

Position	#	Name	Club	Class	Barrow Park			Lakeside YMCA			Total Points
					Time	Position	Points	Time	Position	Points	
1	23	Harry Scott	LOC	M18	00:25:42	4	197	00:38:02	1	200	397
2	41	Matthew Rooke	LOC	M21	00:26:26	5	196	00:38:20	2	199	395
3	30	Heather Heppenstall	LOC	W35	00:28:29	8	193	00:39:03	3	198	391
4	29	Chris Heppenstall	LOC	M35	00:30:00	10	191	00:39:04	4	197	388
5	21	Chris Roberts	SROC	M60	00:32:33	17	184	01:03:20	13	188	372
6	34	Matthew Haddow	LOC	M16	00:43:53	32	169	00:55:17	11	190	359
7	34	Matthew Haddow	LOC	M16	00:43:53	32	169	00:55:17	11	190	359
8	38	Alison Hooper	SO	W40	00:42:31	30	171	01:12:14	18	183	354
9	52	Judith Filmore	LOC	W55	00:52:36	39	162	01:22:08	21	180	342
10	52	Judith Filmore	LOC	W55	00:52:36	39	162	01:22:08	21	180	342
11	31	Harriet Wood	LOC	W16	00:54:45	41	160	01:21:44	20	181	341
12	119	Matthew Elkington	OD	M21	00:21:38	1	200	-	-	-	200
13	72	Rowan Capper	LOC	M21	00:22:36	2	199	-	-	-	199
14	44	Noah Howlett	LOC	M20	00:23:12	3	198	-	-	-	198
15	153	Rebecca Rooke	SROC	W21	-	-	-	00:40:42	5	196	196
16	54	Iain Smith-Ward	LOC	M45	00:27:18	6	195	-	-	-	195
17	130	Dai Bedwell	DVO	M50	-	-	-	00:42:00	6	195	195
18	43	Nick Howlett	LOC	M50	00:27:20	7	194	-	-	-	194
19	129	Lucie Todhunter	SROC	W35	-	-	-	00:46:34	7	194	194
20	39	Mike Hooper	SO	M45	-	-	-	00:47:16	8	193	193
21	12	Matthew Clarke	SUFFOC	M16	00:29:20	9	192	-	-	-	192
22	51	Rebekah Beadle	LOC	W50	-	-	-	00:47:56	9	192	192
23	120	Richard Towler	LOC	M65	-	-	-	00:52:12	10	191	191
24	63	Harry O'Donovan	LOC	M16	00:31:05	11	190	-	-	-	190
25	45	Hannah Cleary-Hughes	LOC	W20	00:31:08	12	189	-	-	-	189
26	93	Judy Burge	LOC	W60	-	-	-	01:01:14	12	189	189
27	22	Connor O'Hara	LOC	M16	00:31:09	13	188	-	-	-	188
28	64	Jess Ensoll	LOC	W16	00:31:26	14	187	-	-	-	187
29	143	Carol McNeill	LOC	W70	-	-	-	01:03:23	14	187	187
30	71	Graham Capper	LOC	M55	00:31:28	15	186	-	-	-	186
31	142	Janet Nash	LOC	W65	-	-	-	01:08:14	15	186	186

32	46 Jo Cleary	LOC	W50	00:32:02	16	185 -	-	-	185
33	121 Tom Barkas	LOC	M65	- -	-	01:10:53	16	185	185
34	137 Tom Matthew	SROC	M40	- -	-	01:12:04	17	184	184
35	19 Clive Wilkinson	SUFFOC	M55	00:32:59	18	183 -	-	-	183
36	13 Barney Steventon-Barnes	SUFFOC	M14	00:33:44	19	182 -	-	-	182
37	28 Alex Earley	LOC	W21	- -	-	01:13:03	19	182	182
38	49 Charlotte Somers-Cocks	LOC	W55	00:33:44	20	181 -	-	-	181
39	70 Louise Dunn	LOC	W55	00:34:17	21	180 -	-	-	180
40	35 John Clarke	SUFFOC	M45	00:34:42	22	179 -	-	-	179
41	154 Christine Artus	BKO	W60	- -	-	01:28:35	22	179	179
42	11 Daisy Partridge	SOS	W18	00:35:04	23	178 -	-	-	178
43	146 Isobel Williamson	LOC	W65	- -	-	01:37:36	23	178	178
44	14 Daniel Hague	WAOC	M14	00:36:14	24	177 -	-	-	177
45	123 Andrew Leedham	LOC	M50	- -	-	01:38:04	24	177	177
46	40 Michael Pearson	WCOC	M70	00:36:27	25	176 -	-	-	176
47	27 Daniel Lister	LOC	M16	00:39:06	26	175 -	-	-	175
48	60 Julia Laverack	WAROC	W55	00:39:28	27	174 -	-	-	174
49	4 John Pullin	LOC	M65	00:39:29	28	173 -	-	-	173
50	17 Thomas Martin	SOS	M12	00:41:08	29	172 -	-	-	172
51	61 Cate Matthew	SROC	W12	- -	-		29	172	172
52	50 Simon Cane	LOC	M70	00:42:46	31	170 -	-	-	170
53	48 Christopher Wilson	LOC	M14	00:44:08	33	168 -	-	-	168
54	47 Rebecca Holland	LOC	W40	00:45:02	34	167 -	-	-	167
55	15 Tamar Hopkins	SMOC	W14	00:45:41	35	166 -	-	-	166
56	16 Maisie Waller-Toyne	SOS	W14	00:46:16	36	165 -	-	-	165
57	10 Sam Hague	WAOC	M16	00:46:33	37	164 -	-	-	164
58	18 Caitlin Dunning	WAOC	W16	00:47:53	38	163 -	-	-	163
59	56 Isaac Hopkins	SMOC	M10	00:53:28	40	161 -	-	-	161
60	25 Elizabeth Dean	CLOK	W18	00:56:00	42	159 -	-	-	159
61	24 Celia Dean	CLOK	W55	00:59:29	43	158 -	-	-	158