

	Heaton Harriers Ringtons Cup 5km . 9th April 2013.					
Pos	Forname	Surname	Age	Time	H'Cap	H'Cap time
1	Magnus	McGillivray	M	16.44	12.30	29.14
2	Lucas	Longman	M	17.09	12.50	29.59
3	Mark	Oliver	M	17.17	12.00	29.17
4	Jamie	MacLeod	M	17.22	12.10	29.32
5	David	Wright	M35	17.23	12.20	29.43
6	Dan	Robins	M	17.29	12.00	29.29
7	Craig	Smith	M40	17.58	11.00	28.58*
8	Ian	Robinson	M	18.15	12.40	30.55
9	Scott	McEntee	M	18.18	11.40	29.58
10	Mark	Banks	M	18.26	11.00	29.26
11	(Thomas) Andrew	Bell	M	18.34	11.00	29.34
12	Sam	Daley	M55	19.04	10.00	29.04
13	Andrew	Burden	M35	19.11	9.50	29.01
14	Jason	Wall	M	19.15	10.20	29.35
15	Simon	Jobe	M35	19.19	10.20	29.39
16	Jonathan	Fletcher	M	19.43	10.00	29.43
17	John	Marshall	M55	19.53	10.00	29.53
18	Alan	Langford	M40	20.03	9.50	29.53
19	Hannah	Shillitoe	F	20.06	9.40	29.46
20	Paul	Inskip	M45	20.16	10.10	30.26
21	Ian	Gallon	M45	20.20	8.50	29.10
22	Guillaume	Zoppi	M	20.23	9.40	30.03
23	Nick	Wardle	M	20.34	9.00	29.34
24	Nicola	Roper	F	20.36	9.00	29.36
25	Ben	Shillitoe	M	20.44	9.30	30.14
26	Nina	Cameron	F45	20.54	8.30	29.24
27	Christopher	Dunn	M	21.16	8.00	29.16
28	Kate	McEntee	F	22.13	7.10	29.23
29	Caroline	Billis	F	22.17	7.00	29.17
30	David	Horner	M45	23.13	6.40	29.53
31	Helena	Walsater-Lowes	F35	23.37	5.40	29.17
32	Alexandra	Bonnard	F35	23.51	5.50	29.41
33	(Neil) Alan	Smith	M45	24.33	6.20	30.53
34	Ben	Russell	M	25.05	4.30	29.35
35	John	Josephs	M60	26.19	6.50	33.09
36	Reginald	Checkley	M75	28.02	2.50	30.52