1 Mile (Road & Track)	
Senior Men	**5:30 Mins**
Dave Halloway	4:44
John Wilmot	5:17
John Melbourne	5:23
Men M40	**6:00 Mins**
Dave Halloway	4:35
Kevin Newman	5:00
Dave Freeman	5:12
Geoff Newton	5:12
Dave Williamson	5:15
Terry Bissett	5:25
Will Henderson	5:43
Darren Marshall	5:49
Mark Todd	5:53
Akshay Kumar	5:59
Men M50	**6:15 Mins**
Andy Ward	5:05
Dave Freeman	5:18
Simon Palmer	5:22
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**

Senior Ladies	**6:45 Mins**
Hazel Imeson	5:25
Sarah Bell	6:41
Ladies F35	**7:00 Mins**
Pam Lomoro	6:20
Ladies F40	**7:15 Mins**
Laura Palmer	6:11
Ladies F50	**7:30 Mins**
Jane Munn	6:45
Ladies F60	**8:00 Mins**
Hazel Imeson	6:42
Mary Matthews	7:46

2 Miles (Road & Track)	
Senior Men	**11:00 Mins**
Peter Parker	10:01
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

Senior Ladies	**13:00 Mins**
Hazel Imeson	12:42

5K inc. parkruns	
Senior Men	**17:30 Mins**
Peter Mills	15:50
Ron Marsh	16:27
Paul O'Callaghan	16:28
Reg Payne	16:32
Pat Wright	16:39
Dave Halloway	16:41
Steve Hutton	17:06
Declan Flynn	17:29
Men M40	**19:00 Mins**
Dave Halloway	16:16
Paul O'Callaghan	16:18
Dave Freeman	17:06
Dave Williamson	17:20
Dick Clark	17:25
Ron Marsh	17:41
Dan Berry	17:46
Simon Booth	18:15
Simon Palmer	18:24
Tim Wilkes	18:26
Steve Hutton	18:35
Chris Bond	18:49
Graham Gibbs	18:55
Men M50	**20:00 Mins**
Ron Marsh	17:10
Dave Freeman	17:16
Andy Ward	17:19
Dave Williamson	17:28
Phil Fenton	17:58
Simon Palmer	18:38
Steve Hutton	18:46
Ian Matthews	19:00
Dick Clark	19:07
Brian Hunton	19:40
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
Steve Hill	25:06
Steve Hutton	25:40
Men M75	**30:00 Mins**
Phil Fenton	29:24

Senior Ladies	**20:30 Mins**
Ladies F35	**21:00 Mins**
Hazel Imeson	18:28
Heather Fenton	19:18
Rebecca Willis	20:11
Pam Lomoro	20:28
Caroline Bamford	20:35
Ladies F40	**22:00 Mins**
Mary Matthews	19:18
Hazel Imeson	21:13
Laura Palmer	21:31
Sam Jones	21:37
Ladies F50	**27:00 Mins**
Hazel Imeson	20:59
Sam Jones	22:21
Jane Munn	23:05
Heather Fenton	23:35
Mary Matthews	24:05
Theresa Northey	24:15
Sharon Matthews	25:23
Alison Plant	25:33
Helene Hill	26:52
Ladies F60	**30:00 Mins**
Hazel Imeson	21:59
Mary Matthews	24:46
Heather Fenton	25:29
Helene Hill	26:57

5 Miles	
Senior Men	**30:00 Mins**
Ian Cousins	25:20
Ron Marsh	26:52
Peter Mills	27:45
Graham Jukes	27:54
Warren Beese	28:16
Dave Baker	29:15
Graham Turner	29:27
Tony Trindade	29:40
Men M40	**32:30 Mins**
Ron Marsh	27:24
Dave Williamson	28:03
Terry Bissett	28:09
Steve Hutton	28:47
Peter Smith	29:13
Dick Clark	30:19
Mike Towersey	30:28
Graham Gibbs	30:37
Men M50	**35:00 Mins**
David Williamson	28:56
Dennis Sexton	29:37
Ron Marsh	30:10
Graham Gibbs	30:25
Ian Matthews	32:13
Steve Hutton	32:19
Jim Brown	34:36
Ray Tolson	34:40
Men M60	**37:30 Mins**
Geoff Newton	31:45
Men M70	**40:00 Mins**
Geoff Newton	40:00

Senior Ladies	**35:00 Mins**
Rebecca Willis	31:33
Judy Oakley	31:48
Viv Hill	31:55
Mary Matthews	33:27
Ladies F35	**37:30 Mins**
Hazel Imeson	31:41
Rebecca Willis	32:50
Mary Matthews	33:29
Heather Fenton	34:49
Ladies F40	**40:00 Mins**
Caroline Bamford	34:35
Mary Matthews	34:52
Gemma Flynn	35:22
Hazel Imeson	35:42
Sandra Marsh	36:00
Laura Palmer	36:27
Ladies F50	**44:00 Mins**
Sam Jones	37:42
Hazel Imeson	38:52
Jane Munn	40:57
Mary Matthews	41:00
Heather Fenton	43:25
Ladies F60	**47:30 Mins**
Hazel Imeson	38:41
Heather Fenton	46:16
Ladies F65	**50:00 Mins**
Hazel Imeson	44:03
Heather Fenton	49:15

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
Andy Ward	35:59
Dave Williamson	36:12
Steve Hutton	37:25
Simon Palmer	37:38
Phil Fenton	37:50
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**
Laura Palmer	42:46
Hazel Imeson	42:58
Mary Matthews	43:19
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
Jane Munn	54:44

10 Miles

Senior Men	60:00 Mins
Ian Cousins	52:27
John Turvey	53:30
Peter Parker	54:37
Pat Wright	55:18
Paul O'Callaghan	55:49
Simon Shrub	56:15
Graham Turner	56:37
Alan Bell	56:49
Ron Marsh	57:04
Dave Freeman	57:43
Peter Mills	58:37
Steve Hutton	59:12
Men M40	**65:00 Mins**
Paul O'Callaghan	56:16
Terry Bissett	57:01
Dave Williamson	57:28
Dave Freeman	57:30
Keith Walker	57:47
Ron Marsh	58:36
Peter Smith	58:39
Brian Kolbe	60:16
Alan Strachan	61:05
Tim Wilkes	61:27
Bob Heppenstall	61:30
Steve Hutton	62:15
Men M50	**70:00 Mins**
Dave Freeman	58:10
Dave Williamson	59:01
Andy Ward	60:01
Dennis Sexton	61:27
Dick Clark	62:07
Phil Fenton	63:01
Steve Hutton	63:27
Simon Palmer	64:49
Ian Matthews	65:01
Marcio Lopes Ribeiro	67:50
Norman Milton	68:37
John Humphries	68:41
Garry Edwards	69:15
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

Senior Ladies	72:00 Mins
Viv Hill	62:16
Mary Matthews	69:48
Jane Munn	71:12
Ladies F35	**75:00 Mins**
Judy Oakley	62:38
Hazel Imeson	62:54
Rebecca Willis	67:56
Heather Fenton	68:45
Mary Matthews	69:57
Jenny Poulter	72:11
Caroline Bamford	73:52
Ladies F40	**80:00 Mins**
Hazel Imeson	66:41
Mary Matthews	70:05
Laura Palmer	71:33
Caroline Bamford	71:56
Sandra Marsh	73:50
Ladies F50	**85:00 Mins**
Laura Palmer	73:00
Hazel Imeson	76:41
Jane Munn	79:14
Mary Matthews	83:24
Ladies F60	**90:00 Mins**
Hazel Imeson	81:04
Mary Matthews	86:12

Half Marathon

Senior Men	80:00 Mins
Ian Cousins	69:10
Dave Jackson	73:10
Pat Wright	73:17
John Turvey	73:26
Paul O'Callaghan	73:39
Peter Mills	73:45
Dave Freeman	74:32
Peter Parker	74:48
Graham Turner	76:47
Gareth Phillips	79:40
Men M40	**90:00 Mins**
Paul O'Callaghan	72:45
Dave Freeman	74:12
Dave Williamson	75:47
Ron Marsh	77:52
Simon Booth	78:46
Terry Bissett	78:50
Brian Kolbe	81:40
Alan Strachan	82:07
Tim Wilkes	82:26
Geoff Newton	82:46
John Melbourne	83:38
Steve Hutton	83:42
Dennis Sexton	84:11
Andy Ward	84:18
Chris Bond	86:14
Darren Marshall	87:38
Mark Todd	89:12
Men M50	**1 hr 40**
Dave Freeman	76:10
Andy Ward	80:32
Dave Williamson	80:42
Ian Matthews	86:14
Simon Boddy	86:14
Steve Hutton	87:10
Dennis Sexton	87:30
Tim Wilkes	89:00
Norman Milton	93:24
Paul Taylor	93:49
Garry Edwards	94:26
Jim Brown	94:41
Brian Hunton	95:39
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

Senior Ladies	1 hr 40
Viv Hill	86:00
Hazel Imeson	87:03
Mary Matthews	91:34
Pam Lomoro	95:46
Jeanette Whyte	96:48
Dawn Jones	98:05
Ladies F35	**1 hr 45**
Hazel Imeson	89:49
Pam Lomoro	93:01
Caroline Bamford	98:22
Ellen Collins	99:00
Mary Matthews	1:40:31
Sarah Bell	1:43:42
Sarah Doyle	1:44:23
Ladies F40	**1 hr 50**
Hazel Imeson	93:55
Laura Palmer	95:05
Mary Matthews	97:13
Nova Berry	97:43
Sandra Marsh	1:41:35
Sarah Doyle	1:49:27
Ladies F50	**2 hr 00**
Sam Jones	1:44:43
Jane Munn	1:46:29
Hazel Imeson	1:47:49
Theresa Northey	1:54:29
Mary Matthews	1:56:39
Ladies F60	**2 hr 15**
Hazel Imeson	1:50:29
Mary Matthews	1:52:48
Heather Fenton	2:09:48
Helene Hill	2:11:18

20 Miles	
Senior Men	**2 hr 25**
Ian Cousins	1:52:05
Pat Wright	1:55:17
Paul O'Callaghan	1:57:18
Simon Booth	2:09:56
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
Will Henderson	2:29:20
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
Ian Matthews	2:33:05
Men M60	**3 hr 00**
Steve Hutton	2:29:27
Graham Hockings	2:55:06

Senior Ladies	**2 hr 45**
Hazel Imeson	2:30:17
Mary Matthews	2:35:00
Stephanie Wilmot	2:44:30
Ladies F40	**2 hr 55**
Laura Palmer	2:35:51
Ladies F50	**3 hr 10**
Sam Jones	2:38:02

21 Miles	
Senior Men	**2 hr 30**
Paul O' Callaghan	2:04:05
Pat Wright	2:04:40
Dave Freeman	2:08:41
John Melbourne	2:21:08
Mark Todd	2:28:26
Men M40	**2 hr 40**
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

Senior Ladies	**2 hr 55**
Ladies F40	**3 hr 10**
Mary Thorneloe	2:27:25
Ladies F50	**3 hr 30**
Sam Jones	2:57:08
Ladies F60	**3 hr 45**

Marathon	
Senior Men	**3 hr 00**
Ian Cousins	2:29:00
Paul O'Callaghan	2:33:56
Pat Wright	2:35:36
Dave Freeman	2:43:33
Peter Mills	2:44:23
Simon Booth	2:45:49
Rob Doman	2:48:40
Peter Parker	2:49:56
Alan Bell	2:50:31
Bob Heppenstall	2:51:14
Gareth Phillips	2:52:01
John Melbourne	2:52:04
Geoff Burrows	2:53:11
Tony Trindade	2:58:10
Men M40	**3 hr 15**
Paul O'Callaghan	2:34:42
Dave Freeman	2:35:21
Dave Williamson	2:43:37
Simon Booth	2:44:27
Alan Strachan	2:47:08
Terry Bissett	2:49:00
Kevin Newman	2:55:40
Peter Stevens	2:55:47
Steve Hutton	3:02:14
Brian Kolbe	3:04:02
Mark Todd	3:07:49
Chris Bond	3:09:47
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	2:56:12
Roy Harrison	3:00:08
Simon Boddy	3:04:40
Andy Ward	3:07:27
Tim Wilkes	3:13:36
Steve Hutton	3:15:02
Garry Edwards	3:16:00
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
Brian Hunton	3:53:36
John Tedder	3:54:30
Jim Brown	3:55:00
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

Senior Ladies	**3 hr 30**
Judy Oakley	2:51:00
Viv Hill	3:16:00
Pam Lomoro	3:17:12
Jeanette Whyte	3:19:00
Rebecca Willis	3:22:00
Hazel Imeson	3:23:00
Mary Matthews	3:25:14
Ladies F40	**4 hr 00**
Hazel Imeson	3:14:13
Mary Thorneloe	3:18:16
Laura Palmer	3:22:54
Nova Berry	3:23:52
Mary Matthews	3:25:00
Caroline Bamford	3:25:00
Sandra Marsh	3:34:00
Heather Fenton	3:42:26
Ladies F50	**5 hr 00**
Sam Jones	3:27:28
Hazel Imeson	3:48:34
Jane Munn	3:56:33
Mary Matthews	4:05:00
Ladies F60	**6 hr 00**
Hazel Imeson	3:54:31
Mary Matthews	5:00:34
Ladies F70	**6 hr 40**

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		
James McClintock	10:21:01		

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		