244m RESULTS

Overall

Heat	Name	#	(gender)	time	place
7	Craig Oliver	19	m	02:59.1	1
9	Rory Fitzgerald	59	m	03:07.1	2
9	Howard James	29	m	03:09.3	3
5	Nick Murch	157	m	03:11.9	4
4	Jade Perry	103	f	03:22.5	5
1	Paul Smith	2	m	03:22.6	6
5	Tim Kendal	147	m	03:29.2	7
8	Ross McGregor	129	m	03:29.9	8
1	Martin Ball	34	m	03:53.1	9
6	Heather Massey	126	f	03:58.1	10
9	Alex Ferguson	133	m	03:58.6	11
6	Kris Twyman	71	m	04:00.0	12
7	Kate Steels-Fryatt	52	f	04:00.8	13
5	Alexandre Fuzeau	121	m	04:01.0	14
5	Mick Hinde	143	m	04:04.7	15
2	Lynne Macgregor	5	f	04:06.2	16
11	Michelle Leach	110	f	04:07.8	17
6	Sam Tarling	114	m	04:07.9	18
1	Karen Mellstrom	111	f	04:08.6	19
3	John Kremer	118	m	04:10.0	20
11	Ian Smith	81	m	04:11.6	21
7	Oliver Whelpton	127	m	04:11.6	22
3	Matthew Johnston	24	m	04:13.7	23
1	Mark Riley	75	m	04:14.3	24
7	Steve Tonkin	91	m	04:15.3	25
10	Debbie Taylor	48	f	04:15.9	26
5	Dave Chisholm	153	m	04:17.7	27
8	Thomas W.Kofler	28	m	04:17.8	28
3	Dominic Tinley	21	m	04:18.2	29
3	Simon Sharp	102	m	04:18.5	30
8	Holly Wallbridge	61	f	04:25.5	31
7	Ann Richardson	43	f	04:25.8	32
8	Ben Hieatt-Smith	58	m	04:28.7	33
10	Claire Bustin	109	f	04:30.1	34
6	Susan Douglas	26	f	04:32.4	35
4	Lisa North	23	f	04:35.5	36
1	Ricky Blackman	44	m	04:36.0	37
10	Andrew Robins	151	m	04:38.0	38
2	Dominic Gillespie	20	m	04:38.3	39
5	Sean Sullivan	161	m	04:42.6	40
1	David Coleman	97	m	04:43.6	41
2	Jane Bell	37	f	04:44.5	42
6	Janet Briggs	51	f	04:45.5	43
11	Ed Woodall	136	m	04:46.2	44
1	Michael Gornall	13	m	04:48.0	45
4	Tors Hamilton	54	f	04:48.0	45
9	Annette Daly	130	f	04:49.6	47
11	Mandy Byrnes	32	f	04:56.7	48
8	Laura Lopez-Bonilla	117	f	04:57.1	49
11	Kennedy McMeikan	148	m	04:57.5	50
2	Jo Hitchens	65	f	05:04.7	51
11	Sam Plum	62	f	05:06.0	52
7	Tom Reed	27	m	05:06.9	53
4	Geoff Burgess	119	m	05:08.0	54
6	Amanda Bell	12	f	05:08.1	55
11	Douglas Mac	90	m	05:09.4	56
9	Katherine Anteney	120	f	05:11.1	57
8	Garry Sibbald	144	m	05:14.6	58
4	Derek Wetherlit	83	m	05:21.0	59
7	Dylan Griffith-Jones	113	m	05:26.3	60
9	Lesley Hutton	41	f	05:33.4	61
11	Gwendalyn Skingley	131	f	05:36.5	62
5	Penelope Allard	56	f	05:44.0	63
3	Particia Legg	66	f	05:45.6	64
2	Debbie Brady	79	f	05:52.0	65
2	John Willis	49	m	06:02.2	66
8	Phil Richardson	44	m	06:03.5	67
4	Barbara Brown	7	f	06:11.3	68
10	Julian Herriott	134	m	06:18.9	69
9	Helen Currell	106	f	06:28.3	70
10	Anil Gomes	30	m	06:35.1	71
6	Danielle Watson-Hill	40	f	06:36.0	72
8	Charlotte Reisch	137	f	07:40.0	73
4	Ray Budynkiewicz	38	m	DNS	
3	Margaret Grahamslaw	80	f	dns	
10	0	110	f	dns	
10	Diane Rose	138	f	dns	
10	Nicola Court	78	f	dns	
4	Jody Jones	67	f	DNS	
5	0	0	0	DNS	
6	Jason Betley	89	m	DNS	
3	Emma Pusill	0	0	dns	
1	Hayley Browning	64	f	dns	
2	Kevin Grundle	122	m	dns	
9	David Chinn	149	m	dns	
3	Iain Keenan	50	m	dns	
7	Lou Walker	73	f	dns	
2	0	0	0	dns	

Men

Heat	Name	#	time	place
7	Craig Oliver	19	02:59.1	1
9	Rory Fitzgerald	59	03:07.1	2
9	Howard James	29	03:09.3	3
5	Nick Murch	157	03:11.9	4
1	Paul Smith	2	03:22.6	5
5	Tim Kendal	147	03:29.2	6
8	Ross McGregor	129	03:29.9	7
1	Martin Ball	34	03:53.1	8
9	Alex Ferguson	133	03:58.6	9
6	Kris Twyman	71	04:00.0	10
5	Alexandre Fuzeau	121	04:01.0	11
5	Mick Hinde	143	04:04.7	12
6	Sam Tarling	114	04:07.9	13
3	John Kremer	118	04:10.0	14
11	Ian Smith	81	04:11.6	15
7	Oliver Whelpton	127	04:11.6	16
3	Matthew Johnston	24	04:13.7	17
1	Mark Riley	75	04:14.3	18
7	Steve Tonkin	91	04:15.3	19
5	Dave Chisholm	153	04:17.7	20
8	Thomas W.Kofler	28	04:17.8	21
3	Dominic Tinley	21	04:18.2	22
3	Simon Sharp	102	04:18.5	23
8	Ben Hieatt-Smith	58	04:28.7	24
1	Ricky Blackman	44	04:36.0	25
10	Andrew Robins	151	04:38.0	26
2	Dominic Gillespie	20	04:38.3	27
5	Sean Sullivan	161	04:42.6	28
1	David Coleman	97	04:43.6	29
11	Ed Woodall	136	04:46.2	30
1	Michael Gornall	13	04:48.0	31
11	Kennedy McMeikan	148	04:57.5	32
7	Tom Reed	27	05:06.9	33
4	Geoff Burgess	119	05:08.0	34
11	Douglas Mac	90	05:09.4	35
8	Garry Sibbald	144	05:14.6	36
4	Derek Wetherlit	83	05:21.0	37
7	Dylan Griffith-Jones	113	05:26.3	38
2	John Willis	49	06:02.2	39
8	Phil Richardson	44	06:03.5	40
10	Julian Herriott	134	06:18.9	41
10	Anil Gomes	30	06:35.1	42

Women

Heat	Name	#	time	place
4	Jade Perry	103	03:22.5	1
6	Heather Massey	126	03:58.1	2
7	Kate Steels-Fryatt	52	04:00.8	3
2	Lynne Macgregor	5	04:06.2	4
11	Michelle Leach	110	04:07.8	5
1	Karen Mellstrom	111	04:08.6	6
10	Debbie Taylor	48	04:15.9	7
8	Holly Wallbridge	61	04:25.5	8
7	Ann Richardson	43	04:25.8	9
10	Claire Bustin	109	04:30.1	10
6	Susan Douglas	26	04:32.4	11
4	Lisa North	23	04:35.5	12
2	Jane Bell	37	04:44.5	13
6	Janet Briggs	51	04:45.5	14
4	Tors Hamilton	54	04:48.0	15
9	Annette Daly	130	04:49.6	16
11	Mandy Byrnes	32	04:56.7	17
8	Laura Lopez-Bonilla	117	04:57.1	18
2	Jo Hitchens	65	05:04.7	19
11	Sam Plum	62	05:06.0	20
6	Amanda Bell	12	05:08.1	21
9	Katherine Anteney	120	05:11.1	22
9	Lesley Hutton	41	05:33.4	23
11	Gwendalyn Skingley	131	05:36.5	24
5	Penelope Allard	56	05:44.0	25
3	Particia Legg	66	05:45.6	26
2	Debbie Brady	79	05:52.0	27
4	Barbara Brown	7	06:11.3	28
9	Helen Currell	106	06:28.3	29
6	Danielle Watson-Hill	40	06:36.0	30
8	Charlotte Reisch	137	07:40.0	31