

R3 10k

Forename	Surname	Sex	Category	Club	R3 Race Number	R3 Event	R3 Finish Time	R3 Points
William	Auger	Male			2137	10k	00:39:13	490
Mark	Pattinson	Male	SV	Nailsea RC	2147	10k	00:39:32	489
Thomas	Thatcher	Male			2033	10k	00:41:06	488
Rebecca	Hall	Female		Kettering Town Harriers	2153	10k	00:41:09	487
Steve	Dixon	Male		Rugby & Northampton AC	2162	10k	00:41:52	486
Stephen	Patey	Male			2135	10k	00:42:08	485
Alastair	Hanlon	Male		Remembering Heidi	2445	10k	00:42:57	484
Chris	MacArghur	Male	V		2170	10k	00:43:15	483
Richard	Staley	Male		Remembering Heidi	2430	10k	00:43:31	482
Ryan	Ward	Male		Northants Swim Club	2155	10k	00:43:48	481
Chris	Poole	Male		Remembering Heidi	2124	10k	00:43:54	480
Derek	Taylor	Male	V		2031	10k	00:43:57	479
Giles	Newcombe	Male		Remembering Heidi	2459	10k	00:44:12	478
Chris	Welford	Male		Remembering Heidi	2435	10k	00:44:14	477
David	Smith	Male	V	Royal Air Force	2114	10k	00:44:17	476
Hannah	Cooke	Female		Cambridge Tri Club	2165	10k	00:44:23	475
Kieran	Duffy	Male	V		2123	10k	00:44:27	474
Jayne	Bent	Male			2682	10k	00:44:43	473
Graeme	Bickle	Male			2037	10k	00:44:59	472
Simon	Hobday	Male		Wellingborough & District AC	2174	10k	00:45:08	471
Tom	Churchman	Male			2160	10k	00:45:17	470
Alex	Wotherspoon	Male			2179	10k	00:45:50	469
Steve	Rice	Male	SV	Olney Runners	2181	10k	00:45:56	468
Nick	upton	Male			2120	10k	00:45:58	467
Christopher	Barnes	Male	V	Olney Runners	2148	10k	00:46:12	466
Sarah	Lee	Female		Bedford Harriers AC	2558	10k	00:46:16	465
Debora	Morley	Female		Olney Runners	2131	10k	00:46:43	464
Dave	Pepper	Male	SV	Olney Runners	2149	10k	00:46:44	463
James	Hatch	Male			2672	10k	00:47:06	462
Chris	Beasley	Male	SV	Harborough AC	2163	10k	00:47:09	461
Sarah	Cooke	Female		Clapham Chasers	2166	10k	00:47:19	460
Anne	Pullan	Female	V		2673	10k	00:48:06	459
Jo	Willis	Female			2446	10k	00:48:09	458
Paul	Vowles	Male	V	Remembering Heidi	2433	10k	00:48:27	457
Rob	Britten	Male	V	Kettering Town Harriers	2628	10k	00:48:38	456
Phil	Dorney	Male			2157	10k	00:48:42	455
Bridget	Gatehouse	Female	V		2141	10k	00:48:46	454
Simon	Parsons	Male	V	Wootton Road Runners	2110	10k	00:49:04	453
Michael	Chambers	Male		Kettering Town Harriers	2169	10k	00:49:14	452
Caroline	Dickens	Female		Olney Runners	2156	10k	00:49:30	451
Toby	Ward	Male		Remembering Heidi	2125	10k	00:49:43	450
Ian	Barrett	Male	SV		2176	10k	00:49:50	449
Rachel 'Simon's Mrs'	Gilbert	Female			2143	10k	00:50:24	448
Jim	Gammass	Male		Wellingborough & District AC	2173	10k	00:50:51	447
Matthew	O'Dell	Male			2112	10k	00:50:59	446
Eric	Burzych	Male	SV		2150	10k	00:51:27	445
David	Apps	Male	V		2140	10k	00:51:29	444
Andrew	O'Dell	Male	V		2111	10k	00:51:31	443
Andy	Braddock	Male			2684	10k	00:51:41	442
Jon	Davis	Male	SV		2152	10k	00:52:09	441
Joe	Horsley	Male	SV	Rugby & Northampton AC	2553	10k	00:52:43	440
Lee	Hall	Male			2132	10k	00:52:53	439
Simon	Hicks	Male	SV	Olney Runners	2128	10k	00:53:01	438
David	Horsfield	Male	V	Remembering Heidi	2614	10k	00:53:28	437
Mark	Edwards	Male	V		2161	10k	00:53:31	436
Jackie	Tite	Female	V	Olney Runners	2151	10k	00:53:33	435
Mark	Murphy	Male	V	Human Energy	2643	10k	00:53:39	434
Sam	Downton	Female	V		2154	10k	00:54:07	433
Gavin	Betteridge	Male			2130	10k	00:54:15	432
Gary	Wintersgill	Male			2436	10k	00:54:23	431
Adrian	Gell	Male	V	Wellingborough & District AC	2062	10k	00:54:57	430
Stuart	Warne	Male	V		2175	10k	00:54:59	429
Jackie	Mildred	Female		Wootton Road Runners	2146	10k	00:55:28	428
Catherine	Golder	Female	SV		2122	10k	00:55:38	427
Simon	Strong	Male	V	Beds Road CC	2117	10k	00:55:42	426
Islay	Dring	Female			2687	10k	00:55:56	425
Daniel	Groom	Male			2158	10k	00:56:06	424
Emily	Campbell	Female			2491	10k	00:56:34	423
Chris	Jerrom	Male		Remembering Heidi	2417	10k	00:56:45	422
Karen	Parry	Female	V	Remembering Heidi	2515	10k	00:56:49	421
Patrick	McCarthy	Male	SV		2139	10k	00:56:50	420
Suzanne	Andrews	Female		Police Athletics Section	2542	10k	00:56:59	419
Dean	Boiles	Male			2177	10k	00:58:15	418
Sue	Hardy	Female	V		2116	10k	00:58:43	417
Chris	Burton	Male	V		2685	10k	00:58:59	416
Avril	Turnley	Female			2677	10k	00:59:09	415
Christopher	Lodge	Male	V		2579	10k	00:59:14	414
Heather	Austin	Female	SV		2115	10k	00:59:28	413
Janet	Frost	Female	SV		2109	10k	01:00:04	412
Ken	Craigie	Male		Cherwell Runners	2168	10k	01:00:05	411
Joanne	Smith	Female			2676	10k	01:00:54	410

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Martin	Breedon	Male			2159	10k	01:01:07	409
Wai	Panb	Male	SV		2178	10k	01:01:22	408
Sheila	Wall	Female	SV		2126	10k	01:01:40	407
Vicky	Sewell	Female		Harborough AC	3382	10k	01:02:07	406
Chadlea	Jenkins	Male		Bedford Harriers AC	2171	10k	01:03:22	405
Carmen	Sacca	Female			2136	10k	01:03:26	404
Felicity	Wyatt	Female	V	Ashbourne Derbyshire	2172	10k	01:03:31	403
Laura	Waite	Female		Remembering Heidi	2467	10k	01:05:17	402
Kelly	Bickle	Female			2683	10k	01:05:18	401
Alison	Smith	Female		Remembering Heidi	2521	10k	01:05:27	400
Lisa	Bennett	Female			2180	10k	01:06:05	399
Jonathan	Campbell	Male	V	Remembering Heidi	2452	10k	01:07:20	398
Miranda	Harvey	Female	SV		2142	10k	01:08:05	397
Hayley	Moore	Female			2145	10k	01:09:05	396
Dee	Simpson	Female	V		2133	10k	01:10:04	395
Alison	Postlethwaite	Female	SV	Rugby Triathlon Club	2427	10k	01:13:18	394
Ann	Faunnch	Female	SV		2119	10k	01:13:45	393
Katrina	Tibbetts	Female	V		2035	10k	01:15:19	392
Louise	Hayler	Female			2113	10k	01:17:22	391
Paulette	Lodge	Female	SV	Rosemary Conley	2121	10k	01:21:14	390
Nicky	Sparkes	Female	V	Werrington Jogger	2164	10k	01:28:48	389