

RRR Position	Name	Cowm 5K	Gender	1st/2nd Claim	Overall Gun Position (of 134 finishers)	Category Position (by Gun Time)
		Gun Time				
1	Rob James	16:38	M	1st	1	1/18 M5
2	Shane Reading	18:17	M	1st	4	2/20 M50
3	Andrew Rogers	18:55	M	1st	5	3/20 M50
4	Chris Tattersall	20:00	M	1st	15	4/21 M40
5	Bernard Goodwin	20:22	M	1st	18	7/20 M50
6	Mark Duncan	20:30	M	1st	19	6/21 M40
7	Elliot Stone	20:36	M	1st	20	8/20 M50
8	Anthony Rogers	20:47	M	1st	22	9/20 M50
9	Maisie Wainwright	21:10	F	1st	30	3/12 FS
10	Edward Grimley	21:16	M	1st	31	7/18 MS
11	John Fay	21:24	M	1st	33	9/21 M40
12	Andy Hall	21:36	M	1st	35	11/20 M50
13	Matt Kershaw	21:37	M	1st	36	11/21 M40
14	Neil Brock	21:39	M	1st	37	12/20 M50
15	Oliver Pozegic	21:48	M	1st	39	8/18 MS
16	Andrew Ingham	21:51	M	1st	42	9/18 MS
17	Sarah Tomassi	21:52	F	1st	43	1/11 F35
18	Bryan Lawton	22:25	M	1st	45	13/20 M50
19	Simon Howard	22:36	M	1st	46	14/20 M50
20	David Emanuel	22:49	M	1st	48	4/15 M60
21	Mark Heaney	23:19	M	1st	50	5/15 M60
22	Bryony Rogers	23:26	F	1st	52	6/12 FS
23	Rochelle Evans	23:30	F	1st	54	2/13 F45
24	Gareth McCaffery	23:41	M	1st	55	14/21 M40
25	Eamonn Nolan	23:53	M	1st	57	6/15 M60
26	Chris Nicholson	24:02	M	1st	61	15/21 M40
27	Bernard Cassidy	24:10	M	1st	62	10/15 M60
28	Lucy Schindler	24:14	F	1st	64	8/12 FS
29	Kirsty Agnew	24:19	F	1st	66	3/11 F35
30	Dave Watt	24:25	M	1st	67	16/21 M40
31	Gail Shaw	24:30	F	1st	68	2/15 F55
32	Richard Dowd	24:54	M	1st	73	15/20 M50
33	Trish Callan	25:04	F	1st	74	5/11 F35
34	Tracey Hall	25:53	F	1st	80	4/13 F45
35	Gary Smith	26:11	M	1st	82	12/15 M60
36	Jason Keast	26:21	M	1st	83	17/20 M50
37	Stephen Rogowskyj	26:25	M	1st	84	13/15 M60
38	Lee Higginbottom	26:39	M	1st	86	18/21 M40
39	Kevin Hutchings	27:10	M	1st	91	19/20 M50
40	Karen Price	28:06	F	1st	95	6/13 F45
41	Bryony Jones	28:28	F	1st	97	12/12 FS
42	Andrew Naismith	28:34	M	1st	98	20/20 M50
43	Elaine Davies	28:53	F	1st	99	6/11 F35
44	Amanda Richardson	29:21	F	1st	101	6/15 F55
45	Sharon Dracup	29:25	F	1st	102	7/15 F55
46	Nicky Hall	29:41	F	1st	106	7/13 F45
47	Billie Chamberlain	30:06	F	1st	108	7/11 F35
48	Rachel Chadwick	30:07	F	1st	109	8/11 F35
49	Joanne Lawton	30:17	F	1st	110	8/15 F55
50	David Phillips	30:25	M	1st	111	4/6 M70
51	Howard Mills	31:01	M	1st	113	5/6 M70
52	Dawn Speed	31:38	F	1st	115	9/13 F45
53	Elaine Brown	31:40	F	1st	116	11/15 F55
54	Karen Jones	31:43	F	1st	117	10/13 F45
55	Jenny O'Callaghan	32:07	F	1st	118	11/13 F45
56	Dave Bardsley	32:33	M	1st	120	21/21 M40
57	Angela Rogowskyj	32:44	F	1st	124	12/15 F55
58	Gill Bardsley	32:52	F	1st	125	13/15 F55

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59	Susan Heaney	34:10	F	1st	127	14/15 F55
60	Samantha Tattersall	34:51	F	1st	128	10/11 F35
61	Hasna Budsworth	35:16	F	1st	129	11/11 F35
62	Bernadette Ball	36:29	F	1st	131	2/3 F65
63	June Allingan	39:59	F	1st	133	3/3 F65