

SInS Day 1 - Ludlow

May 24, 2025

RESULTS

1-MO - 8.6km 75m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Adam Fieldhouse	QO	M21	MO	38:40	
2nd	Chloe Potter	SYO	W21	MO	40:41	+2:01
3rd	Robert Holdway	POTOC	M40	MO	40:48	+2:08
4th	Richard Cronin	NGOC	M35	MO	42:00	+3:20
5th	Eoghan Wiles	SOC	M21	MO	42:01	+3:21
6th	Daniel Weaver	DEE	M21	MO	42:20	+3:40
7th	Alex Matthew	EUOC	M21	MO	43:18	+4:38
8th	Kin Wai Lee	HOC	M35	MO	43:39	+4:59
9th	Steve Blackmore	HOC	M45	MO	43:40	+5:00
10th	Daniel Hodson	HH	M21	MO	43:47	+5:07
11th	Luke Bennett	DFOK	M18	MO	44:18	+5:38
12th	Sam Cottle	BOK	M21	MO	44:59	+6:19
13th	Ben Crone	HOC	M35	MO	46:14	+7:34
14th	Matt Haines	SLOW	M21	MO	46:23	+7:43
15th	Robert Fieldhouse	QO	M21	MO	46:50	+8:10
16th	Tom Alcock	WIM	M21	MO	46:56	+8:16
17th	Dave Schorah	NOC	M35	MO	46:58	+8:18
18th	Freddie Lake	SBOC	M20	MO	47:02	+8:22
19th	Richard David Price	HOC	M21	MO	47:03	+8:23
20th	Yordan Kolev	SLOW	M35	MO	47:18	+8:38
21st	Joel McGraw	UBOC	M21	MO	47:23	+8:43
22nd	Jack Knight	KERNO	M20	MO	48:03	+9:23
23rd	Andrew Snell	SOC	M50	MO	48:05	+9:25
24th	Philip Johnston-Davis	RAFO	M50	MO	48:13	+9:33
25th	Robert Elston	SARUM	M21	MO	49:07	+10:27
26th	Laurence Bell	NOR	M35	MO	51:33	+12:53
27th	Adrian Pickles	WRE	M65	MO	51:57	+13:17
28th	Christopher Sanderson	BOF	M35	MO	52:32	+13:52
29th	Alex Fielding	HH	M21	MO	53:52	+15:12
30th	Tom Knight	KERNO	M18	MO	54:47	+16:07
31st	Matt Eaton	WAOC	M35	MO	55:22	+16:42
32nd	George Rennie	WCOC	M18	MO	55:29	+16:49
33rd	Gilbert Lee	DEE	M35	MO	61:08	+22:28
34th	George Martin	CLOK	M20	MO	61:57	+23:17
35th	Tim Jones	IND	M55	MO	63:48	+25:08
36th	Oliver Lewis	QO	M18	MO	65:08	+26:28
37th	Davide Foffa	HOC	M35	MO	66:57	+28:17
38th	Adam Bushnell	WCH	M35	MO	67:01	+28:21
39th	James Thomas	HOC	M35	MO	69:35	+30:55
40th	Richard Dixon	BAOC	M35	MO	70:01	+31:21
	Ashley Buxton	DVO	M35	MO	w13	
	Lawrence Ferrett	SBOC	M21	MO	m18	
	Thomas Jarvis	RAFO	M21	MO	m5	
	Russell Finch	OD	M60	MO	m6	

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RESULTS

2-MV WO - 7.1km 70m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	David Alcock	AIRE	M45	MV	34:12	
2nd	Phillip Winskill	WCOC	M50	MV	34:37	+0:25
3rd	Rhys Manning	SWOC	M40	MV	34:46	+0:34
4th	Ben Chesters	DEVON	M45	MV	35:11	+0:59
5th	Nigel Bunn	TVOC	M60	MV	35:22	+1:10
6th	Jamie Rennie	WCOC	M55	MV	35:27	+1:15
7th	John Embrey	SROC	M65	MV	36:35	+2:23
8th	David Bowman	AIRE	M50	MV	36:51	+2:39
9th	Ash Field	SYO	M40	MV	36:56	+2:44
10th	Lyra Medlock	WSX	W18	WO	38:00	+3:48
11th	Gareth Radcliffe	SUFFOC	M45	MV	38:02	+3:50
12th	Tim Kieniewicz	WRE	M40	MV	38:49	+4:37
13th	Richard Barrett	BAOC	M55	MV	39:06	+4:54
14th	Tommi Grover	BOK	M45	MV	39:15	+5:03
15th	Anna Drinkwater	ERYRI	W21	WO	39:29	+5:17
16th	Paul Craddy	BOK	M40	MV	39:40	+5:28
17th	Daniel Cowley	NOR	M40	MV	40:20	+6:08
18th	Laura Barrett	DEVON	W20	WO	40:22	+6:10
19th	Tom Matthew	SROC	M50	MV	40:25	+6:13
20th	Christopher McCartney	HOC	M55	MV	40:47	+6:35
21st	David Aldridge	HOC	M45	MV	40:57	+6:45
22nd=	Rolf Crook	AIRE	M50	MV	41:22	+7:10
22nd=	John Oakes	WIM	M50	MV	41:22	+7:10
24th	Thomas Lewis	WRE	M40	MV	41:25	+7:13
25th	Ben Green	TVOC	M45	MV	41:30	+7:18
26th	Robert Atkins	HOC	M45	MV	41:51	+7:39
27th	Clive Richardson	WRE	M55	MV	41:55	+7:43
28th	John Methven	BKO	M55	MV	42:17	+8:05
29th	Ivan Tang	OD	M50	MV	42:48	+8:36
30th	Sara Currie	BOK	W40	WO	42:49	+8:37
31st	Brian Cowe	WAOC	M45	MV	43:13	+9:01
32nd	Philip Harvey	WIM	M50	MV	43:19	+9:07
33rd	Bronwen Mansel	SUFFOC	W21	WO	43:24	+9:12
34th	Jolyon Medlock	WSX	M50	MV	43:32	+9:20
35th	Isla Foffa	HOC	W21	WO	43:52	+9:40
36th	Andrew Smith	MDOC	M50	MV	43:54	+9:42
37th	Chris Atkins	BOK	M45	MV	43:56	+9:44
38th	Paul Fox	SN	M60	MV	44:03	+9:51
39th	Alice Jacobsen	SOC	W21	WO	44:38	+10:26
40th	Ian Hopkins	WRE	M55	MV	45:11	+10:59
41st=	Rachel Potter	BOK	W21	WO	45:12	+11:00
41st=	Philip Bartram	NOR	M50	MV	45:12	+11:00
43rd	Will Kromhout	QO	M50	MV	46:08	+11:56
44th	Keith Bennett	DFOK	M50	MV	46:21	+12:09
45th	Hebe Darwin	WAOC	W18	WO	46:32	+12:20
46th	Kirsty Buxton	DVO	W35	WO	46:42	+12:30
47th	Sarah Chaffey	LOK	W21	WO	46:45	+12:33
48th	Ka Man Leung	HOC	W21	WO	46:50	+12:38
49th	Dave Chaffey	DVO	M60	MV	46:55	+12:43
50th	Alex Hudson	HOC	M40	MV	46:59	+12:47
51st	Hazel Mudd	QO	W21	WO	47:09	+12:57
52nd	Stuart McCreadie	WIM	M40	MV	47:42	+13:30
53rd	Andrew Weaver	WRE	M45	MV	48:11	+13:59
54th	Kerina Lake	SBOC	W45	WO	48:16	+14:04
55th	Richard Powell	WAOC	M45	MV	48:24	+14:12
56th	Rebecca Mayes	CLOK	W18	WO	48:46	+14:34
57th	Edward Stott	SLOW	M40	MV	49:15	+15:03
58th	Kirsten Strain	AROS	W35	WO	49:25	+15:13
59th	Steve Wilson	PFO	M50	MV	49:30	+15:18

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RESULTS

2-MV WO - 7.1km 70m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Dickson Chungyin Tam	HH	M45	MV	51:44	+17:32
61st	Peter Rose	HOC	M45	MV	53:00	+18:48
62nd	Katherine Finch	LOK	W21	WO	53:08	+18:56
63rd	Paul Gregson	OD	M45	MV	54:26	+20:14
64th	Kieran Rose	HOC	M18	Course 2	55:20	+21:08
65th	Fiona Tam	SLOW	W35	WO	55:26	+21:14
66th	David Harrison	EPOC	M50	MV	55:53	+21:41
67th	Simon Branford	WIM	M45	MV	56:30	+22:18
68th	Kate Boshier	BOK	W21	WO	56:49	+22:37
69th	Marie-Anne Fischer	TVOC	W60	WO	57:16	+23:04
70th	Chris Tolley	LEI	M40	MV	57:47	+23:35
71st	Alex Fox	HOC	M40	MV	58:35	+24:23
72nd	Kwokkay Lo	HOC	M45	MV	58:47	+24:35
73rd	Natalie Martin	CLOK	W21	WO	59:14	+25:02
74th	Eric Heritage	WRE	M65	MV	60:22	+26:10
75th	Emily Finch	SBOC	W21	WO	61:42	+27:30
76th	Olivia Radcliffe	SUFFOC	W18	WO	72:02	+37:50
	Eva Spurling	WRE	W20	WO	m2-14 m17	
	Claire Walthorne	IND	W21	WO	w1 rtd	
	Neville Baker	TVOC	M70	MV	m5	
	Simon Hodgson	SYO	M50	MV	m9	
	Ali White	BOK	W60	WO	m8 m23	
	Karen Parker	BL	W60	WO	m17	
	David Dixon	HH	M50	MV	m5	
	Niamh Oliver	IND	W21	WO	w1 m9 rtd	
	Eric Leung	IND	M45	MV	m16-17	

SInS Day 1 - Ludlow

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RESULTS

3A-MSV - 5.5km 60m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	David Hodson	HH	M60	MSV	30:17	
2nd	Andrew Henderson	WAO	M60	MSV	31:44	+1:27
3rd	David Lawson	OD	M60	MSV	32:07	+1:50
4th	Mike Brett	BAOC	M60	MSV	32:17	+2:00
5th	Jonathan Whilock	POTOC	M55	MSV	32:23	+2:06
6th	Craig Smith	BOK	M55	MSV	32:25	+2:08
7th=	Jon Hateley	DEE	M60	MSV	32:57	+2:40
7th=	Richard Pay	WRE	M60	MSV	32:57	+2:40
9th	Niall Reynolds	SBOC	M60	MSV	33:04	+2:47
10th	Paul Gebbett	BOK	M55	MSV	33:30	+3:13
11th	David Cladingboel	LEI	M55	MSV	33:42	+3:25
12th	John Tzanetis	DFOK	M55	MSV	34:06	+3:49
13th	Charles Gook	BADO	M55	MSV	34:10	+3:53
14th	Charles Mayes	CLOK	M55	MSV	34:20	+4:03
15th	Mark Adams	HH	M60	MSV	34:27	+4:10
16th	Chris Rampton	WAO	M60	MSV	34:35	+4:18
17th	David Williams	HOC	M60	MSV	34:36	+4:19
18th	Andrew Reynolds	DEVON	M55	MSV	35:17	+5:00
19th	Dan Parker	BL	M60	MSV	35:18	+5:01
20th	Paul Norman	SYO	M60	MSV	35:22	+5:05
21st	Richard Bostock	DFOK	M60	MSV	35:28	+5:11
22nd	Ian Byrne	SMOC	M65	MSV	36:37	+6:20
23rd	Steve Bailey	SN	M65	MSV	37:07	+6:50
24th	Nick Martin	CLOK	M55	MSV	37:22	+7:05
25th	Marcus Tett	WRE	M60	MSV	38:08	+7:51
26th	Kevin Howe	BOK	M60	MSV	38:11	+7:54
27th	Tony Udris	SYO	M55	MSV	38:13	+7:56
28th	Joe Parkinson	NGOC	M60	MSV	38:16	+7:59
29th	Doug Wilson	NGOC	M55	MSV	38:47	+8:30
30th	Duncan Innes	SWOC	M60	MSV	38:51	+8:34
31st	Mark Light	SOC	M55	MSV	38:58	+8:41
32nd	Ian Marshall	AIRE	M60	MSV	39:06	+8:49
33rd=	Gerry Allan	BAOC	M55	MSV	39:10	+8:53
33rd=	Ian Gamlen	HOC	M60	MSV	39:10	+8:53
35th	Andy Rimes	QO	M60	MSV	39:15	+8:58
36th	Philip Bostock	NGOC	M60	MSV	39:39	+9:22
37th	Derick Mercer	BKO	M60	MSV	39:43	+9:26
38th	David Faulkner	BOK	M60	MSV	39:45	+9:28
39th	Christopher Ashenden	SN	M60	MSV	40:09	+9:52
40th	Adrian Wise	SN	M60	MSV	40:15	+9:58
41st	Craig Blackford	BADO	M55	MSV	40:29	+10:12
42nd	Steve Edgar	LEI	M55	MSV	40:47	+10:30
43rd	Paul Bryce	NGOC	M55	MSV	41:02	+10:45
44th	Karl Kingsman	HOC	M60	MSV	42:20	+12:03
45th	Andy Ellis	PFO	M65	MSV	42:50	+12:33
46th	Peter Martin	MV	M60	MSV	43:46	+13:29
47th	Andy Barker-Pilsworth	RAFO	M55	MSV	43:58	+13:41
48th=	Andrew Evans	DFOK	M70	MSV	44:35	+14:18
48th=	Mark Tipuric	WRE	M60	MSV	44:35	+14:18
50th	Dennis Hooton	EBOR	M60	MSV	44:38	+14:21
51st	Clive Caffall	NGOC	M60	MSV	46:11	+15:54
52nd	David Pal	WRE	M55	MSV	46:14	+15:57
53rd	Ian Farrell	MDOC	M40	Course 3A	47:03	+16:46
54th	Ian Chafer	HOC	M60	MSV	48:14	+17:57
55th	Ian Wells	RAFO	M70	MSV	50:03	+19:46
56th	Rew Francis	HOC	M60	MSV	50:38	+20:21
57th	Adrian Bailey	HOC	M55	MSV	51:17	+21:00
58th	Paul Hammond	HOC	M60	MSV	52:03	+21:46
59th	Chris Hooker	SO	M60	MSV	52:59	+22:42

SInS Day 1 - Ludlow

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RESULTS

3A-MSV - 5.5km 60m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Jeremy Geere	HOC	M60	MSV	54:04	+23:47
61st	Jonathan Lee	LEI	M60	MSV	54:12	+23:55
62nd	Mark Dawson	CLOK	M60	MSV	55:31	+25:14
63rd	Kai Hong Lee	WAOC	M55	MSV	55:51	+25:34
64th	Andrew Leedham	LOC	M60	MSV	65:38	+35:21
65th	Amy Fox	HOC	W40	Course 3A	69:41	+39:24
	Roy McGregor	SROC	M55	MSV	m13	
	Guy Lidbury	HAVOC	M55	MSV	m15	
	Charlie Adams	SYO	M60	MSV	m15	
	Dorien James	SMOC	M60	MSV	m8	
	Roger Thetford	TVOC	M60	MSV	m15 m19	
	Kevin Fielding	HH	M55	MSV	m11	
	Steve Chafer	LEI	M55	MSV	m11	
	Peter Langmaid	HOC	M55	MSV	m11	
	Andy Johnson	HOC	M60	MSV	m15	
	Brendan Bolland	WAROC	M55	MSV	m11	
	David Potter	BOK	M60	MSV	m15	
	John Ferris-Worth	BL	M60	MSV	m11	
	Greg Best	NGOC	M60	MSV	m20	
	Sunning Leung	SMOC	M60	MSV	m11	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS

3B-WV - 5.6km 70m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Emma Jarrett	WAOC	W45	WV	32:03	
2nd	Heather Roome	SROC	W40	WV	32:35	+0:32
3rd	Juliette Soulard	OD	W50	WV	34:34	+2:31
4th	Heather Kieniewicz	WRE	W40	WV	35:01	+2:58
5th	Lizzie Irvine	ERYRI	W40	WV	36:13	+4:10
6th	Victoria McCreadie	WIM	W40	WV	36:22	+4:19
7th	Emma Harrison	EPOC	W50	WV	36:26	+4:23
8th	Kerry Corkery	SARUM	W45	WV	36:43	+4:40
9th	Helen Chiswell	DVO	W45	WV	37:07	+5:04
10th	Sally Calland	DVO	W50	WV	37:10	+5:07
11th	Lisa Methven	BKO	W55	WV	38:06	+6:03
12th	Sian Mitchell	HH	W45	WV	38:40	+6:37
13th	Louise Reynolds	SYO	W45	WV	38:41	+6:38
14th	Catherine Wilson	PFO	W45	WV	38:49	+6:46
15th	Christine Farr	SWOC	W50	WV	39:06	+7:03
16th	Jo Matthew	SROC	W50	WV	39:13	+7:10
17th	Kath Atkins	HOC	W40	WV	39:52	+7:49
18th	Helen Bickle	WAOC	W40	WV	41:02	+8:59
19th	Freya Askham	SMOC	W50	WV	41:21	+9:18
20th	Maria MacKenzie	EBOR	W45	WV	41:22	+9:19
21st	Katie Lewis	WRE	W40	WV	41:25	+9:22
22nd	Dawn Figg	PFO	W55	WV	41:54	+9:51
23rd	Helen Alcock	AIRE	W40	WV	41:59	+9:56
24th	Helen Ellis	PFO	W50	WV	42:02	+9:59
25th	Toni O'Donovan	LEI	W45	WV	42:16	+10:13
26th	Ellen Butcher	PFO	W50	WV	43:19	+11:16
27th	Katharine Bartram	NOR	W50	WV	43:26	+11:23
28th	Maria Murphy	WRE	W50	WV	44:20	+12:17
29th	Katie Swalwell	DVO	W45	WV	45:03	+13:00
30th	Sesu Mpala	BAOC	W35	WV	46:11	+14:08
31st	Catherine Slade	SAX	W45	WV	47:55	+15:52
32nd	Christine Wilson	NGOC	W50	WV	48:56	+16:53
33rd	Linda Mudd	QO	W60	WV	49:41	+17:38
34th	Tina Bennett	DFOK	W45	WV	50:40	+18:37
35th	Joanna Mee	SMOC	W45	WV	51:17	+19:14
36th	Ruth Landrigan	BOK	W45	WV	56:30	+24:27
37th	Sonia Hudson	HOC	W40	WV	56:36	+24:33
38th	Corrie Blackmore	HOC	W45	WV	56:47	+24:44
39th	Julia Allinson	WRE	W50	WV	60:18	+28:15
40th	Yvonne Green	TVOC	W40	WV	64:16	+32:13
41st	Alexandra Radcliffe	SUFFOC	W50	WV	65:44	+33:41
42nd	Alison Cowe	WAOC	W50	WV	67:07	+35:04
43rd	Sarah Dixon	HH	W50	WV	68:41	+36:38
	Vanessa Howsam	SYO	W50	WV	m11	
	Tess Knight	KERNO	W50	WV	m15	
	Rebecca Coupe	WRE	W40	WV	m9-17 m19-22	
	Johanna Powell	WAOC	W45	WV	m15	
	Sharon Finch	OD	W55	Course 3B	m1 w16	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS

4A-MUV - 5.2km 55m

Pos	Name	Club	Age	Class	Class	Time	Behind
1st	James Clemence	SWOC	M65	MUV		30:16	
2nd	Mike Johnson	SROC	M65	MUV		30:49	+0:33
3rd	Christopher Kelsey	BOK	M65	MUV		31:51	+1:35
4th	Paul Bradbury	SYO	M65	MUV		31:55	+1:39
5th	Mike Frizzell	BADO	M65	MUV		32:03	+1:47
6th	Brian Pearson	QO	M65	MUV		32:39	+2:23
7th	Mike Snell	ERYRI	M65	MUV		33:07	+2:51
8th	Peter Haynes	WAOC	M65	MUV		33:17	+3:01
9th	Dave Brown	HALO	M65	MUV		33:38	+3:22
10th	Ian Moran	SOC	M65	MUV		33:50	+3:34
11th	Ian Ditchfield	MV	M65	MUV		33:55	+3:39
12th	Paul Lane	SARUM	M65	MUV		34:24	+4:08
13th	Lawrence Jones	WRE	M70	MUV		35:02	+4:46
14th	John Britton	MDOC	M70	MUV		35:05	+4:49
15th	Graham Johnson	DVO	M70	MUV		35:11	+4:55
16th	Nick Dennis	BOK	M65	MUV		35:19	+5:03
17th	Mark Saunders	BOK	M65	MUV		35:20	+5:04
18th=	Dave Bales	BOF	M70	MUV		35:30	+5:14
18th=	Philip Eeles	SOC	M70	MUV		35:30	+5:14
20th	Mark Pearson	WRE	M65	MUV		35:55	+5:39
21st	Andrew Quickfall	SROC	M65	MUV		36:38	+6:22
22nd	Rob Hick	WSX	M65	MUV		37:28	+7:12
23rd	Mike Goldthorpe	WRE	M65	MUV		37:29	+7:13
24th	Ray Collins	WCH	M70	MUV		37:41	+7:25
25th	Andrew Yeates	WCH	M65	MUV		38:14	+7:58
26th	Alan Pucill	NGOC	M65	MUV		38:47	+8:31
27th	Martin Cook	SMOC	M65	MUV		38:57	+8:41
28th	Andrew Lewsley	BL	M70	MUV		39:41	+9:25
29th=	Noel Schorah	DEE	M65	MUV		39:48	+9:32
29th=	Anthony Lloyd	BOK	M70	MUV		39:48	+9:32
31st	Richard Cummings	WCOC	M65	MUV		39:58	+9:42
32nd	Richard Rogers	WRE	M60	MUV		40:03	+9:47
33rd	Stephen Eastley	BL	M70	MUV		40:42	+10:26
34th	Ray Toomer	QO	M70	MUV		40:46	+10:30
35th	Eddie Whittle	BKO	M55	MUV		40:49	+10:33
36th	Andrew Parkinson	SO	M70	MUV		40:53	+10:37
37th	Vincent Joyce	SO	M70	MUV		41:40	+11:24
38th	Ian Prosser	BAOC	M65	MUV		41:53	+11:37
39th	Zbig Gebka	HAVOC	M65	MUV		41:54	+11:38
40th	John Brammer	DEE	M65	MUV		42:01	+11:45
41st	Nick Campbell	DEE	M65	MUV		42:02	+11:46
42nd	Stan Alexander	OD	M70	MUV		42:08	+11:52
43rd	Chris Moncaster	KERNO	M70	MUV		42:10	+11:54
44th	Scott Carr	IND	M40	Course 4A		43:03	+12:47
45th=	John Lebeter	CLARO	M70	MUV		43:13	+12:57
45th=	Stefan Stasiuk	BKO	M70	MUV		43:13	+12:57
47th	Paul Goodhead	DVO	M60	MUV		43:23	+13:07
48th	Fred Miller	NATO	M70	MUV		43:26	+13:10
49th	Andy Hemsted	HOC	M75	MUV		44:20	+14:04
50th	Rod Postlethwaite	WRE	M70	MUV		44:28	+14:12
51st	Alan West	LEI	M65	MUV		44:36	+14:20
52nd	Ian Byford	HH	M65	MUV		44:58	+14:42
53rd	Colin Hicks	SOC	M70	MUV		45:04	+14:48
54th	Mike Capper	WAOC	M70	MUV		45:07	+14:51
55th	Graham Batty	HAVOC	M65	MUV		45:10	+14:54
56th	Peter Dudman	SO	M70	MUV		45:32	+15:16
57th	John Hopper	DVO	M70	MUV		45:43	+15:27
58th	Alan Leakey	SLOW	M70	MUV		45:55	+15:39
59th	Chris Johnson	BOK	M70	MUV		46:58	+16:42

SInS Day 1 - Ludlow

May 24, 2025

RESULTS

4A-MUV - 5.2km 55m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	John Broadhead	LOC	M70	MUV	47:21	+17:05
61st	Andy Thornton	MDOC	M65	MUV	47:28	+17:12
62nd	Mikhail Gryaznevich	TVOC	M70	MUV	47:56	+17:40
63rd	David Lloyd	LOC	M70	MUV	47:59	+17:43
64th	Russell Buxton	DVO	M65	MUV	48:03	+17:47
65th	Jonathan Hurford	BOK	M70	MUV	48:04	+17:48
66th	David Rosen	SROC	M70	MUV	48:08	+17:52
67th	Michael Leake	IND	M65	MUV	48:27	+18:11
68th	Peter Dargue	LEI	M70	MUV	50:45	+20:29
69th	David Bliss	PFO	M65	MUV	52:36	+22:20
70th	John Birtwistle	CLARO	M65	MUV	53:31	+23:15
71st	Stephen Round	SELOC	M70	MUV	55:17	+25:01
72nd	Graham Nilsen	DEE	M65	MUV	61:10	+30:54
73rd	Graham Urquhart	OD	M70	MUV	66:39	+36:23
74th	Gary Wakerley	NGOC	M65	MUV	73:06	+42:50
	Mark Collins	DFOK	M65	MUV	m21	
	James Askew	NGOC	M65	MUV	m20	
	John Simmons	BOK	M70	MUV	m11	
	Richard Lewis	WRE	M70	MUV	m13-15	
	Matthew Cochrane	SROC	M70	MUV	m11	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS

4B-WSV - 4.6km 55m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Joyce Marshall	AIRE	W65	WSV	30:14	
2nd	Alison Simmons	BOK	W70	WSV	30:19	+0:05
3rd	Julie Ferris-Worth	BL	W55	WSV	30:39	+0:25
4th	Ginny Hudson	NGOC	W60	WSV	30:45	+0:31
5th	Karen French	WIM	W55	WSV	30:53	+0:39
6th	Alice Bedwell	BOK	W65	WSV	30:55	+0:41
7th	Woo Allen	SN	W60	WSV	31:19	+1:05
8th	Camilla Darwin	WAOC	W55	WSV	31:28	+1:14
9th	Judith Wood	PFO	W60	WSV	32:20	+2:06
10th	Janet Adams	SYO	W60	WSV	32:37	+2:23
11th	Karen Baker	DEVON	W55	WSV	32:51	+2:37
12th	Deb Murrell	SROC	W55	WSV	33:00	+2:46
13th	Bronwen Doyle	SYO	W55	WSV	33:31	+3:17
14th	Sarah Bayliss	WRE	W55	WSV	33:51	+3:37
15th	Cat Edwardes	DEVON	W55	WSV	33:59	+3:45
16th	Rachel Dennis	BOK	W55	WSV	34:12	+3:58
17th	Kate Brett	BAOC	W60	WSV	35:21	+5:07
18th	Helen Kelsey	BOK	W65	WSV	35:23	+5:09
19th	Jill Blount	SO	W65	WSV	35:30	+5:16
20th	Diane Jacks	WRE	W55	WSV	35:51	+5:37
21st	Lucy Paton	SN	W60	WSV	36:03	+5:49
22nd	Eliza Hermann	HH	W60	WSV	36:19	+6:05
23rd	Carol Prosser	BAOC	W60	WSV	36:26	+6:12
24th	Julia Crook	AIRE	W55	WSV	37:18	+7:04
25th	Alison Reynolds	DEVON	W55	WSV	37:24	+7:10
26th=	Caroline Potter	BOK	W60	WSV	37:36	+7:22
26th=	Jane Lambert	SO	W65	WSV	37:36	+7:22
28th	Jane Dring-Morris	LEI	W55	WSV	37:44	+7:30
29th	Viv Hodson	HH	W60	WSV	37:46	+7:32
30th	Claire Bushnell	WCH	W60	WSV	37:47	+7:33
31st	Elizabeth Bales	POTOC	W60	WSV	37:48	+7:34
32nd	Sharon Bowes	CLARO	W55	WSV	37:51	+7:37
33rd	Ann Cummings	WCOC	W65	WSV	38:06	+7:52
34th	Helen Satterthwaite	HH	W55	WSV	38:07	+7:53
35th	Helen Ashenden	SN	W60	WSV	38:14	+8:00
36th	Sal Chaffey	DVO	W60	WSV	38:35	+8:21
37th	Colette Du Toit	NGOC	W60	WSV	39:42	+9:28
38th	Helen Nisbet	SMOC	W60	WSV	40:21	+10:07
39th	Carolyn Dent	BOK	W60	WSV	40:28	+10:14
40th	Margaret Warlow	BOK	W40	WSV	41:43	+11:29
41st	Jane Blackford	BADO	W55	WSV	42:34	+12:20
42nd	Patricia Wong	NOC	W55	WSV	42:48	+12:34
43rd	Fiona Clough	BKO	W60	WSV	43:12	+12:58
44th	Susan Birtwistle	CLARO	W65	WSV	43:19	+13:05
45th	Juliet Bentley	SROC	W55	WSV	43:25	+13:11
46th	Cath Lee	LOC	W60	WSV	43:33	+13:19
47th	Kim Buxton	DVO	W60	WSV	43:39	+13:25
48th	Toni Whittle	BKO	W55	WSV	43:46	+13:32
49th	Anne Kayley-Burgess	DVO	W55	WSV	43:54	+13:40
50th	Katherine Pike	WIM	W60	WSV	44:13	+13:59
51st	Miranda Mackereth	HOC	W60	WSV	44:26	+14:12
52nd=	Jacqueline Tett	IND	W60	WSV	44:37	+14:23
52nd=	Sally Ross	SBOC	W55	WSV	44:37	+14:23
54th	Vivianne Lawson	OD	W55	WSV	45:00	+14:46
55th	Sandra Mather	SMOC	W55	WSV	45:05	+14:51
56th	Laura Wilcox	WSX	W60	WSV	45:12	+14:58
57th	Paula Furnival	POTOC	W55	WSV	45:13	+14:59
58th	Adele Appleby	QO	W60	WSV	45:31	+15:17
59th	Jennifer Gebka	HAVOC	W60	WSV	45:39	+15:25

SInS Day 1 - Ludlow

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RESULTS

4B-WSV - 4.6km 55m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Amanda Bailey	SN	W60	WSV	47:37	+17:23
61st	Karen Quickfall	SROC	W60	WSV	48:02	+17:48
62nd	Lindsey King	AIRE	W60	WSV	48:17	+18:03
63rd	Nicola Harvey	WIM	W50	WSV	50:31	+20:17
64th	Grace Au	SMOC	W60	WSV	50:37	+20:23
65th	Rhiannon Fadeyibi	NGOC	W60	WSV	50:51	+20:37
66th	Maggie Hateley	DEE	W60	WSV	51:07	+20:53
67th	Sarah Bryce	NGOC	W55	WSV	51:56	+21:42
68th	Vicky Fieldhouse	QO	W60	WSV	52:23	+22:09
69th	Dave Prescott		M55	WSV	54:50	+24:36
70th	Wendy West	LEI	W60	WSV	55:12	+24:58
71st	Alison Yeates	WCH	W55	WSV	57:25	+27:11
72nd	Ros James	SMOC	W60	WSV	57:48	+27:34
73rd	Faye Kromhout	QO	W45	WSV	61:38	+31:24
74th	Sarah Findlay	DFOK	W50	WSV	71:50	+41:36
75th	Alison Hurford	BOK	W65	WSV	73:46	+43:32
	Cinnamon Hodgson	SYO	W55	WSV	m18	
	Nicola Brooke	WSX	W55	WSV	w6	
	Nicola Hart	DVO	W60	WSV	m20	
	Louise Light	SOC	W55	WSV	m9-12 m19	
	Cathy Kelly	AIRE	W60	WSV	m10	
	Caroline Brammer	DEE	W55	WSV	m19	

SInS Day 1 - Ludlow

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RESULTS

5A-MHV WUV - 3.9km 35m

Pos	Name	Club	Age	Class	Class	Time	Behind
1st	Robert King	AIRE	M65	Course 5A		30:56	
2nd	Diana Nicoll	BOK	W65	WUV		30:57	+0:01
3rd	Martyn Roome	SROC	M70	Course 5A		31:22	+0:26
4th	Val Johnson	DVO	W65	WUV		31:53	+0:57
5th	David Palmer	BOK	M75	MHV		32:04	+1:08
6th	Diane Leakey	SLOW	W65	WUV		32:08	+1:12
7th	Marion Payne-Bird	GO	W65	WUV		32:22	+1:26
8th	Christine Jepson	SO	W65	WUV		33:05	+2:09
9th	Kathleen Haynes	WAOC	W65	WUV		33:12	+2:16
10th	Peter Carey	OD	M80	MHV		33:29	+2:33
11th	Carol Dredge	WCH	W65	WUV		33:31	+2:35
12th	Ian Cooper	SYO	M75	MHV		34:45	+3:49
13th	Michael Bickle	WAOC	M75	MHV		34:53	+3:57
14th	Jacqueline Embrey	SROC	W65	WUV		34:54	+3:58
15th	Doug Dickinson	DVO	M80	MHV		35:45	+4:49
16th	Jasmine Bennett	SO	W70	WUV		36:54	+5:58
17th	Jane Kayley-Burgess	DVO	W65	WUV		37:10	+6:14
18th	Janet Leake	EBOR	W65	WUV		37:14	+6:18
19th	Colin Best	SYO	M75	MHV		37:28	+6:32
20th	Ann Harris	SMOC	W70	WUV		37:32	+6:36
21st	Christine Collins	WCH	W65	WUV		38:08	+7:12
22nd	David Mullins	SARUM	M75	MHV		38:46	+7:50
23rd	Rosie Wych	QO	W70	WUV		38:54	+7:58
24th	Roger Hargreaves	KERNO	M75	MHV		39:13	+8:17
25th	Sue Roome	SROC	W70	WUV		39:15	+8:19
26th	John Nuttall	SELOC	M80	MHV		39:20	+8:24
27th	Jillyan Dobby	MDOC	W70	WUV		39:35	+8:39
28th	Janet Hill	WRE	W70	WUV		39:37	+8:41
29th	Rex Bleakman	DVO	M80	MHV		39:52	+8:56
30th	Jim Mallinson	SLOW	M75	MHV		40:30	+9:34
31st	Julie K Astin	WSX	W70	WUV		40:38	+9:42
32nd	Christopher Moon	BOK	M75	MHV		41:02	+10:06
33rd	Mike Wimpenny	DEVON	M75	MHV		41:05	+10:09
34th	Christopher Branford	WIM	M75	MHV		41:06	+10:10
35th	Rosalind Taunton	NGOC	W75	WUV		41:44	+10:48
36th	Jill Manning	SWOC	W75	WUV		42:23	+11:27
37th	Ranald Macdonald	DVO	M70	Course 5A		42:31	+11:35
38th	Dave Skidmore	DVO	M75	MHV		42:38	+11:42
39th	Chris Virgo	DEVON	M75	MHV		42:44	+11:48
40th	Gillian Prowse	SN	W65	WUV		43:04	+12:08
41st	Pam Brown	HALO	W65	WUV		43:16	+12:20
42nd	Sue Toomer	QO	W70	WUV		43:47	+12:51
43rd	Mick Sadler	HOC	M75	MHV		44:01	+13:05
44th	Julie Collins	DFOK	W65	WUV		44:16	+13:20
45th	Paul Taunton	NGOC	M75	MHV		44:19	+13:23
46th	Gary Waters	SBOC	M75	MHV		44:33	+13:37
47th	Jean Payne	DEE	W70	WUV		44:42	+13:46
48th	Marie Roberts	MDOC	W65	WUV		44:48	+13:52
49th	Stuart Swalwell	DVO	M75	MHV		45:04	+14:08
50th	Peter Ross	MDOC	M75	MHV		45:10	+14:14
51st	Sue Hooper	HH	W70	WUV		45:39	+14:43
52nd	Robert Verity	DEE	M80	MHV		46:15	+15:19
53rd	Ruth Ellis	DVO	W70	WUV		46:18	+15:22
54th	Rachel Alexander	OD	W65	WUV		46:43	+15:47
55th	Michael Hampton	OD	M75	MHV		47:08	+16:12
56th	Roger Maher	SO	M85	MHV		47:15	+16:19
57th	Howard Thomas	BOK	M80	MHV		48:55	+17:59
58th	Philip Cooper	WIM	M75	MHV		49:27	+18:31
59th	Roger Craddock	QO	M80	MHV		49:43	+18:47

SInS Day 1 - Ludlow

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RESULTS

5A-MHV WUV - 3.9km 35m

Pos	Name	Club	Age	Class	Class	Time	Behind
60th	Martin Cross	WIM	M80	MHV		49:47	+18:51
61st=	Jill Cochrane	SROC	W65	WUV		50:22	+19:26
61st=	Brian Hart	DEVON	M80	MHV		50:22	+19:26
63rd	Peter Yoxall	POTOC	M75	MHV		51:01	+20:05
64th	David Ball	NOR	M80	MHV		51:08	+20:12
65th	Viv Macdonald	DVO	W70	WUV		51:17	+20:21
66th	Gill Sharp	SN	W65	WUV		52:06	+21:10
67th	Leokadia Acres	IND	W45	Course 5A		52:25	+21:29
68th	Ruth Rhodes	SO	W80	WUV		53:25	+22:29
69th	Hazel Bickle	WAOC	W70	WUV		55:11	+24:15
70th	Jane Campbell	DEE	W65	WUV		55:18	+24:22
71st	Chris Shaw	HAVOC	M75	MHV		56:57	+26:01
72nd	Simon Ford	LEI	M80	MHV		57:22	+26:26
73rd	David Battison	SARUM	M75	MHV		59:04	+28:08
74th	Jean Fitzgerald	SAX	W70	WUV		61:24	+30:28
75th	Margaret Keeling	DVO	W75	WUV		63:05	+32:09
76th	Susan Hindle	IND	W70	WUV		63:13	+32:17
77th	John Bowman	OD	M80	MHV		63:31	+32:35
78th	Sally Ingram	HOC	W65	WUV		65:05	+34:09
79th	Elizabeth Urquhart	OD	W70	WUV		67:30	+36:34
80th	Sindy Chafer	LEI	W55	WUV		67:39	+36:43
81st	Rod Shaw	EPOC	M85	MHV		81:54	+50:58
	Trevor Roberts	MDOC	M75	MHV		m16	
	Barry Houghton	WRE	M75	MHV		m5	
	Richard McDonald	BOK	M50	Course 5A		m21	
	Mike Atherton	LOC	M80	MHV		mS	
	Robert Vickers	HOC	M80	MHV		m8	
	Jacqueline Stevens	WRE	W65	WUV		m21	
	Henry Marston	SYO	M75	MHV		m12-13	
	Rachel Thomas	SMOC	W70	WUV		w22	
	David May	SLOW	M75	MHV		m16	
	Ian Peirce	SARUM	M80	MHV		m16	
	Stella Lewsley	BL	W70	WUV		m11 m16	
	Tony Thornley	AIRE	M75	MHV		m15	
	Ted McDonald	BOK	M80	MHV		m7	
	Anna Nilsen	DEE	W65	WUV		m16	
	Robert Scott	HOC	M75	MHV		m16	
	Denise Mullins	SARUM	W70	WUV		m11	

SInS Day 1 - Ludlow

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RESULTS

5B-WHV - 3km 25m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Sheila Carey	OD	W75	WHV	25:46	
2nd	Sue Hands	WIM	W75	WHV	30:38	+4:52
3rd	Diana McClure	SBOC	W75	WHV	31:51	+6:05
4th	Elsie Hargreaves	KERNO	W75	WHV	32:16	+6:30
5th	Rosie Shaw	SMOC	W75	WHV	32:30	+6:44
6th	Jean Lochhead	EPOC	W75	WHV	32:37	+6:51
7th	Lynn Branford	WIM	W75	WHV	32:45	+6:59
8th	Miriam Rosen	SROC	W75	WHV	34:00	+8:14
9th	Jackie Page	EPOC	W75	WHV	34:50	+9:04
10th	Sally Thomas	BOK	W80	WHV	36:24	+10:38
11th	Christine King	BOK	W75	WHV	36:37	+10:51
12th	Anne May	SWOC	W75	WHV	37:30	+11:44
13th	Barbara Verity	DEE	W75	WHV	40:07	+14:21
14th	Monika Cooper	SYO	W80	WHV	40:24	+14:38
15th	Alison Sloman	HOC	W85	WHV	44:37	+18:51
16th	Liz Yeadon	SARUM	W75	WHV	46:25	+20:39
17th	Sue Hallett	OD	W75	WHV	47:19	+21:33
18th	Jean Rostron	POTOC	W80	WHV	48:05	+22:19
19th	Gillian Cross	WIM	W80	WHV	48:36	+22:50
20th	Ruth Chesters	DEVON	W75	WHV	49:19	+23:33
21st	Sue Bicknell	LEI	W80	WHV	51:01	+25:15
22nd	Di Ford	LEI	W75	WHV	58:32	+32:46
n/c	Roger Keeling	DVO	M80	WHV	60:30	
23rd	Freda Peirce	SARUM	W80	WHV	61:53	+36:07
24th	Pat Hart	DEVON	W80	WHV	77:07	+51:21
	Julie Brook	MDOC	W75	WHV	m11	
	Beryl Pring	SAX	W75	WHV	m11	
	Jenny Uff	HOC	W75	WHV	m11	
	Natalia Barker-Pilsworth	RAFO	W50	Course 5B	m17	

SInS Day 1 - Ludlow

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RESULTS

6-M16 W16 - 3.6km 30m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Lawrence Hodgson	SYO	M16	MJ	17:34	
2nd	James Ewart	LVO	M16	MJ	17:42	+0:08
3rd	Eoin Simpson	LEI	M16	MJ	17:52	+0:18
4th	Seb Blackmore	HOC	M14	MJ	18:32	+0:58
5th	Craig Thompson	HOC	M16	MJ	19:26	+1:52
6th	Maxwell Groom	SYO	M16	MJ	19:27	+1:53
7th	Ethan Radcliffe	SUFFOC	M14	MJ	19:57	+2:23
8th	Alex Darwin	WAOC	M16	MJ	20:01	+2:27
9th	Peter Blackmore	HOC	M16	MJ	20:27	+2:53
10th	Adam Landels	OD	M16	MJ	20:44	+3:10
11th	Kate Jarrett	WAOC	W16	WJ	22:28	+4:54
12th	Jake Bennett	DFOK	M14	MJ	22:44	+5:10
13th	Abigail Howsam	SYO	W16	WJ	24:33	+6:59
14th	Eskarina Medlock	WSX	W16	WJ	24:44	+7:10
15th=	Harriet Allinson	WRE	W16	WJ	26:13	+8:39
15th=	Aaron Radcliffe	SUFFOC	M16	MJ	26:13	+8:39
17th	Margaux Hodgson	SYO	W18	WJ	27:14	+9:40
18th	Robertas Stupelis	HOC	M16	MJ	29:41	+12:07
19th	Grace Allinson	WRE	W16	WJ	30:35	+13:01
20th	James Martin	CLOK	M16	MJ	32:18	+14:44
21st	Russell McCreadie	WIM	M16	MJ	33:39	+16:05
22nd	Antony Mee	SMOC	M50	Course 6	34:21	+16:47
23rd	Isaac Lo	IND	M14	MJ	37:36	+20:02
24th	Sofia Mee	SMOC	W16	WJ	40:48	+23:14
25th	Kotomi Carr	IND	W45	Course 6	43:32	+25:58
26th	Zechariah Leung	IND	M16	MJ	82:19	+64:45

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RESULTS

7-M14 W14 - 1.8km 15m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Samuel Crook	AIRE	M14	MYJ	9:55	
2nd=	Ceci Knight	KERNO	W14	WYJ	12:08	+2:13
2nd=	Samuel Hudson	HOC	M14	MYJ	12:08	+2:13
4th	Alice French	WIM	W14	WYJ	12:15	+2:20
5th	Charlie Alcock	AIRE	M12	MYJ	12:34	+2:39
6th	Cara Tolley	LEI	W14	WYJ	12:57	+3:02
7th	Alexander Harlock-Askew	NGOC	M12	MYJ	13:02	+3:07
8th	Darrio Mukyiu Tam	HH	M14	MYJ	13:21	+3:26
9th	Niamh Mitchell	HH	W14	WYJ	13:22	+3:27
10th	Elysia Cowe	WAO	W12	WYJ	13:35	+3:40
11th	Douglas Innes-Farr	SWOC	M14	MYJ	13:39	+3:44
12th	Penny Pinker-Hull	AIRE	W12	WYJ	13:46	+3:51
13th	Alys Powell	WAO	W14	WYJ	13:56	+4:01
14th	Andrew Tang	OD	M14	MYJ	14:27	+4:32
15th	Zebedee Harlock-Askew	NGOC	M12	MYJ	15:38	+5:43
16th	Jago Reynolds	SYO	M14	MYJ	15:46	+5:51
17th	Joey Fox	HOC	M12	MYJ	16:06	+6:11
18th	Sophie Howsam	SYO	W14	WYJ	16:17	+6:22
19th	Pippa Blackmore	HOC	W14	WYJ	17:08	+7:13
20th	Iris Landrigan	BOK	W14	WYJ	18:04	+8:09
21st	Jessica Weaver	WRE	W16	Course 7	18:06	+8:11
22nd	Annie Lewis	WRE	W12	WYJ	19:27	+9:32
23rd	Josh and Ethan Duncan	IND	M10	MYJ	19:33	+9:38
24th	Isla Findlay	DFOK	W12	WYJ	26:05	+16:10
25th	Rupert Manning	SWOC	M10	MYJ	26:45	+16:50
26th	Gethin Acres-Green	IND	M10	MYJ	27:31	+17:36
27th	Susan Roberts	HOC	W75	Course 7	32:32	+22:37
28th	Georgina Hudson	HOC	W12	WYJ	32:39	+22:44
29th	Joshua Lo	IND	M12	MYJ	33:46	+23:51
30th	Tristan McCreadie	WIM	M12	MYJ	46:53	+36:58
	Alethea Carr	AIRE	W14	WYJ	m8 m15	
	George Ricketts	AIRE	M12	MYJ	m6	
	Lara Schorah	NOC	W10	WYJ	m1 m3	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS

8-M10 W10 - 1.1km 10m

Pos	Name	Club	Age	Class	Class	Time	Behind
1st	Sebastian Carr	AIRE	M10	MVYJ		9:55	
2nd	Jake Fox	HOC	M10	MVYJ		10:14	+0:19
3rd	Esther Eaton	WAOC	W10	WVYJ		10:50	+0:55
4th	Timothy Green	TVOC	M10	MVYJ		11:40	+1:45
5th	Francesca Coupe	WRE	W12	Course 8		12:00	+2:05
n/c	Josh and Ethan Duncan	IND	M10	MVYJ		13:38	
6th	Rory Howsam	IND	M10	MVYJ		14:48	+4:53
7th	Danny Fox	HOC	M10	MVYJ		15:13	+5:18
8th	Jamie Atkins	HOC	M10	MVYJ		15:51	+5:56
9th	Lewis Kieniewicz	WRE	M10	MVYJ		16:07	+6:12
10th	Edward Lewis	WRE	M10	MVYJ		16:12	+6:17
11th	Thomas Howsam	IND	M10	MVYJ		17:02	+7:07
12th	Edie Evans	IND	W10	WVYJ		18:02	+8:07
13th	Helen Eaton	WAOC	W10	WVYJ		19:21	+9:26
14th	Hana Powell	WAOC	W10	WVYJ		19:49	+9:54
15th	Ada Atkins	HOC	W10	WVYJ		20:06	+10:11
16th	Gabriel Mee	SMOC	M10	MVYJ		20:37	+10:42
17th	Elsa Evans	IND	W10	WVYJ		23:14	+13:19
18th	Violet Farrell	MDOC	W10	WVYJ		23:21	+13:26
19th	Cordelia Slade-Stott	IND	W10	WVYJ		23:39	+13:44
20th	Robin Green	TVOC	M10	MVYJ		30:22	+20:27
21st	Alan Yeadon	SARUM	M85	Course 8		56:01	+46:06
	Joby Pinker-Hull	AIRE	M10	MVYJ		m14	
	Suranne Tolley	LEI	W10	WVYJ		m11	
	Daniel Tang	OD	M10	MVYJ		m9 m15	
	Alfie Alcock	AIRE	M10	MVYJ		m5	
	Isobel Ricketts	AIRE	W10	WVYJ		m15	
	Seren Brett	DVO	W12	Course 8		m15	