

Andrew Smith	5k	16.56	M45	84.55%		
Andrew Smith	10k	35.38	M45	81.57%	246.58%	Gold
Andrew Smith	10mile	58.41	M45	80.46%		
Andy Hall	10mile	80.43	M50	63.16%		
Andy Hall	10k	43.4	M50	71.46%	207.60%	Gold
Andy Hall	5k	20.51	M50	72.98%		
Donald Kennedy	5k	19.52	M60	80.37%		
Donald Kennedy	10mile	1.13.36	M60	73.19%	235.73%	Gold
Donald Kennedy	10k	39.55	M60	82.17%		
Mark Hall	10k	36.45	M65	93.56%		
Mark Hall	10mile	62.49	M65	89.97%	276.72%	Gold
Mark Hall	5k	17.52	M65	93.19%		
David I'Anson	10K	40.13	M65	87.15%		
David I'Anson	10mile	1.05.26	M65	88.13%	262.88%	Silver
David I'Anson	5k	19.21	M65	87.60%		
David Marsh	10k	40.53	M65	84.10%		
David Marsh	10mile	1.11.25	M65	79.14%	248.77%	Bronze
David Marsh	5k	19.28	M65	85.53%		
Brian Wright	10k	44.58	M70	81.32%		
Brian Wright	10mile	1.17.58	M70	77.13%	235.95%	Gold
Brian Wright	5k	22.49	M70	77.50%		
Brain Lucas	5k	23.55	M75	79.79%		
Brian Lucas	10k	50.32	M75	78.07%	239.06%	Gold
Brian Lucas	10mile	1.19.43	M75	81.20%		
Sarah Hibbert	10k	51.15	V55	72.94%		
Sarah Hibbert	10mile	1.25.43	V55	71.46%	217.70%	Gold
Sarah Hibbert	5k	24.44	V55	73.30%		
Sue Haslam	10k	44.43	V70	102.09%		
Sue Haslam	10mile	1.09.53	V70	107.20%	308.29%	Gold
Sue Haslam	5k	21.37	V70	99.00%		
Yvonne Twelvetree	10k	55.38	V70	86.13%		
Yvonne Twelvetree	10mile	1.36.59	V70	81.11%	250.90%	Silver
Yvonne Twelvetree	5k	26.43	V70	83.66%		
Pat Goodall	10k	1.04.15	V70	69.94%		
Pat Goodall	10mile	1.48.10	V70	68.17%	207.23%	Bronze
Pat Goodall	5k	30.33	V70	69.12%		

