

11.00am				
Heat Time	First Name	Last Name	Category	Age Group
11.00am	Jennifer	Tucker	6k Pro Ruck - Women	35 or under
11.00am	Jodi	Dowse-packham	6k Pro Ruck - Women	36-42
11.00am	Deborah	Payne	6k Pro Ruck - Women	36-42
11.00am	Susie	Povey	6k Pro Ruck - Women	43+
11.00am	George	Copeland	6k Novice Ruck - Men	35 or under
11.00am	Ben	Edwards	6k Novice Ruck - Men	43+
11.00am	Paul	Bird	6k Novice Ruck - Men	43+
11.00am	Kieran	Gately	6k Novice Ruck - Men	43+
11.00am	Paul	Harding	6k Novice Ruck - Men	43+
11.00am	Jesse	Banovic	6k Novice Ruck - Women	35 or under
11.00am	Eloise	Wilson	6k Novice Ruck - Women	35 or under
11.00am	Emma	Gilroy	6k Novice Ruck - Women	36-42
11.00am	Clare	Morris	6k Novice Ruck - Women	43+
11.00am	Josh	Bryan	6k Trail Run - Men	36-42
11.00am	Dave	Austin	6k Trail Run - Men	36-42
11.00am	Andrew	Tiernan	6k Trail Run - Men	43+
11.00am	Ben	Moss	6k Trail Run - Men	43+
11.00am	Eve	Duffy	6k Trail Run - Women	35 or under
11.00am	Carissa	Rogers	6k Trail Run - Women	35 or under
11.00am	Abby	Gaya	6k Trail Run - Women	35 or under
11.00am	Sophie	Pring	6k Trail Run - Women	35 or under
11.00am	Hannah	Hudson	6k Trail Run - Women	36-42
11.00am	Trina	Tiernan	6k Trail Run - Women	43+
11.00am	Kim	Eyerman	6k Trail Run - Women	43+
11.00am	Maria	Barnes	6k Trail Run - Women	43+
11.02am				
Heat Time	First Name	Last Name	Category	Age Group
11.02am	Craig	Smith	10k Trail Run - Men	35 or under
11.02am	Greg	Fearn	10k Trail Run - Men	35 or under
11.02am	Stephen	Hayden	10k Trail Run - Men	35 or under
11.02am	Robert	Thurbon	10k Trail Run - Men	35 or under
11.02am	Paul	Peacock	10k Trail Run - Men	35 or under
11.02am	Jamie	Mead	10k Trail Run - Men	35 or under
11.02am	Frazier	Leat	10k Trail Run - Men	35 or under
11.02am	Ed	Zealley	10k Trail Run - Men	35 or under
11.02am	Ruben	Richardson	10k Trail Run - Men	35 or under
11.02am	Christian	Beagley	10k Trail Run - Men	35 or under
11.02am	Márc	Daly	10k Trail Run - Men	35 or under
11.02am	David	Swannell-gibbs	10k Trail Run - Men	35 or under
11.02am	Samuel	Buckley	10k Trail Run - Men	35 or under

11.02am	Javier	López	10k Trail Run - Men	35 or under
11.02am	Rafe	Matthews	10k Trail Run - Men	35 or under
11.02am	Tom	Keene	10k Trail Run - Men	35 or under
11.02am	Richard	Wynne	10k Trail Run - Men	35 or under
11.02am	Jack	Gillett	10k Trail Run - Men	35 or under
11.02am	Michael	Spence	10k Trail Run - Men	35 or under
11.02am	Jimeet	Shah	10k Trail Run - Men	35 or under
11.02am	Aryan	Jain	10k Trail Run - Men	35 or under
11.02am	Alex W	Lawrie	10k Trail Run - Men	35 or under
11.02am	Thomas	Harvey	10k Trail Run - Men	35 or under
11.02am	Peter	Fussell	10k Trail Run - Men	35 or under
11.02am	Jack	Hennessy	10k Trail Run - Men	35 or under
11.02am	Fearghal	O'reilly	10k Trail Run - Men	35 or under
11.02am	Aaron	Collingbourne	10k Trail Run - Men	35 or under
11.02am	Adam	Stenlake	10k Trail Run - Men	36-42
11.02am	Marlan	Mckenna	10k Trail Run - Men	36-42
11.02am	Karl	Howell	10k Trail Run - Men	36-42
11.02am	Richard	Rendell	10k Trail Run - Men	36-42
11.02am	Paul	Hibbert	10k Trail Run - Men	36-42
11.02am	Serhiy	Yovbak	10k Trail Run - Men	36-42
11.02am	Nathan	Carolan	10k Trail Run - Men	36-42
11.02am	Khalid	Maagi	10k Trail Run - Men	36-42
11.02am	Tom	Alexander	10k Trail Run - Men	36-42
11.02am	Anthony	Wayne	10k Trail Run - Men	36-42
11.02am	Oleksandr	Nesteruk	10k Trail Run - Men	43+
11.02am	Craig	Taylor	10k Trail Run - Men	43+
11.02am	Paul	Mcguire	10k Trail Run - Men	43+
11.02am	Peter	Henderson	10k Trail Run - Men	43+
11.02am	Andy	Holliday	10k Trail Run - Men	43+
11.02am	Rhodri	Waters	10k Trail Run - Men	43+
11.02am	Giulio	Ponsillo	10k Trail Run - Men	43+
11.02am	Joseph	Watts	10k Trail Run - Men	43+
11.02am	Susheel	Chumber	10k Trail Run - Men	43+
11.02am	Dave	Leeworthy	10k Trail Run - Men	43+
11.02am	Clifford	Grant	10k Trail Run - Men	43+
11.02am	Mat	Rogers	10k Trail Run - Men	43+
11.04am				
Heat Time	First Name	Last Name	Category	Age Group
11.04am	Anne	Barriere	10k Trail Run - Women	35 or under
11.04am	Theresa	Carlsen	10k Trail Run - Women	35 or under
11.04am	Faye	Jones	10k Trail Run - Women	35 or under
11.04am	Abi	Page	10k Trail Run - Women	35 or under
11.04am	Katy	Stewart	10k Trail Run - Women	35 or under

11.04am	Victoria	Evans	10k Trail Run - Women	35 or under
11.04am	Amy	Cottrell	10k Trail Run - Women	35 or under
11.04am	Jessica	Neal-reidy	10k Trail Run - Women	35 or under
11.04am	Beth	Poole	10k Trail Run - Women	35 or under
11.04am	Konsuela	Yovbak	10k Trail Run - Women	35 or under
11.04am	Jess	Fraser	10k Trail Run - Women	35 or under
11.04am	Rebecca	Murrall	10k Trail Run - Women	35 or under
11.04am	Lauren	Campbell	10k Trail Run - Women	35 or under
11.04am	Becca	Cliff	10k Trail Run - Women	35 or under
11.04am	Sophie	Cliff	10k Trail Run - Women	35 or under
11.04am	Shannon	Warn	10k Trail Run - Women	35 or under
11.04am	Nikki	Cole	10k Trail Run - Women	35 or under
11.04am	Sophie	Marshfield	10k Trail Run - Women	35 or under
11.04am	Zoe	Hunt	10k Trail Run - Women	35 or under
11.04am	Eveie	Mcglynn	10k Trail Run - Women	35 or under
11.04am	Becky	O'brien	10k Trail Run - Women	36-42
11.04am	Harriet	Lewin-titt	10k Trail Run - Women	36-42
11.04am	Saltanat	Ismailova	10k Trail Run - Women	36-42
11.04am	Gemma	Hagen	10k Trail Run - Women	36-42
11.04am	Jessica	Howells	10k Trail Run - Women	36-42
11.04am	Suzannah	May	10k Trail Run - Women	36-42
11.04am	Clare	Stephens	10k Trail Run - Women	36-42
11.04am	Louise	Davanzo	10k Trail Run - Women	36-42
11.04am	Rachel	Harvey	10k Trail Run - Women	36-42
11.04am	Claire	Elsdon	10k Trail Run - Women	36-42
11.04am	Shelly	Bennett	10k Trail Run - Women	36-42
11.04am	Théa	Payne	10k Trail Run - Women	36-42
11.04am	Kristina	Myasischeva	10k Trail Run - Women	36-42
11.04am	Sue	Paull	10k Trail Run - Women	43+
11.04am	Justin	Paull	10k Trail Run - Men	43+
11.04am	Louisa	Rea	10k Trail Run - Women	43+
11.04am	Ruth	Mason	10k Trail Run - Women	43+
11.04am	Kiri	Hitchins	10k Trail Run - Women	43+
11.04am	Sophie	Turnbull	10k Trail Run - Women	43+
11.04am	Charlotte	Mcglynn	10k Trail Run - Women	43+
11.04am	Trudy	Hammond	10k Trail Run - Women	43+
11.04am	Dawn	Wood	10k Trail Run - Women	43+
11.04am	Emma	Evans	10k Trail Run - Women	43+
11.04am	Luzmila	Bonilla Gutierrez	10k Trail Run - Women	43+
11.04am	Michelle	Butcher	10k Trail Run - Women	43+
11.04am	Debbie	Hunt	10k Trail Run - Women	43+
11.04am	Rachel	Beard	10k Trail Run - Women	43+
11.04am	Miriam	Paris	10k Trail Run - Women	43+
11.04am	Michelle	Caton	10k Trail Run - Women	43+

11.06am				
Heat Time	First Name	Last Name	Category	Age Group
11.06am	Matt	Mcsweeney	10k Pro Ruck - Men	35 or under
11.06am	Steve	Burnett	10k Pro Ruck - Men	35 or under
11.06am	Sam	Wood	10k Pro Ruck - Men	35 or under
11.06am	Frankie	Parton	10k Pro Ruck - Men	35 or under
11.06am	Christopher	Baker	10k Pro Ruck - Men	35 or under
11.06am	Ciaran	Mattocks	10k Pro Ruck - Men	35 or under
11.06am	Marcus	Chung	10k Pro Ruck - Men	35 or under
11.06am	Nathan	Stewart	10k Pro Ruck - Men	35 or under
11.06am	Ed	Halse	10k Pro Ruck - Men	35 or under
11.06am	Hadi	Shah	10k Pro Ruck - Men	35 or under
11.06am	Caius	Illingworth	10k Pro Ruck - Men	35 or under
11.06am	Ollie	Manley	10k Pro Ruck - Men	35 or under
11.06am	Merlin	Ashbourne-whittaker	10k Pro Ruck - Men	35 or under
11.06am	Danny	Farrington	10k Pro Ruck - Men	35 or under
11.06am	Ed	Smith	10k Pro Ruck - Men	35 or under
11.06am	Conor	Kenny	10k Pro Ruck - Men	35 or under
11.06am	Benjamin	Friskney	10k Pro Ruck - Men	35 or under
11.06am	Adam	Hanford	10k Pro Ruck - Men	35 or under
11.06am	Nathan	Brasington	10k Pro Ruck - Men	36-42
11.06am	Ben	Mcsweeney	10k Pro Ruck - Men	36-42
11.06am	Ross	Bates	10k Pro Ruck - Men	36-42
11.06am	Ross	Sidebotham	10k Pro Ruck - Men	36-42
11.06am	Anthony	Stilwell	10k Pro Ruck - Men	36-42
11.06am	Thomas	Potts	10k Pro Ruck - Men	36-42
11.06am	Jamie	Barnes	10k Pro Ruck - Men	36-42
11.06am	Alex	Whitfield	10k Pro Ruck - Men	36-42
11.06am	Ben	Packham	10k Pro Ruck - Men	36-42
11.06am	Marc	Aplin	10k Pro Ruck - Men	36-42
11.06am	Mateusz	Niezabitowski	10k Pro Ruck - Men	36-42
11.06am	Jonathan	Hunter	10k Pro Ruck - Men	36-42
11.06am	Matt	Gardner	10k Pro Ruck - Men	36-42
11.06am	Mike	Hackman	10k Pro Ruck - Men	36-42
11.06am	Dave	Phillips	10k Pro Ruck - Men	43+
11.06am	Mark	Sleap	10k Pro Ruck - Men	43+
11.06am	Michael	Rendell	10k Pro Ruck - Men	43+
11.06am	Gordon	Bazeley	10k Pro Ruck - Men	43+
11.06am	Chris	Kimmins	10k Pro Ruck - Men	43+
11.06am	James	Obrien	10k Pro Ruck - Men	43+
11.06am	Dave	Painter	10k Pro Ruck - Men	43+
11.06am	Glyn	Roberts	10k Pro Ruck - Men	43+
11.06am	Eduard	Greco	10k Pro Ruck - Men	43+
11.06am	Alan	Evans	10k Pro Ruck - Men	43+
11.06am	Tim	Robson	10k Pro Ruck - Men	43+

11.06am	Graham	Chiverton	10k Pro Ruck - Men	43+
11.06am	Jamie	Brogan-shaw	10k Pro Ruck - Men	43+
11.06am	Philip	Marsh	10k Pro Ruck - Men	43+
11.06am	Scott	Tanner	10k Pro Ruck - Men	43+
11.06am	Tom	Apps	10k Pro Ruck - Men	43+
11.06am	Steven	Hawes	10k Pro Ruck - Men	43+
11.06am	Martyn	Jones	10k Pro Ruck - Men	43+
11.06am	Thomas	Brown	10k Pro Ruck - Men	43+
11.06am	Martin	EVANS	10k Pro Ruck - Men	43+
11.06am	Michael	Helliker	10k Pro Ruck - Men	43+
11.06am	Rob	Hulmes	10k Pro Ruck - Men	43+
11.06am	James	Breeze	10k Pro Ruck - Men	43+
11.06am	Matthew	Geldert	10k Pro Ruck - Men	43+
11.06am	Paul	Sollars	10k Pro Ruck - Men	43+
11.08am				
Heat Time	First Name	Last Name	Category	Age Group
11.08am	Anand	Regis	10k Novice Ruck - Men	35 or under
11.08am	Brett	Reddin	10k Novice Ruck - Men	35 or under
11.08am	Joel	Sweeting	10k Novice Ruck - Men	35 or under
11.08am	Kristo	Holm	10k Novice Ruck - Men	35 or under
11.08am	Daniel	Bazaga Ruiz	10k Novice Ruck - Men	35 or under
11.08am	Adam	Cornford	10k Novice Ruck - Men	35 or under
11.08am	Scott	Collier	10k Novice Ruck - Men	35 or under
11.08am	Leo	Brown	10k Novice Ruck - Men	35 or under
11.08am	Charlie	Boardman	10k Novice Ruck - Men	35 or under
11.08am	Oscar	Prince	10k Novice Ruck - Men	35 or under
11.08am	Matthew	Dukes	10k Novice Ruck - Men	35 or under
11.08am	Alex	Didcott	10k Novice Ruck - Men	35 or under
11.08am	Chris	Thomas	10k Novice Ruck - Men	35 or under
11.08am	Ben	Creswell	10k Novice Ruck - Men	35 or under
11.08am	Matt	Badat	10k Novice Ruck - Men	35 or under
11.08am	Joel	Seagar	10k Novice Ruck - Men	35 or under
11.08am	Max	Drew	10k Novice Ruck - Men	35 or under
11.08am	Myles	Chambers	10k Novice Ruck - Men	36-42
11.08am	Gavin	Forbes	10k Novice Ruck - Men	36-42
11.08am	Michael	Conway	10k Novice Ruck - Men	36-42
11.08am	Andrew	Wiltshire	10k Novice Ruck - Men	36-42
11.08am	Tom	Murphy	10k Novice Ruck - Men	36-42
11.08am	Matt	May	10k Novice Ruck - Men	36-42
11.08am	Patrick	Olszowski	10k Novice Ruck - Men	43+
11.08am	Mark	Stevens	10k Novice Ruck - Men	43+
11.08am	Steve	Warren	10k Novice Ruck - Men	43+
11.08am	Paul	Hayle	10k Novice Ruck - Men	43+

11.08am	Richard	Gentry	10k Novice Ruck - Men	43+
11.08am	Anthony	Popham	10k Novice Ruck - Men	43+
11.08am	Rob	Gordon	10k Novice Ruck - Men	43+
11.08am	Jason	Upshall	10k Novice Ruck - Men	43+
11.08am	Neil	Stanworth	10k Novice Ruck - Men	43+
11.08am	Peter	Miller	10k Novice Ruck - Men	43+
11.08am	Alan	Skinner	10k Novice Ruck - Men	43+
11.08am	Scott	Woodland	10k Novice Ruck - Men	43+
11.08am	Dermot	Coombs	10k Novice Ruck - Men	43+
11.08am	Neil	Thorne	10k Novice Ruck - Men	43+
11.08am	Nick	Skinner	10k Novice Ruck - Men	43+
11.08am	Benjamin	Parry	10k Novice Ruck - Men	43+
11.08am	Jonathan	Roscoe	10k Novice Ruck - Men	43+
11.08am	Salvador	Vartuli	10k Novice Ruck - Men	43+
11.10am				
Heat Time	First Name	Last Name	Category	Age Group
11.10am	Anna	Mcsweeney	10k Pro Ruck - Women	35 or under
11.10am	Rachel	Brown	10k Pro Ruck - Women	35 or under
11.10am	Nikela	Roberts	10k Pro Ruck - Women	35 or under
11.10am	Aneesa	Bhabha	10k Pro Ruck - Women	35 or under
11.10am	Natalia	Jozefowicz	10k Pro Ruck - Women	36-42
11.10am	Helen	Macrae	10k Pro Ruck - Women	36-42
11.10am	Kirsty	Stilwell	10k Pro Ruck - Women	36-42
11.10am	Kirsty	Hyams	10k Pro Ruck - Women	36-42
11.10am	Kate	Ward	10k Pro Ruck - Women	36-42
11.10am	Melissa	Bathen	10k Pro Ruck - Women	36-42
11.10am	Emma	Kirkwood	10k Pro Ruck - Women	36-42
11.10am	Sophie	Harvey	10k Pro Ruck - Women	36-42
11.10am	Becky	Stewart	10k Pro Ruck - Women	36-42
11.10am	Gemma	Fromage-crawford	10k Pro Ruck - Women	36-42
11.10am	Lucie	Soper	10k Pro Ruck - Women	36-42
11.10am	Lisa	Cessford	10k Pro Ruck - Women	43+
11.10am	Emma	Edmunds	10k Novice Ruck - Women	35 or under
11.10am	Harriet	Murphy	10k Novice Ruck - Women	35 or under
11.10am	Laura	Wakeman	10k Novice Ruck - Women	36-42
11.10am	Nicki	Pitts	10k Novice Ruck - Women	36-42
11.10am	Hanna	Chambers	10k Novice Ruck - Women	36-42
11.10am	Cari	Bjegovic	10k Novice Ruck - Women	36-42
11.10am	Natalie	Woolner	10k Novice Ruck - Women	36-42
11.10am	Eleri	Rogers	10k Novice Ruck - Women	43+
11.10am	Rebecca	Birch	10k Novice Ruck - Women	43+
11.10am	Susan	Stocks	10k Novice Ruck - Women	43+
11.10am	Claire	Burden	10k Novice Ruck - Women	43+

11.10am	Mary	Seager	10k Novice Ruck - Women	43+
11.10am	Rebecca	Waudby	10k Novice Ruck - Women	43+
11.10am	Emma	Causer	10k Novice Ruck - Women	43+
11.10am	Hayley	Payton	10k Novice Ruck - Women	43+