Race Number	Skipton Cup 2022 Na	Gende	Age Cat	2022-09-07 Race time 5k mass start	Other base time	H'cap base time	Start interva	Start time	2022-09-14 H'cap #1 Finish time	H'cap # 1 finish pos	Points Hcap #1	Net time	Faster /slower than h'cap	H'cap base time for #2	Start interval	Start time	2022-09-21 H'cap #2 Finish time	H'cap # 2 finish pos	Points Hcap #2	Net time	Faster /slower than h'cap	Total Points after #2	H'cap base time for #3	Start interval	Start time	2022-09-28 H'cap #3 Finish time	H'cap # 3 finish pos	Points Hcap #3	Net time	Faster /slower than h'cap	Total Points after #3	Final overall position	
157	Roy Bottomley	M	V55	00:26:11		00:26:11	00:00:06	00:05:49	00:30:51	5	5	00:25:02	00:01:09	00:25:02	00:00:03	00:06:31	00:30:48	2	2	00:24:17	00:00:45	7	00:24:17	00:00:02	00:07:16	00:31:14	13	13	00:23:58	00:00:19	20	1	
140	Alison Rowsell	F	V60	00:29:37		00:29:37	00:00:46	00:02:23	00:30:57	6	6	00:28:34	00:01:03	00:28:34	00:00:41	00:02:59	00:31:08	9	9	00:28:09	00:00:25	15	00:28:09	00:00:03	00:03:24	00:31:09	6	6	00:27:45	00:00:24	21	2	
180	Dave Robinson	M	V45	00:22:43		00:22:43	00:00:03	00:08:17	00:31:19	12	12	00:22:02	00:00:41	00:22:02	00:00:05	00:09:31	00:31:09	12	12	00:21:38	00:00:24	24	00:21:38	00:00:03	00:09:55	00:31:12	10	10	00:21:17	00:00:21	34	3	
141	Petrina Cassell	F	V60	00:30:23		00:30:23	00:00:11	00:01:37	00:30:03	1	1	00:28:26	00:01:57	00:28:26	00:00:08	00:03:07	00:31:15	17	17	00:28:08	00:00:18	18	00:28:08	00:00:01	00:03:25	00:31:23	18	18	00:27:58	00:00:10	36	4	
188	Susie Pattinson	F	V35	00:23:30		00:23:30	00:00:13	00:08:30	00:31:25	18	18	00:22:55	00:00:35	00:22:55	00:00:05	00:08:38	00:31:19	19	19	00:22:41	00:00:14	37	00:22:41	00:00:01	00:08:52	00:31:13	12	12	00:22:21	00:00:20	49	5	
196	Dave Challis	M	V40	00:25:30		00:25:30	00:00:01	00:06:30	00:31:51	47	47	00:25:21	00:00:09	00:25:21	00:00:10	00:06:12	00:31:05	5	5	00:24:53	00:00:28	52	00:24:53	00:00:00	00:06:40	00:30:55	2	2	00:24:15	00:00:38	54	6	
184	Paul Rose	M	V45	00:22:11		00:22:11	00:00:07	00:09:49	00:31:45	40	40	00:21:56	00:00:15	00:21:56	00:00:01	00:09:37	00:31:05	6	6	00:21:28	00:00:28	46	00:21:28	00:00:07	00:10:05	00:31:11	9	9	00:21:06	00:00:22	55	7	
208	Sally Braithwaite	F	Open		00:20:45	00:20:45	00:00:09	00:11:15	00:30:41	3	3	00:19:26	00:01:19	00:19:26	00:00:02	00:12:07	00:31:24	26	26	00:19:17	00:00:09	29	00:19:17	00:00:12	00:12:16	00:31:39	27	27	00:19:23	00:00:06	56	8	
177	John Oakey	M	V50	00:22:24		00:22:24	00:00:00	00:09:36	00:31:36	30	30	00:22:00	00:00:24	00:22:00	00:00:02	00:09:33	00:31:08	10	10	00:21:35	00:00:25	40	00:21:35	00:00:01	00:09:58	00:31:24	19	19	00:21:26	00:00:09	59	9	
169	Mark Pannone	M	V50	00:23:00		00:23:00	00:00:15	00:09:00	00:31:22	15	15	00:22:22	00:00:38	00:22:22	00:00:02	00:09:11	00:31:53	39	39	00:22:42	00:00:20	54	00:22:22	00:00:02	00:09:11	00:31:10	7	7	00:21:59	00:00:23	61	10	
155	David Wills	M	V55	00:23:15		00:23:15	00:00:02	00:08:45	00:31:39	31	31	00:22:54	00:00:21	00:22:54	00:00:01	00:08:39	00:31:21	23	23	00:22:42	00:00:12	54	00:22:42	00:00:18	00:08:51	00:31:13	11	11	00:22:22	00:00:20	65	11	
176	John Hartness	M	V50	00:24:06		00:24:06	00:00:13	00:07:54	00:31:32	26	26	00:23:38	00:00:28	00:23:38	00:00:05	00:07:55	00:31:46	35	35	00:23:51	00:00:13	61	00:23:38	00:00:05	00:07:55	00:31:19	15	15	00:23:24	00:00:14	76	12	
168	Cal Pannone	F	V50	00:26:05		00:26:05	00:00:06	00:05:55	00:31:27	20	20	00:25:32	00:00:33	00:25:32	00:00:14	00:06:01	00:32:03	43	43	00:26:02	00:00:30	63	00:25:32	00:00:01	00:06:01	00:31:15	14	14	00:25:14	00:00:18	77	13	
187	Helen Tyson	F	V40	00:24:31		00:24:31	00:00:15	00:07:29	00:31:35	29	29	00:24:06	00:00:25	00:24:06	00:00:09	00:07:27	00:31:36	32	32	00:24:09	00:00:03	61	00:24:06	00:00:09	00:07:27	00:31:26	20	20	00:23:59	00:00:07	81	14	
197	Kerry Grinbergs	F	V40	00:23:17		00:23:17	00:00:03	00:08:43	00:31:51	48	48	00:23:08	00:00:09	00:23:08	00:00:12	00:08:25	00:31:42	33	33	00:23:17	00:00:09	81	00:23:08	00:00:08	00:08:25	00:30:49	1	1	00:22:24	00:00:45	82	15=	
202	David Dicks	M	V50	00:20:25		00:20:25	00:00:09	00:11:35	00:31:29	23	23	00:19:54	00:00:31	00:19:54	00:00:03	00:11:39	00:31:08	8	8	00:19:29	00:00:25	31	00:19:29	00:00:01	00:12:04	00:32:47	51	51	00:20:43	00:01:14	82	15=	
185	Katie Milburn	F	V35	00:22:18		00:22:18	00:00:02	00:09:42	00:31:30	25	25	00:21:48	00:00:30	00:21:48	00:00:08	00:09:45	00:31:12	14	14	00:21:27	00:00:21	39	00:21:27	00:00:01	00:10:06	00:32:24	49	49	00:22:18	00:00:51	88	17	
212	Stephen Pearce	M	V40		00:19:28	00:19:28	00:00:02	00:12:32	00:32:08	51	51	00:19:36	00:00:08	00:19:28	00:00:02	00:12:05	00:31:10	13	13	00:19:05	00:00:23	64	00:19:05	00:00:05	00:12:28	00:31:37	25	25	00:19:09	00:00:04	89	18	
200	James Saxon	M	V45	00:21:40		00:21:40	00:00:04	00:10:20	00:31:51	49	49	00:21:31	00:00:09	00:21:31	00:00:03	00:10:02	00:31:14	16	16	00:21:12	00:00:19	65	00:21:12	00:00:05	00:10:21	00:31:45	29	29	00:21:24	00:00:12	94	19=	
151	Keith Black	M	V55	00:26:23		00:26:23	00:00:11	00:05:37	00:31:40	33	33	00:26:03	00:00:20	00:26:03	00:00:04	00:05:30	00:31:20	21	21	00:25:50	00:00:13	54	00:25:50	00:00:10	00:05:43	00:31:58	40	40	00:26:15	00:00:21	94	19=	
152	Jamie Jephcott	M	V50	00:22:08		00:22:08	00:00:01	00:09:52	00:33:07	62	60	00:23:15	00:01:07	00:22:08	00:00:12	00:09:25	00:31:29	30	30	00:22:04	00:00:04	90	00:22:04	00:00:08	00:09:29	00:31:03	5	5	00:21:34	00:00:30	95	21=	
198	James Grinbergs	M	V45	00:19:52		00:19:52	00:00:05	00:12:08	00:31:23	16	16	00:19:15	00:00:37	00:19:15	00:00:11	00:12:18	00:31:47	36	36	00:19:29	00:00:14	52	00:19:15	00:00:02	00:12:18	00:32:02	43	43	00:19:44	00:00:29	95	21=	
139	Karen Bridge	F	V50	00:21:44		00:21:44	00:00:03	00:10:16	00:31:33	27	27	00:21:17	00:00:27	00:21:17	00:00:03	00:10:16	00:32:08	46	46	00:21:52	00:00:35	73	00:21:17	00:00:03	00:10:16	00:31:34	24	24	00:21:18	00:00:03	97	23	
142	Paul Wilson	M	V65	00:25:56		00:25:56	00:00:09	00:06:04	00:31:50	45	45	00:25:46	00:00:10	00:25:46	00:00:17	00:05:47	00:31:20	20	20	00:25:33	00:00:13	65	00:25:33	00:00:17	00:06:00	00:31:49	33	33	00:25:49	00:00:16	98	24	
205	Paul McKeown	M	V55		00:21:30	00:21:30	00:00:04	00:10:30	00:31:50	46	46	00:21:20	00:00:10	00:21:20	00:00:11	00:10:13	00:31:47	37	37	00:21:34	00:00:14	83	00:21:20	00:00:04	00:10:13	00:31:32	23	23	00:21:19	00:00:01	106	25	
213	Lisa Jackson	F	V35		00:22:00	00:22:00	00:00:07	00:10:00	00:32:24	54	53	00:22:24	00:00:24	00:22:00	00:00:00	00:09:33	00:31:21	22	22	00:21:48	00:00:12	75	00:21:48	00:00:09	00:09:45	00:31:55	37	37	00:22:10	00:00:22	112	26	
158	Garry Bower	M	V50	00:22:09		00:22:09	00:00:02	00:09:51	00:31:48	43	43	00:21:57	00:00:12	00:21:57	00:00:03	00:09:36	00:32:34	49	49	00:22:58	00:01:01	92	00:21:57	00:00:07	00:09:36	00:31:28	21	21	00:21:52	00:00:05	113	27	
206	Andy Douglas	M	V40		00:18:11	00:18:11	00:00:59	00:13:49	00:32:30	56	55	00:18:41	00:00:30	00:18:11	00:00:23	00:13:22	00:31:44	34	34	00:18:22	00:00:11	89	00:18:11	00:00:23	00:13:22	00:31:47	31	31	00:18:25	00:00:14	120	28=	
183	Larry Horne	M	V60	00:24:52		00:24:52	00:00:13	00:07:08	00:31:03	9	9	00:23:55	00:00:57	00:23:55	00:00:01	00:07:38	00:31:09	11	11	00:23:31	00:00:24	20	00:23:31	00:00:07	00:08:02			100			120	28=	
159	John Myatt	M	V60	00:21:52		00:21:52	00:00:08	00:10:08	00:31:44	37	37	00:21:36	00:00:16	00:21:36	00:00:08	00:09:57	00:31:55	40	40	00:21:58	00:00:22	77	00:21:36	00:00:02	00:09:57	00:32:22	48	48	00:22:25	00:00:49	125	30	
211	Dave Johnson	M	V60		00:22:20	00:22:20	00:00:04	00:09:40	00:32:38	57	56	00:22:58	00:00:38	00:22:20	00:00:02	00:09:13	00:31:25	28	28	00:22:12	00:00:08	84	00:22:12	00:00:10	00:09:21	00:32:00	42	42	00:22:39	00:00:27	126	31	
181	Dave Baglee	M	V60	00:22:07		00:22:07	00:00:01	00:08:53			100			00:22:07	00:00:01	00:08:26	00:31:07	7	7	00:21:41	00:00:26	107	00:21:41	00:00:03	00:09:52	00:31:31	22	22	00:21:39	00:00:02	129	32	
210	Julia King	F	V65		00:27:31	00:27:31	00:00:14	00:04:29	00:32:59	61	59	00:28:30	00:00:59	00:27:31	00:00:14	00:04:02	00:31:23	25	25	00:27:21	00:00:10	84	00:27:21	00:00:09	00:04:12	00:32:09	46	46	00:27:57	00:00:38	130	33	
143	Stuart Lowthian	M	V60	00:26:17		00:26:17	00:00:04	00:05:43			100			00:26:17	00:00:11	00:05:16	00:30:09	1	1	00:24:53	00:01:24	101	00:24:53	00:00:07	00:06:40	00:31:48	32	32	00:25:08	00:00:15	133	34	
191	Sophie Heron	F	V35	00:23:56		00:23:56	00:00:04	00:08:04	00:31:28	22	22	00:23:24	00:00:32	00:23:24	00:00:00	00:08:09			100			122	00:23:24	00:00:00	00:08:09	00:31:21	17	17	00:23:12	00:00:12	139	35	
163	Ralph Liddell	M	V70	00:25:08		00:25:08	00:00:06	00:06:52	00:31:21	14	14	00:24:29	00:00:39	00:24:29	00:00:01	00:07:04			100			114	00:24:29	00:00:01	00:07:04	00:31:38	26	26	00:24:34	00:00:05	140	36	
216	Heather Heron	F	V60		00:27:45	00:27:45	00:00:15	00:04:15	00:32:26	55	54	00:28:11	00:00:28	00:27:45	00:00:15	00:03:48	00:32:02	42	42	00:28:14	00:00:29	96	00:27:45	00:00:15	00:03:48	00:32:08	45	45	00:28:20	00:00:33	141	37	
162	Gina Mumford	F	V60	00:26:47		00:26:47	00:00:43	00:05:13	00:31:20	13	13	00:26:07	00:00:40	00:26:07	00:00:03	00:05:26	00:31:26	29	29	00:26:00	00:00:07	42	00:26:00	00:00:10	00:05:33			100			142	38	
222	Patsy Naylor	F	V60		00:32:00	00:32:00	00:00:00	00:00:00	00:31:27	19	19	00:31:27	00:00:33	00:31:27	00:00:06	00:00:06	00:31:24	27	27	00:31:18	00:00:09	46	00:31:18	00:00:15	00:00:15			100			146	39	
171	Gill Silson	F	V60	00:30:38		00:30:38	00:00:55	00:01:22	00:31:08	10	10	00:29:46	00:00:52	00:29:46	00:00:24	00:01:47			100			110	00:29:46	00:00:24	00:01:47	00:32:07	44	44	00:30:20	00:00:34	154	40	
164	Paul Naylor	M	V65	00:25:38		00:25:38	00:00:18	00:06:22	00:31:28	21	21	00:25:06	00:00:32	00:25:06	00:00:08	00:06:27			100			121	00:25:06	00:00:08	00:06:27	00:31:50	34	34	00:25:23	00:00:17	155	41	
224	Ben Wade	M	Open		00:21:15	00:21:15	00:00:01	00:10:45	00:31:39	32	32	00:20:54	00:00:21	00:20:54	00:00:03	00:10:39	00:31:22	24	24	00:20:43	00:00:11	56	00:20:43	00:00:01	00:10:50			100			156	42	
209	Mike Hail	M	V60		00:22:46	00:22:46	00:00:14	00:09:14	00:30:58	7	7	00:21:44	00:01:02	00:21:44	00:00:00	00:09:49			100			107	00:21:44	00:00:03	00:09:49	00:32:30	50	50	00:22:41	00:00:57	157	43	
160	Tony Lowery	M	V55	00:25:15		00:25:15	00:00:15	00:06:45	00:31:00	8	8	00:24:15	00:01:00	00:24:15	00:00:04	00:07:18	00:33:35	50	50	00:26:17	00:02:02	58	00:24:15	00:00:02	00:07:18			100			158	44	
148	David Spence	M	V65	00:23:20		00:23:20	00:00:06	00:08:40			100			00:23:20	00:00:04	00:08:13	00:31:35	31	31	00:23:22	00:00:02	131	00:23:20	00:00:04	00:08:13	00:31:40	28	28	00:23:27	00:00:07	159	45	
167	James Jardine	M	V40	00:21:28		00:21:28	00:00:02	00:10:32	00:31:34	28	28	00:21:02	00:00:26	00:21:02	00:00:14	00:10:31	00:31:48	38	38	00:21:17	00:00:15	66	00:21:02	00:00:10	00:10:31			100			166	46	
207	Andrew Richardson	M	V45		00:24:00	00:24:00	00:00:06	00:08:00	00:31:24	17	17	00:23:24	00:00:36	00:23:24	00:00:00	00:08:09			100			117	00:23:24	00:00:00	00:08:09	00:33:57	52	52	00:25:48	00:02:24	169	47	
161	Simon Flatman	M	V50	00:30:23		00:30:23	00:00:00	00:01:37	00:31:47	42	42	00:30:10	00:00:13	00:30:10	00:01:17	00:01:23			100			142	00:30:10	00:01:08	00:01:23	00:31:51	35	35	00:30:28	00:00:18	177	48=	
174	Paul Saager	M	V70	00:24:22		00:24:22	00:00:00	00:07:38	00:31:43	36	36	00:24:05	00:00:17	00:24:05	00:00:01	00:07:28			100			136	00:24:05	00:00:01	00:07:28	00:31:58	41	41	00:24:30	00:00:28	177	48=	
227	Amy Kelland	F	Open		00:18:34	00:18:34					100			00:18:34	00:00:36	00:12:59	00:32:04	44	44	00:19:05	00:00:31	144	00:18:34	00:00:31	00:12:59	00:31:57	39	39	00:18:58	00:00:24	183	50=	
147	Sally Blackmore	F	V55	00:26:46		00:26:46	00:00:01	00:05:14	00:31:42	35	35	00:26:28	00:00:18	00:26:28	00:01:02	00:05:05	00:32:28	48	48	00:27:23	00:00:55	83	00:26:28	00:00:53	00:05:05			100			183	50=	
215	Ian Robinson	M	V60		00:24:22	00:24:22	00:00:08	00:07:38	00:32:21	53	52	00:24:43	00:00:21	00:24:22	00:00:07	00:07:11			100			152	00:24:22	00:00:07	00:07:11	00:31:56	38	38	00:24:45	00:00:23	190	52	
201	Nicola King	F	V50	00:21:47		00:21:47	00:00:05	00:10:13	00:34:40	64	62	00:24:27	00:02:40	00:21:47	00:00:01	00:09:46			100			162	00:21:47	00:00:01	00:09:46	00:31:47	30	30	00:22:01	00:00:14	192	53=	
226	Nick Evans	M	V55		00:22:37	00:22:37					100			00:22:37	00:00:17	00:08:56	00:32:06	45	45	00:23:10	00:00:33	145	00:22:37	00:00:04	00:08:56	00:32:10	47	47	00:23:14	00:00:37	192	53=	
166	Abigail Jardine	F	V40	00:30:34		00:30:34	00:00:04	00:01:26	00:30:41	2	2	00:29:15	00:01:19	00:29:15	00:00:06	00:02:18			100			102	00:29:15	00:00:06	00:02:18			100			202	55	
175	Claire Crewe	F	Open	00:25:31		00:25:31	00:00:07	00:06:29			100			00:25:31	00:00:01	00:06:02			100			200	00:25:31	00:00:01	00:06:02	00:30:56	3	3	00:24:54	00:00:37	203	56=	
153	Calum Campbell	M	V50	00:21:34		00:21:34	00:00:06	00:10:26			100			00:21:34	00:00:02	00:09:59	00:30:51	3	3	00:20:52	00:00:42	103	00:20:52	00:00:05	00:10:41			100			203	56=	
229	Annabelle Innerdale	F	V50		00:25:00	00:25:00					100								100			200	00:25:00	00:00:05	00:06:33	00:30:57	4	4	00:24:24	00:00:36	204	58=	
173	Anna Larden	F	V40	00:29:28		00:29:28	00:00:09	00:02:32	00:30:44	4	4	00:28:12	00:01:16	00:28:12	00:00:14	00:03:21			100			104	00:28:12	00:01:03	00:03:21			100			204	58=	
225	Christel Bertrand	F	V55		00:23:56	00:23:56					100			00:23:56	00:00:09	00:07:37	00:30:53	4	4	00:23:16	00:00:40	104	00:23:16	00:00:04	00:08:17			100			204	58=	
228	Stu Hodgson	M	V45		00:21:00	00:21:00					100								100			200	00:21:00	00:00:02	00:10:33	00:31:10	8	8	00:20:37	00:00:23	208	61	
179	Greg Simpson	M	V40	00:20:34		00:20:34	00:00:11	00:11:26	00:31:16	11	11	00:19:50	00:00:44	00:19:50	00:00:04	00:11:43			100			111	00:19:50	00:00:07	00:11:43			100			211	62	
230	John Williams	M	V45		00:19:57	00:19:57					100								100			200	00:19:57	00:00:00	00:11:36	00:31:20	15	15	00:19:44	00:00:13	215	63=	
178	Kathryn Metcalfe	F	V45	00:21:44		00:21:44	00:00:00	00:10:16			100			00:21:44	00:00:03	00:09:49	00:31:13	15	15	00:21:24	00:00:20	115	00:21:24	00:00:03	00:10:09			100			215	63=	
170	John Andrewartha	M	V45	00:21:16		00:21:16	00:00:12	00:10:44			100			00:21:16	00:00:01	00:10:17	00:31:16	18	18	00:20:59	00:00:17	118	00:20:59	00:00:01	00:10:34			100			218	65	
221	Rob Daley	M	V45		00:20:00	00:20:00	00:00:25	00:12:00	00:31:30	24	24	00:19:30	00:00:30	00:19:30	00:00:20	00:12:03			100			124	00:19:30	00:00:20	00:12:03			100			224	66	
172	Peter House	M	V60	00:26:34		00:26:34	00:00:12	00:05:26	00:31:41	34	34	00:26:15	00:00:19	00:26:15	00:00:02	00:05:18			100			134	00:26:15	00:00:13	00:05:18			100			234	67	
144	Mica Lowthian	F	Open	00:22:24		00:22:24	00:00:19	00:09:36			100			00:22:24	00:00:13	00:09:09			100			200	00:22:24	00:00:13	00:09:09	00:31:53	36	36	00:22:44	00:00:20	236	68	
199	Emma Nielsen	F	V45	00:21:00		00:21:00	00:00:13	00:11:00	00:31:44	38	38	00:20:44	00:00:16	00:20:44	00:00:10	00:10:49			100			138	00:20:44	00:00:08	00:10:49			100			238	69	
186	Heather Eccles	F	V35	00:21:13		00:21:13	00:00:02	00:10:47	00:31:44	39	39	00:20:57	00:00:16	00:20:57	00:00:05	00:10:36			100			139	00:20:57	00:00:02	00:10:36			100			239	70	
219	Dean Smith	M	Open		00:23:00	00:23:00	00:00:00	00:09:00	00:32:21	52	100	00:23:21	00:00:21	00:23:00	00:00:08	00:08:33	00:32:00	41	41	00:23:27	00:00:27	141	00:23:00	00:00:08	00:08:33			100			241	71=	
218	Robyn Beaty	F	Open		00:20:54	00:20:54	00:00:06	00:11:06	00:31:46	41	41	00:20:40	00:00:14	00:20:40	00:00:04	00:10:53			100			141	00:20:40	00:00:03	00:10:53			100			241	71=	
165	Sarah Wright	F	V45	00:26:21		00:26:21	00:00:02	00:05:39	00:31:49	44	44	00:26:10	00:00:11	00:26:10	00:00:05	00:05:23			100			144	00:26:10	00:00:05	00:05:23			100			244	73	
195	Steven Agar	M	V45	00:19:10		00:19:10	00:00:18	00:12:50			100			00:19:10	00:00:05	00:12:23	00:32:19	47	47	00:19:56	00:00:46	147	00:19:10	00:00:05	00:12:23			100			247	74	
189	John Davis	M	V35	00:23:26		00:23:26	00:00:04	00:08:34	00:31:58	50	50	00:23:24	00:00:02	00:23:24	00:00:14	00:08:09			100			150	00:23:24	00:00:07	00:08:09			100			250	75	
204	Dave Evans	M	V70		00:24:30	00:24:30	00:00:01	00:07:30	00:32:40	58	57	00:25:10	00:00:40	00:24:30	00:00:16	00:07:03			100			157	00:24:30	00:00:16	00:07:03			100			257	76	
223	Zeke Dixon	M	V35		00:19:30	00:19:30	00:00:22	00:12:30	00:32:51	60	58	00:20:21	00:00:51	00:19:30	00:00:00	00:12:03			100			158	00:19:30	00:00:00	00:12:03			100			258	77	
214	Liz Farthing	F	V50		00:27:30	00:27:30	00:00:01	00:04:30	00:33:20	63	61	00:28:50	00:01:20	00:27:30	00:00:01	00:04:03			100			161	00:27:30	00:00:15	00:04:03			100			261	78	
217	Andrew Walker	M	V60		00:23:45	00:23:45	00:00:09	00:08:15	00:35:00	65	63	00:26:45	00:01:00	00:23:45	00:00:09	00:07:48			100			163	00:23:45	00:00:09	00:07:48			100			263	79	
149	Janet Evans	F	V60	00:31:33		00:31:33	00:00:27	00:00:27			100			00:31:33	00:00:00	00:00:00			100			200	00:31:33	00:00:00	00:00:00			100			300		
154	Simon Knell	M	V55	00:29:21		00:29:21	00:00:07	00:02:39			100			00:29:21	00:00:25	00:02:12			100			200	00:29:21	00:00:25	00:02:12			100			300		
220	Emma Jenner	F	Open		00:28:00	00:28:00	00:01:21	00:04:00	00:32:51	59	100	00:28:51	00:00:51	00:28:00	00:00:12	00:03:33			100			200	00:28:00	00:00:08	00:03:33			100			300	Ran H'cap 1 as 'Guest'	
182	Alison Phillips	F	V50	00:25:14		00:25:14	00:00:01	00:06:46			100			00:25:14	00:00:07	00:06:19			100			200	00:25:14	00:00:17	00:06:19			100			300		
190	Dan Barton	M	V45	00:25:05		00:25:05	00:00:03	00:06:55			100			00:25:05	00:00:01	00:06:28			100			200	00:25:05	00:00:01	00:06:28			100			300		
150	Dave Peacock	M	V60	00:24:46		00:24:46	00:00:06	00:07:14			100			00:24:46	00:00:16	00:06:47			100			200	00:24:46	00:00:07	00:06:47			100			300		
146	Clare Kent	F	Open	00:24:19		00:24:19	00:00:03