

Name	Actual Time	Predicted Time	Difference	Difference	Distance	
Catherine Gibbons	46m 17s	45m 30s	0m 47s	0m 47s	10k	
Peter Tapper	59m 49s	59m 2s	0m 47s	0m 47s	10k	
Elizabeth Gribbin	59m 50s	59m 0s	0m 50s	0m 50s	10k	
Tom Lambe	54m 26s	55m 17s	0m 51s	0m 51s	10k	
Craig Berry	45m 3s	46m 0s	-0m 57s	0m 57s	10k	
Jonathan Turner	41m 29s	42m 30s	-1m 1s	1m 1s	10k	
Geoffrey White	53m 53s	52m 40s	1m 13s	1m 13s	10k	
Mark Ponny	41m 39s	43m 0s	-1m 21s	1m 21s	10k	
Rachel Carter	41m 20s	42m 44s	-1m 24s	1m 24s	10k	
Chris Airey	66m 31s	68m 0s	-1m 29s	1m 29s	10k	
Dave Robson	41m 54s	43m 30s	-1m 36s	1m 36s	10k	
Paul Stephens	49m 43s	48m 0s	1m 43s	1m 43s	10k	
Dawn Turner	60m 4s	58m 15s	1m 49s	1m 49s	10k	
Antonio Cardinale	63m 11s	65m 0s	-1m 49s	1m 49s	5k	
Ben Shepherd	38m 30s	40m 20s	-1m 50s	1m 50s	10k	
Zoe Donnelly	53m 47s	55m 40s	-1m 53s	1m 53s	10k	
Dave Milson	63m 5s	65m 0s	-1m 55s	1m 55s	5k	
Ann Powell	63m 4s	65m 0s	-1m 56s	1m 56s	5k	
Tracy Russell	63m 1s	65m 0s	-1m 59s	1m 59s	5k	
Laura Dawes	62m 52s	65m 0s	-2m 8s	2m 8s	5k	
Nick Kealey	40m 17s	42m 30s	-2m 13s	2m 13s	10k	
Matthew Sonley	47m 33s	50m 0s	-2m 27s	2m 27s	10k	
Duncan Cooper	47m 32s	50m 0s	-2m 28s	2m 28s	10k	
Iain Young	46m 29s	49m 0s	-2m 31s	2m 31s	10k	
Jack Gribbin	40m 27s	43m 0s	-2m 33s	2m 33s	10k	
Alison Hartley	60m 21s	63m 0s	-2m 39s	2m 39s	5k	
Peter Roll	47m 40s	45m 0s	2m 40s	2m 40s	10k	
Alison Weston	53m 34s	50m 0s	3m 34s	3m 34s	10k	
Will Worboys	53m 35s	57m 25s	-3m 50s	3m 50s	10k	
Gavin Lamb	43m 52s	48m 0s	-4m 8s	4m 8s	10k	
Alison Bennett	47m 45s	52m 13s	-4m 28s	4m 28s	10k	
Andrew Barker	64m 12s	59m 30s	4m 42s	4m 42s	10k	
Mark Judkowski	47m 44s	52m 30s	-4m 46s	4m 46s	10k	
Colm McCann	49m 34s	55m 0s	-5m 26s	5m 26s	10k	
Dan McKeown	39m 0s	32m 0s	7m 0s	7m 0s	10k	
Catherine Crawley	45m 33s	54m 0s	-8m 27s	8m 27s	10k	
Elaine Ibbotson	66m 32s	75m 0s	-8m 28s	8m 28s	10k	
Ann-Kristin Marsham	48m 19s	58m 0s	-9m 41s	9m 41s	10k	
Amanda Newham	65m 16s	75m 2s	-9m 46s	9m 46s	10k	