

No	Name	Submitted distance	Submitted time	Run 4 Time	Run 4 position	Handicap	Start time Race 5	Points
34	Diane Tilston	5k	28.00	00:26:47	1	00:00:16	00:26:31	10
31	Stephen Sutton	5K	21.43	00:20:54	2	00:00:06	00:26:47	9
35	Jan	5K	19.00	00:18:53	3	00:00:03	00:18:50	8
11	Dave Sampson	15miles	1.59.33	00:19:12	4		00:19:12	7
24	Daniel Grimwood	5k	19.48	00:18:52	5		00:18:45	6
12	Emma Hollands	5k	20.21	00:20:18	6		00:19:58	5
17	Paul Graves	5k	26.03	00:23:45	7		00:23:24	4
5	John Markham	5k	31.00	00:28:20	8		00:27:45	3
19	Charles George	5k	18.10	00:18:50	9		00:17:22	2
7	Richard Harris	5k	29.24	00:28:31	10		00:26:55	1

