

NAME	AREA	CLUB	M/F	LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
SELENA BISHOP	FAREHAM	LA FITNESS	F	GOLD	OPEN	2.45	3.10	9.22	10.04	16.12	16.12
CAROL JONES	SCUNTHORPE	SCUNTHORPE LEISURE	F	GOLD	OPEN	2.21	3.18	9.52	11.03	16.33	16.33
JULIA KENNING	LEICESTERSHIRE	CHARNWOOD LEISURE	F	GOLD	OPEN	2.59	3.58	10.55	11.48	16.50	16.50
TERESA CLIXBY-SMITH	CHESHIRE	DRAGONS	F	GOLD	OPEN	2.49	4.15	11.05	12.30	17.46	17.46
WENDY LAMB	CHESHIRE	DRAGONS	F	GOLD	OPEN	2.06	3.45	10.19	12.40	17.48	17.48
VICKY MEDLOCK	HORNCastle	JACKYS GYM	F	GOLD	OPEN	2.36	3.49	10.29	12.26	18.04	18.04
SUE TURNER	CHESHIRE	DRAGONS	F	GOLD	OPEN	2.40	4.15	10.57	12.15	18.09	18.09
HEATHER MADDOCK	CHESHIRE	DRAGONS	F	GOLD	OPEN	3.18	4.20	11.29	12.29	18.20	18.20
LOU EARL	MILTON KEYNES	ESPORTA	F	GOLD	OPEN	3.43	4.52	11.38	12.36	18.32	18.32
J Z PLUMMER	YORK	FITNESS FIRST	F	GOLD	OPEN	3.33	4.44	11.34	12.31	18.37	18.37
MANDY HARDING	HANTS	FITNESS FIRST	F	GOLD	OPEN	4.16	5.56	12.24	13.44	18.54	18.54
BECKY SUMNER	TORQUAY	WINNERS 2000 FITNESS	F	GOLD	OPEN	3.46	0.40	6.48	1.14	7.02	19.30
CHRIS RAYENR	CHESHIRE	DRAGONS	F	GOLD	OPEN	2.58	5.07	12.08	13.28	19.30	19.30
DONNA REID	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	OPEN	3.49	4.35	11.50	14.31	19.46	19.46
TRUDY ANSON	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	OPEN	3.33	4.18	10.54	14.38	19.52	19.52
TRACY COUNTER	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	OPEN	3.59	4.43	12.04	13.17	19.55	19.55
JUSTINE HYDE	HORNCastle	JACKYS GYM	F	GOLD	OPEN	2.32	4.31	11.20	13.37	19.57	19.57
KATRINA YERBURY	BOURNEMOUTH	DAVID LLOYD	F	GOLD	OPEN	4.06	4.47	11.42	14.00	20.38	20.38
LINDSAY WAKE	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	OPEN	4.42	5.27	12.04	13.35	21.11	21.11
SYLVIA MURRAY	ORKNEY	THE PICKAQUOY CENTRE	F	GOLD	OPEN	3.50	6.41	13.15	15.19	21.14	21.14
LOUISE DAGGER	LANCS	T.C YOU	F	GOLD	OPEN	3.34	5.38	13.05	14.27	21.25	21.25
LEANNE HAMLIN	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	OPEN	3.57	5.01	12.21	15.20	22.03	22.03
SARAH HOLLOWAY	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	OPEN	4.29	5.24	12.43	14.15	22.34	22.34
KATRINA	BOURNEMOUTH	DAVID LLOYD	F	GOLD	OPEN	4.11	5.09	12.07	15.31	22.36	22.36
RACHEL WEBB	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	OPEN	4.26	5.30	12.48	15.28	22.37	22.37
SALLY MORRIS	CARMARTHEN	3 RIVERS FERRYSIDE	F	GOLD	OPEN	4.58	6.01	14.08	15.10	23.13	23.13
GEORGETTE JONES	SURREY	THE LOFT	F	GOLD	OPEN	4.47	7.28	14.37	17.13	23.47	23.47
KERRIE SMITH	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	OPEN	4.43	5.28	12.30	15.18	23.54	23.54
LOUISE DREW	MILTON KEYNES	FITNESS FIRST	F	GOLD	OPEN	5.26	6.37	15.14	17.34	25.20	25.20
ETTA CORSE	ORKNEY	THE PICKAQUOY CENTRE	F	GOLD	OPEN	4.15	6.30	16.42	19.17	26.35	26.35
JUDITH VIVIAN	LINCOLN	BURTON WATERS	F	GOLD	OPEN	4.08	5.27	13.11	18.40	26.50	26.50
LOUISE LENG	WARKS	WOODLAND WELLBEING	F	GOLD	MASTERS	4.01	5.15	11.33	12.39	17.08	17.08
SUE REGAN	CHESHIRE	DRAGONS	F	GOLD	MASTERS	2.50	4.06	10.58	12.10	18.01	18.01
JENNIE KINGDON	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	MASTERS	3.54	5.01	11.49	13.53	18.45	18.45
CLARE HUDSON	HARBERTONFORD	WINNERS 2000 FITNESS	F	GOLD	MASTERS	3.38	0.48	6.50	1.20	6.31	19.07
KAREN PARFORD	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	MASTERS	3.32	4.41	12.13	13.23	19.27	19.27
HILARY BOOCHER	HORNCastle	JACKYS GYM	F	GOLD	MASTERS	2.35	4.02	11.35	13.30	20.25	20.25
RUTH HUME	LINCOLN	BURTON WATERS	F	GOLD	MASTERS	3.49	5.20	11.54	14.57	21.45	21.45
KAREN HANDLEY	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	MASTERS	4.01	4.53	11.56	13.34	21.46	21.46
NICKY EVANS	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	MASTERS	4.43	5.42	12.49	15.16	22.38	22.38
KATHRYN ROBERTS	LINCOLN	BURTON WATERS	F	GOLD	MASTERS	4.19	6.18	13.31	16.40	23.40	23.40
JANE FRY	NOTTS	BURTON WATERS	F	GOLD	MASTERS	3.58	5.50	12.52	16.54	23.42	23.42
KATHY NORTHCOTT	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	MASTERS	5.05	6.00	14.07	17.57	26.26	26.26
SUE SAMPSON	JERSEY	LIDO H&F	F	GOLD	VETERANS	2.16	4.20	11.54	12.27	17.54	17.54
PENNY MARTIN	HORNCastle	JACKYS GYM	F	GOLD	VETERANS	2.32	3.54	11.00	12.50	18.32	18.32
PAULINE MORGAN	BIRMINGHAM	B-ACTIVE	F	GOLD	VETERANS	6.51	7.58	9.08	11.01	20.37	20.37
HEIDI KERR	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	VETERANS	4.01	4.56	12.49	15.19	23.08	23.08
JENNY GLIDDON	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	VETERANS	4.07	5.38	13.44	16.22	24.38	24.38
MO CUNNINGHAM	PLYMOUTH	DEVONSHIRE HEALTH	F	GOLD	VETERANS	4.34	5.32	13.48	15.46	24.01	24.01
NAME	AREA	CLUB	M/F	LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
NIKK HUSSEY	RUTLAND	ASHWELL SPORTS	F	SILVER	OPEN	1.54	2.17	5.19	5.53	9.05	9.05
HELEN SOWERBY	RUTLAND	ASHWELL SPORTS	F	SILVER	OPEN	1.30	2.10	5.24	6.16	9.20	9.20
SAMANTHA KELLY	BOURNEMOUTH	DAVID LLOYD	F	SILVER	OPEN	2.07	2.27	5.40	6.20	9.40	9.40
ANJA HEIJNEN	BOURNEMOUTH	DAVID LLOYD	F	SILVER	OPEN	2.10	2.37	5.47	6.27	9.53	9.53
SHARON HUMPHRIES	SOMERSET	FITNESS FACTORY	F	SILVER	OPEN	1.37	2.07	5.39	6.05	9.55	9.55
FIONA KING	DORSET	THE WEST HANTS CLUB	F	SILVER	OPEN	2.15	2.57	6.30	7.21	9.55	9.55
KATE SAINSBURY	BOURNEMOUTH	DAVID LLOYD	F	SILVER	OPEN	2.23	2.47	6.05	6.35	10.06	10.06
PAULINE DALGAIRNS	SCUNTHORPE	SCUNTHORPE LEISURE	F	SILVER	OPEN	1.27	2.07	5.30	6.10	10.12	10.12
MICHELLE KEILAR	LONDON	CHARING CROSS CLUB	F	SILVER	OPEN	2.48	3.42	7.30	8.08	10.20	10.20
HANNAH CONNON	CHICHESTER	CANNONS	F	SILVER	OPEN	2.15	2.47	6.14	6.59	10.27	10.27
CATHERINE BETTS	CHICHESTER	CANNONS	F	SILVER	OPEN	1.59	2.32	6.01	6.59	10.33	10.33

JOANNE GRAY	CHICHESTER	CANNONS	F	SILVER	OPEN	2.10	2.34	6.00	6.45	10.35	10.35
GEMMA BELL	YORK	BODY BASICS	F	SILVER	OPEN	1.54	2.50	6.06	7.16	10.40	10.40
SARAH KAULBACH	BRISTOL	LIVINGWELL	F	SILVER	OPEN	1.49	2.46	6.15	7.14	10.41	10.41
NICKY BROWN	SCUNTHORPE	SCUNTHORPE LEISURE	F	SILVER	OPEN	1.25	2.32	5.53	6.41	10.50	10.50
SALLY TAYLOR	SOMERSET	FITNESS FACTORY	F	SILVER	OPEN	1.53	2.44	6.24	7.08	10.58	10.58
SUE GAMBLE	YORK	BODY BASICS	F	SILVER	OPEN	2.35	3.23	6.46	7.36	11.22	11.22
KATE REID	SOMERSET	TARGET ZONE	F	SILVER	OPEN	1.57	3.01	6.26	7.22	11.24	11.24
VANESSA RIVERS O'DONNELL	CHICHESTER	CANNONS	F	SILVER	OPEN	2.07	2.39	6.03	7.00	11.35	11.35
JO TOWLER	YORK	BODY BASICS	F	SILVER	OPEN	1.49	2.51	6.22	7.39	11.44	11.44
SIOBHAN SEERY	BATH	TARGET ZONE	F	SILVER	OPEN	2.36	3.32	6.55	8.01	11.51	11.51
KERRY MCLEOD	LANCS	T.C YOU	F	SILVER	OPEN	2.03	3.05	7.00	7.43	12.07	12.07
SHONA PATERSON	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	3.06	3.51	7.31	8.12	12.13	12.13
LISA HOLLOWAY	KENT	DRAGONS	F	SILVER	OPEN	2.06	3.12	6.30	7.40	12.19	12.19
JUNE URBAN	CLEVELAND	CLEVELAND POTASH	F	SILVER	OPEN	2.44	3.35	7.30	8.10	12.29	12.29
DAWN SCOTT-GOODWIN	LONDON	CHARING CROSS CLUB	F	SILVER	OPEN	2.26	3.06	7.17	7.35	12.31	12.31
ADELE GEORGE	LONDON	CHARING CROSS CLUB	F	SILVER	OPEN	2.57	3.40	7.16	8.17	12.33	12.33
GERALDINE HAYWARD	CHICHESTER	CANNONS	F	SILVER	OPEN	2.37	3.14	6.46	7.54	12.33	12.33
SHARON COOPER	LANCS	LIFESTYLE FITNESS	F	SILVER	OPEN	2.19	3.17	7.01	7.54	12.38	12.38
DONNA FISHER	PORTSMOUTH	CANNONS	F	SILVER	OPEN	2.38	3.14	7.28	8.34	12.42	12.42
LYNN GRAY	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	2.49	3.43	7.20	8.24	12.52	12.52
INGA FALCONER	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	3.13	4.07	7.29	8.30	12.58	12.58
TRACY KENT	YORK	BODY BASICS	F	SILVER	OPEN	2.10	3.24	7.11	8.42	13.00	13.00
KAROLINE JOLLY	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	2.37	3.15	6.51	7.55	13.05	13.05
MICHAELA CLYNDES	LINCOLN	BURTON WATERS	F	SILVER	OPEN	2.16	3.08	7.04	8.46	13.18	13.18
FIONA SPENCE	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	2.58	3.80	7.32	8.29	13.21	13.21
JAN DAVIS	RUTLAND	ASHWELL SPORTS	F	SILVER	OPEN	1.25	2.42	6.19	9.03	13.21	13.21
JADE BARRACLOUGH	YORK	BODY BASICS	F	SILVER	OPEN	2.16	3.36	6.58	8.13	13.30	13.30
KAY FAIRWEATHER	YORK	BODY BASICS	F	SILVER	OPEN	2.20	3.18	7.14	9.14	13.30	13.30
DEBRA GREEN	LONDON	CHARING CROSS CLUB	F	SILVER	OPEN	3.04	4.00	7.36	9.07	13.34	13.34
AMY CODLING	CLEVELAND	CLEVELAND POTASH	F	SILVER	OPEN	2.50	4.02	8.00	8.47	13.44	13.44
VIRINDER SIHRA	LONDON	CHARING CROSS CLUB	F	SILVER	OPEN	2.47	3.37	7.31	8.50	13.46	13.46
KAREN MCGREGOR	HAMPSHIRE	ANDOVER LEISURE	F	SILVER	OPEN	2.52	4.49	8.21	9.47	13.48	13.48
JULES	BOURNEMOUTH	DAVID LLOYD	F	SILVER	OPEN	2.53	3.22	7.05	8.56	13.57	13.57
KAREN STEVENSON	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	1.49	2.58	6.24	8.00	13.59	13.59
SAM JONES	BRISTOL	TARGET ZONE	F	SILVER	OPEN	2.33	3.34	7.39	9.07	14.01	14.01
RACHAEL NICHOLSON	YORK	BODY BASICS	F	SILVER	OPEN	2.10	3.29	7.15	9.25	14.12	14.12
CAROLINE VENDY	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	2.39	4.02	7.19	8.34	14.16	14.16
FLORENCE HENDERSON	YORK	BODY BASICS	F	SILVER	OPEN	2.39	3.31	7.28	10.40	14.42	14.42
HELEN BUTLER	YORK	BODY BASICS	F	SILVER	OPEN	2.56	4.01	7.54	9.50	14.47	14.47
VAL HARPER	YORK	BODY BASICS	F	SILVER	OPEN	2.34	4.06	7.59	9.25	14.51	14.51
LEIZA ALPASS	BRISTOL	LIVINGWELL	F	SILVER	OPEN	3.41	5.06	9.00	10.20	15.20	15.20
CLAIRE WOLSTENHOLME	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	3.27	4.29	8.22	9.29	15.29	15.29
LAURA BUTTLE	YORK	BODY BASICS	F	SILVER	OPEN	2.41	4.27	8.32	11.08	15.36	15.36
TRACEY KENT	YORK	BODY BASICS	F	SILVER	OPEN	3.11	5.38	9.42	11.04	15.41	15.41
LORRAINE SPENCE	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	2.59	4.14	7.58	9.08	15.48	15.48
JO DORNEY	BRISTOL	LIVINGWELL	F	SILVER	OPEN	4.13	5.31	9.68	11.15	15.57	15.57
MELANIE PAPWORTH	NOTTS	BURTON WATERS	F	SILVER	OPEN	2.42	4.12	8.58	11.31	16.53	16.53
KARINA ALEXANDER	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	OPEN	2.34	4.36	8.46	11.01	17.49	17.49
KAREN LARGE	IPSWICH	NEXT GENERATION	F	SILVER	MASTERS	1.13	1.40	4.54	5.50	9.53	9.53
ANNA WHITEHEAD	HAMPSHIRE	FITNESS FIRST	F	SILVER	MASTERS	1.50	2.16	5.47	6.22	10.06	10.06
NICKY ALSOP	WALSALL	ESPORTA	F	SILVER	MASTERS	2.24	2.45	6.01	6.36	10.11	10.11
ALISON EVANS	SOMERSET	FITNESS FACTORY	F	SILVER	MASTERS	1.47	2.26	5.53	6.35	10.38	10.38
RACHAEL ROBERTS	CHICHESTER	CANNONS	F	SILVER	MASTERS	1.20	2.00	5.12	6.24	10.38	10.38
TESS ROEBUCK	YORK	BODY BASICS	F	SILVER	MASTERS	1.49	2.51	6.20	7.33	11.00	11.00
DONNA VINCE	BRISTOL	LIVINGWELL	F	SILVER	MASTERS	2.09	3.00	6.16	7.12	11.02	11.02
CHRISTINE KING	LANCS	LIFESTYLE FITNESS	F	SILVER	MASTERS	1.55	2.50	6.32	7.22	11.05	11.05
FRANCIS WALTON	LANCS	LIFESTYLE FITNESS	F	SILVER	MASTERS	1.49	2.39	6.12	7.12	11.26	11.26
ANN LEWIN	NORWICH	BANNATYNES	F	SILVER	MASTERS	2.12	2.50	6.14	8.02	11.27	11.27
ROISIN MOOREHEAD	HAWICK	THINK FITNESS	F	SILVER	MASTERS	2.55	3.21	7.04	7.31	11.39	11.39
SUE MERRET	SCUNTHORPE	SCUNTHORPE LEISURE	F	SILVER	MASTERS	2.09	2.48	6.24	7.10	11.48	11.48
ROSANNA WOOD	YORK	BODY BASICS	F	SILVER	MASTERS	2.52	3.53	7.43	9.09	12.27	12.27
DEB BALDWIN	CLEVELAND	CLEVELAND POTASH	F	SILVER	MASTERS	2.45	3.40	7.35	8.11	12.33	12.33

LOUISE TANTRAM	LINCOLN	BURTON WATERS	F	SILVER	MASTERS	2.34	3.40	7.15	8.59	13.01	13.01
LIZ MCKAY	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	MASTERS	2.50	3.53	7.44	8.41	13.02	13.02
JUDITH OVERFIELD	YORK	BODY BASICS	F	SILVER	MASTERS	2.01	3.17	6.50	8.16	13.13	13.13
JUNE JONES	YORK	BODY BASICS	F	SILVER	MASTERS	2.37	3.57	8.06	9.43	13.18	13.18
MAGGIE CUSWORTH	OXON	TARGET ZONE	F	SILVER	MASTERS	2.08	3.00	6.38	7.54	13.24	13.24
MAGGIE BARRACLOUGH	YORK	BODY BASICS	F	SILVER	MASTERS	1.50	3.40	7.28	8.47	13.25	13.25
ANNE-MARIE WHINCUP	YORK	BODY BASICS	F	SILVER	MASTERS	2.17	3.22	6.45	8.05	13.32	13.32
CHRISTINE KNOWLES	YORK	BODY BASICS	F	SILVER	MASTERS	2.38	4.38	8.10	9.35	14.11	14.11
CAROLYN CHALMERS	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	MASTERS	3.03	4.00	7.34	8.33	14.17	14.17
ANITA JOHNSON	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	MASTERS	2.24	3.31	5.30	6.33	14.34	14.34
MAGGIE PORTER	LINCOLN	BODYCARE H&F	F	SILVER	MASTERS	2.40	3.15	7.03	8.58	14.48	14.48
ALISON RUSHFORD	PORTSMOUTH	CANNONS	F	SILVER	MASTERS	2.20	3.12	7.17	9.24	16.26	16.26
JANE PHILLIPS	ORKNEY	THE PICKAQUOY CENTRE	F	SILVER	MASTERS	3.42	5.10	8.43	10.19	16.48	16.48
ANNETTE HENNESSY	SOMERSET	FITNESS FACTORY	F	SILVER	VETERANS	2.08	2.43	6.36	7.16	10.50	10.50
STELLA MOSTYN	TELFORD	ASPIRATIONS	F	SILVER	VETERANS	3.2	3.52	7.46	10.49	17.09	17.09
DELYS DOUKES	YORK	BODY BASICS	F	SILVER	VETERANS	1.50	3.14	7.19	8.30	12.13	12.13
BARBARA KNAGGS	CLEVELAND	CLEVELAND POTASH	F	SILVER	VETERANS	2.25	3.20	7.20	8.10	12.19	12.19
JEAN BEACOCK	SCUNTHORPE	SCUNTHORPE LEISURE	F	SILVER	VETERANS	1.46	2.35	6.17	7.34	12.31	12.31
JANICE FRANKS	SURREY	DAVID LLOYD	F	SILVER	VETERANS	3.02	3.40	7.26	8.19	12.48	12.48
EDITH JONES	CHICHESTER	CANNONS	F	SILVER	VETERANS	2.07	3.00	6.57	7.40	13.00	13.00
ANITA TRESIDER	KENT	DRAGONS	F	SILVER	VETERANS	1.45	2.55	6.25	7.33	13.18	13.18
JAN BETTS	CHICHESTER	CANNONS	F	SILVER	VETERANS	2.49	3.34	7.11	8.09	13.37	13.37
NAOMI WAYLAND	THAME	RACQUETS FITNESS	F	SILVER	VETERANS	3.54	4.45	8.19	8.59	13.55	13.55
BRENDA BANKS	YORK	BODY BASICS	F	SILVER	VETERANS	2.02	3.45	7.52	9.42	14.23	14.23
JANICE FRANKS		BROOKLANDS DL	F	SILVER	VETERANS	3.25	4.37	8.32	9.43	15.43	15.43
SHELAGH PHILLIPS	NORWICH	BANNATYNES	F	SILVER	VETERANS	2.36	3.40	8.00	9.30	18.06	18.06
YVONNE POCOCK	YORK	BODY BASICS	F	SILVER	VETERANS	2.33	4.14	7.50	11.15	18.26	18.26
SUSAN AUSTERMUHLE	YORK	BODY BASICS	F	SILVER	VETERANS	3.19	5.58	10.29	12.41	18.41	18.41
HELEN HUNTER	YORK	BODY BASICS	F	SILVER	VETERANS	3.11	5.11	9.24	12.00	19.17	19.17
TRACEY MARSDEN	YORK	BODY BASICS	F	BRONZE	OPEN	0.57	1.33	3.42	4.22	5.47	5.47
AMY RITSON	CHICHESTER	CANNONS	F	BRONZE	OPEN	0.54	1.14	3.17	3.58	5.53	5.53
RACHEL HINDLE	YORK	BODY BASICS	F	BRONZE	OPEN	0.51	1.17	3.35	4.10	5.55	5.55
PIP MEAD	YORK	BODY BASICS	F	BRONZE	OPEN	0.59	1.32	3.55	4.27	6.13	6.13
LUCY ATKINSON	BOURNEMOUTH	DAVID LLOYD	F	BRONZE	OPEN	1.30	1.45	3.58	4.40	6.31	6.31
DEBBIE TAYLOR	SCUNTHORPE	SCUNTHORPE LEISURE	F	BRONZE	OPEN	0.54	1.21	3.53	4.24	6.33	6.33
JILL NICKERSON	SCUNTHORPE	SCUNTHORPE LEISURE	F	BRONZE	OPEN	1.20	1.40	4.20	4.45	6.37	6.37
JACKIE HODGSON	YORK	BODY BASICS	F	BRONZE	OPEN	1.15	1.42	4.05	4.31	6.41	6.41
CLARE FAWCETT	YORK	BODY BASICS	F	BRONZE	OPEN	1.09	1.41	3.51	4.39	6.41	6.41
DEBBIE ROBINSON	BOURNEMOUTH	DAVID LLOYD	F	BRONZE	OPEN	1.17	1.30	4.05	4.45	6.42	6.42
KATE STAMSBY	YORK	BODY BASICS	F	BRONZE	OPEN	1.06	1.39	3.45	4.27	6.43	6.43
CLAIRE LIVESEY	NORTHANTS	FITNESS FIRST	F	BRONZE	OPEN	1.09	1.26	3.41	4.41	6.48	6.48
VIKKI GIBBS	BOURNEMOUTH	DAVID LLOYD	F	BRONZE	OPEN	2.00	2.30	4.40	5.10	6.50	6.50
REBECCA BEYNON	BRISTOL	LIVINGWELL	F	BRONZE	OPEN	0.55	1.23	4.02	4.46	6.57	6.57
LAUREN MONTEIL	SURBITON	RACKET & FITNESS CLUB	F	BRONZE	OPEN	1.49	2.15	4.38	5.06	6.57	6.57
SAM WALTON	SCUNTHORPE	SCUNTHORPE LEISURE	F	BRONZE	OPEN	1.14	1.45	4.23	5.01	7.02	7.02
HELEN WARD-JACKSON	YORK	BODY BASICS	F	BRONZE	OPEN	1.13	1.47	4.16	4.53	7.02	7.02
JULIE ROWLANDS	CHICHESTER	CANNONS	F	BRONZE	OPEN	1.35	1.48	4.25	4.50	7.06	7.06
KATE WHIFFEN	PLYMOUTH	CALLINGTON SPORTS	F	BRONZE	OPEN	2.06	2.28	4.27	4.53	7.13	7.13
KAISA MAKI-PETAJA	NORWICH	BANNATYNES	F	BRONZE	OPEN	1.11	1.46	4.09	4.46	7.13	7.13
DAWN INMAN	YORK	BODY BASICS	F	BRONZE	OPEN	1.33	1.56	2.04	5.00	7.17	7.17
NIKKI SMITH	CHICHESTER	CANNONS	F	BRONZE	OPEN	1.03	1.41	3.56	4.47	7.17	7.17
TRACY HOLMAN	BOURNEMOUTH	DAVID LLOYD	F	BRONZE	OPEN	1.39	2.00	4.25	5.18	7.19	7.19
FIONA MCCARTNEY	CORNWALL	SHIPS & CASTLES	F	BRONZE	OPEN	1.49	2.11	4.36	5.22	7.21	7.21
JEANETTE WILLIAMS	MANCHESTER	LIVINGWELL	F	BRONZE	OPEN	1.20	1.48	4.14	4.59	7.24	7.24
LAURA NEWMAN	BRISTOL	LIVINGWELL	F	BRONZE	OPEN	1.30	2.13	4.37	5.26	7.26	7.26
ANGELA GORMAN	BRISTOL	LIVINGWELL	F	BRONZE	OPEN	1.28	2.08	4.23	5.17	7.27	7.27
SUSAN MOYLE	CORNWALL	SHIPS & CASTLES	F	BRONZE	OPEN	1.47	2.23	4.49	5.32	7.28	7.28
TRACEY PEPPER	SCUNTHORPE	SCUNTHORPE LEISURE	F	BRONZE	OPEN	1.21	1.59	4.19	5.01	7.28	7.28
DEBORAH GOODWIN	BIRMINGHAM	B-ACTIVE	F	BRONZE	OPEN	1.48	2.02	4.37	5.15	7.32	7.32
CARYS FERRIS	GWYNEDD	DWYFOR LEISURE	F	BRONZE	OPEN	2.07	2.33	5.06	5.39	7.35	7.35
YVONNE HAROLD	SWINDON	FITNESS FIRST	F	BRONZE	OPEN	1.31	2.05	4.23	5.07	7.40	7.40
JUDY RUSSELL	PORTSMOUTH	CANNONS	F	BRONZE	OPEN	1.25	1.57	4.25	5.06	7.48	7.48

LAURA POURIE	YORK	BODY BASICS	F	BRONZE	OPEN	1.10	1.46	4.16	5.31	7.53	7.53
MANDY JEMISON	YORK	BODY BASICS	F	BRONZE	OPEN	1.30	2.09	4.42	5.42	8.00	8.00
VICKI BROOKES	GLOS	TARGET ZONE	F	BRONZE	OPEN	1.04	1.49	4.06	5.01	8.05	8.05
SARAH WHITEHOUSE	SCUNTHORPE	SCUNTHORPE LEISURE	F	BRONZE	OPEN	1.30	2.05	4.45	5.35	8.05	8.05
KATE BEER	CALLINGTON	CALLINGTON SPORTS	F	BRONZE	OPEN	2.25	2.49	5.22	5.57	8.08	8.08
RACHEL WILLIAMS-LOCKE	BRISTOL	LIVINGWELL	F	BRONZE	OPEN	1.55	0.55	2.35	0.40	2.50	8.50
CHRISTINA JONES	ORKNEY	THE PICKAQUOY CENTRE	F	BRONZE	OPEN	1.58	2.45	5.07	6.12	8.57	8.57
DENISE JENKINS	BRISTOL	TARGET ZONE	F	BRONZE	OPEN	1.43	2.52	5.21	6.26	9.00	9.00
LISA WALLIS	NOTTINGHAM	NOTTINGHAMSHIRE YMCA	F	BRONZE	OPEN	2.12	2.38	5.30	6.17	9.00	9.00
CATHERINE LEE	BRISTOL	LIVINGWELL	F	BRONZE	OPEN	2.33	3.21	5.50	7.00	9.04	9.04
BARBARA WHITNEY	CLEVELAND	CLEVELAND POTASH	F	BRONZE	OPEN	2.02	2.46	5.39	6.25	9.05	9.05
HELEN LUCAS	KENT	DRAGONS	F	BRONZE	OPEN	1.31	2.22	4.57	5.45	9.08	9.08
ALISON DODGSON	YORK	BODY BASICS	F	BRONZE	OPEN	2.02	2.36	4.56	6.25	9.10	9.10
CLARE MULLIGAN	SCUNTHORPE	SCUNTHORPE LEISURE	F	BRONZE	OPEN	1.52	2.39	5.38	6.35	9.13	9.13
RACHAEL ATHERTON	ST HELENS	JJB	F	BRONZE	OPEN	2.22	3.00	5.56	6.37	9.14	9.14
CAROL SINCLAIR	ORKNEY	THE PICKAQUOY CENTRE	F	BRONZE	OPEN	2.01	2.38	5.24	6.19	9.29	9.29
MANDY FERGUSON	EDINBURGH	MAXIMIZE	F	BRONZE	OPEN	2.28	3.11	6.16	7.11	9.50	9.50
CATHY BELLEW	LONDON	CHARING CROSS CLUB	F	BRONZE	OPEN	2.13	2.41	5.32	6.36	9.54	9.54
JO STONE	BRISTOL	LIVINGWELL	F	BRONZE	OPEN	3.03	4.00	6.36	7.45	10.03	10.03
LAUREN HUTCHINSON	LONDON	CHARING CROSS CLUB	F	BRONZE	OPEN	1.54	2.28	5.56	6.51	10.47	10.47
CHERYL BATTY	NOTTINGHAM	NOTTINGHAMSHIRE YMCA	F	BRONZE	OPEN	2.47	3.25	6.15	7.28	10.52	10.52
JENNIFER BYEKWASO	LONDON	CHARING CROSS CLUB	F	BRONZE	OPEN	3.16	3.59	7.17	8.04	10.58	10.58
CHARMAINE GRANT	NOTTINGHAM	NOTTINGHAMSHIRE YMCA	F	BRONZE	OPEN	2.46	3.22	5.48	7.12	11.10	11.10
ADELE BUTLER	YORK	BODY BASICS	F	BRONZE	OPEN	3.00	3.37	6.25	8.52	11.34	11.34
NATASHA SNELHAM	SWINDON	FITNESS FIRST	F	BRONZE	OPEN	2.11	2.55	6.58	7.41	12.15	12.15
MONIQUE PRITCHARD	TONBRIDGE	HILDEN HEALTH CLUB	F	BRONZE	OPEN	4.00	5.00	7.52	8.40	13.04	13.04
ELIZABETH ALLEN	YORK	BODY BASICS	F	BRONZE	MASTERS	0.55	1.27	3.33	4.16	5.40	5.40
MICHELLE INGHAM	CO DURHAM	MERIDIAN H&F	F	BRONZE	MASTERS	1.14	1.33	3.58	4.25	6.03	6.03
PAULINE PENCY	YORK	BODY BASICS	F	BRONZE	MASTERS	1.02	1.27	3.21	4.15	6.10	6.10
SARA PELLING	CHICHESTER	CANNONS	F	BRONZE	MASTERS	1.02	1.15	3.38	4.07	6.17	6.17
HEATHER FARROW	YORK	BODY BASICS	F	BRONZE	MASTERS	1.10	1.39	4.07	4.48	6.34	6.34
KATHRYN HOUGH	SHETLAND ISLES	CLICKIMIN LEISURE	F	BRONZE	MASTERS	1.26	1.57	4.15	5.02	6.40	6.40
LYNNE MACKAY	SOMERSET	FITNESS FACTORY	F	BRONZE	MASTERS	1.16	1.43	4.13	4.50	6.47	6.47
YVONNE WALKER	SCUNTHORPE	SCUNTHORPE LEISURE	F	BRONZE	MASTERS	1.18	1.49	4.22	4.57	7.03	7.03
SUE THURSTON	NORTHANTS	FITNESS FIRST	F	BRONZE	MASTERS	1.25	2.02	4.23	5.07	7.07	7.07
NICKY PLOWMAN	YORK	BODY BASICS	F	BRONZE	MASTERS	1.23	1.53	4.25	5.02	7.29	7.29
ROSIN MOOREHEAD	HAWICK	THINK FITNESS	F	BRONZE	MASTERS	1.37	2.02	4.25	5.12	7.38	7.38
ROWENA BERRIMAN	YORK	BODY BASICS	F	BRONZE	MASTERS	1.04	1.36	4.14	4.54	7.47	7.47
ANNE-MARRIE WHINCUP	YORK	BODY BASICS	F	BRONZE	MASTERS	1.49	2.22	4.37	5.34	7.59	7.59
JACQUIE IRVING	SCUNTHORPE	SCUNTHORPE LEISURE	F	BRONZE	MASTERS	1.20	1.56	4.35	5.27	8.08	8.08
SHIRLEY TYRELL	YORK	BODY BASICS	F	BRONZE	MASTERS	1.40	2.28	4.54	5.48	8.08	8.08
WENDY ASHTON	SCUNTHORPE	SCUNTHORPE LEISURE	F	BRONZE	MASTERS	1.33	1.52	4.47	5.26	8.10	8.10
SUE HALSTEAD	YORK	BODY BASICS	F	BRONZE	MASTERS	1.21	1.57	4.37	5.30	8.15	8.15
CAROL JONES	GWYNEDD	DWYFOR LEISURE	F	BRONZE	MASTERS	2.28	3.00	5.37	6.40	8.30	8.30
CHERRY BROATCH	LANCS	T.C YOU	F	BRONZE	MASTERS	1.39	2.27	4.39	5.52	8.32	8.32
ANN SAINSBURY	YORK	BODY BASICS	F	BRONZE	MASTERS	1.28	2.07	4.42	5.42	8.41	8.41
CLARE BROWN	YORK	BODY BASICS	F	BRONZE	MASTERS	1.25	2.13	4.42	5.42	8.44	8.44
KIM BARTLETT	BRISTOL	LIVINGWELL	F	BRONZE	MASTERS	2.29	3.15	5.40	6.42	9.19	9.19
GILL COUPLAND	LINCOLN	BURTON WATERS	F	BRONZE	MASTERS	1.40	2.34	5.18	6.50	9.33	9.33
STACY VICARY	PORTSMOUTH	CANNONS	F	BRONZE	MASTERS	2.11	2.45	5.32	6.30	9.33	9.33
LISA CHAPMAN	CLEVELAND	CLEVELAND POTASH	F	BRONZE	MASTERS	1.42	2.29	5.25	6.10	9.34	9.34
SUSAN WHITE	YORK	BODY BASICS	F	BRONZE	MASTERS	2.02	2.45	5.12	6.40	9.51	9.51
LORRAINE SANDS	SWINDON	FITNESS FIRST	F	BRONZE	MASTERS	1.33	2.27	5.27	6.28	9.58	9.58
ANN WILLIAMS	GWYNEDD	DWYFOR LEISURE	F	BRONZE	MASTERS	2.42	3.42	6.40	7.45	10.20	10.20
FAUX	LONDON	CHARING CROSS CLUB	F	BRONZE	MASTERS	3.02	3.26	6.26	7.39	10.25	10.25
DIANE TAYLOR	KENT	DRAGONS	F	BRONZE	MASTERS	1.42	2.30	5.20	6.23	11.15	11.15
SUE KERTON	SOMERSET	FITNESS FACTORY	F	BRONZE	VETERANS	1.07	1.26	3.50	4.22	6.42	6.42
JILLIAN STANBRIDGE	ISLE OF WIGHT	TJS HEALTH SPA	F	BRONZE	VETERANS	1.33	2.05	4.25	4.50	7.02	7.02
MARLENE WILLIAMSON	SHETLAND ISLES	CLICKIMIN LEISURE	F	BRONZE	VETERANS	1.38	2.06	4.22	5.16	7.15	7.15
DIANA STEWART	SURREY	THE LOFT	F	BRONZE	VETERANS	1.46	2.30	4.40	5.28	7.27	7.27
ANN WILKINS	YORK	BODY BASICS	F	BRONZE	VETERANS	1.22	1.53	4.24	5.20	7.29	7.29
ANN BANNISTER	YORK	BODY BASICS	F	BRONZE	VETERANS	1.44	2.22	4.55	5.45	7.52	7.52

ANN PENNOCK	YORK	BODY BASICS	F	BRONZE	VETERANS	1.46	2.21	5.03	5.54	7.59	7.59
DYLIS DAVY	CLEVELAND	CLEVELAND POTASH	F	BRONZE	VETERANS	1.44	2.15	5.00	5.33	8.13	8.13
SARAH RUSSELL	YORK	BODY BASICS	F	BRONZE	VETERANS	1.39	2.32	5.18	6.12	9.03	9.03
YVONNE POLOCK	YORK	BODY BASICS	F	BRONZE	VETERANS	1.54	2.37	5.06	6.42	9.37	9.37
PAULINE DAVEY	BRISTOL	LIVINGWELL	F	BRONZE	VETERANS	1.40	2.45	5.35	6.50	10.04	10.04
FELICITY CHAPMAN	YORK	BODY BASICS	F	BRONZE	VETERANS	2.03	2.48	5.35	6.45	10.16	10.16
MAUREEN LAMBERT	IRELAND	HOTEL WESTPORT CLUB	F	BRONZE	VETERANS	2.33	3.01	6.03	6.51	10.40	10.40
JANE POOLE	YORK	BODY BASICS	F	BRONZE	VETERANS	2.27	3.25	6.30	7.32	10.41	10.41
VAL HOBBS	YORK	BODY BASICS	F	BRONZE	VETERANS	2.26	2.59	5.59	7.03	10.42	10.42
JENNIFER REED	BRISTOL	LIVINGWELL	F	BRONZE	VETERANS	3.37	4.40	7.40	8.27	11.08	11.08
VAL WALLINGER	YORK	BODY BASICS	F	BRONZE	VETERANS	2.04	3.08	6.06	7.31	11.10	11.10
CHRISTINE MURRAY-WATSON	HEREFORD	HEREFORD LEISURE	F	BRONZE	VETERANS	1.45	5.50	8.24	9.18	11.57	11.57
EVE LARMOUTH	ORKNEY	THE PICKAQUOY CENTRE	F	BRONZE	VETERANS	3.11	4.20	7.53	9.18	15.19	15.19

NAME	AREA	CLUB	M/F	LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
TOMMY MULLEN	RUTLAND	ASHWELL SPORTS	M	GOLD	OPEN	1.50	2.17	8.03	8.39	11.59	11.59
CARL SHAW	LEICESTERSHIRE	CHARNWOOD LEISURE	M	GOLD	OPEN	2.00	2.30	8.05	8.43	12.36	12.36
GARY FELLOWS	CHESHIRE	TOTAL FITNESS	M	GOLD	OPEN	1.48	2.26	8.06	8.41	12.41	12.41
LEE TURNER	CHICHESTER	CANNONS	M	GOLD	OPEN	1.29	2.38	7.46	8.46	12.51	12.51
SIMON LEWIN	CHESHIRE	TOTAL FITNESS	M	GOLD	OPEN	1.49	2.36	8.02	8.46	13.00	13.00
CARL RYDE	DONCASTER	SCUNTHORPE LEISURE	M	GOLD	OPEN	1.50	2.30	8.42	9.43	13.11	13.11
PAUL WOODLAND	ASHFORD	LIVINGWELL	M	GOLD	OPEN	2.15	3.02	8.30	9.18	13.17	13.17
HAYDN BEYNON	WARKS	DRAGONS	M	GOLD	OPEN	2.58	3.55	9.35	10.30	13.33	13.33
SIMON FLOWERS	CHICHESTER	CANNONS	M	GOLD	OPEN	1.57	2.21	7.49	8.44	13.38	13.38
MIKE DOLAN	MANCHESTER	WITHINGTON LEISURE	M	GOLD	OPEN	2.13	2.40	8.56	9.25	13.41	13.41
CARL TIRRITO	WEST MIDLANDS	DAVID LLOYD	M	GOLD	OPEN	2.15	3.16	8.52	9.33	13.48	13.48
MARTIN SPENCER	CHICHESTER	CANNONS	M	GOLD	OPEN	1.56	2.55	8.26	9.40	14.18	14.18
WAYNE TAYLOR	WARKS	CANNONS	M	GOLD	OPEN	2.16	4.29	8.40	9.55	14.22	14.22
SEAN SCANNELL	CHICHESTER	CANNONS	M	GOLD	OPEN	2.03	2.48	8.23	9.48	14.23	14.23
JONATHAN HIPPISEY-COX	CHICHESTER	CANNONS	M	GOLD	OPEN	2.18	2.57	8.29	9.30	14.26	14.26
MATT CROMPTON	SOMERSET	FITNESS FACTORY	M	GOLD	OPEN	2.34	3.28	9.08	9.49	14.28	14.28
DARREN LOCKE	RUTLAND	ASHWELL SPORTS	M	GOLD	OPEN	2.08	3.10	8.46	9.34	14.39	14.39
MICHAEL SIMPSON	CO DURHAM	FERRYHILL LIFESTYLE	M	GOLD	OPEN	2.18	3.36	9.35	10.24	14.50	14.50
NEIL PEARSON	CO DURHAM	TOTAL FITNESS	M	GOLD	OPEN	1.57	2.51	9.00	9.46	14.52	14.52
PHILLIP TURRELL	PORTSMOUTH	CANNONS	M	GOLD	OPEN	2.44	3.34	9.11	10.14	14.59	14.59
PAUL OLIN	CHESHIRE	DRAGONS	M	GOLD	OPEN	1.51	3.02	8.41	9.45	15.05	15.05
PAUL MINTY	LEICESTERSHIRE	CHARNWOOD LEISURE	M	GOLD	OPEN	2.18	3.28	9.53	10.34	15.08	15.08
WAYNE HICKEY	RUTLAND	ASHWELL SPORTS	M	GOLD	OPEN	2.03	2.42	8.35	9.29	15.09	15.09
TOMMY MELLOR	RUTLAND	ASHWELL SPORTS	M	GOLD	OPEN	2.01	3.21	9.26	10.25	15.25	15.25
PAUL BUTLER	CHICHESTER	CANNONS	M	GOLD	OPEN	1.50	2.58	8.44	10.30	15.26	15.26
CARL NEALE	RUTLAND	ASHWELL SPORTS	M	GOLD	OPEN	2.05	3.20	9.10	10.46	15.29	15.29
DAVID BAINBRIDGE	CO DURHAM	MERIDIAN H&F	M	GOLD	OPEN	2.14	2.55	8.13	9.59	15.35	15.35
JONATHAN BRYAN	CHICHESTER	CANNONS	M	GOLD	OPEN	2.02	3.03	8.57	10.00	15.35	15.35
IAN LORD	BOURNEMOUTH	DAVID LLOYD	M	GOLD	OPEN	3.02	3.34	9.01	10.04	15.37	15.37
JEZ CHURCH	BOURNEMOUTH	DAVID LLOYD	M	GOLD	OPEN	3.15	3.40	9.10	10.15	15.41	15.41
DAN FARMER	BOURNEMOUTH	DAVID LLOYD	M	GOLD	OPEN	3.42	4.40	9.57	11.00	15.41	15.41
RICHARD TODD	SCUNTHORPE	SCUNTHORPE LEISURE	M	GOLD	OPEN	1.56	2.41	8.25	10.25	15.42	15.42
JAMES WAGG	CHICHESTER	CANNONS	M	GOLD	OPEN	1.42	2.49	8.37	9.40	15.42	15.42
SAM HARVEY	CHICHESTER	CANNONS	M	GOLD	OPEN	2.20	2.55	8.21	9.09	15.43	15.43
IAN WATKINSON	CHESHIRE	TOTAL FITNESS	M	GOLD	OPEN	1.59	2.48	8.58	9.43	15.43	15.43
STEPHEN MANN	CHICHESTER	CANNONS	M	GOLD	OPEN	2.20	3.08	9.13	10.04	15.59	15.59
JON TERRY	CHESHIRE	DRAGONS	M	GOLD	OPEN	2.10	3.30	10.15	11.10	15.59	15.59
DAMIAN SANDERCOCK	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.27	4.01	9.45	11.38	16.00	16.00
DAVID TREADELL	ST HELENS	JJB	M	GOLD	OPEN	3.56	4.48	11.17	12.01	16.01	16.01
JASON BRUCE	PORTSMOUTH	CANNONS	M	GOLD	OPEN	3.06	4.04	9.54	10.49	16.02	16.02
RUSS BEAUMONT	BOURNEMOUTH	DAVID LLOYD	M	GOLD	OPEN	3.14	3.40	9.50	10.32	16.05	16.05
MARKUS ATKINS	BOURNEMOUTH	DAVID LLOYD	M	GOLD	OPEN	3.10	3.40	9.28	10.22	16.13	16.13
ANTHONY MCAREVEY	RUTLAND	ASHWELL SPORTS	M	GOLD	OPEN	2.09	2.44	8.49	10.14	16.21	16.21
AARON FISHER	DEVON	CTCRM	M	GOLD	OPEN	4.17	5.32	10.57	11.42	16.21	16.21
JOHN CROSS	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	2.48	4.02	10.15	11.40	16.22	16.22
SIMON COOFE	WARKS	WOODLAND WELLBEING	M	GOLD	OPEN	3.03	4.43	10.53	11.46	16.27	16.27
DAVID LANCASTER	CHESHIRE	DRAGONS	M	GOLD	OPEN	2.07	3.46	9.53	10.54	16.28	16.28
LEE SPENCER	CHICHESTER	CANNONS	M	GOLD	OPEN	2.40	3.25	9.00	10.05	16.28	16.28
MARK CIBBAN	CHICHESTER	CANNONS	M	GOLD	OPEN	2.23	3.21	9.40	11.27	16.30	16.30
MIKE BEATON	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.15	4.01	10.14	12.02	16.32	16.32
VALENTINE LAWRENCE	RUTLAND	ASHWELL SPORTS	M	GOLD	OPEN	2.19	3.37	9.49	11.37	16.44	16.44
BARRINGTON ADAMS	STUDLEY	THE GYM	M	GOLD	OPEN	4.20	5.36	11.03	12.15	16.45	16.45
COLIN GILL	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	4.09	5.00	10.51	12.27	16.48	16.48
JON BALL	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.35	4.26	10.29	11.31	16.49	16.49
MARK WHITING	CHICHESTER	CANNONS	M	GOLD	OPEN	1.44	2.38	8.01	9.34	16.49	16.49
CHRIS POLLOCK	MANCHESTER	WITHINGTON LEISURE	M	GOLD	OPEN	3.22	4.15	10.24	11.30	17.09	17.09
PHILIP ROSIER	WARKS	WOODLAND WELLBEING	M	GOLD	OPEN	3.23	4.30	10.29	11.50	17.10	17.10
ANDY McDONALD	THAME	RAQUETS FITNESS	M	GOLD	OPEN	4.45	6.12	12.00	13.10	17.13	17.13
GAVIN WALLS	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	3.33	5.06	10.38	12.00	17.21	17.21
SHAHID AZIZ	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	2.45	4.09	10.29	11.15	17.25	17.25
KEITH MCGOWAN	N IRELAND	FORTFIELDS FITNESS	M	GOLD	OPEN	3.43	4.50	11.01	12.31	17.25	17.25

DAVE LANCASTER	CHESHIRE	DRAGONS	M	GOLD	OPEN	2.21	3.55	10.08	11.42	17.25	17.25
SIMON ROBINSON	ISLE OF WIGHT	WEST WIGHT SPORTS	M	GOLD	OPEN	4.30	6.00	12.20	13.20	17.30	17.30
PHILIP CARVIL	CHICHESTER	CANNONS	M	GOLD	OPEN	3.09	4.15	10.44	12.10	17.33	17.33
ANDY CRITCHLEY	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.28	4.14	10.16	12.09	17.34	17.34
LEE JOHN	RUTLAND	ASHWELL SPORTS	M	GOLD	OPEN	2.25	4.05	10.19	11.32	17.35	17.35
GUY MITCHELL	CHICHESTER	CANNONS	M	GOLD	OPEN	3.25	4.40	10.44	11.51	17.47	17.47
GIANGE MUHAND	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	3.54	5.17	11.53	13.26	17.52	17.52
ASHLEY DIXON	RUTLAND	ASHWELL SPORTS	M	GOLD	OPEN	3.05	4.21	10.06	11.53	17.52	17.52
BEN WARDEN	LONDON	HARPERS	M	GOLD	OPEN	4.02	5.03	10.30	12.50	17.53	17.53
SERGE HAJIKAKOU	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.37	4.06	10.14	11.38	17.56	17.56
PAUL SIMPSON	SUFFOLK	CHARING CROSS CLUB	M	GOLD	OPEN	3.40	4.15	10.25	11.25	18.05	18.05
CHRIS HUBBARD	LINCOLN	BURTON WATERS	M	GOLD	OPEN	3.41	4.46	10.30	13.24	18.07	18.07
COLIN HILL	CHESHIRE	DRAGONS	M	GOLD	OPEN	2.27	3.57	10.27	12.13	18.15	18.15
W THORNTON	MANCHESTER	DRAGONS	M	GOLD	OPEN	2.15	4.10	10.42	11.50	18.15	18.15
DANIEL GATES	PORTSMOUTH	CANNONS	M	GOLD	OPEN	4.01	4.55	10.55	11.59	18.26	18.26
SIMON UNDERDOWN	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.29	4.15	10.36	12.51	18.38	18.38
DAVID POWELL	CHICHESTER	CANNONS	M	GOLD	OPEN	3.25	5.08	10.59	11.53	18.39	18.39
JAMES WILKINSON	WOKINGHAM	ST CRISPINS, HARPERS	M	GOLD	OPEN	4.19	5.20	10.53	12.46	18.46	18.46
JASON RUSSELL	PORTSMOUTH	CANNONS	M	GOLD	OPEN	4.19	5.22	11.26	12.51	18.49	18.49
JAMES SCOTT	CHICHESTER	CANNONS	M	GOLD	OPEN	2.49	4.22	10.34	12.15	18.55	18.55
ALI BUCK	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	3.36	4.54	11.37	14.34	18.56	18.56
DAVE GARDINER	KENT	DRAGONS	M	GOLD	OPEN	4.18	6.04	12.05	13.09	18.56	18.56
RICH COWELL	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.10	3.53	9.34	12.36	18.56	18.56
DON CONWAY	SCUNTHORPE	SCUNTHORPE LEISURE	M	GOLD	OPEN	2.44	4.00	10.01	13.00	19.02	19.02
SIMON REES	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	4.09	5.20	11.52	14.14	19.09	19.09
MARK REWCROFT	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	3.56	5.11	11.23	14.25	19.12	19.12
MALCOLM THOMSON	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	3.58	5.41	11.38	12.57	19.13	19.13
GARETH HOPKINS	NORTHANTS	FITNESS FIRST	M	GOLD	OPEN	4.46	6.26	12.51	14.41	19.14	19.14
ROB MCKELLAR	KENT	DRAGONS	M	GOLD	OPEN	2.55	5.35	12.30	14.10	19.16	19.16
ANDY SUFFILL	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	3.24	5.01	12.00	13.37	19.19	19.19
BOBBY MCLENNAN	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	3.40	5.43	11.41	12.55	19.26	19.26
LEE MALLON	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	4.09	5.14	12.35	14.24	19.28	19.28
BEN ALIDIRA	CHICHESTER	CANNONS	M	GOLD	OPEN	2.55	4.19	10.38	12.15	19.33	19.33
DAVID HAMILTON	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	3.28	5.15	11.31	13.25	19.33	19.33
DAVID MALCOLM	EAST AYRSHIRE		M	GOLD	OPEN	5.28	6.44	12.45	13.44	19.38	19.38
KENNY BROWN	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	4.14	5.54	11.49	13.38	19.40	19.40
LUKE BENNISON	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.20	4.20	10.50	12.25	19.41	19.41
DAVE ROUTLEY	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.40	4.23	11.01	13.31	19.46	19.46
CRAIG SHELNERTON	PORTSMOUTH	CANNONS	M	GOLD	OPEN	3.04	4.22	10.54	13.14	19.50	19.50
BILL THORNTON	CHESHIRE	DRAGONS	M	GOLD	OPEN	2.14	5.56	12.42	13.58	19.50	19.50
RICHARD MEADEN	HANTS	ANDOVER LEISURE	M	GOLD	OPEN	4.37	5.45	11.49	14.18	19.54	19.54
RICHARD PEARCEY	PORTSMOUTH	CANNONS	M	GOLD	OPEN	3.10	4.15	10.21	11.29	20.12	20.12
ROBERT DAVIS	EAST YORKS	VIKING SPORTS CENTRE	M	GOLD	OPEN	3.27	4.36	11.38	13.27	20.13	20.13
STEVE HEMMINGWAY	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	4.22	6.14	13.21	15.51	20.14	20.14
ANDREW MCGEE	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	3.29	4.48	11.02	15.16	20.14	20.14
IAN POSTLETHWAITE	NORWICH	BANNATYNES	M	GOLD	OPEN	2.09	3.48	9.51	13.33	20.16	20.16
KEVIN BUCKSEY	CHICHESTER	CANNONS	M	GOLD	OPEN	1.47	2.50	8.50	10.50	20.24	20.24
CARL STIMSON	CARMARTHEN	3 RIVERS FERRYSIDE	M	GOLD	OPEN	3.44	5.20	11.29	14.25	20.26	20.26
MICHAEL MCHUGH	LANCS	CROW WOOD	M	GOLD	OPEN	5.07	6.52	12.32	13.48	20.36	20.36
STEWART SPENCE	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	3.23	5.48	11.46	14.04	20.44	20.44
ADRIAN FOX	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	3.49	5.37	12.42	16.12	21.06	21.06
IVOR MACDONALD	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	4.00	6.19	12.29	14.07	21.09	21.09
STUART BROUGHTON	KENT		M	GOLD	OPEN	8.29	9.20	14.25	16.12	21.14	21.14
NEIL KOHLER	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	3.24	4.19	11.09	13.57	21.14	21.14
PETER FENWICK	SHETLAND ISLES	CLICKIMIN LEISURE	M	GOLD	OPEN	5.21	6.45	12.13	16.24	21.52	21.52
BILL ROBERTSON	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	4.05	6.30	12.36	14.40	21.55	21.55
LIAM HEMMING	BIRMINGHAM	PULSE POINT GYM	M	GOLD	OPEN	7.05	8.53	15.39	16.33	21.55	21.55
NEIL GREENFIELD	HAMPSHIRE	ANDOVER LEISURE	M	GOLD	OPEN	3.26	6.37	13.03	16.20	22.24	22.24
MARK SWAIN	HULL	VIKING SPORTS CENTRE	M	GOLD	OPEN	5.07	9.15	16.21	17.50	22.27	22.27
STEVE GRIGGS	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	4.51	7.40	14.20	15.43	22.39	22.39
ROBERT THOMSON	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	5.05	7.01	12.46	15.07	22.44	22.44
MARK TYE	MANCHESTER	WITHINGTON LEISURE	M	GOLD	OPEN	4.07	6.37	13.00	16.25	22.46	22.46

MAGNUS ROSIE	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	OPEN	5.12	6.43	12.38	15.00	23.05	23.05
MARK FRAMPTON	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	4.05	4.45	11.49	15.09	23.23	23.23
WILL LORD	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	4.33	5.36	12.38	15.00	23.30	23.30
GRAHAM BENNETT	LINCOLN	BURTON WATERS	M	GOLD	OPEN	3.42	5.26	11.59	16.52	24.15	24.15
STEVE BROAD	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	4.55	6.20	13.37	16.01	24.24	24.24
ROB BANNISTER	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	OPEN	4.56	6.08	13.26	16.01	24.34	24.34
MARK BAKER	BRISTOL	TARGET ZONE	M	GOLD	OPEN	4.16	8.17	15.04	16.42	25.17	25.17
IAIN GRAY	ORKNEY	ARGYLE PARK	M	GOLD	OPEN	5.07	7.44	13.54	17.16	25.49	25.49
STEVE OWEN	CHESHIRE	TOTAL FITNESS	M	GOLD	MASTERS	1.49	2.31	8.06	8.45	13.01	13.01
STEPHEN WATTS	CHESHIRE	DRAGONS	M	GOLD	MASTERS	1.58	3.10	8.58	9.51	14.02	14.02
NICK CRAMP	SOMERSET	FITNESS FACTORY	M	GOLD	MASTERS	2.40	3.52	9.07	10.06	14.08	14.08
DUDLEIGH GREENWAY	OXON	KINETICA	M	GOLD	MASTERS	2.54	3.59	9.56	10.49	14.20	14.20
ASHLEY SUTTON	MILTON KEYNES	DAVID LLOYDS	M	GOLD	MASTERS	2.05	3.20	8.31	9.58	14.42	14.42
STEPHEN SMITH	GWENT		M	GOLD	MASTERS	3.15	4.00	10.07	11.15	15.08	15.08
DAVID SLONE	CHESTERFIELD	FITNESS FIRST	M	GOLD	MASTERS	3.50	4.46	10.38	11.23	15.19	15.19
PHIL DIBB	CUMBRIA	WEST VIEW LEISURE	M	GOLD	MASTERS	1.50	3.29	9.15	10.30	15.22	15.22
ROY FRANCIS	HERTS	THE MATRIX	M	GOLD	MASTERS	2.28	3.11	9.03	10.02	15.28	15.28
IAN GRIFFITHS	KENT	BALANTYRE GYM	M	GOLD	MASTERS	3.11	4.07	9.55	10.37	15.33	15.33
STEVE RIMMER	MAGHULL	DRAGONS	M	GOLD	MASTERS	2.20	3.30	9.28	11.32	15.44	15.44
MEL BROOKE	CHESHIRE	DRAGONS	M	GOLD	MASTERS	1.50	3.25	9.09	10.09	15.51	15.51
ANDY MATTHEWS	CHICHESTER	CANNONS	M	GOLD	MASTERS	3.11	4.39	10.44	11.29	16.13	16.13
MARC BURDEN	SWINDON	JJB	M	GOLD	MASTERS	3.26	6.02	11.46	13.13	16.31	16.31
PAUL SYMINGTON	SOMERSET	SAINT NUTRITION	M	GOLD	MASTERS	4.16	5.11	10.54	11.49	16.47	16.47
ROB BOOTH	LEICESTERSHIRE	CHARNWOOD LEISURE	M	GOLD	MASTERS	2.14	3.11	9.44	11.08	16.50	16.50
IAN KENDALL	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	MASTERS	2.46	3.54	9.42	12.09	16.59	16.59
TERRY RHONE	CHICHESTER	CANNONS	M	GOLD	MASTERS	2.21	3.11	9.04	10.24	17.21	17.21
DAVID DOHERTY	ST HELENS	JJB	M	GOLD	MASTERS	3.47	5.20	11.46	12.44	17.53	17.53
NEIL MINION	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	MASTERS	3.16	4.02	10.09	11.51	17.55	17.55
PHIL JACKSON	PORTSMOUTH	CANNONS	M	GOLD	MASTERS	3.17	4.23	10.21	11.39	17.59	17.59
DELROY EVERETT	RUTLAND	ASHWELL SPORTS	M	GOLD	MASTERS	2.51	4.51	11.07	12.49	18.01	18.01
MALCOLM WILLIAMS		JOHNSON & JOHNSON	M	GOLD	MASTERS	3.50	5.12	11.30	12.25	18.30	18.30
KENNY THOMSON	HAWICK	THINK FITNESS	M	GOLD	MASTERS	5.12	6.12	13.21	13.56	18.44	18.44
CHRIS McPHEE	HULL	VIKING SPORTS CENTRE	M	GOLD	MASTERS	4.42	5.37	11.46	12.46	19.00	19.00
MARTIN FLETT	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	MASTERS	3.59	5.47	11.28	13.08	19.03	19.03
NIGEL LYONS	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	MASTERS	3.37	4.51	10.30	11.36	19.07	19.07
SEAN BLYTH	KENT	ROKO GILLINGHAM	M	GOLD	MASTERS	3.28	4.47	11.08	12.51	19.32	19.32
MARK BRAKSPEAR	GWYNEDD	DWYFOR LEISURE	M	GOLD	MASTERS	5.33	6.55	13.38	14.23	19.40	19.40
ROGER GLIDDON	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	MASTERS	3.32	4.14	10.07	12.36	19.49	19.49
MARK DAVIES	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	MASTERS	3.53	4.45	11.09	13.54	20.04	20.04
PAUL NIXON	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	MASTERS	2.55	3.53	10.00	13.28	20.32	20.32
KEVIN PEDLAR	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	MASTERS	3.46	4.35	11.07	13.18	20.51	20.51
STUART CADZOW	LINCOLN	BURTON WATERS	M	GOLD	MASTERS	3.26	4.11	11.24	13.02	21.39	21.39
DAVE KING	PORTSMOUTH	CANNONS	M	GOLD	MASTERS	4.30	5.38	12.17	14.12	21.50	21.50
RAB MULE	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	MASTERS	3.47	5.57	12.07	14.46	22.06	22.06
GARY HANDLEY	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	MASTERS	3.33	4.25	10.51	16.03	22.22	22.22
STEVE MCVICKERS	CHICHESTER	CANNONS	M	GOLD	MASTERS	3.37	6.20	12.42	14.21	22.41	22.41
SIMON PARFORD	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	MASTERS	3.33	4.32	11.02	15.43	23.05	23.05
DAVID MEAD	KIRKBYMOORSIDE	BODY BASICS	M	GOLD	MASTERS	3.05	6.15	13.24	16.00	23.07	23.07
PETER BAKER	HAMPSHIRE	ANDOVER LEISURE	M	GOLD	MASTERS	4.27	6.22	13.22	15.18	24.07	24.07
DAVID MEAD	YORK	BODY BASICS	M	GOLD	MASTERS	3.23	6.53	14.16	17.20	24.40	24.40
BILLY JOHNSON	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	MASTERS	4.37	6.55	13.26	15.56	24.55	24.55
MARK BLAKESTON	HULL	VIKING SPORTS CENTRE	M	GOLD	MASTERS	4.40	5.41	13.52	17.58	25.27	25.27
STEVEN EDWARDS	SOMERSET	CORNHILL	M	GOLD	VETERANS	1.40	2.34	8.20	9.10	13.10	13.10
PAUL HUGHES	SURBITON	FITNESS CLUB	M	GOLD	VETERANS	3.17	4.20	10.27	11.29	15.19	15.19
PETER COOTE	WARKS	WOODLAND WELLBEING	M	GOLD	VETERANS	3.40	4.39	10.46	11.42	15.54	15.54
HOWARD MOSTYN	TELFORD	ASPIRATIONS	M	GOLD	VETERANS	5.14	6.07	12.16	15.19	22.02	22.02
RUSSELL FIRMIN	HEREFORD	HEREFORD LEISURE	M	GOLD	VETERANS	4.24	5.31	11.48	12.32	17.19	17.19
PETER IMPEY	SOMERSET	FITNESS FACTORY	M	GOLD	VETERANS	2.56	3.55	10.12	11.08	17.21	17.21
GRAHAM ANDERTON	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	VETERANS	3.55	5.13	11.00	12.31	17.40	17.40
PETER BEDFORD	CHESHIRE	DRAGONS	M	GOLD	VETERANS	2.31	4.32	11.00	12.09	17.43	17.43
DR JULIAN KENNEDY	BOURNEMOUTH	POOLE F.C	M	GOLD	VETERANS	4.18	5.25	11.11	12.29	17.49	17.49
IAN HULME-RIGBY	SCUNTHORPE	SCUNTHORPE LEISURE	M	GOLD	VETERANS	2.40	3.55	10.12	11.24	18.26	18.26

JOHN HARROP	DORSET	DORCHESTER HEALTH	M	GOLD	VETERANS	4.18	5.50	12.49	13.35	19.43	19.43
TONY BEAN	CARMARTHEN	3 RIVERS FERRYSIDE	M	GOLD	VETERANS	4.29	6.04	12.26	14.51	19.55	19.55
PETE DRAYTON	LINCOLN	BURTON WATERS	M	GOLD	VETERANS	3.36	4.43	10.59	12.56	19.56	19.56
PETER TOOTHILL	HULL	VIKING SPORTS CENTRE	M	GOLD	VETERANS	3.21	6.22	13.13	17.03	20.51	20.51
PETER MEREDITH	CORNWALL	ROSERROW CLUB	M	GOLD	VETERANS	4.25	6.39	13.01	16.00	21.04	21.04
PETER JONES	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	VETERANS	3.59	5.02	12.16	14.10	23.25	23.25
STEVE SAUNDERS	PLYMOUTH	DEVONSHIRE HEALTH	M	GOLD	VETERANS	4.31	5.31	12.30	17.14	25.29	25.29
PETER DAVIES	ORKNEY	THE PICKAQUOY CENTRE	M	GOLD	VETERANS	5.18	9.10	17.15	20.28	28.29	28.29
STEPHEN SMITH	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	1.55	4.38	5.11	7.47	7.47
MICHAEL DOWDELL	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	1.57	4.43	5.16	7.58	7.58
IAN REID	KENT	DRAGONS	M	SILVER	OPEN	1.06	1.40	4.19	5.02	8.01	8.01
DELROY BAILEY	RUTLAND	ASHWELL SPORTS	M	SILVER	OPEN	1.06	1.39	4.23	4.57	8.01	8.01
WAYNE HICKNEY	RUTLAND	ASHWELL SPORTS	M	SILVER	OPEN	1.08	1.29	4.18	4.51	8.02	8.02
DEAN COLLINS	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	1.58	4.40	5.11	8.09	8.09
STEVE CLARK	SCUNTHORPE	SCUNTHORPE LEISURE	M	SILVER	OPEN	1.07	1.30	4.24	4.55	8.14	8.14
ANTHONY ROBINSON	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.25	1.52	4.44	5.19	8.18	8.18
DARREN NOTT	KENT	DRAGONS	M	SILVER	OPEN	1.04	1.37	4.33	5.13	8.26	8.26
ADRIAN MOLL	KENT	DRAGONS	M	SILVER	OPEN	1.06	1.38	4.37	5.19	8.27	8.27
LINCOLN LEVY	RUTLAND	ASHWELL SPORTS	M	SILVER	OPEN	1.18	1.48	4.47	5.23	8.29	8.29
SIMON HOPPS	RUTLAND	ASHWELL SPORTS	M	SILVER	OPEN	1.08	1.45	4.46	5.24	8.30	8.30
LEE BELL	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	2.03	4.54	5.44	8.31	8.31
SIMON ?	KENT	DRAGONS	M	SILVER	OPEN	1.09	1.46	4.33	5.15	8.38	8.38
BRETT SADLER	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.04	4.55	5.38	8.39	8.39
JORDAN PREECE	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.01	4.47	5.25	8.42	8.42
MIKE CARTRIDGE	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	1.59	4.40	5.12	8.46	8.46
PATRICK GORMAN	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.00	5.00	5.37	8.50	8.50
SHAH HUSSAIN	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.00	5.08	5.40	8.50	8.50
NEIL GRIFFITHS	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	1.59	4.40	5.15	8.56	8.56
SIMON EISENMANN	NORWICH	BANNATYNES	M	SILVER	OPEN	1.08	1.57	4.32	5.24	8.57	8.57
BRETT MIFFUN	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	1.58	4.42	5.17	8.57	8.57
MATTHEW CUMMINS	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.30	1.55	5.01	5.40	9.01	9.01
DAN BRUMWELL	PORTSMOUTH	CANNONS	M	SILVER	OPEN	1.54	2.27	5.07	5.20	9.13	9.13
STEVE CHALKLEN	KENT	DRAGONS	M	SILVER	OPEN	1.17	2.03	5.21	6.13	9.13	9.13
SEAN TAGGERT	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	2.04	5.08	5.51	9.14	9.14
PAUL TUCKER	BOURNEMOUTH	DAVID LLOYD	M	SILVER	OPEN	2.02	2.20	5.18	6.00	9.14	9.14
SIMON BARNES	NEWQUAY	IN2FITNESS	M	SILVER	OPEN	1.07	1.45	5.00	5.50	9.16	9.16
RYAN CHURCH	KENT	DRAGONS	M	SILVER	OPEN	1.16	2.02	4.55	5.46	9.22	9.22
ZAC ALLANSON	YORK	BODY BASICS	M	SILVER	OPEN	1.07	1.52	4.34	6.22	9.24	9.24
CASSIUS JOHN	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.03	4.58	5.45	9.24	9.24
SCOTT WALKER	SCOTLAND	MIDLOTHIAN INDOOR ROWING	M	SILVER	OPEN	2.16	2.40	5.19	5.54	9.24	9.24
LEE POWELL	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	1.58	4.55	5.35	9.27	9.27
MICHAEL EDWARDS	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.13	5.01	6.00	9.28	9.28
TIM ILES	BOURNEMOUTH	DAVID LLOYD	M	SILVER	OPEN	2.26	2.50	5.44	6.24	9.29	9.29
JAMES KERR	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.31	2.01	5.11	5.58	9.29	9.29
LEE FRIEND	KENT	DRAGONS	M	SILVER	OPEN	1.14	1.49	4.47	5.42	9.32	9.32
JAHMINE LEE	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.03	5.01	5.39	9.32	9.32
WILLIAM GRIFFITHS	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.02	5.00	5.45	9.34	9.34
MICHAEL PINARO	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.07	4.56	5.33	9.35	9.35
DUNCAN NORRIS	SURREY	GATWICK MAIL CENTRE	M	SILVER	OPEN	2.32	3.14	6.02	6.50	9.39	9.39
PAUL RANSON	ST HELENS	JJB	M	SILVER	OPEN	2.00	2.37	5.52	6.37	9.39	9.39
JAMIE CONN	BOURNEMOUTH	DAVID LLOYD	M	SILVER	OPEN	2.10	2.30	5.27	6.10	9.40	9.40
PAUL MARSH	BARNESLEY	TONE ZONE	M	SILVER	OPEN	1.59	2.42	5.40	6.28	9.40	9.40
SIMON HAYWOOD	JERSEY	LIDO HEALTH	M	SILVER	OPEN	2.36	3.08	5.44	6.16	9.41	9.41
ADAM BOOTH	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	2.03	4.49	5.22	9.41	9.41
DAVID POULTON	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.02	5.08	5.44	9.43	9.43
MARCUS LYNCH	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	2.03	5.03	5.52	9.47	9.47
PAUL RICHARD	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.05	5.06	5.44	9.49	9.49
EFE VBIRIBO	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.04	5.10	5.46	9.49	9.49
WINSTON DESANTOS	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.00	5.35	6.19	9.52	9.52
JAMES NEWMAN	BOURNEMOUTH	DAVID LLOYD	M	SILVER	OPEN	2.26	2.43	6.13	6.48	9.52	9.52
RICKI SMITH	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.03	5.01	5.51	9.52	9.52
IAN DUFF	HAMPSHIRE	ANDOVER LEISURE	M	SILVER	OPEN	2.10	2.40	5.28	6.03	9.53	9.53

CLINTON BAILEY	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.04	4.54	5.37	9.54	9.54
NATHAN ARISS	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.30	1.59	5.06	5.47	9.57	9.57
EDDIE O'BRIEN	YORK	BODY BASICS	M	SILVER	OPEN	1.31	2.20	5.20	6.45	9.57	9.57
CHRIS SPIERS	WARKS	WOODLAND WELLBEING	M	SILVER	OPEN	2.10	2.39	5.50	7.02	10.00	10.00
JAMIE MCILREAVEY	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.42	2.00	5.27	6.07	10.04	10.04
CLINT SHARRATT	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.25	1.49	5.19	5.45	10.12	10.12
DAVID SINCLAIR	ORKNEY	THE PICKAQUOY CENTRE	M	SILVER	OPEN	2.07	3.15	6.18	7.20	10.13	10.13
JULIANO	BOURNEMOUTH	DAVID LLOYD	M	SILVER	OPEN	1.58	2.25	5.50	6.55	10.15	10.15
JAMES MURPHY	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	2.18	5.24	6.59	10.15	10.15
MICKEY ROEBUCK	YORK	BODY BASICS	M	SILVER	OPEN	1.29	2.27	5.37	7.05	10.17	10.17
DAVID WILLIAMS	CO DURHAM	MERIDIAN H&F	M	SILVER	OPEN	1.36	2.03	5.30	6.25	10.17	10.17
CRAIG PETER BROOKE	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.03	5.27	6.03	10.18	10.18
MARK GARDENER	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	2.05	5.35	6.17	10.18	10.18
PAUL SOROSINA	LEICESTERSHIRE	CHARNWOOD LEISURE	M	SILVER	OPEN	1.56	2.40	5.47	6.34	10.18	10.18
DYLAN KELLY	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.00	5.08	6.02	10.21	10.21
FARID MOHAMMED	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.33	1.59	5.13	5.50	10.21	10.21
SHAGUN AIYELA	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	2.03	5.05	6.13	10.21	10.21
IAN MOORE	NORWICH	BANNATYNES	M	SILVER	OPEN	1.28	2.23	5.42	6.35	10.25	10.25
MARTIN HENRY	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.03	4.43	5.37	10.26	10.26
PAUL FERGUSON	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.06	5.22	6.55	10.29	10.29
IAIN BAINES	HULL	VIKING SPORTS CENTRE	M	SILVER	OPEN	1.20	1.55	4.46	6.29	10.30	10.30
PETER SCOTT	HAWICK	THINK FITNESS	M	SILVER	OPEN	2.26	2.53	5.32	6.04	10.30	10.30
ROBERT ANDERSON	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	1.58	4.57	5.40	10.30	10.30
IAN FORD	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.06	5.17	6.16	10.31	10.31
MARTIN VICKERS	BOURNEMOUTH	DAVID LLOYD	M	SILVER	OPEN	1.59	2.27	5.22	6.25	10.32	10.32
RICHARD HARWOOD	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.08	5.19	6.22	10.33	10.33
BEN WAGENER	LONDON	CLUB	M	SILVER	OPEN	2.01	2.31	5.20	6.11	10.36	10.36
GARY FLETCHER	ST HELENS	JJB	M	SILVER	OPEN	1.18	2.36	5.30	6.24	10.36	10.36
SCOTT DAVISON	LONDON	CLUB	M	SILVER	OPEN	2.21	3.06	6.04	6.53	10.40	10.40
ANDREW BIGGS	W SUSSEX	GATWICK MAIL CENTRE	M	SILVER	OPEN	2.42	3.20	6.09	7.19	10.42	10.42
ED CONN	BOURNEMOUTH	DAVID LLOYD	M	SILVER	OPEN	1.53	2.25	5.30	6.30	10.44	10.44
JASON HOGAN	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.36	2.07	5.02	6.25	10.51	10.51
PHIL BENTICK	WARKS	WOODLAND WELLBEING	M	SILVER	OPEN	2.06	2.36	5.56	6.42	10.51	10.51
MARTYN HAGGER	HAMPSHIRE	ANDOVER LEISURE	M	SILVER	OPEN	2.19	3.11	6.12	6.52	10.52	10.52
LEON WOOD	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	2.10	5.04	6.19	10.57	10.57
ANTHONY BOYLE	CHICHESTER	CANNONS	M	SILVER	OPEN	1.51	2.42	5.37	6.41	10.58	10.58
LEON CARBADO	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.03	5.02	6.36	10.58	10.58
MICK HAWKES	W SUSSEX	GATWICK MAIL CENTRE	M	SILVER	OPEN	2.38	3.26	6.20	7.28	10.58	10.58
STUART TEMPLE	YORK	BODY BASICS	M	SILVER	OPEN	1.23	2.16	5.23	6.40	10.58	10.58
MARCUS O'LOUGHLIN	W SUSSEX	GATWICK MAIL CENTRE	M	SILVER	OPEN	2.41	3.18	6.29	7.18	11.02	11.02
ROBERT SINCLAIR	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.30	2.01	5.16	6.06	11.03	11.03
SEAN WILTSHIRE	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	1.57	5.01	5.45	11.06	11.06
ADAM FRANCIS	BOURNEMOUTH	DAVID LLOYD	M	SILVER	OPEN	1.48	2.20	5.10	7.10	11.10	11.10
STEVE LYNE	BOURNEMOUTH	DAVID LLOYD	M	SILVER	OPEN	2.31	3.00	5.54	7.15	11.13	11.13
GAVIN HENNEVER	W SUSSEX	GATWICK MAIL CENTRE	M	SILVER	OPEN	2.29	3.25	6.24	7.13	11.14	11.14
JAMES THOMPSON	BRISTOL	LIVINGWELL	M	SILVER	OPEN	1.44	2.50	6.11	7.17	11.18	11.18
JOHN BENJAMIN	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.34	6.10	7.02	11.23	11.23
ADY FOX	HULL	VIKING SPORTS CENTRE	M	SILVER	OPEN	2.43	3.16	6.51	7.41	11.23	11.23
ANDY PHILLIPS	JERSEY	LIDO HEALTH	M	SILVER	OPEN	1.44	2.23	5.14	5.50	11.30	11.30
GARY THORNTON	SURREY	GATWICK MAIL CENTRE	M	SILVER	OPEN	2.40	4.00	7.03	7.49	11.39	11.39
STEVEN FRANKS	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.34	2.01	4.59	6.44	11.41	11.41
LEE BROWNBILL	ST HELENS	JJB	M	SILVER	OPEN	2.41	3.17	6.50	7.39	11.48	11.48
OWAIN EDWARDS	GWYNEDD	DWYFOR LEISURE	M	SILVER	OPEN	3.25	4.07	7.23	8.07	11.49	11.49
KEVIN BROOKS	WARKS	WOODLAND WELLBEING	M	SILVER	OPEN	1.50	2.39	5.55	7.00	11.52	11.52
STEVE CRACKNELL	JERSEY	LIDO HEALTH	M	SILVER	OPEN	1.56	2.53	5.36	6.10	11.55	11.55
GEORGE ROPER	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.37	2.08	5.21	7.33	12.03	12.03
GLEN FOSTER	HULL	VIKING SPORTS CENTRE	M	SILVER	OPEN	2.37	3.14	6.21	7.39	12.05	12.05
STEPHEN MARN	CHICHESTER	CANNONS	M	SILVER	OPEN	2.31	3.40	6.52	7.50	12.06	12.06
BEN DAVIES	YORK	BODY BASICS	M	SILVER	OPEN	1.16	2.20	5.40	7.50	12.09	12.09
JAMES WHINCUP	YORK	BODY BASICS	M	SILVER	OPEN	1.08	2.22	5.36	7.49	12.09	12.09
PHIL ROBINSON	KENT	DRAGONS	M	SILVER	OPEN	1.12	2.27	5.37	8.37	12.10	12.10
ELLIOT WAUL	MANCHESTER	WITHINGTON LEISURE	M	SILVER	OPEN	2.21	2.58	6.23	7.22	12.22	12.22

BYRON GORDON	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.42	2.15	6.34	7.39	12.35	12.35
ANDREW POTTER	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.32	2.02	5.50	8.44	12.37	12.37
JUSTIN REEVE	BRISTOL	TARGET ZONE	M	SILVER	OPEN	1.24	2.30	5.58	6.59	12.39	12.39
KARL PITCHFORTH	HULL	VIKING SPORTS CENTRE	M	SILVER	OPEN	2.48	3.20	6.59	8.09	12.57	12.57
JOHN BELL	EDINBURGH	MAXIMIZE	M	SILVER	OPEN	2.59	3.42	7.19	8.25	13.19	13.19
GRAHAM BRETMAN	YORK	BODY BASICS	M	SILVER	OPEN	1.52	2.48	6.12	9.10	13.48	13.48
NICK HIBBS	BRISTOL	TARGET ZONE	M	SILVER	OPEN	2.36	4.05	7.58	9.05	13.50	13.50
DAVID LINDSAY	BRISTOL	LIVINGWELL	M	SILVER	OPEN	3.24	4.43	8.17	10.04	14.01	14.01
JAMES HEWLAND	W SUSSEX	GATWICK MAIL CENTRE	M	SILVER	OPEN	2.42	3.42	7.00	9.16	14.23	14.23
STEVE BRUMBY	HULL	VIKING SPORTS CENTRE	M	SILVER	OPEN	2.15	2.57	6.38	8.30	14.49	14.49
FITZROY BLACKWOOD	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	OPEN	1.35	2.32	6.23	9.02	15.07	15.07
GRAHAM SEAGER	SWINDON	FITNESS FIRST	M	SILVER	OPEN	2.04	2.53	6.17	8.57	15.11	15.11
TIM WHINCUP	YORK	BODY BASICS	M	SILVER	OPEN	3.26	4.39	9.04	11.10	15.23	15.23
DOUGLAS HALL	HULL	VIKING SPORTS CENTRE	M	SILVER	OPEN	3.07	3.48	7.55	10.51	15.36	15.36
LESLIE DANIELS	LONDON	CLUB	M	SILVER	OPEN	2.44	3.47	7.54	8.51	15.39	15.39
DEAN BARKER	HULL	VIKING SPORTS CENTRE	M	SILVER	OPEN	3.28	4.07	7.28	9.20	15.52	15.52
JOSH FOSTER	YORK	BODY BASICS	M	SILVER	OPEN	3.36	4.53	9.53	13.16	18.59	18.59
IAN MORRISON	RUTLAND	ASHWELL SPORTS	M	SILVER	MASTERS	1.08	1.35	4.27	4.58	8.02	8.02
ANTHONY SEDDON	RUTLAND	ASHWELL SPORTS	M	SILVER	MASTERS	1.06	1.44	4.30	5.07	8.10	8.10
DOUGIE DONALD	RUTLAND	ASHWELL SPORTS	M	SILVER	MASTERS	1.12	1.42	4.35	5.10	8.14	8.14
MARK HILLMAN	RUTLAND	ASHWELL SPORTS	M	SILVER	MASTERS	1.15	2.02	4.52	5.20	8.27	8.27
STEVE EDMUNDS	SOMERSET	FITNESS FACTORY	M	SILVER	MASTERS	1.35	2.00	4.58	5.29	8.52	8.52
VALENTINE COOK	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	MASTERS	1.35	1.59	4.53	5.33	8.59	8.59
JAMES TALBUT	FAREHAM	FITNESS FIRS	M	SILVER	MASTERS	1.37	2.10	5.09	5.57	9.03	9.03
PATRICK COOK	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	MASTERS	1.35	2.01	4.51	5.33	9.08	9.08
JEFF MAYE	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	MASTERS	1.36	2.02	5.00	5.39	9.17	9.17
KEVIN ROBERTS	BOURNEMOUTH	DAVID LLOYD	M	SILVER	MASTERS	2.09	2.30	5.28	6.04	9.29	9.29
NICK SUTHERLAND	CHICHESTER	CANNONS	M	SILVER	MASTERS	1.01	1.35	4.22	4.54	9.39	9.39
WAYNE TURNER	ST HELENS	JJB	M	SILVER	MASTERS	1.51	2.25	5.26	6.11	9.49	9.49
STEVE MCKAY	BOURNEMOUTH	DAVID LLOYD	M	SILVER	MASTERS	1.51	2.20	5.23	6.36	9.55	9.55
KEVIN ROBERTSON	BOURNEMOUTH	DAVID LLOYD	M	SILVER	MASTERS	2.40	3.02	6.05	6.37	10.15	10.15
ROB BOYD	BOURNEMOUTH	DAVID LLOYD	M	SILVER	MASTERS	1.55	2.16	5.24	6.42	10.34	10.34
MARK ROBERTS	N IRELAND	FORTFIELDS FITNESS	M	SILVER	MASTERS	2.22	3.21	6.23	7.07	10.34	10.34
MARTIN LUSH	YORK	BODY BASICS	M	SILVER	MASTERS	1.06	2.35	5.38	7.15	10.35	10.35
JOHN HEALY	NORTHANTS	FITNESS FIRS	M	SILVER	MASTERS	2.13	3.14	6.19	7.11	10.41	10.41
JOHN WHITEHEAD	FAREHAM	FITNESS FIRST	M	SILVER	MASTERS	1.54	2.23	5.31	6.26	10.47	10.47
MOHAMMED ISHAQ	RUTLAND	ASHWELL SPORTS	M	SILVER	MASTERS	1.40	2.45	6.21	7.13	10.48	10.48
MIKE CATLING	CARMARTHEN	3 RIVERS FERRYSIDE	M	SILVER	MASTERS	2.22	3.14	6.38	8.04	10.55	10.55
KEV HURST	BOURNEMOUTH	DAVID LLOYD	M	SILVER	MASTERS	1.57	2.29	5.37	6.31	11.07	11.07
PAUL MEDDELTON	SURREY	GATWICK MAIL CENTRE	M	SILVER	MASTERS	2.38	3.29	6.44	7.43	11.20	11.20
AL BEER	CALLINGTON	CALLINGTON SPORTS	M	SILVER	MASTERS	3.03	3.38	6.55	7.44	11.23	11.23
Z RIGBY	SCUNTHORPE	SCUNTHORPE LEISURE	M	SILVER	MASTERS	1.23	2.06	5.20	7.09	11.25	11.25
WILLIAMS	BIRMINGHAM	WINSON GREEN FITNESS	M	SILVER	MASTERS	1.33	2.11	5.43	6.33	11.28	11.28
DARREN VICARY	PORTSMOUTH	CANNONS	M	SILVER	MASTERS	2.17	2.26	6.38	7.33	11.36	11.36
DAVE APPLETON	ST HELENS	JJB	M	SILVER	MASTERS	2.19	2.58	6.58	7.45	11.40	11.40
IAIN MACBRIDE	SHETLAND ISLES	CLICKIMIN LEISURE	M	SILVER	MASTERS	2.45	3.20	6.27	8.45	11.54	11.54
PAUL MULLINS	SURBITON	FITNESS CLUB	M	SILVER	MASTERS	2.43	3.30	6.52	8.02	12.06	12.06
PHIL CRAY	RUTLAND	ASHWELL SPORTS	M	SILVER	MASTERS	1.19	3.07	6.37	7.29	12.13	12.13
DAVID RUSSELL	SURREY	GATWICK MAIL CENTRE	M	SILVER	MASTERS	2.36	4.10	7.03	8.18	12.33	12.33
MIKE CONNON	WARKS	WOODLAND WELLBEING	M	SILVER	MASTERS	2.29	3.07	6.25	8.18	12.59	12.59
LIAM CASSIDY	CARMARTHEN	3 RIVERS FERRYSIDE	M	SILVER	MASTERS	2.39	3.50	7.18	9.34	13.17	13.17
CHRIS WHINCUP	YORK	BODY BASICS	M	SILVER	MASTERS	1.20	2.26	5.53	8.13	13.18	13.18
MICHAEL LEE	ORKNEY	THE PICKAQUOY CENTRE	M	SILVER	MASTERS	2.40	3.48	7.13	8.36	13.51	13.51
BOB HARSTE	W SUSSEX	GATWICK MAIL CENTRE	M	SILVER	MASTERS	3.00	3.59	7.25	9.15	13.58	13.58
BOB GRIFFITHS	SURREY	GATWICK MAIL CENTRE	M	SILVER	MASTERS	2.52	4.11	7.57	10.20	14.33	14.33
NOEL FRATER	HULL	VIKING SPORTS CENTRE	M	SILVER	MASTERS	3.34	4.22	8.46	9.52	16.06	16.06
BARRY HOLMES	SCUNTHORPE	SCUNTHORPE LEISURE	M	SILVER	VETERANS	1.34	2.04	5.15	5.47	8.58	8.58
PETER KEGGIN	SOMERSET	FITNESS FACTORY	M	SILVER	VETERANS	1.41	2.21	5.19	6.01	9.51	9.51
GEORGE KING	SCOTLAND	ROWING	M	SILVER	VETERANS	2.23	2.58	5.38	6.17	9.53	9.53
ALAN EDWARDS	NOTTS	GROVE LEISURE CENTRE	M	SILVER	VETERANS	1.12	1.58	5.17	6.26	10.04	10.04
PAUL MCCARTHY	KENT	DRAGONS	M	SILVER	VETERANS	1.17	2.05	5.05	5.47	10.16	10.16
KEITH ROWNTREE	YORK	BODY BASICS	M	SILVER	VETERANS	1.33	2.19	5.58	7.11	10.33	10.33

GARETH BENNETT	YORK	BODY BASICS	M	SILVER	VETERANS	1.11	1.57	5.14	6.40	10.38	10.38
CHRIS HOPKINSON	ESSEX	MELBOURNE PARK	M	SILVER	VETERANS	2.32	3.15	6.06	7.11	10.40	10.40
STEVE WATT	PORTSMOUTH	CANNONS	M	SILVER	VETERANS	2.23	2.53	6.03	6.57	10.49	10.49
PHIL THORP	SOMERSET	FITNESS FACTORY	M	SILVER	VETERANS	1.40	2.26	5.45	6.26	10.51	10.51
PETER TEAGUE	HEREFORD	HEREFORD LEISURE	M	SILVER	VETERANS	2.39	3.34	6.39	7.21	11.15	11.15
HEDDWYN JONES	CARMARTHEN	3 RIVERS FERRYSIDE	M	SILVER	VETERANS	2.06	2.57	5.59	7.16	11.16	11.16
MARTIN SKIPWORTH	BOURNEMOUTH	DAVID LLOYD	M	SILVER	VETERANS	2.08	2.39	5.58	6.40	11.25	11.25
WILLIAM WATTS-MILLER	BRISTOL	LIVINGWELL	M	SILVER	VETERANS	1.52	2.48	6.04	7.06	11.31	11.31
GARY GILBERT	JERSEY	LIDO HEALTH	M	SILVER	VETERANS	2.38	3.25	6.47	7.23	11.31	11.31
MALCOLM HORSMAN	RUTLAND	ASHWELL SPORTS	M	SILVER	VETERANS	1.52	2.47	6.14	9.30	11.38	11.38
IAN MURRAY-WATSON	HEREFORD	HEREFORD LEISURE	M	SILVER	VETERANS	2.41	3.29	7.20	8.10	11.41	11.41
JEFF CAIN	SURREY	GATWICK MAIL CENTRE	M	SILVER	VETERANS	3.05	3.49	7.03	8.11	12.19	12.19
JOHN MOWAT	ORKNEY	KIRKWALL KAYAK CLUB	M	SILVER	VETERANS	2.49	3.59	7.11	8.35	12.39	12.39
JOHN MOWAT	BRISTOL	LIVINGWELL	M	SILVER	VETERANS	2.34	3.43	6.53	8.09	12.56	12.56
MICKEY HEAP	YORK	BODY BASICS	M	SILVER	VETERANS	2.21	3.55	7.10	8.58	13.25	13.25
MANSEL THOMAS	CARMARTHEN	3 RIVERS FERRYSIDE	M	SILVER	VETERANS	2.17	3.01	6.38	8.46	13.36	13.36
ROY DUNN	WARKS	WOODLAND WELLBEING	M	SILVER	VETERANS	2.12	3.09	6.31	7.55	13.37	13.37
JOHN WILKINS	YORK	BODY BASICS	M	SILVER	VETERANS	2.31	3.06	6.15	10.28	14.29	14.29
ANDREW SHARPLES	YORK	BODY BASICS	M	SILVER	VETERANS	1.26	3.35	7.09	9.14	14.34	14.34
PETE DOBSON	NOTTS	BURTON WATERS	M	SILVER	VETERANS	2.16	3.25	7.06	9.16	15.17	15.17
JIM AUSTERMUILE	YORK	BODY BASICS	M	SILVER	VETERANS	1.50	4.25	7.59	10.20	15.30	15.30
EDWARD TILLEY	YORK	BODY BASICS	M	SILVER	VETERANS	2.04	3.49	7.42	12.16	17.25	17.25
MERVYN TAIT	ORKNEY	THE PICKAQUOY CENTRE	M	SILVER	VETERANS	2.35	4.44	8.14	10.22	17.34	17.34
TIM BENTON	YORK	BODY BASICS	M	SILVER	VETERANS	2.48	4.15	7.18	9.23	18.31	18.31
<b>STEVE OXLADE</b>	<b>LONDON</b>	<b>FITNESS FIRST</b>	<b>M</b>	<b>BRONZE</b>	<b>OPEN</b>	<b>0.38</b>	<b>0.53</b>	<b>2.47</b>	<b>3.13</b>	<b>4.40</b>	<b>4.40</b>
JULIAN DALE	SURBITON	FITNESS CLUB	M	BRONZE	OPEN	1.01	1.15	2.58	3.26	4.42	4.42
BEN COYNE	RUTLAND	ASHWELL SPORTS	M	BRONZE	OPEN	0.43	0.59	3.00	3.33	4.59	4.59
PHILIP JAMES SWAN	CHICHESTER	CANNONS	M	BRONZE	OPEN	0.37	1.00	2.46	3.33	5.01	5.01
ROY STANILAND	SURBITON	FITNESS CLUB	M	BRONZE	OPEN	0.59	1.22	3.17	3.43	5.02	5.02
KEITH RAYNOR	HAWICK	THINK FITNESS	M	BRONZE	OPEN	1.27	1.38	3.17	3.36	5.05	5.05
MARK ELSDON	HAWICK	THINK FITNESS	M	BRONZE	OPEN	1.26	1.38	3.20	3.45	5.06	5.06
ROBERT GRIMES	NORTHANTS	FITNESS FIRST	M	BRONZE	OPEN	0.52	1.11	3.04	3.34	5.07	5.07
CRAWFORD GAMBLE	YORK	BODY BASICS	M	BRONZE	OPEN	0.46	1.00	2.48	3.32	5.07	5.07
CHRIS BUCKLEY	SCUNTHORPE	SCUNTHORPE LEISURE	M	BRONZE	OPEN	0.42	1.01	2.44	3.13	5.16	5.16
PETER BOLTON	YORK	BODY BASICS	M	BRONZE	OPEN	0.47	1.03	2.46	3.29	5.17	5.17
MIKE MARTIN	SOMERSET	FITNESS FACTORY	M	BRONZE	OPEN	1.06	1.21	3.18	3.42	5.17	5.17
SIMON THOMSON	HAWICK	THINK FITNESS	M	BRONZE	OPEN	1.23	1.36	3.18	3.39	5.20	5.20
PHILIP CRAZE	EDINBURGH	MAXIMIZE	M	BRONZE	OPEN	1.23	1.40	3.26	3.52	5.28	5.28
JEFF MARTIN	BRISTOL	LIVINGWELL	M	BRONZE	OPEN	0.53	1.15	3.13	3.45	5.29	5.29
JOHN FOLWELL	LEICESTERSHIRE	CHARNWOOD LEISURE	M	BRONZE	OPEN	0.55	1.13	3.11	3.56	5.35	5.35
GREG DALGLEISH	HAWICK	THINK FITNESS	M	BRONZE	OPEN	1.33	1.47	3.40	3.57	5.42	5.42
JUSTIN HUDSON	N.YORKSHIRE	BODY BASICS	M	BRONZE	OPEN	0.27	0.57	2.55	3.43	5.44	5.44
JONATHAN MCQUADE	CALLINGTON	CALLINGTON SPORTS	M	BRONZE	OPEN	1.08	1.32	3.31	4.01	5.44	5.44
CHRIS SPIERS	WARKS	WOODLAND WELLBEING	M	BRONZE	OPEN	1.17	1.35	3.37	4.12	5.46	5.46
NATHAN CLARKE	IRELAND	HOTEL WESTPORT CLUB	M	BRONZE	OPEN	1.31	1.51	3.39	4.03	5.48	5.48
CALLUM DACHELTY	BOURNEMOUTH	DAVID LLOYD	M	BRONZE	OPEN	1.21	1.40	3.31	4.15	5.48	5.48
THOM LAVIS	SURBITON	FITNESS CLUB	M	BRONZE	OPEN	1.15	1.38	3.43	4.24	5.55	5.55
ALISTER WILLIAMSON	SHETLAND ISLES	CLICKIMIN LEISURE	M	BRONZE	OPEN	1.26	1.46	3.39	4.23	5.56	5.56
DAVID HARRIS	WARKS	WOODLAND WELLBEING	M	BRONZE	OPEN	1.35	1.54	3.43	4.23	5.57	5.57
PAUL GLADWELL	SURBITON	FITNESS CLUB	M	BRONZE	OPEN	1.09	1.39	3.32	4.01	5.59	5.59
GARY PAVIOUR	BRISTOL	LIVINGWELL	M	BRONZE	OPEN	0.55	1.25	2.28	3.04	6.02	6.02
CHRIS PECH	NORTHANTS	FITNESS FIRST	M	BRONZE	OPEN	1.15	1.44	3.44	4.22	6.02	6.02
JOHN KANE	KENT	DRAGONS	M	BRONZE	OPEN	0.49	1.13	3.13	3.49	6.03	6.03
A WARRINGTON	BRISTOL	LIVINGWELL	M	BRONZE	OPEN	1.10	1.45	3.45	4.20	6.04	6.04
JONATHAN BARRETT	WARKS	WOODLAND WELLBEING	M	BRONZE	OPEN	1.19	1.39	3.36	4.15	6.05	6.05
SHAUN OWEN	BOURNEMOUTH	DAVID LLOYD	M	BRONZE	OPEN	1.27	1.40	3.50	4.30	6.06	6.06
JON MARTIN	BOURNEMOUTH	DAVID LLOYD	M	BRONZE	OPEN	1.19	1.37	3.59	4.35	6.08	6.08
ANDY ROBINSON	BRISTOL	LIVINGWELL	M	BRONZE	OPEN	1.05	1.34	2.46	4.26	6.10	6.10
SIMON MILLWARD	BOURNEMOUTH	DAVID LLOYD	M	BRONZE	OPEN	1.24	1.40	3.54	4.30	6.11	6.11
PAUL BLAKEMORE	ST HELENS	JJB	M	BRONZE	OPEN	1.10	1.37	3.31	4.15	6.12	6.12
DAVE PAYNE	CHICHESTER	CANNONS	M	BRONZE	OPEN	1.15	1.47	3.41	4.18	6.12	6.12
JOHN WORGAN	ST HELENS	JJB	M	BRONZE	OPEN	1.07	1.34	3.43	4.24	6.14	6.14

LUKE MCPHERSON	CALLINGTON	CALLINGTON SPORT	M	BRONZE	OPEN	1.20	1.41	3.42	4.21	6.14	6.14
RICHARD MANSON	SHETLAND ISLES	CLICKIMIN LEISURE	M	BRONZE	OPEN	1.29	1.48	3.49	4.33	6.15	6.15
PHIL STAMP	KENT	DRAGONS	M	BRONZE	OPEN	0.45	1.20	3.25	4.00	6.16	6.16
SVERRE RIISE	SHETLAND ISLES	CLICKIMIN LEISURE	M	BRONZE	OPEN	1.23	1.48	3.51	4.32	6.18	6.18
NATHAN TAYLOR	BOURNEMOUTH	DAVID LLOYD	M	BRONZE	OPEN	1.29	1.50	3.51	4.20	6.20	6.20
TERRY HARPER	PICKERING	BODY BASICS	M	BRONZE	OPEN	0.52	1.22	3.10	4.00	6.21	6.21
DARREN JECKELLS	BRISTOL	LIVINGWELL	M	BRONZE	OPEN	0.56	1.35	3.46	4.26	6.22	6.22
GRANT MORRISON	HAWICK	THINK FITNESS	M	BRONZE	OPEN	1.47	2.04	4.02	4.25	6.26	6.26
JAMIE MULHOLLAND	CLEVELAND	CLEVELAND POSTASH	M	BRONZE	OPEN	1.10	1.32	3.29	4.25	6.26	6.26
GERAINT HUGHES	GWYNEDD	DWYFOR LEISURE	M	BRONZE	OPEN	1.56	2.19	4.05	4.30	6.30	6.30
ANDREW TELFER	HAWICK	THINK FITNESS	M	BRONZE	OPEN	1.52	2.09	4.13	5.00	6.30	6.30
CHRISSY SCOTT	HULL	VIKING SPORTS CENTRE	M	BRONZE	OPEN	1.15	1.41	3.45	4.21	6.31	6.31
LAURENCE POYNER	NORTHANTS	FITNESS FIRST	M	BRONZE	OPEN	1.20	1.45	3.55	4.51	6.33	6.33
DEAN CLARK	HULL	VIKING SPORTS CENTRE	M	BRONZE	OPEN	1.49	2.12	4.24	5.07	6.33	6.33
BEN CRAINE	ST HELENS	JJB	M	BRONZE	OPEN	1.30	1.31	4.05	4.45	6.34	6.34
RICHARD SHORT	SCUNTHORPE	SCUNTHORPE LEISURE	M	BRONZE	OPEN	0.50	1.10	3.17	4.07	6.37	6.37
IAN BAINES	HULL	VIKING SPORTS CENTRE	M	BRONZE	OPEN	0.58	1.24	3.40	4.14	6.41	6.41
ANDY MALONE	LANCS	CROW WOOD	M	BRONZE	OPEN	1.42	2.02	3.57	4.41	6.41	6.41
CRAIG WELSH	N IRELAND	FORTFIELDS FITNESS	M	BRONZE	OPEN	1.40	2.05	4.16	4.47	6.41	6.41
GARETH JONES	PEMBROKESHIRE	TENBY LEISURE CENTRE	M	BRONZE	OPEN	1.44	2.14	4.27	5.10	6.45	6.45
ANDREW GREEN	LANCS	CROW WOOD	M	BRONZE	OPEN	2.01	2.23	4.07	4.48	6.48	6.48
ANDY CURSONS	LINCOLN	BURTON WATERS	M	BRONZE	OPEN	0.55	1.23	3.10	4.30	6.50	6.50
DAVID BAILEY	JERSEY	LIDO HEALTH	M	BRONZE	OPEN	1.37	2.06	4.09	4.38	6.52	6.52
DANI MANNING	SCUNTHORPE	SCUNTHORPE LEISURE	M	BRONZE	OPEN	0.55	1.20	3.49	4.15	7.03	7.03
GARY FERN	W SUSSEX	GATWICK MAIL CENTRE	M	BRONZE	OPEN	2.07	2.31	4.49	5.23	7.05	7.05
DARREN THOMAS	GWYNEDD	DWYFOR LEISURE	M	BRONZE	OPEN	1.57	2.17	4.38	5.14	7.09	7.09
WILL STRICKLAND	YORK	BODY BASICS	M	BRONZE	OPEN	1.16	1.51	3.56	5.25	7.13	7.13
STEVE FOX	SCUNTHORPE	SCUNTHORPE LEISURE	M	BRONZE	OPEN	1.02	1.36	3.50	5.00	7.15	7.15
JAMES WARING	ST HELENS	JJB	M	BRONZE	OPEN	1.24	1.56	4.06	4.51	7.15	7.15
ALAN MOORE	BIRMINGHAM	B-ACTIVE	M	BRONZE	OPEN	1.51	2.14	4.26	5.11	7.17	7.17
JOHN PLOSSER	BRISTOL	LIVINGWELL	M	BRONZE	OPEN	1.17	1.54	3.58	4.51	7.23	7.23
GRAHAM OWEN	GWYNEDD	DWYFOR LEISURE	M	BRONZE	OPEN	1.59	2.30	4.45	5.21	7.24	7.24
STEPHEN SMITH	CHICHESTER	CANNONS	M	BRONZE	OPEN	1.04	1.44	3.56	4.43	7.25	7.25
DAFYDD MYRDDIN	GWYNEDD	DWYFOR LEISURE	M	BRONZE	OPEN	2.27	2.51	5.08	5.34	7.29	7.29
GRAEME CHILDE	SURBITON	RACKET & FITNESS CLUB	M	BRONZE	OPEN	2.02	2.43	4.45	5.33	7.30	7.30
ALEX BODENHAM	BRISTOL	LIVINGWELL	M	BRONZE	OPEN	1.47	2.18	4.24	5.05	7.34	7.34
ANTONY JOSEPH BEAUMONT	EAST YORKS	VIKING SPORTS CENTRE	M	BRONZE	OPEN	1.21	1.58	4.05	4.47	7.34	7.34
JASON HOLMES	BOURNEMOUTH	DAVID LLOYD	M	BRONZE	OPEN	1.53	2.20	4.30	5.40	7.40	7.40
MICHAEL ROEBUCK	N.YORKSHIRE	BODY BASICS	M	BRONZE	OPEN	1.24	1.58	4.22	5.16	7.46	7.46
PETER JONES	GWYNEDD	DWYFOR LEISURE	M	BRONZE	OPEN	2.17	2.42	5.06	5.39	7.47	7.47
HUW RICHARDS	GWYNEDD	DWYFOR LEISURE	M	BRONZE	OPEN	2.06	2.39	5.10	5.43	7.49	7.49
SEB WOOD	DEVON	CALLINGTON SPORT	M	BRONZE	OPEN	2.16	2.58	5.17	5.52	8.10	8.10
WILLIAM SALMON	HULL	VIKING SPORTS CENTRE	M	BRONZE	OPEN	1.17	1.40	4.13	5.17	8.11	8.11
COLIN STOKES	HAMPSHIRE	ANDOVER LEISURE	M	BRONZE	OPEN	2.03	2.36	5.13	6.07	8.30	8.30
PAUL MARKS	KENT	DRAGONS	M	BRONZE	OPEN	0.45	2.05	4.34	6.14	8.55	8.55
JOHN GOODMAN	YORK	BODY BASICS	M	BRONZE	OPEN	1.43	2.28	5.38	6.38	9.37	9.37
D WINTERBONE	HAMPSHIRE	ANDOVER LEISURE	M	BRONZE	OPEN	1.44	3.29	5.58	6.43	10.39	10.39
BOBBY MELDRUM	ORKNEY	THE PICKAQUOY CENTRE	M	BRONZE	OPEN	2.20	3.20	6.53	8.32	12.04	12.04
COLIN DOUGLAS	HAWICK	THINK FITNESS	M	BRONZE	OPEN	2.00	2.28	4.31	5.02	17.17	17.17
VINCENT L ROWE	RUTLAND	ASHWELL SPORTS	M	BRONZE	MASTERS	0.45	0.58	2.46	3.14	4.58	4.58
DAVID ESTRIDGE	BOURNEMOUTH	DAVID LLOYD	M	BRONZE	MASTERS	1.02	1.21	3.07	3.38	5.08	5.08
PAUL MITCHELL	RUTLAND	ASHWELL SPORTS	M	BRONZE	MASTERS	0.45	1.15	3.18	3.52	5.32	5.32
TIM PHIPPS	SCUNTHORPE	SCUNTHORPE LEISURE	M	BRONZE	MASTERS	0.42	1.09	3.11	3.46	5.38	5.38
GEOFF THROWER	YORK	BODY BASICS	M	BRONZE	MASTERS	0.43	1.14	3.26	3.58	5.51	5.51
JONATHAN CHAPMAN	SOMERSET	FITNESS FACTORY	M	BRONZE	MASTERS	1.05	1.28	3.31	4.10	5.52	5.52
GRAHAM CASSELL	KENT	DRAGONS	M	BRONZE	MASTERS	0.54	1.17	3.16	3.51	5.55	5.55
PAUL HALE	ST HELENS	JJB	M	BRONZE	MASTERS	1.08	1.32	3.29	4.05	6.08	6.08
PAUL MCCARTHY	KENT	DRAGONS	M	BRONZE	MASTERS	1.00	1.25	3.23	4.01	6.15	6.15
GINO MENGA	RUTLAND	ASHWELL SPORTS	M	BRONZE	MASTERS	0.47	1.08	3.21	3.50	6.19	6.19
PETER INMAN	ESSEX	GRANGE FARM	M	BRONZE	MASTERS	1.24	1.57	3.51	4.29	6.21	6.21
NEIL PHILLIPS	CORNWALL	SHIPS & CASTLES	M	BRONZE	MASTERS	1.47	2.15	4.04	4.43	6.23	6.23
BRIAN MURPHY	SHETLAND ISLES	CLICKIMIN LEISURE	M	BRONZE	MASTERS	1.31	1.51	3.51	4.39	6.25	6.25

ADAM WALLIS	ESSEX	GRANGE FARM	M	BRONZE	MASTERS	1.35	2.06	4.18	5.05	6.28	6.28
JOHN HAMILTON	JERSEY	LIDO HEALTH	M	BRONZE	MASTERS	1.37	2.06	3.59	4.32	6.39	6.39
ANDY STEVENSON	ESSEX	GRANGE FARM	M	BRONZE	MASTERS	1.35	2.04	4.35	5.02	6.45	6.45
CHARLES HASLETT	BOURNEMOUTH	DAVID LLOYD	M	BRONZE	MASTERS	1.24	1.45	4.09	4.45	6.49	6.49
MICK DEVINE	LANCS	CROW WOOD	M	BRONZE	MASTERS	1.26	1.54	4.06	4.45	7.05	7.05
SIMON ROBINSON	BRISTOL	LIVINGWELL	M	BRONZE	MASTERS	1.10	1.53	4.12	4.59	7.11	7.11
NIGEL FOSTER	SCUNTHORPE	SCUNTHORPE LEISURE	M	BRONZE	MASTERS	1.25	2.00	4.11	5.11	7.26	7.26
CHRIS SIMPSON	YORK	BODY BASICS	M	BRONZE	MASTERS	1.23	2.16	4.34	5.35	7.47	7.47
TIM ELLIOTT	YORK	BODY BASICS	M	BRONZE	MASTERS	1.32	2.18	4.43	6.12	8.42	8.42
J.C SINGER	LEICESTERSHIRE	CHARNWOOD LEISURE	M	BRONZE	VETERANS	0.43	0.58	2.58	3.22	5.24	5.24
ROBIN WINCH	SOMERSET	FITNESS FACTORY	M	BRONZE	VETERANS	0.56	1.23	3.31	3.54	5.41	5.41
CAMPBELL SINGER	LEICESTERSHIRE	CHARNWOOD LEISURE	M	BRONZE	VETERANS	0.43	1.11	3.15	3.45	5.49	5.49
KEVIN CUSEND	BOURNEMOUTH	DAVID LLOYD	M	BRONZE	VETERANS	1.17	1.40	3.40	4.30	6.06	6.06
MALCOLM CAPORN	LEICESTERSHIRE	CHARNWOOD LEISURE	M	BRONZE	VETERANS	0.45	1.10	3.18	4.01	6.12	6.12
ROGER MONTEIL	SURBITON	RACKET & FITNESS CLUB	M	BRONZE	VETERANS	1.23	1.44	3.43	4.15	6.23	6.23
PETER DOLAN	CORNWALL	SHIPS & CASTLES	M	BRONZE	VETERANS	1.50	2.19	4.19	4.49	6.29	6.29
BRYCE MORRISON	SURREY	EGHAM SPORTS CENTRE	M	BRONZE	VETERANS	0.46	1.14	3.26	4.80	6.48	6.48
BRIAN PITMAN	SOMERSET	FITNESS FACTORY	M	BRONZE	VETERANS	1.05	1.43	4.11	4.52	7.16	7.16
DAVID COWPER	GWYNEDD	DWYFOR LEISURE	M	BRONZE	VETERANS	1.59	2.30	4.28	4.59	7.24	7.24
ROBERT FEATHERSTONE	CLEVELAND	CLEVELAND POSTASH	M	BRONZE	VETERANS	1.33	2.20	4.34	5.16	7.35	7.35
BARRIE FOSTER	CLEVELAND	CLEVELAND POSTASH	M	BRONZE	VETERANS	1.27	2.01	4.28	5.14	7.48	7.48
MALCOLM CAITHNESS	LONDON	CHARING CROSS CLUB	M	BRONZE	VETERANS	2.30	3.10	5.17	6.05	8.10	8.10
DENNIS LENNIMAN	WARKS	WOODLAND WELLBEING	M	BRONZE	VETERANS	1.57	2.22	5.02	5.45	8.50	8.50
ALAN FORREST	AYRSHIRE	NORTH GAILS	M	BRONZE	VETERANS	2.12	3.57	5.21	6.18	9.51	9.51
JOHN BANNELL	PORTSMOUTH	CANNONS	M	BRONZE	VETERANS	1.50	2.20	4.48	5.56	9.55	9.55
DENNIS GARRITY	YORK	BODY BASICS	M	BRONZE	VETERANS	1.54	2.51	5.37	7.07	10.02	10.02
MARTIN NORRIS	LONDON	CHARING CROSS CLUB	M	BRONZE	VETERANS	1.58	2.26	5.42	6.20	11.10	11.10
TERENCE MASON	HEREFORD	HEREFORD LEISURE	M	BRONZE	VETERANS	2.36	3.23	7.15	7.53	13.21	13.21