

<u>5000m Medal Categories</u>	
<u>Female 19-39 HWT</u>	
Karis Frost	18.46.0
Claire Sowerby	19.05.5
<u>Female 40-49 HWT</u>	
Hannah Hawkins	19.00.7
Sally Thompson	19.28.9
Helen Simmonds	21.46.1
<u>Female 50 + HWT</u>	
Claire Sacre	21.26.4
Susan Young	21.17.4
Ann Atkins	20.24.5
Marjorie Roome	21.11.9
Heather Yule	23.08.6
<u>Female 19-39 LWT</u>	
Ruth Guest	20.13.9
Grace Jones	21.31.4
Gemma Spencer	0
Debbie Meeks	21.37.7
<u>Men</u>	
<u>Mens 19-39 HWT</u>	
Paul Croft	0
Christopher Chapman	16.38.8
Craig Guest	16.54.4
Ray Lowrie	18.50.2
Kevin Bell	16.41.6
Matthew parkinson	17.46.4
Dan McMahon	17.54.7

<u>Mens 40-49 HWT</u>	
Rob Condy-Young	17.08.7
James Thomson	17.08.1
Paul Grimster	17.29.7
Pete Edkins	19.12.5
Darran hoare	0
david blanksby	17.05.9
James Stapleton	0
Lee Waddon	16.56.3
Warren Matthews	16.58.6
Andy Parkes	0
Tony Walpole	18.29.7
Lloyd Millichip	18.34.1
<u>Mens 50-59 HWT</u>	
John Pritchard	18.18.6
Paul Nash	16.51.4
Andrew sangster	17.02.5
Shaun Clarkson	18.45
Jeff Hunt	0
Richard BRIGHT	19.31.8
Peter Metalli	0
<u>Mens 60+ HWT</u>	
Simon McKie	18.04.8
Nigel Colley	18.51.1
Bruce slade	21.42.7
Thomas Yule	19.13.4
TOMMY GEE	0
<u>Mens 19-49 LWT</u>	
Duncan Southern-Naylor	18.39.6
Chris Kelly	17.56.1
Jaime Ingleby	0
Stu Jackson	17.47.3
Tim Cox	17.52.3
John Steventon	17.36.6

Joe White	20.08.4
Paul Gamlin	18.09.0
CLESSE	17.40.2
Daren Trigg	20.42.5
<u>Mens 50+ LWT</u>	
Mike Beard	18.36.1
Peter O'Donoghue	19.13.6
Planky	18.49.8
Paul Febery	19.34.2
<u>500m Medal Categories</u>	
<u>Male HWT</u>	
William Febery	1.29.1
Craig Guest	1.23.2
Ray Lowrie	1.31.9
Matthew parkinson	1.29.3
Rob Condy-Young	1.23.6
James Thomson	1.21.0
Andy Parkes	1.25.9
Tony Walpole	1.33.6
Jeff Hunt	0
Richard BRIGHT	1.42.0
Nigel Colley	1.29.4
Jon Goodall	1.22.9
Dan McMahon	1.28
Mike Stevens	1.22.8
<u>Male LWT</u>	
Chris Kelly	1.28.2
Jaime	0
Tim Cox	1.33.7
John Steventon	1.29.0
Joe White	1.37.7
Mike Beard	1.33.4

Planky	1.39.8
Paul Febery	1.42.6
<u>Female HWT</u>	
Karis Frost	1.35.7
Hannah Hawkins	1.39.7
Ann Atkins	1.47.2
Marjorie Roome	1.54.9
Emma Ahmad	2.09.0
<u>Female LWT</u>	
Ruth Guest	1.48.4
Debbie Meeks	0
Rita Risely	0
<u>Kids</u>	
Matilda Walpole	1017
Elyse Humber	960
Ella-Mae Ahmad	883
Martha Mason	707
Max Osborne	688
Tom Blythe	637
Megan Blythe	861
Zach Blythe	437