

Sheet1

Heat 1 – 7.00pm

Pos	BIB	NAME		A/G	CLOCK	- START	RESULT	PB
1	056	Richard Conder	M	V40	00:07:58	00:02:30	00:05:28	FT
2	019	Nigel Gorvett	M	V40	00:07:59	00:02:30	00:05:29	5.23
3	055	Matthew Price	M	V45	00:08:07	00:02:30	00:05:37	FT
4	095	Stu Ellis	M	V35	00:07:37	00:02:00	00:05:37	PB (15)
5	006	Robin Hall	M	V35	00:07:59	00:02:00	00:05:59	5.56
6	021	Katie Donaldson	F	V35	00:07:59	00:02:00	00:05:59	5.57
7	071	Carly Ellis	F	V35	00:07:59	00:02:00	00:05:59	PB (01)
8	044	Gary Weir	M	V45	00:08:00	00:02:00	00:06:00	5.37
9	093	Andy Pattison	M	V35	00:07:40	00:01:00	00:06:40	6.34
10	010	Rod Giles	M	V50	00:07:46	00:01:00	00:06:46	6.31
11	053	Michelle McDonough	F	V35	00:09:28	00:02:30	00:06:58	FT
12	032	John Laws	M	V65	00:07:14	00:00:00	00:07:14	7.01
13	023	Stephen Forster	M	V55	00:07:16	00:00:00	00:07:16	7.13
14	072	Jack Ellis	M	Jr8	00:10:04	00:02:30	00:07:34	7.29
15	066	Nina Henry	F	V50	00:10:13	00:02:30	00:07:43	7.30
16	073	Allan England	M	V50	00:10:19	00:02:30	00:07:49	PB (11)
17	004	Colin Brown	M	V50	00:07:49	00:00:00	00:07:49	7.17
18	001	Kevin Freeman	M	V65	00:08:12	00:00:00	00:08:12	7.09
19	051	Heather Gould	F	V60	00:10:27	00:02:00	00:08:27	FT
20	045	Emma Bennet	F	V35	00:10:36	00:02:00	00:08:36	8.17
21	039	Victoria James	F	SEN	00:10:55	00:02:00	00:08:55	8.52
22	060	Emma Oliver	F	V50	00:11:13	00:02:00	00:09:13	8.41
23	009	Katelyn Hall	F	Jr7	00:12:11	00:02:30	00:09:41	7.58
24	057	Ella Stobbart	F	Jr 10	00:10:01	00:00:00	00:10:01	FT
25	003	Clare Freeman	F	V60	00:12:05	00:02:00	00:10:05	9.39
26	058	Anna Ellis	F	Jr6	00:10:14	00:00:00	00:10:14	FT
27	002	Liz Freeman	F	V55	00:12:59	00:02:00	00:10:59	9.08