



Molly	Thomas	15k Pro Ruck - Women	35 or below	11:02
Shereen	Allaway	15k Pro Ruck - Women	36-42	11:02
Sara-jane	Perera	15k Pro Ruck - Women	43+	11:02
Philippa	Kerswill	15k Pro Ruck - Women	35 or below	11:02
Kimberley	Harvey	15k Pro Ruck - Women	36-42	11:02
Natalie	Christofferson	15k Pro Ruck - Women	35 or below	11:02
Tina	Baker	15k Pro Ruck - Women	43+	11:02
Bethan	Lafleur	15k Pro Ruck - Women	35 or below	11:02

## 11.04am

First Name	Last Name	Category	Heat Timing
Marie	Mcdonald	15k Open Trail Run	11:04
Ben	Allen	15k Open Trail Run	11:04
Nick	Price	15k Open Trail Run	11:04
Holly	Price	15k Open Trail Run	11:04
David	John	15k Open Trail Run	11:04
Susheel	Chumber	15k Open Trail Run	11:04
G	Day	15k Open Trail Run	11:04
Emilia	Kaszynska	15k Open Trail Run	11:04
Stephanie	Horsnell	15k Open Trail Run	11:04
Paul	Mcguire	15k Open Trail Run	11:04
Michael	Jelf	15k Open Trail Run	11:04
Christina	Ingels	15k Open Trail Run	11:04
Duncan	Thomas	15k Open Trail Run	11:04
Bethan	Thomas	15k Open Trail Run	11:04
Jake	Stone	15k Open Trail Run	11:04
Archie	Littlechild	15k Open Trail Run	11:04
Joseph	Watts	15k Open Trail Run	11:04
Joe	Loughman	15k Open Trail Run	11:04
Rebecca	Lawrence	15k Open Trail Run	11:04
Kate	Tucker	15k Open Trail Run	11:04
Paul	Sanders	15k Open Trail Run	11:04
Jackie	Downes	15k Open Trail Run	11:04
Kieran	Danaher	15k Open Trail Run	11:04
Lisa	Phillips	15k Open Trail Run	11:04
James	Berrow	15k Open Trail Run	11:04
Louise	Tuson	15k Open Trail Run	11:04
Lewis	Ryan	15k Open Trail Run	11:04
Jo	Harding	15k Open Trail Run	11:04
Katie	Charlesworth	15k Open Trail Run	11:04
Naomi	Blakemore	15k Open Trail Run	11:04
David	Butcher	15k Open Trail Run	11:04
Matt	Scarratt	15k Open Trail Run	11:04

Anna	Janke	15k Open Trail Run	11:04
Wayne	Baker	15k Open Trail Run	11:04
<b>11.06am</b>			
<b>First Name</b>	<b>Last Name</b>	<b>Category</b>	<b>Heat Timing</b>
Anjal	Magar	15k Open Trail Run	11:06
Laban	Pun	15k Open Trail Run	11:06
Leanne	Thomas	15k Open Trail Run	11:06
Gareth	Hemming	15k Open Trail Run	11:06
Jessica	Howells	15k Open Trail Run	11:06
Lyndsey	Killian	15k Open Trail Run	11:06
Daniel	Cogswell	15k Open Trail Run	11:06
Ruby	Trinh	8k Open Trail Run	11:06
Daniel	Brownen	8k Open Trail Run	11:06
Ayan	Orujov	8k Open Trail Run	11:06
Elena	Murgia	8k Open Trail Run	11:06
Marc	Hawkins	8k Open Trail Run	11:06
Daniel	Ford	8k Open Trail Run	11:06
Helen	Papantoniou-allen	8k Open Trail Run	11:06
Kim	Salour	8k Open Trail Run	11:06
Emily	Le Peltier	8k Open Trail Run	11:06
Lucy	Hawkins	8k Open Trail Run	11:06
Bethan	Hawley	8k Open Trail Run	11:06
Philip	Haskew	8k Open Trail Run	11:06
Helen	Jones	8k Open Trail Run	11:06
Stuart	Jones	8k Open Trail Run	11:06
Debbie	Walters	8k Open Trail Run	11:06
Nathan	Diniz	8k Open Trail Run	11:06
Jessica	Young	8k Open Trail Run	11:06
Bernadine	Rasmussen-clark	8k Open Trail Run	11:06
Ellis	Griffiths	8k Open Trail Run	11:06
Hollie	Voice	8k Open Trail Run	11:06
Meg	Sinnett	8k Open Trail Run	11:06
Julia	Neville-jones	8k Open Trail Run	11:06
Paul	Hibbert	8k Open Trail Run	11:06
Ella	Grey	8k Open Trail Run	11:06
Anna	Raphael	8k Open Trail Run	11:06
Isobel	Allison	8k Open Trail Run	11:06
Lucy	Beevor	8k Open Trail Run	11:06
Adam	Salmon	15k Open Trail Run	11:06

<b>11.08am</b>			
<b>First Name</b>	<b>Last Name</b>	<b>Category</b>	<b>Heat Timing</b>
Justin	Thomas	15k Open Ruck	11:08
Momo	Sanneh	15k Open Ruck	11:08
Paul	Sollars	15k Open Ruck	11:08
Gordon	Bazeley	15k Open Ruck	11:08
Leo	Brown	15k Open Ruck	11:08
Jordan	Forbes	15k Open Ruck	11:08
Ramsay	MacNeill	15k Open Ruck	11:08
Paul	Bird	8k Open Ruck	11:08
Lisa	Cessford	8k Open Ruck	11:08
Matthew	Geldert	8k Open Ruck	11:08
Lauren	Campbell	8k Open Ruck	11:08
Cath	Dangerfield	8k Open Ruck	11:08
Gavin	Forbes	8k Open Ruck	11:08
Lauren	Patterson	8k Open Ruck	11:08
Eleri	Edwards	8k Open Ruck	11:08
Holly	Powell	8k Open Ruck	11:08
Joshua	Haines	8k Open Ruck	11:08
Paul	James	8k Open Ruck	11:08
Amy	Bowden	8k Open Ruck	11:08
Chris	Trott	15k Pro Ruck - Men	11:08
James	Norbury	15k Pro Ruck - Men	11:08