

Number	Name	Base Time ('PB')	Hcap #1	Points from Hcap #1	Hcap #2	Points from Hcap #2
			Race time		Race time	
557	Andrew Richardson	00:27:03	00:25:24	1	00:24:27	2
523	Roy Bottomley	00:24:46	00:23:24	2	00:22:20	1
579	Ant Winter	00:24:46	00:23:33	6	00:23:03	6
539	Charlotte Tweddle	00:28:13	00:26:57	4	00:26:34	13
590	Billy Kinnard	00:23:08	00:22:00	8	00:21:17	4
591	Stuart Lowthian	00:27:30	00:26:09	3	00:25:33	5
526	Joanne May	00:28:13	00:27:33	16	00:27:08	10
519	Colin Munro	00:24:24	00:23:37	14	00:23:13	12
563	Dave Challis	00:24:22	00:23:09	5	00:22:51	15
538	Dawn Hudson	00:27:49	00:26:55	13	00:26:43	24
545	James Saxon	00:22:08	00:21:24	15	00:21:10	17
548	Tony Brooke	00:26:45	00:26:12	18	00:25:46	9
530	Lisa Bland	00:24:48	00:24:32	32	00:24:04	7
569	Matt Beevis	00:23:54	DNS	60	00:23:02	3
506	Rob Daley	00:19:26	00:19:07	28	00:18:54	21
558	Jess Gillon	00:19:50	00:19:26	22	00:19:28	36
513	Sarah O'Leary	00:24:04	00:22:56	9	00:22:29	8
510	Heather Heron	00:28:20	00:27:51	19	00:27:39	23
582	Petrina Cassell	00:30:22	00:29:12	7	00:28:52	14
541	Larry Horne	00:23:03	00:23:05	40	00:22:37	11
534	Kerry Grinbergs	00:23:00	00:22:35	21	00:22:15	27
555	Helen Tyson	00:24:56	00:24:39	31	00:24:47	39
550	Mel Hetherington	00:26:57	00:26:54	38	00:26:39	16
554	Susan Pattinson	00:24:37	00:23:41	11	DNS	59
552	Audrey Turnbull	00:23:55	00:24:07	45	00:24:04	40
580	Alex Mitchell	00:21:09	00:21:05	36	00:21:10	37
511	Keith Black	00:23:29	00:23:20	34	00:23:13	31
573	Aaron Baglee	00:19:08	00:18:56	33	00:18:43	22
521	John French	00:17:01	00:16:58	37	00:16:56	34
565	Anna McCombie	00:23:40	00:23:51	44	00:24:03	43
522	Geoff Chapman	00:21:06	00:20:11	12	00:20:39	45
517	David Dicks	00:19:54	00:19:30	23	00:19:27	32
574	Heather Eccles	00:21:41	00:21:18	25	00:21:04	18
543	Gina Mumford	00:26:28	00:26:06	27	00:26:13	38
524	Sarah Wright	00:24:31	00:24:14	30	00:24:12	33
529	Sheila Bottomley	00:28:30	00:29:02	49	00:28:22	29
575	John Davis	00:22:04	00:22:24	48	00:21:56	30
584	Mike Bell	00:19:56	00:20:12	47	00:19:47	28
515	Sally Blackmore	00:28:27	00:28:05	26	00:28:22	41
551	Abi Johnson	00:20:17	00:20:09	35	00:19:55	19
542	Mark Osborne	00:23:17	00:23:22	41	00:23:07	25
537	Samantha Sugden	00:22:34	00:23:19	50	00:23:38	50
549	Tim Slater	00:19:13	00:19:13	39	DNS	59
527	Tony Lowery	00:25:38	00:24:33	10	DNS	59
547	Katie Milburn	00:23:24	DNS	60	DNS	59
520	Clare Victoria Kent	00:24:03	00:23:37	20	00:24:03	44
546	Laura Kinnard	00:27:39	DNS	60	DNS	59

556	Carolyn Burns	00:26:46	00:26:10	17	DNS	59
559	Mary Chapelhow	00:30:32	00:30:09	24	DNS	59
540	John Andrewartha	00:21:34	DNS	60	00:22:04	46
533	Linda McGinley	00:34:23	00:34:05	29	DNS	59
577	Dave Evans	00:22:41	DNF	60	00:22:28	20
518	Amanda Singleton	00:23:12	DNS	60	00:23:02	26
502	Dave Peacock	00:23:22	DNS	60	00:23:54	47
507	Karen Bridge	00:20:06	00:21:36	56	00:20:07	35
592	Peter House	00:25:38	00:26:32	51	00:26:52	51
505	Andrew Walker	00:23:09	00:23:19	43	DNS	59
568	Dave Robinson	00:20:48	00:21:54	53	00:21:43	48
585	Simon Flatman	00:26:34	00:27:55	54	00:28:08	53
516	Donna Raeburn	00:23:52	00:24:00	42	DNS	59
531	Dave Johnston	00:22:20	DNS	60	00:22:38	42
594	Martin Hepworth	00:19:06	DNS	60	00:20:12	49
544	Paul Saager	00:24:07	00:24:20	46	DNS	59
572	Julia King	00:25:34	00:26:39	52	00:28:18	57
571	Emma Neilson	00:20:45	00:22:46	58	00:22:21	56
595	James Grinbergs	00:20:27	DNS	60	00:22:02	54
566	Gill Silson	00:27:16	00:29:13	57	00:29:00	56
593	Wade Tidbury	00:22:39	DNS	60	00:24:04	52
578	Emma Winter	00:23:15	00:24:41	55	DNS	59
567	Shaun Silson	00:31:39	00:34:08	59	00:35:04	58
597	Andrew Dawson (Guest)	00:28:22	DNS	n/a	DNS	n/a
598	Lorna Rand (Guest)	00:28:00	DNS	n/a	DNS	n/a
596	Jamie Partridge (Guest)	00:20:00	DNS	n/a	00:18:45	n/a
532	Stuart Airey (Guest)	00:21:50	00:20:51	n/a	00:20:23	n/a
570	Katie Ainsworth (Guest)	00:28:52	DNS	n/a	00:27:24	n/a
525	Fiona Jackson (Guest)	00:27:59	00:26:58	n/a	00:28:07	n/a
514	Dave Lund (Guest)	00:18:29	00:17:51	n/a	DNS	n/a

Hcap #3 Race time	Points from Hcap #3	Points to Date after Hcap #3	Change from PB to Hcap #1	Change from Hcap #1 to Hcap #2	Change from Hcap #2 to Hcap #3	Total time change	% change in 'Base' Time
00:23:31	2	5	-00:01:39	-00:00:57	-00:00:56	-00:03:32	-13.06%
00:22:03	12	15	-00:01:22	-00:01:04	-00:00:17	-00:02:43	-10.97%
00:22:38	7	19	-00:01:13	-00:00:30	-00:00:25	-00:02:08	-8.61%
00:25:49	3	20	-00:01:16	-00:00:23	-00:00:45	-00:02:24	-8.51%
00:20:54	9	21	-00:01:08	-00:00:43	-00:00:23	-00:02:14	-9.65%
00:25:36	26	34	-00:01:21	-00:00:36	00:00:03	-00:01:54	-6.91%
00:26:46	10	36	-00:00:40	-00:00:25	-00:00:22	-00:01:27	-5.14%
00:23:00	16	42	-00:00:47	-00:00:24	-00:00:13	-00:01:24	-5.74%
00:22:49	22	42	-00:01:13	-00:00:18	-00:00:02	-00:01:33	-6.36%
00:26:19	8	45	-00:00:54	-00:00:12	-00:00:24	-00:01:30	-5.39%
00:21:07	21	53	-00:00:44	-00:00:14	-00:00:03	-00:01:01	-4.59%
00:25:52	28	55	-00:00:33	-00:00:26	00:00:06	-00:00:53	-3.30%
00:24:00	19	58	-00:00:16	-00:00:28	-00:00:04	-00:00:48	-3.23%
00:22:31	5	68	DNS	-00:00:52	-00:00:31	-00:01:23	-5.79%
00:18:52	23	72	-00:00:19	-00:00:13	-00:00:02	-00:00:34	-2.92%
00:19:12	15	73	-00:00:24	00:00:02	-00:00:16	-00:00:38	-3.19%
DNS	57	74	-00:01:08	-00:00:27	DNS	-00:01:35	-6.58%
00:27:56	36	78	-00:00:29	-00:00:12	00:00:17	-00:00:24	-1.41%
DNS	57	78	-00:01:10	-00:00:20	DNS	-00:01:30	-4.94%
00:22:47	31	82	00:00:02	-00:00:28	00:00:10	-00:00:16	-1.16%
00:22:28	34	82	-00:00:25	-00:00:20	00:00:13	-00:00:32	-2.32%
00:24:25	14	84	-00:00:17	00:00:08	-00:00:22	-00:00:31	-2.07%
00:26:51	33	87	-00:00:03	-00:00:15	00:00:12	-00:00:06	-0.37%
00:23:37	20	90	-00:00:56	DNS	-00:00:04	-00:01:00	-4.06%
00:23:28	6	91	00:00:12	-00:00:03	-00:00:36	-00:00:27	-1.88%
00:20:58	18	91	-00:00:04	00:00:05	-00:00:12	-00:00:11	-0.87%
00:23:17	27	92	-00:00:09	-00:00:07	00:00:04	-00:00:12	-0.85%
00:19:02	38	93	-00:00:12	-00:00:13	00:00:19	-00:00:06	-0.52%
00:16:56	25	96	-00:00:03	-00:00:02	00:00:00	-00:00:05	-0.49%
00:23:22	11	98	00:00:11	00:00:12	-00:00:41	-00:00:18	-1.27%
00:20:32	41	98	-00:00:55	00:00:28	-00:00:07	-00:00:34	-2.69%
00:20:00	44	99	-00:00:24	-00:00:03	00:00:33	00:00:06	0.50%
DNS	57	100	-00:00:23	-00:00:14	DNS	-00:00:37	-2.84%
00:26:24	37	102	-00:00:22	00:00:07	00:00:11	-00:00:04	-0.25%
00:24:32	39	102	-00:00:17	-00:00:02	00:00:20	00:00:01	0.07%
00:28:29	29	107	00:00:32	-00:00:40	00:00:07	-00:00:01	-0.06%
00:22:04	30	108	00:00:20	-00:00:28	00:00:08	-00:00:00	0.00%
00:20:03	35	110	00:00:16	-00:00:25	00:00:16	00:00:07	0.59%
00:28:37	43	110	-00:00:22	00:00:17	00:00:15	00:00:10	0.59%
DNS	57	111	-00:00:08	-00:00:14	DNS	-00:00:22	-1.81%
00:23:50	46	112	00:00:05	-00:00:15	00:00:43	00:00:33	2.36%
00:22:19	13	113	00:00:45	00:00:19	-00:01:19	-00:00:15	-1.11%
00:19:00	17	115	00:00:00	DNS	-00:00:13	-00:00:13	-1.13%
00:25:51	50	119	-00:01:05	DNS	00:01:18	00:00:13	0.85%
00:22:18	1	120	DNS	DNS	-00:01:06	-00:01:06	-4.70%
DNS	57	121	-00:00:26	00:00:26	DNS	00:00:00	0.00%
00:27:02	4	123	DNS	DNS	-00:00:37	-00:00:37	-2.23%

00:27:25	48	124
00:30:32	42	125
00:21:33	24	130
00:34:39	45	133
DNS	57	137
DNS	57	143
00:23:42	40	147
DNS	57	148
00:26:55	49	151
00:24:30	51	153
00:22:21	52	153
00:27:41	47	154
DNS	57	158
DNS	57	159
00:20:50	53	162
DNS	57	162
DNS	57	166
00:22:54	54	168
00:23:19	55	169
00:30:22	56	169
DNS	57	169
DNS	57	171
DNS	57	174
00:25:04	n/a	n/a
00:26:34	n/a	n/a
00:18:55	n/a	n/a
00:20:38	n/a	n/a
DNS	57	n/a
DNS	57	n/a
DNS	57	n/a

-00:00:36	DNS	00:01:15	00:00:39	2.43%	
-00:00:23	DNS	00:00:23	-00:00:00	0.00%	
	DNS	00:00:30	-00:00:31	-0.08%	
-00:00:18	DNS	00:00:34	00:00:16	0.78%	
	DNS	-00:00:13	DNS	-0.96%	
	DNS	-00:00:10	DNS	-0.72%	
	DNS	00:00:32	-00:00:12	00:00:32	2.28%
00:01:30	-00:01:29	DNS	00:00:01	0.08%	
00:00:54	00:00:20	00:00:03	00:01:17	5.01%	
00:00:10	DNS	00:01:11	00:01:21	5.83%	
00:01:06	-00:00:11	00:00:38	00:01:33	7.45%	
00:01:21	00:00:13	-00:00:27	00:01:07	4.20%	
00:00:08	DNS	DNS	00:00:08	0.56%	
	DNS	00:00:18	DNS	00:00:18	1.34%
	DNS	00:01:06	00:00:38	00:01:44	9.08%
00:00:13	DNS	DNS	00:00:13	0.90%	
00:01:05	00:01:39	DNS	00:02:44	10.69%	
00:02:01	-00:00:25	00:00:33	00:02:09	10.36%	
	DNS	00:01:35	00:01:17	00:02:52	14.02%
00:01:57	-00:00:13	00:01:22	00:03:06	11.37%	
	DNS	00:01:25	DNS	00:01:25	6.25%
00:01:26	DNS	DNS	00:01:26	6.16%	
00:02:29	00:00:56	DNS	00:03:25	10.80%	
	DNS	DNS	-00:03:18	-00:03:18	-11.63%
	DNS	DNS	-00:01:26	-00:01:26	-5.12%
	DNS	-00:01:15	00:00:10	-00:01:05	-5.42%
-00:00:59	-00:00:28	00:00:15	-00:01:12	-5.50%	
	DNS	-00:01:28	DNS	-00:01:28	-5.08%
-00:01:01	00:01:09	DNS	00:00:08	0.48%	
-00:00:38	DNS	DNS	-00:00:38	-3.43%	