

Detailed Analysis				
Name	Position	Finishing time	Category	Pace Mins/mile
J Cox	1	0:18:34	M	0:05:59
John Mallone	3	0:19:18	MV50	0:06:13
Bevan Dickerson	10	0:20:25	M40	0:06:34
Chris Dowden	12	0:20:54	M40	0:06:44
Andrew Woodland	21	0:22:15	M50	0:07:10
Patsy Goldstone	33	0:23:13	F40	0:07:28
Gavin Price	34	0:23:19	M50	0:07:30
Rachel Lee	38	0:23:40	F	0:07:37
Richard Cadwgan	54	0:24:44	M50	0:07:58
Cath Taylor	55	0:24:44	F40	0:07:58
Alison Wright	66	0:25:23	F40	0:08:10
Martin Iles	67	0:25:23	M40	0:08:10
Kathleen Paul	73	0:25:41	F40	0:08:16
Milly Stowell	82	0:27:03	F50	0:08:42
Julia Windall	92	0:28:05	F50	0:09:02
Phil Pool	124	0:30:09	M50	0:09:42
Andy Weeks	138	0:31:50	M50	0:10:15
Last runner	190	0:54:02	M50	0:17:24

NRC finishers

16