

Senior Women

Place			----- Lap 1 -----			Lap 2 -----			Lap 3 -----			Total
Overall	Name	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	Cheryl Hirschberg	165	9	26:31.48	10:35				18	27:22.01	5:28	53:53.49
2	Jennifer Sweny	267	10	27:41.73	5:05	3	13:21.68	5:21	3	13:23.67	5:21	54:27.08
3	Amanda Wallis	101	16	30:20.17	4:47	1	12:15.65	4:54	1	12:09.81	4:52	54:45.63
4	Jo Trotter	52	8	25:36.90	5:38	8	14:32.29	5:49	8	14:43.04	5:53	54:52.23
5	Lorraine Edgar	3	1	19:27.73	7:10	12	17:55.65	7:10	12	17:32.46	7:01	54:55.84
6	Ruth Cookson	97	3	22:24.20	6:32	11	16:44.77	6:42	11	16:11.84	6:29	55:20.81
7	Louise Mason	287	18	33:14.12	8:41				16	22:16.42	4:27	55:30.54
8	Juanita Paterson	162	12	28:16.34	5:19	5	13:41.99	5:29	4	13:37.05	5:27	55:35.38
9	Wendy Cottrell-Teahan	98	11	28:15.55	5:19	4	13:41.73	5:29	5	13:40.27	5:28	55:37.55
10	Kate Southern	127	13	28:23.56	5:33	7	14:05.85	5:38	6	14:00.15	5:36	56:29.56
11	Bex Lintott	61	7	25:13.01	5:40	9	15:41.95	6:17	9	15:37.19	6:15	56:32.15
12	Kristy Staples	73	14	28:25.41	5:23	6	14:00.15	5:36	7	14:06.65	5:39	56:32.21
13	Claire Scott	104	5	23:58.23	6:34	10	16:41.00	6:40	10	15:54.33	6:22	56:33.56
14	Jessica Costall	12	17	30:46.00	7:06	2	13:11.14	5:16	2	13:12.10	5:17	57:09.24
15	Hayley Thirkell	149	2	19:27.81	7:22	15	20:09.36	8:04	14	21:04.59	8:26	1:00:41.76
16	Katharine Wood	136	4	23:54.99	7:40	13	19:30.38	7:48	13	19:49.50	7:56	1:03:14.87
17	Pat Stichbury	126	15	28:51.00	8:08	14	20:01.08	8:00	15	21:34.50	8:38	1:10:26.58
18	Sharon Rawlinson	70	6	24:09.86	9:39	16	26:06.49	10:27	17	26:36.54	10:39	1:16:52.89

Started 10k did 7.5k

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<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	Bevin Thirkell	148	1	17:51.24	7:07	3	19:26.97	7:47	3	20:34.15	8:14	57:52.36
2	Cambell Paterson	258	2	23:43.51	6:52	2	18:20.87	7:20	2	19:16.91	7:43	1:01:21.29
3	Adam Duker	151	3	30:49.31	6:20	1	15:57.87	6:23	1	17:24.58	6:58	1:04:11.76