

Asisat	Lamina	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Becky	Laurence	2646	44	6	2686	44	46	2659	44	19		
Peter	Laurence	2596	43	16	2635	43	55	2609	43	29		
Richard	Lee-Smith	2641	44	1	2681	44	41	2654	44	14		
Victoria	Legge	4433	73	53	4499	74	59	4455	74	15		
Charlotte	Letchford	2816	46	56	2858	47	38	2830	47	10		
Elanor	Lim	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rachel	Lindley	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rob	Lines	2225	37	5	2258	37	38	2236	37	16		
Morena	Lironi	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tom	Littlewood	3375	56	15	3426	57	6	3391	56	31		
Dave	Lovell	2792	46	32	2834	47	14	2806	46	46		
Simone	Luciani	2101	35	1	2133	35	33	2111	35	11		
Damian	Macenhill	3046	50	46	3092	51	32	3061	51	1		
Justin	Macenhill...	2420	40	20	2456	40	56	2432	40	32		
Bill	Makuwa	2153	35	53	2185	36	25	2163	36	3		
Steve	Massey	2411	40	11	2447	40	47	2423	40	23		
Taric	Matticks	2419	40	19	2455	40	55	2431	40	31		
Helene	McCann	3628	60	28	3682	61	22	3646	60	46		
Myles	McCarthy	2931	48	51	2975	49	35	2945	49	5		
Neil	McDonough	3082	51	22	3128	52	8	3097	51	37		
Richard	Mernagh	3442	57	22	3494	58	14	3459	57	39		
Peter	Mills	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sarah	Milne	3502	58	22	3555	59	15	3519	58	39		
Chris	Morton	2537	42	17	2575	42	55	2549	42	29		
Bernie	Nelligan	2870	47	50	2913	48	33	2884	48	4		
Tyler	O'Callaghan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Richard	O'Connor	2973	49	33	3018	50	18	2987	49	47		
Sam	O'Dongo	2528	42	8	2566	42	46	2540	42	20		
John	O'Dowd	3378	56	18	3429	57	9	3394	56	34		
Liz	Offor	3197	53	17	3245	54	5	3213	53	33		
John	O'Mahony	2531	42	11	2569	42	49	2543	42	23		
Tony	Ostrowski	2747	45	47	2788	46	28	2760	46	0		
Claire	Oyediran	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rotimi	Oyegunle	2919	48	39	2963	49	23	2933	48	53		
Karen	Peake	3243	54	3	3292	54	52	3259	54	19		
Ruth	Pearson	3715	61	55	3771	62	51	3733	62	13		
Geoff	Pennells	3033	50	33	3078	51	18	3048	50	48		
Laura	Pennells	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
William	Pennells	3034	50	34	3080	51	20	3049	50	49		
Jo	Penny	3782	63	2	3839	63	59	3800	63	20		
Andy	Perks	2407	40	7	2443	40	43	2419	40	19		
Diane	Phillips	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
John	Punt	2513	41	53	2551	42	31	2525	42	5		
Alan	Purchase	2707	45	7	2748	45	48	2720	45	20		
Liam	Redmond	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Phil	Richards	3153	52	33	3200	53	20	3168	52	48		
Dennis	Seymour	3070	51	10	3116	51	56	3085	51	25		
Lynn	Seymour	4169	69	29	4232	70	32	4189	69	49		
Natalie	Seymour	3759	62	39	3815	63	35	3777	62	57		
Stacey	Seymour	5665	94	25	5750	95	50	5692	94	52		
Dave	Shaw	no 10K	n/a	n/a	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	n/a	n/a
Keith	Simpson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Michael	Smaldon	2763	46	3	2804	46	44	2776	46	16		
Steve	Smith	2633	43	53	2672	44	32	2646	44	6		
Matthew	Smith	2259	37	39	2293	38	13	2270	37	50		
Alistair	Smith	2595	43	15	2634	43	54	2608	43	28		
Stephen	Starvis	2204	36	44	2237	37	17	2215	36	55		
Juliet	Stevenson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mike	stewart	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Matt	Stone	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Carolyn	Storey	2778	46	18	2820	46	60	2791	46	31		
Serena	Stracey	2514	41	54	2552	42	32	2526	42	6		
Sarah	Sutherland	3804	63	24	3861	64	21	3822	63	42		
Jo	Sutton	2978	49	38	3023	50	23	2992	49	52		
Camilla	Talbot	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rachel	Tanner	3209	53	29	3257	54	17	3225	53	45		
Richard	Tanner	2793	46	33	2835	47	15	2807	46	47		
Emily	Tanner	3114	51	54	3161	52	41	3129	52	9		
Laura	thomas	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Abhi	Toraskar	2741	45	41	2782	46	22	2754	45	54		
Mick	Turner	2404	40	4	2440	40	40	2416	40	16		
steve	Tyler	4001	66	41	4061	67	41	4020	67	0		
Steph	Upton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Laura	Walters	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
simon	webster	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Vanessa	Wheeler	3628	60	28	3682	61	22	3646	60	46		
Alison	Whitlock	2940	49	0	2984	49	44	2954	49	14		
Greg	Williams	no 10K	n/a	n/a	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	n/a	n/a
Selena	Wong	2973	49	33	3018	50	18	2987	49	47		
Nicole	Woods	3008	50	8	3053	50	53	3023	50	23		
Darren	Woods	2476	41	16	2513	41	53	2488	41	28		
Daniel	Barron	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Joanne	Fiddock	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Chloe	Forster-Colem	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Chloe	Howell	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Corinne	Carr	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Colin	Cotton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Michelle	Klein	no 10K	n/a	n/a	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	n/a	n/a
Beatrice	Schaer	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Chris	Chinnock	2531	42	11	2569	42	49	2543	42	23		
Tony	Flowers	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
stephen	Lowe	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mick	George	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Susanna	Lutman	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Anthony	Keller	3472	57	52	3524	58	44	3489	58	9		
Rose	Nicoll	3717	61	57	3773	62	53	3735	62	15		
Natalie	Baynes	3861	64	21	3919	65	19	3880	64	40		

Tom	Gillespie	ino 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
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