

Rob	Lines	2225	37	5	2269	37	49	2246	37	26
Morena	Lironi	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tom	Littlewood	3147	52	27	3209	53	29	3177	52	57
Dave	Lovell	2792	46	32	2847	47	27	2819	46	59
stephen	Lowe	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Simone	Luciani	2101	35	1	2142	35	42	2121	35	21
Hannah	Luffman	3079	51	19	3140	52	20	3108	51	48
Susanna	Lutman	2948	49	8	3006	50	6	2976	49	36
Damian	Macenhill	2460	41	0	2508	41	48	2483	41	23
Justin	Macenhill...	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Daniel	Mackenzie	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Bill	Makuwa	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Dev	Malhotra	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Steve	Massey	2344	39	4	2390	39	50	2366	39	26
Taric	Matticks	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Helene	McCann	3628	60	28	3699	61	39	3662	61	2
Myles	McCarthy	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Neil	McDonough	3188	53	8	3251	54	11	3218	53	38
John	McGilvray	3109	51	49	3170	52	50	3139	52	19
Richard	Mernagh	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Mills	2057	34	17	2098	34	58	2077	34	37
Sarah	Milne	3502	58	22	3571	59	31	3535	58	55
Chris	Morton	2541	42	21	2591	43	11	2565	42	45
Bernie	Nelligan	2870	47	50	2927	48	47	2897	48	17
Rose	Nicoll	3717	61	57	3790	63	10	3752	62	32
Tyler	O'Callaghan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Richard	O'Connor	2973	49	33	3032	50	32	3001	50	1
Sam	O'Dongo	2528	42	8	2578	42	58	2552	42	32
John	O'Dowd	3495	58	15	3564	59	24	3528	58	48
Liz	Offor	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sam	Oliver	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
John	O'Mahony	2500	41	40	2549	42	29	2524	42	4
Michelle	Clarke	2754	45	54	2808	46	48	2780	46	20
Tony	Ostrowski	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Claire	Oyediran	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rotimi	Oyegunle	2898	48	18	2955	49	15	2926	48	46
Sweta	Pallavi	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Simon	Pannell	2486	41	26	2535	42	15	2510	41	50
Karen	Peake	3372	56	12	3438	57	18	3404	56	44
Ruth	Pearson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Geoff	Pennells	3033	50	33	3093	51	33	3062	51	2
Laura	Pennells	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
William	Pennells.	2843	47	23	2899	48	19	2870	47	50
Jo	Penny	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Andy	Perks	2344	39	4	2390	39	50	2366	39	26
Diane	Phillips	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jessica	Polya	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Matthew	Prior	3360	56	0	3426	57	6	3392	56	32
John	Punt	2519	41	59	2569	42	49	2543	42	23
Alan	Purchase	2707	45	7	2760	46	0	2733	45	33
Liam	Redmond	2415	40	15	2463	41	3	2438	40	38
Phil	Richards	3153	52	33	3215	53	35	3183	53	3
Sophie	Sachedina	3028	50	28	3088	51	28	3057	50	57
Beatrice	Schaer	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Kath	Selby	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Dennis	Seymour	3062	51	2	3122	52	2	3091	51	31
Lynn	Seymour	5665	94	25	5777	96	17	5719	95	19
Natalie	Seymour.	5267	87	47	5371	89	31	5317	88	37
Stacey	Seymour..	5289	88	9	5393	89	53	5339	88	59
Sonia	Shakespeare	2977	49	37	3036	50	36	3005	50	5
Dave	Shaw	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Clive	Simmonds	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Keith	Simpson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Michael	Smaldon	2763	46	3	2817	46	57	2789	46	29
Steve	Smith.	2786	46	26	2841	47	21	2812	46	52
Matthew	Smith.....	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Alistair	Smith.....	2897	48	17	2954	49	14	2925	48	45
Camilla	Smythe	3243	54	3	3307	55	7	3274	54	34
Jane	Sparks	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Karen	Speed	3285	54	45	3350	55	50	3316	55	16
Stephen	Starvis	2204	36	44	2247	37	27	2225	37	5
Juliet	Stevenson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mike	stewart	2344	39	4	2390	39	50	2366	39	26
Matt	Stone	2294	38	14	2339	38	59	2316	38	36

Carolyn	Storey	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Serena	Stracey	2514	41	54	2564	42	44	2538	42	18
Sarah	Sutherland	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jo	Sutton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Camilla	Talbot	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rachel	Tanner	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Richard	Tanner	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Emily	Tanner.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Laura	thomas	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Abhi	Toraskar	2741	45	41	2795	46	35	2767	46	7
Mick	Turner	2404	40	4	2451	40	51	2427	40	27
Lorraine	Turner	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Steve	Tyler	4405	73	25	4492	74	52	4447	74	7
Steph	Upton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Niamh	Vincent	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
David	Vinton	2625	43	45	2677	44	37	2650	44	10
Rachel	Vinton	2843	47	23	2899	48	19	2870	47	50
Laura	Walters	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jess	Watkins	3515	58	35	3584	59	44	3548	59	8
simon	webster	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Vanessa	Wheeler	3595	59	55	3666	61	6	3629	60	29
Alison	Whitlock	2940	49	0	2998	49	58	2968	49	28
Zoe	Williams	2999	49	59	3058	50	58	3027	50	27
Greg	Williams.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jessica	Williams..	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Selena	Wong.	2964	49	24	3022	50	22	2992	49	52
Nicole	Woods	3251	54	11	3315	55	15	3282	54	42
Terry	Woods	2414	40	14	2462	41	2	2437	40	37
Darren	Woods.	2367	39	27	2414	40	14	2389	39	49