

The East Coast 10K  
 Overall Finish List  
 October 23, 2011  
 Results By Mucky Races

The East Coast 10K

Place	Name	Team	Bib No
1	Kieran Clements		421
2	James Preston	Wymondham AC	241
3	Carl Prewer	Lowestoft Road Runners	298
4	Tim Topper	Norwich Road Runners	319
5	Neil Davison	Conac	228
6	Tony Robinson	Tri-Anglia	279
7	Fernando Silva		236
8	Piers Arnold		369
9	Robert Cheverton	Conac	244
10	Mark Clayton		208
11	Roddy McGregor	Norwich Road Runners	370
12	Stuart Smith	Norwich Road Runners	361
13	Ian Galt	Conac	284
14	Chris Yeates	Conac	235
15	Michael Eccles		425
16	Paul Whah	Lowestoft Road Runners	422
17	Spencer Goodall	Wymondham AC	57
18	Paul Muffett	North Norfolk Beach Runners	372
19	John Moore	Norfolk Gazelles	346
20	Steve Bates	Coltishall Jaguars	273
21	Steve Ely	Norwich Road Runners	335
22	Kyle Ella	Gydac	89
23	Ellie Matthews	Conac	305
24	John Walshaw	Conac	290
25	Adrian Waters	Norfolk Gazelles	77
26	Richard White	Wymondham AC	301
27	Ian Bailey		271
28	Mark Grubb	Norfolk Gazelles	170
29	Eddie Greenland	Wymondham AC	349
30	Jonathan Meadows	Lowestoft Road Runners	300
31	Mark Garrett	Norwich Road Runners	198
32	Will Law	Saxmundham Saxons	154
33	Richard Johnson		439
34	Ben Pledger		359
35	Andrew Vinsen	Wymondham AC	314
36	Daniel Tarr		331
37	John Christopher	North Norfolk Beach Runners	423
38	Philip Quantrill	GYRR	311
39	Tim Larke	Stowmarket Striders	6
40	Martin Yeomans	Norwich Road Runners	239
41	John Cox		398
42	Terry Epps	Wymondham AC	140
43	Stephen Hatton	Shropshire Shufflers	148
44	David Tandy	Norwich Road Runners	101
45	Tim Woods	Norfolk Gazelles	179
46	Zac Mace	Coltishall Jaguars	229
47	Amy Dungan	Wymondham AC	337
48	Matthew Frary	Norwich Road Runners	354
49	Ian Crutchley	Wymondham AC	329
50	Richard Flutter	Harwich Runners	107
51	Richard Blake	GYRR	275

52	Jack Gillick	Wymondham AC	391
53	Becky Schofield	Tri-Anglia	317
54	Jason Mountain	Wymondham AC	146
55	Matthew Moroz	Hearne Hill Harriers	72
56	Ken Bowman	Coltishall Jaguars	13
57	Carl Meen	Lowestoft Road Runners	32
58	Chris Arnold	Tri-Anglia	368
59	Paul Martin	Norwich Road Runners	352
60	Ben Snelling		326
61	Alexandra Smith	Norwich Road Runners	322
62	Michael Armes	Norwich Road Runners	430
63	Neil Tarbet		455
64	Matt Frary	Conac	451
65	Adrian Simmonds		103
66	Alex Tosh		440
67	Mark Betts	Norwich Road Runners	380
68	Marc Evans		19
69	Tim Groombridge	Waveney Valley AC	367
70	Chris Chorley	Bungay Black Dog	49
71	Marion McCall	Thetford AC	181
72	David Aldis	Conac	283
73	Matthew Buckoke	GYRR	258
74	Michael Hulme		24
75	Chris Meadows	City of London Ravens	242
76	Ben Churchman		234
77	Zep Ciaria	Coltishall Jaguars	136
78	Peter Bird	St Edmund Pacers	232
79	Peter Thompson	Norfolk Gazelles	338
80	Jonathon Comyn	Waveney Valley AC	81
81	Dave Jones		187
82	Sam Proctor		230
83	Mark Stone	GYRR	18
84	Paul Dennington		427
85	Phil Bamford	Conac	227
86	Jason Cole		442
87	Mark Tufts	Wymondham AC	12
88	Will Wright		159
89	Rod Bye	Coltishall Jaguars	280
90	David Tudge		424
91	Aime Hannant		408
92	Ashley Norton	Lowestoft Road Runners	447
93	Graham Coleman	Wymondham AC	435
94	Alan Fairs	Waveney Valley AC	217
95	Bill Kingaby	Waveney Valley AC	339
96	Craig Spurr		20
97	Jim Hayes	North Norfolk Beach Runners	9
98	Steven Elvin		223
99	Mark Nussey	Waveney Valley AC	117
100	David Egerton	Coltishall Jaguars	348
101	Chris Haylock	Lowestoft Road Runners	70
102	Stefan Rider	Tri-Anglia	139
103	Mark Goodwin	Felixstowe Road Runners	386
104	Raymond Lindsay	Norwich Road Runners	407
105	Shaun Conway		52
106	Simon Asher	Bungay Black Dog	133
107	Richard Collyer	Coltishall Jaguars	44
108	Jeremy Storr	Tri-Anglia	441
109	Sandra Roberts	Norfolk Gazelles	68

110	Mark Elflett	Lowestoft Road Runners	112
111	William Wilson		98
112	Paul Woodyatt	Conac	173
113	Thomas Lincoln-Kemp	Virgin Money AC	91
114	Allan McDuff		182
115	Paul Timms		426
116	Stephen Kenworthy		207
117	Darren Moore		168
118	Ian Riggs		310
119	Peter Downing		191
120	Angela Man	Conac	185
121	Richard Dye	Bungay Black Dog	137
122	Chris Mower		121
123	Kevan Pywell	Gydac	429
124	Lauren Buffini	Norwich Road Runners	334
125	Mark Saunders		248
126	Dale Hurren	Norwich Road Runners	420
127	Chris Yates		345
128	Lara Brown		162
129	Matt Ellis	Lowestoft Road Runners	309
130	Stuart Herring		78
131	Wayne Crowe		184
132	Andrew Shorthose		296
133	Paul Stevenson		197
134	Luke Plumridge		379
135	Laura Betts	Bungay Black Dog	211
136	Daniel Letchford		403
137	Samantha Epps	Wymondham AC	129
138	Luke Blackwell		250
139	Glenn Doy	Waveney Valley AC	375
140	Christopher Gay	Gydac	130
141	Douglas Hobson	Woodbridge Shufflers	186
142	Steve Gibbs	Waveney Valley AC	218
143	John Figiel		255
144	David Asker		246
145	Lawrence Dibden		83
146	Richard Boulter		277
147	Chris Hills		142
148	Sarah Vick	The Saxons	94
149	Paul Greensides		254
150	Bernard Brett		315
151	Dave Hutchinson		297
152	Simon Edye	Norwich Road Runners	428
153	Colin Lander	Southend AC	203
154	Christopher Stapleton	Bushfield Joggers	3
155	Mark Caddy		307
156	Joanne Jesney	Wymondham AC	14
157	Philip Semmence		183
158	Eddie Carman	North Norfolk Beach Runners	344
159	Hannah Halsey		282
160	Adrian Hunt		111
161	Jerry Fuller		190
162	Paul Minns		448
163	Colin O'Leary Jones		402
164	Wayne Freeman		199
165	Stephen Baker	Tri-Anglia	324
166	Phil Denby		220
167	Rob Osborne	North Norfolk Beach Runners	84

168	Paul Johnson		272
169	Hannah Proctor		221
170	Martin Hazell		1
171	Justin Campling		365
172	Simon Rampley		240
173	Ian Timms		437
174	Steve Cuiello	Wymondham AC	47
175	Colin Alford		46
176	Jeremy Walters		347
177	Bobbie Sauerfapf	Bungay Black Dog	48
178	Joanne Cox	Bungay Black Dog	399
179	Bruce Rayner	Bungay Black Dog	104
180	Russell Cox	Wymondham AC	209
181	Matt Hunn		210
182	Ben Gaskins		360
183	Matthew Shannon		249
184	Michael Smith	Wymondham AC	204
185	Matthew Davies		404
186	Andrew Ruff		405
187	Anna Moore	Tri-Anglia	169
188	Roger Hobson	Woodbridge Shufflers	196
189	Martin Simpson		412
190	David Bane		65
191	Melvin Hilsden		406
192	Simon Goldsmith		26
193	Dylan Thomas		69
194	Trevor Potter		259
195	Duncan Harrison		257
196	Graham Hardingham	Norfolk Gazelles	145
197	Glenn Ellis		155
198	Ian Barker		212
199	Vikki Bradley	Wymondham AC	147
200	Steve Avery	Tri-Anglia	123
201	Mick Staines	Castle Point Joggers	267
202	Steve Robinson		158
203	Shelley Smith	Lowestoft Road Runners	295
204	Paul Reynolds		100
205	Daniel Blackwell		216
206	Elayne Hilton	Lowestoft Road Runners	276
207	Dennis Bartram	Wymondham AC	157
208	John Hills	Huddersfield Road Runners	51
209	Mark Hunter		174
210	Nicholas Richardson		25
211	Tina Jordan		299
212	Roy Brown		76
213	Stuart Canwell		21
214	Nigel Gilham	Bungay Black Dog	201
215	Angie Bear	Wymondham AC	414
216	Victor Ling		438
217	John Tilbrook		54
218	Ivan Clarke		189
219	Toni George		188
220	Simon Smith		356
221	Diane Pamplin		357
222	Neal Goldsmith	Ipswich Jaffa	126
223	Carl Fawkes		389
224	Simon Proctor	Tri-Anglia	411
225	Robin Wilson	Bungay Black Dog	328

226	Richard High	Norwich Road Runners	432
227	Ellie Bye	Coltishall Jaguars	281
228	Donna Crake		219
229	Kathryn Mullis		66
230	David Mower	Waveney Valley AC	214
231	Steven Eastoe		321
232	Ernie George		152
233	Trevor Horrex	Norwich Road Runners	193
234	Nicholas Ford	Tri-Anglia	161
235	Mike Smith	Wymondham AC	260
236	Michael Quantrill		176
237	Shane Hurren		417
238	Russell Bell		382
239	Lucy Wright		34
240	Blaine Craddock		192
241	Susan Stirling	Wymondham AC	150
242	Terry Downing		99
243	Philip Neave	Bungay Black Dog	16
244	Krysia Smith	Coltishall Jaguars	38
245	Oliver Hurren		418
246	Susanna Moore		302
247	Alexander Jay		388
248	Keith Jay		323
249	Oliver McCormack		286
250	Clare Haynes	Tri-Anglia	59
251	Dianne Tilbrook		55
252	Patsy Bradley	Wymondham AC	33
253	Nicola Seeley		332
254	Mon Lee	Ipswich Jaffa	449
255	Jackie Harrop	Norfolk Gazelles	377
256	Andi Osborne	North Norfolk Beach Runners	85
257	Robert King		364
258	Michael Cole		409
259	Dave Kirk		225
260	Beverley-Jayne Rackham		35
261	James McCormack		396
262	William Delf		333
263	Bob Beattie	Norwich Road Runners	278
264	Karen Gedge	Bungay Black Dog	341
265	Dennis Simpson	Norwich Road Runners	262
266	Colin Close		252
267	Hayley Hooper		29
268	Emma Witheridge		37
269	Susan Fraser	Gydac	124
270	Jamie Poulson		374
271	Darren Chapman		351
272	Paula Lambert	Waveney Valley AC	118
273	Eric Williams		138
274	Howard Wilcox		263
275	Terence Dawson		88
276	Mark Eastoll		132
277	Eloise Calver	St Edmund Pacers	231
278	Andy Fuller		233
279	Kevin Blackwell	Norfolk Gazelles	215
280	Malcolm Ball	North Norfolk Beach Runners	247
281	Ian Starling		8
282	Matt Plummer		381
283	Mark Bobby		292

284	Graeme Kidd		56
285	Nicholas Morgan-Baker		312
286	Gill Woodhouse	Dereham Runners	177
287	Karen Robertson		80
288	Matthew Harrison		336
289	Jaap Hamelijnc		92
290	Nick Riches	Conac	238
291	Karen Alford		45
292	Nigel Bail		445
293	Robert Scarfe	Wymondham AC	353
294	Teresa Burdett		149
295	Carl Carter		224
296	Sharon Howell		171
297	Claire Bishop		291
298	Jane Stafford	Norwich Road Runners	350
299	Jennifer Pettman		373
300	David Drewitt	Gydac	413
301	Emily Harmon		243
302	Neil McDougal		456
303	Andrew Logan		163
304	Mark Garrod		251
305	Euan Ross		113
306	Martin Spilsted		340
307	Priscilla Davies		397
308	Kate McCabe		390
309	Anne Sinclair		178
310	Janette Palmer	Conac	90
311	Phillip Laurier	Lowestoft Road Runners	308
312	Sarah Ambrose	Conac	53
313	Louise Somner	Norfolk Gazelles	387
314	Gary Hall		122
315	Marie Ayers		108
316	Philip Ayers		109
317	Mark Durrant		71
318	Emily Blakesley	Conac	74
319	Glenn Hurren		419
320	Tom Warnes	Uk Netrunner	383
321	James Barrett		36
322	Gemma Francis		172
323	Sarah Howard		87
324	James Mace		86
325	David Pimlott	Waveney Valley AC	394
326	Janice Beckett		165
327	Tom Tacon		401
328	Suzannah Tacon		400
329	Tabatha Sims		31
330	Katy Lee		131
331	Mike Creasor	Norwich Road Runners	175
332	Steve Ward		202
333	Tony Britt	Uk Netrunner	371
334	Ed Proffitt		355
335	Peter Aldred		82
336	John England	Gydac	384
337	Robin Farrar	Bungay Black Dog	450
338	Stuart Smith	Waveney Valley AC	313
339	Kelvin Waters		253
340	John Bowen		96
341	Chris Tyrrell		287

342	Anne Sarbutt-King		453
343	Brian Smith		261
344	Karen Waters	Bungay Black Dog	105
345	Tamsin Desborough	Gydac	274
346	Craig Kelly		342
347	Amber LeMay		454
348	Martin Punchard		363
349	Graham Bloomfield		237
350	Sharon Armes	Norwich Road Runners	431
351	Stephen Lucas		416
352	Kevin Stockwell		415
353	Vicky Le Fur		180
354	Russell Bird	Norfolk Gazelles	285
355	Helen Beeson		410
356	Paul Brookes		144
357	Rebecca Durant	Coltishall Jaguars	288
358	Nadine Heseltine		265
359	Odette Goldsmith		443
360	Grainne Purvis		444
361	Susan Johnson		343
362	Fiona Wight		160
363	Matthew Reynolds		200
364	Wendy Larke	Wymondham AC	304
365	Ian Corns	Dudley Kingswinford	4
366	John Wray		156
367	Manda Timby		256
368	Claudia Fricke	Conac	115
369	Jenny Adams		306
370	Richard Verschoyle	Gydac	446
371	Barry Hipwell		22
372	Alan Bloomfield		95
373	Stephen Spencer		127
374	Gemma Spencer		128
375	Sally Hewitt	Wellingborough & District AC	433
376	Teresa Guyton		134
377	Chris Harris		194
378	Elaine Stone		264
379	Danielle Richmond		452
380	Marie Bunting		245
381	Rosalind Highet	Wymondham AC	151
382	Gordon Sime		5
383	Lynne Whiteley		17
384	Liz Douglas		294
385	Millie Bobby		293
386	Leslie Tufts		58
387	Caroline Lester	Bungay Black Dog	50
388	P Norris		395
389	Angela Mower	Waveney Valley AC	213
390	Charlotte Lowndes	Wimbledon Windmillers	135
391	Christine Warren	Norfolk Gazelles	366
392	Peter Warren	Conac	327
393	Louisa Walker		434
394	Jennifer Pallister		42
395	Louise Farrar		141
396	Trevor Potter		436
397	Keith Wilding		266
398	Lester Pearson		116
399	Karen Starling		7

400	Elaine Haggarty	Gydac	62
401	Dawn Clegg	Gydac	325
402	Frances Baker		376
403	Paula Stapleton	Bushfield Joggers	2
404	Sally Davies		269
405	Alwyn Davies		268
406	Michelle Davies		270
407	Sally Ann Protheroe	Lowestoft Road Runners	358
408	Linda Allen	Gydac	114
409	Rodney Freeburn	Wymondham AC	378
410	Heather Cowan		102
411	Brian Robson		67
412	Leon Nutman		222
413	Maureen England	Gydac	385
414	Leanne Prow		226
415	Nick Mills		106
416	Martin Archard		392
417	Carl Musgrave		393
418	Wendy Merfield	The Saxons	93
419	Louise Barrett		23

Age	Age Group	Place	Chip Time	Gun Time
17	***** M	0-19	31:41.4	31:42.2
22	1 M	20-39	33:45.6	33:46.2
41	1 M	40-44	34:03.8	34:04.9
40	2 M	40-44	34:20.7	34:21.4
42	3 M	40-44	34:58.9	34:59.6
31	2 M	20-39	35:32.3	35:33.8
54	1 M	50-54	35:37.7	35:38.8
22	3 M	20-39	35:43.6	35:44.4
55	1 M	55-59	35:53.3	35:54.1
35	4 M	20-39	36:08.4	36:09.5
43	4 M	40-44	36:13.0	36:15.6
33	5 M	20-39	36:23.8	36:24.8
23	6 M	20-39	36:45.2	36:46.1
29	7 M	20-39	36:50.8	36:53.1
31	8 M	20-39	36:56.2	36:57.7
18	1 M	0-19	36:58.9	37:02.3
43	5 M	40-44	37:11.9	37:14.8
53	2 M	50-54	37:31.0	37:32.1
51	3 M	50-54	37:34.8	37:36.4
39	9 M	20-39	37:40.2	37:41.5
40	6 M	40-44	37:45.4	37:47.0
16	2 M	0-19	37:48.3	37:49.3
26	***** F	20-34	37:50.7	37:52.1
42	7 M	40-44	38:09.8	38:12.1
44	8 M	40-44	38:17.4	38:18.5
51	4 M	50-54	38:17.8	38:19.2
39	10 M	20-39	38:25.2	38:28.2
27	11 M	20-39	38:29.8	38:34.8
46	1 M	45-49	38:35.0	38:37.6
34	12 M	20-39	38:39.2	38:41.2
48	2 M	45-49	38:42.3	38:43.2
24	13 M	20-39	38:40.2	38:44.7
35	14 M	20-39	38:56.9	39:02.6
21	15 M	20-39	39:01.7	39:03.8
32	16 M	20-39	39:13.4	39:15.8
34	17 M	20-39	39:24.8	39:29.7
47	3 M	45-49	39:28.3	39:31.1
37	18 M	20-39	39:36.5	39:38.2
38	19 M	20-39	39:40.8	39:48.8
60	1 M	60-64	39:51.6	39:53.7
41	9 M	40-44	39:52.4	39:55.1
57	2 M	55-59	39:54.5	39:58.0
49	4 M	45-49	40:01.3	40:06.5
41	10 M	40-44	40:05.3	40:07.8
49	5 M	45-49	40:12.3	40:16.0
38	20 M	20-39	40:14.9	40:18.5
29	1 F	20-34	40:17.0	40:20.3
38	21 M	20-39	40:20.8	40:22.8
46	6 M	45-49	40:25.3	40:29.4
44	11 M	40-44	40:38.1	40:40.1
61	2 M	60-64	40:38.7	40:41.8

23	22 M 20-39	40:45.4	40:48.5
30	2 F 20-34	40:52.1	40:54.2
29	23 M 20-39	41:00.8	41:05.0
35	24 M 20-39	41:15.8	41:17.0
64	3 M 60-64	41:16.1	41:20.0
35	25 M 20-39	41:17.3	41:20.9
56	3 M 55-59	41:28.7	41:32.0
34	26 M 20-39	41:33.8	41:36.1
40	12 M 40-44	41:32.0	41:38.8
36	1 F 35-39	41:46.5	41:48.3
46	7 M 45-49	41:47.9	41:55.6
35	27 M 20-39	41:56.6	42:01.8
42	13 M 40-44	42:02.1	42:05.0
42	14 M 40-44	41:43.9	42:05.6
40	15 M 40-44	42:01.2	42:07.1
39	28 M 20-39	42:05.6	42:13.0
32	29 M 20-39	42:12.0	42:13.8
45	8 M 45-49	42:15.0	42:21.8
48	9 M 45-49	42:18.7	42:24.6
42	1 F 40-44	42:26.3	42:29.0
61	4 M 60-64	42:28.7	42:33.8
37	30 M 20-39	42:28.7	42:34.6
37	31 M 20-39	42:44.3	42:52.7
31	32 M 20-39	42:54.4	43:00.3
27	33 M 20-39	42:51.7	43:05.4
44	16 M 40-44	43:01.7	43:06.2
38	34 M 20-39	43:00.9	43:07.1
55	4 M 55-59	43:12.1	43:18.3
27	35 M 20-39	43:16.7	43:20.4
32	36 M 20-39	43:15.9	43:23.7
22	37 M 20-39	43:13.0	43:26.0
39	38 M 20-39	43:27.2	43:33.8
47	10 M 45-49	43:33.7	43:36.2
59	5 M 55-59	43:41.3	43:45.8
30	39 M 20-39	43:37.3	43:47.0
43	17 M 40-44	43:43.4	43:47.6
32	40 M 20-39	43:37.7	43:50.6
50	5 M 50-54	43:47.4	43:51.7
36	41 M 20-39	43:34.7	43:52.7
33	3 F 20-34	43:50.1	43:55.7
30	42 M 20-39	43:51.0	44:00.2
49	11 M 45-49	43:58.5	44:03.9
43	18 M 40-44	44:00.8	44:04.6
59	6 M 55-59	44:06.7	44:14.6
34	43 M 20-39	44:09.8	44:17.2
65	1 M 65-99	44:13.6	44:18.5
48	12 M 45-49	44:16.0	44:19.2
42	19 M 40-44	44:14.2	44:20.3
45	13 M 45-49	44:15.9	44:21.8
39	44 M 20-39	44:16.0	44:25.3
39	45 M 20-39	44:22.5	44:26.9
39	46 M 20-39	44:24.0	44:27.0
56	7 M 55-59	44:31.1	44:34.4
48	14 M 45-49	44:26.9	44:36.7
32	47 M 20-39	44:33.9	44:41.9
43	20 M 40-44	44:41.2	44:46.7
35	48 M 20-39	44:34.6	44:51.2
47	1 F 45-49	44:47.1	44:52.5

47	15 M 45-49	44:45.9	44:54.1
36	49 M 20-39	44:47.9	44:57.2
50	6 M 50-54	44:54.3	44:58.7
44	21 M 40-44	44:50.9	44:59.4
40	22 M 40-44	44:48.0	45:01.9
34	50 M 20-39	44:58.2	45:03.0
43	23 M 40-44	44:56.6	45:03.0
37	51 M 20-39	44:57.0	45:05.7
39	52 M 20-39	44:51.1	45:06.1
59	8 M 55-59	45:09.0	45:09.0
41	2 F 40-44	45:07.3	45:22.2
50	7 M 50-54	45:09.6	45:22.2
36	53 M 20-39	45:21.0	45:28.6
51	8 M 50-54	45:22.5	45:32.6
33	4 F 20-34	45:29.6	45:34.7
44	24 M 40-44	45:21.1	45:36.1
53	9 M 50-54	45:35.7	45:38.1
39	54 M 20-39	45:32.3	45:39.5
28	5 F 20-34	45:33.2	45:40.7
39	55 M 20-39	45:35.8	45:44.9
46	16 M 45-49	45:44.2	45:46.3
44	25 M 40-44	45:40.3	45:55.7
38	56 M 20-39	45:56.2	46:07.9
44	26 M 40-44	46:01.4	46:10.8
24	57 M 20-39	45:53.0	46:11.4
29	6 F 20-34	46:05.1	46:15.5
38	58 M 20-39	46:00.7	46:16.7
26	7 F 20-34	46:04.4	46:17.6
28	59 M 20-39	46:12.2	46:19.1
55	9 M 55-59	46:10.6	46:19.7
48	17 M 45-49	46:03.4	46:20.8
23	60 M 20-39	46:15.6	46:23.4
47	18 M 45-49	46:11.8	46:25.9
45	19 M 45-49	46:07.1	46:28.7
27	61 M 20-39	46:10.3	46:28.8
23	62 M 20-39	46:28.6	46:39.0
48	20 M 45-49	46:23.6	46:39.8
34	63 M 20-39	46:42.0	46:43.3
42	3 F 40-44	46:41.8	46:46.0
40	27 M 40-44	46:27.4	46:48.2
44	28 M 40-44	46:41.4	46:53.2
40	29 M 40-44	46:41.6	46:55.3
59	10 M 55-59	46:46.8	46:58.7
52	10 M 50-54	46:54.7	47:02.9
61	5 M 60-64	46:56.7	47:04.1
22	64 M 20-39	46:59.7	47:07.4
39	2 F 35-39	47:03.6	47:08.2
35	65 M 20-39	47:09.1	47:14.6
44	30 M 40-44	47:06.8	47:19.7
26	8 F 20-34	47:20.5	47:21.5
58	11 M 55-59	47:16.6	47:24.4
38	66 M 20-39	47:16.9	47:26.2
46	21 M 45-49	47:14.7	47:26.7
49	22 M 45-49	47:21.3	47:28.6
52	11 M 50-54	47:14.7	47:31.1
47	23 M 45-49	47:19.8	47:31.7
36	67 M 20-39	47:13.9	47:34.9
51	12 M 50-54	47:21.2	47:36.9

44	31 M 40-44	47:21.1	47:37.4
22	9 F 20-34	47:27.1	47:40.3
44	32 M 40-44	47:42.4	47:43.2
34	68 M 20-39	47:29.1	47:46.2
31	69 M 20-39	47:29.4	47:46.6
36	70 M 20-39	47:42.6	47:47.8
42	33 M 40-44	47:39.5	47:52.8
48	24 M 45-49	47:39.0	47:53.4
44	34 M 40-44	47:47.0	47:55.3
52	1 F 50-54	47:47.9	47:58.1
40	4 F 40-44	47:45.5	47:58.3
52	13 M 50-54	47:46.2	48:04.0
45	25 M 45-49	47:55.3	48:05.2
41	35 M 40-44	47:55.9	48:06.1
26	71 M 20-39	47:57.3	48:08.4
32	72 M 20-39	48:07.8	48:09.3
65	2 M 65-99	47:59.2	48:10.2
40	36 M 40-44	48:09.1	48:21.3
35	73 M 20-39	48:20.3	48:27.7
36	3 F 35-39	48:12.4	48:28.0
66	3 M 65-99	48:26.5	48:34.3
33	74 M 20-39	48:29.4	48:40.1
47	26 M 45-49	48:19.3	48:40.7
26	75 M 20-39	48:37.6	48:41.3
38	76 M 20-39	48:27.9	48:42.1
34	77 M 20-39	48:32.4	48:47.9
58	12 M 55-59	48:49.1	48:53.9
36	78 M 20-39	48:54.0	48:54.0
51	14 M 50-54	48:44.1	48:55.2
40	37 M 40-44	48:36.9	48:57.1
25	79 M 20-39	48:49.4	48:59.1
27	10 F 20-34	48:47.8	48:59.2
44	38 M 40-44	49:03.4	49:10.5
64	6 M 60-64	49:00.1	49:12.9
47	27 M 45-49	48:58.6	49:13.3
24	11 F 20-34	48:59.9	49:19.7
50	15 M 50-54	49:05.7	49:20.7
29	80 M 20-39	49:02.8	49:24.6
44	5 F 40-44	49:06.7	49:26.4
61	7 M 60-64	49:17.6	49:27.6
63	8 M 60-64	49:25.7	49:29.7
46	28 M 45-49	49:12.7	49:31.4
30	81 M 20-39	49:19.1	49:31.4
31	12 F 20-34	49:20.8	49:31.7
53	16 M 50-54	49:07.5	49:33.1
36	82 M 20-39	49:13.7	49:33.9
58	13 M 55-59	49:29.3	49:40.9
54	2 F 50-54	49:32.3	49:42.8
37	83 M 20-39	49:30.7	49:45.3
69	4 M 65-99	49:35.8	49:46.4
51	17 M 50-54	49:33.8	49:48.4
37	4 F 35-39	49:38.2	49:52.8
36	84 M 20-39	49:36.0	49:53.3
61	1 F 60-99	49:51.1	49:56.4
34	85 M 20-39	49:41.9	49:56.6
38	86 M 20-39	49:48.4	49:57.4
50	18 M 50-54	49:43.9	49:58.0
57	14 M 55-59	49:53.4	50:08.4

40	39 M 40-44	50:03.1	50:21.3
23	13 F 20-34	50:15.3	50:23.3
33	14 F 20-34	50:14.3	50:27.9
40	6 F 40-44	50:23.6	50:30.2
57	15 M 55-59	50:22.8	50:30.6
40	40 M 40-44	50:04.7	50:32.4
54	19 M 50-54	50:22.8	50:35.3
51	20 M 50-54	50:22.1	50:36.4
38	87 M 20-39	50:35.1	50:41.7
69	5 M 65-99	50:29.6	50:42.4
42	41 M 40-44	50:21.8	50:43.4
47	29 M 45-49	50:37.4	50:47.1
39	88 M 20-39	50:41.8	50:50.6
22	15 F 20-34	50:28.2	50:50.8
40	42 M 40-44	50:38.8	50:54.0
46	2 F 45-49	50:42.7	50:56.3
57	16 M 55-59	50:49.1	50:57.2
63	9 M 60-64	50:58.9	51:10.8
35	5 F 35-39	51:00.0	51:12.2
28	89 M 20-39	51:13.8	51:23.1
28	16 F 20-34	51:17.4	51:29.8
19	3 M 0-19	51:34.5	51:36.9
54	21 M 50-54	51:33.6	51:37.0
24	90 M 20-39	51:13.8	51:39.9
34	17 F 20-34	51:25.2	51:41.8
59	1 F 55-59	51:34.6	51:45.2
51	3 F 50-54	51:35.2	51:46.6
23	18 F 20-34	51:44.0	51:52.4
54	22 M 50-54	51:39.5	51:54.1
49	3 F 45-49	51:44.7	52:07.7
57	2 F 55-59	51:53.6	52:10.6
36	91 M 20-39	51:57.1	52:13.2
31	92 M 20-39	52:00.8	52:21.5
44	43 M 40-44	52:12.7	52:29.9
51	4 F 50-54	52:19.5	52:41.1
22	93 M 20-39	52:18.2	52:44.3
52	23 M 50-54	52:31.6	52:45.3
64	10 M 60-64	52:25.1	52:45.8
46	4 F 45-49	52:30.4	52:49.4
51	24 M 50-54	52:29.7	52:50.1
44	44 M 40-44	52:42.5	52:50.1
39	6 F 35-39	52:36.3	52:51.8
25	19 F 20-34	52:45.9	52:52.9
52	5 F 50-54	52:36.4	52:53.7
27	94 M 20-39	52:37.2	52:56.8
37	95 M 20-39	52:50.3	53:08.0
43	7 F 40-44	53:00.0	53:13.7
61	11 M 60-64	52:58.6	53:19.9
55	17 M 55-59	53:13.4	53:22.1
60	12 M 60-64	53:07.4	53:24.0
36	96 M 20-39	53:09.6	53:24.1
44	8 F 40-44	53:10.7	53:24.2
40	45 M 40-44	53:16.7	53:26.6
53	25 M 50-54	53:03.1	53:27.2
78	6 M 65-99	53:17.7	53:34.3
39	97 M 20-39	53:18.2	53:39.8
29	98 M 20-39	53:23.2	53:43.8
47	30 M 45-49	53:28.6	53:48.5

40	46 M 40-44	54:05.0	54:13.7
44	47 M 40-44	54:10.8	54:29.6
63	2 F 60-99	54:29.2	54:38.2
51	6 F 50-54	54:27.0	54:41.8
35	99 M 20-39	54:26.1	54:43.1
47	31 M 45-49	54:27.9	54:49.8
49	32 M 45-49	54:26.3	54:51.9
48	5 F 45-49	54:34.5	54:53.4
44	48 M 40-44	54:48.3	54:56.0
58	18 M 55-59	54:43.0	54:56.6
40	9 F 40-44	54:45.7	54:57.5
40	49 M 40-44	54:40.1	54:57.7
43	10 F 40-44	54:44.8	55:00.4
34	20 F 20-34	54:55.0	55:02.0
45	6 F 45-49	54:43.6	55:06.5
28	21 F 20-34	54:56.8	55:16.9
61	13 M 60-64	54:53.3	55:18.5
37	7 F 35-39	55:09.3	55:30.5
47	33 M 45-49	55:33.0	55:33.0
49	34 M 45-49	55:09.4	55:35.7
51	26 M 50-54	55:14.5	55:38.7
48	35 M 45-49	55:21.4	55:44.9
39	100 M 20-39	55:35.9	55:47.0
40	11 F 40-44	55:37.2	55:50.2
38	8 F 35-39	55:30.4	55:50.8
54	7 F 50-54	55:34.4	55:54.7
47	7 F 45-49	55:41.4	55:57.1
62	14 M 60-64	56:00.1	56:04.0
46	8 F 45-49	55:43.6	56:06.0
40	12 F 40-44	55:43.3	56:06.6
30	101 M 20-39	56:07.3	56:21.9
41	13 F 40-44	56:05.5	56:29.0
43	50 M 40-44	56:05.3	56:29.1
48	36 M 45-49	56:11.9	56:33.1
26	22 F 20-34	56:19.3	56:35.2
57	19 M 55-59	56:28.9	56:38.6
32	102 M 20-39	56:21.0	56:39.4
40	51 M 40-44	56:13.5	56:40.9
34	23 F 20-34	56:32.2	56:46.4
35	9 F 35-39	56:35.1	56:46.9
62	15 M 60-64	56:35.3	56:47.3
63	16 M 60-64	56:30.8	56:50.1
37	10 F 35-39	56:25.9	56:51.5
36	103 M 20-39	56:26.2	56:51.9
36	11 F 35-39	56:26.7	56:52.1
43	14 F 40-44	56:32.0	56:53.0
34	24 F 20-34	56:51.7	57:10.5
73	7 M 65-99	57:04.3	57:17.2
51	27 M 50-54	57:07.6	57:23.0
55	20 M 55-59	57:05.7	57:24.2
38	104 M 20-39	57:07.8	57:25.7
36	105 M 20-39	57:08.9	57:29.4
64	17 M 60-64	57:06.8	57:32.0
69	8 M 65-99	57:35.6	57:52.6
54	28 M 50-54	57:38.2	57:55.8
58	21 M 55-59	57:41.1	57:58.6
49	37 M 45-49	57:50.8	58:00.1
27	106 M 20-39	57:41.0	58:05.8

51	8 F 50-54	57:40.1	58:07.0
52	29 M 50-54	57:57.8	58:10.6
42	15 F 40-44	58:03.6	58:21.5
17	1 F 0-19	58:24.0	58:29.8
49	38 M 45-49	58:10.4	58:32.5
38	12 F 35-39	58:16.1	58:43.0
44	52 M 40-44	58:31.0	58:48.3
31	107 M 20-39	58:27.5	58:51.7
42	16 F 40-44	58:29.3	58:52.5
54	30 M 50-54	58:33.7	58:55.4
28	108 M 20-39	58:34.4	58:55.4
39	13 F 35-39	58:33.6	58:58.4
50	31 M 50-54	58:41.7	59:04.9
46	9 F 45-49	58:40.7	59:06.3
35	109 M 20-39	58:49.6	59:08.4
59	3 F 55-59	59:04.3	59:16.4
37	14 F 35-39	59:05.8	59:20.9
45	10 F 45-49	59:15.1	59:21.2
42	17 F 40-44	59:15.2	59:21.5
50	9 F 50-54	59:02.1	59:23.1
40	18 F 40-44	59:42.2	59:55.6
29	110 M 20-39	59:47.1	59:58.7
46	11 F 45-49	59:45.7	1:00:00.1
43	53 M 40-44	59:51.1	1:00:05.3
46	39 M 45-49	59:51.2	1:00:12.0
36	15 F 35-39	1:00:00.9	1:00:22.9
38	16 F 35-39	1:00:10.8	1:00:33.6
24	25 F 20-34	1:00:21.2	1:00:36.1
69	9 M 65-99	1:00:15.4	1:00:38.6
52	32 M 50-54	1:00:11.2	1:00:39.2
51	33 M 50-54	1:00:25.1	1:00:40.5
53	34 M 50-54	1:00:19.7	1:00:42.0
28	26 F 20-34	1:00:19.5	1:00:42.6
58	4 F 55-59	1:00:25.4	1:00:47.3
52	10 F 50-54	1:00:30.3	1:00:50.7
58	22 M 55-59	1:00:28.4	1:00:54.3
52	11 F 50-54	1:01:07.6	1:01:16.3
33	27 F 20-34	1:01:04.7	1:01:31.6
35	17 F 35-39	1:01:27.7	1:01:55.3
23	28 F 20-34	1:02:06.2	1:02:24.6
52	35 M 50-54	1:02:27.1	1:02:31.5
49	12 F 45-49	1:02:21.3	1:02:39.4
26	29 F 20-34	1:02:56.1	1:03:09.2
47	13 F 45-49	1:03:06.5	1:03:25.3
47	40 M 45-49	1:03:27.0	1:03:36.6
37	18 F 35-39	1:03:22.6	1:03:45.5
53	36 M 50-54	1:03:27.7	1:03:47.0
57	5 F 55-59	1:03:46.0	1:03:55.4
35	19 F 35-39	1:03:48.6	1:04:00.6
55	6 F 55-59	1:03:56.2	1:04:15.5
55	23 M 55-59	1:04:15.8	1:04:35.4
39	20 F 35-39	1:04:20.0	1:04:47.0
22	30 F 20-34	1:04:44.1	1:04:51.3
42	19 F 40-44	1:05:18.0	1:05:42.1
56	24 M 55-59	1:05:43.2	1:05:43.2
69	10 M 65-99	1:05:26.2	1:05:52.5
71	11 M 65-99	1:05:30.5	1:05:53.4
39	21 F 35-39	1:05:41.3	1:06:03.7

55	7 F 55-59	1:05:45.1	1:06:08.6
54	12 F 50-54	1:05:45.0	1:06:08.9
40	20 F 40-44	1:06:19.7	1:06:47.3
54	13 F 50-54	1:06:35.7	1:06:56.3
59	8 F 55-59	1:06:42.8	1:07:06.6
63	18 M 60-64	1:06:43.5	1:07:07.0
32	31 F 20-34	1:06:43.4	1:07:07.2
53	14 F 50-54	1:06:43.7	1:07:08.6
61	3 F 60-99	1:06:59.0	1:07:23.6
73	12 M 65-99	1:07:45.6	1:08:14.8
34	32 F 20-34	1:08:00.5	1:08:19.9
46	41 M 45-49	1:08:08.5	1:08:28.2
33	111 M 20-39	1:08:20.3	1:08:40.1
67	4 F 60-99	1:08:23.5	1:08:47.8
25	33 F 20-34	1:11:38.3	1:11:46.3
29	112 M 20-39	1:11:39.8	1:11:47.7
39	113 M 20-39	1:13:10.8	1:13:35.7
30	114 M 20-39	1:13:11.5	1:13:35.8
70	5 F 60-99	1:17:43.9	1:18:08.4
40	21 F 40-44	1:18:25.3	1:18:53.3