

	Race 1	Race 2 (Cold, still)	Best time	#	Final position(3 best runs)
	04-Feb	04-Mar			
Male 17 to 34					
James Nash	14:55	14:37	14:37	2	
Male 40 to 49					
Rob Foster	12:52	12:52	12:52	2	
Male 50 to 59					
James Spalding	15:27		15:27	1	
Matthew Senior		15:19	15:19	1	
Steve Wright	15:05	15:13	15:05	2	
Vince Langdon		15:41	15:41	1	
Marc Walpot		13:04	13:04	1	
Male 60 to 64					
Shaun Kirk	13:46	13:02	13:02	2	
Male 70 to 74					
Brian Marjoram	16:23	16:24	16:23	2	
Roger Webb	16:30	16:42	16:30	2	

Age categories are based on age as of the first 3k race of the season

Guest Runners					
Tom Pownall	11:45				

Marshals

Linda, Alan, Jean, Liz