

Race 5
19-Jul
Lamarsh
5m

1	Joe	Slee	31:26
2	Mat	Hutley	31:57
3	Nathan	Roulson	32:11
4	Stephen	Metson	32:45
5	Alastair	Wilson (Guest)	33:44
6	James	North	34:21
7	Steve	May	34:29
8	Perry	James	36:40
9	Tracey	English	38:06
10	Tom	Pease	38:26
11	Phil	Jeffries	38:40
12	Don	Wilson	38:51
13	Hannah	Whale	40:29
14	Neil	Poulter	40:50
15	Mandy	Humm	40:59
16	Luis	Betancourt	41:33
17	Andy	Carter	41:36
18	Joby	Humm	42:03
19	Dan	Roughan	42:08
20	James	Richardson (Guest)	42:16
21	Sarah	Waddington	42:49
22	Wendy	Carter	43:43
23	Bec	Gilroy	44:09
24	Treena	Carder	44:59
25	Orla	McAndrew	46:43
26	Jenny	Smith	46:46
27	Jane	Roach	47:18
28	Neil	Addington	47:50
29	Jody	Smith	50:22
30	Maryann	Sycamore	50:23
31	Jo	Norris	50:32
32	Chris	Arter	51:02
33	Anne	Rout	58:57
34	Cathy	Scott	59:09
35	Emma	Healy	59:10
36	Val	Kerrison	59:10