

Position	Name	Club	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total	
1	Steve Edwards	Bourton RR	3.18.37	3.18.55	3.18.51	3.24.37	3.25.16	3.24.35	3.24.44	23.35.35	Sub 3.30 average
2	Jeremy Isaac	Unaffiliated	3.24.14	3.22.30	3.22.13	3.34.53	3.32.12	3.35.32	3.29.59	24.21.33	Sub 3.30 average
3	Paul Sutherland	Shenley Striders	3.54.03	3.52.11	3.52.10	3.52.09	3.53.54	3.46.43	3.45.33	26.56.43	Sub 4.00 average
4	Tiago Dionisio	100 Marathon Club	3.54.44	3.54.58	3.52.10	3.54.29	3.53.54	4.22.59	4.31.12	28.24.26	Sub 4.15 average
5 - First Lady	Ellen Cottom	100 Marathon Club	3.58.48	4.09.28	4.18.36	4.25.21	4.25.45	4.18.33	4.23.54	30.00.25	Sub 4.30 average
6	David Clark	Unaffiliated	4.23.48	4.34.16	4.18.43	4.23.27	4.23.32	4.27.52	4.17.29	30.49.07	Sub 4.30 average
7	Catherine D'Ascendis	Unaffiliated	3.55.11	5.01.25	4.46.05	5.46.41	4.20.12	4.45.30	4.40.40	33.15.44	Sub 5.00 average
8	Glen Keegan	Herne Hill Harriers	4.43.45	5.04.59	4.48.44	5.04.08	4.44.35	4.43.35	4.33.03	33.42.49	Sub 5.00 average
9	Kate Jayden	West Cheshire	4.40.39	4.48.48	4.52.38	4.55.35	4.56.04	4.49.09	4.51.05	33.54.00	Sub 5.00 average
10	Dave Phipps	FERC	4.39.15	5.00.03	4.50.44	5.19.35	5.19.12	5.04.01	4.37.09	34.49.59	Sub 5.00 average
11	Daniel Perry	Cobra	4.04.43	4.18.12	4.25.56	4.56.13	5.32.22	5.14.23	6.27.35	34.59.24	Sub 5.00 average
12	Xan Donagher	Unaffiliated	4.47.55	5.01.25	4.27.47	4.54.23	5.57.13	4.36.05	5.30.08	35.14.56	Sub 5.15 average
13	Ruth Benzimra	100 Marathon Club	4.54.20	5.18.52	5.11.41	5.37.04	5.39.02	5.16.38	5.25.45	37.23.22	Sub 5.30 average
14	Lisa Hewitt	100 Marathon Club	4.50.49	5.09.26	5.48.37	5.46.44	5.49.22	5.54.28	5.39.32	38.58.58	Sub 5.45 average
15	James Pattison	Sedgefield Harriers	4.56.09	5.05.56	5.09.07	5.57.02	5.55.26	6.39.48	6.27.35	40.11.03	Sub 5.45 average
16	Dennis Cartwright	Unaffiliated	5.10.40	5.46.05	5.56.33	6.01.10	6.17.44	6.39.48	6.27.35	42.19.35	Sub 6.15 average