

	M / W	Year	Age	Rank	Ref	Handicap
Abigail Bateman	W	1998	20	Silver 1	12	08:13
Adam Hecquet	M	1974	44	Bronze 1	7	07:57
Adam Rose	M	1968	50	Gold 1	3	06:06
Aimee Darley	W	2002	16	Silver 2	13	09:42
Alan Wallis	M	1956	62	Silver 1	5	08:34
Alice Leake	W	1991	27	Gold *	9	05:29
Andy Robinson	M	1953	65	Gold 1	3	07:28
Axel Blomquist	M	1954	64	Gold 1	3	07:21
Brian Pilling	M	1948	70	Silver 1	5	09:41
Cameron Lamond	M	1970	48	Silver 2	6	07:44
Charles Lee	M	1991	27	Bronze 1	7	07:00
Chris Kemp	M	1964	54	Silver 1	5	07:42
Christopher Ashenden	M	1964	54	Bronze 2	8	09:37
Colin Swallow	M	1957	61	Bronze 1	7	09:52
David Allan	M	1946	72	Silver 1	5	10:00
David Chapman	M	1953	65	Gold 1	3	07:28
David Lane	M	1952	66	Silver 1	5	09:05
David Thorpe	M	1965	53	Bronze 2	8	09:30
Dawn Williamson	W	1959	59	Silver 1	12	09:31
Debra Robinson	W	1966	52	Silver 1	12	08:34
Frances Kemp	W	2001	17	Silver 2	13	09:34
Frank Townley	M	2003	15	Gold 1	3	06:06
Gary Cooles	M	1959	59	Bronze 2	8	10:16
Gemma Cooles	W	1989	29	Bronze 2	15	09:09
Gill Sharp	W	1958	60	Bronze 1	14	11:17
Graham Ching	M	1968	50	Bronze 1	7	08:32
Hamish Weir	M	2004	14	Bronze 2	8	09:22
Hannah Gray	W	1976	42	Bronze 2	15	09:22
Helen Ashenden	W	1964	54	Bronze 1	14	10:18
Helen Le Page	W	1976	42	Bronze 1	14	08:45
Helen Wallace	W	1952	66	Silver 2	13	11:36
Iain Bell	M	1965	53	Silver 2	6	08:14
Ian Ditchfield	M	1958	60	Gold 2	4	07:38
Ian Watson	M	1963	55	Bronze 1	7	09:05
Izumi Magee	W	2000	18	Silver 2	13	09:17
Jane Archer	W	1954	64	Gold 2	11	09:29
Jenny Bray	W	1955	63	Silver 1	12	10:10
Jessica Jackson	W	1990	28	Bronze 2	15	09:09
John Tzanetis	M	1967	51	Silver 2	6	08:01
Jon Darley	M	1965	53	Bronze 1	7	08:52
Jon Magee	M	1964	54	Silver 1	5	07:42
Jon Paton	M	1960	58	Silver 1	5	08:06
Jonah Rose	M	2001	17	Silver 1	5	06:54
Jonathan Johns	M	1957	61	Bronze 1	7	09:52
Julie Leppard	W	1954	64	Bronze 1	14	12:04
Katherine Bett	W	1995	23	Silver 1	12	07:36
Katie Clarke	W	1971	47	Silver 2	13	08:40
Keith Belsey	M	1967	51	Gold 2	4	06:47
Laurence Townley	M	1971	47	Gold 1	3	05:53

Leanora Addis	W	1976	42	Bronze 1	14	08:45
Linda Cairns	W	1958	60	Bronze 2	15	12:06
Louie Malatesta	M	1970	48	Bronze 2	8	08:56
Louise Weir	W	1964	54	Bronze 2	15	11:02
Lucy Paton	W	1963	55	Gold 2	11	08:13
Malcolm Scott	M	1955	63	Bronze 1	7	10:09
Marcus Bateman	M	1965	53	Bronze 2	8	09:30
Mark Howell	M	1965	53	Bronze 1	7	08:52
Martha Paton	W	1991	27	Gold 2	11	06:42
Martin Jackson	M	1965	53	Bronze 2	8	09:30
Martin Kensett	M	1966	52	Silver 2	6	08:07
Matthew Edwards	M	1967	51	Silver 2	6	08:01
Matthew Grant	M	1973	45	Gold 2	4	06:19
Matthew Jones	M	1969	49	Bronze 1	7	08:26
Megan Bett	W	1998	20	Gold 2	11	07:32
Mel Slade	W	1968	50	Gold 1	10	06:57
Michael Le Marie	M	1952	66	Bronze 1	7	10:36
Michael Thorpe	M	2003	15	Bronze 1	7	08:32
Mike Bray	M	1955	63	Bronze 1	7	10:09
Murray Weir	M	2002	16	Bronze 1	7	08:20
Nick Bennet	M	1988	30	Silver 1	5	06:00
Nick Hale	M	1958	60	Gold 1	3	06:57
Nick Marett	M	1979	39	Silver 1	5	06:27
Nigel Parish	M	1958	60	Bronze 2	8	10:25
Ollie Smith	M	2002	16	Silver 1	5	07:09
Paul Bloch	M	1960	58	Bronze 2	8	10:08
Paul Emmerson	M	1955	63	Bronze 2	8	10:52
Paul Fox	M	1962	56	Gold 1	3	06:35
Paul Martin	M	1967	51	Silver 1	5	07:24
Pete Jones	M	1956	62	Gold *	2	06:26
Peter Daplyn	M	1980	38	Gold 2	4	05:51
Peter Smith	M	1962	56	Bronze 2	8	09:52
Philip Gristwood	M	1948	70	Gold 2	4	08:52
Richard Barrett	M	1974	44	Gold *	2	05:07
Robert Leppard	M	1951	67	Bronze 2	8	11:32
Robert Thorpe	M	2000	18	Bronze 2	8	08:20
Ross Maclagan	M	1974	44	Silver 1	5	06:49
Ruth Holmes	W	1987	31	Gold *	9	05:29
Sam Anderson	M	1992	26	Silver 2	6	06:30
Sandra Board	W	1967	51	Bronze 2	15	10:34
Sara Jones	W	1971	47	Bronze 2	15	10:00
Sarah Darley	W	2003	15	Bronze 2	15	11:22
Sarah Francis	W	1968	50	Silver 1	12	08:20
Sarah Thomas	W	1962	56	Bronze 2	15	11:22
Simon Dunkley	M	1965	53	Silver 1	5	07:36
Stephen Gurd	M	1968	50	Bronze 2	8	09:09
Stephen Peacock	M	1951	67	Silver 1	5	09:14
Stephen Weir	M	1963	55	Bronze 2	8	09:44
Steve Bailey	M	1959	59	Gold 1	3	06:51
Steve McKinley	M	1964	54	Gold 2	4	07:03

Sue Bett	W	1967	51	Gold 2	11	07:45
Sue Cooles	W	1959	59	Bronze 1	14	11:07
Terina Notz	W	1958	60	Bronze 2	15	12:06
Thomas Howell	M	2001	17	Gold 1	3	05:45
Tim Beale	M	1984	34	Gold 2	4	05:37
Tom Frost	M	1967	51	Gold 2	4	06:47
Tony Painter	M	1947	71	Bronze 2	8	12:18
Trish Wallis	W	1952	66	Bronze 2	15	13:24
Vanessa Thorpe	W	1965	53	Bronze 2	15	10:52
Vaughn Thomas	M	1961	57	Bronze 2	8	10:00
Vincent Townley	M	2004	14	Gold 2	4	06:52
Zsolt Podolyak	M	1968	50	Bronze 2	8	09:09