

1	2	3	4	5								
Pos	Overall	Bib	Competitor	Category	Team	Club	Finish	1st 10k	2nd 10k	3rd 10k	4th 10k	Chip time
1	1	508	Wouter HAMELINCK	0-35		LES COUREURS C+LESTES	02:59:58	00:49:36	00:33:18	00:51:53	00:45:05	02:59:55
2	2	494	Toby RADCLIFFE	0-35	TEAM TIMEX	SERPENTINE RC	03:02:38	00:51:45	00:34:30	00:52:40	00:43:38	03:02:35
3	3	740	Stephen JEFFERY	40-45		BASINGSTOKE AND MID HANTS	03:05:50	00:51:44	00:34:37	00:53:04	00:46:19	03:05:47
4	4	747	Henry SZWINTO	50-54			03:08:57	00:54:10	00:36:32	00:53:40	00:44:30	03:08:55
5	5	746	Steve MORTON	35-39			03:12:27		00:36:55	00:55:44	00:46:23	03:12:27
6	6	766	James WALKER	35-39			03:12:39	00:49:31	00:33:34	00:56:05	00:53:25	03:12:37
7	7	632	Luke DELDERFIELD	0-35		SOUTHAMPTON RUNNING CLUB	03:15:26	00:55:05	00:37:18	00:57:06	00:45:51	03:15:23
8	8	250	James SMALL	0-35			03:15:55	00:50:24	00:35:52	01:00:51	00:48:43	03:15:51
9	9	761	Philip MORRIS	35-39	28	Chichester Runners	03:17:52	00:53:19	00:36:55	00:56:42	00:50:50	03:17:49
10	10	696	Adam HOLLAND	0-35		TAVISTOCK A.C	03:18:30	00:51:46	00:34:36	00:57:49	00:54:13	03:18:27
11	11	337	Alan MURCHISON	35-39		WINCHESTER & DISTRICT	03:19:24	00:52:22	00:36:13	00:57:12	00:53:33	03:19:22
12	12	242	Michael NEVILLE	0-35			03:19:53	00:50:43	00:35:34	00:59:28	00:54:04	03:19:51
13	13	640	Simon WOODWARD	35-39		SILSON JOGGERS	03:20:10	00:54:40	00:37:30	00:57:19	00:50:37	03:20:07
14	14	467	Jon CRACKNELL	0-35	-	-	03:21:13		00:35:58	00:58:27	00:54:07	03:21:13
15	15	469	Fiona CAMERON	45-49		TRAIL RUNNING ASSOCIATION	03:21:13					03:21:13
16	16	718	Gary WOOLGAR	45-49		BRIGHTON AND HOVE CITY AC	03:21:16	00:55:27	00:37:32	00:59:31	00:48:43	03:21:14
17	17	468	Hugh BINGHAM	45-49		TYNEDALE HARRIERS	03:23:37	00:55:24	00:38:39	00:59:59	00:49:30	03:23:35
18	18	720	Oliver SINCLAIR	0-35		SERPENTINE RC	03:23:52	00:59:50	00:39:35	00:59:46	00:44:30	03:23:43
19	19	731	Pete SUMMERS	40-45		HANDY CROSS RUNNERS	03:24:10	00:57:58	00:39:28	01:00:01	00:46:33	03:24:03
20	20	414	Cedric CLEMERSON	50-54		HEATHFIELD ROAD RUNNERS	03:24:37	00:56:12	00:40:03	00:59:53	00:48:23	03:24:35
21	21	514	Cameron KIRKWOOD	0-35	TEAM PREDATOR		03:24:49		00:43:28	01:23:42	01:12:47	03:24:49
22	22	486	George FAIRBROTHER	45-49		ORPINGTON ROAD RUNNERS	03:25:44		00:46:53	01:18:41	01:10:41	03:25:44
23	23	291	Tony CONWAY	50-54		PORTSMOUTH JOGGERS	03:27:38	00:56:13	00:38:43	01:01:35	00:50:59	03:27:33
24	24	553	Steven HAWKSWELL	45-49			03:29:40	00:58:18	00:39:43	01:02:04	00:49:29	03:29:36
25	25	657	Pete WILLIAMS	40-45		Fast Forward Running Club	03:30:36	00:52:27	00:38:05	01:03:38	00:56:19	03:30:32
26	26	427	Daniel DOHERTY	0-35			03:32:39	00:53:26	00:38:22	01:02:06	00:58:41	03:32:37
27	27	406	Peter COLLINS	0-35		SOUTHAMPTON RUNNING CLUB	03:33:25	00:55:03	00:37:20	01:04:20	00:56:35	03:33:21
28	28	643	Sharon HAWKINS	45-49		Maidstone AC	03:33:27	00:58:00	00:41:31	01:03:55	00:49:55	03:33:24

29	29	547	Sean GREGG	35-39			03:33:29	01:01:01	00:41:11	01:00:55	00:50:16	03:33:25
30	30	573	John LONERGAN	40-45		RUNNYMEDE RUNNERS	03:33:40	00:57:52	00:39:43	01:03:07	00:52:45	03:33:30
31	31	368	David ROSS	40-45	COLLINGWOOD	COLLINGWOOD A.C	03:33:55	00:55:35	00:39:07	01:03:10	00:55:55	03:33:50
32	32	563	Nick SIRS	50-54		EXETER HARRIERS	03:34:37	00:57:41	00:38:57	01:02:31	00:55:20	03:34:32
33	33	362	David RICHARDS	45-49		PORTSMOUTH JOGGERS	03:35:01	00:56:53	00:39:58	01:03:46	00:54:18	03:34:57
34	34	338	Sarah TIMMIS	0-35		BRACKLEY	03:36:43		00:52:06	01:20:47	01:04:20	03:36:43
35	35	476	Freddy KEELING	0-35			03:37:00	00:56:39	00:39:31	01:04:23	00:56:18	03:36:54
36	36	454	Richard COLES	35-39		GADE VALLEY HARRIERS	03:37:46	00:56:19	00:39:29	01:05:02	00:56:49	03:37:42
37	37	739	Simon BARNETT	0-35		TRING RUNNING CLUB	03:38:01	01:00:21	00:40:37	01:03:40	00:53:11	03:37:52
38	38	424	Simon JAMES	45-49		STEYNING AC	03:39:16	01:01:00	00:40:51	01:01:25	00:55:54	03:39:13
39	39	279	Stephen CROSS	0-35			03:39:43	01:00:35	00:41:01	01:03:47	00:53:49	03:39:15
40	40	207	Catherine GOWER	40-45		CHICHESTER RUNNERS	03:39:34		00:50:53	01:25:21	01:09:00	03:39:34
41	41	552	Bob VOYCE	40-45	-	ST ALBANS STRIDERS	03:39:58	01:02:33	00:40:03	01:02:35	00:54:34	03:39:48
42	42	616	Michala WALL	40-45		LINGFIELD RUNNING CLUB	03:41:38		00:43:42	01:03:05	00:51:53	03:41:38
43	43	709	Don DOE	50-54		Poole Runners	03:42:10	01:00:28	00:41:29	01:05:53	00:54:11	03:42:04
44	44	373	Vince ELLERBY	40-45		GADE VALLEY HARRIERS	03:42:28	00:56:34	00:41:38	01:09:01	00:55:08	03:42:24
45	45	538	Tim LEZARD	45-49		WSFB	03:43:45	00:58:02	00:41:09	01:07:48	00:56:37	03:43:40
46	46	567	Phil HOY	45-49		PORTSMOUTH JOGGERS	03:44:04	01:00:09	00:42:45	01:06:26	00:54:34	03:43:56
47	47	495	Dougie ROBINSON	35-39			03:44:11	00:59:48	00:42:18	01:05:42	00:56:17	03:44:08
48	48	418	Matthew WATERMAN	40-45			03:44:16	01:01:00	00:42:32	01:08:24	00:52:13	03:44:11
49	49	557	Russ BESTLEY	45-49		PORTSMOUTH JOGGERS	03:45:26	01:01:19	00:43:04	01:08:21	00:52:32	03:45:19
50	50	605	Nicholas DENBOW	40-45			03:45:29	01:02:58	00:43:53	01:04:37	00:53:53	03:45:23
51	51	398	Derek POWLES	35-39	PORTSMOUTH JOGGERS	PORTSMOUTH JOGGERS	03:46:00	01:01:18	00:43:02	01:07:38	00:53:52	03:45:52
52	52	447	Thomas MURRAY	35-39		FLEET AND CHURCH CROOKHAM	03:47:09	00:58:18	00:40:37	01:07:23	01:00:42	03:47:02
53	53	470	Penny ABBOTT	40-45		FLEET & CROOKHAM AC	03:47:53	00:59:54	00:42:06	01:07:59	00:57:45	03:47:46
54	54	519	David SANDHAM	40-45		HORSHAM JOGGERS	03:48:40	01:01:52	00:42:49	01:05:45	00:58:03	03:48:32
55	55	295	Philip LINSOTT	40-45			03:49:15	01:00:00	00:41:53	01:05:19	01:01:48	03:49:03
56	56	594	Heather HARDY	35-39		SEVENOAKS AC	03:49:19	01:00:44	00:41:05	01:05:27	01:01:51	03:49:09
57	57	331	Michael MARTIN	45-49		SEAFORD STRIDERS	03:49:12	01:01:17	00:41:45	01:08:44	00:57:20	03:49:10
58	58	693	David THOMPSON	45-49		BILLERICAY STRIDERS	03:49:37	01:00:22	00:42:26	01:10:07	00:56:28	03:49:26
59	59	644	Charlotte FINCH	0-35		Wigan Pheonix	03:50:25	01:01:31	00:42:26	01:09:53	00:56:28	03:50:21
60	60	704	Diane HIER	45-49		Warminster Running Club	03:51:48	01:01:31	00:42:25	01:11:17	00:56:27	03:51:42

					running club						
61	61	725	Cleo OLIVER	0-35	WINCHESTER AND DISTRICT AC	03:52:12	01:02:46	00:44:40	01:10:14	00:54:23	03:52:06
62	62	413	Katherine WILSON	0-35		03:52:47	01:07:45	00:46:01	01:06:32	00:52:09	03:52:30
63	63	426	Michael LYONS	0-35	CHICHESTER RUNNERS	03:53:03	01:06:09	00:41:14	01:05:38	00:59:35	03:52:39
64	64	273	Ian PERRYMENT	35-39		03:52:49	01:01:36	00:42:42	01:10:27	00:57:55	03:52:42
65	65	671	John HUDSPITH	45-49	Serpentine Runners	03:53:35	00:56:34	00:43:00	01:14:31	00:59:22	03:53:30
66	66	767	Graham BELL	40-45	LONDON HEATHSIDE	03:53:43	01:02:18	00:42:24	01:07:49	01:01:01	03:53:35
67	67	595	Mike BEARD	45-49		03:54:15	01:00:00	00:42:32	01:10:21	01:01:13	03:54:09
68	68	679	Nicholas GENEVER	45-49	GARDEN CITY RUNNERS	03:55:34	01:03:19	00:46:28	01:10:51	00:54:44	03:55:25
69	69	499	Paul BENNETT	0-35	WESSEX ROAD RUNNERS	03:56:42	01:12:30	00:49:13	01:05:00	00:49:52	03:56:38
70	70	642	Joe HAWKINS	0-35	BURNHAM JOGGERS	03:57:04	01:06:18	00:43:43	01:07:40	00:59:14	03:56:57
71	71	375	Mark RUSSELL	40-45		03:57:10	01:01:34	00:40:31	01:05:09	01:09:48	03:57:04
72	72	653	Alastair DOYLE	50-54	Unnattached	03:58:21	01:04:32	00:44:23	01:12:12	00:56:58	03:58:07
73	73	701	Stephen HUNTER	50-54		03:58:23	01:09:07	00:45:34	01:08:30	00:54:57	03:58:12
74	74	428	Simon PEARCE	40-45		03:58:40	01:03:50	00:44:28	01:12:28	00:57:45	03:58:34
75	75	217	Andrew TAYLOR	0-35	SILSON JOGGERS	03:59:01	01:03:46	00:43:46	01:13:38	00:57:40	03:58:52
76	76	695	Derek HARRISON	50-54	TUNBRIDGE WELLS HARRIERS	03:59:03	01:03:26	00:44:09	01:11:36	00:59:45	03:58:59
77	77	412	Guy MITCHELL	35-39	MIDHURST MILERS	03:59:17	01:01:00	00:42:31	01:13:24	01:02:15	03:59:12
78	78	292	Mark COCKBAIN	35-39	RRC	04:01:02		00:46:53	01:09:34	00:56:13	04:01:02
79	79	335	Brian FRIEND	55-59	PHOENIX AC	04:01:31	01:05:21	00:44:46	01:09:00	01:02:15	04:01:26
80	80	545	Sandra HOPKINS	40-45	PORTSMOUTH JOGGERS	04:01:52	01:06:35	00:46:24	01:10:50	00:57:50	04:01:40
81	81	213	Gareth DAVIES	45-49	100 CLUB	04:01:57	01:02:16	00:44:45	01:13:12	01:01:40	04:01:54
82	82	656	Chris HIPWELL	50-54		04:02:34	01:04:11	00:44:04	01:10:00	01:04:12	04:02:30
83	83	742	Rhys HENDERSON	50-54		04:02:55	01:03:39	00:44:35	01:12:52	01:01:36	04:02:45
84	84	771	Christian FOX	0-35		04:02:54	00:57:55	00:39:43	01:12:02	01:13:03	04:02:46
85	85	405	Chris ANDERSON	0-35		04:03:21	01:09:14	00:44:08	01:10:22	00:59:01	04:02:47
86	86	284	Allan RUMBLES	40-45	COLLINGWOOD AC	04:03:09	01:06:33	00:45:39	01:11:36	00:59:08	04:02:59
87	87	717	Robert PANK	60+	LINGFIELD RUNNING CLUB	04:04:00	01:05:01	00:43:47	01:13:39	01:01:17	04:03:47
88	88	691	Sam LLOYD	0-35	CIVIL SERVICE RUNNERS AND RIDERS	04:04:28	01:00:27	00:44:06	01:15:02	01:04:49	04:04:26
89	89	222	Julia SAWYER	40-45		04:05:11	01:07:17	00:45:22	01:11:08	01:01:02	04:04:50
90	90	692	Stephen BOYES	50-54	HONITON R.C.	04:05:01	01:05:34	00:45:50	01:11:57	01:01:31	04:04:55

91	91	391	Michael GREHAN	40-45	DUNSTABLE ROAD RUNNERS	04:05:27	01:07:30	00:47:02	01:13:24	00:57:16	04:05:15
92	92	620	Shaun EDWARDS	40-45		04:05:56	01:08:35	00:45:51	01:11:52	00:59:07	04:05:28
93	93	661	Chris NICHOLS	40-45		04:05:47	01:10:58	00:47:06	01:11:20	00:56:10	04:05:36
94	94	377	Douglas CLARKE	40-45		04:07:48	01:11:47	00:48:31	01:11:30	00:55:43	04:07:33
95	95	498	Graham LENTON	45-49		04:08:04	01:10:55	00:45:27	01:08:30	01:02:46	04:07:41
96	96	678	Martin RANDALL	45-49		04:07:54	01:05:35	00:44:28	01:11:58	01:05:41	04:07:45
97	97	504	Joseph CHANG	0-35	26.2 RRC	04:07:51	01:03:05	00:43:11	01:13:19	01:08:08	04:07:46
98	98	601	Greg ASSER	45-49		04:07:58	01:10:54	00:47:18	01:08:41	01:00:51	04:07:47
99	99	636	Casianora RUGGINZ	0-35		04:07:54	01:01:58	00:43:08	01:14:23	01:08:17	04:07:48
100	100	637	Lisa HALE	0-35	Fleet & Crookham A. C.	04:08:11	01:08:30	00:46:05	01:13:24	00:59:59	04:08:01