

<b>3000m Women</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
3000m Women	Jenny	Moore	11:38	Y
3000m Women	Nicky	Laitner	13:06	Y
3000m Women	Lehna	Gardiner	13:08	Y
3000m Women	Kate	Burn	13:46	
3000m Women	Jo	Puttock	15:39	
3000m Women	Linda	Cassidy	16:38	Y
3000m Women	Jenna	Pickering	16:18	Y
3000m Women	Magdalena	Petrus	15:19	
3000m Women	Joanne	Tang	16:45	

<b>3000m Men</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
3000m Men	James	Moore	9:44	Y
3000m Men	Paul	Adams	9:47	
3000m Men	Phillip	Evans	9:57	
3000m Men	Mike	Martin	10:24	
3000m Men	Jordan	Lister	10:32	
3000m Men	Jim	King	10:52	
3000m Men	Matt	Harrison	10:56	
3000m Men	Richard	Witter	11:06	
3000m Men	Ian	Hirth	11:11	
3000m Men	Nigel	Aston	11:30	
3000m Men	Simon	Irwin	11:30	Y
3000m Men	Alastair	Green	11:32	Y
3000m Men	Tom	Cockford	11:33	
3000m Men	Ben	Scott	11:33	
3000m Men	Gwynfor	Tyley	11:35	
3000m Men	Anthony	Nicolson	11:36	
3000m Men	Max	Campbell	11:44	Y
3000m Men	William	Press	12:18	Y
3000m Men	Jim	Simpson	12:31	
3000m Men	Andrew	Dobinson	12:48	
3000m Men	Andrew	Maher	13:18	
3000m Men	Robert P	Davis	13:24	Y
3000m Men	Richard	Derrick	13:44	Y

3000m Men	Pablo	Leon-Rodenas	14:34
3000m Men	Jamie	Abbiss	9:31

<b>800m Women</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
800m Women	Megan	Steer	02:21	
800m Women	Laura	Hicks	02:39	
800m Women	Helen	Cartlidge	02:46	Y
800m Women	Jenny	Moore	02:48	Y
800m Women	Emma	Jardine	02:49	
800m Women	Claire	Hobson	02:53	
800m Women	Kathryn	Penfold	03:01	
800m Women	Lehna	Gardiner	03:09	Y
800m Women	Jenna	Pickering	04:17	

<b>800m Men A</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
800m Men A	Cameron	Clark	02:04	
800m Men A	Phillip	Evans	02:18	
800m Men A	Ewan	Latham	02:28	Y
800m Men A	Calum	Latham	02:29	Y
800m Men A	Gareth	Parker	02:29	Y
800m Men A	Simon	Irwin	02:30	Y
800m Men A	Matt	Harrison	02:33	
800m Men A	Alan	Proudfoot	03:04	

<b>800m Men B</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
800m Men B	Alastair	Green	02:48	Y
800m Men B	William	Press	02:49	Y
800m Men B	Vic	Luck	02:49	Y
800m Men B	Robert P	Davis	02:51	Y
800m Men B	Gwynfor	Tyley	02:52	
800m Men B	Michael	Reibscheid	02:55	
800m Men B	Chris	Edwards	02:56	Y
800m Men B	Pablo	Leon-Rodenas	02:56	Y

800m Men B	Andrew	Dobinson	02:56	
800m Men B	James	Ingles	03:03	Y
800m Men B	Steve	Trice	03:16	
800m Men B	James	Allen	03:52	Y
<b>400m Women A</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
400m Women A	Megan	Steer	01:03	
400m Women A	Laura	Hicks	01:13	
400m Women A	Emma	Jardine	01:43	
<b>400m Women B</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
400m Women B	Emily	Eldred	01:17	
400m Women B	Nicky	Laitner	01:20	Y
400m Women B	Jenna	Pickering	01:47	
<b>400m Men A</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
400m Men A	Matt	Jane	01:01	Y
400m Men A	Phillip	Evans	01:02	
400m Men A	Mark	Kennedy	01:04	Y
400m Men A	Matt	Harrison	01:06	
400m Men A	Richard	Witter	01:08	
<b>400m Men B</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
400m Men B	Simon	Irwin	01:05	Y
400m Men B	Alastair	Green	01:14	Y
400m Men B	William	Press	01:18	Y
400m Men B	Gwynfor	Tyley	01:19	Y
400m Men B	Andrew	Dobinson	01:20	
400m Men B	Richard	Derrick	01:22	Y
<b>400m Men C</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>

400m Men C	Vito	Dibella	01:14	
400m Men C	Andrew	Maher	01:15	
400m Men C	Steve	Trice	01:15	
400m Men C	Pablo	Leon-Rodenas	01:17	
400m Men C	Robert P	Davis	01:20	
400m Men C	Jaimi	Wallin	01:21	
400m Men C	James	Allen	01:39	Y

<b>5000m Women</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
5000m Women	Jen	Conway	20:04	
5000m Women	Helen	Cartlidge	20:29	
5000m Women	Wendy	Walsh	20:40	
5000m Women	Kathryn	Penfold	22:10	
5000m Women	Zoe	Makepeace	22:14	
5000m Women	Emily	Eldred	22:59	Y
5000m Women	Philippa	Walton	24:11	
5000m Women	Rachel	Aldridge	24:55	Y
5000m Women	Isabel	Wilson	25:10	Y

<b>5000m Men</b>	<b>First Name</b>	<b>Surname</b>	<b>Result (mm:ss)</b>	<b>PB?</b>
5000m Men	Jonathan	Scott	16:33	Y
5000m Men	Will	Bowran	17:05	Y
5000m Men	Rowan	Daly	17:16	
5000m Men	James	Moore	17:23	
5000m Men	Steve	Bowran	18:01	
5000m Men	Mike	Martin	18:10	
5000m Men	Miles	Brooke-William	18:10	
5000m Men	Douglas	Hobson	18:13	
5000m Men	Gareth	Parker	18:16	Y
5000m Men	Pablo	Plaza Lastras	18:34	
5000m Men	Mark	Kennedy	18:38	
5000m Men	Jamie	Sinclair	18:50	Y
5000m Men	Alex	Johnston	19:06	
5000m Men	Ian	Hirth	19:33	

5000m Men	Luke	Firmin	19:38	
5000m Men	Ewan	Latham	19:50	
5000m Men	James	Ingles	20:01	Y
5000m Men	Ben	Scott	20:18	
5000m Men	James	Harrison	20:19	Y
5000m Men	Max	Campbell	20:22	
5000m Men	Vito	Dibella	20:56	Y
5000m Men	Calum	Latham	21:07	
5000m Men	Jim	Simpson	22:06	
5000m Men	Alan	Proudfoot	22:13	
5000m Men	Anthony	Bunker	22:16	
5000m Men	Matt	Jane	22:21	
5000m Men	Andy	Normile	23:03	
5000m Men	Matthew	Bedford	23:29	Y
5000m Men	Jaimi	Wallin	23:57	Y
5000m Men	Robert P	Davis	25:27	