

Pos	Bib	Firstname	Lastname	Gender	GenderPos	FinishTime	Lap1	Rest1	Lap2	Rest2	Lap3	Rest3	Lap4	Rest4	Lap5
1	185	Matt	Steere	M	1	1:10:34.70	0:13:26.60	0:00:17.10	0:13:44.45	0:00:17.30	0:14:00.50	0:00:18.50	0:13:56.95	0:00:16.70	0:14:03.85
2	146	Paul	Hare	M	2	1:13:00.30	0:13:30.05	0:00:23.50	0:13:53.20	0:00:24.25	0:14:34.05	0:00:23.65	0:14:39.15	0:00:24.10	0:14:32.95
3	181	Jamie	Larkin	M	3	1:18:50.00	0:14:43.30	0:00:13.35	0	0	0	0	0:16:08.25	0	0
4	153	Matt	Lawrence	M	4	1:20:58.10	0:14:35.05	0:00:17.00	0:15:38.15	0:00:15.90	0:16:11.20	0:00:17.65	0:16:46.80	0:00:16.05	0:16:29.95
5	158	Hannah	Monaghan	F	1	1:22:31.55	0:14:38.85	0:00:20.40	0:15:33.80	0:00:29.70	0:16:30.45	0:00:32.95	0:16:39.40	0:00:36.70	0:16:48.25
6	133	Andrew	Barnett	M	5	1:28:04.85	0:16:21.65	0:00:15.80	0:17:28.70	0:00:16.55	0:17:40.40	0:00:27.35	0:17:41.70	0:00:15.80	0:17:25.45
7	168	Chris	Randall	M	6	1:28:49.65	0:16:33.80	0:00:35.45	0:17:13.45	0:00:40.55	0:17:11.35	0:00:46.05	0:17:26.70	0:00:33.30	0:17:38.30
8	139	Fay	Dalby	F	2	1:31:29.95	0:16:46.90	0:00:17.75	0:17:30.35	0:00:21.75	0:18:43.40	0:00:33.00	0:18:34.70	0:00:21.90	0:18:08.80
9	150	Simon	Killick	M	7	1:34:42.60	0:17:25.85	0:00:33.10	0:18:20.10	0:00:33.30	0:18:33.95	0:00:35.50	0:18:48.30	0:00:33.95	0:19:03.90
10	179	George	Woodhouse	M	8	1:34:59.90	0:17:13.65	0:00:47.45	0:18:05.65	0:00:35.20	0:18:34.80	0:00:31.55	0:18:58.75	0:00:24.00	0:19:35.55
11	145	Ian	Glover	M	9	1:37:18.40	0:18:16.35	0:00:21.85	0:18:59.40	0:00:20.85	0:19:15.00	0:00:38.25	0:19:38.20	0:00:23.60	0:19:12.55
12	151	edward	kirwan	M	10	1:37:29.60	0:17:11.65	0:00:45.45	0:18:23.65	0:00:46.35	0:19:04.25	0:01:20.60	0:19:41.80	0:00:57.90	0:19:02.75
13	155	Daniel	Martin	M	11	1:37:35.25	0:18:00.30	0:00:26.00	0:19:01.45	0:00:36.30	0:19:24.85	0:00:31.00	0:19:36.15	0:00:28.35	0:19:15.85
14	169	Simon	Saunders	M	12	1:38:32.80	0:17:50.50	0:00:22.80	0:19:09.00	0:00:22.55	0:19:40.80	0:00:22.75	0:20:02.70	0:00:24.70	0:20:03.65
15	156	Erin	Medcalf	F	3	1:38:54.65	0:18:03.35	0:00:18.00	0:19:10.80	0:00:40.60	0:19:39.80	0:00:32.00	0:19:56.20	0:00:24.25	0:19:58.35
16	157	Becky	Monaghan	F	4	1:39:01.60	0:18:02.25	0:00:21.80	0:19:19.70	0:00:34.95	0:19:34.55	0:00:34.15	0:19:48.20	0:00:26.70	0:20:06.70
17	159	Beverley	Morgan	F	5	1:40:34.65	0:19:04.85	0:01:32.50	0:19:16.35	0:00:46.35	0:19:10.40	0:00:44.30	0:19:46.95	0:00:41.90	0:19:16.40
18	134	Graham	Botting	M	13	1:46:39.60	0:20:15.95	0:00:45.85	0:20:15.65	0:00:57.40	0:20:31.50	0:00:35.10	0:21:18.15	0:00:45.95	0:20:59.05
19	176	Alistair	Travis	M	14	1:47:15.25	0:18:05.40	0:00:23.50	0:19:46.55	0:01:07.60	0:20:42.55	0:00:58.60	0:21:13.40	0:02:08.10	0:22:16.45
20	162	Martin	Owens	M	15	1:49:40.00	0:20:09.05	0:00:51.85	0:20:37.25	0:00:38.50	0:21:16.45	0:00:28.75	0:22:09.80	0:00:38.40	0:22:27.55
21	149	Daniel	Hunter	M	16	1:51:07.35	0:19:41.85	0:00:38.70	0:21:20.85	0:01:04.55	0:21:53.30	0:00:41.30	0:22:16.85	0:00:30.75	0:22:14.75
22	163	Rob	Phelps	M	17	1:53:54.90	0:20:47.55	0:01:01.40	0:22:10.05	0:00:53.65	0:22:01.15	0:01:07.00	0:22:14.65	0:01:12.60	0:21:59.45
23	141	Ginny	Felton	F	6	1:54:21.95	0:21:04.70	0:00:59.20	0:22:04.55	0:00:57.55	0:21:49.85	0:01:06.00	0:22:43.00	0:01:04.65	0:22:08.50
24	184	Louis	Warnes	M	18	1:54:42.85	0:20:37.75	0:01:14.85	0:21:43.75	0:00:38.75	0:22:13.65	0:00:50.45	0:22:59.60	0:00:56.45	0:22:54.40
25	182	Rory	McIntre	M	19	1:54:46.30	0:20:37.65	0:00:38.40	0:21:18.70	0:00:28.55	0:21:53.60	0:00:34.65	0:23:29.65	0:00:34.95	0:24:55.35
26	170	Bruce	Shelmerdine	M	20	1:55:18.60	0:21:10.60	0:00:34.15	0:22:14.95	0:00:42.35	0:22:18.95	0:00:34.80	0:23:29.25	0:00:42.25	0:23:08.60
27	165	Emmelia	Potts	F	7	1:55:21.35	0:21:05.30	0:00:59.10	0:22:04.00	0:00:57.90	0:21:49.95	0:01:06.05	0:22:46.10	0:01:02.25	0:23:13.10
28	180	Liza	Young	F	8	1:55:37.70	0:20:36.05	0:01:01.15	0:22:03.45	0:00:48.45	0:22:27.85	0:01:03.70	0:23:17.85	0:00:43.25	0:23:13.35
29	142	Megan	Forbes	F	9	1:57:32.55	0:20:03.25	0:00:28.00	0:23:44.75	0:00:29.20	0:22:30.60	0:00:50.30	0:24:40.60	0:00:38.85	0:23:51.70
30	174	Steven	Tapp	M	21	1:58:23.15	0:20:46.60	0:00:20.85	0:22:42.05	0:00:34.05	0:22:57.35	0:00:38.85	0:24:34.05	0:00:42.35	0:24:50.00
31	130	Hannah	Al-Hasani	F	10	1:59:04.40	0:20:39.40	0:00:54.70	0:22:50.25	0:00:43.05	0:23:23.40	0:00:54.65	0:24:07.05	0:00:57.30	0:24:20.30
32	137	Simon	Carson-Jones	M	22	2:00:58.65	0:31:48.80	0:00:43.35	0:38:02.85	0:00:42.00	0:46:24.10	0:01:07.65	0:01:38.45	0	0:00:00.00
33	129	Rob	Agnew	M	23	2:03:59.90	0:20:59.55	0:00:46.15	0:22:56.25	0:00:42.65	0:24:09.45	0:00:57.50	0:26:16.00	0:02:12.05	0:24:31.90

Pos	Bib	Firstname	Lastname	Gender	GenderPos	FinishTime	Lap1	Rest1	Lap2	Rest2	Lap3	Rest3	Lap4	Rest4	Lap5
34	144	Simon	Gilbert	M	24	2:05:05.50	0:20:24.25	0:01:09.10	0:22:37.40	0:00:48.30	0:25:39.45	0:01:03.05	0:25:59.55	0:01:10.95	0:25:56.45
35	160	Angharad	Morgan	F	11	2:05:32.10	0:21:01.70	0:01:00.00	0:23:23.15	0:00:50.75	0:25:23.65	0:01:04.80	0:26:27.20	0:01:15.80	0:24:50.60
36	167	Laura	Pumphrey	F	12	2:06:03.65	0:21:35.95	0:01:21.40	0:23:13.20	0:01:19.50	0:24:16.25	0:01:20.75	0:25:01.65	0:01:10.95	0:26:15.20
37	132	Sophie	Bacon	F	13	2:08:34.85	0:22:47.45	0:00:35.80	0:24:30.95	0:00:49.15	0:25:10.85	0:01:06.25	0:25:12.20	0:01:45.75	0:26:08.45
38	138	Richard	Corner	M	25	2:10:55.80	0:24:32.25	0:00:54.20	0:26:03.40	0:00:53.55	0:25:51.00	0:00:54.15	0:26:19.90	0:00:43.65	0
39	136	Nicola	Budgen	F	14	2:11:15.80	0:22:42.60	0:00:48.65	0:24:20.55	0:01:25.55	0:25:40.20	0:01:23.90	0:25:45.30	0:01:59.40	0:26:39.80
40	173	Karen	Spencer	F	15	2:11:18.40	0:23:56.95	0:00:57.30	0:25:31.95	0:00:56.85	0:25:56.20	0:00:50.70	0:25:54.25	0:00:45.15	0:26:10.00
41	148	Dee	Hogwood	F	16	2:11:23.05	0:22:04.55	0:01:01.40	0:25:02.30	0:01:28.00	0:26:10.20	0:01:14.15	0:27:10.35	0:00:59.60	0:25:50.45
42	172	Jez	Shibli	M	26	2:12:30.65	0:21:41.75	0:01:26.05	0:24:31.10	0:01:12.95	0:26:25.00	0:01:43.60	0:27:03.10	0:01:34.40	0:26:20.15
43	178	John	Weston	M	27	2:13:36.00	0:22:46.65	0:00:52.25	0:25:01.25	0:01:01.15	0:26:14.85	0:01:01.25	0:27:29.55	0:01:04.05	0:27:40.00
44	131	Katie	Ashcroft	F	17	2:17:54.40	0:24:13.65	0:00:56.60	0:26:34.05	0:00:44.65	0:27:21.05	0:01:00.50	0:28:28.60	0:00:45.65	0:27:26.05
45	147	Alex	Hellier	M	28	2:19:30.85	0:27:31.05	0:00:55.90	0:32:06.40	0:01:12.50	0:36:41.35	0:02:27.05	0:38:00.70	0	0
46	152	Annabelle	Lancaster	F	18	2:21:54.15	0:24:46.95	0:01:09.75	0:26:36.75	0:01:14.65	0:28:51.70	0:02:37.45	0:27:45.55	0:01:00.10	0:27:34.95
47	175	Johanna	Thompson	F	19	2:22:23.75	0:24:24.65	0:01:17.50	0:26:19.50	0:01:06.00	0:27:56.60	0:01:34.00	0:29:36.15	0:01:12.85	0:28:43.00
48	71	Chris	O'Dowd-Booth	M	29	2:33:54.70	0:24:56.70	0:00:45.05	0:28:58.45	0:00:45.05	0:31:31.80	0:00:44.45	0:32:35.95	0:00:56.50	0:32:06.30
	171	James	Sheridan	M		1:37:21.70	0:20:33.25	0:00:57.40	0:22:48.70	0:01:19.40	0:23:59.45	0:01:31.85	0:24:57.45		