

Overall Position	Cat. Position	Name	Cat.	Club	Time
1	1	KEVIN HEYWOOD	SM	BIDEFORD AAC	00:25:27
2	2	CHRIS LEWIS	SM	BIDEFORD AAC	00:27:57
3	3	IAN GOODING	SM	TORRINGTON AAC	00:28:30
4	4	RONNIE RICHMOND	SM	NDRR	00:29:51
5	5	DAVID CUTLER	SM	SOUTH MOLTON STRUGGLERS	00:30:01
6	1	MARTIN COLWIL	VM	BIDEFORD AAC	00:30:15
7	2	ANTHONY LAMBERT	VM	TORRINGTON AAC	00:30:58
8	3	STEVE ABELL	VM	SOUTH MOLTON STRUGGLERS	00:31:03
9	6	ROBERT WATERS	SM	TORRINGTON AAC	00:31:29
10	1	SARAHIVORY	SF	BIDEFORD AAC	00:32:08
11	4	ANDREW WOOLLACOTT	VM	NDRR	00:32:23
12	5	SIMON GOODMAN	VM	SOUTH MOLTON STRUGGLERS	00:32:27
13	1	JAMES PUGSLEY	JUNM	BIDEFORD AAC	00:32:50
14	1	IAN WALDRON	VM50	SOUTH MOLTON STRUGGLERS	00:33:18
15	7	RAITH ACKLAN	SM	UNATTACHED	00:34:28
16	6	STUART PHILIPS	VM	BIDEFORD AAC	00:34:33
17	2	JORDAN BLAIR	JUNM	TORRINGTON AAC	00:35:25
18	1	VICKY SHELTON	VF	NDRR	00:35:27
19	1	MARILYN BLAIR	VF45	TORRINGTON AAC	00:35:36
20	2	PAUL BOWDEN	VM50	UNATTACHED	00:35:44
21	8	NIK WHALLEY	SM	SOUTH MOLTON STRUGGLERS	00:36:07
22	3	LESLIE REED	VM50	UNATTACHED	00:37:18
23	7	KEITH HOADLEY	VM	TORRINGTON AAC	00:37:24
24	8	CHRIS SIMPSON	VM	SOUTH MOLTON STRUGGLERS	00:37:29
25	9	PAUL BRAYLEY	SM	SOUTH MOLTON STRUGGLERS	00:37:32
26	9	MICHAEL GAMMON	VM	NDRR	00:37:42
27	10	DANIEL STANBURY	SM	UNATTACHED	00:37:49
28	2	TRACEY HULLAND	VF	SOUTH MOLTON STRUGGLERS	00:38:04
29	10	PHIL PENNINGTON	VM	SOUTH MOLTON STRUGGLERS	00:38:27
30	11	BRIAN HANKS	VM	SOUTH MOLTON STRUGGLERS	00:38:29
31	11	PATRICK GILMORE	SM	UNATTACHED	00:38:50
32	3	EMMA GOODING	VF	TORRINGTON AAC	00:39:01
33	12	PAUL SMALE	VM	UNATTACHED	00:39:03
34	4	NAOMI COX	VF	TORRINGTON AAC	00:40:22
35	5	STEPH OLLIFFE	VF	TORRINGTON AAC	00:40:32
36	6	KIARA GORST	VF	SOUTH MOLTON STRUGGLERS	00:42:10
37	4	KEITH PRESCOTT	VM50	TORRINGTON AAC	00:42:25
38	7	MANDY SANDERS	VF	TAAC	00:42:27
39	2	NICOLA MORRIS	VF45	TORRINGTON AAC	00:42:38
40	5	DAVE ANDERSON	VM50	TORRINGTON AAC	00:43:00
41	2	NICOLA BLIGHT	SF	TORRINGTON AAC	00:43:56
42	3	MARY POOL	VF45	BIDEFORD AAC	00:44:15
43	3	EMMA PEARCY	SF	SOUTH WEST ROAD RUNNERS	00:44:21
44	4	SUE MARTIN	VF45	TORRINGTON AAC	00:44:31
45	8	WENDY SHAMBROOK	VF	TORRINGTON AAC	00:44:32
46	12	MATTHEW ANDREWS	SM	UNATTACHED	00:44:34
47	13	DAVE WENMAN	VM	UNATTACHED	00:47:36

48	9	EMMA HILL	VF	SOUTH MOLTON STRUGGLERS	00:49:06
49	6	JON HIBBERD	VM50	SOUTH MOLTON STRUGGLERS	00:49:56
50	10	PAULINE PYKE	VF	TORRINGTON AAC	00:50:18
51	11	JACQUI COUCH	VF	TORRINGTON AAC	00:51:12
52	5	SUE CARTER	VF45	SOUTH MOLTON STRUGGLERS	00:51:16
53	12	TRACEY FOUND	VF	TORRINGTON AAC	00:52:04
54	13	TONY DYER	SM	NDRR	00:52:29
55	6	MEL COX	VF45	TORRINGTON AAC	00:56:50





















































































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