

Triple Medal Results

Position	Full name	Club	10k Time	10 Mile Time	Half Time	Total Time
1	Andrew McIntosh	Sphinx AC	00:42:31	01:13:00	01:36:00	03:31:31
2	Ellie Davies	Sphinx AC	00:45:00	01:16:00	01:38:00	03:39:00
3	James Pither	Just Run Taunton	00:52:05	01:16:45	01:45:18	03:54:08
4	James Pither	Just Run Taunton	00:52:05	01:22:00	01:48:43	04:02:48
5	Nick Masters		00:52:52	01:26:25	01:53:22	04:12:39
6	Andy McDonald		01:03:00	01:25:00	01:56:00	04:24:00
7	Ian Partridge	South West Road Runners	00:51:35	01:31:42	02:02:00	04:25:17
8	Jessica Giddy		00:50:26	01:27:01	02:09:54	04:27:21
9	Andrew James		00:54:04	01:31:25	02:06:40	04:32:09
10	Wayne Washbrook		00:55:48	01:43:00	02:05:41	04:44:29
11	Sean Daly		00:57:00	01:39:00	02:09:00	04:45:00
12	Andy Inch		00:58:30	01:37:27	02:09:40	04:45:37
13	Nicki Wolf		00:58:53	01:43:35	02:09:40	04:52:08
14	Kate Cleave		01:04:00	01:37:00	02:12:00	04:53:00
15	Will Slocombe		00:58:53	01:43:35	02:10:58	04:53:26
16	Damian Fletcher		01:00:33	01:46:00	02:06:53	04:53:26
17	Nigel Worth		01:01:53	01:40:47	02:20:45	05:03:25
18	David Albans	Lincoln & District Runners	00:57:09	01:39:37	02:31:06	05:07:52
19	Maureen Rothery	Lonely Goat RC	01:10:00	01:45:00	02:12:53	05:07:53
20	Nigel Worth		01:02:56	01:44:02	02:21:19	05:08:17
21	Jude Millage	Ilfracombe Running Club	01:07:34	01:43:24	02:19:58	05:10:56
22	Debbie Green	Ilfracombe running club	01:06:49	01:45:02	02:19:34	05:11:25
23	Karen Bowes		01:03:05	01:45:41	02:27:40	05:16:26
24	Nigel Worth		01:09:45	01:46:14	02:21:06	05:17:05
25	Chris Ward	Taunton Running Club	01:06:00	01:53:00	02:21:01	05:20:01
26	Julie Bendle		01:04:38	01:48:04	02:28:34	05:21:16
27	Emmy Sale		01:04:00	01:59:05	02:22:36	05:25:41
28	Lucy Rossiter		01:07:15	01:48:30	02:30:13	05:25:58
29	Tom Rossiter		00:59:39	01:39:00	02:53:00	05:31:39
30	Julia Fuery		01:36:00	02:02:14	02:26:00	06:04:14