

Name	Number	Baseline	Time	Difference
Tom Yates	380	15:44.6	13:48.0	01:56.6
Ben Beard	328	14:45.0	13:08.4	01:36.6
Emma Riddell	324	15:01.2	13:26.6	01:34.6
Nathan Beard	364	18:24.0	16:56.0	01:28.0
Lee Wood	273	16:10.0	15:13.0	00:57.0
Kevin Ramsey	383	15:52.6	14:59.0	00:53.6
Kira Bowes	356	17:58.0	17:11.0	00:47.0
Paul McGoldrick	368	12:50.0	12:11.0	00:39.0
Sonia James	358	21:00.0	20:29.0	00:31.0
Justine Grove	365	18:24.6	17:48.0	00:36.6
Jack Johnson	357	14:00.0	13:42.0	00:18.0
Nikki Beech	348	13:15.1	13:00.0	00:15.1
Gavin Hughes	350	12:17.5	12:04.0	00:13.5
Peter Thomas	346	13:52.5	13:39.0	00:13.5
Joshua Hayton	359	13:53.0	13:40.0	00:13.0
Emma Thornton	379	18:30.0	18:20.4	00:09.6
Timothy Kizito	366	13:46.5	13:44.0	00:02.5
Kieran O'Sullivan	354	12:35.6	12:38.0	00:02.4
Stephen Ranford	268	17:03.5	17:06.0	00:02.5
Rich Buchanan	345	13:35.1	13:51.0	00:15.9
Mark McLachlan	347	18:30.0	18:58.0	00:28.0
Chris Cleaver	362	11:58.0	12:31.4	00:33.4
Michael Pinnock	382	17:00.0	17:28.0	00:28.0
James Houghton	381	16:49.6	17:44.0	00:54.4
Lisa Bowes	174	20:28.8	21:38.0	01:09.2
Paul Cornock	186	20:50.0	22:35.0	01:45.0
Steven Brough	363	23:00.0	28:00.0	05:00.0