	Name	Age Category	Minutes	Seconds	Total Time	Adjusted Time	Points
	LONG						
1	Paul Murgatroyd	M40	31	17	1877	1652	1000
2	Elizabeth Parkinson	W16	37	45	2265	1653	999
3	Phil Longstaff	M55	39	17	2357	1673	987
4	Craig Thomson	M16	36	6	2166	1711	965
5	Andy Lucas	M45	35	55	2155	1767	935
6	Dave Gourlay	M45	36	4	2164	1774	931
7	Robert Parkinson	M50	38	59	2339	1778	929
8	Liam Harrington	M21	30	11	1811	1811	912
9	William Parkinson	M14	43	9	2589	1890	874
10	Paul Barnes	M35	35	0	2100	1974	837
11	Anne Gibbs	W65	61	45	3705	2038	811
12	Amanda Mylett	W55	54	24	3264	2122	779
13	Mark Thomson	M40	40	26	2426	2135	774
14	Sean Harrington	M50	46	59	2819	2142	771
15	Helen Parkinson	W40	44	15	2655	2177	759
16	Terry Matthews	M55	53	52	3232	2295	720
17	Andy Furnell	M45	50	32	3032	2486	664
18	Andy Parker-Pilsworth	M35	46	27	2787	2620	630
19	Matt Smith	M21	45	8	2708	2708	610
20	Sam Edwards	M21	45	13	2713	2713	609
21	Hayley Fox	W35	50	34	3034	2731	605
22	Clare Hanna	W40	56	44	3404	2791	592
23	Monica Beale	W21	57	13	3433	3021	547
24	Sandy Willmott	M40	61	38	3698	3587	460
	Lewis Goddard	M14					0

The percentage handicap adjustments will be as follows: M/W 10 & below: 62%; M/W 12: 68%; W14: 71%; M14/W 16: 73%; M16/W 18: 79%; M18/W 20: 85%; M20: 97 %; M21: 100%; W 21: 97%; M35: 94%; W35: 90%; M 40: 88%; M45/W40: 82%; M50/W45: 76%; M55/W50: 71%; M60/W55: 65%; M65/W60: 60%; M70/W65: 55%; M75+/W70+: 50%

	Name	Age Category	Minutes	Seconds	Total Time	Adjusted Time	Points
	SHORT						
1	Georgia Thomas	W14	17	52	1072	761	1000
2	Craig Lucas	M12	20	58	1258	855	890
3	Geoff Gibbs	M65	26	52	1612	967	787
4	Harry Gourlay	M10	26	0	1560	967	787
5	Hazel Williams	W10	26	18	1578	978	778
6	Allsopp Family	M10	27	3	1623	1006	756
7	Toby Williams	M10	28	16	1696	1052	724
8	Nikki Harrington	W45	24	6	1446	1099	693
9	Monty Parker-Pilsworth	M10	37	41	2261	1402	543
10	Saha Parker-Pilsworth	M10	41	26	2486	1541	494
11	Mike Donnerstag	M35	27	20	1640	1542	494
12	Ben Mather	M10	44	49	2689	1667	457
13	Hannah Mather	W10	45	13	2713	1682	452

The percentage handicap adjustments will be as follows: M/W 10 & below: 62%; M/W 12: 68%; W14: 71%;

M14/W 16: 73%; M16/W 18: 79%; M18/W 20: 85%; M20: 97 %; M21: 100%; W 21: 97%; M35: 94%; W35: 90%;
M 40: 88%; M45/W40: 82%; M50/W45: 76%; M55/W50: 71%; M60/W55: 65%; M65/W60: 60%;
M70/W65: 55%; M75+/W70+: 50%