RRR Position	Name	NWC Road Relays	Gender	1st/2nd Claim	Overall Leg Position (of 593 runners)
		Leg Time			
1	Rob James	15:29	M	1st	64=
2	James Henderson	16:36	М	1st	162=
3	Shane Reading	16:53	М	1st	183=
4	Brett Spivey	17:08	М	1st	204
5	Maisie Wainwright	18:45	F	1st	332=
6	Elliot Stone	18:53	М	1st	338
7	Barry Greaves	19:06	М	1st	354=
8	Neil Brock	19:42	М	1st	389=
9	Andy Hall	20:25	M	1st	428
10	Adam Stirling	20:54	M	1st	457
11	Rochelle Reading	21:15	F	1st	477=
12=	Dave Peart	21:56	M	1st	502=
12=	Gail Shaw	21:56	F	1st	502=
14	Jason Keast	23:15	M	1st	538
15	Andy Chadwick	23:41	M	1st	542
16=	Anne Marie Lord	23:54	F	1st	547=
16=	Gareth McCaffery	23:54	M	1st	547=
18	Gary Smith	24:03	М	1st	554=
19	Stephen Rogowskyj	24:32	М	1st	561=
20=	James Wright	24:46	М	1st	564=
20=	Katherine Brierley	24:46	F	1st	564=
22	Dave Bardsley	25:28	М	1st	574=
23	Sam Wright	25:44	F	1st	577
24	Claire Timms	25:54	F	1st	578
25	Martina Naismith	26:44	F	1st	582
26	Sharon Dracup	26:49	F	1st	583
27	Amanda Richardson	27:02	F	1st	584
28	Nicky Hall	27:27	F	1st	587
29	Angela Rogowskyj	30:20	F	1st	592
30	Bernadette Ball	31:56	F	1st	593
31	Owen Flage	No Time	М	1st	