

Tom	Lawson	2283	38	3	5194	86	34	5142	85	42
Richard	Lee-Smith	2549	42	29	5799	96	39	5741	95	41
Alex	Legge	3560	59	20	8099	134	59	8018	133	38
Victoria	Legge	4049	67	29	9211	153	31	9119	151	59
Charlotte	Letchford	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Elanor	Lim	no 10K	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
Rob	Lines	2303	38	23	5239	87	19	5187	86	27
Carl	Linkson	2914	48	34	6629	110	29	6563	109	23
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	7159	119	19	7088	118	8
Dave	Lovell	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
stephen	Lowe	2743	45	43	6240	104	0	6178	102	58
Simone	Luciani	2156	35	56	4905	81	45	4856	80	56
Hannah	Luffman	2564	42	44	5833	97	13	5775	96	15
Susanna	Lutman	2814	46	54	6402	106	42	6338	105	38
Damian	Macenhill	2460	41	0	5597	93	17	5541	92	21
Justin	Macenhill...	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
Steve	Massey	2344	39	4	5333	88	53	5279	87	59
Taric	Matticks	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Helene	McCann	3726	62	6	8477	141	17	8392	139	52
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	7253	120	53	7180	119	40
John	McGilvray	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Richard	Mernagh	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Mills	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sarah	Milne	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Chris	Morton	2550	42	30	5801	96	41	5743	95	43
Bernie	Nelligan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rose	Nicoll	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tyler	O'Callaghan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Richard	O'Connor	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sam	O'Dongo	2594	43	14	5901	98	21	5842	97	22
John	O'Dowd	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Liz	Offor	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tatsuya	Okamoto	2166	36	6	4928	82	8	4878	81	18
John	O'Mahony	2532	42	12	5760	96	0	5703	95	3
Michelle	O'Mahony	2754	45	54	6265	104	25	6203	103	23
Matt	Ostrowski	2589	43	9	5890	98	10	5831	97	11
Tony	Ostrowski	2819	46	59	6413	106	53	6349	105	49
Claire	Oyediran	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rotimi	Oyegunle	2836	47	16	6452	107	32	6387	106	27
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	5656	94	16	5599	93	19
Karen	Peake	3372	56	12	7671	127	51	7595	126	35
Ruth	Pearson	3284	54	44	7471	124	31	7396	123	16
Laura	Pennells	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Geoff	Pennells	3321	55	21	7555	125	55	7480	124	40
William	Pennells.	2843	47	23	6468	107	48	6403	106	43
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	5333	88	53	5279	87	59
Diane	Phillips	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Andrew	Pickering	2456	40	56	5587	93	7	5532	92	12
Jessica	Polya	3084	51	24	7016	116	56	6946	115	46
Matthew	Prior	3360	56	0	7644	127	24	7568	126	8
John	Punt	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Alan	Purchase	2712	45	12	6170	102	50	6108	101	48
Liam	Redmond	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Phil	Richards	2769	46	9	6299	104	59	6236	103	56
Jo	Riches	3285	54	45	7473	124	33	7399	123	19
Sophie	Sachedina	3028	50	28	6889	114	49	6820	113	40
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	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Lynn	Seymour	4176	69	36	9500	158	20	9405	156	45
Natalie	Seymour.	5011	83	31	11400	190	0	11286	188	6
Stacey	Seymour..	5013	83	33	11405	190	5	11291	188	11
Sonia	Shakespeare	2977	49	37	6773	112	53	6705	111	45
Dave	Shaw	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Shew	3433	57	13	7810	130	10	7732	128	52
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	3205	53	25	7291	121	31	7218	120	18

Steve	Smith.	2786	46	26	6338	105	38	6275	104	35
Matthew	Smith.....	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Alistair	Smith.....	2668	44	28	6070	101	10	6009	100	9
Camilla	Smythe	3243	54	3	7377.825	122	58	7304.047	121	44
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	7473.375	124	33	7398.641	123	19
Stephen	Starvis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Juliet	Stevenson	no 10K	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
Matt	Stone	2293	38	13	5216.575	86	57	5164.409	86	4
Carolyn	Storey	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Serena	Stracey	2664	44	24	6060.6	101	1	5999.994	99	60
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	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mick	Turner	2444	40	44	5560.1	92	40	5504.499	91	44
steve	Tyler	4269	71	9	9711.975	161	52	9614.855	160	15
Steph	Upton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Niamh	Vincent	2659	44	19	6049.225	100	49	5988.733	99	49
David	Vinton	2390	39	50	5437.25	90	37	5382.878	89	43
Rachel	Vinton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Wackenier	2757	45	57	6272.175	104	32	6209.453	103	29
Laura	Walters	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jess	Watkins	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mark	Watson	3022	50	22	6875.05	114	35	6806.3	113	26
simon	webster	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Vanessa	Wheeler	3562	59	22	8103.55	135	4	8022.515	133	43
Alison	Whitlock	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Zoe	Williams	2999	49	59	6822.725	113	43	6754.498	112	34
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
Des	Wollaston	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Selena	Wong.	2961	49	21	6736.275	112	16	6668.912	111	9
Terry	Woods	2414	40	14	5491.85	91	32	5436.932	90	37
Nicole	Woods	3307	55	7	7523.425	125	23	7448.191	124	8
Darren	Woods.	2367	39	27	5384.925	89	45	5331.076	88	51