

LONG COURSE

Pos	Name	Time	Dist (km)	Pace (mins/km)	Date
1	Alan Hickling	49:38	6.95	7:08	20-11-2020
2	Neil Speers	52:26	6.80	7:43	30-11-2020
3	Keith Bennett	57:41	8.39	6:52	29-11-2020
4	David Float	58:36	7.94	7:23	17-11-2020
5	Antoine Pesenti	59:58	8.25	7:16	22-11-2020
6	David Dawson	1:01:36	6.94	8:53	29-11-2020
7	Geoff Goodwin	1:03:30	7.51	8:27	16-11-2020
8	Colin Merry	1:04:00	7.66	8:21	23-11-2020
9	Rosie Merry	1:11:56	7.85	9:10	23-11-2020
10	Jonathan Chappell	1:14:29	9.28	8:02	20-11-2020
11	Jennifer Sibley	1:54:42	19.77	5:48	14-11-2020
12	Judith Armitt	1:56:08	9.59	12:07	14-11-2020
13	Dave Cave	1:58:12	7.96	14:51	17-11-2020
-	Nicky Bedford	1:15:43	6.274	12:04	26-11-2020

SHORT COURSE

Pos	Name	Time	Dist (km)	Pace (mins/km)	Date
1	Alan Hickling	17:06	2.90	5.54	20-11-2020
2	Dave Collier	19:55	3.07	6.29	28-11-2020
3	Rob Sibley	26:32	3.25	8:10	14-11-2020
4	Philip Craven	30:49	2.95	10:27	15-11-2020
5	Anna Collier	39:10	4.58	8:33	28-11-2020
6	Vadim Pesenti	42:03	4.15	10:08	22-11-2020
7	Rhys Chappell	42:20	3.38	12:32	14-11-2020
8	Jake Bennett	48:17	3.27	14:46	29-11-2020
-	Neil Gemmell	44:13	3.19	13:52	29-11-2020
-	Marina Pesenti	47:07	3.70	12:44	22-11-2020