

1 Mile (Road & Track)			
Senior Men	5:30 Mins	Senior Ladies	6:45 Mins
Dave Halloway	4:44	Hazel Imeson	5:25
John Wilmot	5:17	Sarah Bell	6:41
John Melbourne	5:23	Ladies F35	7:00 Mins
Men M40	6:00 Mins	Pam Lomoro	6:20
Kevin Newman	5:00	Ladies F40	7:15 Mins
Dave Freeman	5:12	Ladies F50	7:30 Mins
Geoff Newton	5:12	Jane Munn	6:45
Dave Williamson	5:15	Ladies F60	8:00 Mins
Terry Bissett	5:25	Hazel Imeson	6:42
Mark Todd	5:53	Mary Matthews	7:46
Men M50	6:15 Mins		
Dave Freeman	5:18		
Dave Williamson	5:26		
Ian Matthews	5:38		
Mark Lowther	6:14		
Men M60	6:30 Mins		
Peter Rand	5:59		
Steve Hutton	6:11		
Men M70	7:30 Mins		

2 Miles (Road & Track)			
Senior Men	11:00 Mins	Senior Ladies	13:00 Mins
Peter Parker	10:01	Hazel Imeson	12:42
Graham Turner	10:55		
Men M40	12:00 Mins		
Ron Marsh	10:29		
Geoff Newton	10:55		
Dick Clark	11:20		
Men M50	13:00 Mins		
Ron Marsh	11:16		
Phil Fenton	12:02		

5K inc. parkruns			
Senior Men	17:30 Mins	Senior Ladies	20:30 Mins
Peter Mills	15:50		
Ron Marsh	16:27	Ladies F35	21:00 Mins
Paul O'Callaghan	16:28	Hazel Imeson	18:28
Reg Payne	16:32	Heather Fenton	19:18
Pat Wright	16:39	Rebecca Willis	20:11
Dave Halloway	16:41	Pam Lomoro	20:28
Steve Hutton	17:06	Caroline Bamford	20:35
Declan Flynn	17:29	Ladies F40	22:00 Mins
Men M40	19:00 Mins	Mary Matthews	19:18
Paul O'Callaghan	16:18	Hazel Imeson	21:13
Dave Freeman	17:06	Laura Palmer	21:31
Dave Williamson	17:20	Ladies F50	27:00 Mins
Dick Clark	17:25	Hazel Imeson	20:59
Ron Marsh	17:41	Jane Munn	23:05
Dan Berry	17:46	Heather Fenton	23:35
Simon Booth	18:15	Mary Matthews	24:05
Tim Wilkes	18:26	Sharon Matthews	26:28
Steve Hutton	18:35	Helene Hill	26:52
Graham Gibbs	18:55	Ladies F60	30:00 Mins
Men M50	20:00 Mins	Hazel Imeson	21:59
Ron Marsh	17:10	Mary Matthews	24:46
Dave Freeman	17:16	Heather Fenton	25:29
Dave Williamson	17:28	Helene Hill	26:57
Phil Fenton	17:58		
Steve Hutton	18:46		
Ian Matthews	19:00		
Dick Clark	19:07		
Men M60	23:00 Mins		
Peter Rand	19:06		
Geoff Newton	19:17		
Steve Hutton	20:50		
Phil Fenton	20:55		
Steve Hill	21:25		
Dave Fisher	21:41		
Andrew Morrison	22:00		
Dick Clark	22:01		
Mark Oliver	22:03		
Alan Matthews	22:26		
Ron Marsh	22:31		
Men M70	26:00 Mins		
Geoff Newton	21:40		
Phil Fenton	24:59		
Men M75	30:00 Mins		
Phil Fenton	29:24		

5 Miles			
Senior Men	30:00 Mins	Senior Ladies	35:00 Mins
Ian Cousins	25:20	Rebecca Willis	31:33
Ron Marsh	26:52	Judy Oakley	31:48
Peter Mills	27:45	Viv Hill	31:55
Graham Jukes	27:54	Mary Matthews	33:27
Warren Beese	28:16	Ladies F35	37:30 Mins
Dave Baker	29:15	Hazel Imeson	31:41
Graham Turner	29:27	Rebecca Willis	32:50
Tony Trindade	29:40	Mary Matthews	33:29
Men M40	32:30 Mins	Heather Fenton	34:49
Ron Marsh	27:24	Ladies F40	40:00 Mins
Dave Williamson	28:03	Caroline Bamford	34:35
Terry Bissett	28:09	Mary Matthews	34:52
Steve Hutton	28:47	Hazel Imeson	35:42
Peter Smith	29:13	Sandra Marsh	36:00
Dick Clark	30:19	Laura Palmer	36:27
Mike Towersey	30:28	Ladies F50	44:00 Mins
Graham Gibbs	30:37	Hazel Imeson	38:52
Men M50	35:00 Mins	Jane Munn	40:57
David Williamson	28:56	Mary Matthews	41:00
Dennis Sexton	29:37	Heather Fenton	43:25
Ron Marsh	30:10	Ladies F60	47:30 Mins
Graham Gibbs	30:25	Hazel Imeson	38:41
Ian Matthews	32:13	Heather Fenton	46:16
Steve Hutton	32:19	Ladies F65	50:00 Mins
Jim Brown	34:36	Heather Fenton	49:15
Ray Tolson	34:40		
Men M60	37:30 Mins		
Geoff Newton	31:45		
Men M70	40:00 Mins		
Geoff Newton	40:00		

10 Kilometres	
Senior Men	36:00 Mins
Ian Cousins	31:48
Paul New	32:44
Paul O'Callaghan	33:26
Peter Mills	33:26
Simon Shrub	33:35
Graham Turner	34:08
Ron Marsh	34:10
Peter Parker	34:25
Pat Wright	34:30
Dave Freeman	34:41
Men M40	37:30 Mins
Paul O'Callaghan	34:38
David Freeman	34:52
Terry Bissett	34:56
Ron Marsh	34:58
Dave Williamson	35:22
Brian Kolbe	36:53
Steve Hutton	37:01
Dennis Sexton	37:10
Geoff Newton	37:30
Men M50	43:30 Mins
Dave Freeman	34:42
Dave Williamson	36:12
Steve Hutton	37:25
Phil Fenton	37:50
Simon Palmer	38:35
Ian Matthews	39:11
Graham Gibbs	39:26
Simon Boddy	39:54
Tim Wilkes	40:23
Ron Marsh	40:45
Dave Fisher	41:00
Peter Rand	41:19
John Humphries	41:42
Mark Lowther	43:01
Paul Taylor	43:23
Terry Bissett	43:25
Dick Clark	43:28
Men M60	46:00 Mins
Geoff Newton	38:25
Peter Rand	39:54
Steve Hutton	42:40
Phil Fenton	43:29
Dudley Baker	43:52
Andrew Morrison	45:02
John Humphries	44:40
Steve Hill	45:58
Dick Clark	45:59
Men M70	52:00 Mins
Geoff Newton	44:30
Phil Fenton	50:36
Men M75	62:00 Mins
Phil Fenton	61:49

Senior Ladies	40:00 Mins
Viv Hill	38:18
Hazel Imeson	38:52
Judy Oakley	39:26
Ladies F35	45:00 Mins
Hazel Imeson	38:34
Rebecca Willis	40:29
Heather Fenton	41:00
Mary Matthews	42:04
Pauline Bezodis	43:16
Pam Lomoro	44:17
Ladies F40	45:00 Mins
Hazel Imeson	42:58
Mary Matthews	43:19
Laura Palmer	43:31
Ladies F50	50:00 Mins
Hazel Imeson	44:35
Jane Munn	47:19
Heather Fenton	49:51
Mary Matthews	49:54
Ladies F60	55:00 Mins
Hazel Imeson	44:55
Mary Matthews	52:09
Heather Fenton	52:15

10 Miles			
Senior Men	60:00 Mins	Senior Ladies	72:00 Mins
Ian Cousins	52:27	Viv Hill	62:16
John Turvey	53:30	Mary Matthews	69:48
Peter Parker	54:37	Jane Munn	71:12
Pat Wright	55:18	Ladies F35	75:00 Mins
Paul O'Callaghan	55:49	Judy Oakley	62:38
Simon Shrub	56:15	Hazel Imeson	62:54
Graham Turner	56:37	Rebecca Willis	67:56
Alan Bell	56:49	Heather Fenton	68:45
Ron Marsh	57:04	Mary Matthews	69:57
Dave Freeman	57:43	Jenny Poulter	72:11
Peter Mills	58:37	Caroline Bamford	73:52
Steve Hutton	59:12	Ladies F40	80:00 Mins
Men M40	65:00 Mins	Hazel Imeson	66:41
Paul O'Callaghan	56:16	Mary Matthews	70:05
Terry Bissett	57:01	Laura Palmer	71:33
Dave Williamson	57:28	Caroline Bamford	71:56
Dave Freeman	57:30	Sandra Marsh	73:50
Keith Walker	57:47	Ladies F50	85:00 Mins
Ron Marsh	58:36	Hazel Imeson	76:41
Peter Smith	58:39	Jane Munn	79:14
Brian Kolbe	60:16	Mary Matthews	83:24
Alan Strachan	61:05	Ladies F60	90:00 Mins
Tim Wilkes	61:27	Hazel Imeson	81:04
Bob Heppenstall	61:30	Mary Matthews	86:12
Steve Hutton	62:15		
Men M50	70:00 Mins		
Dave Williamson	59:01		
Dave Freeman	60:27		
Dennis Sexton	61:27		
Dick Clark	62:07		
Phil Fenton	63:01		
Steve Hutton	63:27		
Ian Matthews	64:01		
Simon Palmer	64:49		
Marcio Lopes Ribeiro	67:50		
Norman Milton	68:37		
John Humphries	68:41		
Men M60	82:00 Mins		
Geoff Newton	64:55		
Peter Rand	65:35		
John Humphries	74:36		
Steve Hill	77:10		
Steve Hutton	78:53		
Alan Matthews	80:06		
Andrew Morrison	81:12		
Dick Clark	81:43		
Men M70	90:00 Mins		
Geoff Newton	73:25		

Half Marathon			
Senior Men	80:00 Mins	Senior Ladies	1 hr 40
Ian Cousins	69:10	Viv Hill	86:00
Dave Jackson	73:10	Hazel Imeson	87:03
Pat Wright	73:17	Mary Matthews	91:34
John Turvey	73:26	Pam Lomoro	95:46
Paul O'Callaghan	73:39	Jeanette Whyte	96:48
Peter Mills	73:45	Dawn Jones	98:05
Dave Freeman	74:32	Ladies F35	1 hr 45
Peter Parker	74:48	Hazel Imeson	89:49
Graham Turner	76:47	Pam Lomoro	93:01
Men M40	90:00 Mins	Caroline Bamford	98:22
Paul O'Callaghan	72:45	Mary Matthews	1:40:31
Dave Freeman	74:12	Sarah Bell	1:43:42
Dave Williamson	75:47	Sarah Doyle	1:44:23
Ron Marsh	77:52	Ladies F40	1 hr 50
Simon Booth	78:46	Hazel Imeson	93:55
Terry Bissett	78:50	Laura Palmer	95:05
Brian Kolbe	81:40	Mary Matthews	97:13
Alan Strachan	82:07	Nova Berry	97:43
Tim Wilkes	82:26	Sandra Marsh	1:41:35
Geoff Newton	82:46	Sarah Doyle	1:49:27
Steve Hutton	83:42	Ladies F50	2 hr 00
Dennis Sexton	84:11	Jane Munn	1:46:29
Darren Marshall	87:38	Hazel Imeson	1:47:49
Mark Todd	89:12	Mary Matthews	1:56:39
Chris Bond	89:29	Ladies F60	2 hr 15
Men M50	1 hr 40	Hazel Imeson	1:50:29
Dave Freeman	76:10	Mary Matthews	1:52:48
Dave Williamson	80:42	Heather Fenton	2:09:48
Ian Matthews	86:14	Helene Hill	2:11:18
Simon Boddy	86:14		
Steve Hutton	87:10		
Dennis Sexton	87:30		
Tim Wilkes	89:00		
Norman Milton	93:24		
Paul Taylor	93:49		
Jim Brown	94:41		
Mark Lowther	98:01		
Men M60	2 hr 05		
Peter Rand	85:17		
Geoff Newton	85:38		
Steve Hutton	95:41		
Andrew Morrison	1:40:28		
Mark Oliver	1:41:05		
Steve Hill	1:42:28		
Alan Matthews	1:55:05		
James (Jim) Duffy	1:59:28		
Stephen Robinson	2:04:58		
Men M70	2 hr 40		
Geoff Newton	95:01		
Graham Hockings	1:58:11		
Stephen Robinson	2:21:24		
Jim Brown	2:37:50		

20 Miles			
Senior Men	2 hr 25	Senior Ladies	2 hr 45
Ian Cousins	1:52:05	Hazel Imeson	2:30:17
Pat Wright	1:55:17	Mary Matthews	2:35:00
Paul O'Callaghan	1:57:18	Stephanie Wilmot	2:44:30
Simon Booth	2:09:56	Ladies F40	2 hr 55
Steve Hutton	2:10:43		
John Melbourne	2:13:38		
Mark Todd	2:21:04		
Steve Burke	2:21:56		
Men M40	2 hr 30		
Dave Williamson	1:59:20		
Alan Strachan	2:07:08		
Terry Bissett	2:07:29		
Mark Todd	2:22:09		
Darren Marshall	2:22:12		
Men M50	2 hr 40		
Dave Williamson	2:05:18		
Roy Harrison	2:15:02		
Norman Milton	2:24:42		
Steve Hutton	2:27:16		
Men M60	3 hr 00		
Steve Hutton	2:29:27		
Graham Hockings	2:55:06		

21 Miles			
Senior Men	2 hr 30	Senior Ladies	2 hr 55
Paul O' Callaghan	2:04:05		
Pat Wright	2:04:40	Ladies F40	3 hr 10
Dave Freeman	2:08:41	Mary Thorneloe	2:27:25
John Melbourne	2:21:08	Ladies F50	3 hr 30
Mark Todd	2:28:26		
Men M40	2 hr 40	Ladies F60	3 hr 45
Dave Freeman	2:08:16		
Steve Hutton	2:20:56		
Mark Todd	2:29:17		
Colin Woods	2:39:58		
Men M50	2 hr 50		
Steve Hutton	2:37:20		
Men M60	3 hr 10		
Graham Hockings	2:58:50		

Marathon			
Senior Men	3 hr 00	Senior Ladies	3 hr 30
Ian Cousins	2:29:00	Judy Oakley	2:51:00
Paul O'Callaghan	2:33:56	Viv Hill	3:16:00
Pat Wright	2:35:36	Pam Lomoro	3:17:12
Dave Freeman	2:43:33	Jeanette Whyte	3:19:00
Peter Mills	2:44:23	Rebecca Willis	3:22:00
Simon Booth	2:45:49	Hazel Imeson	3:23:00
Rob Doman	2:48:40	Mary Matthews	3:25:14
Peter Parker	2:49:56	Ladies F40	4 hr 00
Alan Bell	2:50:31	Hazel Imeson	3:14:13
Bob Heppenstall	2:51:14	Mary Thorneloe	3:18:16
John Melbourne	2:52:04	Laura Palmer	3:22:54
Geoff Burrows	2:53:11	Nova Berry	3:23:52
Tony Trindade	2:58:10	Mary Matthews	3:25:00
Men M40	3 hr 15	Caroline Bamford	3:25:00
Paul O'Callaghan	2:34:42	Sandra Marsh	3:34:00
Dave Freeman	2:35:21	Heather Fenton	3:42:26
Dave Williamson	2:43:37	Ladies F50	5 hr 00
Simon Booth	2:44:27	Hazel Imeson	3:48:34
Alan Strachan	2:47:08	Jane Munn	3:56:33
Terry Bissett	2:49:00	Mary Matthews	4:05:00
Kevin Newman	2:55:40	Ladies F60	6 hr 00
Peter Stevens	2:55:47	Hazel Imeson	3:54:31
Steve Hutton	3:02:14	Mary Matthews	5:00:34
Brian Kolbe	3:04:02	Ladies F70	6 hr 40
Mark Todd	3:07:49		
Ian Matthews	3:09:48		
Mike Towersey	3:13:48		
Men M50	4 hr 00		
Dave Freeman	2:37:52		
Dave Williamson	2:48:00		
Ian Matthews	2:56:13		
Roy Harrison	3:00:08		
Simon Boddy	3:04:40		
Tim Wilkes	3:13:36		
Steve Hutton	3:15:02		
Norman Milton	3:23:48		
Dennis Sexton	3:27:02		
Mark Lowther	3:30:55		
John Humphries	3:34:00		
Paul Taylor	3:48:45		
Tony Pearson	3:50:48		
John Tedder	3:54:30		
Jim Brown	3:55:00		
Brian Hunton	3:59:00		
Andrew Morrison	3:59:56		
Men M60	5 hr 00		
Steve Hutton	3:18:08		
Peter Rand	3:21:40		
Graham Hockings	3:56:12		
Andrew Morrison	4:06:47		
Jim Brown	4:47:00		
Men M70	6 hr 40		
James Duffy	5:23:01		
Jim Brown	5:37:59		
Stephen Robinson	6:39:36		

ULTRA SECTION

100 MILES			
Senior Men	20 hr 00	Senior Ladies	22 hr 00
John Melbourne (SDW 100)	14:29:00		
Men M50	24 hr 00	Ladies F50	28 hr 00
Paul Taylor (NDW100)	23:43:24		

100km			
Senior Men	12 hr 00	Ladies F40	16 hr 00
John Melbourne	9:50:09	Ingrid Mrazova	15:02:36
Simon Booth	10:35:00		

50 Miles			
Senior Men	9 hr 30	Senior Ladies	10 hr 30
John Melbourne (Florida)	6:59:59		
John Melbourne (NDW50)	7:14:06	Ladies F50	12 hr 00
Simon Booth (NDW50)	7:38:32		
Phil Stevens (NDW50)	9:04:05		
Men M50	10 hr 30		
Paul Taylor	9:37:35		

60k			
Senior Men	6 hr 00	Senior Ladies	6 hr 45
John Melbourne	4:46:45		

80k			
Senior Men	9 hr 25	Senior Ladies	11 hr 55
John Melbourne (Paris)	7:06:58		