

# Râs Mynyddoedd 1000 Metr Cymru 2007

## Welsh 1000 Metres Race 2007

### Fell Race: Aber start

Amser Cychwyn / Start Time

09:30:00

Safle Position	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish
1	86	Colin	Donnelly	M40	Lochabar AC	0:00:00	02:03	02:59	03:55:14
2	34	Chris	Near	M	Eryri Harriers	0:00:00	02:02	03:01	04:05:28
3	51	James	McQueen	M	Eryri Harriers	0:00:00	02:08	03:10	04:16:53
4	109	Gareth Lindsay	Jackson	M	Rossendale	0:00:00	02:13	03:20	04:27:09
5	108	Iain	Ridgeway	M	Eryri Harriers	0:00:00	02:14	03:21	04:29:42
6	73	Pete	Wilkin	M40	Thirsk & Sowerby	0:00:00	02:16	03:21	04:35:53
7	29	Jeremy	Wormington	M40	Fell Runners Association	0:00:00	02:28	03:40	04:51:29
8	110	Gavin Lewis	Williams	M40	Dark Peak FR	0:00:00	02:22	03:34	04:57:11
9	74	Dave	Powell	M40	Aberystwyth AC	0:00:00	02:39	03:52	05:02:20
10	61	Andrea	Roberts	L	Eryri Harriers	0:00:00	02:34	03:49	05:03:25
11	47	Andrew	Fox	M50	Glossopdale Harriers	0:00:00	02:40	03:55	05:05:39
12	63	Mick	Loftus	M40	Valley Striders	0:00:00	02:28	03:51	05:14:54
13	56	Karl	Baker	M	Bowline Climbing Club	0:00:00	02:48	04:04	05:21:00
14	35	Robbie	Hall	M50	Salisbury A and R Club	0:00:00	02:48	04:05	05:23:45
15	71	Rob	Pullen	M	Bowline Climbing Club	0:00:00	02:38	03:59	05:27:31
16	100	Henry	Keighley Elstub	M	Tring RC	0:00:00	02:40	04:05	05:27:48
17	65	Graham	James	M40	Stubington Green Runners	0:00:00	02:41	04:02	05:28:38
18	111	Iwan	Edgar	M50	Eryri Harriers	0:00:00	02:48	04:10	05:30:23
19	94	Ian James	Whitehead	M40		0:00:00	02:42	04:01	05:30:30
20	67	Robin	Richmond	M	Bowline Climbing Club	0:00:00	02:39	04:00	05:30:54
21	101	Geoff	Oldrid	M50	Aberystwyth AC	0:00:00	02:48	04:11	05:31:45
22	13	Freya	Bloor	L		0:00:00	02:48	04:06	05:32:50
23	76	David Keith	Fearon	M40	Razzers Runners	0:00:00	02:37	04:00	05:34:12
24	19	Jeremy	Williams	M50		0:00:00	02:48	04:10	05:38:04
25	55	Mary	Gillie	L	Clwydianrange Runners	0:00:00	02:55	04:19	05:38:10
26	64	Andrew	Wood	M40	Bowline Climbing Club	0:00:00	02:40	04:07	05:41:26
27 =	97	Richard	Sumner	M		0:00:00	02:48	04:15	05:42:24
28 =	37	Tom	Watson	M	Colwyn Bay AC	0:00:00	02:33	04:00	05:42:24
29	72	Nick	Biggs	M		0:00:00	02:42	04:15	05:42:54
30	23	Jeff	Rees	M50		0:00:00	03:07	04:27	05:56:44
31	44	Euan	Sutton	M	British Military Fitness	0:00:00	02:48	04:25	05:56:45
32	69	Jenny	Ewels	L	Clwydianrange Runners	0:00:00	03:12	04:37	05:57:53
33	48	Chris	Hough	M	British Military Fitness	0:00:00	02:57	04:29	05:58:19
34	53	Ali	Chant	M	Todmorden Harriers	0:00:00	02:54	04:20	06:00:35
35	46	Clive	Edwards	M50	W.F.R.A	0:00:00	02:55	04:29	06:01:30
36	81	Shane	Goodrich	M	Bowline Climbing Club	0:00:00	02:56	04:35	06:01:35
37	99	Jim	Bennell	M50	Eryri Harriers	0:00:00	02:55	04:25	06:03:05
38	82	Kean	Rowlands	M40	Clwydianrange Runners	0:00:00	02:57	04:29	06:06:03
39	103	Keith Edward	Jenns	M		0:00:00	03:11	04:40	06:12:41
40	98	Colin Peter	Jackson	M40	Fell Runners Association	0:00:00	02:56	04:37	06:12:43
41	52	John	Humphries	M50	Mysteruns	0:00:00	03:13	04:37	06:16:30
42	104	Christian Philip	Long	M		0:00:00	03:13	04:45	06:17:04
43	17	Judith Clare	Jones	L40	Mysteruns	0:00:00	03:15	04:45	06:17:08
44	68	Geoff	Cowell	M50	Mercia Fell Runners	0:00:00	03:15	04:49	06:20:28
45	90	Leena	Sankey	L	Mercia Fell Runners	0:00:00	03:15	04:49	06:20:30
46	50	Warren	Bailey	M	British Military Fitness	0:00:00	03:12	04:45	06:23:48
47	66	Chris	Wilcox	M50	Fell Runners Association	0:00:00	03:07	04:42	06:26:06
48	43	Jonathan Peter	Mason	M40	British Military Fitness	0:00:00	03:24	04:58	06:27:32
49	80	Andrew Thomas	Parker	M50	Bowline Climbing Club	0:00:00	03:13	04:56	06:28:10
50	20	Ian	Hodge	M	Vegan Runners	0:00:00	03:04	04:36	06:31:33
51	85	Eddie	Austrums	M50	Mercia Fell Runners	0:00:00	03:15	04:52	06:33:58
52	91	Simon	Margot	M	Hunts AC	0:00:00	03:08	05:02	06:51:20
53	22	Steven David	Baird	M	Royal Engineers Running Club	0:00:00	03:08	05:02	06:51:25
54	25	Dai	Richards	M40	MDC	0:00:00	03:31	05:25	06:52:40
55 =	88	David	Egan	M	Totley AC	0:00:00	03:18	05:02	06:52:41
56 =	26	Cathy	Murray	L40	Glossopdale Harriers	0:00:00	03:19	05:03	06:52:41
57	28	Brendan	Stone	M40		0:00:00	03:23	05:05	06:53:10
58	45	John	Clarke	M40	Springfield Striders	0:00:00	03:27	05:07	06:53:25
59	107	Alexander John	MacGillivray	M		0:00:00	03:18	05:10	06:56:35
60	95	David	Wright	M50		0:00:00	03:22	05:09	07:02:24
61	59	Tim	Nicklin	M40	Staffs Police AA	0:00:00	03:13	05:05	07:03:26
62	83	Trevor Martyn	Atkinson	M40		0:00:00	03:15	05:09	07:04:08
63	3	William Emrys	James	M40	Clwydianrange Runners	0:00:00	03:36	05:22	07:04:16
64	30	Kim Daniel	Gardiner	M		0:00:00	03:54	05:22	07:04:57
65	31	Greg	Bell	M40		0:00:00	03:54	05:22	07:05:24
66	2	Edwin	Sherstone	M40		0:00:00	03:12	05:07	07:12:10
67	16	Peter	Lester-Owen	M40	Mysteruns	0:00:00	03:36	05:23	07:14:52
68	77	Deborah	Clift	L40	Mysteruns	0:00:00	03:36	05:23	07:15:00
69	79	Fiona	Dewick	L	Calder Valley	0:00:00	03:32	05:29	07:24:54

<b>70</b>	78	Jamie	Dewick	M40	Calder Valley	0:00:00	<b>03:32</b>	<b>05:29</b>	<b>07:25:30</b>	
<b>71</b>	38	John Richard	Vernon	M50	Dark Peak FR	0:00:00	<b>03:41</b>	<b>05:29</b>	<b>07:27:27</b>	
<b>72</b>	93	Samuel	Atkinson	M		0:00:00	<b>03:52</b>	<b>05:29</b>	<b>07:29:10</b>	
	36	Richard	Watson	M	Colwyn Bay AC	0:00:00	<b>02:33</b>	<b>04:00</b>	<b>00:00:00</b>	<b>Rtd</b>
=	49	Yee	Wong	M	British Military Fitness	0:00:00	<b>03:32</b>	<b>00:00</b>	<b>00:00:00</b>	<b>Rtd</b>
=	24	Mike	Cherrington	M40		0:00:00	<b>03:31</b>	<b>00:00</b>	<b>00:00:00</b>	<b>Rtd</b>
=	11	Peter	MacMillen	M40	W.F.R.A	0:00:00	<b>03:36</b>	<b>00:00</b>	<b>00:00:00</b>	<b>Rtd</b>
=	9	Mike	Lewis	M		0:00:00	<b>03:46</b>	<b>00:00</b>	<b>00:00:00</b>	<b>Rtd</b>
=	58	Tim	Allen	M40		0:00:00	<b>00:00</b>	<b>00:00</b>	<b>00:00:00</b>	<b>Rtd</b>
=	8	Mark	Lynch	M		0:00:00	<b>00:00</b>	<b>00:00</b>	<b>00:00:00</b>	<b>Rtd</b>
=	7	Gerry	Lynch	M50		0:00:00	<b>00:00</b>	<b>00:00</b>	<b>00:00:00</b>	<b>Rtd</b>
=	92	Gwyn Arfon	Williams	M		0:00:00	<b>00:00</b>	<b>00:00</b>	<b>00:00:00</b>	<b>Rtd</b>

## Mountaineers: Aber start

Amser Cychwyn / Start Time

08:00:00

Safle Position	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish
1	215	Michael Andrew	Evans	M	0:00:00	02:52	04:39	05:58:04
2	244	Thomas Lewis	Prytherch	M	0:00:00	03:15	04:42	06:10:00
3	249	Neil	Coppack	M	0:00:00	03:15	04:45	06:12:03
4	231	John	Sullivan	M40	0:00:00	03:16	04:44	06:12:15
5	213	Dean John	Harcourt	M40	0:00:00	03:17	04:50	06:23:22
6	220	David	Owens	M40	0:00:00	03:18	05:08	06:47:46
7	210	Dominic Peter	Charles	M40	0:00:00	03:19	05:06	06:48:25
8	209	Mike	Graham	M40	0:00:00	03:28	05:10	06:52:52
9	216	Dorian	Jones	M	0:00:00	03:43	05:22	07:08:21
10	226	Richard	Bridle	M	0:00:00	03:25	05:25	07:10:08
11	211	Gethin	Ellis	M40	0:00:00	04:09	05:47	07:34:57
12	250	Neil Richard	Price	M	0:00:00	03:58	05:47	07:46:45
13	242	Graham	Rogers	M50	0:00:00	04:01	05:55	07:48:30
14	239	John Christopher	Walker	M40	0:00:00	04:02	05:55	07:50:06
15	208	Neil Anthony	McAndrew	M	0:00:00	04:09	05:52	07:50:25
16	218	Royston	Silver	M50	0:00:00	04:09	06:01	08:01:35
17	240	Barry	Jones	M50	0:00:00	04:02	05:55	08:01:50
18 =	222	Stephen	Pratt	M50	0:00:00	03:58	06:05	08:08:25
19 =	221	Christopher	Roberts	M40	0:00:00	03:57	06:05	08:08:25
20	219	Steven	Harris	M50	0:00:00	04:01	06:05	08:26:30
21 =	245	Martin	Emm	M40	0:00:00	04:16	06:22	08:27:17
22 =	223	Peter	Clements	M60	0:00:00	04:16	06:22	08:27:17
23	207	Matthew	Locke	M	0:00:00	04:29	06:38	08:45:10
24	206	Owain Rhys	Thomas	M	0:00:00	04:29	06:38	08:45:28
25	236	Christoph	Madler	M	0:00:00	04:31	06:39	08:52:49
26	204	Jerry	Docker	M40	0:00:00	04:46	06:58	08:59:50
27	232	Shaun	Dutton	M	0:00:00	04:28	06:50	09:08:54
28	225	Martin Llewellyn	Davies	M	0:00:00	04:31	06:59	09:09:25
=	241	Peter	Herbert	M	0:00:00	04:02	06:09	00:00:00
=	227	Paul	Parker	M50	0:00:00	05:08	00:00	00:00:00 Rtd
=	235	Jason	Norman	M	0:00:00	05:14	00:00	00:00:00 Rtd
=	243	Michael	Yeoman	M50	0:00:00	05:08	00:00	00:00:00 Rtd
=	233	David	Norman	M50	0:00:00	05:14	00:00	00:00:00 Rtd
=	234	Daniel	Norman	M	0:00:00	05:14	00:00	00:00:00 Rtd
=	228	Kathleen Mary	Parker	L60	0:00:00	05:08	00:00	00:00:00 Rtd
=	246	Steve	Mahoney	M40	0:00:00	04:44	00:00	00:00:00 Rtd
=	229	Nigel	Jones	M	0:00:00	05:01	00:00	00:00:00 Rtd
=	217	Ken	Pudney	M50	0:00:00	00:00	00:00	00:00:00 Rtd

## Mountaineers: Early start

Amser Cychwyn / Start Time

07:35:00

Safle Position	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish
1	303	Tony	Brownlee	M	0:00:00	04:00	05:50	07:35:04
2	304	Terry Robert	Lind	M40	0:00:00	04:47	07:03	08:58:25
3	308	Peter	Potter	M50	0:00:00	04:47	07:19	09:22:54
4	331	Jim	Darling	M	0:00:00	04:53	07:15	09:25:26
=	305	Kevin	Trotter	M40	0:00:00	04:55	07:20	00:00:00 Rtd
=	302	Barry	Hughes	M40	0:00:00	04:55	07:20	00:00:00 Rtd
=	306	John	James	M40	0:00:00	04:58	00:00	00:00:00 Rtd
=	319	Sarah	Major	L	0:00:00	00:00	00:00	00:00:00 Rtd
=	315	Nicholas	Cochand	M	0:00:00	00:00	00:00	00:00:00 Rtd
=	318	Peter	Hodgins	M	0:00:00	00:00	00:00	00:00:00 Rtd
=	325	Bill	Miners	M	0:00:00	00:00	00:00	00:00:00 Rtd
=	316	Anna	Langridge	L	0:00:00	00:00	00:00	00:00:00 Rtd
=	322	Thomas	Bassett	M	0:00:00	00:00	00:00	00:00:00 Rtd
=	328	Gemma	Matthewman	L	0:00:00	00:00	00:00	00:00:00 Rtd
=	330	Jo	Organ	L	0:00:00	00:00	00:00	00:00:00 Rtd
=	329	Zayna	Adams	L	0:00:00	00:00	00:00	00:00:00 Rtd
=	323	Bryony	Coupe	L	0:00:00	00:00	00:00	00:00:00 Rtd
=	324	Toby Matthew	Whitlock	M	0:00:00	00:00	00:00	00:00:00 Rtd
=	320	John William	Reynolds	M	0:00:00	00:00	00:00	00:00:00 Rtd
=	326	Allister Graeme	Foy	M	0:00:00	00:00	00:00	00:00:00 Rtd
=	317	Adrian	Wilson	M	0:00:00	00:00	00:00	00:00:00 Rtd

## Mountaineers: Ogwen start

Amser Cychwyn / Start Time

11:02:00

Safle Position	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish	
1	461	Sam	Tosh	M J	Rossendale	0:00:00	00:00	01:03	02:21:20	
2	489	Luke Paul	Davies	M		0:00:00	00:00	01:13	02:40:16	
3	490	Neal	Davies	M40		0:00:00	00:00	01:14	02:40:45	
4 =	454	Darren	Tosh	M40		0:00:00	00:00	01:23	02:46:30	
5 =	462	Steven	Tosh	M		0:00:00	00:00	01:13	02:46:30	
6	452	Noel	Cheshire	M50		0:00:00	00:00	01:16	02:50:23	
7	486	David	Hall	M60	Gorphwysfa	0:00:00	00:00	01:28	02:57:32	
8	459	Sarah	Hargreaves	L50	West End Runners	0:00:00	00:00	01:28	03:00:50	
9	470	Mark	Warren	M40		0:00:00	00:00	01:30	03:06:00	
10	485	John	Jackson	M60		0:00:00	00:00	01:25	03:07:59	
11	469	Derek	Morgan	M40		0:00:00	00:00	01:30	03:08:42	
12	471	David	Jenns	M60		0:00:00	00:00	01:33	03:30:58	
13	488	John	Middleton	M60	Gorphwysfa	0:00:00	00:00	00:00	03:33:55	
14	465	Nick	Mcinerney	M		0:00:00	00:00	01:37	03:35:15	
15	464	Gary	Carradice	M		0:00:00	00:00	01:37	03:35:35	
16	463	Rebecca Lindsay	Shorter	L	Gorphwysfa	0:00:00	00:00	01:41	03:36:51	
17	460	Martin Edward	Hughes	M		0:00:00	00:00	01:43	03:38:45	
18	478	Christine	Middleton	L60	Gorphwysfa	0:00:00	00:00	01:45	03:38:55	
19	466	Nicholas James	Boatwright	M		0:00:00	00:00	01:39	03:40:25	
20	457	Ian	Greenwood	M		0:00:00	00:00	01:48	03:43:51	
21	458	Matthew	Mansfield	M		0:00:00	00:00	01:48	03:43:58	
22	455	Peter	Kuh	M50		0:00:00	00:00	01:48	03:45:50	
23	472	Steven	Van Niekerk	M		0:00:00	00:00	01:48	03:46:20	
24	481	Tom	Rogers	M		0:00:00	00:00	01:40	03:54:10	
25	451	Wyn	Jones	M60	Gorphwysfa	0:00:00	00:00	01:48	03:55:14	
26	468	Andrew John	Shorter	M60	Gorphwysfa	0:00:00	00:00	01:43	04:01:09	
27	453	Deborah Nerys	John	L		0:00:00	00:00	01:39	04:09:34	
28	500	Harold James	Binmore	M50		0:00:00	00:00	01:44	04:17:51	
29	482	Sally Anne	Atkinson	L40		0:00:00	00:00	02:23	05:29:00	
=	483	Kimberley	Webster	M L		0:00:00	00:00	02:19	00:00:00	
=	484	Mel	McKenna	L		0:00:00	00:00	02:43	00:00:00	Rtd

## Runners: Ogwen start

Amser Cychwyn / Start Time

11:00:00

Safle Position	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish	
1	429	Trefor	Jones	M	Mercia Fell Runners	0:00:00	00:00	00:52	01:49:17	
2	418	Justin	McIlveen	M	Abergele Harriers	0:00:00	00:00	00:52	01:49:25	
3	432	Arwel	Lewis	M40	Eryri Harriers	0:00:00	00:00	00:55	01:56:56	
4	421	Philip	Hall	M	Reading Joggers	0:00:00	00:00	01:00	02:06:10	
5	422	Stephen	Cannons	M40		0:00:00	00:00	01:00	02:08:27	
6	434	Mike	Blake	M50	Eryri Harriers	0:00:00	00:00	00:57	02:09:00	
7	417	Chris	Smith	M	Gorphwysfa	0:00:00	00:00	01:02	02:09:37	
8	407	Chris	Haines	M	Reading Joggers	0:00:00	00:00	01:02	02:09:45	
9	427	Dylan Wynn	Jones	M	Eryri Harriers	0:00:00	00:00	01:14	02:10:09	
10	425	Edwin	Williams	M40	Eryri Harriers	0:00:00	00:00	01:02	02:11:15	
11	428	Nick	Powis	M		0:00:00	00:00	01:00	02:12:40	
12	430	Jayne	Lloyd	L40		0:00:00	00:00	01:02	02:13:53	
13	424	John	Thompson	M50	Newquay Road Runners	0:00:00	00:00	00:59	02:18:28	
14	431	Gary Rees	Williams	M40	Menai T and Field	0:00:00	00:00	01:15	02:20:22	
15	426	Stel	Farrar	L40	Eryri Harriers	0:00:00	00:00	01:10	02:28:27	
16	406	Alastair	Craig	M		0:00:00	00:00	01:17	02:37:05	
17	433	Martin	Cortvriend	M50	Macclesfield Harriers	0:00:00	00:00	01:23	02:38:18	
18	423	Ed	Wilson	M	Pennine Fell Runners	0:00:00	00:00	01:25	02:40:03	
19 =	420	Andrew	Blackford	M50	West End Runners	0:00:00	00:00	01:24	02:41:45	
20 =	405	Laura	Davison	L	West End Runners	0:00:00	00:00	01:26	02:41:45	
21	436	Andrew	Middleton	M50	Gorphwysfa	0:00:00	00:00	01:16	02:44:00	
22 =	410	Steve	Hill	M		0:00:00	00:00	01:23	02:45:12	
23 =	408	Nik	Langrish-Dixon	M		0:00:00	00:00	01:23	02:45:12	
24 =	411	Goff	Hill	M60	SUFFOC	0:00:00	00:00	01:23	02:45:12	
25	416	Yvonne	Beckwith	L	Gorphwysfa	0:00:00	00:00	01:25	02:52:35	
26	435	Cornelia	Bufe	L	Eryri Harriers	0:00:00	00:00	01:31	02:56:55	
27	409	Jo	Hill	L		0:00:00	00:00	01:32	03:12:08	
28	419	Kirsty	Lapish	L	Todmorden Harriers	0:00:00	00:00	01:32	03:13:40	
29	413	Tim	Walton	M50	West End Runners	0:00:00	00:00	01:30	03:23:44	
=	402	Edward	Bailey	M	Great Western Runners	0:00:00	00:00	00:56	00:00:00	
=	401	Sam	Smith	M	Swansea Uni Wilderness Med	0:00:00	00:00	00:56	00:00:00	
	403	Robert David	Hind	M50		0:00:00	00:00	01:28	00:00:00	Rtd

# Services: Class D

Amser Cychwyn / Start Time

**07:30:00**

Competitors, Numbers 536, 538, 539,540,541,542,543 and 544 withdrew from the race at Pen y Pass as a result of the accident

Safle Position	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Scrutiny Allowances	Ogwen	Pen y Pass	Finish	
1	613	Sgt J	Mitcalf	M		0:00:00	03:02	04:40	06:17:49	
2	602	OCDT Pat	Wright	M		0:00:00	03:23	05:09	06:45:00	
3	617	Sgt P A	Tinker	M		0:00:00	03:02	05:00	06:49:30	
4	601	Capt David	Thomson	M		0:00:00	03:28	05:10	06:54:06	
5	528	SSgt	Burke	M		0:00:00	03:23	05:29	06:56:44	
6	530	LCpl	Cassidy	M		0:00:00	03:23	05:29	06:56:45	
7	606	OCDT Nick	Ross	M		0:00:00	03:36	05:20	06:57:02	
8	605	OCDT David	Rochester	M		0:00:00	03:36	05:20	07:01:52	
9	608	OCDT Alex	Clarke	M		0:00:00	03:31	05:20	07:07:06	
10	615	CFN W	Walker	M		0:00:00	03:43	05:25	07:07:45	
11	612	WO2 D	Fernley	M40		0:00:00	03:07	05:30	07:09:50	
12	604	OCDT Rich	Burnett	M		0:00:00	03:23	05:25	07:12:12	
13	512	Lt Phil	Matthews	M		0:00:00	03:44	05:44	07:28:17	
14	522	Lt	Bell	M		0:00:00	03:45	05:37	07:28:30	
15	513	Cpl Tony	Hunnisett	M		0:00:00	03:44	05:44	07:29:14	
16	603	OCDT Jim	Codling	M		0:00:00	03:23	05:35	07:32:08	
17	614	LCpl G	Bridgewater	M		0:00:00	03:47	05:34	07:35:20	
18	618	LCpl K	Rusowicz	M		0:00:00	03:47	05:34	07:35:25	
19	514	Cpl Joe	McMahon	M		0:00:15	03:44	05:44	07:42:21	
20	515	SPR Dan	Cox	M		0:00:15	03:44	05:44	07:42:46	
21	518	Capt Tony	Ryder	M40		0:00:00	03:44	05:42	07:50:39	
22	616	WO1 M	Thomas	M50		0:00:00	03:47	05:52	07:54:08	
23	607	OCDT Alistair	Bexon	M		0:00:00	03:54	05:55	07:55:41	
24	611	OCDT Sam	Phelps	M		0:00:00	03:54	05:55	07:55:45	
25	537	LCpl J A	Jackson	M		0:00:00	03:54	05:55	08:17:00	
26	621	Pte C	Stott	L		0:00:00	04:04	06:12	08:21:18	
27	533	CPO A	Phipps	M40		0:00:00	04:44	06:39	08:23:47	
28	532	Capt MJ	Parrott	M40		0:00:00	04:44	06:31	08:24:07	
29	525	Cpl	Mupesa	M		0:00:00	04:29	06:31	08:30:29	
30	520	Lt Kate	Risely	L		0:00:00	04:33	06:38	08:32:05	
31	501	Colonel Ben	Edwards	M40		0:00:00	04:15	06:20	08:35:41	
32	503	Major Simon	Routledge	M		0:00:00	04:14	06:20	08:35:45	
33	504	Major Richard	Woodward	M40		0:00:00	04:14	06:20	08:35:48	
34	502	Major Miks	Hayman	M		0:00:00	04:10	06:20	08:35:50	
35	609	Cpl D	Flitcroft	L40		0:00:00	04:21	06:29	08:41:27	
36	517	Capt Graham	Markham	M40		0:00:00	04:12	06:25	08:44:00	
37	535	Major N A	Archibald	M50		0:00:00	04:22	06:37	08:50:10	
38	505	Capt Karl	Ward	M		0:00:00	00:00	07:06	08:51:15	
39	516	Capt Neil	Mellor	M40		0:00:00	04:12	06:30	08:59:25	
40	527	Capt	Lloyd	M		0:00:00	04:10	07:11	09:00:40	
41	507	Capt Carolyne	Young	L		0:00:00	04:47	07:06	09:00:54	
42	610	OCDT Richard	Thorburn	M		0:00:00	04:21	06:39	09:00:59	
43	521	Lt	Leccin	M		0:00:00	04:18	06:40	09:12:30	
44	523	Sgt	Conaghan	M		0:00:00	05:08	07:16	09:20:20	
45	546	Jamie Denis	Friend	M		0:00:00	04:34	07:07	09:29:23	
46	526	Pte	Goat	M		0:00:00	04:30	07:04	09:31:47	
47	506	Capt Mel	Crawford	L		0:00:00	04:47	07:09	09:31:57	
48	534	CPO B	McHardy	M		0:00:00	04:48	07:09	09:31:58	
=	539	WO2	Summers	M		0:00:00	04:04	06:00	00:00:00	Rtd
=	529	Cpl	Morris	M		0:00:00	04:10	06:13	00:00:00	Rtd
=	543	WO	Zoldan	M		0:00:00	03:06	05:24	00:00:00	Rtd
=	542	Flt LT	Nettleton	M		0:00:00	03:31	05:17	00:00:00	Rtd
=	541	Sgt	Venn	M		0:00:00	04:20	06:31	00:00:00	Rtd
=	544	LCpl	Mannion	M		0:00:00	04:34	07:07	00:00:00	Rtd
=	531	CDR GN	Higgins	M40		0:00:00	05:29	00:00	00:00:00	Rtd
=	540	SSgt	Prober	M		0:00:00	03:49	00:00	00:00:00	Rtd
=	524	Cpl	Barrett-Walsh	L		0:00:00	05:08	00:00	00:00:00	Rtd
=	536	Major A	Costigane	M40		0:00:00	04:43	00:00	00:00:00	Rtd
=	510	SGT	Scurry	M		0:00:00	05:28	00:00	00:00:00	Rtd
=	519	Lt	Harris	M		0:00:00	05:16	00:00	00:00:00	Rtd
=	508	Capt	Wood	M40		0:00:00	04:47	00:00	00:00:00	Rtd
=	509	WO2	Parry	M		0:00:00	05:30	00:00	00:00:00	Rtd
=	538	Maj	O'Brien	M		0:00:00	04:45	00:00	00:00:00	Rtd