

**5000m HWT Men****Position Result**

<b>5000 MHWT U40</b>		
<b>James Wade</b>	<b>1</b>	<b>16.12.8</b>
Jarek Olszowka	<b>2</b>	16.42.6
Dan Harrison	<b>3</b>	16.54.8
Tyler Mitchell	<b>4</b>	17.27.9
Simon Frost	<b>5</b>	17.55.3
Liam Conneely	<b>6</b>	17.58.6
Richard Potter	<b>7</b>	17.58.7
Jake Dolphin	<b>8</b>	17.59.0
Robin Rathmell	<b>9</b>	18.18.0
Josh Berg	<b>10</b>	18.34.5
Chris Glasgow		

**5000 MHWT 40-49**

<b>John Davies</b>	<b>1</b>	<b>16.56.5</b>
Martin Evans	<b>2</b>	17.09.0
Steven Gaunt	<b>3</b>	17.10.0
Alex Pickett	<b>4</b>	17.14.1
Paul Lloyd	<b>5</b>	17.15.3
Kevin Bell	<b>6</b>	17.18.2
James Thomson	<b>7</b>	17.25.7
Andrew Knight	<b>8</b>	17.25.8
Lynton Grice	<b>9</b>	17.26.7
Robbie Thomson	<b>10</b>	17.27.9
Ben Jago	<b>11</b>	17.31.7
Andrew Cook	<b>12</b>	17.49.2
Dave Blanksby	<b>13</b>	17.58.4
Tako Lootsma	<b>14</b>	18.02.2
Stuart Dagley	<b>15</b>	18.04.0
James Holder	<b>16</b>	18.08.1
Peter Williams	<b>17</b>	18.15.6
Carl Haslam	<b>18</b>	18.48.0
Andy Haynes	<b>19</b>	19.08.4
Mike Gratton	<b>20</b>	19.19.4
Richard Sanders	<b>21</b>	19.49.0
Davor Hebel		

**5000 MHWT 50-59**

<b>Stewart Moss</b>	<b>1</b>	<b>16.46.4</b>
Keith Thompson	<b>2</b>	17.23.7
Tony Walpole	<b>3</b>	17.55.1
John Walsh	<b>4</b>	17.56.5
John Pritchard	<b>5</b>	18.05.1

Michael MacLaren	6	18.12.4
James Clarke	7	18.13.6
Shaun Callaghan	8	18.25.3
Mark Evans	9	18.25.5
Simon Spence	10	18.32.3
David Whale	11	18.52.3
Philip Squire	12	19.25.7
Chris Whale	13	19.48.6
Andy Barwell	14	19.56.2
Glenn Horton	15	20.18.8

#### 5000 MHWT O60

Richard Steventon	1	18.24.8
Paul Winton	2	18.52.6
Bruce Slade	3	21.54.9
Alexander Rizenko	4	22.48.4

#### 5000m LWT Men      Position Result

#### 5000 MLWT U60

Dan Connor	1	18.07.3
Giancarlo Rossi	2	18.28.5
Brendan McAuley	3	18.57.7
Carl Granfelt	4	18.58.0
Jonny Wignall	5	19.29.1
Mat Atkins	6	20.29.0
Tony McKenna		

#### 5000 MLWT O60

Terry Turner	1	18.45.3
Philip goldman		

#### 5000m HWT Women      Position Result

#### 5000 FHWT U50

Claire Drew	1	19.34.7
Hannah Hawkins	2	19.38.9
Karis Frost	3	19.57.7
Rachel Roberts	4	22.38.1

#### 5000 FHWT O50

Julia Fabrizi	1	19.55.6
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Jackie Hamer	<b>2</b>	20.07.9
Mandy Turner	<b>3</b>	20.35.0
Malin Faraasen	<b>4</b>	21.15.5
Susan Young	<b>5</b>	22.11.2
Maria Imas	<b>6</b>	22.45.8

## 5000m LWT Women      Position   Result

### 5000 FLWT U50

Laura Ghioldi	<b>1</b>	20.13.5
Kirsty Pittman	<b>2</b>	20.56.1
Suzanne Wittenbrink	<b>3</b>	21.46.9

### 5000 FLWT O50

Justine Reston	<b>1</b>	18.59.6
Dénia Amon	<b>2</b>	20.38.4
Andrea Dixon	<b>3</b>	20.41.7
Louise Barber		
Joanna Allsebrook		

## 1000m HWT Men      Position   Result

### 1000 MHWT U40

James Wade	<b>1</b>	2.52.4
Chris Glasgow	<b>2</b>	2.55.2
Arron Pritchard	<b>3</b>	3.04.2
Richard Potter	<b>4</b>	3.06.8
Josh Berg	<b>5</b>	3.06.9
Jake Dolphin	<b>6</b>	3.18.0

### 1000 MHWT 40-49

Matthew West	<b>1</b>	2.59.0
Steven Gaunt	<b>2</b>	2.59.3
Lynton Grice	<b>3</b>	3.00.8
James Thomson	<b>4</b>	3.02.9
Martin Evans	<b>5</b>	3.05.2
Alex Pickett	<b>6</b>	3.05.7
Ben Jago	<b>7</b>	3.07.6
Craig Barrett	<b>8</b>	3.11.0
Richard Sanders	<b>9</b>	3.13.5
Sireli Uluilakeba	<b>10</b>	3.15.0
Stuart Dagley	<b>11</b>	3.16.9

Andrew Cook	<b>12</b>	3.19.3
Tako Lootsma	<b>13</b>	3.21.5
Marcus Schug	<b>14</b>	3.23.7
Mike Gratton	<b>15</b>	3.25.0
Carl Haslam		
David Wilson		
Davor Hebel		

#### 1000 MHWT 50-59

<b>Stewart Moss</b>	<b>1</b>	<b>2.58.4</b>
Keith Thompson	<b>2</b>	2.59.4
Andy Parkes	<b>3</b>	3.08.8
Tony Walpole	<b>4</b>	3.14.6
Mark Evans	<b>5</b>	3.15.4
Shaun Callaghan	<b>6</b>	3.17.9
Matthew Tilt	<b>7</b>	3.20.2
James Clarke	<b>8</b>	3.20.8
Simon Spence	<b>9</b>	3.26.9

#### 1000 MHWT O60

<b>Richard Steventon</b>	<b>1</b>	<b>3.20.5</b>
Paul Winton	<b>2</b>	3.23.5
Alexander Rizenko	<b>3</b>	3.59.6
Bruce Slade	<b>4</b>	4.01.0

### **1000m LWT Men      Position Result**

#### 1000 MLWT U60

<b>Jonny Wignall</b>	<b>1</b>	<b>3.34.0</b>
Joe White	<b>2</b>	3.39.9
Mat Atkins	<b>3</b>	3.45.6
Tony McKenna		

#### 1000 MLWT O60

<b>William Hosken</b>	<b>1</b>	<b>4.10.1</b>
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### **1000m HWT Women      Position Result**

#### 1000 FHWT U50

<b>Poppy Jones</b>	<b>1</b>	<b>3.38.6</b>
Barbara Apro	<b>2</b>	3.39.7
Kayley Turner	<b>3</b>	3.52.6

