| $\begin{array}{\|c\|} \hline \text { Race } \\ \text { Number } \end{array}$ | Skipton Cup 2023 - Name | Age Cat | Race time <br> 5k mass start | $\begin{array}{\|l} \begin{array}{l} \text { Hecap \#1 } \\ \text { target } \\ \text { tite } \end{array} \\ \hline \end{array}$ | $\begin{aligned} & \text { H'cap \#1 } \\ & \text { start } \\ & \text { interval } \end{aligned}$ | H'cap \#1 Start time | H'cap \#1 Finish time on watch | H'cap\#1 <br> Net <br> Running <br> time | $\begin{array}{\|c} \text { H'cap\#1 } \\ \text { Finish Pos } \\ \text { / pts } \end{array}$ / pts | H'cap \#1 <br> Faster <br> /slower <br> v. target <br> time? | H'cap target time for \#2 | $\begin{aligned} & \begin{array}{l} \text { H'cap \#2 } \\ \text { start } \\ \text { interval } \end{array} \end{aligned}$ | $\left.\begin{array}{\|l\|l\|} \hline \text { H'cap \#2 } \\ \text { Start time } \end{array} \right\rvert\,$ | H'cap \#2 Finish time on watch | $\begin{array}{\|l\|l} \hline \text { H'cap \#2 } \\ \text { Finish Pos } \end{array}$ /pts | $\left.\begin{array}{\|l\|l} \text { Points to } \\ \text { date after } \\ \# 2 \end{array} \right\rvert\,$ | $\begin{array}{\|l\|l} \begin{array}{l} \text { H'cap \#2 } \\ \text { Net } \\ \text { Running } \\ \text { time } \end{array} \\ \hline \end{array}$ | Course was short / pace per mile | Adjusted time if on 'normal' course | H'cap \#2 <br> Adjusted <br> time <br> Faster <br> /slower <br> v. target <br> time? | H'cap target time for \#3 | H'cap \#3 <br> start Interval | $\begin{aligned} & \text { H'cap \#3 } \\ & \text { Start } \\ & \text { Time on } \\ & \text { watch } \\ & \hline \end{aligned}$ | H'cap \#3 <br> Finish <br> time on <br> watch | $\left\lvert\, \begin{gathered} \mathrm{H}^{\prime} \text { cap \#3 } \\ \text { Finish Pos } \\ \text { /pts } \end{gathered}\right.$ | $\begin{aligned} & \text { H'cap \#3 } \\ & \text { Net } \\ & \text { Running } \\ & \text { time } \end{aligned}$ | H"cap \#3 <br> Faster <br> /slower <br> v. target <br> time? | Points to date after \#3 | $\begin{array}{\|c} \text { Final } \\ \text { Points } \\ \text { Ranking } \end{array}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 801 | Lisa Askins | V40 | * 00:26:38 | 00:26:38 | 00:00:04 | 00:07:11 | 00:32:17 | 00:25:06 | 4 | 1:32 | 0:25:06 | 00:00:06 | :43 | 00:32:34 | 6 | 10 | 3:51 | 07:49 | 00:24:43 | 00:00:23 | 24:43 | :00:00 | 9:06 | 00:33:47 | 3 | 24:41 | :02 | 13 |  |
| 781 | Dave Challis | 45 | 00:25:26 | 00:24:54 | 00:00:02 | 00:08:55 | 00:32:59 | 00:24:04 | 15 | 00:00:50 | 00:24:04 | 00:00:04 | 00:09:45 | 00:32:41 | 12 | 27 | 00:22:56 | 00:07:31 | 00:23:46 | 00:00:18 | 00:23:46 | 00:00:08 | 00:10:03 | 00:34:05 | 7 | 00:24:02 | 00:00:16 | 34 | 2 |
| 824 | Sam Barton | M Oper | 00:20:02 | 00:20:02 | 00:00:11 | 00:13:47 | 00:32:43 | 00:18:56 | 10 | 00:01:06 | 00:18:56 | 00:00:01 | 00:14:53 | 00:33:02 | 30 | 40 | 00:18:09 | 00:05:57 | 00:18:49 | 00:00:07 | 00:18:49 | 00:00:08 | 00:15:00 | 00:34:08 | 8 | 00:19:08 | 00:00:19 | 48 | 3 |
| 850 | Ian Hammett | MV40 |  | 00:20: | 00:00: | 00:13:3 | 00:32:32 | 00:18:57 | 6 | :01:17 | 00:18:57 | 00:00:03 | 00:14:52 | 00:33:21 | 44 | 50 | 00:18:29 | 00:06:03 | 00:19:09 | 00:00:12 | 00:18:57 | 00:00:03 | 00:14:52 | 00:34:0 | 9 | 00:19:16 | 00:00:1 | 59 | 4 |
| 778 | Charie Beaumon | MV65 |  | 00:28:23 | :00 | 00:05:26 | 00:33:25 | 00:27:59 | 27 | 00:00:24 | 00:27:59 | 00:00:09 | 00:05:50 | 00:32:56 | 22 | 49 | 00:27:06 | 00:08:53 | 00:28:06 | 00: | 00:27:59 | 00:00 | 00:05 | 00:34 | 14 | 00:28:27 | 00:00:28 | 63 | 5 |
| 818 | Sophie Heron | V 35 | 00:2 | 00:2 | 00:00:12 | 00:09 | 00:33: | 00:24:2 | 48 | 00:00: | 00:24:22 | 00: | 00:09:27 | 00:32:3 | 11 | 59 | 00:23:11 | 00:07 | 00:24:121 | 00:00: | 00:24 | 00:00: | 00:09:7 | 00:34 | 10 | 00:24:22 | 00:00: | 69 | 6 |
| 793 | Jodie Cass | VV40 |  | 00:24:0 | 0:00:0 | 00:09:40 | 00:34:04 | 00:24:24 | 54 | 00:00:1 | 00:24: | 00:00:0 | 009:40 | 00:32:44 | 13 | 67 | 0:23:00 | 00:07:33 | 00:23:54 | 00:00: | 00:23 | 0:00 | 00:09:55 | 00:34:02 | 5 | 00:24 | 00:00: | 72 | $7=$ |
| 841 | Dave Robinson | MV45 | 00:22:50 | 00:22:4 | 00:00:00 | 00:11:03 | 00:33:33 | 00:22:30 | 36 | 00:00:16 | 00:22:3 | 00:00:00 | 00:11:19 | 00:32:5 | 21 | 57 | 0:21:36 | 00:07:04 | 00:22:23 | 00:00 | 00:22:23 | :00 | 00:11:26 | 00:34:1 | 15 | 00:22:5 | 00:00:3 | 72 | $7=$ |
| 800 | Kim Capstick | Open | 00:30:36 | 00:30:3 | 00:00:25 | 00:03:13 | 00:31:51 | 00:28:38 | 3 | 00:01:58 | 00:28:38 | 00:00:04 | 00:05:11 | 00:32:59 | 27 | 30 | 00:27:48 | 00:09:06 | 00:28:49 | 00:00:11 | 00:28:38 | 00:00:04 | 00:05:11 | 00:35:1 | 43 | 00:30:04 | 00:01:26 | 73 | 9 |
| 830 | Jon Hemingway | M Ope | 00:19:56 | 00:19:52 | 00:00:10 | 00:13:57 | 00:33:20 | 00:19:23 | 23 | 00:00:29 | 00:19:23 | 00:00:03 | 00:14:26 | 00:33:23 | 46 | 69 | 00:18:57 | 00:06:12 | 00:19:38 | 00:00:15 | 00:19:23 | 00:00:03 | 00:14:26 | 00:34:0 | 6 | 00:19:38 | 00:00:1 | 75 | 0= |
| 797 | Katie Bird | Open | 00:27:27 | 00:27: | 19 | 00:06:22 | 00:32:39 | :17 | 8 | 00:01:10 | 00:26:17 | 00:00:22 | 32 | 2:44 | 14 | 22 | :12 | 00:08:15 | 00:26:07 | 00:00:10 | 00:26:07 | 0:13 | 7:42 | 00:36:5 | 53 | 29:13 | 00:03:06 | 75 | 10= |
| 812 | Sally McCullock | FV40 | 00:20:3 | 00:20:3 | 00:00:11 | 00:13:1 | 00:33:47 | 00:20:36 | 46 | 0:00: | 00:20:3 | 00:00: | 00:13:13 | 00:32: | 26 | 72 | 0:19:46 | 00:06:28 | 00:20:29 | 00:00:0 | 00:20:2 | 00:00:0 | 00:13:20 | 00:33:5 | 4 | 00:20:33 | 00:00:01 | 76 | 12 |
| 802 | Margaret Mossman | FV45 | 00:28:53 | 00:27:46 | 00:00:13 | 00:06:03 | 00:32:49 | 00:26:46 | 11 | 00:01:00 | 00:26:46 | 00:00:02 | 00:07:03 | 00:33:07 | 35 | 46 | 00:26:04 | 00:08:32 | 00:27:01 | 00:00:15 | 00:26:46 | 00:00:57 | 00:07:03 | 00:34:4 | 31 | 00:27:4 | 00:00:55 | 77 | 13 |
| 832 | John Andrewartha | MV45 | 00:22 | 00:22:32 | 00: | 00:11:17 | 00:33:27 | 00:22: | 32 | 00:00:22 | 10 | 00:00:03 | 00:11:39 | 00:33:08 | 36 | 68 | 00:21:29 | 00:07:02 | :22:16 | 00:00:06 | 00:22:10 | 00:00:03 | 00:11:39 | 00:34: | 11 | 00:22:31 | 00:00:2 | 79 | $14=$ |
| 811 | Sally Addison | Open | 00: | 00:20:36 | 00:02 | 00:13:13 | 00:33:17 | 00:20:04 | 20 | 00:00:32 | :20:04 | 00:00:25 | 00:13:45 | 00:33:12 | 39 | 59 | :19:27 | 00:06:22 | 00:20:09 | 00:00:05 | 20:04 | 00:00:25 | 00:13:45 | 00:34:2 | 20 | 00:20:39 | 00:00:3 | 79 | $14=$ |
| 14 | Sarah Draper | FV45 | 00:32:00 | 00: | 00:01:49 | 00:01:49 | 00:32:18 | 00:30:29 | 5 | 00:01:31 | 00:30:29 | 00:00:32 | 00:03:20 | 00:33:35 | 53 | 58 | :15 | 9:54 | :21 | 00:00:52 | 00:30:29 | 00:00:32 | 00:03:20 | 00:34:35 | 24 | 00:31:15 | 00:00:46 | 82 | 16 |
| 857 | Dave Baglee | MV60 |  | 00:21:5 | 0:00: | 00:11:5 | 00:33:2 | 00:21:36 | 30 | 00:00:23 | 00:21:36 | 00:00:0 | 00:12:13 | 00:33:010 | 29 | 59 | 0:20:48 | 00:06:49 | 00:21:33 | 00:00:03 | 00:21:41 | 00:00:0 | 00:12:16 | 00:34:4 | 29 | 00:22:2 | 00:00: | 88 | 17 |
| 838 | Jill Libby | FV65 | 00:31:53 | 00:31:5 | 00:00:07 | 00:01:56 | 00:30:13 | 00:28:17 | 1 | 00:03:36 | 00:28:17 | 00:00:03 | 00:05:32 | 00:33:37 | 55 | 56 | 00:28:05 | 00:09:12 | 00:29:06 | 00:00:49 | 00:28:17 | 00:00:03 | 00:05:32 | 00:34:5 | 33 | 00:29:22 | 00:01:0 | 89 | 18 |
| 846 | Tim Campbell | MV50 |  | 00:18:29 | 00:00:25 | 00:15:20 | 00:33:21 | 00:18:01 | 24 | 00:00:28 | 00:18:01 | 00:00:31 | 00:15:48 | 00:33:34 | 52 | 76 | 00:17:46 | 00:05:49 | 00:18:25 | 00:00:24 | 00:18:01 | 00:00:31 | 00:15:48 | 00:34:2 | 16 | 00:18:32 | 00:00:31 | 92 | 19= |
| 783 | Dave Peacock | MV60 | 00:25:06 | 00:24:3 | 00:00:00 | 00:09:09 | 00:33:19 | 00:24:10 | 22 | 00:00:30 | 00:24:10 | 00:00:12 | 00:09:39 | 00:33:13 | 40 | 62 | 00:23:34 | 00:07:43 | 00:24:25 | 00:00:15 | 00:24:10 | 00:00:00 | 00:09:39 | 00:34:4 | 30 | 00:25:05 | 00:00:5 | 92 | 19= |
| 788 | Helen Tyson | FV40 | 00:25:01 | 00:24:3 | 00:00:06 | 00:09:15 | 00:33:48 | 33 | 47 | 00:00:01 | 2:33 | :07 | :16 | 00:32:35 | 15 | 62 | :23:19 | 00:07:38 | 00:24:10 | 00:00:23 | 00:24:10 | 00:04 | 00:09:39 | 00:34:5 | 36 | 25:1 | 01: | 98 | 21 |
| 775 | Andrew Maybury | MV45 |  | 00:2 | 00:00:20 | 00:12:39 | 00:33:36 | 00:20:57 | 38 | 00:00:13 | 00:20:57 | 00:00:03 | 125 | 3:11 | 38 | 76 | :19 | 00:06:39 | :03 | 00:00:0 | 00:20:57 | 00:00:03 | 00:12:52 | 00:3 | 25 | 00:21:47 | 00:00:50 | 101 | 22 |
| 839 | Katy Drewette | VV40 | 00:31:2 | 00:31:12 | 00:00:4 | 00:02:3 |  |  | 100 |  | 00:31:12 | 00:02:37 | 00:02: | 00:30:52 | 1 | 101 | 0:28:15 | 00:09:1 | 00:29:1 | 00:01: | 00:29:17 | 00:00:06 | 00:04:32 | 00:33:3 | 1 | 00:29: | 00:00: | 102 | 23 |
| 782 | Dave Johnson | MV60 | 00:22:16 | 00:22:08 | 0:00:04 | 00:11:40 | 00:33:51 | 00:22:11 | 49 | :00:02 | 00:22:08 | 00:00:02 | 00:11:40 | 00:33:07 | 34 | 83 | 0:21:27 | 00:07:01 | 00:22:13 | 00:00:05 | 00:22:08 | 00:00:02 | 00:11:41 | 00:34:2 | 21 | 00:22:4 | 00:00:36 | 104 | 24 |
| 796 | Karen Bridge | FV50 | 00:22:27 | 00:21:30 | 00:00:13 | 00:12:19 | 00:33:52 | 00:21:33 | 50 | 00:00:03 | 00:21:30 | 00:00:06 | 00:12:22 | 00:33:04 | 32 | 82 | 00:20:42 | 00:06:47 | 00:21:27 | 00:00:03 | 00:21:34 | 00:00:01 | 00:12:22 | 00:34:4 | 28 | 00:22:21 | 00:00:4 | 110 | 25= |
| 771 | Aaron Baglee | MV50 | 00:20:21 | 00:20:13 | 00:00:01 | 00:13:36 | 00:33:26 | 00:19:50 | 29 | 00:00:23 | 00:19:50 | 00:00:14 | 00:13:59 | 00:33:19 | 43 | 72 | 00:19:20 | 00:06:20 | 00:20:02 | 00:00:12 | 00:19:50 | 00:00:14 | 00:13:59 | 00:35:03 | 38 | 00:21:04 | 00:01:14 | 110 | 25= |
| 799 | Kerry Grinbergs | V45 | 00:22:58 | 00:22:46 | 00:00:02 | 11:03 | 00:33:43 | 2:40 | 43 | :00:06 | 00:22:40 | 00:00:01 | 00:11:09 | 00:33:1 | 42 | 85 | 22:08 | 00:07:15 | 00:22:56 | 00:00:16 | 00:22:40 | 00:00:012010 | 00:11:09 | 00:34: | 27 | 00:23:34 | 00:00:5 | 112 | 27 |
| 823 | Lary Horne | MV60 | 00: | 00:2 | 00:00:14 | 00:08:53 | 00:33:52 | 59 | 51 | 0:0 | 00:24:56 | 00:00:08 | 00:08:53 | 00:32:37 | 10 | 61 | 00:23:45 | 00:07:46 | 00:24:36 | 00:00:20 | 00:24:36 | 00:0 | 00:09:13 | 00:36:42 | 52 | 00:27:29 | 00:02:53 | 113 | 28 |
| 795 | Julia King | FV70 | 00:28:4 | 00:28:14 | 00:00:09 | 00:05:42 | 00:34: | 00:28:3 | 59 | 00:00:21 | 00:28:14 | 00:0 | 00:05:36 | 00:32 | 8 | 67 | :27:00 | 00:08:5 | 0:27:59 | 00:00:14 | 00:27:59 | 00:00:00 | 00:05:50 | 00:35:2 | 47 | 00:29: | 00:01:3 | 114 | 29 |
| 803 | Mark Wilmot | 55 | 00:28:01 | 00:24:0 | 00:00:01 | 00:09:41 | 00:33:54 | 00:24:13 | 52 | 00:00:05 | 00:24:08 | 00:00:01 | 00:09:41 | 00:33:06 | 33 | 85 | 00:23:25 | 00:07:40 | 00:24:16 | 00:00:08 | 00:24:08 | 00:00:02 | 00:09:41 | 00:34:5 | 32 | 00:25:11 | 00:01:0 | 117 | 30 |
| 808 | Peter House | MV60 | 00:28:04 | 00:28:04 | 00:00:04 | 00:05:47 | 00:33:30 | 00:27:43 | 34 | 00:00:21 | 00:27:43 | 00:00:16 | 00:06:06 | 00:33:2 | 49 | 83 | 00:27:20 | 00:08:57 | 00:28:20 | 00:00:37 | 00:27:43 | 00:00:11 | 00:06:06 | 00:34:5 | 35 | 00:28:51 | 00:01:08 | 118 | 31= |
| 817 | Simon Thomas | MV40 | 00:22:04 | 00:22:04 | 00:00:05 | 00:11:45 | 00:33:27 | 00:21:42 | 31 | 00:00:22 | 00:21:42 | 00:00:01 | 00:12:07 | 00:33:30 | 50 | 81 | 00:21:23 | 00:07:00 | 00:22:10 | 00:00:28 | 00:21:45 | 00:00:01 | 00:12:07 | 00:35:00 | 37 | 00:22:53 | 00:01:08 | 118 | 31= |
| 842 | Simon Flatman | MV50 | 00:27:24 | 00:27:07 | 00:00:14 | 00:06:42 |  |  | 100 |  | 00:27:07 | 00:00:36 | 00:06:42 | 00:32:07 | 2 | 102 | 00:25:25 | 00:08:19 | 00:26:20 | 00:00:47 | 00:26:20 | 00:00:02 | 00:07:29 | 00:34:2 | 19 | 00:26:53 | 00:00:3 | 121 | 33= |
| 790 | James Grinbergs | MV45 | 00:19:54 | 00:19:3 | 00:00 | 00:14:16 | 00:33:42 | 00:19:26 | 41 | 00:00:07 | 26 | 00:00:14 | $00:$ | 00:33:37 | 54 | 95 | 9:14 | 00:06:18 | 00:19:55 | 00:00:30 | 00:19:26 | 00:00:14 | 00:14:2 | 00:34:4 | 26 | 00:20:18 | 00:00:52 | 121 | 33= |
| 820 | Stephen Pearce | MV40 | 00:20:34 | 00:20:34 | 00:00:02 | 00:13:15 | 00:32:5 | 00:19:40 | 13 | 00:00 | 00:19:40 | 00:00:1 | 00:14:09 |  | 100 | 113 |  |  |  |  | 00:19:4 | 00:00:10 | 00:14:09 | 00:34:1 | 12 | 00:20:0 | 00:00: | 125 | 35= |
| 786 | Emma Watson | FV45 | 00:28:02 | 00:28:02 | 00:00:02 | 00:05:49 | 00:32:37 | 00:26:48 | 7 | 00:01:14 | 00:26:48 | 00:00:08 | 00:07:01 | 00:32:50 | 18 | 25 | 00:25:49 | 00:08:27 | 00:26:45 | 00:00:03 | 00:26:45 | 00:00:01 | 00:07:04 |  | 100 |  |  | 125 | 35= |
| 776 | Annabelle Innerdale | fv50 | 00:25:23 | 00:25:23 | 00:00:07 | 00:08:26 | 00:32:51 | 00:24:25 | 12 | 00:00:58 | 00:24:25 | 00:00:08 | 00:09:24 | 00:32:47 | 16 | 28 | 00:23:23 | 00:007:39 | 00:24:14 | 00:00:11 | 00:24:14 | 00:00:22 | 00:09:35 |  | 100 |  |  | 128 | 37 |
| 826 | Rob Daley | mV45 | 00:19:48 | 00:19:25 | 00:00:08 | 00:14:24 | 00:33:27 | 00:19:03 | 33 | 00:00:22 | 00:19:03 | 00:00:20 | 00:14:46 | 00:33:23 | 47 | 80 | 00:18:37 | 00:06:06 | 00:19:18 | 00:00:15 | 00:19:03 | 00:00:20 | 00:14:46 | 00:35:3 | 49 | 00:20:48 | 00:01: | 129 | 38 |
| 834 | Jamie Jephcott | MV50 | 00:22:2 | 00:21:56 | 00:00:03 | 00:11:52 |  |  | 100 |  | 00:21:56 | 00:00:12 | 00:11:52 | 00:32:35 | 7 | 107 | 00:20:43 | 00:06:47 | 00:21:28 | 00:00:2 | 00:21:35 | 00:00:06 | 00:12:2 | 00:34:3 | 23 | 00:22:12 | 00:00:3 | 130 | 39 |
| 840 | Andrew Richardson | MV50 | 00:26:18 | 00:25:18 | 00:00:05 | 00:08:31 | 04 | 00:25:33 | 55 | :15 | 00:25:18 | 00:00:12 | 00:08:31 | 00:33:37 | 56 | 111 | 00:25:06 | 00:08:13 | 00:26:01 | 00:00:43 | 00:25:18 | 00:00:08 | 00:08:31 | 00:34:2 | 22 | 00:22:56 | 00:00:3 | 133 | 40 |
| 822 | Susanne Enhard | FV55 | 00:24:16 | 00:24:16 | 00:00:06 | 00:09:33 | 00:33:04 | 00:23:31 | 17 | 00:00:45 | 00:23:31 | 00:00:07 | 00:10:18 | 00:32:5 | 20 | 37 | 2:36 | 00:07:24 | 00:23:25 | 00:00:06 | 00:23:25 | 00:00:13 | 00:10:24 |  | 100 |  |  | 137 | 41 |
| 791 | Jo Rodham | FV40 | 00:25:49 | 00:25:10 | 00:00:02 | 00:08:39 | 00:33:22 | 00:24:43 | 25 | 00:00:27 | 00:24:43 | 00:00:14 | 00:09:06 |  | 100 | 125 |  |  |  |  | 00:24:43 | 00:00:22 | 00:09:06 | 00:34:1 | 13 | 00:25:10 | 00:00: | 138 | 42 |
| 816 | Shannoon Raffel | FOpen | 00:23:17 | 00:22:44 | 00:00:00 | 00:11:05 | 00:33:35 | 00:22:30 | 37 | 00:00:14 | 00:22:30 | 00:00:00 | 00:11:19 | 00:32:48 | 17 | 54 | 00:21:29 | 00:07:02 | 00:22:15 | 00:00:14 | 00:22:15 | 00:00:08 | 00:11:34 |  | 100 |  |  | 154 | 43 |
| 810 | Ralph Liddell | MV70 | 00:24:48 | 00:24:07 | 00:00:00 | 00:09:42 | 00:34:01 | 00:24:19 | 53 | 00:00:12 | 00:24:07 | 00:00:00 | 00:09:42 | 00:33:57 | 60 | 113 | 00:24:16 | 00:07:57 | 00:25:08 | 00:01:01 | 00:24:07 | 00:00:00 | 00:09:4 | 00:35:2 | 46 | 00:25:4 | 00:01:3 | 159 | 44 |
| 829 | Gill Silson | FV60 | 00:30:3 | 00:29:52 | 00:00:23 | 00:03:58 |  |  | 100 |  | 00:29:52 | 00:00:17 | 00:03:58 | 00:32:57 | 23 | 123 | 00:28:59 | 00:09:30 | 00:30:03 | 0:00:1 | 00:29:52 | 00:00:1 | 00:03:5 | 00:35:0 | 39 | 00:31:0 | 00:01: | 162 | 45 |
| 852 | Lindsay Harrod | FV55 |  | 00:29:23 | 00:00:28 | 00:04:26 | 00:34:54 | 00:30:28 | 67 | 00:01:05 | 00:29:23 | 00:00:04 | 00:04:26 | 00:33:48 | 59 | 126 | 00:29:22 | 00:09:37 | 00:30:26 | 00:01:03 | 00:29:23 | 00:00:04 | 00:04:26 | 00:35:1 | 41 | 00:30:4 | 00:01:2 | 167 | 46= |
| 848 | Gillian Combellack | FV50 |  | 00:30:15 | 00:00:21 | 00:03:34 | 00:33:42 | 00:30:08 | 42 | 00:00:07 | 00:30:08 | 00:00:21 | 00:03:41 | 00:32:58 | 25 | 67 | 00:29:17 | 00:09:35 | 00:30:21 | 00:00:13 | 00:30:08 | 00:00:21 | 00:03:41 |  | 100 |  |  | 167 | 46= |
| 784 | David Wills | MV60 | 00:23:15 | 00:22:59 | 00:00:02 | 00:10:50 | 00:33:37 | 00:22:47 | 40 | 00:00:12 | 00:22:47 | 00:00:01 | 00:11:02 | 00:33:00 | 28 | 68 | 00:21:58 | 00:07:12 | 00:22:46 | 00:00:01 | 00:22:46 | 00:00:02 | 00:11:03 |  | 100 |  |  | 168 | 48 |
| 821 | stuart Stoddart | MV50 | 00:19:22 | 00:19:22 | 00:00:03 | 00:14:27 | 00:33:12 | 00:18:45 | 19 | 00:00:37 | 00:18:45 | 00:00:00 | 00:15:09 | 00:33:32 | 51 | 70 | 00:18:23 | 00:06:01 | 00:19:03 | 00:00:18 | 00:18:45 | 00:00:04 | 00:15:04 |  | 100 |  |  | 170 | 49 |
| 845 | John Williams | MV50 |  | 00:19:00 | 00:00:22 | 00:14:49 | 00:34:19 | 00:19:30 | 61 | 00:00:30 | 00:19:00 | 00:00:03 | 00:14:49 | 00:35:2 | 66 | 127 | 00:20:38 | 00:06:4 | 00:21:2 | 00:02:2 | 00:19:0 | 00:00:0 | 00:14:4 | 00:35:1 | 4 | 00:20:2 | 0001:2 | 171 | $50=$ |
| 837 | John French | MV40 | 00:17:54 | 0:17:54 | 00:00:35 | 00:15:55 | 00:33:23 | 00:17:28 | 26 | 00:00:2 | 0:17:2 | 00:00:26 | 00:16:21 | 00:33:22 | 45 | 71 | 00:17:01 | 00:05:3 | 0:17:3 | 00:00:1 | 0:17:2 | 00:00:2 | 00:16:2 |  | 100 |  |  | 171 | $0=$ |
| 868 | Andrew Douglas | MV40 |  | 00:18:32 |  |  |  |  | 100 |  | 00:18:3 | 00:00:04 | 00:15:17 | 00:33:4 | 58 | 158 | 00:18:30 | 00:06:03 | 0:19:10 | 00:00:3 | 0:18:32 | 00:00:02 | 00:15:1 | 00:34:2 | 17 | 00:19:0 | 0:00:3 | 175 | $2=$ |
| 835 | Roy Bottomley | MV60 | 27:56 | 00:25:30 | :00:06 | 8:19 | 00:34:04 | 25:45 | 56 | 00:00:15 | 00:25:30 | 00:00:29 | 00:08:19 | 00:32:52 | 19 | 75 | 00:24:33 | 00:08:02 | 00:25:26 | 00:00:04 | 00:25:26 | 00:00:33 | 00:08:23 |  | 100 |  |  | 175 | $52=$ |
| 844 | Susie Pattinson | FV35 | 00:23:01 | 00:23:01 | 00:00:07 | 00:11:03 | 00:33:44 | 00:22:41 | 44 | 00:00:20 | 00:22:41 | 00:00:03 | 00:11:08 | 00:33:03 | 31 | 75 | 00:21:55 | 00:07:11 | 00:22:43 | 00:00:02 | 00:22:41 | 00:00:03 | 00:11:08 |  | 100 |  |  | 175 | $52=$ |
| 861 | Julie Gate | FV50 |  | 00:26:30 | 00:00:08 | 00:07: | 00:33:18 | 00:25:59 | 21 | 00:00:3 | 00:25: | 0: | 00:07:50 | 00:33:40 | 57 | 78 | 00:25:50 | 00:08:28 | 00:26:46 | 00:00:4 | 00: | 00:00:01 | 00:07:50 |  | 100 |  |  | 178 | 55 |


| 785 | Emma Nielsen | FV50 | 7100:22:52 | 00:21:46 | 00:00:00 | 00:12:03 |  |  | 100 |  | 00:21:46 | 00:00:00 | 00:12:03 | 00:33:15 | 41 | 141 | 00:21:12 | 00:06:56 | 00:21:58 | 00:00:12 | 00:21:46 | 00:00:10 | 00:12:03 | 00:35:20 | 45 | 00:23:17 | 00:01:31 | 186 | 56 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 777 | Car Sealby | MV50 | 00:21:11 | 00:20:53 | 00:00:04 | 00:12:56 | 00:33:25 | 00:20:29 | 28 | 00:00:24 | 00:20:29 | 00:00:04 | 00:13:20 | 00:34:12 | 63 | 91 | 00:20:52 | 00:06:50 | 00:21:37 | 00:01:08 | 00:20:29 | 00:00:00 | 00:13:20 |  | 100 |  |  | 191 | 57 |
| 847 | Kathry M etcalfe | FV45 |  | 00:20:57 | 00:00:03 | 00:12:52 | 00:33:36 | 00:20:44 | 39 | 00:00:13 | 00:20:44 | 00:00:05 | 00:13:05 | 00:34:04 | 62 | 101 | 00:20:59 | 00:06:52 | 00:21:45 | 00:01:01 | 00:20:44 | 00:00:05 | 00:13:05 |  | 100 |  |  | 1 | 58 |
| 872 | Jonny Cox | M Open | 00:17:54 | 00:17:28 |  |  |  |  | 100 |  | 00:17:28 | 00:00:00 | 00:16:21 |  | 100 | 200 |  |  |  |  | 00:17:28 | 00:00:00 | 00:16:21 | 00:33:40 | 2 | 00:17:19 | 00:00:09 | 202 | 59= |
| 789 | lan Robinson | MV60 | 1700:25:36 | 00:25:36 | 00:00:24 | 00:08:13 | 00:31:31 | 00:23:18 | 2 | 00:02:18 | 00:23:18 | 00:00:13 | 00:10:31 |  | 100 | 102 |  |  |  |  | 00:23:18 | 00:00:07 | 00:10:31 |  | 100 |  |  | 202 | 59= |
| 833 | Mark Foudy | MV60 | + 00:27:33 | 00:26:57 | 00:00:10 | 00:06:52 |  |  | 100 |  | 00:26:57 | 00:00:10 | 00:06:53 | 00:32:19 | 3 | 103 | 00:25:27 | 00:08:20 | 00:26:22 | 00:00:35 | 00:26:22 | 00:00:17 | 00:07:27 |  | 100 |  |  | 203 | 61 |
| 798 | Katie Millurn | FV40 | 00:24:37 | 00:23:31 | 00:00:07 | 00:10:18 |  |  | 100 |  | 00:23:31 | 00:00:00 | 00:10:18 | 00:32:28 | 4 | 104 | 00:22:10 | 00:07:15 | 00:22:58 | 00:00:33 | 00:22:58 | 00:00:10 | 00:10:51 |  | 100 |  |  | 204 | 62 |
| 860 | Anne Blues | FV70 |  | 00:33:49 | 00:00:00 | 00:00:00 | 00:34:32 | 00:34:32 | 63 | 00:00:43 | 00:33:49 | 00:00:00 | 00:00:00 |  | 100 | 163 |  |  |  |  | 00:33:49 | 00:00:00 | 00:00:00 | 00:35:13 | 42 | 00:35:13 | 00:01:24 | 205 | $63=$ |
| 827 | Mike Hall | MV60 | 00:23:16 | 00:23:16 | 00:00:15 | 00:10:33 |  |  | 100 |  | 00:23:16 | 00:00:02 | 00:10:33 | 00:32:30 | 5 | 105 | 00:21:57 | 00:07:11 | 00:22:45 | 00:00:31 | 00:22:45 | 00:00:00 | 00:11:04 |  | 100 |  |  | 205 | 63= |
| 854 | Tony Lowery | MV55 |  | 00:22:56 | 00:00:03 | 00:10:53 | 00:34:12 | 00:23:19 | 58 | 00:00:23 | 00:22:56 | 00:00:12 | 00:10:53 |  | 100 | 158 |  |  |  |  | 00:22:56 | 00:00:02 | 00:10:53 | 00:35:38 | 50 | 00:24:45 | 00:01:49 | 208 | $65=$ |
| 858 | Sally Braithwaite | F Open |  | 00:21:00 | 00:00:10 | 00:12:49 | 00:34:17 | 00:21:28 | 60 | 00:00:28 | 00:21:00 | 00:00:30 | 00:12:49 | 00:33:25 | 48 | 108 | 00:20:36 | 00:06:45 | 00:21:21 | 00:00:21 | 00:21:00 | 00:00:27 | 00:12:49 |  | 100 |  |  | 208 | 65= |
| 819 | Steph Foudy | FV45 | 00:28:58 | 00:28:08 | 00:00:05 | 00:05:41 |  |  | 100 |  | 00:28:08 | 00:00:05 | 00:05:41 | 00:32:36 | 9 | 109 | 00:26:55 | 00:08:49 | 00:27:54 | 00:00:14 | 00:27:54 | 00:00:05 | 00:05:55 |  | 100 |  |  | 209 | 67= |
| 773 | Alison Phillips | FV50 | 00:26:12 | 00:26:12 | 00:00:18 | 00:07:37 | 00:32:42 | 00:25:05 | 9 | 00:01:07 | 00:25:05 | 00:00:01 | 00:08:44 |  | 100 | 109 |  |  |  |  | 00:25:05 | 00:00:07 | 00:08:44 |  | 100 |  |  | 209 | 67= |
| 804 | Nigel Braithwaite | MV50 | 00:22:29 | 00:22:29 | 00:00:03 | 00:11:20 | 00:32:56 | 00:21:36 | 14 | 00:00:53 | 00:21:36 | 00:00:06 | 00:12:13 |  | 100 | 114 |  |  |  |  | 00:21:36 | 00:00:06 | 00:12:13 |  | 100 |  |  | 214 | 69 |
| 806 | Paul Saager | MV70 | 00:26:25 | 00:25:12 | 00:00:06 | 00:08:37 | 00:34:32 | 00:25:55 | 64 | 00:00:43 | 00:25:12 | 00:00:06 | 00:08:37 |  | 100 | 164 |  |  |  |  | 00:25:12 | 00:00:06 | 00:08:37 | 00:36:07 | 51 | 00:27:30 | 00:02:18 | 215 | 70 |
| 809 | Pettina Cassell | FV65 | + 00:31:15 | 00:30:14 | 00:00:01 | 00:03:35 | 00:33:02 | 00:29:27 | 16 | 00:00:47 | 00:29:27 | 00:00:24 | 00:04:22 |  | 100 | 116 |  |  |  |  | 00:29:27 | 00:00:24 | 00:04:22 |  | 100 |  |  | 216 | 71 |
| 787 | Gary Milnes | MV65 | 00:22:45 | 00:22:45 | 00:00:01 | 00:11:04 |  |  | 100 |  | 00:22:45 | 00:00:02 | 00:11:04 |  | 100 | 200 |  |  |  |  | 00:22:45 | 00:00:01 | 00:11:04 | 00:34:22 | 18 | 00:23:18 | 00:00:33 | 218 | 72= |
| 864 | Anna Larden | FV40 |  | 00:27:21 | 00:00:06 | 00:06:28 | 00:33:07 | 00:26:39 | 18 | 00:00:42 | 00:26:39 | 00:00:03 | 00:07:10 |  | 100 | 118 |  |  |  |  | 00:26:39 | 00:00:03 | 00:07:10 |  | 100 |  |  | 218 | 72= |
| 869 | Jonny Howe | M Open |  | 00:18:54 |  |  |  |  | 100 |  | 00:18:54 | 00:00:02 | 00:14:55 | 00:32:57 | 24 | 124 | 00:18:02 | 00:05:54 | 00:18:41 | 00:00:13 | 00:18:41 | 00:00:02 | 00:15:08 |  | 100 |  |  | 224 | 74 |
| 859 | Paul McKeown | MV55 |  | 00:20:49 | 00:00:04 | 00:13:00 | 00:34:47 | 00:21:47 | 66 | 00:00:58 | 00:20:49 | 00:00:08 | 00:13:00 | 00:34:01 | 61 | 127 | 00:21:01 | 00:06:53 | 00:21:47 | 00:00:58 | 00:20:49 | 00:00:08 | 00:13:00 |  | 100 |  |  | 227 | 75 |
| 836 | Carole Mines | FV60 | 00:27:16 | 00:26:42 | 00:00:15 | 00:07:07 |  |  | 100 |  | 00:26:42 | 00:00:02 | 00:11:04 |  | 100 | 200 |  |  |  |  | 00:26:42 | 00:00:03 | 00:07:07 | 00:34:56 | 34 | 00:27:49 | 00:01:07 | 234 | 76 |
| 853 | Kate Wills | FV60 |  | 00:31:01 | 00:00:11 | 00:02:48 | 00:35:20 | 00:32:32 | 70 | 00:01:31 | 00:31:01 | 00:00:11 | 00:02:48 | 00:34:41 | 65 | 135 | 00:31:53 | 00:10:26 | 00:33:02 | 00:02:01 | 00:31:01 | 00:02:48 | 00:02:48 |  | 100 |  |  | 235 | 77= |
| 813 | Sam Hughes | MV40 | 00:18:57 | 00:18:54 | 00:00:06 | 00:14:54 | 00:33:31 | 00:18:36 | 35 | 00:00:18 | 00:18:36 | 00:00:09 | 00:15:13 |  | 100 | 135 |  |  |  |  | 00:18:36 | 00:00:05 | 00:15:13 |  | 100 |  |  | 235 | 77= |
| 867 | Crais Bottomley | M Open |  | 00:18:45 |  |  |  |  | 100 |  | 00:18:45 | 00:00:09 | 00:15:04 | 00:33:08 | 37 | 137 | 00:18:04 | 00:05:55 | 00:18:43 | 00:00:02 | 00:18:43 | 00:00:02 | 00:15:06 |  | 100 |  |  | 237 | 79 |
| 831 | Kevin Scott | MV55 | 00:20:44 | 00:20:33 | 00:00:01 | 00:13:16 |  |  | 100 |  | 00:20:33 | 00:00:02 | 00:11:04 |  | 100 | 200 |  |  |  |  | 00:20:33 | 00:00:11 | 00:13:16 | 00:35:08 | 40 | 00:21:52 | 00:01:19 | 240 | 80 |
| 862 | Elaine Malyn | FV55 |  | 00:28:23 | 00:00:00 | 00:05:26 | 00:33:46 | 00:28:20 | 45 | 00:00:03 | 00:28:20 | 00:00:18 | 00:05:29 |  | 100 | 145 |  |  |  |  | 00:28:20 | 00:00:18 | 00:05:29 |  | 100 |  |  | 245 | 81 |
| 871 | Keith Black | MV55 | 00:27:04 | 00:26:20 |  |  |  |  | 100 |  |  |  |  |  | 100 | 200 |  |  |  |  | 00:26:20 | 00:00:00 | 00:07:29 | 00:35:28 | 48 | 00:27:59 | 00:01:39 | 248 | 82 |
| 807 | Paul Wilson | MV65 | 00:26:51 | 00:26:05 | 00:00:07 | 00:07:45 | 00:34:06 | 00:26:21 | 57 | 00:00:17 | 00:26:05 | 00:00:13 | 00:07:45 |  | 100 | 157 |  |  |  |  | 00:26:05 | 00:00:02 | 00:07:45 |  | 100 |  |  | 257 | 83 |
| 863 | Amy Kelland | F Open |  | 00:17:54 | 00:00:00 | 00:15:55 | 00:34:22 | 00:18:27 | 62 | 00:00:33 | 00:17:54 | 00:00:07 | 00:15:55 |  | 100 | 162 |  |  |  |  | 00:17:54 | 00:00:07 | 00:15:55 |  | 100 |  |  | 262 | 84 |
| 870 | Lisa Jackson | FV35 |  |  |  |  |  |  | 100 |  | 00:21:56 | 00:00:00 | 00:11:53 | 00:34:38 | 64 | 164 | 00:22:45 | 00:07:27 | 00:23:35 | 00:01:39 | 00:21:56 | 00:00:12 | 00:11:53 |  | 100 |  |  | 264 | 85 |
| 780 | Claire Crewe | F Open | 00:24:53 | 00:22:44 | 00:00:01 | 00:11:05 | 00:34:43 | 00:23:38 | 65 | 00:00:54 | 00:22:44 | 00:00:01 | 00:11:05 |  | 100 | 165 |  |  |  |  | 00:22:44 | 00:00:01 | 00:11:05 |  | 100 |  |  | 265 | 86 |
| 851 | Gina Mumford | FV60 |  | 00:26:00 | 00:00:04 | 00:07:49 | 00:35:06 | 00:27:17 | 68 | 00:01:17 | 00:26:00 | 00:00:04 | 00:07:49 |  | 100 | 168 |  |  |  |  | 00:26:00 | 00:00:04 | 00:07:49 |  | 100 |  |  | 268 | 87 |
| 856 | Richard Lambert | MV50 |  | 00:23:08 | 00:00:05 | 00:10:41 | 00:35:07 | 00:24:26 | 69 | 00:01:18 | 00:23:08 | 00:00:05 | 00:10:41 |  | 100 | 169 |  |  |  |  | 00:23:08 | 00:00:05 | 00:10:41 |  | 100 |  |  | 269 | 88 |
| 828 | Charlotte Hill | FV60 |  | 00:28:42 | 00:00:41 | 00:05:07 | 00:35:37 | 00:30:30 | 71 | 00:01:48 | 00:28:42 | 00:00:41 | 00:05:07 |  | 100 | 171 |  |  |  |  | 00:28:42 | 00:00:35 | 00:05:07 |  | 100 |  |  | 271 | 89 |
| 855 | Tanya Lambert | FV50 |  | 00:22:13 | 00:00:16 | 00:11:36 | 00:35:38 | 00:24:02 | 72 | 00:01:49 | 00:22:13 | 00:00:17 | 00:11:36 |  | 100 | 172 |  |  |  |  | 00:22:13 | 00:00:02 | 00:11:36 |  | 100 |  |  | 272 | 90 |
| 865 | Ross Bell | M Open |  | 00:17:54 | 00:00:00 | 00:15:55 | 00:36:18 | 00:20:23 | 73 | 00:02:29 | 00:17:54 | 00:00:00 | 00:15:55 |  | 100 | 173 |  |  |  |  | 00:17:54 | 00:00:00 | 00:15:55 |  | 100 |  |  | 273 | 91 |
| 792 | Joanne May | FV50 | \| 00:27:59 | 00:27:59 | 00:00:03 | 00:05:50 |  |  |  |  | 00:27:59 | 00:00:00 | 00:05:50 |  |  |  |  |  |  |  | 00:27:59 | 00:00:00 | 00:05:50 |  |  |  |  |  |  |
| 805 | Nigel Hierons | MV50 | 00:24:40 | 00:24:40 | 00:00:14 | 00:09:09 |  |  |  |  | 00:24:40 | 00:00:03 | 00:09:09 |  |  |  |  |  |  |  | 00:24:40 | 00:00:03 | 00:09:09 |  |  |  |  |  |  |
| 849 | Rosanna Marshallsay | FV35 |  | 00:23:41 | 00:00:26 | 00:10:08 |  |  |  |  | 00:23:41 | 00:00:23 | 00:10:08 |  |  |  |  |  |  |  | 00:23:41 | 00:00:05 | 00:10:08 |  |  |  |  |  |  |
| 772 | Alex Heron | MV65 | 00:24:11 | 00:23:38 | 00:00:03 | 00:10:11 |  |  |  |  | 00:23:38 | 00:00:03 | 00:10:11 |  |  |  |  |  |  |  | 00:23:38 | 00:00:03 | 00:10:11 |  |  |  |  |  |  |
| 774 | Amanda Singleton | FV50 | 00:23:41 | 00:23:13 | 00:00:03 | 00:10:36 |  |  |  |  | 00:23:13 | 00:00:03 | 00:10:36 |  |  |  |  |  |  |  | 00:23:13 | 00:00:05 | 00:10:36 |  |  |  |  |  |  |
| 843 | Mike Innerdale | MV50 | 00:22:48 | 00:22:48 | 00:00:08 | 00:11:01 |  |  |  |  | 00:22:48 | 00:00:08 | 00:11:01 |  |  |  |  |  |  |  | 00:22:48 | 00:00:08 | 00:11:01 |  |  |  |  |  |  |
| 866 | Mica Lowthian | F Open |  | 00:22:30 |  |  |  |  |  |  | 00:22:30 | 00:00:10 | 00:11:19 |  |  |  |  |  |  |  | 00:22:30 | 00:00:10 | 00:11:19 |  |  |  |  |  |  |
| 825 | Garry Bower | MV50 |  | 00:21:46 | 00:00:10 | 00:12:03 |  |  |  |  | 00:21:46 | 00:00:10 | 00:12:03 |  |  |  |  |  |  |  | 00:21:46 | 00:00:00 | 00:12:03 |  |  |  |  |  |  |
| 794 | John Oakey | MV50 \# | + 00:21:43 | 00:21:43 | 00:00:03 | 00:12:06 |  |  |  |  | 00:21:43 | 00:00:03 | 00:12:06 |  |  |  |  |  |  |  | 00:21:43 | 00:00:03 | 00:12:06 |  |  |  |  |  |  |

