

## Easy course

|   |                 |         |       |
|---|-----------------|---------|-------|
| 1 | Joshua Gartside | IND M12 | 17:04 |
| 2 | Lee Gartside    | IND M45 | 17:06 |
| 3 | Diana Hailey    | OD W80  | 18:21 |
| 4 | Lydia Stopford  | OD W10  | 23:11 |
| 5 | Anna McColl     | IND W10 | 23:37 |

## Long course

|    |                  |         |       |
|----|------------------|---------|-------|
| 1  | Alistair Powell  | OD M45  | 39:34 |
| 2  | Steve Blackmore  | HOC M45 | 39:49 |
| 3  | David Leadley    | OD M55  | 42:45 |
| 4  | Ben Crone        | HOC M35 | 43:22 |
| 5  | Kin Wai Lee      | OD M21  | 45:26 |
| 6  | Simon Thompson   | HOC M55 | 46:49 |
| 7  | Mark Rookledge   | OD M55  | 50:35 |
| 8  | David Lawson     | OD M60  | 52:45 |
| 9  | Mykyta Chubynsky | OD M45  | 57:04 |
| 10 | Richard Gardner  | OD M65  | 57:57 |
| 11 | Stan Alexander   | OD M70  | 58:04 |
| 12 | Sheila Carey     | OD W75  | 63:38 |
| 13 | Karen Thompson   | HOC W55 | 63:44 |
| 14 | Ka Man Leung     | OD W21  | 84:05 |
| 15 | Katie Lampl      | IND W21 | 89:10 |

## Medium course

|    |                  |         |        |
|----|------------------|---------|--------|
| 1  | Cato Hastings    | OD W21  | 45:52  |
| 2  | Peter Carey      | OD M75  | 49:40  |
| 3  | Peter Blackmore  | HOC M14 | 50:43  |
| 4  | Mike Hampton     | OD M75  | 55:45  |
| 5  | Chris Dwyer      | OD M70  | 58:03  |
| 6  | Gerry Spalton    | OD M75  | 60:33  |
| 7  | Sue Hallett      | OD W75  | 65:08  |
| 8  | Vivianne Lawson  | OD W55  | 77:37  |
| 9  | Philip May       | OD M70  | 80:30  |
| 10 | Rachel Alexander | OD W65  | 100:57 |
|    | E-card 32959     |         | dns    |

## Short course

|    |                           |                        |                |
|----|---------------------------|------------------------|----------------|
| 1  | Erin Weatherstone         | OD W21                 | 41:58          |
| 2  | Seb Blackmore             | HOC M12                | 42:14          |
| 3  | John Bowman               | OD M80                 | 44:10          |
| 4  | Roger Hailey              | OD M85                 | 51:17          |
| 5  | Thelma Spalton            | OD W75                 | 51:27          |
| 6  | John Boden                | OD M75                 | 63:41          |
| 7  | Henry Stopford            | OD M10                 | 64:36          |
| mp | Alison Gartside           | IND W45                | 73:46          |
|    |                           | <i>Missing nos 8-9</i> |                |
|    | <del>Thelma Spalton</del> | <del>OD W75</del>      | <del>dns</del> |