

2007 5k Results (Round 3)

| Pos | Forename | Surname | Sex | Club | R3 Number | R3 Finish Time | R3 Points |
|-----|-----------|-----------|-----|------------------------------|-----------|----------------|-----------|
| 1 | Richard | Smith | M | Wellingborough & District AC | 1206 | 00:19:22 | 480 |
| 2 | Glynn | Preston | M | Numplumz MJB | 1214 | 00:21:05 | 479 |
| 3 | Mel | Newbery | F | Thames Valley Harriers | 1135 | 00:21:06 | 478 |
| 4 | Steve | Young | M | Bedford Traktors | 1115 | 00:21:25 | 477 |
| 5 | Greg | Hayes | M | | 1197 | 00:21:31 | 476 |
| 6 | Elizabeth | Dines | F | Rugby & Northampton AC | 1076 | 00:21:37 | 475 |
| 7 | Elmer | Apancio | M | Wellingborough & District AC | 1219 | 00:21:50 | 474 |
| 8 | Dan | Drage | M | | 1224 | 00:21:59 | 473 |
| 9 | Colin | Lancaster | M | | 1218 | 00:22:01 | 472 |
| 10 | Lois | Kerrison | F | Kingston & Polytechnic AC | 1205 | 00:22:10 | 471 |
| 11 | Stewart | Ravenhall | M | | 1201 | 00:23:02 | 470 |
| 12 | Kim | North | F | Leicester Tri Club | 1221 | 00:23:51 | 469 |
| 13 | Dean | Hayes | M | | 1196 | 00:25:40 | 468 |
| 14 | Paul | Hailey | M | | 1202 | 00:26:12 | 467 |
| 15 | Pippa | Milton | F | | 1195 | 00:26:22 | 466 |
| 16 | Jon | Dwyer | M | Vale of Aylesbury AC | 1209 | 00:27:12 | 465 |
| 17 | Christian | Dabbs | M | Daventry RR | 1170 | 00:27:17 | 464 |
| 18 | Eugene | Lee | M | | 1200 | 00:27:23 | 463 |
| 19 | Richard | West | M | | 1217 | 00:27:45 | 462 |
| 20 | Glen | Jones | M | | 1025 | 00:28:14 | 461 |
| 21 | Russell | Wright | M | | 1203 | 00:28:32 | 460 |
| 22 | Ian | Robson | M | | 1199 | 00:28:33 | 459 |
| 23 | Jacqui | Ward | F | | 1208 | 00:28:57 | 458 |
| 24 | Debbie | Holmes | F | | 1225 | 00:28:58 | 457 |
| 25 | Ashley | Sanderson | M | | 1220 | 00:29:53 | 456 |
| 26 | Pauline | Guy | F | | 1198 | 00:29:54 | 455 |
| 27 | Valerie | Cross | F | Rugby & Northampton AC | 1050 | 00:30:04 | 454 |
| 28 | Helen | Drage | F | | 1223 | 00:30:34 | 453 |
| 29 | Louise | Brown | F | | 1213 | 00:30:42 | 452 |
| 30 | Melanie | Dowding | F | | 1157 | 00:30:44 | 451 |
| 31 | Sharon | Jeffery | F | | 1215 | 00:31:18 | 450 |
| 32 | G | Spittles | F | | 1222 | 00:31:45 | 449 |
| 33 | Laura | McNeilly | F | | 1123 | 00:31:47 | 448 |
| 34 | John | Hiles | M | | 1207 | 00:32:24 | 447 |
| 35 | Joan | Heath | F | | 1128 | 00:32:33 | 446 |
| 36 | Helen | Thom | F | | 1210 | 00:32:59 | 445 |
| 37 | Karen | Johnson | F | | 1228 | 00:33:03 | 444 |
| 38 | Bill | Dunsford | M | | 1211 | 00:34:50 | 443 |
| 39 | Julie | O'Reilly | F | | 1002 | 00:35:22 | 442 |
| 40 | Jon | Wright | M | | 1227 | 00:35:24 | 441 |
| 41 | Graham | Stoppani | M | | 1226 | 00:35:43 | 440 |
| 42 | Nicky | Sparkes | F | | 1216 | 00:39:52 | 439 |
| 43 | J | Hope | F | Leicester Tri Club | 1212 | 01:04:33 | 438 |