

<u>Pos</u>	<u>Time</u>	<u>Laps</u>	<u>First</u>	<u>Surname</u>	<u>G</u>	<u>Av min/m</u>	<u>Av min/km</u>	<u>Dist m</u>	<u>Dist km</u>	<u>Av Lap Split</u>
1	00:20:40	1	Poppy	Parry	F	00:12:55	00:08:16	1.6	2.5	00:20:40
1	00:20:40	1	Tessa	Parry	F	00:12:55	00:08:16	1.6	2.5	00:20:40
2	00:30:40	1	Jane	Adams	F	00:19:10	00:12:16	1.6	2.5	00:30:40
1	00:25:20	2	Spencer	Slaughter	M	00:07:55	00:05:04	3.2	5	00:12:40
2	00:25:40	2	Christopher	Parry	M	00:08:01	00:05:08	3.2	5	00:12:50
2	00:25:40	2	Max	Parry	M	00:08:01	00:05:08	3.2	5	00:12:50
3	00:27:04	2	James	Adams	M	00:08:28	00:05:25	3.2	5	00:13:32
4	00:27:18	2	Leo	Dale	M	00:08:32	00:05:28	3.2	5	00:13:39
4	00:27:18	2	Ian	Giles	M	00:08:32	00:05:28	3.2	5	00:13:39
5	00:36:40	2	Ben	Woodman	M	00:11:27	00:07:20	3.2	5	00:18:20
6	00:37:19	2	Megan	Slaughter	F	00:11:40	00:07:28	3.2	5	00:18:40
7	00:37:50	2	Josh	Dance	M	00:11:49	00:07:34	3.2	5	00:18:55
7	00:37:50	2	Benji	Grant	M	00:11:49	00:07:34	3.2	5	00:18:55
8	00:38:05	2	Douwe	Boers	M	00:11:54	00:07:37	3.2	5	00:19:03
9	00:39:20	2	Tamara	Standing	F	00:12:17	00:07:52	3.2	5	00:19:40
10	00:40:45	2	Molly	Berry	F	00:12:44	00:08:09	3.2	5	00:20:22
11	00:42:56	2	Janneke	Boers	F	00:13:25	00:08:35	3.2	5	00:21:28
11	00:42:56	2	Maarten	Boers	M	00:13:25	00:08:35	3.2	5	00:21:28
11	00:42:56	2	Karijn	Boers	F	00:13:25	00:08:35	3.2	5	00:21:28
12	00:43:35	2	Michelle	Vardell	F	00:13:37	00:08:43	3.2	5	00:21:48
13	00:43:45	2	Nanja	Verkuijl	F	00:13:40	00:08:45	3.2	5	00:21:52
14	00:44:00	2	Alejandra	Badillo	F	00:13:45	00:08:48	3.2	5	00:22:00
15	00:44:41	2	Laura	Grant	F	00:13:58	00:08:56	3.2	5	00:22:21
16	00:44:45	2	Liz	Whitehead	F	00:13:59	00:08:57	3.2	5	00:22:23
17	00:45:42	2	Anna	Tapponnier	F	00:14:17	00:09:08	3.2	5	00:22:51
18	00:51:02	2	Nicky	Riordan	F	00:15:57	00:10:12	3.2	5	00:25:31
19	00:51:30	2	Brogan	C	M	00:16:06	00:10:18	3.2	5	00:25:45
20	00:53:16	2	Jodi	Bowbrick	F	00:16:39	00:10:39	3.2	5	00:26:38
21	00:54:10	2	Dee	Murphy	F	00:16:56	00:10:50	3.2	5	00:27:05
22	00:58:34	2	Bev	Berry	F	00:18:18	00:11:43	3.2	5	00:29:17
23	01:09:30	2	Sally	Hughes	F	00:21:43	00:13:54	3.2	5	00:34:45
1	00:51:30	3	Beatrijs	Woltring	F	00:10:44	00:06:52	4.8	7.5	00:17:10
2	01:02:45	3	Claire	Butler	F	00:13:04	00:08:22	4.8	7.5	00:20:55
3	01:04:44	3	Lee	Haines	F	00:13:29	00:08:38	4.8	7.5	00:21:35
3	01:04:44	3	Nikki	Durnford	F	00:13:29	00:08:38	4.8	7.5	00:21:35
4	01:09:01	3	Fiona	Lear	F	00:14:23	00:09:12	4.8	7.5	00:23:00
5	01:13:57	3	Acer	C	M	00:15:24	00:09:52	4.8	7.5	00:24:39
6	01:32:45	3	Bex	Coyne	F	00:19:19	00:12:22	4.8	7.5	00:30:55
<u>Pos</u>	<u>Time</u>	<u>Laps</u>	<u>First</u>	<u>Surname</u>	<u>G</u>	<u>Av min/m</u>	<u>Av min/km</u>	<u>Dist m</u>	<u>Dist km</u>	<u>Av Lap Split</u>
1	00:54:26	4	Emily	Iredale	F	00:08:30	00:05:27	6.4	10	00:13:37
2	00:54:38	4	David	Rowe	M	00:08:32	00:05:28	6.4	10	00:13:39
3	00:58:18	4	Kristian	Bowbrick	M	00:09:07	00:05:50	6.4	10	00:14:34
4	00:58:40	4	Rob	Harlow	M	00:09:10	00:05:52	6.4	10	00:14:40
5	00:59:30	4	Taryn	May	F	00:09:18	00:05:57	6.4	10	00:14:52
6	01:00:46	4	Jonni	Brunton	M	00:09:30	00:06:05	6.4	10	00:15:12
7	01:01:45	4	Mike	Bransden	M	00:09:39	00:06:10	6.4	10	00:15:26
7	01:01:45	4	Steve	Harlow	M	00:09:39	00:06:10	6.4	10	00:15:26
8	01:02:50	4	Nigel	Tweed	M	00:09:49	00:06:17	6.4	10	00:15:42
9	01:04:25	4	Charlie	Sheppard	M	00:10:04	00:06:26	6.4	10	00:16:06
10	01:06:30	4	David	Miller	M	00:10:23	00:06:39	6.4	10	00:16:38
11	01:07:49	4	Richard	Donovan	M	00:10:36	00:06:47	6.4	10	00:16:57
12	01:12:15	4	Emma	Balchin	F	00:11:17	00:07:13	6.4	10	00:18:04
13	01:12:45	4	Matthew	Powell	M	00:11:22	00:07:16	6.4	10	00:18:11
14	01:15:20	4	Aimee	Dacombe	F	00:11:46	00:07:32	6.4	10	00:18:50
14	01:15:20	4	Phillipa	Gill	F	00:11:46	00:07:32	6.4	10	00:18:50

