

Race Num	Name	Club	Day 1	Pos.	Day 2	Pos.	Day 3	Pos.	Day 4	Pos.	Day 5	Pos.	Day 6	Pos.	Day 7	Pos.	Ave. Time	Rank Average	Total Time
5	Daniel Day	Daventry Road Runners	03:58:08	1	03:50:45	1	03:46:12	1	03:50:11	1	03:50:49	2	03:38:28	1	03:49:32	2	3:49:09	1	26:44:05
15	Ben Norman	Higham Harriers	04:13:03	3	04:23:10	4	03:54:13	3	04:14:10	2	03:55:16	3	03:53:02	2	03:49:01	1	4:03:08	2	28:21:55
3	Adrian Pilbeam	Lonely Goat RC	04:13:52	4	04:19:20	3	04:13:55	4	04:19:15	3	03:45:07	1	04:04:40	3	03:55:41	3	4:07:24	3	28:51:50
7	Alice Robinson	Unaffiliated	04:09:51	2	04:00:31	2	03:53:26	2	04:26:29	4	04:37:51	4	04:10:09	4	04:47:58	6	4:18:02	4	30:06:15
4	John Stroulger	Tipton Harriers	05:33:20	11	05:17:24	7	04:58:17	6	04:40:47	5	04:48:03	5	04:53:19	6	04:38:15	5	4:58:29	5	34:49:25
17	Karen Hamilton	Stowmarket Striders	04:42:32	6	05:20:27	10	05:12:40	8	04:43:56	6	05:07:56	7	04:48:07	5	04:54:11	7	4:58:33	6	34:49:49
10	Chris McFaul	Northampton RR	05:03:07	7	05:20:29	11	04:33:17	5	05:23:46	11	04:52:01	6	05:40:22	9	04:32:22	4	5:03:38	7	35:25:24
8	Elaine Dean	100 Marathon Club	05:04:24	8	05:02:49	6	05:02:03	7	05:00:36	7	05:19:41	9	05:21:28	7	05:14:05	9	5:09:18	8	36:05:06
1	Robert Marshall	100 Marathon Club	04:31:58	5	04:45:18	5	05:26:05	9	05:14:16	9	05:12:39	8	06:12:26	12	06:26:23	13	5:24:09	9	37:49:05
142	Neil Briggs	MK Lakeside	05:15:35	9	05:18:27	8	05:26:05	9	05:13:08	8	05:43:34	10	05:29:14	8	05:27:45	10	5:24:50	10	37:53:48
11	Charlie McMurtary	Unaffiliated	06:41:44	13	05:18:27	8	05:26:05	9	05:19:02	10	05:54:14	11	05:42:53	10	05:37:30	11	5:42:51	11	39:59:55
2	Tom Stone	Lonely Goat RC	05:31:53	10	05:41:23	12	05:49:06	12	06:21:52	12	06:41:17	12	06:16:25	13	06:19:40	12	6:05:57	12	42:41:36
13	Tim Lupton	100 Marathon Club	06:18:30	12	06:39:05	13	06:27:01	13	06:53:19	13	06:57:35	13	06:05:42	11	05:10:05	8	6:21:37	13	44:31:17