

Pos	Bib	Name	Time	Pos	Bib	Name	Time
F Sen				F35			
1.	426	Kerryn Girvan	44:01	1.	401	Alexandra Harrison	45:35
2.	394	Ella Heap	44:37	2.	143	Andrea Newnes	46:03
3.	189	Alex Mortlock	45:24	3.	241	Sameera Westcott	47:27
4.	390	Jenny Daly	45:41	4.	176	Jay Friar	48:39
5.	391	Emily Daly	46:52	5.	99	Kirstie McCaffrey	49:48
6.	311	Olivia Brown	48:03	6.	148	Hannah Morrow	50:37
7.	323	Sarah Lunt	49:12	7.	86	Amy McCarthy	52:59
8.	403	Danielle Kroin	49:33	8.	188	Tania Sparks	56:29
9.	250	Alice Nottingham	49:50	9.	104	Kathryn Bayfield	57:48
10.	202	Emily Conway	50:38	10.	365	Rafaela Carmona	57:49
11.	259	Hayley Forrester	51:33	11.	411	Elizabeth Millward	58:16
12.	170	Megan Carr	51:51	12.	196	Tina Law	58:19
13.	173	Victoria Kirkbride	52:46	13.	366	Sophie Hunt	59:06
14.	147	Rachel Waring	52:49	14.	290	Laura MacLennan	1:00:52
15.	339	Niamh Oconnor	53:58	15.	300	Rachael Obyrne	1:02:58
16.	160	Milla Norris	54:41	F40			
17.	226	Lauren O'Connor	55:41	1.	326	Elaine Opara	44:50
18.	128	Amy Parkinson	56:51	2.	97	Rachael Parker	50:43
19.	93	Ria Wilton	57:11	3.	320	Helen Patterson	51:27
20.	238	Niamh Mannion	57:36	4.	384	Christine Webley	51:31
21.	171	Louisa Bacon-Hall	57:46	5.	252	Sarah Jones	53:59
22.	118	Georgia Plunkett	58:43	6.	165	Hilde Moe Hoiesen	55:19
23.	182	Emily Hardman	59:17	7.	48	Leeanne Evans	55:21
24.	194	Ella Brown	59:20	8.	49	Joanne Evans	55:30
25.	358	Serena Wynter	59:30	9.	400	Ruth Hollick	56:10
26.	164	Katie Nicolson	59:44	10.	258	Jo James	56:17
27.	90	Leanne Irwin	1:00:10	11.	281	Jenny Appleton	57:39
28.	235	Megan Tinsley	1:00:20	12.	344	Abigail Gibson	58:05
29.	37	Erin Cavanagh	1:00:57	13.	79	Debbie Hurst	1:05:27
30.	305	Jenny Tomkinson	1:01:09	14.	82	Julie Mcgowan	1:07:20
31.	158	Katherine Stanley	1:01:09	15.	77	Michelle Witter	1:07:51
32.	101	Molly Magee	1:04:47	16.	327	Alison Boag-Munroe	1:13:16
33.	298	Laura Duncan	1:06:31	17.	58	Moody Jo	1:24:40
34.	297	Shannon Granleese	1:08:07	F45			
35.	200	Lucy Hoskins	1:08:16	1.	71	Emma Fraser	44:56
36.	230	Saffron Francis	1:08:51	2.	53	Sharon Martin	45:28
37.	380	Ciara Hickey	1:10:57	3.	52	Jennifer Elliott	45:31
38.	193	Amy Neill	1:14:15	4.	406	Julia Kelly	53:22
39.	271	Kaitlin Brown	1:16:10	5.	44	Paula Watson	54:28
40.	429	Amy Edwards	1:45:51	6.	213	Deborah Hill	57:39
DNF	277	Olivia MacCormack		7.	382	Helen Roche	58:09
				8.	294	Natalie Matthews	1:00:07

Pos	Bib	Name	Time	Pos	Bib	Name	Time
9.	431	Jessica Garrigan	1:01:45	2.	67	Rosemary Rogers	1:03:19
10.	192	Sharon McGough	1:04:38	3.	276	Carol Knowles	1:14:50
11.	116	Claire Plunkett	1:06:07	F75			
12.	177	Denise Garrigan	1:06:38	1.	54	Susan Stewart	59:53
13.	78	Martha Hughes	1:07:13	2.	190	Patricia Wright	1:11:15
14.	60	Samantha Gothard	1:13:34	3.	43	Elizabeth Simpson	1:12:28
F50							
1.	273	Ann Johnson	47:20				
2.	221	Denise Roche	48:44	1.	215	Arron Payne	50:44
3.	181	Sharron Ainslie	50:43	2.	51	Jacob Lipton	57:08
4.	65	Fleur Culshaw	50:43	3.	206	James Dickinson	1:11:22
5.	393	Anne Rosbottom	52:25	M Sen			
6.	325	Catherine Kearney	55:15	1.	370	Jack Poland	34:25
7.	129	Lesley Cormack	58:16	2.	187	David Fazakerley	34:43
8.	407	Dawn Hignett	58:32	3.	191	Ben Moorcroft	35:04
9.	284	Carol Peters	1:01:33	4.	357	Anthony Wilde	36:40
10.	245	Alison Peachey	1:02:14	5.	222	Kieran O'Brien	37:12
11.	267	Ruth O'Brien	1:04:43	6.	421	Joshua Kearney	37:22
12.	183	Helen Beckett	1:08:32	7.	371	Mike Jones	37:23
13.	161	Alison Kay	1:11:15	8.	137	Jonny Kilpatrick	37:41
F55				9.	42	Marc Singer	37:54
1.	415	Michelle Murphy	49:25	10.	228	Alex Rigby	38:16
2.	18	Ann-Marie McCarthy	51:20	11.	10	Jonny Bland	38:17
3.	272	Sandra Bentley	55:21	12.	91	Robert Dietz	38:18
4.	264	Ann Obyrne	1:08:07	13.	140	Matthew Halsall	38:24
DNF	348	Samantha Bentall		14.	412	Harry Hignett	38:31
F60				15.	180	Christopher Baldwin	38:41
1.	309	Lesley-Anne Cucksey	55:28	16.	261	Matt Smith	38:42
2.	28	Jayne Mclvor	55:30	17.	419	Fran Bell	38:45
3.	130	Jacqueline Jones	55:57	18.	199	Kyle Harrison	39:00
4.	408	Jan Swales	56:00	19.	234	Sam Jones	39:21
5.	338	Sharon Lamont	58:51	20.	257	Konrad Latek	39:26
6.	162	Linda Bannister	59:06	21.	218	Jack Cotton	39:41
7.	409	Lisbeth Owens	1:14:09	22.	436	Steven Southern	39:47
DNF	349	Marie Motley		23.	232	Carl Kierman	40:12
F65				24.	251	Liam Clark	41:04
1.	239	Susan Cain	51:50	25.	420	Criostai Hayden-Callen	41:11
2.	156	Brenda Cahill	52:17	26.	63	Owen Quirk	41:14
3.	47	Rachel Rick	1:00:04	27.	225	Joshua Hughes	41:27
4.	410	Karen Fulton	1:13:34	28.	254	Kieran Lucas	41:36
F70				29.	167	James Lee	41:45
1.	331	Christine Bonnar	56:18	30.	405	Oliver Dodd	42:10
				31.	388	Arran Roberts	42:30
				32.	139	Adam Fitzsimmons	42:41

Age Group Results

Pos	Bib	Name	Time	Pos	Bib	Name	Time
33.	153	Jordan Wilson	42:42	78.	174	Michael Palmer	59:20
34.	423	Jonathon Hull	43:23	79.	126	Jack Mckeown	59:35
35.	352	Lewis Hinton	43:40	80.	39	Carl Moore	59:52
36.	379	Ethan Burns	44:04	81.	12	Liam Taylor	1:10:01
37.	418	Billy Smart	44:15	82.	427	Elliott Murphy	1:14:16
38.	376	Tom Linnell	44:33	M35			
39.	197	Lewys Herman	44:52	1.	107	Adam Hampson	36:27
40.	36	Regan Wilford	45:00	2.	362	Adam Simpkin	38:08
41.	87	Stephen Nand-Lal	45:02	3.	236	Stephen Tomlinson	38:11
42.	163	Jack Buckton	45:09	4.	256	Stuart Robertson	38:46
43.	373	Kieran Horne	45:10	5.	109	Dan Thomas	38:51
44.	142	Darren Michael Linnell	45:14	6.	210	David Knowles	39:06
45.	395	Euan McIntyre	45:15	7.	301	Kyle Dove	40:01
46.	329	Ste Rothwell	45:24	8.	214	Simon Magill	41:16
47.	209	Jack Wells	45:24	9.	124	James Manger	41:31
48.	385	Jonas Schlautmann	45:29	10.	248	David Rea	41:40
49.	361	Andrew Fletcher	45:55	11.	291	Adam Flynn	41:40
50.	102	Liam Gouldson	46:16	12.	399	John Clegg	42:25
51.	374	Tony Marsh	46:52	13.	314	Paul McCormck	43:00
52.	434	Josh Rawlins-Williams	47:02	14.	201	Mike Leyland	43:25
53.	184	Michael McGrath	47:30	15.	351	Brian Seal	43:57
54.	229	Jonathan Fields	47:41	16.	282	Joe Ballinger	44:33
55.	123	Ben Marsh	47:43	17.	353	Matthew M Lowry	45:06
56.	324	Sam Humphriss	48:30	18.	389	Andy Robertson	45:09
57.	216	Sean Martin	48:37	19.	425	Dene Ashton	45:47
58.	268	Mark Fennell	48:39	20.	69	Mark Dambrosio	45:51
59.	288	John Charnock	48:55	21.	280	Ben Sweeney	47:16
60.	340	Joshua Taylor	48:59	22.	341	Adam Sikorski	47:24
61.	155	Luke Hodgson	49:17	23.	231	Paul Modern	47:40
62.	322	Newmn James	49:43	24.	372	James Wilson	49:36
63.	387	Paul McAuley	51:02	25.	34	Roy Caine	54:30
64.	378	Haydn Pidcock	51:11	26.	152	Ben Cross	55:44
65.	144	Alex Garner	51:20	M40			
66.	113	Josh Hampshire	51:36	1.	432	James Williams	36:44
67.	336	Danny Lloyd	52:49	2.	296	Andrew Veevers	36:50
68.	422	Jason Rawlins-Williams	52:56	3.	285	Jure Cebasek	37:11
69.	377	Daniel Leonard	53:25	4.	310	Alan Alan	37:29
70.	396	Paul Roskell	54:05	5.	92	Colin Walsh	37:44
71.	168	Alex Rae	55:25	6.	253	Will Kozer	38:22
72.	237	Sean Triggs	55:46	7.	29	John McLaren	38:44
73.	247	Mark Ewing	55:58	8.	354	Andy Murphy	38:51
74.	316	Michael Bird	56:39	9.	333	Michael Robson	38:58
75.	363	Wellington Franzao	57:53	10.	416	Brendan Burns	39:04
76.	111	Ellis Crowsley	57:54				
77.	117	James Plunkett	57:58				

Pos	Bib	Name	Time	Pos	Bib	Name	Time
11.	383	Scott Eves	39:30	18.	293	Greg Stephens	49:00
12.	59	Philip Taylor	39:38	19.	212	Phil Elliott	51:06
13.	178	Paul Hughes	39:53	20.	195	Simon Heron	52:07
14.	381	Paul Lamb	40:31	21.	94	James Tunstead	56:14
15.	346	Andrew Williams	40:54	22.	355	Dominic King	57:05
16.	292	Daniel Garner	40:54	23.	9	Joel Williams	1:01:07
17.	315	Gary Thompson	41:06	24.	205	Steven Wright	1:04:29
18.	306	Kevin Eves	43:01	25.	7	Allan Gibbs-Monaghan	1:09:19
19.	402	Graham Lee	43:56	26.	269	Allan McDonough	1:14:15
20.	255	Jonathan Farnetano	44:01	M50			
21.	260	Andrew Carey	44:19	1.	208	David McDonough	37:01
22.	262	James Pleasance	44:26	2.	356	Patrick Reilly	37:05
23.	359	Paul Crombleholme	44:52	3.	249	John Monaghan	37:21
24.	80	Mark Hurst	45:04	4.	342	Rob Pearse	38:06
25.	433	Ian Glover	46:18	5.	105	Anthony Cassidy	39:01
26.	11	Nicolas Webb	46:23	6.	108	Keith Lunt	42:05
27.	435	Chris Lydon	48:35	7.	125	Neil Burdett	43:24
28.	166	Dan Skinner	48:58	8.	263	Mark Ingarfield	43:40
29.	88	Mike Begley	49:39	9.	242	Paul Busow	44:54
30.	313	Graham Pye	51:01	10.	302	Steve Minshull	45:03
31.	386	Christopher Buckley	52:03	11.	219	Syd Omar	45:05
32.	14	Stephen Cruces	52:32	12.	74	Bill Leslie	45:36
33.	318	Kevin Pennington	54:49	13.	270	Jamie Pleavin	45:52
34.	50	Paul Lipton	57:08	14.	33	James de Turberville	47:49
35.	392	Stephen McCann	58:18	15.	26	Bruce Martin	49:32
36.	343	Jon Gibson	58:56	16.	120	Jon Reynolds	50:46
M45				17.	27	Brad Ehlen	51:19
1.	70	John Myers	36:48	18.	368	Graham Davis	51:24
2.	122	Scott Waugh	37:25	19.	16	Tony Hunter	52:20
3.	119	Francis Hourigan	38:47	20.	278	Nicholas McCole	52:41
4.	157	Brian Kiely	40:14	21.	5	Mike Jones	52:58
5.	81	Kieron McKenna	40:52	22.	437	David Dagleish	53:48
6.	138	Gary Wilton	41:41	23.	15	Colin Bridger	55:04
7.	96	David Matthews	42:11	24.	404	Gary Jones	59:00
8.	337	Graham Cushion	43:02	M55			
9.	154	James Stanley	43:06	1.	304	Francois Rafferty	35:44
10.	2	Billy Dean	43:14	2.	204	Vittorio Bini	44:43
11.	20	Keith Swift	43:47	3.	283	Danny Fegan	46:00
12.	398	Stuart Aitken	46:02	4.	299	Tony Wade	48:07
13.	286	Stephen Perry-Byrne	46:04	5.	134	David Hemmings	48:20
14.	146	Mark Bennett	46:21	6.	25	Paul McDonald	49:01
15.	66	Simon Leonard	46:31	7.	31	David Craddock	49:29
16.	23	Simon Turton	48:00	8.	24	Shaun Geoghan	50:49
17.	141	Neil Brailsford	48:18				

Pos	Bib	Name	Time	Pos	Bib	Name	Time
9.	62	John Skyner	51:32	11.	360	Andy McDougall	58:54
10.	133	Simon Emery	52:06	12.	364	Stephen Morley	1:01:04
11.	145	Simon Clarke	52:08	13.	413	Mo Gharooni	1:01:51
12.	40	Dave Foulkes	52:31	14.	397	David Howard	1:06:42
13.	223	Andrew Evans	53:54	15.	150	Steve Conway	1:06:48
14.	369	Martin Hirrell	54:33	16.	332	Nick Rae	1:15:27
15.	135	Mark Scott	56:09	M70			
16.	149	Andy John Simpson	56:50	1.	68	Tony Ovenell	52:05
17.	287	Gary Burcher	59:05	2.	367	Geoff Burrows	53:09
18.	319	Ken Connor	59:27	3.	55	Mike Evans	58:48
19.	103	Mark Povey	1:04:55	4.	345	Ken Stocker	1:08:31
M60				5.	121	Paul Blaney	1:24:40
1.	430	David Edwards	41:45	M75			
2.	19	Ian McCarthy	43:33	1.	64	Stan Cottier	57:06
3.	335	Rab Whitworth	45:17	2.	279	Robert Scholey	59:49
4.	347	David Williams	45:21	3.	317	Tom Knowles	1:00:14
5.	414	Alan McDermott	46:34	4.	289	Colin Laycock	1:01:33
6.	89	Steven Irwin	46:41	M80+			
7.	45	Simon Booth	48:00	1.	22	Ron Thornton	1:45:50
8.	98	Alan Spencer	50:40	Number of records: 385			
9.	198	Paul Thorpe	51:04				
10.	110	Nigel Jones	51:59				
11.	179	Nick Taylor	53:30				
12.	132	A Holmes	55:56				
13.	136	Matt Helme	56:09				
14.	127	Paul Parkinson	56:51				
15.	246	Clive Morrison	56:51				
16.	115	Richard Plunkett	58:27				
17.	334	Paul Wilson	1:00:28				
18.	151	Jon Court	1:05:23				
19.	41	Peter Jones	1:05:51				
20.	350	David Limbrick	1:08:21				
M65							
1.	131	Joe McGrath	43:20				
2.	56	Alan Joyce	44:24				
3.	186	Brian Shenton	47:33				
4.	307	Anthony Beyga	51:54				
5.	240	David Cain	52:53				
6.	61	John Houghton	55:12				
7.	308	David McAlister	55:25				
8.	30	David Rigby	55:36				
9.	330	Brian Sweeney	58:16				
10.	112	David Barrow	58:21				