

|                         |            |                |           | Age-graded  |
|-------------------------|------------|----------------|-----------|-------------|
| Name                    | Distance   | Time           | Age       | score       |
| <b>Mike Sheridan</b>    | 10M        | <b>1:02:53</b> | <b>67</b> | <b>91.7</b> |
| Mike Sheridan           | 10K        | 0:37:56        | 66        | 91.5        |
| Mike Sheridan           | Mar        | 2:54:24        | 66        | 91.4        |
| Mike Sheridan           | 5K         | 0:18:40        | 67        | 90.8        |
| Mike Sheridan           | HM         | 1:23:55        | 66        | 90.2        |
| Mike Sheridan           | 5M         | 0:31:20        | 67        | 89.2        |
| <b>Izzy Fry</b>         | 5K         | 0:18:13        | 15        | <b>85.2</b> |
| <b>Luci Robertson</b>   | 5K         | 0:19:55        | 12        | <b>82.8</b> |
| <b>Sophie Crumly</b>    | 10K        | 0:36:44        | 26        | <b>82.6</b> |
| <b>Irwin Fairclough</b> | 5m         | 0:31:48        | 60        | <b>82.4</b> |
| <b>Nina Martin</b>      | 10K        | 0:37:45        | 39        | <b>82.3</b> |
| Sophie Crumly           | 5K         | 0:17:59        | 26        | 82.1        |
| Irwin Fairclough        | 10K        | 0:40:04        | 60        | 81.9        |
| <b>Liz Harkness</b>     | <b>10K</b> | <b>0:53:33</b> | <b>68</b> | <b>81.4</b> |
| Irwin Fairclough        | 10M        | 1:06:20        | 60        | 81.2        |
| <b>Mark Vardy</b>       | 5k         | 0:16:01        | 28        | <b>81.1</b> |
| <b>James Craggs</b>     | 5k         | 0:16:29        | 36        | <b>80.9</b> |
| Mark Vardy              | HM         | 1:12:44        | 28        | 80.3        |
| <b>Sarah Fowler</b>     | 10m        | 1:19:34        | 60        | <b>80.1</b> |
| <b>Steve Barnes</b>     | 10k        | 0:36:12        | 45        | <b>79.7</b> |
| Sophie Crumly           | 5m         | 0:30:24        | 26        | 79.6        |
| Sarah Fowler            | 5m         | 0:38:43        | 60        | 79.6        |
| Sarah Fowler            | 10K        | 0:48:50        | 60        | 79.6        |
| Liz Harkness            | 5K         | 0:25:49        | 68        | 79.5        |
| Sarah Fowler            | HM         | 1:46:09        | 60        | 79.3        |
| Nina Martin             | Mar        | 2:56:29        | 40        | 79.1        |
| James Craggs            | 10K        | 0:34:11        | 36        | 79.1        |
| Nina Martin             | HM         | 1:25:22        | 40        | 79.0        |
| Mark Vardy              | 5m         | 0:27:02        | 28        | 78.9        |
| <b>Wayne Lillis</b>     | 10K        | 0:37:45        | 49        | <b>78.9</b> |
| Liz Harkness            | 10k        | 0:55:18        | 68        | 78.8        |
| <b>Sheila Marshall</b>  | 5K         | 0:24:11        | 62        | <b>78.6</b> |
| James Craggs            | 10m        | 0:56:31        | 36        | 78.6        |
| Sreve Barnes            | HM         | 1:19:34        | 45        | 78.5        |
| <b>Graham Stent</b>     | 5K         | 0:17:33        | 40        | <b>78.2</b> |
| <b>Jenny Eaton</b>      | HM         | 1:38:17        | 53        | <b>78.2</b> |
| Mark Vardy              | 10K        | 0:34:12        | 28        | 78.1        |
| Nina Martin             | 5K         | 0:19:19        | 39        | 78.1        |
| Nina Martin             | HM         | 1:25:56        | 39        | 78.0        |
| Liz Harkness            | 5m         | 0:44:10        | 68        | 77.9        |
| James Craggs            | 5m         | 0:27:52        | 36        | 77.8        |
| Sheila Marshall         | 10k        | 0:51:25        | 62        | 77.7        |
| <b>Julie Coxhead</b>    | 10K        | 0:48:38        | 58        | <b>77.7</b> |
| <b>Alan Twyford</b>     | 5K         | 0:19:16        | 50        | <b>77.5</b> |
| <b>Nigel Poplewell</b>  | 5K         | 0:18:58        | 48        | <b>77.3</b> |

|                        |     |         |    |             |
|------------------------|-----|---------|----|-------------|
| <b>Chris Pudney</b>    | 5K  | 0:19:31 | 52 | <b>76.7</b> |
| <b>Paul Hendry</b>     | 10K | 0:38:14 | 47 | <b>76.6</b> |
| <b>Clare Quinn</b>     | 10K | 0:41:39 | 43 | <b>76.6</b> |
| Izzy Fry               | 10K | 0:41:14 | 16 | 76.6        |
| James Craggs           | HM  | 1:17:29 | 36 | 76.0        |
| Sheila Marshall        | HM  | 1:26:17 | 62 | 75.9        |
| Chris Pudney           | 10k | 0:40:26 | 52 | 75.6        |
| Clare Quinn            | HM  | 1:31:20 | 43 | 75.5        |
| Nigel Popplewell       | 10M | 1:04:12 | 48 | 75.4        |
| Alan Twyford           | 10K | 0:39:54 | 50 | 75.3        |
| Nigel Popplewell       | 10K | 0:39:01 | 47 | 75.0        |
| <b>Andy Tuttle</b>     | 5k  | 0:20:46 | 57 | <b>75.0</b> |
| Nigel Popplewell       | 5m  | 0:31:38 | 48 | 74.8        |
| Julie Coxhead          | HM  | 1:48:17 | 57 | 74.7        |
| Paul Hendry            | 5K  | 0:19:20 | 47 | 74.6        |
| Paul Hendry            | HM  | 1:25:11 | 47 | 74.6        |
| <b>Dave Wright</b>     | 10K | 0:40:16 | 50 | <b>74.6</b> |
| Nigel Popplewell       | HM  | 1:26:05 | 48 | 74.4        |
| Alan Twyford           | 10m | 1:06:52 | 51 | 74.3        |
| Clare Quinn            | 5K  | 0:20:52 | 43 | 74.1        |
| Julie Coxhead          | 5M  | 0:40:03 | 57 | 74.0        |
| Chris Pudney           | HM  | 1:29:19 | 51 | 73.6        |
| <b>Andrew Lees</b>     | 5K  | 0:22:47 | 65 | <b>73.1</b> |
| Alan Twyford           | 10K | 0:41:30 | 51 | <b>73.0</b> |
| Sophie Crumly          | HM  | 1:29:35 | 26 | 72.8        |
| Graham Stent           | 10K | 0:38:09 | 40 | 72.6        |
| Graham Stent           | HM  | 1:26:42 | 40 | 69.3        |
| Chris Pudney           | Mar | 3:21:49 | 52 | 69.2        |
| <b>Andy McKendrick</b> | HM  | 1:29:09 | 31 | <b>65.5</b> |
| Andy McKendrick        | 10k | 0:41:32 | 32 | 64.5        |
| <b>Jill Mowat</b>      | 10M | 1:28:58 | 44 | <b>59.1</b> |
| Jill Mowat             | HM  | 2:00:02 | 44 | 57.9        |