

Name	Category	RaceTime	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
Sean Cronin	M55	46:25	45	52	49	57	42	57	47	57	43	57	46	56	48	56	41	56	40	55	44	55	52	53	54	55	56	57	F1
			01:59	02:36	03:06	05:55	07:55	10:10	12:49	15:16	16:27	18:02	19:48	20:22	20:45	21:31	22:04	22:38	25:18	26:20	27:22	27:56	30:27	34:42	36:45	39:04	41:37	43:30	46:25
			01:59	00:37	00:30	02:49	02:00	02:15	02:39	02:27	01:11	01:35	01:46	00:34	00:23	00:46	00:33	00:34	02:40	01:02	01:02	00:34	02:31	04:15	02:03	02:19	02:33	01:53	02:55
Robin Kendall	M55	46:41	44	55	40	53	41	56	46	57	48	57	43	57	47	54	57	42	52	52	53	54	55	56	57	F1			
			02:01	02:33	03:45	03:59	05:44	06:19	07:18	09:16	10:29	11:45	12:56	14:28	19:50	21:32	25:40	28:47	29:16	29:46	32:48	35:46	38:06	40:42	43:25	46:41			
			02:01	00:32	01:12	00:14	01:45	00:35	00:59	01:58	01:13	01:16	01:11	01:32	05:22	01:42	04:08	03:07	00:29	00:30	03:02	02:58	02:20	02:36	02:43	03:16			
Andrea Pauling	W50	38:10	40	56	46	54	41	57	48	54	43	52	49	52	42	52	45	52	47	53	44	55	F1						
			01:54	04:46	05:29	07:46	09:48	13:20	16:44	18:45	19:31	22:16	23:00	23:26	25:01	25:10	26:23	28:16	30:31	34:29	35:26	36:44	38:10						
			01:54	02:52	00:43	02:17	02:02	03:32	03:24	02:01	00:46	02:45	00:44	00:26	01:35	00:09	01:13	01:53	02:15	03:58	00:57	01:18	01:26						
John Cross	M55	39:27	44	55	40	53	47	56	41	56	46	57	43	54	48	56	42	54	49	54	45	52	52	53	54	55	56	57	F1
			01:30	02:02	02:56	03:26	05:42	07:54	08:32	09:14	09:40	11:30	12:45	13:35	14:38	15:29	17:38	18:56	20:17	21:50	23:53	24:33		27:52	29:54	32:03	34:32	36:23	39:27
			01:30	00:32	00:54	00:30	02:16	02:12	00:38	00:42	00:26	01:50	01:15	00:50	01:03	00:51	02:09	01:18	01:21	01:33	02:03	00:40		03:19	02:02	02:09	02:29	01:51	03:04
Sarah Covey-Crump	W45	39:30	44	53	53	40	55	41	56	46	57	48	57	43	57	45	52	49	52	42	54	47	56	F1					
			01:57	02:38	02:40	03:30	04:25	07:30	08:11	08:48	10:45	12:36	14:18	15:50	17:45	22:08	23:45	24:50	25:26	26:01	29:38	31:43	35:14	39:30					
			01:57	00:41	00:02	00:50	00:55	03:05	00:41	00:37	01:57	01:51	01:42	01:32	01:55	04:23	01:37	01:05	00:36	00:35	03:37	02:05	03:31	04:16					
Edward Stott	M40	39:49	44	55	40	55	47	52	42	52	49	52	45	54	43	54	48	56	41	56	46	57	52	53	54	55	56	57	F1
			01:33	01:56	02:59	04:04	06:43	08:11	08:41	09:07	09:39	09:57	10:53	13:06	13:21	14:10	15:05	15:49	16:15	17:03	17:34	19:35	22:44	26:17	28:22	30:41	33:40	36:21	39:49
			01:33	00:23	01:03	01:05	02:39	01:28	00:30	00:26	00:32	00:18	00:56	02:13	00:15	00:49	00:55	00:44	00:26	00:48	00:31	02:01	03:09	03:33	02:05	02:19	02:59	02:41	03:28
David Thomas	M21	40:35	44	55	40	55	47	56	41	46	57	48	57	43	57	42	56	49	57	45	57	52	52	53	54	55	56	57	F1
			01:05	01:20	02:03	02:44	04:47	06:33	06:50	07:36	09:04	10:02	11:09	12:05	13:23	15:12	17:17	19:09	21:23	23:51	26:11	28:42		31:01	32:43	34:18	36:24	37:57	40:35
			01:05	00:15	00:43	00:41	02:03	01:46	00:17	00:46	01:28	00:58	01:07	00:56	01:18	01:49	02:05	01:52	02:14	02:28	02:20	02:31		02:19	01:42	01:35	02:06	01:33	02:38
Austin Howe	M18	41:10	47	57	43	57	46	56	41	56	48	57	40	53	44	55	45	52	49	52	42	52	52	53	54	55	56	57	F1
			02:58	05:21	07:34	09:10	10:56	11:28	11:56	12:38	13:06	15:32	18:58	19:24	19:57	20:38	23:49	24:18	24:47	25:03	25:30	26:00		29:17	31:07	33:36	35:49	38:02	41:10
			02:58	02:23	02:13	01:36	01:46	00:32	00:28	00:42	00:28	02:26	03:26	00:26	00:33	00:41	03:11	00:29	00:29	00:16	00:27	00:30		03:17	01:50	02:29	02:13	02:13	03:08
Mark Glaisher	M70	43:20	44	55	40	53	47	54	41	56	46	57	48	56	43	54	42	52	45	57	49	52	52	53	F1				
			03:07	03:45	04:51	05:28	08:18	11:06	12:37	13:21	13:52	15:50	19:03	21:03	23:54	24:56	27:14	27:42	28:53	32:59	37:25	38:31		42:12	43:20				
			03:07	00:38	01:06	00:37	02:50	02:48	01:31	00:44	00:31	01:58	03:13	02:00	02:51	01:02	02:18	00:28	01:11	04:06	04:26	01:06		03:41	01:08				
Alison Howe	W50	44:07	47	57	46	57	43	57	42	57	45	57	49	56	48	56	41	56	40	55	44	55	52	53	54	55	F1		
			01:45	04:21	06:02	07:35	08:43	10:16	12:26	14:46	18:20	21:11	23:52	26:20	26:48	27:37	28:16	28:54	31:01	32:14	33:17	33:49	36:21	39:15	41:12	43:23	44:07		
			01:45	02:36	01:41	01:33	01:08	01:33	02:10	02:20	03:34	02:51	02:41	02:28	00:28	00:49	00:39	00:38	02:07	01:13	01:03	00:32	02:32	02:54	01:57	02:11	00:44		
Jeremy Oldershaw	M85	35:51	55	44	55	40	53	41	56	46	57	43	54	47	54	42	49	52	45	52	F1								
			01:58	03:33	04:46	06:27	07:19	10:11	11:11	12:08	14:44	17:27	18:41	21:44	24:31	26:46	27:30	28:21	30:40	32:20	35:51								
			01:58	01:35	01:13	01:41	00:52	02:52	01:00	00:57	02:36	02:43	01:14	03:03	02:47	02:15	00:44	00:51	02:19	01:40	03:31								
Harriet Evans	W14	39:04	53	40	41	56	46	57	48	54	43	42	52	49	45	52	53	55	F1										
			02:36	03:23	06:05	06:45	07:25	10:44	12:59	14:23	19:30	21:00	21:36	22:31	25:40	27:22	36:16	38:22	39:04										
			02:36	00:47	02:42	00:40	00:40	03:19	02:15	01:24	05:07	01:30	00:36	00:55	03:09	01:42	08:54	02:06	00:42										
Heather Brown	W70	40:55	44	55	40	53	47	54	43	54	48	56	46	57	42	52	45	52	F1										
			03:54	05:21	07:27	08:21	13:29	16:20	17:21	18:27	20:29	24:08	25:03	28:27	33:49	34:40	36:34	37:50	40:55										
			03:54	01:27	02:06	00:54	05:08	02:51	01:01	01:06	02:02	03:39	00:55	03:24	05:22	00:51	01:54	01:16	03:05										
Holly Howe	W14	39:02	44	55	40	53	41	56	48	57	46	57	43	54	42	52	F1												
			02:43	03:48	06:21	07:11	10:51	12:00	12:55	16:12	19:46	22:18	26:43	27:48	35:38	36:28	39:02												
			02:43	01:05	02:33	00:50	03:40	01:09	00:55	03:17	03:34	02:32	04:25	01:05	07:50	00:50	02:34												
Roger Pring	M75	42:37	44	55	40	53	41	56	46	57	43	54	42	52	49	54	F1												
			02:31	03:26	04:55	05:38	08:18	09:09	09:53	13:13	19:09	20:49	25:43	26:38	27:34	36:24	42:37												
			02:31	00:55	01:29	00:43	02:40	00:51	00:44	03:20	05:56	01:40	04:54	00:55	00														

