

122m results**Overall**

Heat	Name	#	[gender]	time	place
4	Craig Holmes	48	M	01:26.0	1
4	Caroline Saxon	156	F	01:29.3	2
4	Jade Perry	38	F	01:29.6	3
4	Sam Swaby	169	M	01:30.5	4
4	Lea Ball	83	M	01:31.3	5
8	Derek Bissett	136	M	01:36.0	6
5	Paul Meyler	95	M	01:38.9	7
5	Sasha Wisdish	142	F	01:39.3	8
5	Stephen Gould	133	M	01:40.7	9
11	James Norton	182	M	01:41.6	10
4	Martin Ball	14	M	01:42.0	11
3	Nick Hungerford	52	M	01:43.7	12
5	Chris Trethewey	101	M	01:44.2	13
12	Amy Mellor	43	F	01:45.7	14
11	Di Heelas	111	F	01:46.0	15
5	Judith Charman	129	F	01:47.0	16
6	Ian Smith	99	M	01:47.2	17
3	Rory McPherson	1	M	01:47.3	18
6	Alex Lord	141	M	01:47.6	19
3	Dom Tinley	84	M	01:48.2	20
12	Gillian McAlister	85	F	01:48.4	21
5	Anita Goyos	128	F	01:48.5	22
4	Mike Lawlor	146	M	01:49.3	23
8	Stuart Munday	104	M	01:50.9	24
2	Natalie Hills	171	F	01:52.3	25
9	Mark Guest	180	M	01:53.3	26
3	Tim Shattock	4	M	01:53.6	27
11	Justin Pitchford	36	M	01:54.5	28
4	Oliver Whelpton	11	M	01:55.5	29
11	Will Van der knapp	72	M	01:56.1	30
8	Jess Blake	117	F	01:56.2	31
12	Hannah Jeffery	188	F	01:56.9	32
9	Arthur Irving	174	M	01:57.5	33
13	Kirstie Beechey	87	F	01:58.7	34
2	Daren Tiley	22	M	01:59.0	35
15	Asa Kitchener	63	M	02:00.0	36
5	Ben Hieatt-Smith	145	M	02:00.0	36
3	Michelle Leach	12	F	02:01.6	38
1	David Thompson	17	M	02:02.4	39

9	Nicola Court	152	F	02:02.6	40
15	Freya Anglin-Liiv	64	F	02:03.3	41
10	Claire Bustin	7	F	02:03.5	42
10	Iris Ashman	80	F	02:03.6	43
2	Hillary Lieschinb	90	F	02:04.8	44
6	Jonathan Coe	82	M	02:05.3	45
12	Felicity Hey	137	F	02:06.5	46
15	Tracey Nichols	44	F	02:06.7	47
14	Sally Plum	92	F	02:07.9	48
5	Julian Herriott	60	M	02:08.0	49
12	Louise Perrin	28	F	02:08.1	50
12	Susan Douglas	35	F	02:09.9	51
8	Ellie Thomas	131	F	02:10.5	52
14	Karen Logan	187	F	02:10.8	53
1	Karen Saltwell	40	F	02:11.2	54
8	Sue Robinson	143	F	02:11.3	55
7	Alexandra Plummer	27	F	02:11.5	56
13	Steve Lodge	9	M	02:11.8	57
6	Redy Redfern	132	M	02:11.9	58
7	Gemma Burke	65	F	02:14.9	59
10	Michael Gornall	51	M	02:16.4	60
9	Ellen Cramoysan	168	F	02:17.0	61
2	Matthew Lea	100	M	02:17.8	62
14	Sam Plum	93	F	02:18.0	63
1	Val Greenwood	5	F	02:18.0	64
3	Dianne Hewetson	57	F	02:18.2	65
13	Jo Graham	118	F	02:18.2	66
11	Debbie Taylor	151	F	02:19.4	67
11	Jenny Sherwen	113	F	02:20.1	68
6	Andrew Butler	59	M	02:22.0	69
8	Tony Baxter	170	M	02:24.4	70
14	Laura Cook	102	F	02:25.3	71
9	Tim Sutton	150	M	02:25.6	72
2	Vicki Elson-Smith	31	F	02:26.0	73
13	Simon Rawlings	186	M	02:26.1	74
14	Katherine Anteney	91	F	02:27.2	75
1	Elizabeth Davey	41	F	02:27.3	76
6	Amanda Bell	120	F	02:28.3	77
11	Jo Hitchens	32	F	02:28.5	78
12	Lisa North	34	F	02:29.1	79
8	Asa Westerlund	149	F	02:29.3	80
10	Lucy Anderson	107	F	02:31.7	81
1	Phil Coombe	39	M	02:33.1	82

9	Clare Wookey	181	F	02:33.3	83
3	Sue Flewitt	77	F	02:33.6	84
6	Rafael Oya	46	M	02:34.0	85
7	Ruth Williamson	61	F	02:34.2	86
14	Suzanne Elam	116	F	02:34.8	87
11	Joanne O'Connor	177	F	02:35.0	88
2	Gareth Hooper	3	M	02:35.2	89
10	Mike Roberts	54	M	02:38.0	90
14	Katherine Short	69	F	02:38.1	91
8	Peter Bretan	140	M	02:39.4	92
1	Anthony Oliveri	58	M	02:39.5	93
13	Kareena Parkes	70	F	02:43.7	94
10	Tors Hamilton	78	F	02:44.5	95
7	Pamela Campbell	24	F	02:46.8	96
1	Penny Allard	10	F	02:48.6	97
7	Michael Greenslade	94	M	02:51.2	98
15	Gary Scott Lloyd	2	M	02:53.7	99
15	Peter Hartley	123	M	02:55.6	100
14	Particia Legg	73	F	02:56.1	101
1	Debbie Cox	6	F	02:56.2	102
7	Julie Dell	147	F	03:01.7	103
2	Karen Sandford	62	F	03:27.4	104
15	Tina Potter	18	F	03:50.3	105
6	Marie O'Regan	125	F	04:32.0	106

122m**Women**

Heat	Name	#	time	place
4	Caroline Saxon	156	01:29.3	1
4	Jade Perry	38	01:29.6	2
5	Sasha Wisdish	142	01:39.3	3
12	Amy Mellor	43	01:45.7	4
11	Di Heelas	111	01:46.0	5
5	Judith Charman	129	01:47.0	6
12	Gillian McAlister	85	01:48.4	7
5	Anita Goyos	128	01:48.5	8
2	Natalie Hills	171	01:52.3	9
8	Jess Blake	117	01:56.2	10
12	Hannah Jeffery	188	01:56.9	11
13	Kirstie Beechey	87	01:58.7	12
3	Michelle Leach	12	02:01.6	13
9	Nicola Court	152	02:02.6	14
15	Freya Anglin-Liiv	64	02:03.3	15
10	Claire Bustin	7	02:03.5	16
10	Iris Ashman	80	02:03.6	17
2	Hillary Lieschinb	90	02:04.8	18
12	Felicity Hey	137	02:06.5	19
15	Tracey Nichols	44	02:06.7	20
14	Sally Plum	92	02:07.9	21
12	Louise Perrin	28	02:08.1	22
12	Susan Douglas	35	02:09.9	23
8	Ellie Thomas	131	02:10.5	24
14	Karen Logan	187	02:10.8	25
1	Karen Saltwell	40	02:11.2	26
8	Sue Robinson	143	02:11.3	27
7	Alexandra Plummer	27	02:11.5	28
7	Gemma Burke	65	02:14.9	29
9	Ellen Cramoysan	168	02:17.0	30
1	Val Greenwood	5	02:18.0	31
14	Sam Plum	93	02:18.0	32
3	Dianne Hewetson	57	02:18.2	33
13	Jo Graham	118	02:18.2	34
11	Debbie Taylor	151	02:19.4	35
11	Jenny Sherwen	113	02:20.1	36
14	Laura Cook	102	02:25.3	37
2	Vicki Elson-Smith	31	02:26.0	38
14	Katherine Anteney	91	02:27.2	39

1	Elizabeth Davey	41	02:27.3	40
6	Amanda Bell	120	02:28.3	41
11	Jo Hitchens	32	02:28.5	42
12	Lisa North	34	02:29.1	43
8	Asa Westerlund	149	02:29.3	44
10	Lucy Anderson	107	02:31.7	45
9	Clare Wookey	181	02:33.3	46
3	Sue Flewitt	77	02:33.6	47
7	Ruth Williamson	61	02:34.2	48
14	Suzanne Elam	116	02:34.8	49
11	Joanne O'Connor	177	02:35.0	50
14	Katherine Short	69	02:38.1	51
13	Kareena Parkes	70	02:43.7	52
10	Tors Hamilton	78	02:44.5	53
7	Pamela Campbell	24	02:46.8	54
1	Penny Allard	10	02:48.6	55
14	Particia Legg	73	02:56.1	56
1	Debbie Cox	6	02:56.2	57
7	Julie Dell	147	03:01.7	58
2	Karen Sandford	62	03:27.4	59
15	Tina Potter	18	03:50.3	60
6	Marie O'Regan	125	04:32.0	61

122m**Men**

Heat	Name	#	time	place
4	Craig Holmes	48	01:26.0	1
4	Sam Swaby	169	01:30.5	2
4	Lea Ball	83	01:31.3	3
8	Derek Bissett	136	01:36.0	4
5	Paul Meyler	95	01:38.9	5
5	Stephen Gould	133	01:40.7	6
11	James Norton	182	01:41.6	7
4	Martin Ball	14	01:42.0	8
3	Nick Hungerford	52	01:43.7	9
5	Chris Trethewey	101	01:44.2	10
6	Ian Smith	99	01:47.2	11
3	Rory McPherson	1	01:47.3	12
6	Alex Lord	141	01:47.6	13
3	Dom Tinley	84	01:48.2	14
4	Mike Lawlor	146	01:49.3	15
8	Stuart Munday	104	01:50.9	16
9	Mark Guest	180	01:53.3	17
3	Tim Shattock	4	01:53.6	18
11	Justin Pitchford	36	01:54.5	19
4	Oliver Whelpton	11	01:55.5	20
11	Will Van der knapp	72	01:56.1	21
9	Arthur Irving	174	01:57.5	22
2	Daren Tiley	22	01:59.0	23
15	Asa Kitchener	63	02:00.0	24
5	Ben Hieatt-Smith	145	02:00.0	25
1	David Thompson	17	02:02.4	26
6	Jonathan Coe	82	02:05.3	27
5	Julian Herriott	60	02:08.0	28
13	Steve Lodge	9	02:11.8	29
6	Redy Redfern	132	02:11.9	30
10	Michael Gornall	51	02:16.4	31
2	Matthew Lea	100	02:17.8	32
6	Andrew Butler	59	02:22.0	33
8	Tony Baxter	170	02:24.4	34
9	Tim Sutton	150	02:25.6	35
13	Simon Rawlings	186	02:26.1	36
1	Phil Coombe	39	02:33.1	37
6	Rafael Oya	46	02:34.0	38
2	Gareth Hooper	3	02:35.2	39
10	Mike Roberts	54	02:38.0	40
8	Peter Bretan	140	02:39.4	41
1	Anthony Oliveri	58	02:39.5	42
7	Michael Greenslade	94	02:51.2	43
15	Gary Scott Lloyd	2	02:53.7	44
15	Peter Hartley	123	02:55.6	45

244m RESULTS**Overall**

Heat	Name	#	gende	time	place
5	Craig Holmes	48	M	03:12.6	1
5	Lea Ball	83	M	03:28.1	2
5	Tim Kendall	74	M	03:31.2	3
7	Sam Swaby	169	M	03:31.6	4
4	Laura Hardy	19	F	03:36.9	5
5	Nicki Murch	184	F	03:37.3	6
4	James Norton	182	M	03:43.2	7
5	Martin Ball	14	M	03:52.7	8
5	Mike Lawlor	146	M	03:55.8	9
5	Chris Trethewey	101	M	03:57.0	10
3	Nick Hungerford	52	M	03:58.2	11
10	Di Heelas	111	F	04:00.0	12
3	Dom Tinley	84	M	04:04.0	13
3	Rory McPherson	1	M	04:07.2	14
3	Tim Shattock	4	M	04:07.6	15
3	Philip Hodges	97	M	04:07.7	16
4	Sarah Liles	8	F	04:07.9	17
4	Oliver Whelpton	11	M	04:08.4	18
2	Jess Blake	117	F	04:09.2	19
10	Mick Hinde	155	M	04:11.9	20
9	Abi Tinker	158	F	04:11.9	21
11	Sue Lord	114	F	04:14.0	22
4	Julian Herriott	60	M	04:16.7	23
4	Ben Hieatt-Smith	145	M	04:25.9	24
1	Jonathan Coe	82	M	04:28.9	25
6	Iris Ashman	80	F	04:29.2	26
7	David Granger	49	M	04:30.4	27
8	Sarah Cummings	16	F	04:30.4	27
9	Sue Robinson	143	F	04:30.5	29
9	Susan Rutherford	134	F	04:31.8	30
9	Alexandra Plummer	27	F	04:32.1	31
7	Felicity Hey	137	F	04:34.5	32
6	Susan Douglas	35	F	04:35.3	33
7	Daren Tiley	22	M	04:37.5	34
6	Louise Perrin	28	F	04:38.2	35

8	Ian Satchwell	76	M	04:45.2	36
11	Asa Kitchener	63	M	04:45.9	37
10	Deborah Vine	33	F	04:47.1	38
1	Karen Saltwell	40	F	04:47.1	39
6	Redy Redfern	132	M	04:48.0	40
11	Justine Solomans	185	F	04:48.2	41
11	Alan Hunt	157	M	04:50.6	42
10	Ellen Cramoysan	168	F	04:52.9	43
11	Ellen Mason	163	F	04:59.4	44
1	Val Greenwood	5	F	05:02.0	45
7	Matthew Lea	100	M	05:02.2	46
3	Dianne Hewetson	57	F	05:03.3	47
1	Elizabeth Davey	41	F	05:03.4	48
10	eannie Farquharson-Robert	67	F	05:04.9	49
2	Nigel Stock	139	M	05:05.8	50
11	Michele Stokes-Sheldon	161	F	05:07.7	51
8	Jenny Sherwen	113	F	05:08.3	52
6	Amanda Bell	120	F	05:08.6	53
10	Victoria Wright	127	F	05:08.9	54
1	Andrew Butler	59	M	05:12.9	55
9	Katherine Anteney	91	F	05:13.3	56
6	Lisa North	34	F	05:15.2	57
9	Emma Vandore	164	F	05:15.8	58
9	Ruth Williamson	61	F	05:17.1	59
1	Phil Coombe	39	M	05:19.1	60
6	Lucy Anderson	107	F	05:22.8	61
7	Rafael Oya	46	M	05:22.8	62
3	Sue Flewitt	77	F	05:26.1	63
2	Gareth Hooper	3	M	05:27.8	64
7	Nic Harley	79	F	05:31.1	65
3	Keith Duncan	126	M	05:43.5	66
10	Clare Calder	26	F	05:50.8	67
8	Kerry Drewery	160	F	05:51.2	68
2	Shaun Crowley	109	M	05:51.9	69
1	Debbie Cox	6	F	06:01.7	70
2	John Jordon	124	M	06:05.2	71
7	Tors Hamilton	78	F	06:06.3	72
8	Paul Robbins	56	M	06:07.0	73

10	Peter Bretan	140	M	06:08.4	74
1	Penny Allard	10	F	06:10.0	75
4	Daniela Dumitrescu	159	F	06:13.2	76
9	Danielle Watson-Hill	86	F	06:20.0	77
11	Jane Hannon	15	F	06:22.3	78
11	Barbara Brown	53	F	06:38.5	79
2	Lucy Knight	138	F	06:44.1	80
6	Tina Potter	18	F	07:38.2	81
2	Sheena Ball	119	F	08:00.9	82
8	Anthony Oliveri	58	M	5:56.41 DQ	
8	Mike Roberts	54	M	5:40.8 DQ	
8	Tauni Lanier	98	F	4:46.27 DQ	
5	Jade Perry	38	F	3:12.51 DQ	

244m**Women**

Heat	Name	#	time	place
4	Laura Hardy	19	03:36.9	1
5	Nicki Murch	184	03:37.3	2
10	Di Heelas	111	04:00.0	3
4	Sarah Liles	8	04:07.9	4
2	Jess Blake	117	04:09.2	5
9	Abi Tinker	158	04:11.9	6
11	Sue Lord	114	04:14.0	7
6	Iris Ashman	80	04:29.2	8
8	Sarah Cummings	16	04:30.4	9
9	Sue Robinson	143	04:30.5	10
9	Susan Rutherford	134	04:31.8	11
9	Alexandra Plummer	27	04:32.1	12
7	Felicity Hey	137	04:34.5	13
6	Susan Douglas	35	04:35.3	14
6	Louise Perrin	28	04:38.2	15
10	Deborah Vine	33	04:47.1	16
1	Karen Saltwell	40	04:47.1	17
11	Justine Solomans	185	04:48.2	18
10	Ellen Cramoysan	168	04:52.9	19
11	Ellen Mason	163	04:59.4	20
1	Val Greenwood	5	05:02.0	21
3	Dianne Hewetson	57	05:03.3	22
1	Elizabeth Davey	41	05:03.4	23
10	annie Farquharson-Robe	67	05:04.9	24
11	Michele Stokes-Sheldon	161	05:07.7	25
8	Jenny Sherwen	113	05:08.3	26
6	Amanda Bell	120	05:08.6	27
10	Victoria Wright	127	05:08.9	28
9	Katherine Anteney	91	05:13.3	29
6	Lisa North	34	05:15.2	30

9	Emma Vandore	164	05:15.8	31
9	Ruth Williamson	61	05:17.1	32
6	Lucy Anderson	107	05:22.8	33
3	Sue Flewitt	77	05:26.1	34
7	Nic Harley	79	05:31.1	35
10	Clare Calder	26	05:50.8	36
8	Kerry Drewery	160	05:51.2	37
1	Debbie Cox	6	06:01.7	38
7	Tors Hamilton	78	06:06.3	39
1	Penny Allard	10	06:10.0	40
4	Daniela Dumitrescu	159	06:13.2	41
9	Danielle Watson-Hill	86	06:20.0	42
11	Jane Hannon	15	06:22.3	43
11	Barbara Brown	53	06:38.5	44
2	Lucy Knight	138	06:44.1	45
6	Tina Potter	18	07:38.2	46
2	Sheena Ball	119	08:00.9	47
8	Tauni Lanier	98	4:46.27 DQ	
5	Jade Perry	38	3:12.51 DQ	

244m**Men**

Heat	Name	#	time	place
5	Craig Holmes	48	03:12.6	1
5	Lea Ball	83	03:28.1	2
5	Tim Kendall	74	03:31.2	3
7	Sam Swaby	169	03:31.6	4
4	James Norton	182	03:43.2	5
5	Martin Ball	14	03:52.7	6
5	Mike Lawlor	146	03:55.8	7
5	Chris Trethewey	101	03:57.0	8
3	Nick Hungerford	52	03:58.2	9
3	Dom Tinley	84	04:04.0	10
3	Rory McPherson	1	04:07.2	11
3	Tim Shattock	4	04:07.6	12
3	Philip Hodges	97	04:07.7	13
4	Oliver Whelpton	11	04:08.4	14
10	Mick Hinde	155	04:11.9	15
4	Julian Herriott	60	04:16.7	16
4	Ben Heatt-Smith	145	04:25.9	17
1	Jonathan Coe	82	04:28.9	18
7	David Granger	49	04:30.4	19
7	Daren Tiley	22	04:37.5	20
8	Ian Satchwell	76	04:45.2	21
11	Asa Kitchener	63	04:45.9	22
6	Redy Redfern	132	04:48.0	23
11	Alan Hunt	157	04:50.6	24
7	Matthew Lea	100	05:02.2	25
2	Nigel Stock	139	05:05.8	26
1	Andrew Butler	59	05:12.9	27
1	Phil Coombe	39	05:19.1	28
7	Rafael Oya	46	05:22.8	29
2	Gareth Hooper	3	05:27.8	30

3	Keith Duncan	126	05:43.5	31
2	Shaun Crowley	109	05:51.9	32
2	John Jordon	124	06:05.2	33
8	Paul Robbens	56	06:07.0	34
10	Peter Bretan	140	06:08.4	35
8	Anthony Oliveri	58	5:56.41 DQ	
8	Mike Roberts	54	5:40.8 DQ	

Double after Dropper (DaD) results**Overall**

Heat	Name	#	gender	time	place
3	Caroline Saxon	156	F	03:10.4	1
1	Hannah Litchfield	112	F	03:24.7	2
3	Melanie Holland	21	F	03:24.9	3
3	Paul Meyler	95	M	03:26.3	4
3	Martin Ball	14	M	03:27.9	5
1	Alexia O'Mara	29	F	03:33.2	6
1	Rory McPherson	1	M	03:47.7	7
1	Tim Shattock	4	M	03:50.5	8
4	James Collins	55	M	03:51.8	9
1	Dom Tinley	84	M	03:52.0	10
6	David Granger	49	M	03:57.3	11
3	Oliver Whelpton	11	M	03:59.7	12
5	Ben Heatt-Smith	145	M	04:04.5	13
6	Malcolm Swarbric	166	M	04:06.7	14
3	Julian Herriott	60	M	04:06.9	15
2	Jonathan Coe	82	M	04:17.5	16
4	Hywel Davies	89	M	04:22.2	17
6	Louise Perrin	28	F	04:23.3	18
6	Mickey Tees	165	M	04:23.8	19
5	Susan Douglas	35	F	04:24.3	20
1	Redy Redfern	132	M	04:35.2	21
5	Annette Stewart	103	F	04:40.3	22
4	Matthew Lea	100	M	04:41.9	23
5	Lisa North	34	F	05:00.1	24
6	Keith Duncan	126	M	05:04.8	25
1	Gareth Hooper	3	M	05:09.0	26
2	Amanda Bell	120	F	05:13.0	27
4	Sue Flewitt	77	F	05:13.3	28
5	Mike Roberts	54	M	05:14.7	29
2	Peter Hartley	123	M	05:30.5	30

6	Stuart Handley	130	M	05:30.7	31
2	Debbie Cox	6	F	05:53.8	32
5	Patricia Legg	73	F	06:03.8	33
4	John Jordon	124	M	06:35.7	34
4	Danielle Watson-Hill	86	F	06:41.5	35
2	Fiona Bettles	71	F	07:54.8	36
2	Naomi Osborne	23	F	09:52.0	37
3	Sam Swaby	169	M	DNS	

Double After Dropper**Men**

Heat	Name	#	time	place
3	Paul Meyler	95	03:26.3	1
3	Martin Ball	14	03:27.9	2
1	Rory McPherson	1	03:47.7	3
1	Tim Shattock	4	03:50.5	4
4	James Collins	55	03:51.8	5
1	Dom Tinley	84	03:52.0	6
6	David Granger	49	03:57.3	7
3	Oliver Whelpton	11	03:59.7	8
5	Ben Hieatt-Smith	145	04:04.5	9
6	Malcolm Swarbric	166	04:06.7	10
3	Julian Herriott	60	04:06.9	11
2	Jonathan Coe	82	04:17.5	12
4	Hywel Davies	89	04:22.2	13
6	Mickey Tees	165	04:23.8	14
1	Redy Redfern	132	04:35.2	15
4	Matthew Lea	100	04:41.9	16
6	Keith Duncan	126	05:04.8	17
1	Gareth Hooper	3	05:09.0	18
5	Mike Roberts	54	05:14.7	19
2	Peter Hartley	123	05:30.5	20
6	Stuart Handley	130	05:30.7	21
4	John Jordon	124	06:35.7	22
3	Sam Swaby	169	DNS	

Double after Dropper**Women**

Heat	Name	#	time	place
3	Caroline Saxon	156	03:10.4	1
1	Hannah Litchfield	112	03:24.7	2
3	Melanie Holland	21	03:24.9	3
1	Alexia O'Mara	29	03:33.2	4
6	Louise Perrin	28	04:23.3	5
5	Susan Douglas	35	04:24.3	6
5	Annette Stewart	103	04:40.3	7
5	Lisa North	34	05:00.1	8
2	Amanda Bell	120	05:13.0	9
4	Sue Flewitt	77	05:13.3	10
2	Debbie Cox	6	05:53.8	11
5	Patricia Legg	73	06:03.8	12
4	Danielle Watson-Hill	86	06:41.5	13
2	Fiona Bettles	71	07:54.8	14
2	Naomi Osborne	23	09:52.0	15