



Position	Athlete	Individual Position	Individual Time	Joint
				Time
1st	Nathan White	1st	10m 09 secs	22m 52 secs
	Rachel Stedman	8th	12m 43 secs	
2nd	Nick Lingley	4th	11m 17 secs	23m 15 secs
	James Bennington	5th	11m 58 secs	
3rd	Ian May	2nd	10m 37 secs	24m 06 secs
	Max Stedman	13th	13m 29 secs	
4th	Nick Lingley	4th	11m 17 secs	25m 16 secs
	Becky Croft	18th	13m 59 secs	
5th	Louisa Lingley	7th	12m 37 secs	26m 15 secs
	Naomi Barbour	14th	13m 38 secs	
6th	Alex Tovey	3rd	10m 42 secs	26m 20 secs
	Sophi Daniels	22nd	15m 38 secs	
7th	Mick Hill	6th	12m 32 secs	26m 40 secs
	Faith Smith	19th	14m 08 secs	
8th	Paul Hing	20th	15m 14 secs	27m 59 secs
	Bex Myers	9th	12m 45 secs	
9th	Derek Wardle	12th	13m 11 secs	28m 49 secs
	Laura Burke	21st	15m 38 secs	
10th	Danny Hodge	11th	13m 00 secs	28m 55 secs
	Sophia Lingley	24th	15m 55 secs	
11th	Jan Binns	15th	13m 44 secs	29m 35 secs
	Emma Castle	23rd	15m 51 secs	
12th	Ruth Lingley	26th	16m 16 secs	30m 15 secs
	Emma Croft	17th	13m 59 secs	
13th	Pauline Seddons	28th	17m 04 secs	32m 42 secs
	Emily Barrett	22nd	15m 38 secs	
14th	Kieron May	29th	17m 28 secs	33m 26 secs
	Kerry Gorman	25th	15m 58 secs	
15th	Marina Stedman	10th	12m 50 secs	33m 32 secs
	Dan Hing	DNF	20m 42 secs	
16th	Paula Hing	30th	20m 42 secs	34m 36 secs
	Kingsley Swan	16th	13m 54 secs	
17th	Matt Mooney	DNF	20m 42 secs	41m 24 secs
	Steph Brown	31st	20m 42 secs	

33 runners participated