigott	POTOC	M10	25:15	+3:44
4th	20	Alfie Alcock	AIRE	M10	27:17	+5:46
5th	1633	Grace Robinson	NOC	W10	27:52	+6:21
6th	1598	George Ricketts		M10	28:48	+7:17
7th	1614	Amelie Maule-Lidbury	HAVOC	W8	30:55	+9:24
8th	514	Max Green		M10	31:35	+10:04
9th	31	George Ashton	SARUM	M10	32:00	+10:29
10th	982	Harriet Nichols	SO	W10	40:01	+18:30
11th	351	Menna Double	SLOW	W10	41:12	+19:41
12th	352	Osian Double	SLOW	M10	41:25	+19:54
13th	985	Lizzie Nichols	SO	W10	44:19	+22:48
14th	357	Charlotte Drewe	CLARO	W10	45:06	+23:35
15th	1606	Patrick Fraser	MOR	M7	48:47	+27:16
16th	1383	Moseley Tommy	SROC	M10	49:32	+28:01
17th	1630	Sofia Mitchell		W4	50:42	+29:11
18th	1634	Lily Robinson	NOC	W10	53:02	+31:31
19th	40	Jamie Atkins	HOC	M10	54:30	+32:59
20th	747	Megan Jones	ERYRI	W10	60:05	+38:34
21st	1632	Alan Williams			60:07	+38:36
22nd	1116	Amy Ransley	NOC	W35	68:22	+46:51
23rd	1066	Rhiannon Pinches		W10	79:59	+58:28
	39	Ada Atkins	HOC	W10	m2	