

Name	Club	Actual	Club Result	+	-	Pos on Std
Richard Cartland	Team Boardman	04:15.5				Sen
Callum Middleton	LWCC	04:18.0	1			Sen
Pete Morris	ASL360	04:23.0				Sen
Cameron Cragg	LWCC	04:42.8	2			Jun
Neil Midgley	LWCC	04:55.2	3	0:00:29		2
Dan Street	LWCC	04:58.3	4	0:00:26		3
Peter Baker	LWCC	05:24.9	5	0:00:35		1
Neil Gearing	LWCC	05:35.5	6		0:00:19	6
Micky Turner	LWCC	05:42.2	7		0:00:06	4
Andy Denyer	LWCC	05:53.4	8		0:00:15	5
Sam Ramsey	LWCC	06:07.4	9		0:00:21	7
David Hodgson	LWCC	06:17.2	10		0:00:28	8
Ali Brockhurst	LWCC	06:41.9	11		0:00:58	11
Hugh Procter	LWCC	06:56.1	12		0:00:40	10
John Mankelow	LWCC	07:08.5	13		0:00:38	9
Paul Gibbons	LWCC	07:14.1	14		0:01:43	12
Chris Martin	LWCC	09:04.1	15		0:03:02	13