

11.00am				
First Name	Last Name	Category	Age Category	Heat Timings
Matthew	Gardner	14k Pro Ruck - Men	36-42	11:00
Jose	Gomez	14k Pro Ruck - Men	35 or below	11:00
Ashley	Lewis	14k Pro Ruck - Men	36-42	11:00
James	Nelmes	14k Pro Ruck - Men	35 or below	11:00
Nathan	Pattinson	14k Pro Ruck - Men	35 or below	11:00
Sebastian	Stoica	14k Pro Ruck - Men	43+	11:00
Sam	Williams	14k Pro Ruck - Men	35 or below	11:00
Tina	Baker	14k Pro Ruck - Women	43+	11:00
Kirsty	Hyams	14k Pro Ruck - Women	36-42	11:00
Bethan	Lafleur	14k Pro Ruck - Women	35 or below	11:00
Leanne	Lewis	14k Pro Ruck - Women	36-42	11:00
Adam	Cornford	8k Pro Ruck - Men	35 or below	11:00
Aneesa	Bhabha	8k Pro Ruck - Women	35 or below	11:00
Helen	Macrae	8k Pro Ruck - Women	36-42	11:00
Lucie	Soper	8k Pro Ruck - Women	36-42	11:00
Bernie	Rigby	14k Pro Trail Run - Women	43+	11:00
Lucy	Beevor	14k Pro Trail Run - Women	36-42	11:00
Ross	Davidson	14k Pro Trail Run - Men	35 or below	11:00
Phil	Avery	14k Pro Trail Run - Men	43+	11:00
Chris	Moon	14k Pro Trail Run - Men	35 or below	11:00
Momo	Sanneh	14k Pro Trail Run - Men	35 or below	11:00
Adam	Stenlake	14k Pro Trail Run - Men	36-42	11:00
Gary	Day	14k Pro Trail Run - Men	43+	11:00
Gary	Macalister	14k Pro Trail Run - Men	43+	11:00
David	Didau	14k Pro Trail Run - Men	43+	11:00
Jude	Elkins	14k Pro Trail Run - Men	43+	11:00
Adam	Salmon	14k Pro Trail Run - Men	36-42	11:00
Josh	Bryan	14k Pro Trail Run - Men	36-42	11:00
11.03am				
First Name	Last Name	Category	Heat Timings	
Harvey	Anderson	14k Open Trail Run	11:03	
Joy	Barker	14k Open Trail Run	11:03	
Christopher	Baxter	14k Open Trail Run	11:03	
Elliot	Beaver	14k Open Trail Run	11:03	
Richard	Boyne	14k Open Trail Run	11:03	
Andrew	Caldwell	14k Open Trail Run	11:03	
Ryan	Campbell	14k Open Trail Run	11:03	
Tom	Crabtree	14k Open Trail Run	11:03	
Wesley	Davidson	14k Open Trail Run	11:03	
Melissa	Domaille	14k Open Trail Run	11:03	
Megan	Domaille	14k Open Trail Run	11:03	

Colin	Domaille	14k Open Trail Run	11:03	
Joe	Doyle	14k Open Trail Run	11:03	
Francesca	Dudd	14k Open Trail Run	11:03	
James	Eldred	14k Open Trail Run	11:03	
Ryan	Hancock	14k Open Trail Run	11:03	
Jo	Harding	14k Open Trail Run	11:03	
Stephanie	Horsnell	14k Open Trail Run	11:03	
Emilia	Kaszynska	14k Open Trail Run	11:03	
Heather	Larson	14k Open Trail Run	11:03	
Justin	Littlechild	14k Open Trail Run	11:03	
Kevin	Longman	14k Open Trail Run	11:03	
Bliss-ella	Millar	14k Open Trail Run	11:03	
Tom	Millar	14k Open Trail Run	11:03	
Matthew	Minifie	14k Open Trail Run	11:03	
11.06am				
First Name	Last Name	Category	Heat Timings	
Elly	O'dwyer	14k Open Trail Run	11:06	
Neave	O'leary	14k Open Trail Run	11:06	
Andy	Parsons	14k Open Trail Run	11:06	
Holly	Price	14k Open Trail Run	11:06	
Nick	Price	14k Open Trail Run	11:06	
Alex	Rivers	14k Open Trail Run	11:06	
Ryan	Smith	14k Open Trail Run	11:06	
Nicholas	Smith	14k Open Trail Run	11:06	
Joseph	Watts	14k Open Trail Run	11:06	
Théa	Payne	14k Open Trail Run	11:06	
Meryem	Akin	8k Open Trail Run	11:06	
Nathan	Anning	8k Open Trail Run	11:06	
Hayley	Bennett	8k Open Trail Run	11:06	
Alice	Butler	8k Open Trail Run	11:06	
Mark	Chopra	8k Open Trail Run	11:06	
Susheel	Chumber	8k Open Trail Run	11:06	
Ben	Clark	8k Open Trail Run	11:06	
James	Cook	8k Open Trail Run	11:06	
Louise	Coster	8k Open Trail Run	11:06	
Hazel	Culley	8k Open Trail Run	11:06	
Dickie	Davies	8k Open Trail Run	11:06	
Karlie	Edwards	8k Open Trail Run	11:06	
Mel	George	8k Open Trail Run	11:06	
Mabli	Goodland	8k Open Trail Run	11:06	
Josh	Hussey	8k Open Trail Run	11:06	
Yvette	Loxton	8k Open Trail Run	11:06	

11.09am

First Name	Last Name	Category	Heat Timings	
Aneesh	Malde	8k Open Trail Run	11:09	
Sarah	Newell	8k Open Trail Run	11:09	
Sam	Palmer	8k Open Trail Run	11:09	
Rashad	Perveiz	8k Open Trail Run	11:09	
Chris	Sadler	8k Open Trail Run	11:09	
Jimeet	Shah	8k Open Trail Run	11:09	
Ashley	Taylor	8k Open Trail Run	11:09	
STEFFAN	WEBB	8k Open Trail Run	11:09	
Mark	Willcox	8k Open Trail Run	11:09	
Ellie	Windsor	8k Open Trail Run	11:09	
Roseanna	Wood	8k Open Trail Run	11:09	
Matthew	Dark	14k Open Ruck	11:09	
Eleri	Edwards	14k Open Ruck	11:09	
Paul	James	14k Open Ruck	11:09	
Xavier	Jones	14k Open Ruck	11:09	
Archie	Littlechild	14k Open Ruck	11:09	
Oscar	Sommer	14k Open Ruck	11:09	
James	Winterson	14k Open Ruck	11:09	
Megan	Jervis	14k Open Ruck	11:09	
Paul	Bird	8k Open Ruck	11:09	
Jack	Lucas	8k Open Ruck	11:09	
Rhoslyn	Lyons	8k Open Ruck	11:09	
Amandine	Mondion	8k Open Ruck	11:09	
Henry	Monelle	8k Open Ruck	11:09	
Hayley	Morgan	8k Open Ruck	11:09	
Jenna	Topham	8k Open Ruck	11:09	