

Men Senior

Number	First Name	Surname	DoB	Age	Age Categor	Time	
635	McLay	Stuart			M Senior	38.06	Overall Male winner
613	Cosgrove	Jhon			M Senior	42.07	
670	Garcia	Carlos			M Senior	45.01	

Men +40

Number	First Name	Surname	Time
649	Shaylor	Mat	M V40 42.31
636	Morey	Alistair	M V40 42.36
669	Taylor	Richard	M V40 43.31

Men +50

Number	First Name	Surname	Time
653	Terry	Peter	M V50 50.12
672	Tesolin	Tizy	M V50 52.4
671	Blackburn	Philip	M V50 53.45

Men +60

Number	First Name	Surname	Time
650	Simons	Aidan	M V60 53.24
641	Palmer	Andy	M V60 61.44
NA	NA	NA	NA NA

Women Snr

Number	First Name	Surname	Time	
654	Tillyer	Claire	F Senior 51.26	Overall Female winner
655	Trim	Su	F Senior 57.15	
NA	NA	NA	NA NA	

Women +35

Number	First Name	Surname	Time
646	Shadbolt	Cara	F V35 53.16
662	Wood	Jelena	F V35 62.22
615	Davies-Fry	Sarah	F V35 66.26

Women +45

Number	First Name	Surname	Time
648	Shaylor	Naomi	F V45 55.16
600	Adams	Rachel	F V45 57.35
611	Clews	Alison	F V45 59.03

Women +55

Number	First Name	Surname	Time
665	Lord	Frances	F V55 54.4
602	Bacon	Patricia	F V55 65.2
642	Penn	Jill	F V55 69.07

4k Winners

821	Wayne	Ross	M V40 20.13	First Man
820	Chasokela	Zodwa	F V55 27.20	First Lady