

Summer Saturday, 21 June 2014, Danby Lodge

LONG, 5.1km 195m

1 Jason Howell	HOC	M45	43:22
2 John Embrey	HOC	M55	52:04
3 Richard Cronin	NGOC	M21	56:50
4 Christophe Pige	NGOC	M40	59:41
5 Paul L'Estrange	BAOC	M45	60:52
6 Simon Denman	NGOC	M45	65:24
7 Tom Mills	NGOC	M65	65:52
8 David Palmer	BOK	M65	71:10
9 Dudley Budden	BOK	M70	71:43
10 Dave Austin	NGOC	M40	72:45
11 Laurence Gossage	BOK	M60	78:05
12 Graham Tough	SWOC	M70	85:35
13 Gerry Ashton	NGOC	M60	85:52
14 Martyn Brown	NGOC	M55	88:59
15 Roger Coe	NGOC	M65	89:35
16 Alan Brown	NGOC	M60	92:09
17 Chris Vallenge	NGOC	M40	93:17
18 Jacky Embrey	HOC	W55	106:53
19 Gary Wakerley	NGOC	M55	115:36
20 Ashley Ford	HOC	M60	115:49
21 John Burrows	KERNO	M70	123:42
22 Barbara Ford	HOC	W55	150:20
23 John Fallows	NGOC	M55	Retired
24 Don Gray	NGOC	M85	117:38 Truncated course

MEDIUM, 3.1km 95m

1 Adam Watson	NGOC	M16	48:05
2 Anne Palmer	BOK	W60	51:59
3 Lucy Nation	IND	W45	52:03
4 Peter Watson	NGOC	M13	52:20
5 Ashleigh Denman	NGOC	W45	63:31
6 Hilary Nicholls	NGOC	W45	73:54
7 Ann Brown	NGOC	W55	76:37
8 Alec Watson	NGOC	M15	86:25
9 Alan Wicks	NGOC	M65	99:49
Sue Ashton	NGOC	W60	No time recorded

SHORT, 2.1km 70m

1 Rose Taylor	HOC	W8	46:58
2 Rosie Watson	NGOC	W11	59:24
3 Trevor, Erycah, Lucy, Ellie and Acer	IND		89:50
4 Barthelemy Pige	NGOC	M3	Retired