

Râs Mynyddoedd 1000 Metr Cymru 2010

Welsh 1000 Metres Race 2010

Fell Race: Aber start

Amser Cychwyn / Start Time

09:25:00

Safle Position	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish	
1	84	Timothy Edward	Davies	M	Mercia Fell Runners	0:00:00	02:04	03:04	03:57:31
2	38	Sam	Smith	M		0:00:00	02:04	03:04	04:10:33
3	48	Flt Lt Neil	Talbott	M		0:00:00	02:14	03:22	04:29:47
4	50	Simon	Ellis	M40	Tattenhall	0:00:00	02:16	03:30	04:41:57
5	63	Matthew	Fortes	M	Eryri Harriers	0:00:00	02:18	03:30	04:43:45
6	43	Neal	Hockley	M	W.F.R.A	0:00:00	02:22	03:34	04:46:13
7	46	Dave	Powell	M40	Aberystwyth AC	0:00:00	02:23	03:35	04:50:04
8	71	Edward	Harmer	M40		0:00:00	02:22	03:38	04:53:12
9	21	Martin	Wilcock	M		0:00:00	02:23	03:40	04:54:25
10	23	Andrea	Roberts	L	Eryri Harriers	0:00:00	02:28	03:40	04:55:49
11	36	Richard Emlyn	Roberts	M40	Eryri Harriers	0:00:00	02:27	03:39	04:57:46
12	47	Colonel Phoebe	Webster	L	Aberystwyth AC	0:00:00	02:29	03:50	05:07:04
13	26	John	Harold	M40	Eryri Harriers	0:00:00	02:29	03:51	05:11:19
14	72	John	Syms	M	MDC	0:00:00	02:30	03:54	05:13:01
15	41	Gary	Porter Jones	M40	Eryri Harriers	0:00:00	02:33	03:51	05:14:32
16	59	Peter	Agnew	M40	Clwydianrange Runners	0:00:00	02:28	03:53	05:17:01
17	86	Harry	Longman	M		0:00:00	02:28	03:51	05:17:17
18	20	Adrian	Williams	M		0:00:00	02:28	03:50	05:19:32
19	28	Johann	Breytenbach	M	Stratford on Avon AC	0:00:00	02:36	03:54	05:26:30
20	62	Michael	Formby	M40	RAF	0:00:00	02:36	04:08	05:38:27
21	57	Jeremy	Williams	M50	Eryri Harriers	0:00:00	02:44	04:11	05:39:04
22	30	Noel	Hogan	M40	Newport and District RC	0:00:00	02:44	04:13	05:40:29
23	78	Paul	Chester	M		0:00:00	02:39	04:09	05:42:08
24	42	Adrian	Donnelly	M40		0:00:00	02:48	04:14	05:42:14
25	89	John	Taylor			0:00:00	00:00	04:13	05:42:39
26	67	Edwin	Williams	M40	Eryri Harriers	0:00:00	02:42	04:14	05:45:35
27	68	Mark	Agnew	M40	Mercia Fell Runners	0:00:00	02:44	04:10	05:47:28
28	88	Lliffon Arwyn	Foulkes	M		0:00:00	02:44	04:20	05:50:20
29	10	Martin	Thomersom	M		0:00:00	02:49	04:22	05:54:12
30	27	David	Malia	M40		0:00:00	02:46	04:17	05:54:16
31	58	Harri	Roberts	M40	Eryri Harriers	0:00:00	02:52	04:21	05:55:19
32	76	Clive	Edwards	M50		0:00:00	02:54	04:27	05:56:31
33	2	Paul	Jones	M		0:00:00	02:53	04:23	05:58:22
34	81	David	Gerrard	M	Fell Runners Association	0:00:00	03:00	04:33	05:58:28
35	66	Lt Jamie	Hall	M	Army RA	0:00:00	02:51	04:28	05:59:47
36	4	Joseph	Gale	M	Stragglers RC	0:00:00	02:52	04:27	06:00:39
37	45	Neil	Price	M		0:00:00	02:51	04:28	06:01:20
38	18	David	Bevan	M40	Saddleworth Runners	0:00:00	02:52	04:29	06:03:49
39	31	Mike	Symons	M40	Manchester YMCA Harriers	0:00:00	02:55	04:33	06:05:59
40	16	Nigel	Glaze	M40	Mercia Fell Runners	0:00:00	02:44	04:10	06:10:47
41	69	James Michael	Davis	M40	Clwydianrange Runners	0:00:00	03:01	04:39	06:13:54
42	39	Ben	Amesbury	M	Clwydianrange Runners	0:00:00	03:01	04:39	06:13:57
43	60	Edwin	Sherstone	M40	Southport Waterloo	0:00:00	02:49	04:33	06:14:03
44	80	Ashley	Wager	M40	Eryri Harriers	0:00:00	03:06	04:40	06:14:20
45	14	Mike	Hobday	M50	Mysteruns	0:00:00	03:04	04:45	06:14:43
46	37	Christopher	Wiley	M	Fleckney and Bosworth	0:00:00	03:01	04:54	06:16:22
47	83	Thomas	Bogaard	M40	Dutch Alpine Club	0:00:00	03:00	04:38	06:16:50
48	35	Carmen Louise	Anthony	L	SELOC	0:00:00	03:05	04:42	06:17:16
49	64	John	Humphries	M	Mysteruns	0:00:00	03:06	04:40	06:17:55
50	15	Andrew	Blackmore	M40	MDC	0:00:00	02:40	04:27	06:22:22
51	208	Chris	Barker	M		0:00:00	03:10	04:56	06:23:16
52	73	Ian Michael	Rothery	M50	Cybi Striders	0:00:00	03:04	04:43	06:24:50
53	210	David	Smart	M40		0:00:00	03:08	04:56	06:30:52
54	49	Yiannis	Tridimas	M60	Bowland FR	0:00:00	02:59	04:40	06:31:37
55	209	Harry	Burrows	M		0:00:00	03:10	04:57	06:34:04
56	53	Peter	Lester-Owen	M40	Mysteruns	0:00:00	03:10	04:54	06:35:42
57	13	Jeremy	Randell	M		0:00:00	03:00	04:57	06:44:41
58	34	Dave	Nichols	M50	Mercia Fell Runners	0:00:00	03:12	04:55	06:47:32
59	56	Simon	Alderdice	M40		0:00:00	03:11	05:02	06:47:47
60	5	Austin	Bowers	M		0:00:00	03:01	04:54	06:52:14
61	1	Nicholas	Jenkins	M	Ledbury Harriers	0:00:00	03:14	05:10	06:59:22

62	65	Alan	Taylor	M50	Mysteruns	0:00:00	03:11	05:10	07:01:04	
63	74	Lon	Hooson	M	Wreccsam Tri	0:00:00	03:04	05:02	07:07:05	
64	75	Shaun	O'Keefe	M40	Wreccsam Tri	0:00:00	03:04	05:02	07:07:10	
65	6	Paul	Feasey	M40		0:00:00	03:14	05:07	07:11:36	
66	40	Paul	Oldfield	M50	Clwydianrange Runners	0:00:00	03:24	05:20	07:22:11	
=	25	Jacky	Boutet	M40	Eryri Harriers	0:00:00	03:15	05:02	00:00:00	Rtd
=	70	Bernard	Corfe	M40		0:00:00	03:15	05:43	00:00:00	Rtd
=	11	Ian	Blakebrough	M50	Cheshire Hash House Harriers	0:00:00	03:35	05:40	00:00:00	Rtd
=	12	Trish	Chalk	L	Spirit of Monmouth	0:00:00	03:43	05:50	00:00:00	Rtd
=	87	Cpl Julian	Ratcliff	M		0:00:00	02:57	04:34	00:00:00	Rtd
=	55	David	Wilkinson	M	JSCSC Shrivenham	0:00:00	04:03	00:00	00:00:00	Rtd
=	82	Paul	Berkers	M40		0:00:00	04:11	00:00	00:00:00	Rtd
=	44	Matthew	Heywood	M		0:00:00	02:51	00:00	00:00:00	Rtd
=	85	Roland Wynn	Stafford		Mercia Fell Runners	0:00:00	02:36	00:00	00:00:00	Rtd
	54	James	McQueen	M40	Eryri Harriers	0:00:00	00:00	00:00	00:00:00	Rtd

Râs Mynyddoedd 1000 Metr Cymru 2010

Welsh 1000 Metres Race 2010

Mountaineers: Aber start

Amser Cychwyn / Start Time

08:00:00

Safle Position	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish	
1	113	Lawrence	Eccles	M	Penny Lane Striders	0:00:00	02:53	04:21	05:50:28	
2	102	Paul	Boakes	M40		0:00:00	03:13	04:54	06:37:49	
3	114	Andrew	Shelling	M		0:00:00	03:26	05:35	07:27:09	
4	128	Richard	Bridle	M40		0:00:00	03:31	05:40	07:36:19	
5	125	Flt Lt Tim	Mayes	M		0:00:00	03:23	05:35	07:56:55	
6	124	Luke	Mundy	M		0:00:00	03:38	05:52	07:58:43	
7	101	John	Gibson	M40		0:00:00	03:31	05:43	08:03:46	
8	115	Ian	Luke	M		0:00:00	03:42	05:46	08:16:14	
9	105	Neil Anthony	McAndrew	M40		0:00:00	04:04	06:08	08:17:48	
10	103	Ben	Welch	M		0:00:00	03:26	05:35	08:19:43	
11	119	Daniel	Norman	M		0:00:00	04:11	06:30	08:41:03	
12	118	Christopher	Edwards	M		0:00:00	04:11	06:30	08:42:37	
13	121	Geoffrey	Price	M60		0:00:00	04:20	06:28	08:53:58	
14	106	Stevven	Olive	M40		0:00:00	04:08	06:32	08:55:18	
15	130	Marianne	Taylor	L		0:00:00	04:28	06:54	09:03:06	
16	131	Rowland	Hughes	M60		0:00:00	04:27	06:54	09:03:11	
=	126	Emma	Watson	L		0:00:00	04:47	07:28	00:00:00	Rtd
=	129	Frazer	MacKay	M60		0:00:00	04:57	07:45	00:00:00	Rtd
=	120	Andrew	Bonnett	M		0:00:00	04:32	06:53	00:00:00	Rtd
=	127	Peter	Bassingthwaight	M		0:00:00	04:47	07:27	00:00:00	Rtd
=	116	David	Norman	M40		0:00:00	04:26	06:57	00:00:00	Rtd
=	123	Will	Potter	M40		0:00:00	04:25	07:06	00:00:00	Rtd
=	122	Nick	Kerry	M40		0:00:00	04:25	07:05	00:00:00	Rtd
=	117	Jason	Norman	M		0:00:00	04:26	06:58	00:00:00	Rtd
=	108	Andrew David	Wooderson	M40		0:00:00	03:46	06:00	00:00:00	Rtd
=	112	James	McAlpin	M		0:00:00	04:32	00:00	00:00:00	Rtd
=	109	Lt James	Ellen	M		0:00:00	05:17	00:00	00:00:00	Rtd
=	110	Mj Stuart	Ellen	M		0:00:00	05:17	00:00	00:00:00	Rtd

Râs Mynyddoedd 1000 Metr Cymru 2010

Welsh 1000 Metres Race 2010

Mountaineers: Early start

Amser Cychwyn / Start Time

07:35:00

Safe Position	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish	
1	176	Martin	Jones	M40		0:00:00	03:31	05:19	07:12:53	
2	187	Graham	Rogers	M50		0:00:00	04:01	05:57	07:54:59	
3	188	Yvonne	Prior	L50		0:00:00	04:03	06:03	07:58:36	
4	180	Andrew	Cox	M40		0:00:00	04:23	06:33	08:43:15	
5	177	Mike	Powell	M50	Mysteruns	0:00:00	04:48	07:27	09:14:42	
6	175	Barry	Hughes	M40		0:00:00	04:47	07:03	09:18:07	
7	172	Terry Robert	Lind	M50		0:00:00	04:47	07:06	09:22:21	
8	181	Flt Lt Dominic	Monaghan-Welsh			M	0:00:00	03:48	06:45	09:23:41
9	171	Scott	Cameron	M		0:00:00	03:48	06:45	09:49:04	
=	173	Peter	Potter	M50		0:00:00	04:47	07:13	00:00:00	Rtd
=	189	Richard	Borne	M40		0:00:00	04:01	06:23	00:00:00	Rtd
=	179	Malcom	Williams	M		0:00:00	04:23	07:02	00:00:00	Rtd
=	190	Hilary	Roderick	L40	Mysteruns	0:00:00	04:50	07:36	00:00:00	Rtd
=	184	Kathleen	Taylor	L		0:00:00	05:41	00:00	00:00:00	Rtd
=	185	Matthew	Evans	M		0:00:00	05:41	00:00	00:00:00	Rtd
=	186	Karen	Donaldson	L		0:00:00	04:46	00:00	00:00:00	Rtd

Râs Mynyddoedd 1000 Metr Cymru 2010

Welsh 1000 Metres Race 2010

Mountaineers: Ogwen start

Amser Cychwyn / Start Time

11:00:00

Safle Position	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish	
1	479	Capt	Turnbull	M50		0:00:00	00:00	01:02	02:17:21	
2	465	Dai	Richards	M40	Morfa Terriers	0:00:00	00:00	01:08	02:27:17	
3	475	Martin	Crossley	M		0:00:00	00:00	01:17	02:48:21	
4	472	David	Hall	M60	Gorphwysfa	0:00:00	00:00	01:21	02:50:19	
5	467	Alex	Johnson	M	Morfa Terriers	0:00:00	00:00	01:18	02:51:08	
6	456	Master Benson	Pocock	M J		0:00:00	00:00	01:29	03:03:02	
7	469	Ranulph	Jameson	M J		0:00:00	00:00	01:30	03:08:31	
8	480	LCpl	Mather	L		0:00:00	00:00	01:31	03:17:46	
9	470	Allan	Duggan	M50		0:00:00	00:00	01:31	03:26:42	
10	471	Roger	Jameson	M40		0:00:00	00:00	01:29	03:26:46	
11	451	Derek	Morgan	M50		0:00:00	00:00	01:35	03:27:00	
12	460	Ian	Owen	M40		0:00:00	00:00	01:42	03:36:03	
13	461	David	Jenns	M60		0:00:00	00:00	01:39	03:36:42	
14	458	Master Sebastian	Ralph	M J		0:00:00	00:00	01:34	03:36:59	
15	457	Duncan	Ralph	M40		0:00:00	00:00	01:34	03:37:05	
16	478	Alun	Roberts	M		0:00:00	00:00	01:40	03:39:46	
17	452	Mark	Warren	M40		0:00:00	00:00	01:35	03:49:55	
18	477	Christine	Middleton	L60	Gorphwysfa	0:00:00	00:00	02:04	04:12:22	
19	455	Martin Edward	Hughes	M40		0:00:00	00:00	01:54	04:12:53	
20	473	John	Middleton	M60	Gorphwysfa	0:00:00	00:00	01:51	04:26:32	
21	454	Julie	Bolton	L		0:00:00	00:00	02:20	04:55:00	
22	453	Christopher	Roberts	M50		0:00:00	00:00	02:20	04:57:04	
23	476	Gary	Carradice	M40		0:00:00	00:00	02:05	04:59:40	
24	462	Nick	Mcinerney	M40		0:00:00	00:00	02:04	05:15:39	
25	463	Nicholas James	Boatwright	M		0:00:00	00:00	02:05	05:15:43	
=	464	Dale John	Taft	M40		0:00:00	00:00	02:23	00:00:00	Rtd

Râs Mynyddoedd 1000 Metr Cymru 2010

Welsh 1000 Metres Race 2010

Runners: Ogwen start

Amser Cychwyn / Start Time

11:00:00

Safle Position	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish	
1	410	Paul	Jenkinson	M40	Eryri Harriers	0:00:00	00:00	00:49	01:50:24
2	429	Adam	Haynes	M50		0:00:00	00:00	00:52	01:50:31
3	430	Jenny	Heming	L	Eryri Harriers	0:00:00	00:00	00:53	01:58:10
4	433	Thomas	DeLuca	M40	Eryri Harriers	0:00:00	00:00	00:55	02:00:55
5	419	Arwel	Lewis	M50	Eryri Harriers	0:00:00	00:00	00:56	02:02:34
6	428	Trefor	Jones	M40	Eryri Harriers	0:00:00	00:00	00:57	02:03:39
7	421	Chris	Wilcox	M50	Clwydianrange Runners	0:00:00	00:00	00:57	02:05:20
8	422	David	McNeish	M	Southampton Uni TriA C	0:00:00	00:00	01:01	02:09:50
9	413	Stel	Farrar	L50	Eryri Harriers	0:00:00	00:00	01:03	02:14:34
10	414	Mike	Blake	M60	Eryri Harriers	0:00:00	00:00	00:59	02:15:31
11	432	Gwyn Arfon	Williams	M		0:00:00	00:00	00:49	02:18:54
12	431	Annie	Williams	L50	Eryri Harriers	0:00:00	00:00	01:04	02:22:52
13	407	Stephen	Cannons	M40		0:00:00	00:00	01:03	02:23:13
14	405	Alexandra	Fletcher	L	Eryri Harriers	0:00:00	00:00	01:03	02:25:43
15	435	Stephen	Middleton	M	Gorphwysfa	0:00:00	00:00	01:04	02:26:33
16	401	Christopher	Rogers	M40	Cambridge Harriers	0:00:00	00:00	01:06	02:29:56
17	418	Ellie	Salisbury	L40	Eryri Harriers	0:00:00	00:00	01:11	02:32:03
18	426	Christoph	Gertler	M	Eryri Harriers	0:00:00	00:00	01:18	02:36:34
19	412	Keith	Williams	M40		0:00:00	00:00	01:11	02:38:01
20	411	Joel	Springall	M		0:00:00	00:00	01:18	02:44:06
21	423	William	Wingfield	M		0:00:00	00:00	01:18	02:47:09
22	416	Alwyn	Williams	M	Eryri Harriers	0:00:00	00:00	01:17	02:49:24
23	425	Trevor Martyn	Atkinson	M50		0:00:00	00:00	01:20	02:49:55
24	417	Margaret Ann	Oliver	L60	Eryri Harriers	0:00:00	00:00	01:19	02:51:00
25	415	Ulrike	Breytenbach	L		0:00:00	00:00	01:23	02:53:04
26	420	Jim	Bennell	M50	Eryri Harriers	0:00:00	00:00	01:21	02:57:01
27	408	Emma	Sunnerton-Burl	L40		0:00:00	00:00	01:19	03:02:07
28	404	Deborah Nerys	John	L	Deeside OC	0:00:00	00:00	01:22	03:04:23
29	403	Stephen	Pilbeam	M50	Eryri Harriers	0:00:00	00:00	01:20	03:05:54
30	406	Paul Atwill	Waldron	M40		0:00:00	00:00	01:23	03:21:09
31	409	Bryan	Evans	M40		0:00:00	00:00	01:34	03:48:01
32	402	Andrew	Evans	M		0:00:00	00:00	01:31	04:03:06
33	434	Paul	Studd	M50		0:00:00	00:00	02:20	04:54:54
	427	Rebecca Jane	Law	L	Eryri Harriers	0:00:00	00:00	01:04	00:00:00 Rtd

Râs Mynyddoedd 1000 Metr Cymru 2010

Welsh 1000 Metres Race 2010

Team

Amser Cychwyn / Start Time

07:35:00

Safle Position	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish
1	233	Tom	Prytherch	M40	0:00:00	03:00	04:30	05:57:07
2	234	Neil	Coppack	M40	0:00:00	03:00	04:29	05:57:14
3	231	Robert David	Hind	M50	0:00:00	03:00	04:30	05:57:17
4	235	Steve	Bush	M50	0:00:00	03:12	05:01	06:17:25
5	358	LCpl	Jacklin	M	0:00:00	03:13	04:54	06:22:13
6	356	Cpl	Jiley	M	0:00:00	03:09	04:49	06:22:50
7	357	LCpl	Evangelista	M	0:00:00	03:09	04:48	06:28:13
8	236	Graham	Burns	M40	0:00:00	03:12	05:01	06:29:46
9	360	Cfn	MacGregor	M	0:00:00	03:13	04:53	06:37:09
10	355	SSgt	Thomas	M	0:00:00	03:09	04:49	06:39:26
11	359	Cfn	Stephenson	M	0:00:00	03:14	04:54	06:39:30
12	251	John William	Reynolds	M	0:00:00	03:27	05:20	06:47:39
13	252	Pete	Hogkins	M	0:00:00	03:27	05:20	06:59:39
14	362	LCpl	Keegan	M	0:00:00	03:34	05:24	07:11:45
15	361	Sgt	McLeod	M	0:00:00	03:34	05:24	07:11:59
16	237	Dave	Smith	M40	0:00:00	03:13	05:01	07:13:18
17	292	Capt	Mann	M	0:00:00	03:29	05:46	07:31:00
18	363	Cfn	Jamison	M	0:00:00	03:34	05:25	07:31:08
19	294	Pte	Thapa	M	0:00:00	03:29	05:46	07:38:27
20	306	WO2	Mathers	M	0:00:00	03:48	05:45	07:45:38
21	304	WO1	Martin	M40	0:00:00	03:48	05:45	07:45:41
22	305	WO1	Hazell	M	0:00:00	03:48	05:45	07:48:06
23	227	Mike	Graham	M40	0:00:00	03:57	06:17	07:48:51
24	229	Dominic	Charles	M40	0:00:00	03:58	06:17	07:48:55
25	228	John	Sullivan	M40	0:00:00	03:58	06:17	07:50:02
26	322	Gnr	Payne	M	0:00:00	04:05	06:24	07:50:51
27	303	Capt	Mellor	M40	0:00:00	03:48	05:45	07:51:46
28	326	Sgt	Thompson	M	0:00:00	03:42	06:01	07:55:04
29	327	Sgt	Cunliffe	M	0:00:00	03:42	06:01	07:55:15
30	325	Sgt	Hobson	M	0:00:00	03:41	06:01	07:55:44
31	298	Cpl	Hampson	M	0:00:00	03:28	06:00	07:57:47
32	293	Cpl	Longden	M	0:00:00	03:29	05:48	08:03:24
33	350	Cpl	Anderson	M	0:00:00	03:42	06:05	08:13:27
34	297	Cpl	Baron	M	0:00:00	03:28	06:00	08:13:58
35	349	Cpl	Kirkham	M	0:00:00	03:42	06:05	08:14:44
36	348	Cfn	Lewis	M	0:00:00	03:43	06:06	08:16:01
37	347	Cpl	Dobson	M40	0:00:00	03:44	06:06	08:16:06
38	328	Sgt	Perry	M	0:00:00	03:42	06:02	08:17:46
39	296	Lt	Hurt	M	0:00:00	03:27	05:59	08:21:45
40	337	Cpl	Bray	M	0:00:00	04:08	06:18	08:25:58
41	338	AirTpr	Jarvis	M	0:00:00	04:07	06:18	08:26:00
42	230	Nick	Coyle	M40	0:00:00	03:58	06:17	08:26:05
43	339	AirTpr	Fielding	M	0:00:00	04:08	06:18	08:27:36
44	318	Gnr	Chappell	M	0:00:00	04:05	06:53	08:27:44
45	368	Cpl	Parker	M	0:00:00	04:05	06:40	08:29:52
46	221	Steve	Harris	M50	0:00:00	04:14	06:06	08:31:07
47	365	Sgt Lee	Hall	M	0:00:00	04:07	06:18	08:33:06
48	364	2LT Tobias	Stride	M	0:00:00	04:09	06:18	08:33:44
49	366	LCpl Daniel	Lewis	M	0:00:00	04:07	06:18	08:33:50
50	302	Cfn	Fish	M	0:00:00	04:04	06:40	08:36:01
51	329	Lt	Horton	M	0:00:00	04:32	06:57	08:38:54
52	219	Royston	Silver	M50	0:00:00	04:15	06:08	08:41:26
53	276	Brett	Verth	M	0:00:00	04:19	06:53	08:42:39
54	220	Ken	Pudney	M50	0:00:00	04:15	06:25	08:44:26
55	331	AirTpr	Millen	M	0:00:00	04:31	06:57	08:44:51
56	300	LCpl	Wright	M	0:00:00	04:04	06:40	08:45:38
57	301	Cfn	King	M	0:00:00	04:04	06:40	08:45:56
58	319	Gnr	Harding	M	0:00:00	04:05	06:53	08:48:27
59	206	Gavin Charles	Poynton	M	0:00:00	04:32	06:50	08:48:34
60	369	LCpl	Jones	M	0:00:00	04:05	06:40	08:48:41
61	321	Gnr	Argent	M	0:00:00	04:05	06:25	08:49:58

62	332	AirTpr	Charlton	M	0:00:00	04:31	06:58	08:54:11	
63	207	Kevin	Beeton	M	0:00:00	04:32	06:50	09:01:03	
64	205	Patrick	Oakman	M40	0:00:00	04:32	06:50	09:01:47	
65	311	Flt LT	Nettleton	M	0:00:00	04:14	06:59	09:02:15	
66	264	Cpl	Gemmell	M	0:00:00	04:32	06:54	09:02:56	
67	266	LCpl	Owens	M	0:00:00	04:32	06:55	09:04:05	
68	267	CFN	Hillary	M	0:00:00	04:32	06:55	09:04:25	
69	216	Tom	Brindle	M	0:00:00	04:49	07:09	09:04:58	
70	336	AirTpr	Shaw	M	0:00:00	04:31	07:00	09:05:27	
71	334	Pte	Gimmer	M	0:00:00	04:31	06:56	09:05:48	
72	333	LCpl	Bruckshaw	M	0:00:00	04:32	06:57	09:06:47	
73	330	Cpl	French	M	0:00:00	04:32	07:02	09:08:46	
74	314	Spc Karl	Taylor	M	0:00:00	04:14	06:59	09:12:50	
75	312	Sgt	Jansz	M	0:00:00	04:14	06:59	09:15:19	
76	265	Cpl	Cressingham	M	0:00:00	04:32	06:55	09:16:16	
77	353	Cfn	Palmer	M	0:00:00	04:31	07:09	09:16:46	
78	317	Gnr	Whitlock	M	0:00:00	04:24	06:57	09:17:06	
79	260	Fl Lt R	Pike	M	0:00:00	04:28	06:59	09:17:21	
80	299	Cfn	Jones	M	0:00:00	03:27	06:00	09:18:12	
81	217	Sam	Banks	M	0:00:00	04:50	07:09	09:18:23	
82	316	WO2	Webber	M40	0:00:00	04:24	06:54	09:21:04	
83	218	Mick	O'Rourke	M50	0:00:00	04:49	07:09	09:21:10	
84	271	Shawn	Morgan	M	0:00:00	04:46	07:13	09:21:20	
85	320	Sgt	Keddilly	M	0:00:00	04:05	06:53	09:21:31	
86	351	Sgt	Taylor	M40	0:00:00	04:31	07:09	09:22:37	
87	203	Owen	Palmer	M	0:00:00	04:42	07:11	09:22:51	
88	270	Andrew	Yeomans	M	0:00:00	04:46	07:13	09:22:57	
89	277	Peter	Cunningham	M	0:00:00	04:19	06:55	09:23:04	
90	202	Alexr	Russell	M40	0:00:00	04:42	07:11	09:23:10	
91	354	LCpl	Smith	M	0:00:00	04:31	07:09	09:23:15	
92	315	WO2	Mullen	M	0:00:00	04:24	06:54	09:26:05	
93	278	Greg	Rhodes	M	0:00:00	04:20	06:56	09:26:57	
94	261	WO1	Brooksbank	M40	0:00:00	04:28	06:59	09:28:17	
95	263	WO1	Hedley	M	0:00:00	04:29	07:04	09:28:22	
96	246	Joe	Web	M40	0:00:00	04:48	07:25	09:29:33	
97	244	Austin	Bell	M50	0:00:00	04:48	07:25	09:29:46	
98	213	Claire	O'Rourke	L	0:00:00	04:40	07:24	09:30:12	
99	243	Melanie	Williams	L40	0:00:00	04:54	07:25	09:30:34	
100	352	Cfn	Underwood	M	0:00:00	04:31	07:09	09:33:53	
=	335	Cpl	McGinnity	M	0:00:00	04:33	07:13	00:00:00	Rtd
=	340	AirTpr	Scott	M	0:00:00	04:08	06:18	00:00:00	Rtd
=	310	BDR	Reynolds	M	0:00:00	04:02	06:27	00:00:00	Rtd
=	309	BDR	Gordon	M	0:00:00	04:02	06:27	00:00:00	Rtd
=	371	Cpl	King	M	0:00:00	04:05	06:40	00:00:00	Rtd
=	211	Martin	O'Rourke	M40	0:00:00	04:41	07:26	00:00:00	Rtd
=	262	Sgt	Arthur	M	0:00:00	04:29	07:05	00:00:00	Rtd
=	268	Lt Alisdair	Wall	M	0:00:00	04:46	07:42	00:00:00	Rtd
=	249	Richard	Forde Roberts	M40	0:00:00	05:02	07:55	00:00:00	Rtd
=	307	BDR	Catt	M	0:00:00	04:02	06:27	00:00:00	Rtd
=	225	Malcolm	Instone	M	0:00:00	04:33	07:25	00:00:00	Rtd
=	212	Helen	O'Rourke	L	0:00:00	04:40	07:27	00:00:00	Rtd
=	214	Mr W	Neil	M40	0:00:00	04:41	07:26	00:00:00	Rtd
=	223	Mark	Evans	M	0:00:00	04:33	07:24	00:00:00	Rtd
=	250	Ken	Loneragan	M40	0:00:00	05:02	07:57	00:00:00	Rtd
=	224	Mark	Wusthoff	M	0:00:00	04:33	07:13	00:00:00	Rtd
=	248	Mike	Roberts	M40	0:00:00	05:02	07:55	00:00:00	Rtd
=	226	Simon	Harte	M	0:00:00	04:31	07:13	00:00:00	Rtd
=	245	Shelagh	Jones	L50	0:00:00	04:54	07:36	00:00:00	Rtd
=	247	Robert	Ryan	M40	0:00:00	05:02	07:54	00:00:00	Rtd
=	288	2Lt	Broad	M	0:00:00	05:06	00:00	00:00:00	Rtd
=	289	WO2	Allsop	M	0:00:00	05:06	00:00	00:00:00	Rtd
=	290	Cfn	Spencer	M	0:00:00	05:06	00:00	00:00:00	Rtd
=	239	Thomas	Cartwright	M	0:00:00	04:54	00:00	00:00:00	Rtd
=	240	Anne	Huxley	L	0:00:00	04:53	00:00	00:00:00	Rtd
=	242	Lizzy	Marlow	L	0:00:00	04:54	00:00	00:00:00	Rtd
=	215	Stuart	Davis	M40	0:00:00	04:50	00:00	00:00:00	Rtd
=	370	LCpl	Plumridge	M	0:00:00	04:04	00:00	00:00:00	Rtd

=	201	John	Anderson	M40	0:00:00	04:42	00:00	00:00:00	Rtd
=	367	Pte Carl	Holloway	M	0:00:00	04:09	00:00	00:00:00	Rtd
=	323	Pte	Tong	M	0:00:00	00:00	00:00	00:00:00	Rtd
=	346	Cfn	Dyson	M	0:00:00	00:00	00:00	00:00:00	Rtd