

Position	First name	Last name	Race no	Gender	Finish time	Chip time	Club	Lap1 Leg Time	Lap2 Leg Time	Lap3 Leg Time	Lap4 Leg Time	Lap5 Leg Time	Lap6 Leg Time	Lap7 Leg Time	Lap8 Leg Time	Lap9 Leg Time	Lap10 Leg Time	Lap11 Leg Time	Finish Leg Time	
1	Richard	Dennis	139	Male	00:12:31	00:12:30		00:13:48	00:13:54	00:15:51	00:16:09	00:16:16	00:16:22	00:16:37	00:16:39	00:16:33	00:16:49	00:16:49	00:16:39	
2	Paul	Trill	122	Male	00:17:33	00:17:30	Hillingdon AC	00:13:28	00:13:44	00:15:54	00:16:10	00:16:20	00:16:24	00:16:34	00:17:17	00:17:00	00:17:00	00:18:25	00:18:25	00:18:28
3	Chris	Hutton	117	Male	00:25:32	00:25:28		00:13:23	00:13:32	00:15:28	00:15:31	00:15:22	00:15:54	00:16:36	00:17:35	00:19:10	00:21:17	00:21:10	00:20:29	00:20:29
4	John	Dooney	144	Male	00:27:27	00:27:27		00:14:29	00:16:41	00:16:59	00:16:42	00:17:01	00:17:05	00:17:19	00:17:51	00:18:30	00:18:30	00:18:07	00:18:15	00:18:15
5	Simon	Hillegueth	369	Male	00:33:49	00:33:46	100 MARATHON CLUB	00:15:04	00:16:35	00:16:39	00:17:13	00:17:15	00:17:27	00:17:32	00:17:49	00:18:41	00:19:21	00:20:23	00:19:33	00:19:33
6	Luke	McDonagh	126	Male	00:34:30	00:34:28		00:15:14	00:16:46	00:16:36	00:17:14	00:17:15	00:17:28	00:18:18	00:18:08	00:18:26	00:19:04	00:19:42	00:20:13	00:20:13
7	JAMES	HASKEY JONES	141	Male	00:37:17	00:37:11		00:15:33	00:17:16	00:17:42	00:17:46	00:17:58	00:18:04	00:19:01	00:19:09	00:19:13	00:18:50	00:18:28	00:18:11	00:18:11
8	Jack	Hilton	305	Male	00:40:31	00:40:29		00:14:53	00:17:24	00:17:40	00:18:04	00:18:13	00:17:59	00:18:16	00:18:23	00:18:04	00:18:00	00:22:10	00:21:20	00:21:20
9	MALCOLM	STATHAM	131	Male	00:40:36	00:40:24	COLCHESTER HARRIERS	00:14:26	00:16:53	00:17:08	00:17:16	00:17:07	00:17:28	00:18:02	00:19:06	00:19:57	00:20:00	00:21:31	00:20:28	00:20:28
10	Sean	Gregg	335	Male	00:44:01	00:43:55	realbuzzrunburton.com Running Club	00:16:25	00:17:41	00:17:53	00:17:50	00:17:52	00:18:03	00:18:45	00:19:20	00:19:36	00:19:58	00:20:21	00:20:21	00:20:21
11	Keith	Luxon	334	Male	00:45:04	00:44:58		00:16:25	00:17:41	00:17:54	00:17:50	00:17:53	00:18:03	00:18:45	00:19:20	00:19:37	00:19:59	00:20:11	00:21:22	00:21:22
12	Mark	Venise	301	Male	00:45:40	00:45:37		00:16:28	00:18:04	00:19:32	00:19:32	00:19:01	00:19:27	00:19:53	00:18:27	00:18:30	00:18:11	00:18:09	00:17:49	00:17:49
13	Shaham	Baise	301	Male	00:45:53	00:45:51	Nid Essex Casuals	00:16:34	00:18:04	00:18:11	00:18:31	00:18:37	00:18:56	00:19:25	00:19:42	00:19:25	00:19:25	00:19:39	00:18:34	00:18:34
14	Gary	Wilde	328	Male	00:49:31	00:49:30		00:16:41	00:18:18	00:18:52	00:18:37	00:18:44	00:18:54	00:18:54	00:18:56	00:19:16	00:19:40	00:20:24	00:22:10	00:22:10
15	Chris	Gibson	358	Male	00:57:17	00:57:17		00:15:12	00:17:23	00:17:48	00:17:58	00:18:00	00:18:03	00:19:26	00:21:00	00:24:14	00:22:13	00:23:58	00:21:40	00:21:40
16	Matthew	David	366	Male	00:59:19	00:59:17		00:17:07	00:17:58	00:18:09	00:18:31	00:18:33	00:20:07	00:20:45	00:21:45	00:23:36	00:24:24	00:24:24	00:24:24	00:24:24
17	Chris	Head	116	Male	00:00:28	00:00:17		00:17:24	00:18:15	00:17:58	00:17:39	00:18:05	00:18:51	00:19:28	00:20:32	00:22:20	00:22:49	00:24:12	00:22:49	00:22:49
18	Gert	Fourie	322	Male	00:00:41	00:00:37	City of Norwich AC	00:17:16	00:18:13	00:19:32	00:20:11	00:20:13	00:21:04	00:22:09	00:23:31	00:25:22	00:26:48	00:28:26	00:34:26	00:34:26
19	Paul	Woodliff	393	Male	00:03:13	00:03:12		00:16:38	00:18:16	00:20:25	00:19:38	00:20:05	00:20:15	00:20:53	00:21:12	00:21:06	00:21:24	00:21:53	00:20:44	00:20:44
20	Peter	Rogers	350	Male	00:06:30	00:06:27	Blackheath & Bromley Harriers AC	00:16:47	00:19:18	00:19:54	00:19:37	00:19:46	00:19:43	00:20:10	00:21:07	00:22:12	00:21:53	00:23:07	00:22:51	00:22:51
21	Richard	Leahy	377	Male	00:06:38	00:06:38	Dartford Road Runners	00:16:07	00:17:57	00:18:40	00:17:51	00:18:14	00:18:59	00:20:35	00:21:40	00:23:08	00:25:00	00:24:23	00:23:58	00:23:58
22	Paul	McCarthy	372	Male	00:06:40	00:06:40		00:16:07	00:17:57	00:18:40	00:17:52	00:18:14	00:18:59	00:20:38	00:21:40	00:23:08	00:25:00	00:24:24	00:23:58	00:23:58
23	Andrew	Wilmet	354	Male	00:10:08	00:10:02	Halstead Road Runners	00:18:23	00:20:19	00:20:26	00:20:03	00:20:02	00:20:27	00:21:05	00:21:19	00:21:24	00:21:52	00:22:00	00:22:32	00:22:32
24	Damon	Cartwright	387	Male	00:10:20	00:10:08		00:15:37	00:18:20	00:17:40	00:17:53	00:18:07	00:18:31	00:19:17	00:21:13	00:22:38	00:25:51	00:27:18	00:27:18	00:27:18
25	Naomi	Moss	142	Female	00:13:04	00:13:25		00:19:21	00:20:32	00:20:07	00:20:31	00:21:00	00:20:59	00:19:44	00:19:26	00:21:09	00:21:19	00:23:06	00:26:22	00:26:22
26	Dave	King	347	Male	00:14:03	00:14:00	Blackheath & Bromley Harriers AC	00:17:30	00:19:16	00:19:48	00:20:33	00:20:10	00:20:20	00:20:51	00:21:08	00:21:47	00:23:25	00:25:49	00:29:17	00:29:17
27	Richard	Griffin	361	Male	00:14:03	00:14:00	Blackheath & Bromley Harriers AC	00:17:34	00:19:22	00:19:48	00:20:30	00:20:10	00:20:21	00:20:51	00:21:08	00:21:47	00:23:25	00:25:47	00:29:12	00:29:12
28	harche	cowan	324	Male	00:14:58	00:14:46		00:21:21	00:21:55	00:22:19	00:22:22	00:23:30	00:23:28	00:22:46	00:23:11	00:24:23	00:24:33	00:25:16	00:01:12	00:01:12
29	Paul	Dera	368	Male	00:15:09	00:15:06		00:16:28	00:19:23	00:19:14	00:19:24	00:19:34	00:19:36	00:19:23	00:20:13	00:24:06	00:23:24	00:26:24	00:26:59	00:26:59
30	Keith	Hiley	312	Male	00:15:26	00:15:21		00:18:29	00:20:34	00:20:24	00:20:37	00:20:51	00:21:09	00:20:39	00:21:11	00:21:32	00:22:22	00:23:15	00:24:17	00:24:17
31	Berry	Or	336	Male	00:16:25	00:16:11		00:18:13	00:19:33	00:19:34	00:20:07	00:20:21	00:20:25	00:21:12	00:21:52	00:23:00	00:23:52	00:24:11	00:23:58	00:23:58
32	Jon	Carson	252	Male	00:17:27	00:17:25	Team Trail	00:18:29	00:18:48	00:19:14	00:19:05	00:19:26	00:19:47	00:23:24	00:24:05	00:24:38	00:24:55	00:23:18	00:24:11	00:24:11
33	Steve	Waterford	389	Male	00:17:49	00:17:47		00:15:59	00:17:49	00:18:38	00:19:00	00:19:26	00:20:50	00:21:20	00:21:39	00:24:01	00:25:58	00:26:19	00:26:14	00:26:14
34	Gerren	Peters	179	Male	00:19:06	00:18:52	Road Runners Club	00:18:58	00:19:44	00:20:26	00:19:48	00:19:50	00:20:20	00:21:49	00:22:24	00:22:37	00:23:54	00:24:40	00:24:30	00:24:30
35	Matt	Smith	390	Male	00:23:28	00:23:22		00:18:57	00:21:07	00:20:19	00:21:10	00:20:51	00:21:21	00:22:28	00:22:38	00:23:52	00:24:38	00:23:35	00:22:25	00:22:25
36	Israel	Archuleta	337	Male	00:28:29	00:28:27	WILDAC	00:17:38	00:20:26	00:20:51	00:21:07	00:22:06	00:21:41	00:21:54	00:23:11	00:26:07	00:23:37	00:24:12	00:24:52	00:24:52
37	Andy	Kemp	365	Male	00:28:57	00:28:40		00:19:30	00:22:02	00:22:08	00:22:12	00:22:10	00:22:03	00:22:28	00:22:49	00:23:30	00:23:33	00:23:25	00:23:00	00:23:00
38	Daniel	Dowsett	362	Male	00:31:38	00:31:26		00:18:20	00:20:30	00:20:13	00:20:11	00:20:16	00:20:35	00:21:40	00:22:48	00:24:26	00:27:57	00:26:44	00:27:47	00:27:47
39	Naomi	Prasad	131	Female	00:31:52	00:31:48		00:19:37	00:21:30	00:21:54	00:21:55	00:22:14	00:22:39	00:22:50	00:23:27	00:23:43	00:24:35	00:24:09	00:23:19	00:23:19
40	Nura	hogg	303	Female	00:32:00	00:31:52		00:18:01	00:19:49	00:19:59	00:20:09	00:20:40	00:21:20	00:22:11	00:23:04	00:24:41	00:25:55	00:26:54	00:29:09	00:29:09
41	Kyoko	Grimesy	148	Female	00:35:30	00:35:21	FERC	00:19:35	00:21:16	00:21:11	00:21:21	00:22:21	00:22:51	00:23:09	00:24:36	00:24:26	00:25:07	00:24:45	00:23:37	00:23:37
42	Heldi	Breagan	134	Female	00:45:39	00:45:22		00:24:12	00:22:58	00:21:59	00:22:15	00:22:53	00:23:31	00:23:37	00:23:48	00:24:09	00:23:55	00:24:18	00:26:59	00:26:59
43	Sara	Williams	327	Female	00:46:24	00:46:16		00:20:15	00:22:54	00:23:29	00:23:13	00:23:06	00:23:22	00:24:14	00:24:10	00:24:44	00:25:49	00:26:00	00:25:01	00:25:01
44	Valerie	Bloomfield	120	Female	00:48:53	00:48:48	Running 4 Women	00:19:36	00:22:28	00:22:46	00:22:52	00:23:11	00:23:30	00:24:25	00:24:51	00:26:29	00:26:53	00:26:12	00:26:12	00:26:12
45	IM	MANFORD	171	Male	00:51:49	00:51:43	NORTH EAST VETS AC	00:19:09	00:21:43	00:21:55	00:22:27	00:23:15	00:23:54	00:24:53	00:25:26	00:26:14	00:27:04	00:27:34	00:28:10	00:28:10
46	Rob	Becher	357	Male	00:56:35	00:56:35		00:17:11	00:20:30	00:21:23	00:22:57	00:23:38	00:24:27	00:28:23	00:28:14	00:29:32	00:30:04	00:31:58	00:34:13	00:34:13
47	Neil	James	376	Female	00:59:11	00:59:03	Barrow Runners	00:25:47	00:22:56	00:23:37	00:24:47	00:25:01	00:25:30	00:25:58	00:26:27	00:27:04	00:28:27	00:25:55	00:24:37	00:24:37
48	Michaela	Sanders	329	Female	00:03:43	00:03:36		00:22:36	00:25:07	00:24:57	00:25:10	00:25:26	00:26:22	00:25:30	00:26:24	00:25:37	00:25:50	00:25:25	00:25:02	00:25:02
49	Carol Ann	Filer	375	Female	00:04:44	00:04:39	100 MARATHON CLUB	00:20:04	00:23:09	00:23:51	00:23:57	00:24:47	00:24:59	00:25:46	00:26:49	00:27:12	00:27:48	00:28:25	00:27:47	00:27:47
50	Robert (Bob)	Farminter	373	Male	00:05:15	00:05:10		00:20:06	00:23:08	00:24:11	00:23:37	00:24:44	00:24:56	00:25:42	00:26:52	00:27:19	00:27:50	00:28:16	00:28:16	00:28:16
51	John	Williams	356	Male	00:08:07	00:08:04	100 MARATHON CLUB	00:21:35	00:24:21	00:23:24	00:23:23	00:24:16								