

# Chingford League Hog Hill

6th December 2020

## 4 COVID Wave Start Races re-ordered to real time order

will be combined and separated into men and women before Christmas

Race 1						Finish Time	Real Time
1	2	Alex	Richards	SM	IL	00:16:51	00:16:51
2	5	Charlie	Bruce	M40	TP	00:16:54	00:16:54
3	3	Tom	Gardner	SM	IL	00:17:00	00:17:00
4	6	Raul	Perez-Simmons	SM	TP	00:17:15	00:17:15
5	4	Jim	Arrowsmith	M40	TP	00:17:18	00:17:18
6	14	Luke	Barker	SM	TP	00:18:13	00:17:43
7	7	Rhys	Edwards	SM	IL	00:17:45	00:17:45
8	21	Christophe	King	SM	HW	00:18:17	00:17:47
9	16	Gary	Coombes	M40	IL	00:18:32	00:18:02
10	135	Jack	Nixon	SM	BR	00:19:47	00:18:17
11	10	Ben	Allen	SM	TP	00:18:21	00:18:21
12	19	Paul	Holloway	M50	IL	00:18:51	00:18:21
13	9	Scott	Aiken	M50	TP	00:18:25	00:18:25
14	11	Steve	Moss	M40	TP	00:18:26	00:18:26
15	13	Paul	Brennan	M40	TP	00:18:46	00:18:46
16	24	Kamran	Ezel	SM	TP	00:19:31	00:19:01
17	18	Danny	Holeyman	M40	IL	00:19:32	00:19:02
18	8	Sam	Rahman	SM	IL	00:19:05	00:19:05
19	17	Stephen	Philcox	M50	IL	00:19:40	00:19:10
20	25	Jason	Maloney	M40	TP	00:19:40	00:19:10
21	44	Patrick	Thoeung	M40	HW	00:21:54	00:19:24
22	34	Andy	Betton	M40	TP	00:20:57	00:19:27
23	22	Nigel	Swinburn	M40	DA	00:20:01	00:19:31
24	28	Cyn	Cano	SW	TP	00:21:01	00:19:31
25	137	Paul	Withyman	SM	BR	00:22:03	00:19:33
26	37	Alex	Baird	SW	TP	00:21:15	00:19:45
27	29	Jonny	Le Roux	M40	HW	00:21:17	00:19:47
28	38	Cara	Huckstep	SW	TP	00:21:21	00:19:51
29	27	Emily	Jeanes	SW	TP	00:21:22	00:19:52
30	40	Adam	Walker	M40	TP	00:22:26	00:19:56
31	23	Peter	Salmon	M50	DA	00:20:28	00:19:58
32	52	Haydn	Newland	SM	IL	00:22:28	00:19:58
33	61	Diarmuid	MacDonnell	M40	IL	00:23:11	00:20:11
34	35	Paul	Ward	M50	TP	00:22:07	00:20:37
35	36	Kat	Alpe	SW	TP	00:22:11	00:20:41
36	32	Luke	Bowie	M40	TP	00:22:15	00:20:45
37	53	Edwin	Coutts	M40	TP	00:23:45	00:20:45
38	54	Terry	Knightley	M60	IL	00:24:03	00:21:03
39	33	Stuart	Manktelow	M50	TP	00:22:46	00:21:16
40	42	Sameena	Ahmed	W40	IL	00:23:49	00:21:19
41	138	Debbie	Coyle	W40	BR	00:24:29	00:21:29
42	139	Martin	Page	M60	BR	00:24:31	00:21:31

43	49	Anja	Greenwood	W40	TP	00:24:12	00:21:42
44	56	Colin	Jones	M50	DA	00:24:46	00:21:46
45	47	Martin	Cullen	M50	TP	00:24:25	00:21:55
46	48	Emily	Clarke	SW	TP	00:24:36	00:22:06
47	50	Ed	Simmons	M50	TP	00:24:41	00:22:11
48	45	Joanne	Reeves	W40	DA	00:24:45	00:22:15
49	51	Richard	Allen	M40	TP	00:24:49	00:22:19
50	60	Fiona	Hathaway	W40	TP	00:25:19	00:22:19
51	63	Tony	Panton	M40	HW	00:25:21	00:22:21
52	140	Paul	Ward	M40	BR	00:25:28	00:22:28
53	77	Mick	Brown	M50	HW	00:26:02	00:22:32
54	75	Anthony	Young	M50	IL	00:26:07	00:22:37
55	55	Jordan	Hinds	SW	IL	00:25:46	00:22:46
56	72	Billy	Walkington	M40	DA	00:26:25	00:22:55
57	65	Robyn	Hamer	SW	TP	00:26:01	00:23:01
58	80	Tom	Sargent	SM	DA	00:27:07	00:23:07
59	73	Anna	Crawley	SW	IL	00:26:37	00:23:07
60	62	Breege	Nordin	W60	IL	00:26:14	00:23:14
61	68	Sue	Thomas	W50	TP	00:27:14	00:23:44
62	143	Rory	Burr	SM	BR	00:27:14	00:23:44
63	70	Tracey	Sheehy	W40	DA	00:27:16	00:23:46
64	141	Ron	Vials	M60	BR	00:26:48	00:23:48
65	66	Katie	Prior	SW	TP	00:27:28	00:23:58
66	74	Andy	Catton	M60	IL	00:27:30	00:24:00
67	93	Alicia	Gray	SW	HW	00:28:36	00:24:06
68	89	Tony	Woodgate	M50	DA	00:28:24	00:24:24
69	79	Richard	Haidon	SM	DA	00:28:32	00:24:32
70	82	Judy	Prior	W50	TP	00:28:45	00:24:45
71	99	Alison	Sale	W50	IL	00:29:20	00:24:50
72	84	Mick	Green	M50	TP	00:29:00	00:25:00
73	81	Natalie	Treylan	W40	DA	00:29:02	00:25:02
74	98	Gaye	Vyver	W50	IL	00:29:35	00:25:05
75	97	Martin	Hawker	M40	HW	00:29:44	00:25:14
76	88	Rahana	Islam	W40	DA	00:29:26	00:25:26
77	102	Stephen	Cheal	M60	IL	00:29:58	00:25:28
78	76	Bradley	Skingle	SM	HW	00:29:02	00:25:32
79	95	Susan	Munns	W50	HW	00:30:07	00:25:37
80	94	Louise	Marshall	SW	HW	00:30:13	00:25:43
81	71	Joe	Jarman	SM	DA	00:29:16	00:25:46
82	90	John	Power	M50	DA	00:29:48	00:25:48
83	146	Belinda	Riches	W40	BR	00:29:50	00:25:50
84	100	Rob	Sargent	M60	IL	00:30:59	00:26:29
85	144	Jason	Li	M50	BR	00:30:58	00:26:58
86	110	Emma	Dudman	W40	DA	00:31:46	00:27:01
87	145	Mick	Davison	M60	BR	00:31:14	00:27:14
88	106	Mike	Westmore	M50	HW	00:32:01	00:27:16
89	107	John	Hughes	M50	DA	00:32:05	00:27:20
90	91	Michael	Pegnal	M40	DA	00:31:31	00:27:31

91	108	Jason	Manning	M40	DA	00:32:17	00:27:32
92	105	Alan	Woodroof	M60	HW	00:32:20	00:27:35
93	96	Christophe	Madell	M	HW	00:32:09	00:27:39
94	111	Rosina	Salmon	W50	DA	00:32:50	00:28:05
95	147	Martin	Mason	M70	BR	00:33:06	00:28:21
96	103	Julia	Galea	W60	IL	00:33:01	00:28:31
97	109	Louise	Chappell	W40	DA	00:33:22	00:28:37
98	41	Bradley	Brown	M40	IL	00:31:17	00:28:47
99	113	Christine	Hawker	W50	TP	00:33:47	00:29:02
100	119	Frieda	Keane	W50	IL	00:34:48	00:29:48
101	104	Pramila	Monro	W40	IL	00:34:30	00:30:00
102	295	Helen	Ayers	SW	BR	00:35:02	00:30:17
103	117	Timi	Veerasamy	W60	DA	00:35:38	00:30:53
104	150	Dennis	Spencer-Perkins	M60	BR	00:38:16	00:33:16
105	293	Alison	Fryatt	W50	BR	00:38:44	00:33:44
106	131	Kim	Baxter	W60	IL	00:38:53	00:33:53
107	130	Allan	Munns	M60	HW	00:38:59	00:33:59
108	148	Rob	Courtier	M60	BR	00:39:20	00:34:35
109	132	Sonya	Byers	W40	DA	00:43:38	00:38:38
110	292	Kresh	Veerasamy	M40	BR	00:43:39	00:38:39
111	294	Micky	Ball	M70	BR	00:46:30	00:41:30

						<b>Finish Time</b>	<b>Real Time</b>
<b>Race 2</b>							
1	203	Nick	Harris-Fry	SM	OH	00:16:38	00:16:38
2	202	George	Day	SM	OH	00:17:06	00:17:06
3	205	Gary	Pelosi	SM	BA	00:17:23	00:17:23
4	200	Thomas	Beedell	SM	WG	00:17:28	00:17:28
5	201	Simon	Beedell	SM	WG	00:17:40	00:17:40
6	211	Richard	Smith	SM	OH	00:17:43	00:17:43
7	208	Michael	McTernan	SM	OH	00:17:52	00:17:52
8	212	Mike	Roberts	SM	OH	00:17:55	00:17:55
9	215	Bob	Glasgow	M40	OH	00:18:26	00:17:56
10	207	Adam	Baker	M40	OH	00:17:59	00:17:59
11	206	George	Happe	SM	OH	00:18:05	00:18:05
12	210	David	Wilson	SM	OH	00:18:17	00:18:17
13	214	Gareth	Allen	SM	OH	00:19:02	00:18:32
14	218	Will	Morris	SM	BA	00:19:22	00:18:52
15	221	Alex	Horton	SM	BA	00:19:26	00:18:56
16	233	Sophie	Magson	SW	OH	00:20:03	00:19:03
17	213	Donald	Bennet	SM	OH	00:19:36	00:19:06
18	228	Tony	Pamphilon	M60	WG	00:20:28	00:19:28
19	227	Jolyon	Everitt	M40	WG	00:20:50	00:19:50
20	226	Tim	Wright	M50	OH	00:20:55	00:19:55
21	224	Scott	Kyson	M40	WG	00:20:36	00:20:06
22	223	Richard	Holland	M60	WG	00:21:08	00:20:38
23	222	Karen	Murphy	W50	BA	00:21:14	00:20:44
24	229	Steve	Palmer	M40	LO	00:21:44	00:20:44

25	225	Jon	Whitehouse	M40	LO	00:21:16	00:20:46
26	243	David	Mills	M50	LO	00:22:18	00:20:48
27	240	Louise	Juby	W40	OH	00:22:21	00:20:51
28	239	Hannah	White	SW	OH	00:22:25	00:20:55
29	230	Colin	Smith	M40	OH	00:22:02	00:21:02
30	234	Paul	Thornton	M40	OH	00:22:11	00:21:11
31	231	Roisin	Archer	W40	OH	00:22:13	00:21:13
32	236	Matthew	Gibson	SM	BA	00:22:17	00:21:17
33	242	Alan	Fricker	M40	LO	00:22:56	00:21:26
34	290	Anna	Louis	W50	OH	00:24:31	00:21:31
35	244	Mark	Fox	M40	LO	00:23:06	00:21:36
36	246	Mary	Knapman	W40	LO	00:23:07	00:21:37
37	247	Dave	Brock	M60	OH	00:23:13	00:21:43
38	241	James	Lambden	M50	LO	00:23:18	00:21:48
39	254	Boon	Wu	SM	BA	00:23:49	00:21:49
40	232	Christine	Kennedy	W60	OH	00:23:18	00:22:18
41	250	Andrew	Flemming	M40	BA	00:23:56	00:22:26
42	245	Lorna	Gaffney	W50	LO	00:24:07	00:22:37
43	251	Sarah	Boxer	W50	BA	00:24:17	00:22:47
44	255	Peter	Ellis	M60	BA	00:25:04	00:23:04
45	238	Steve	Bennett	M50	OH	00:24:14	00:23:14
46	249	Lucy	Humphreys	SW	OH	00:25:19	00:23:49
47	270	Wendy	Seymour	W40	LO	00:26:33	00:24:03
48	252	Rob	Suddaby	SM	BA	00:26:11	00:24:11
49	260	John	Stubbs	SM	LO	00:26:16	00:24:16
50	258	Paul	Williams	M50	OH	00:26:18	00:24:18
51	263	Cliff	Warren	M50	LO	00:26:33	00:24:33
52	256	Jennie	Ingrey	W50	OH	00:26:45	00:24:45
53	248	Joanna	Elferink	SW	OH	00:26:29	00:24:59
54	276	Kathryn	Ellis	SW	BA	00:27:38	00:25:08
55	259	Michelle	Hurley	W40	LO	00:27:15	00:25:15
56	257	Mary	Armitage	W50	OH	00:27:21	00:25:21
57	269	Sharon	Palmer	W40	LO	00:27:56	00:25:26
58	261	Gary	Hooper	M50	LO	00:27:30	00:25:30
59	274	David	Scott	M50	BA	00:28:33	00:26:03
60	271	Karen	Allworthy	W60	OH	00:28:45	00:26:15
61	273	Sarah	Mills	W40	OH	00:29:13	00:26:43
62	253	Liam	O'Hare	M70	BA	00:28:59	00:26:59
63	267	Amie	Harrison	SW	LO	00:29:31	00:27:01
64	265	Jon	Brown	M50	LO	00:29:32	00:27:02
65	281	Laura	Fernandez	W50	LO	00:31:10	00:28:10
66	282	Melanie	Peddle	W50	LO	00:31:20	00:28:20
67	283	Caroline	Ford	W40	LO	00:31:50	00:28:50
68	268	Hannah	Davis	SW	LO	00:31:29	00:28:59
69	287	Nadine	Holland	W40	LO	00:32:12	00:29:12
70	285	Deborah	Davies	W50	LO	00:32:44	00:29:44
71	277	Steve	Holmes	M50	BA	00:32:34	00:30:04
72	278	Anna	Murray	W50	BA	00:33:28	00:30:28

73	280	Lynne	Wakinshaw	W40	OH	00:33:42	00:30:42
74	291	Mary	Johnson	W40	OH	00:34:37	00:31:37
75	279	Graham	Barnett	M60	BA	00:35:15	00:32:15
76	288	Simon	Cooper	M60	BA	00:36:20	00:33:20
77	286	Michaela	Davis	W50	LO	00:36:52	00:33:52

<b>Race 3</b>						<b>Finish Time</b>	<b>Real Time</b>
1	309	John	Henry	M40	EL	00:17:57	00:17:57
2	502	Norris	Chris	SM	EM	00:18:00	00:18:00
3	501	James	Pilch	M40	EM	00:18:03	00:18:03
4	308	Tom	Howourth	SM	EL	00:18:12	00:18:12
5	306	Patrick	Brown	SM	EL	00:18:20	00:18:20
6	517	Simon	Cottle	M40	EM	00:18:35	00:18:20
7	514	Alex	Taylor	SM	EM	00:18:38	00:18:23
8	310	Robert	Spread	M40	EL	00:18:26	00:18:26
9	311	Fabrizio	Stefanoni	M40	EL	00:18:33	00:18:33
10	503	Simon	Fitzmaurice	SM	MC	00:18:58	00:18:58
11	513	Jerome	Francis	SM	EM	00:19:15	00:19:00
12	505	Neill	Whittaker	M40	ET	00:19:03	00:19:03
13	515	Thomas	Swanson	M40	ET	00:19:23	00:19:08
14	512	George	Fernandez	SM	EM	00:19:24	00:19:09
15	307	Joseph	Gunn	SM	EL	00:19:16	00:19:16
16	504	Jonathan	Thompson	M40	MC	00:19:57	00:19:57
17	322	Mark	Moir	SM	EL	00:20:29	00:20:14
18	331	Alexander	Ward	SM	EL	00:20:50	00:20:20
19	518	Jenny	Heymann	W40	EM	00:20:36	00:20:21
20	524	David	Cato	M40	EM	00:21:26	00:20:56
21	527	Robert	Sommerville	M50	EM	00:21:39	00:21:09
22	339	Zoila	Gilham-Fernandez	SW	EL	00:22:06	00:21:21
23	316	James	Nichols	SM	EL	00:21:37	00:21:22
24	525	Russ	Jones	M50	EM	00:22:03	00:21:33
25	519	Ali	Trauttmansdorff	W40	ET	00:21:55	00:21:40
26	534	Lee	Milne	W40	EM	00:22:40	00:22:10
27	330	William	O'Donoghue	SM	EL	00:22:54	00:22:24
28	537	Graeme	Bell	M40	ET	00:23:20	00:22:35
29	542	Daniel	Lewis	M40	MC	00:23:33	00:22:48
30	333	Caroline	Frith	W40	EL	00:23:26	00:22:56
31	535	David	Nelson	SM	MC	00:23:32	00:23:02
32	344	Michael	Wilson	M60	EL	00:24:26	00:23:41
33	540	Claire	Cameron-Wagh	W40	EM	00:24:32	00:23:47
34	343	Stuart	Norris	SM	EL	00:27:04	00:24:34
35	528	Richard	Seddon	SM	ET	00:25:05	00:24:35
36	545	Ellie	Croxford	SW	EM	00:25:31	00:24:46

37	709	Anne	Caspi	W60	MC	00:26:07	00:25:07
38	405	Catriona	Hoult	W40	EL	00:26:10	00:25:10
39	480	Adrian	Frost	M60	EM	00:27:40	00:25:10
40	707	Claire	Legge	SW	EM	00:26:11	00:25:11
41	703	Patrick	Farren	M50	ET	00:26:19	00:25:19
42	701	Ruth	Rose	SW	EM	00:26:23	00:25:23
43	532	Michael	Loiacono	M40	ET	00:26:00	00:25:30
44	700	Jennifer	Moore	SW	MC	00:26:42	00:25:42
45	550	Maud	Hodson	W40	EM	00:26:46	00:25:46
46	546	Gail	Hennessey	W60	EM	00:26:34	00:25:49
47	706	Janine	Durrant	W40	EM	00:27:53	00:26:53
48	710	Alon	Caspi	M60	MC	00:28:18	00:27:18
49	708	Mala	Singh	W40	EM	00:28:21	00:27:21
50	722	Timothy	Stodell	M40	ET	00:29:23	00:28:08
51	717	Sian	Williams	SW	EM	00:29:28	00:28:13
52	715	Louise	Taylor	W40	EM	00:29:36	00:28:21
53	413	Isabella	Allan	SW	EL	00:30:13	00:28:58
54	716	Hayley	Dalton	W40	EM	00:30:45	00:29:30
55	412	Imran	Mustak	SM	EL	00:31:10	00:29:55
56	420	Alexandra	Rutishauser-Perera	W40	EL	00:32:00	00:30:45
57	724	Angela	McDermott	W40	ET	00:33:23	00:32:08
58	711	Clare	Hirst	W40	ET	00:33:44	00:32:44
59	723	Dawn	Hunter	W50	ET	00:36:12	00:34:57

<b>Race 4</b>						<b>Finish Time</b>	<b>Real Time</b>
1	601	Matt	Speed	SM	LC	00:16:29	00:16:29
2	607	Stephen	Fabes	M40	VP	00:16:44	00:16:44
3	603	Josselin	Polini	SM	VP	00:16:58	00:16:58
4	602	Ben	Wickham	M40	VP	00:17:21	00:17:21
5	600	Will	Kirk	SM	VP	00:17:25	00:17:25
6	609	Peter	Cole	SM	ED	00:17:54	00:17:54
7	615	David	Jones	SM	VP	00:18:22	00:18:07
8	610	Chris	Speed	SM	LC	00:18:32	00:18:32
9	611	Reuben	Forte-Wells	SM	LC	00:18:35	00:18:35
10	604	Calvin	Mullings	SM	LC	00:18:35	00:18:35
11	606	Owen	Hughes	SM	VP	00:18:38	00:18:38
12	605	Gavin	Lau	SM	VP	00:18:48	00:18:48
13	620	Andrew	Shreeve	M40	LC	00:19:03	00:18:48
14	614	Tash	Sheel	SW	LC	00:19:11	00:18:56
15	608	Ilia	Loubenski	M40	ED	00:19:06	00:19:06
16	619	Ed	Ballard	SM	LC	00:19:25	00:19:10
17	618	Caoimhe	Fhogartaigh	W40	LC	00:19:31	00:19:16
18	612	Joe	Jenkinson	SM	LC	00:19:46	00:19:31
19	617	James	Barnard	SM	EE	00:19:51	00:19:36
20	627	Andrew	Melrose	SM	LC	00:20:19	00:19:49
21	623	Dominic	Wilde	SM	ED	00:20:04	00:19:49
22	616	Hugh	Murdoch	SM	VP	00:20:11	00:19:56

23	636	James	Hirst	SM	VP	00:20:43	00:19:58
24	644	In-Yong	Hwang	SM	EE	00:20:53	00:20:08
25	637	David	Warwick	M40	VP	00:21:05	00:20:20
26	621	Jess	Lowe	SW	VP	00:20:36	00:20:21
27	639	Tony	Lashmar	M40	VP	00:21:10	00:20:25
28	613	Amy	White	SW	LC	00:20:42	00:20:27
29	632	Robin	Norton-Hale	W40	VP	00:21:01	00:20:31
30	633	hazel	Norton-Hale	SW	VP	00:21:04	00:20:34
31	642	Encho	Pramatarov	SM	ED	00:21:26	00:20:41
32	628	Ashley	Hassell	SM	LC	00:21:21	00:20:51
33	635	Jo	Singer	W40	VP	00:21:24	00:20:54
34	634	Sue	Bint	W40	VP	00:21:28	00:20:58
35	653	Jamie	Zucker	SM	EE	00:21:59	00:20:59
36	652	James	Jackson	SM	EE	00:22:06	00:21:06
37	640	Russell	Toone	M50	VP	00:21:59	00:21:14
38	629	James	Screen	SM	LC	00:21:54	00:21:24
39	630	Angharad	Smith	W40	LC	00:21:57	00:21:27
40	643	Mike	Babb	M50	ED	00:22:16	00:21:31
41	622	Paul	Mee	M50	VP	00:21:48	00:21:33
42	645	Matthew	Ward	SM	EE	00:22:35	00:21:50
43	663	Carl	Finch	SM	EE	00:23:07	00:21:52
44	654	Mat	Barber	M40	LC	00:22:53	00:21:53
45	631	Nick	Sutcliffe	M50	LC	00:22:28	00:21:58
46	625	Mon	James	M50	ED	00:22:32	00:22:02
47	656	Hannah	Knight	SW	VP	00:23:28	00:22:28
48	647	Paul	Dodounou	M40	LC	00:23:19	00:22:34
49	662	Hazel	Reade	SW	EE	00:23:50	00:22:35
50	658	Andrew	Smith	SM	VP	00:23:48	00:22:48
51	655	Thom	Jenkinson	SM	LC	00:23:55	00:22:55
52	650	Kelly	Clark	W40	VP	00:24:00	00:23:00
53	667	Jenny	Newby	SW	VP	00:24:16	00:23:01
54	648	Annie	Trihan	SW	VP	00:24:02	00:23:02
55	668	Minna	Harrison	W50	VP	00:24:32	00:23:17
56	657	Yuan	Ren	SW	VP	00:24:26	00:23:26
57	671	Nick	Dines	M40	ED	00:24:49	00:23:34
58	659	Dora	Scavello	SW	ED	00:24:45	00:23:45
59	669	Gigi	Giannella	M40	VP	00:25:05	00:23:50
60	673	Hayley	English	SW	LC	00:25:24	00:23:54
61	664	Denise	Watson	W40	LC	00:25:15	00:24:00
62	670	Jan	Hazirci	W50	ED	00:25:18	00:24:03
63	674	Amanda	Jukes	SW	VP	00:26:00	00:24:30
64	672	Adam	Shaikh	M50	EE	00:26:01	00:24:31
65	660	Gareth	Jones	M50	ED	00:25:53	00:24:38
66	680	Alexandra	Bartrope	W40	ED	00:26:12	00:24:42
67	675	Joyce	Berry	W50	VP	00:26:27	00:24:57
68	677	Tonya	Babb	W50	ED	00:27:25	00:25:55
69	676	Ai Seng	Paul	W60	ED	00:27:31	00:26:01
70	682	Ruth	Hardy	SW	LC	00:27:48	00:26:03

71	661	Shreeraj	Laturia	W40	EE	00:27:20	00:26:05
72	678	Philippa	Cockman	W60	VP	00:28:36	00:27:06
73	686	Sarah	Lyll	SW	ED	00:28:58	00:27:13
74	684	Amy	Blackburn-Lau	SW	VP	00:29:40	00:27:55
75	685	Helen	Gill	W40	ED	00:29:59	00:28:14
76	683	Sarah	Knox	W50	VP	00:30:11	00:28:26
77	679	Emma	Larkin	SW	VP	00:29:59	00:28:29
78	689	David	Elsom	M60	EE	00:32:01	00:30:16
79	687	Richard	Jones	M40	LC	00:34:29	00:32:44
80	690	Han	Cherry	W40	EE	00:34:54	00:33:09
81	688	Susie	Dutoit	SW	ED	00:37:04	00:35:19
82	691	Dini	Patel	W67	EE	00:37:12	00:35:27