

Time	Name	Total (m)	
		Individual	Group
	Nikki	300	300
06:10	Mike	25	325
06:13	Steve Cooper	25	350
06:16	Gary Douthwaite	25	375
06:18	Ragan Early	25	400
06:20	Ellie Jones	25	425
06:23	James Gregory	25	450
06:26	Richard Gover	25	475
	Mike	50	500
06:31	Steve Gilbert	25	525
06:34	Andy Vick	25	550
06:36	Steve Cooper	50	575
	Gary Douthwaite	50	600
06:40	Ragan Early	50	625
06:43	Ellie Jones	50	650
	James Gregory	50	675
	Richard Gover	50	700
06:52	Adrian Turner	25	725
	Mike	75	750
06:55	Steve Gilbert	50	775
	Andy Vick	50	800
07:00	Steve Cooper	75	825
	Andy Tricklebank	25	850
07:04	Ellie Jones	75	875
	Ragan Early	75	900
07:10	James Gregory	75	925
	Richard Gover	75	950
07:15	Adrian Turner	50	975
	Natasha Durham	25	1000
07:20	Gary Douthwaite	75	1025
	Andy Vick	75	1050
	Andy Tricklebank	50	1075
07:31	Ragan Early	100	1100
07:34	James Gregory	100	1125
	Richard Gover	100	1150
07:37	Steve Gilbert	75	1175
	Adrian Turner	75	1200
07:36	Natasha Durham	50	1225
	Gary Douthwaite	100	1250
07:46	Mike	100	1275
	Matt Ewles	25	1300
	Beth Gale	25	1325
	Andy Vick	100	1350
	Steve Gilbert	100	1375
	Ragan Early	125	1400
08:00	Andy Tricklebank	75	1425
	James Gregory	125	1450
08:04	Richard Gover	125	1475
	Bobbie	25	1500
	Matt Ewles	50	1525
08:10	Adrian Turner	100	1550
	Gary Douthwaite	125	1575

	Mike	125	1600
08:16	Andy Vick	125	1625
	Andy Tricklebank	100	1650
08:21	Ragan Early	150	1675
08:24	Dominic Galliano	25	1700
08:26	James Gregory	150	1725
	Richard Gover	150	1750
	Dave Betterage	25	1775
	Matt Ewles	75	1800
08:35	Ellie Jones	100	1825
	Adrian Turner	125	1850
08:39	Gary Douthwaite	150	1875
	Mike	150	1900
	Andy Tricklebank	125	1925
08:51	Ragan Early	175	1950
	Steve Gilbert	125	1975
08:57	Matt Ewles	100	2000
08:59	Dave Betterage	50	2025
	James Gregory	175	2050
	Steve Cooper	125	2075
09:05	Ellie Jones	125	2100
09:06	Natasha Durham	75	2125
	Richard Gover	175	2150
09:11	Steve Gilbert	150	2175
	Dave Betterage	75	2200
	Ragan Early	200	2225
	Holly Read	25	2250
	Steve Cooper	150	2275
	Ellie Jones	150	2300
	Dominic Galliano	50	2325
	Laz Abbott	25	2350
	Dave Betterage	100	2375
	Steve Gilbert	175	2400
09:50	Ragan Early	225	2425
	Adrian Turner	150	2450
	Steve Cooper	175	2475
	Laura Bennett	25	2500
	Laz Abbott	50	2525
	Ellie Jones	175	2550
09:50	Gary Douthwaite	175	2575
	Natasha Durham	100	2600
09:57	Andy Tricklebank	150	2625
10:00	Holly Read	50	2650
	Dominic Galliano	75	2675
10:06	Mike	175	2700
	Steve Cooper	200	2725
10:14	Andy Tricklebank	175	2750
	Richard Gover	200	2775
10:19	Ragan Early	250	2800
	Laz Abbott	75	2825
10:23	Steve Gilbert	200	2850
	Ellie Jones	200	2875
10:29	Dave Betterage	125	2900
	Holly Read	75	2925
10:31	Andy Vick	150	2950

	Natasha Durham	125	2975
10:35	Dominic Galliano	100	3000
	Richard Gover	225	3025
	Steve Cooper	225	3050
10:43	Ragan Early	275	3075
	Mike	200	3100
	Holly Read	100	3125
	Beth Gale	50	3150
	Gary Douthwaite	200	3175
	Ellie Jones	225	3200
	Laura Bennett	50	3225
	Dave Betterage	150	3250
	Steve Gilbert	225	3275
	Ragan Early	300	3300
	Beth Gale	75	3325
	Richard Gover	250	3350
	Steve Cooper	250	3375
	Mike	225	3400
	Dave H	25	3425
	Natasha Durham	150	3450
	Andy Tricklebank	250	3475
	Ellie Jones	200	3500
	Laz Abbott	100	3525
	Richard Gover	275	3550
	Holly Read	125	3575
11:35	Laura Bennett	75	3600
11:38	Dave Betterage	175	3625
11:42	Steve Gilbert	250	3650
11:46	Gary Douthwaite	225	3675
11:45	Steve Cooper	275	3700
	Richard Gover	300	3725
11:48	Andy Tricklebank	225	3750
	Andy Vick	175	3775
12:00	Dominic Galliano	125	3800
12:00	Ellie Jones	275	3825
	Andy Tricklebank	250	3850
12:24	Steve Gilbert	275	3875
12:09	Dave H	50	3900
	Dave Betterage	200	3925
12:13	Steve Cooper	300	3950
	Andy Tricklebank	275	3975
	Steve Gilbert	300	4000
	Ellie Jones	300	4025
	Gary Douthwaite	250	4050
12:25	Steve Gilbert	325	4075
12:33	Dave Betterage	225	4100
	Laura Bennett	100	4125
12:33	Steve Cooper	325	4150
	Andy Tricklebank	300	4175
	Dominic Galliano	150	4200
12:43	Dave H	75	4225
	Beth Gale	100	4250
12:49	Natasha Durham	175	4275
	Dave Betterage	250	4300
	Steve Gilbert	350	4325

	Andy Vick	200	4350
	Holly Read	150	4375
	Andy Tricklebank	325	4400
	Adrian Turner	175	4425
	Steve Gilbert	275	4450
	Natasha Durham	200	4475
	Gary Douthwaite	275	4500
	Andy Vick	225	4525
	Steve Gilbert	400	4550
01:15	Dave Betterage	300	4575
01:20	Beth Gale	125	4600
01:21	Laura Bennett	125	4625
	Andy Tricklebank	350	4650
	Adrian Turner	200	4675
01:29	Natasha Durham	225	4700
	Dave Betterage	325	4725
01:35	Steve Gilbert	425	4750
	Steve Cooper	350	4775
	Holly Read	175	4800
01:45	Beth Gale	150	4825
01:49	Adrian Turner	225	4850
	Dave H	100	4875
01:54	Steve Cooper	375	4900
	Gary Douthwaite	300	4925
	Dave Betterage	350	4950
	Steve Gilbert	450	4975
	Laura Bennett	150	5000
	Dominic Galliano	175	5025
	Beth Gale	175	5050
	Steve Cooper	400	5075
	Dave H	125	5100
	Mike	250	5125
02:20	Steve Gilbert	475	5150
	Holly Read	200	5175
	Dave Betterage	375	5200
02:29	Gary Douthwaite	325	5225
	Dominic Galliano	200	5250
02:31	Laura Bennett	175	5275
	Adrian Turner	250	5300
	Steve Cooper	425	5325
02:40	Mike	275	5350
	Steve Gilbert	500	5375
02:45	Dominic Galliano	225	5400
	Dave H	150	5425
02:49	Beth Gale	200	5450
	Dave Betterage	400	5475
02:51	Holly Read	225	5500
02:54	Gary Douthwaite	350	5525
02:59	Adrian Turner	275	5550
03:01	Dominic Galliano	250	5575
03:04	Steve Cooper	450	5600
03:05	Natasha Durham	250	5625
03:09	Steve Gilbert	525	5650
	Dave H	175	5675
03:15	Laura Bennett	200	5700

	Dave Betterage	425	5725
	Gary Douthwaite	375	5750
	Mike	300	5775
	Adrian Turner	300	5800
03:27	Beth Gale	225	5825
	Steve Cooper	475	5850
03:32	Holly Read	250	5875
	Steve Gilbert	550	5900
	Dominic Galliano	275	5925
03:45	Dave H	200	5950
	Laura Bennett	225	5975
	Dave Betterage	450	6000
03:50	James Gregory	200	6025
	Adrian Turner	325	6050
03:55	Mike	325	6075
04:00	Steve Cooper	500	6100
	Natasha Durham	275	6125
04:05	Steve Gilbert	575	6150
	Beth Gale	250	6175
04:10	Dave H	225	6200
	Holly Read	275	6225
	Dave Betterage	475	6250
04:15	Gary Douthwaite	400	6275
	Natasha Durham	300	6300
04:22	James Gregory	225	6325
04:30	Dominic Galliano	300	6350
	Steve Gilbert	600	6375
	Mike	350	6400
	Dave H	250	6425
04:35	Beth Gale	275	6450
	Dave Betterage	500	6475
04:41	Gary Douthwaite	425	6500
	Holly Read	300	6525
	James Gregory	250	6550
04:49	Natasha Durham	325	6575
	Steve Gilbert	625	6600
	Dave H	275	6625
	Dominic Galliano	325	6650
	Dave Betterage	525	6675
	Mike	375	6700
05:05	Gary Douthwaite	450	6725
	Beth Gale	300	6750
	James Gregory	275	6775
	Steve Gilbert	650	6800
05:10	Natasha Durham	350	6825
	Dave H	300	6850
	Holly Read	325	6875
05:20	Dave Betterage	550	6900
	Gary Douthwaite	475	6925
05:30	Dominic Galliano	350	6950
	James Gregory	300	6975
05:40	Steve Gilbert	675	7000
	Beth Gale	325	7025
05:45	Dave H	325	7050
	Natasha Durham	375	7075

05:51	Dave Betterage	575	7100
	Andy Vick	250	7125
05:54	Dominic Galliano	375	7150
	Gary Douthwaite	500	7175
	James Gregory	325	7200
06:06	Beth Gale	350	7225
	Steve Gilbert	700	7250
	Natasha Durham	400	7275
06:11	Dave H	350	7300
	Andy Tricklebank	375	7325
	Dave Betterage	600	7350
06:16	Andy Vick	275	7375
	James Gregory	350	7400
06:20	Dominic Galliano	400	7425
	Laura Bennett	250	7450
06:26	Beth Gale	375	7475
	Steve Cooper	525	7500
	Andy Tricklebank	400	7525
06:35	Andy Vick	300	7550
	Dave Betterage	625	7575
	Andy Tricklebank	425	7600
06:50	James Gregory	375	7625
	Andy Vick	325	7650
	Steve Cooper	550	7675
	Andy Tricklebank	450	7700
06:55	Steve Gilbert	725	7725
	Beth Gale	400	7750
	Dave Betterage	650	7775
07:05	Steve Cooper	575	7800
	Andy Tricklebank	475	7825
07:10	Andy Vick	350	7850
	James Gregory	400	7875
	Adrian Turner	350	7900
	Steve Gilbert	750	7925
	Richard Gover	325	7950
07:25	Beth Gale	425	7975
	Andy Tricklebank	500	8000
	Ellie Jones	325	8025
07:30	Dave Betterage	675	8050
	Andy Vick	375	8075
07:35	Steve Cooper	600	8100
	Adrian Turner	375	8125
	Richard Gover	350	8150
	James Gregory	425	8175
07:45	Steve Gilbert	775	8200
	Ellie Jones	350	8225
	Andy Vick	400	8250
07:55	Beth Gale	450	8275
	Adrian Turner	400	8300
	Dave Betterage	700	8325
08:02	Richard Gover	375	8350
	Ellie Jones	375	8375
	Steve Cooper	625	8400
	Andy Vick	425	8425
08:10	Laura Bennett	275	8450

	Adrian Turner	425	8475
	James Gregory	450	8500
	Richard Gover	400	8525
08:20	Ellie Jones	400	8550
08:25	Steve Gilbert	800	8575
	Andy Vick	450	8600
08:35	Dave Betterage	725	8625
	Adrian Turner	450	8650
	Steve Gilbert	825	8675
	Richard Gover	425	8700
	Andy Vick	475	8725
	Ellie Jones	425	8750
08:45	Adrian Turner	475	8775
	Dave Betterage	750	8800
	Andy Vick	500	8825
08:50	Laura Bennett	300	8850