

MFRank	Bib	Name	Sex	Club	Laps	Fastest	Average	Slowest	Time
1	82	Scott Parfitt	m	Lytchett Manor Striders	8	21:55.9	23:07.4	24:43.1	03:05:00
2	91	Rithy Hy	m	City of Salisbury A & RC	8	21:55.2	23:26.0	24:48.1	03:07:29
3	30	David Goodwin	m	Sandwell Valley RC	8	21:37.4	23:47.0	27:31.2	03:10:16
4	5	Tomasz Bednarz	m		8	24:21.3	24:49.1	25:19.9	03:18:33
5	46	peter lemon	m	100 Marathon Club	8	24:54.1	26:34.5	27:48.7	03:32:36
6	47	Henry Lewis	m	Beckenham running club	8	24:00.3	26:46.9	31:16.0	03:34:15
7	104	Alan Lewis	m	Poole Runners	8	24:41.2	27:21.9	30:06.3	03:38:55
8	106	new Lance Mason	m	teignbridge trotters	8	24:54.1	27:38.3	31:21.9	03:41:07
9	74	Chris Riche-Webber	m		8	25:12.4	27:44.1	31:45.2	03:41:53
10	20	Jason Crabtree	m		8	25:50.2	27:47.5	30:44.0	03:42:20
11	68	Andy Pearce	m	Cardiff Tri	8	27:48.4	29:04.1	30:14.9	03:52:34
12	77	Andy Sample	m		8	28:25.1	29:40.9	31:08.0	03:57:28
13	59	Seb Moulding	m		8	27:44.0	29:43.4	31:47.5	03:57:48
14	98	Guy Williams	m	Yeovil Town RRC	8	27:44.5	30:48.5	34:54.8	04:06:28
15	52	Paul Masters	m	Chard Road Runners	8	29:52.7	30:52.6	34:10.5	04:07:01
16	55	Dan Micola	m	Dunstable Road Runners Wellingborough & District Athletic Club	8	27:51.1	31:00.4	33:51.8	04:08:03
17	92	Barry Wake	m		8	26:52.3	31:04.8	37:42.7	04:08:39
18	108	Stuart Beck	m		8	30:54.3	32:01.4	32:43.8	04:16:12
19	99	Neil Williams	m	Plymouth Musketeers	8	31:08.2	32:32.5	34:30.4	04:20:20
20	22	Marcin Dyszkowski	m	The Stragglers	8	29:24.9	32:57.5	38:03.1	04:23:40
21	24	Alan Evans	m	Thrift Green Trotters	8	27:12.6	33:07.9	39:08.5	04:25:04
22	83	Michael Smith	m	Weymouth St Pauls Harriers	8	27:32.9	34:37.3	41:12.6	04:36:59
23	70	Mark Pike	m		8	31:24.6	34:38.5	40:45.0	04:37:09
24	97	Jim Whitmarsh	m	Eastleigh	8	33:41.6	34:41.8	35:45.5	04:37:35
25	42	Danny Kay	m	100 Marathon Club	8	33:45.2	34:59.4	35:47.5	04:39:55
26	10	Mark Bradshaw	m		8	30:59.6	35:05.3	41:17.2	04:40:42
27	38	Andrew Isaac	m	Westbourne RC	8	32:53.9	35:09.2	37:43.4	04:41:14
28	8	Alex Bidwell	m		8	32:54.1	35:09.3	37:43.8	04:41:15
29	33	Clive Hearn	m		8	33:47.9	35:47.8	37:41.4	04:46:23
30	72	Philip Rand	m	Petswood runners	8	33:48.7	35:47.9	37:28.3	04:46:23

31	88	Adrian Thomas	m	Hailsham Harriers	8	33:05.5	35:55.8	40:20.3	04:47:27
32	40	Steve Jackson	m	Mud Crew Trail Runners	8	31:54.9	35:59.6	39:42.4	04:47:57
33	102	John Kew	m	Bristol & District AC	8	33:47.7	36:12.1	39:35.1	04:49:37
34	54	Bruce McNeill	m	Bingley Harriers & AC	8	32:29.5	36:44.6	42:59.0	04:53:57
35	13	neil comley	m	Rebel Scum	8	33:50.1	36:52.0	42:46.9	04:54:56
36	110	Chris Woodman	m	Yeovil Town RRC	8	31:19.4	36:59.3	42:21.6	04:55:55
37	16	ian churchward	m	lytchett manor striders	8	27:35.3	37:29.7	52:00.2	04:59:58
38	31	Paul Sahota	m	100 Marathon Club	8	34:29.5	37:42.6	40:03.9	05:01:41
39	11	Gary Brampton	m	Reading Roadrunners	8	33:44.6	38:14.8	44:38.0	05:05:59
40	57	Brian Mills	m	100 Marathon Club	8	35:18.5	38:28.0	39:51.4	05:07:44
41	89	Richard Tickner	m	Hailsham Harriers	8	33:20.6	39:44.8	42:24.6	05:17:59
42	34	Mike Hogan	m	Chineham Park Running Club	8	36:12.6	41:10.1	47:01.3	05:29:21
43	66	Paul Ovenden	m		8	34:34.7	42:00.6	52:23.1	05:36:05
44	101	mark wotton	m	teignbridge trotters	8	33:59.4	42:21.1	47:19.5	05:38:49
45	44	Andrew Kinney	m	Harlow Running Club	8	35:58.7	43:18.0	50:02.3	05:46:24
46	81	Stuart Smith	m	Littledown Harriers	8	37:43.0	43:43.9	50:39.9	05:49:51
47	17	David Clare	m		8	34:44.2	43:45.7	48:26.6	05:50:06
48	41	Gilbert John	m	100 Marathon Club	8	41:48.0	44:01.3	45:50.9	05:52:11
49	14	Simon Oswald	m		8	40:50.8	44:28.5	47:14.3	05:55:49
50	35	Justin Horricks	m	Nuclear Races	8	40:50.3	44:28.5	47:14.9	05:55:49
51	100	Luke Wines	m		8	39:11.3	45:05.3	49:05.3	06:00:43
52	93	Greg Ward	m	100 marathon club	8	35:56.2	46:05.8	52:55.9	06:08:47
53	50	Tim Lupton	m	Purple Patch Runners	8				07:12:05



1	86	Jackie Stretton	w	Nuclear Races	8	24:14.6	26:27.1	27:38.8	03:31:37
2	36	Charlotte House	w	Wimborne AC	8	29:08.6	30:48.1	33:14.0	04:06:25
3	84	Helen Smith	w	Carn runners	8	27:10.4	31:22.0	35:44.7	04:10:57
4	80	Helen Smith	w		8	29:43.0	31:25.2	32:59.0	04:11:22
5	25	Patricia Everitt	w	Bournemouth Joggers	8	30:16.9	32:50.2	35:15.4	04:22:42
6	71	Melissa Poultney	w	Hayle runners	8	29:34.7	34:17.7	39:04.7	04:34:22
7	94	victoria watson	w		8	31:39.4	34:23.5	38:09.0	04:35:08

8	90	Luretta Spearing	w	Poole Runners	8	34:02.9	35:10.4	37:02.4	04:41:23
9	6	swap Elaine Dean	w	100 Marathon Club	8	30:15.4	35:35.7	38:46.1	04:44:46
10	96	Dale Wendy	w	North Devon Road Runners	8	31:55.6	35:46.7	38:11.5	04:46:14
11	4	Elaine Battson	w	Victoria Park Harriers & THAC	8	34:33.2	36:37.1	38:31.4	04:52:57
12	69	Katie Phillips	w	Bingley Harriers	8	32:29.8	36:39.9	41:48.5	04:53:19
13	53	Caroline McNeill	w	Bingley Harriers & AC	8	32:30.7	36:44.6	42:38.2	04:53:57
14	107	new Sally Ingledew	w	teignbridge trotters	8	31:51.9	37:13.7	46:06.7	04:57:50
15	2	Julie Ashman	w	Stubbington Green	8	35:13.9	37:31.6	40:08.1	05:00:13
16	73	Julia Revill	w		8	33:54.9	38:26.5	43:17.8	05:07:32
17	26	Anne-Marie Fast	w		8	34:50.8	38:55.6	41:16.2	05:11:25
18	75	Elizabeth Roberts	w	City Of Salisbury A & R C	8	35:25.0	39:17.3	41:41.2	05:14:18
19	67	Cathy Pearce	w		8	34:50.3	41:09.1	46:10.0	05:29:13
20	79	Nikki Savings	w	Chineham Park Running Club	8	36:12.6	41:10.1	47:00.7	05:29:21
21	105	new Paula Parsons	w	Chineham Park Running Club	8	36:12.9	41:10.2	47:00.2	05:29:22
22	58	JULIA MOLYNEUX	w	READING ROADRUNNERS	8	37:44.4	41:47.7	44:24.6	05:34:22
23	87	karen Summerville	w		8	38:46.7	41:58.3	43:39.4	05:35:47
24	103	Claire Young	w		8	35:17.1	41:59.6	46:17.5	05:35:57
25	51	Densie Day	w		8	36:07.5	42:56.1	49:07.7	05:43:29
26	78	michaela sanders	w	100 marathon club	8	39:49.9	43:00.9	45:10.0	05:44:07
27	62	Thompson Nicola	w	Poole AC	8	36:08.9	43:01.0	48:47.3	05:44:08
28	76	Melanie Roberts	w	Horsham Joggers	8	37:41.2	43:43.6	50:38.0	05:49:49
29	64	swap Kate Coombes	w	100 Marathon Club	8	34:27.7	43:45.6	48:27.4	05:50:05
30	49	Helen Littlebury	w		8	38:07.9	45:41.1	54:55.2	06:05:29
31	95	Melissa Weeks	w		8	36:15.1	45:47.3	53:33.2	06:06:19
32	45	Hazel Kurz	w	100 Running Club	8	35:58.3	46:06.1	52:55.5	06:08:49
33	39	Emine Ismail de sanchez	w	vegan runners	8	39:45.1	46:50.8	50:53.6	06:14:46
34	65	swap Sue Evans	w	Bournemouth Joggers	8	36:07.7	47:14.5	57:17.3	06:17:57
35	15	Vicky Horne	w	Sandhurst Joggers	8				06:53:25
36	18	Kim Cotton	w	Hardley Runners	8				07:02:41
37	48	Jackie Lindon	w	Road Runners Club	8				07:18:03