

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat M10A 1.9km 20m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1593	Robbie Lightfoot	SYO	GBR	M10	C	10:45	
2nd	1369	Joseph Guy	SYO	GBR	M10	C	15:50	+5:05
3rd	1556	Seth Lawson	NGOC	GBR	M10	C	16:19	+5:34
4th	1957	Max Straube-Roth	OD	GBR	M10	C	19:20	+8:35
5th	1052	Joshua Bendrey	DEE	GBR	M10	C	22:42	+11:57
6th	1523	Jamie King	GO	GBR	M10	C	22:45	+12:00
7th	1792	Vadim Pesenti	DFOK	GBR	M10	C	23:39	+12:54
8th	1828	George Rennie	WCOC	GBR	M10	C	26:11	+15:26
9th	1988	Craig Thompson	HOC	GBR	M10	C	33:20	+22:35
	1202	Duncan Currie	SOC	GBR	M10	C	w3	
	1726	Tom Narbett	BOK	GBR	M10	C	w9 m15	

Heat M10B 1.8km 20m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1781	Oscar Peel	SYO	GBR	M10	C	14:34	
2nd	1056	Luke Bennett	DFOK	GBR	M10	C	15:28	+0:54
3rd	1339	Daniel Glover	LEI	GBR	M10	C	15:31	+0:57
4th	1431	Aidan Hilton	SN	GBR	M10	C	16:06	+1:32
5th	1815	William Preston	SYO	GBR	M10	C	17:17	+2:43
6th	1881	Oscar Sanderson	NATO	GBR	M10	C	19:53	+5:19
7th	1901	Eoin Simpson	LEI	GBR	M10	C	20:10	+5:36
8th	1088	Monty Bratcher-Howard	WIM	GBR	M10	C	28:31	+13:57
	1543	Adam Landels	OD	GBR	M10	C	m15-16	
	1275	Andrew Ellis	RAFO	GBR	M10	C	m17	

Heat M12A 2.4km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1378	James Hammond	FVO	GBR	M12	C	12:00	
2nd	1818	Oliver Prince	SOS	GBR	M12	C	12:06	+0:06
3rd	1741	Jake O'Donnell	DVO	GBR	M12	C	12:25	+0:25
4th	1338	Ben Glover	LEI	GBR	M12	C	14:35	+2:35
5th	1015	Finlay Anderson	BOK	GBR	M12	C	16:11	+4:11
6th	1555	Reuben Lawson	NGOC	GBR	M12	C	21:12	+9:12
7th	1668	Matthew McCreadie	DEE	GBR	M12	C	29:01	+17:01
8th	1539	Freddie Lake	SBOC	GBR	M12	C	29:13	+17:13
9th	1081	Oliver Boutin	BOK	GBR	M12	C	32:29	+20:29
10th	1241	John Doyle	SYO	GBR	M12	C	38:17	+26:17

Heat M12B 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1831	Conrad Reuber	SYO	GBR	M12	C	15:07	
2nd	1102	James Bryant	SYO	GBR	M12	C	16:54	+1:47
3rd	1051	Johnathan Bendrey	DEE	GBR	M12	C	17:31	+2:24
4th	1087	Harry Bratcher-Howard	WIM	GBR	M12	C	17:46	+2:39
5th	1861	Tommy Rollins	SN	GBR	M12	C	20:41	+5:34

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September 01, 2018

STAGE RESULTS

Heat M12B 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
6th	1787	Ben Perry	DEVON	GBR	M12	C	22:26	+7:19
7th	1947	Theo Steventon-Barnes	SUFFOC	GBR	M12	C	32:43	+17:36
	1879	Benedict Sanderson	NATO	GBR	M12	C	m4	

Heat M14A 2.8km 45m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1931	Ben Squire	NOC	GBR	M14	C	12:50	
2nd	1340	Jamie Goddard	FVO	GBR	M14	C	13:35	+0:45
3rd	1354	Ben Gostick	HH	GBR	M14	C	13:48	+0:58
4th	1364	Sam Griffin	GRAMP	GBR	M14	C	14:01	+1:11
5th	1702	Max Mobus	SYO	GBR	M14	C	14:13	+1:23
6th	1185	Sam Crawshaw	SYO	GBR	M14	C	14:16	+1:26
7th	1683	Adam Methven	BKO	GBR	M14	C	15:54	+3:04
8th	1218	Olin Davies	SLOW	GBR	M14	C	16:22	+3:32
9th	1146	Ben Clarke	SUFFOC	GBR	M14	C	20:08	+7:18
10th	2016	Vincent Townley	SN	GBR	M14	C	22:11	+9:21
11th	1653	William Martland	EPOC	GBR	M14	C	23:25	+10:35
12th	1309	Finley Flippance	OD	GBR	M14	C	24:58	+12:08
13th	1229	Charlie Dixon	HH	GBR	M14	C	26:09	+13:19
14th	1989	James Thompson	HOC	GBR	M14	C	29:03	+16:13

Heat M14B 2.7km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1789	Tom Perry	DEVON	GBR	M14	C	12:23	
2nd	2021	Euan Tryner	SYO	GBR	M14	C	12:26	+0:03
3rd	1791	Maxime Pesenti	DFOK	GBR	M14	C	13:56	+1:33
4th	1590	Jamie Lightfoot	SYO	GBR	M14	C	14:23	+2:00
5th	1968	Joel Taylor	TVOC	GBR	M14	C	14:34	+2:11
6th	1420	Tommy Heap	SO	GBR	M14	C	15:07	+2:44
7th	1948	Barney Steventon-Barnes	SUFFOC	GBR	M14	C	15:36	+3:13
8th	1975	Wilfrid Teasdale	WCOC	GBR	M14	C	15:52	+3:29
9th	1392	Ben Hardy	LEI	GBR	M14	C	17:28	+5:05
10th	1738	Ben O'Donnell	DVO	GBR	M14	C	18:03	+5:40
11th	1746	Guy Owen	BOK	GBR	M14	C	19:08	+6:45
12th	1530	David Knott	OD	GBR	M14	C	20:25	+8:02
13th	1541	William Lake	SBOC	GBR	M14	C	20:45	+8:22
14th	2051	Finlay Walsh	DEVON	GBR	M14	C	21:46	+9:23
	1565	Harrington Leake	LEI	GBR	M14	C	w21	

Heat M16A 3.6km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1023	Jim Bailey	BOK	GBR	M16	C	16:19	
2nd	1826	Charlie Rennie	WCOC	GBR	M16	C	17:38	+1:19
3rd	1489	Finlay Johnson	SROC	GBR	M16	C	17:42	+1:23
4th	1612	Felix Lunn	OD	GBR	M16	C	18:05	+1:46

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September 01, 2018

STAGE RESULTS

Heat M16A 3.6km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
5th	1493	Sam Johnson	DEVON	GBR	M16	C	20:17	+3:58
6th	2039	Matthew Vasey	LVO	GBR	M16	C	22:12	+5:53
7th	1232	Matthew Dixon	HH	GBR	M16	C	22:47	+6:28
8th	1973	Henry Teasdale	WCOC	GBR	M16	C	27:56	+11:37
9th	1749	Joe Owens	SYO	GBR	M16	C	29:29	+13:10
	1311	Oliver Flippance	OD	GBR	M16	C	m13	

Heat M16B 3.6km 55m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	2010	Oliver Tonge	BOK	GBR	M16	C	16:07	
2nd	1297	Alex Fielding	HH	GBR	M16	C	18:07	+2:00
3rd	2013	Frank Townley	SN	GBR	M16	C	18:46	+2:39
4th	2110	Tommy Wright	DEVON	GBR	M16	C	22:43	+6:36
5th	1199	Joe Cunliffe	DEVON	GBR	M16	C	22:48	+6:41
6th	1242	Samuel Doyle	SYO	GBR	M16	C	24:30	+8:23
7th	1040	Nicolas Barrett	SN	GBR	M16	C	24:49	+8:42
8th	2038	Daniel Vasey	LVO	GBR	M16	C	24:53	+8:46
9th	1614	Oliver Lunn	OD	GBR	M16	C	25:39	+9:32
10th	1347	Jonty Goodwin	WCOC	GBR	M16	C	26:15	+10:08

Heat M16C 3.6km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1961	Joe Sunley	WCOC	GBR	M16	C	15:48	
2nd	1460	Joe Hudd	WCOC	GBR	M16	C	15:54	+0:06
3rd	1167	Adam Conway	GO	GBR	M16	C	16:52	+1:04
4th	1936	Harry Stagg	BOK	GBR	M16	C	21:21	+5:33
5th	1231	Fraser Dixon	DEVON	GBR	M16	C	21:35	+5:47
6th	2102	Christian Wood	PFO	GBR	M16	C	23:53	+8:05

Heat M35A 3.6km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1137	Edward Catmur	SLOW	GBR	M35	C	16:56	
2nd	1442	Robert Holdway	POTOC	GBR	M35	C	18:40	+1:44
3rd	1358	Duncan Grassie	SLOW	GBR	M35	C	18:44	+1:48
4th	1950	Doug Stimson	NWO	GBR	M35	C	19:46	+2:50
5th	1513	Mehmet Karatay	BASOC	GBR	M35	C	20:30	+3:34
6th	1316	Kevin Francis	EBOR	GBR	M35	C	21:05	+4:09
7th	1605	Ben Lonsdale	RAFO	GBR	M35	C	21:55	+4:59
8th	1066	Tom Birthwright	NGOC	GBR	M35	C	22:02	+5:06
9th	1707	Gabor Monus	DEE	GBR	M35		23:54	+6:58
	1502	Owain Jones	BOK	GBR	M35	C	w22	

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September 01, 2018

STAGE RESULTS

Heat M40A 3.6km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1930	Anthony Squire	NOC	GBR	M40	C	16:08	
2nd	1341	Roger Goddard	FVO	GBR	M40	C	16:41	+0:33
3rd	1201	David Currie	SOC	GBR	M40	C	17:13	+1:05
4th	1008	David Alcock	AIRE	GBR	M40	C	17:39	+1:31
5th	1337	Andy Glover	LEI	GBR	M40	C	19:24	+3:16
6th	1380	Paul Hammond	FVO	GBR	M40	C	19:46	+3:38
7th	1377	Juraj Hammer	ATU KOS	SVK	M40		20:17	+4:09
8th	1665	Keith McCarthy	NWO	GBR	M40	C	20:42	+4:34
9th	1452	Andrew Howard	WIM	GBR	M40	C	21:25	+5:17
10th	1020	Chris Atkins	BOK	GBR	M40	C	25:12	+9:04
11th	1636	Ian Marsden	HH	GBR	M40	C	26:07	+9:59

Heat M40B 3.6km 55m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1276	Geoff Ellis	RAFO	GBR	M40	C	16:13	
2nd	1838	Glen Richardson	NOR	GBR	M40	C	16:23	+0:10
3rd	1552	Mads K. Larsen		DEN	M40		16:32	+0:19
4th	2024	Peter Tryner	SYO	GBR	M40	C	18:00	+1:47
5th	1260	Stuart Ebbrell	BAOC	GBR	M40	C	19:50	+3:37
6th	2004	Paul Todd	LOK	GBR	M40	C	20:53	+4:40
7th	1330	Robert Gatenby	AIRE	GBR	M40	C	21:13	+5:00
8th	1145	Mykyta Chubynsky	OD	UKR	M40		22:00	+5:47
9th	1667	Adam McCreadie	DEE	GBR	M40	C	31:10	+14:57
10th	1479	Rob Jackman	NOR	GBR	M40	C	38:38	+22:25

Heat M40C 3.6km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1813	Andrew Preston	SYO	GBR	M40	C	16:41	
2nd	1895	Francis Shillitoe	NATO	GBR	M40	C	18:19	+1:38
3rd	1179	Paul Couldridge	SLOW	GBR	M40	C	18:37	+1:56
4th	1367	Tommi Grover	BOK	GBR	M40	C	19:52	+3:11
5th	1960	Peter Suba	WSX	GBR	M40	C	20:19	+3:38
6th	1053	Adam Bennett	BOK	GBR	M40	C	22:17	+5:36
7th	1679	Jolyon Medlock	WSX	GBR	M40	C	29:43	+13:02
	1811	Alistair Powell	OD	GBR	M40	C	m24	
	1606	Simon Lott	BOK	GBR	M40	C	m21	

Heat M45A 3.2km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1790	Antoine Pesenti	DFOK	GBR	M45	C	15:09	
2nd	1474	Jason Inman	FVO	GBR	M45	C	15:31	+0:22
3rd	2060	Peter Ward	NGOC	GBR	M45	C	16:25	+1:16
4th	1830	Jamie Rennie	WCOC	GBR	M45	C	17:10	+2:01
5th	2034	Tony Udris	SYO	GBR	M45	C	17:28	+2:19
6th	1468	Peter Huzan	SLOW	GBR	M50	C	17:40	+2:31

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STAGE RESULTS

Heat M45A 3.2km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
7th	1666	Chris McCartney	OD	GBR	M45	C	17:57	+2:48
8th	1952	Mark Stodgell	WCH	GBR	M45	C	19:21	+4:12
9th	1603	Mark Lockett	KERNO	GBR	M45	C	25:13	+10:04
10th	1272	Charlie Elliot	SYO	GBR	M45	C	27:52	+12:43

Heat M45B 3.2km 55m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1041	Richard Barrett	BAOC	GBR	M45	C	13:56	
2nd	1421	Will Heap	SO	GBR	M45	C	15:19	+1:23
3rd	2014	Laurence Townley	SN	GBR	M45	C	15:30	+1:34
4th	1331	Paul Gebbett	BOK	GBR	M45	C	16:22	+2:26
5th	1580	Christopher Lewis	SBOC	GBR	M45	C	16:40	+2:44
6th	1736	John Oakes	WIM	GBR	M45	C	16:48	+2:52
7th	1024	Scott Bailey	BOK	GBR	M45	C	16:49	+2:53
8th	1253	Alastair Dunlop	CLYDE	GBR	M45	C	17:27	+3:31
9th	1055	Keith Bennett	DFOK	GBR	M45	C	17:44	+3:48
10th	1077	Jon Bones	TVOC	GBR	M45	C	19:16	+5:20
11th	1318	Neil Frankum	BKO	GBR	M45	C	20:55	+6:59

Heat M45C 3.2km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1616	Paul Luttmann	SO	GBR	M45	C	15:55	
2nd	1659	Richard Mawer	BAOC	GBR	M45	C	16:11	+0:16
3rd	2041	Richard Vasey	LVO	GBR	M45	C	16:22	+0:27
4th	1899	Andy Simpson	LEI	GBR	M45	C	17:00	+1:05
5th	1529	Simon Kippin	TVOC	GBR	M45	C	17:04	+1:09
6th	1230	David Dixon	HH	GBR	M45	C	17:39	+1:44
7th	1622	Remo Madella	PUNTO N	ITA	M45		17:40	+1:45
8th	1685	John Methven	BKO	GBR	M45	C	18:55	+3:00
9th	2108	Rob Woods	RAFO	GBR	M45	C	21:00	+5:05
10th	1578	Stu Levene	HH	GBR	M45	C	21:29	+5:34
11th	1521	Andrew King	BOK	GBR	M45	C	22:45	+6:50
12th	1035	Kevin Barber	LEI	GBR	M45	C	23:12	+7:17

Heat M50A 3.2km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1778	David Peel	SYO	GBR	M50	C	14:36	
2nd	1544	Alistair Landels	OD	GBR	M50	C	14:46	+0:10
3rd	1399	Duncan Harris	DEE	GBR	M50	C	15:12	+0:36
4th	1109	Nigel Bunn	TVOC	GBR	M50	C	15:28	+0:52
5th	1550	Francesco Lari	DVO	GBR	M50	C	16:13	+1:37
6th	1971	Paul Taylor	SYO	GBR	M50	C	16:47	+2:11
7th	1119	Andrew Campbell	MOR	GBR	M50	C	17:03	+2:27
8th	1112	Tony Burton	MV	GBR	M50	C	17:08	+2:32
9th	1171	Neil Conway	AIRE	GBR	M50	C	17:23	+2:47

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September 01, 2018

STAGE RESULTS

Heat M50A 3.2km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
10th	1250	John Duckworth	DVO	GBR	M50	C	17:27	+2:51
11th	1682	Derick Mercer	BKO	GBR	M50	C	19:29	+4:53
12th	1547	Peter Langmaid	HOC	GBR	M50	C	20:01	+5:25
13th	1090	Mick Brett	BAOC	GBR	M50	C	20:18	+5:42
14th	1600	Robert Lines	SO	GBR	M50	C	20:24	+5:48
15th	1439	David Hodson	HH	GBR	M50	C	20:45	+6:09
16th	1834	Andy Reynolds	DEVON	GBR	M50	C	21:03	+6:27
17th	1494	Terry Johnstone	ESOC	GBR	M50	C	21:09	+6:33
18th	1804	David Pilling	BOK	GBR	M50	C	21:24	+6:48
19th	1843	Richard Rigby	CLOK	GBR	M50	C	21:44	+7:08
20th	1750	Nigel Owens	SYO	GBR	M50	C	22:48	+8:12
21st	1043	Marcus Bateman	SN	GBR	M50	C	23:58	+9:22
22nd	1725	Robert Narbett	BOK	GBR	M50	C	25:47	+11:11
23rd	1795	Iain Phillips	LEI	GBR	M50	C	26:53	+12:17

Heat M50B 3.2km 55m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	2058	Martin Ward	SYO	GBR	M50	C	14:40	
2nd	1264	Bill Edwards	SYO	GBR	M50	C	14:52	+0:12
3rd	1298	Kevin Fielding	HH	GBR	M50	C	15:03	+0:23
4th	1604	James Logue	EPOC	GBR	M50	C	15:27	+0:47
5th	1365	Tim Griffin	GRAMP	GBR	M50	C	15:41	+1:01
6th	2049	Howard Waller	TVOC	GBR	M50	C	16:10	+1:30
7th	1568	Richard Leake	LEI	GBR	M50	C	16:33	+1:53
8th	1475	Alan Irving	WCOC	GBR	M50	C	16:58	+2:18
9th	2097	Stephen Wilson	CLYDE	GBR	M50	C	17:25	+2:45
10th	1943	Iain Stemp	WAOC	GBR	M50	C	17:58	+3:18
11th	1647	Paul Martin	SN	GBR	M50	C	18:11	+3:31
12th	1178	Richard Cottle	BOK	GBR	M50	C	19:07	+4:27
13th	1993	Simon Thompson	HOC	GBR	M50	C	19:26	+4:46
14th	1788	Chris Perry	DEVON	GBR	M50	C	20:40	+6:00
15th=	1217	Keith Davies	SLOW	GBR	M50	C	21:06	+6:26
15th=	1149	John Clarke	SUFFOC	GBR	M50	C	21:06	+6:26
17th	1448	Terence Hosking	BKO	GBR	M50	C	22:03	+7:23
18th	1739	Chris O'Donnell	DVO	GBR	M50	C	25:10	+10:30
19th	1092	Neil Bricknell	SAX	GBR	M50	C	25:31	+10:51
20th	2076	Matt White	LEI	GBR	M50	C	30:05	+15:25
	1117	Paul Caban	INT	GBR	M50	C	m19	
	1453	Kevin Howe	BOK	GBR	M50	C	m20	

Heat M50C 3.2km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1652	Simon Martland	EPOC	GBR	M50	C	14:51	
2nd	1195	Jon Cross	FVO	GBR	M50	C	15:37	+0:46
3rd	1759	Richard Parkin	DVO	GBR	M50	C	15:52	+1:01
4th	1458	Nick Howlett	LOC	GBR	M50	C	16:15	+1:24

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat M50C 3.2km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
5th	1812	Ifor Powell	BOK	GBR	M50	C	16:34	+1:43
6th	1048	Richard Baxter	SYO	GBR	M50	C	17:15	+2:24
7th	1499	Ian Jones	NGOC	GBR	M50	C	17:30	+2:39
8th	1723	Tim Must	TVOC	GBR	M50	C	17:49	+2:58
9th	1436	Trevor Hindle	MDOC	GBR	M50	C	18:02	+3:11
10th	1114	Ian Buxton	TVOC	GBR	M50	C	18:15	+3:24
11th	1138	Stephen Chafer	LEI	GBR	M50	C	20:07	+5:16
12th	2077	Murray White	DVO	GBR	M50	C	20:52	+6:01
13th	2033	John Tzanetis	SN	GBR	M50	C	21:20	+6:29
14th	1676	Steve McKinley	SN	GBR	M50	C	21:57	+7:06
15th	1305	Björn Finkenstaedt		GER	M50		22:18	+7:27
16th	1069	Craig Blackford	BADO	GBR	M50	C	22:38	+7:47
17th	1213	Jon Darley	GO	GBR	M50	C	23:15	+8:24
18th	1640	John Marsh	SO	GBR	M50	C	29:11	+14:20
	1427	Alan Hickling	SAX	GBR	M50	C	w15	
	1496	Barry Jones	SO	GBR	M50	C	w15	

Heat M55A 2.9km 40m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1443	Jon Hollingdale	MOR	GBR	M55	C	14:41	
2nd	1373	Clive Hallett	BOK	GBR	M55	C	15:07	+0:26
3rd	1001	Graeme Ackland	INT	GBR	M55	C	15:18	+0:37
4th	1718	Michael Muggeridge	HAVOC	GBR	M55	C	15:45	+1:04
5th	1156	James Clemence	SWOC	GBR	M55	C	15:47	+1:06
6th	1466	David Hunt	BOK	GBR	M55	C	15:59	+1:18
7th	1223	Steve Dempsey	SYO	GBR	M55	C	16:05	+1:24
8th	1884	Mark Saunders	BOK	GBR	M55	C	16:25	+1:44
9th	1728	Phil Newall	KERNO	GBR	M55	C	16:39	+1:58
10th	1139	Dave Chaffey	DVO	GBR	M55	C	16:54	+2:13
11th	1426	Rob Hick	WSX	GBR	M55	C	17:48	+3:07
12th	1836	Niall Reynolds	SBOC	GBR	M55	C	18:09	+3:28
13th	2114	Andrew Yeates	WCH	GBR	M55	C	18:33	+3:52
14th	1885	Christian Saxtoft	BOK	GBR	M55	C	20:11	+5:30
15th	1562	Adam Leaf	HH	GBR	M55	C	22:01	+7:20
16th	1632	Rod Mansel	SUFFOC	GBR	M55	C	22:03	+7:22
17th	1869	Richard Rossington	BOK	GBR	M55	C	22:57	+8:16
18th	1292	Stephen Fellbaum	MDOC	GBR	M55	C	24:07	+9:26
19th	2064	Ian Watson	SN	GBR	M55	C	28:44	+14:03
	2103	Jim Wood	ERYRI	GBR	M55	C	m22	

Heat M55B 2.9km 40m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1390	Quentin Harding	CLARO	GBR	M55	C	13:19	
2nd	1187	Neil Crickmore	SO	GBR	M55	C	14:35	+1:16
3rd=	2069	Steve Webb	AIRE	GBR	M55	C	14:46	+1:27
3rd=	1776	Mike Pedley	EPOC	GBR	M55	C	14:46	+1:27

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat M55B 2.9km 40m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
5th	1389	Kevin Harding	HH	GBR	M55	C	14:54	+1:35
6th	2054	Brian Ward	HALO	GBR	M55	C	15:10	+1:51
7th	1554	David Lawson	OD	GBR	M55	C	15:17	+1:58
8th	2083	Clive Wilkinson	SUFFOC	GBR	M55	C	15:27	+2:08
9th	1076	Steve Blount	SO	GBR	M55	C	15:56	+2:37
10th	1360	Nick Green	GO	GBR	M55	C	16:16	+2:57
11th	1986	Roger Thomas	WCOC	GBR	M55	C	18:05	+4:46
12th	1883	David Saunders	HH	GBR	M55	C	18:46	+5:27
13th	1974	Ian Teasdale	WCOC	GBR	M55	C	19:01	+5:42
14th	1866	Kevin Ross	OD	GBR	M55	C	19:32	+6:13
15th	1809	David Potter	BOK	GBR	M55	C	19:41	+6:22
16th	1464	Richard Hudson	BOK	GBR	M55	C	19:53	+6:34
17th	1190	Simon Crocker	DEE	GBR	M55	C	21:37	+8:18
18th	1764	Jon Paton	SN	GBR	M55	C	29:04	+15:45
	1408	Will Harrison	SUFFOC	GBR	M55	C	m20	

Heat M55C 3.0km 40m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1660	Ian Maxwell	RR	GBR	M55	C	15:05	
2nd	1287	Simon Errington	HH	GBR	M55	C	15:22	+0:17
3rd	1411	Jon Hateley	DEE	GBR	M55	C	15:36	+0:31
4th	1977	Tim Tett	SYO	GBR	M55	C	15:42	+0:37
5th	2090	David Williams	AIRE	GBR	M55	C	15:50	+0:45
6th	1592	Nicholas Lightfoot	SYO	GBR	M55	C	16:08	+1:03
7th	1978	Roger Thetford	TVOC	GBR	M55	C	16:13	+1:08
8th	1334	Jonathan Gilbert	NOR	GBR	M55	C	17:11	+2:06
9th	1315	Paul Fox	SN	GBR	M55	C	17:24	+2:19
10th	1226	Jes Dickin	SOC	GBR	M55	C	17:56	+2:51
11th	1642	Ian Marshall	AIRE	GBR	M55	C	18:03	+2:58
12th	1153	Ronan Cleary	LOK	IRL	M55	C	19:26	+4:21
13th	1290	David Faulkner	BOK	GBR	M55	C	19:33	+4:28
14th	1649	Peter Martin	MV	GBR	M55	C	20:16	+5:11
15th	1481	Dorien James	SMOC	GBR	M55	C	21:04	+5:59
16th	1356	Neil Gostick	HH	GBR	M55	C	21:29	+6:24
17th	1172	Phil Conway	GO	GBR	M55	C	23:16	+8:11
18th	1238	Ciaran Donaghy	GEN	IRL	M55		23:22	+8:17

Heat M60A 2.9km 40m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	2011	Keith Tonkin	BL	GBR	M60	C	14:37	
2nd	1155	Gavin Clegg	BOK	GBR	M60	C	15:54	+1:17
3rd	1672	Graham McIntyre	INT	GBR	M60	C	16:12	+1:35
4th	1164	Ray Collins	WCH	GBR	M60	C	16:48	+2:11
5th	1095	John Briggs	BKO	GBR	M60	C	17:49	+3:12
6th	1798	Adrian Pickles	WRE	GBR	M60	C	17:50	+3:13
7th	1744	John Orton	NWO	GBR	M60	C	18:04	+3:27

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat M60A 2.9km 40m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
8th	1228	Ian Ditchfield	MV	GBR	M60	C	18:30	+3:53
9th	1116	Ian Byrne	SMOC	GBR	M60	C	18:48	+4:11
10th	1854	Andy Robinson	SLOW	GBR	M60	C	18:49	+4:12
11th	1400	Peter Harris	HALO	GBR	M60	C	18:53	+4:16
12th	1586	Andy Lewsley	BL	GBR	M60	C	19:49	+5:12
13th	1657	Colin Matheson	MOR	GBR	M60	C	20:47	+6:10
14th	1361	Simon Greenwood	SAX	GBR	M60	C	20:56	+6:19
15th	1430	Brent Hill	AIRE	GBR	M60	C	23:29	+8:52
16th	1784	Graham Pembery	SMOC	GBR	M60	C	25:31	+10:54
17th	1664	Glyn Mayley	LOG	GBR	M60	C	27:05	+12:28
18th	1576	David Lefevre	DFOK	GBR	M60	C	28:26	+13:49
	1371	Nick Hale	MAROC	GBR	M60	C	m20	

Heat M60B 2.9km 40m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1281	John Embrey	DEE	GBR	M60	C	14:08	
2nd	1268	Philip Eeles	SOC	GBR	M60	C	14:54	+0:46
3rd	1503	Pete Jones	SN	GBR	M60	C	14:57	+0:49
4th	1181	James Crawford	GO	GBR	M60	C	15:04	+0:56
5th	1125	Graham Capper	LOC	GBR	M60	C	16:04	+1:56
6th	1101	Bruce Bryant	OD	GBR	M60	C	16:05	+1:57
7th	1514	Christopher Kelsey	BOK	GBR	M60	C	16:10	+2:02
8th	1210	Charles Daniel	BOK	GBR	M60	C	16:11	+2:03
9th	1122	Nick Campbell	DEE	GBR	M60	C	16:14	+2:06
10th	1595	Crawford Lindsay	ESOC	GBR	M60	C	17:26	+3:18
11th	1324	Derek Fryer	LOC	GBR	M60	C	17:35	+3:27
12th	1072	Simon Blanchflower	SAX	GBR	M60	C	18:23	+4:15
13th	1451	Joe House	SO	GBR	M60	C	19:08	+5:00
14th	1910	Steve Smirthwaite	MOR	GBR	M60	C	19:13	+5:05
15th	1853	Steve Robertson	QO	GBR	M65	C	19:34	+5:26
16th	1031	Dave Bales	POTOC	GBR	M60	C	19:41	+5:33
17th	1505	Steve Jones	SBOC	GBR	M60	C	19:57	+5:49
18th	1698	David Mitchell	SBOC	GBR	M60	C	20:40	+6:32
19th	1248	Colin Duckworth	TVOC	GBR	M60	C	29:30	+15:22

Heat M60C 3.0km 40m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1269	Barry Elkington	OD	GBR	M60	C	15:59	
2nd	1495	Alun Jones	TVOC	GBR	M60	C	16:09	+0:10
3rd	1174	Roger Coombs	MAROC	GBR	M60	C	16:20	+0:21
4th	1323	Mike Frizzell	BADO	GBR	M60	C	16:26	+0:27
5th	1084	Paul Bradbury	SYO	GBR	M60	C	17:22	+1:23
6th	1282	Andy Emmerson	OD	GBR	M60	C	17:25	+1:26
7th	1327	Richard Gardner	OD	GBR	M60	C	17:36	+1:37
8th	2107	Peter Woods	WAOB	GBR	M60	C	18:08	+2:09
9th	1762	Rob Parkinson	DEVON	GBR	M60	C	18:09	+2:10

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat M60C 3.0km 40m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
10th	1921	Mike Snell	OD	GBR	M60	C	18:18	+2:19
11th	2031	Paul Turner	SELOC	GBR	M60	C	18:46	+2:47
12th	1763	Robert Parkinson	NOC	GBR	M60	C	19:10	+3:11
13th	1520	Stephen Kimberley	DVO	GBR	M60	C	20:19	+4:20
14th	1173	Martin Cook	SMOC	GBR	M60	C	21:07	+5:08
15th	1110	Sandy Burgon	BOK	GBR	M60	C	21:20	+5:21
16th	1933	Simon St Leger-Harris	BOK	GBR	M60	C	21:47	+5:48
n/c	1721	Patrick Murphy	BOC	IRL	M60		22:58	
17th	1113	Nigel Bush	MV	GBR	M60	C	25:02	+9:03
18th	2050	John Walmsley	WIM	GBR	M60	C	40:43	+24:44
	1711	Henry Morgan	POTOC	GBR	M60	C	w16	

Heat M65A 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1454	Jonathan Howell	WCH	GBR	M65	C	12:25	
2nd	1675	Don McKerrow	SLOW	GBR	M65	C	12:37	+0:12
3rd=	1409	Eddie Harwood	MOR	GBR	M65	C	12:45	+0:20
3rd=	1648	Peter Martin	SAX	GBR	M65	C	12:45	+0:20
5th	1267	Roger Edwards	LEI	GBR	M65	C	12:46	+0:21
6th	2078	Steve Whitehead	EBOR	GBR	M65	C	12:48	+0:23
7th	1449	Nigel Hoult	BKO	GBR	M65	C	12:49	+0:24
8th	1243	Bob Dredge	WCH	GBR	M65	C	13:08	+0:43
9th	1535	Roman Kotecky	OD	GBR	M65	C	15:00	+2:35
10th	1816	Tim Pribul	CHIG	GBR	M65	C	15:05	+2:40
11th	1047	Philip Baxter	LVO	GBR	M65	C	16:08	+3:43
12th	1366	Philip Gristwood	MV	GBR	M65	C	16:44	+4:19
13th	1863	David Rosen	SROC	GBR	M65	C	18:12	+5:47
14th	1273	Mike Elliot	MV	GBR	M65	C	19:29	+7:04
15th	1849	Rick Roberts	HOC	GBR	M65	C	19:58	+7:33
16th	1887	Stephen Searle	NOR	GBR	M65	C	21:40	+9:15
17th	1295	Paul Ferguson	SROC	GBR	M65	C	23:19	+10:54
18th	1205	Brian Curtis	BOK	GBR	M65	C	23:30	+11:05
	1446	Peter Hornsby	LEI	GBR	M65	C	m12	

Heat M65B 2.2km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1028	Neville Baker	TVOC	GBR	M65	C	11:59	
2nd	1569	Alan Leakey	SLOW	GBR	M65	C	12:37	+0:38
3rd	1953	Robin Strain	ELO	GBR	M65	C	13:01	+1:02
4th	1343	Mike Godfree	DVO	GBR	M65	C	13:02	+1:03
5th	1096	John Britton	MDOC	GBR	M65	C	13:11	+1:12
6th	1487	Brian Johnson	WIM	GBR	M65	C	13:23	+1:24
7th	2085	Keith Willdig	OD	GBR	M65	C	13:51	+1:52
8th	2063	Phil Warry	BOK	GBR	M65	C	15:08	+3:09
9th	1629	Jim Mallinson	SLOW	GBR	M65	C	15:28	+3:29
10th	1027	Jeff Baker	LOG	GBR	M65	C	15:40	+3:41

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat M65B 2.2km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
11th	1049	Philip Beale	DEVON	GBR	M65	C	16:17	+4:18
12th	1963	Stuart Swalwell	DVO	GBR	M65	C	18:21	+6:22
13th	1874	Stephen Round	SELOC	GBR	M65	C	18:52	+6:53
14th	1396	Eric Harper	BKO	GBR	M65	C	20:03	+8:04
15th	1966	Paul Taunton	NGOC	GBR	M65	C	20:08	+8:09
16th	2002	Graham Todd	EBOR	GBR	M65	C	20:41	+8:42
17th	1919	Les Smithard	KFO	GBR	M65	C	21:52	+9:53
	1920	Mike Smithard	DEE	GBR	M65	C	m9	
	1941	Stefan Stasiuk	BKO	GBR	M65	C	m9	

Heat M65C 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1074	Axel Blomquist	BAOC	GBR	M65	C	11:52	
2nd	1384	Bill Hanley	SYO	GBR	M65	C	12:31	+0:39
3rd	1770	Richard Payne	EPOC	GBR	M65	C	13:03	+1:11
4th	1618	Keith MacDermott	EBOR	GBR	M65	C	13:16	+1:24
5th	1336	Mark Glaisher	SAX	GBR	M65	C	13:18	+1:26
6th	1549	Paul Langston	HH	GBR	M65	C	13:26	+1:34
7th	1428	Colin Hicks	SOC	GBR	M65	C	14:00	+2:08
8th	1767	Andrew Payne	DEE	GBR	M65	C	16:23	+4:31
9th	2073	Jon Wheatcroft	TVOC	GBR	M65	C	17:02	+5:10
10th	1641	Bruce Marshall	WAOC	GBR	M65	C	17:03	+5:11
11th	2030	Mike Turner	SO	GBR	M65	C	18:18	+6:26
12th	1619	Ranald Macdonald	DVO	GBR	M65	C	18:22	+6:30
13th	1335	Ian Gilliver	MDOC	GBR	M65	C	19:11	+7:19
14th	1313	Edward Forman	SO	GBR	M65	C	19:42	+7:50
	1916	Robin Smith	SO	GBR	M65	C	w16	
	2046	Chris Virgo	DEVON	GBR	M65	C	m14	

Heat M70A 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1351	Peter Gorvett	SYO	GBR	M70	C	12:56	
2nd	1086	Christopher Branford	WIM	GBR	M70	C	13:47	+0:51
3rd	1663	David May	SLOW	GBR	M70	C	14:34	+1:38
4th	1128	Peter Carey	OD	GBR	M70	C	14:44	+1:48
5th	1425	Tony Hext	QO	GBR	M70	C	15:53	+2:57
6th	1372	Norman Hall	DEE	GBR	M70	C	16:27	+3:31
7th	1080	Chris Bosley	LEI	GBR	M70	C	17:21	+4:25
8th	1098	Eric Brown	HOC	GBR	M70	C	18:33	+5:37
9th	1246	Colin Drury	SYO	GBR	M70	C	19:44	+6:48
10th	1279	Bob Elmes	DEE	GBR	M70	C	21:07	+8:11
11th	1266	Doug Edwards	MDOC	GBR	M70	C	21:51	+8:55
12th	1719	Alan Mullock	DEE	GBR	M70	C	23:37	+10:41

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat M70B 2.2km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1914	Mick Smith	HH	GBR	M70	C	13:38	
2nd	1594	Tom Lillicrap	DEVON	GBR	M70	C	14:33	+0:55
3rd	1382	Mike Hampton	OD	GBR	M70	C	15:07	+1:29
4th	1687	Andrew Middleton	DVO	GBR	M70	C	15:16	+1:38
5th	1118	Neil Cameron	NGOC	GBR	M70	C	15:51	+2:13
6th	1932	Pat Squire	INT	GBR	M70	C	16:00	+2:22
7th	1868	Peter Ross	MDOC	GBR	M70	C	16:20	+2:42
8th	1227	Doug Dickinson	DVO	GBR	M70	C	17:26	+3:48
9th	1166	Neil Connelly	BOK	GBR	M70	C	18:25	+4:47
10th	1758	John Palmer	NOC	GBR	M70	C	19:19	+5:41
11th	1196	Martin Cross	WIM	GBR	M70	C	19:44	+6:06
12th	1820	Roger Pring	SAX	GBR	M70	C	27:01	+13:23
13th	2112	Brian Yates	ESOC	GBR	M70	C	32:26	+18:48
	1886	Robert Scott	HOC	GBR	M70	C	m13	

Heat M70C 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1995	Tony Thornley	AIRE	GBR	M70	C	12:43	
2nd	1870	Chris Rostron	MDOC	GBR	M70	C	14:46	+2:03
3rd	1058	Colin Best	SYO	GBR	M70	C	15:11	+2:28
4th	1823	Jim Prowting	TVOC	GBR	M70	C	15:12	+2:29
5th	2065	Ian Watson	MDOC	GBR	M70	C	15:33	+2:50
6th	1256	Mark Dyer	BOK	GBR	M70	C	16:48	+4:05
7th	1783	Ian Peirce	SARUM	GBR	M70	C	18:07	+5:24
8th	1905	Dave Skidmore	DVO	GBR	M70	C	18:56	+6:13
9th=	1773	John Pearce	DEVON	GBR	M70	C	20:15	+7:32
9th=	1037	Anthony Barrable	RAFO	GBR	M70	C	20:15	+7:32
11th	2081	Alain Wilkes	BKO	GBR	M70	C	20:29	+7:46
12th	1732	David Nixon	SOC	GBR	M70	C	25:29	+12:46

Heat M75C 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1177	Ian Cooper	BKO	GBR	M75	C	13:28	
2nd	1424	Keith Henderson	WIM	GBR	M75	C	14:50	+1:22
3rd	1261	Tom Edelsten	CHIG	GBR	M75	C	14:51	+1:23
4th	1010	Clive Allen	SN	GBR	M75	C	16:44	+3:16
5th	1658	Dave Mawdsley	MDOC	GBR	M75	C	16:57	+3:29
6th=	1057	Peter Bennett	BKO	GBR	M75	C	17:57	+4:29
6th=	1754	John Padget	DEE	GBR	M75	C	17:57	+4:29
8th	1567	Peter Leake	LEI	GBR	M75	C	18:32	+5:04
9th	2043	Arthur Vince	KERNO	GBR	M75	C	22:34	+9:06
	1670	Ted McDonald	BOK	GBR	M75	C	m15	

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat M80B 2.2km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1743	Jeremy Oldershaw	SAX	GBR	M80	C	18:26	
2nd	1344	Guy Goodair	EPOC	GBR	M80	C	19:03	+0:37
3rd	1650	Frank Martindale	LOK	GBR	M80	C	22:50	+4:24
4th	1991	John Thompson	TVOC	GBR	M80	C	23:23	+4:57
5th	1362	Andrew Gregory	MDOC	GBR	M80	C	24:14	+5:48
6th	2048	Robin Walker	BOK	GBR	M80	C	24:22	+5:56
	1624	Roger Maher	SO	GBR	M80	C	m13	

Heat M85A 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1704	Donald Moir	LEI	GBR	M85	C	31:18	

Heat MOpenA 3.6km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1917	Chris Smithard	FVO	GBR	M21	C	14:21	
2nd	2099	Ben Windsor	DRONGO	GBR	M21	C	14:31	+0:10
3rd	1806	Adam Potter	BOK	GBR	M21	C	14:56	+0:35
4th	2091	Olly Williams	DEE	GBR	M21	C	15:10	+0:49
5th	1127	Alex Carcas	EUOC	GBR	M20	C	15:30	+1:09
6th	1462	Zac Hudd	WCOC	GBR	M18	C	15:41	+1:20
7th	1944	Ben Stevens	AIRE	GBR	M21	C	15:53	+1:32
8th	1437	James Hoad	DRONGO	GBR	M21	C	16:31	+2:10
9th	1299	Samuel Fielding	SHUOC	GBR	M20	C	16:35	+2:14
10th	1236	Tom Dobra	UBOC	GBR	M21	C	16:51	+2:30
11th	1942	Andrew Stemp	WAOC	GBR	M21	C	16:55	+2:34
12th	1285	James Errington	HH	GBR	M21	C	17:19	+2:58
13th	1274	Ryan Elliot	SYO	GBR	M18	C	17:59	+3:38
14th	1976	Ethan Tebbutt	LEI	GBR	M18	C	18:15	+3:54
15th	1162	Scott Collier	KERNO	GBR	M21	C	18:23	+4:02
16th	1878	Matt Ryder	BAOC	GBR	M21	C	18:30	+4:09
17th	1677	Harry McMurtrie	DEVON	GBR	M18	C	18:59	+4:38
18th	1106	Alfie Bullus	OD	GBR	M18	C	19:13	+4:52
19th	1715	Louis Morris	WCOC	GBR	M18	C	19:22	+5:01
20th	1906	Nat Skidmore	TVOC	GBR	M21	C	20:11	+5:50
21st	2066	Peter Watson	NGOC	GBR	M18	C	20:29	+6:08
22nd	1216	Cameron Davies	BOK	GBR	M21	C	21:11	+6:50
23rd	1059	Alex Bett	SN	GBR	M21	C	23:17	+8:56
24th	1021	Dan Atkins	SOC	GBR	M21	C	23:28	+9:07
25th	1235	Peter Dobra	UBOC	GBR	M20	C	25:58	+11:37
26th	1141	David Chandler	OD	GBR	M21	C	26:33	+12:12
27th	1785	Matthew Pembury	SMOC	GBR	M18	C	38:46	+24:25
28th	1705	Michael Molloy	SPLOT	GBR	M55		53:45	+39:24

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat MOpenB 3.6km 55m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1761	Jamie Parkinson	OUOC	GBR	M21	C	13:34	
2nd	1724	Eddie Narbett	EUOC	GBR	M20	C	14:08	+0:34
3rd	1840	Aidan Rigby	CLOK	GBR	M20	C	14:30	+0:56
4th	1104	Rhodri Buffett	SWOC	GBR	M21	C	14:35	+1:01
5th	1407	Tim Harrison	OUOC	GBR	M20	C	14:46	+1:12
6th	1617	Finn Lydon	LEI	GBR	M20	C	15:08	+1:34
7th	1293	Tom Fellbaum	MDOC	GBR	M21	C	15:29	+1:55
8th	1191	Michael Crone	SLOW	GBR	M21		15:30	+1:56
9th	1824	Richard Purkis	NGOC	GBR	M21	C	15:31	+1:57
10th	1017	Robert Ashton	BAOC	GBR	M21	C	16:01	+2:27
11th	1419	Stanley Heap	SO	GBR	M18	C	16:30	+2:56
12th	1455	Thomas Howell	SN	GBR	M18	C	16:41	+3:07
13th	1302	Robert Finch	SOC	GBR	M21	C	17:08	+3:34
14th	1161	Thomas Cochrane	NGOC	GBR	M21	C	17:41	+4:07
15th	1859	Matthew Rochester	CLARO	GBR	M18	C	18:15	+4:41
16th	1375	Michael Hallett	BOK	GBR	M21	C	18:50	+5:16
17th	1500	Lawrence Jones	UBOC	GBR	M21	C	19:08	+5:34
18th	2040	Reuben Vasey	DEVON	GBR	M18	C	19:58	+6:24
19th	1531	Jeremy Knott	CUOC	GBR	M21	C	20:10	+6:36
20th	1633	Roderick Mansel	SUFFOC	GBR	M21	C	20:55	+7:21
21st	1438	Daniel Hodson	SOC	GBR	M21	C	21:54	+8:20
22nd	1486	Anders Johansson	NGOC	GBR	M45	C	22:04	+8:30
23rd	1597	Alexander Lines	EBOR	GBR	M21	C	23:22	+9:48
24th	1588	Zheming Liang		CHN	M21		24:13	+10:39
25th	1300	Daniel Figg	EBOR	GBR	M20	C	25:38	+12:04
26th	2025	Donatas Tumaitis	SLOW	GBR	M21	C	27:57	+14:23
	1945	Ben Stevens	DEVON	GBR	M18	C	w19	
	2115	Martin Yeo	DEVON	GBR	M21	C	m19	

Heat MOpenC 3.6km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1186	Jonathan Crickmore	EUOC	GBR	M21	C	14:08	
2nd	1067	Duncan Birtwistle	OD	GBR	M21	C	14:30	+0:22
3rd	1858	Richard Robinson	NOC	GBR	M35	C	14:45	+0:37
4th	1107	David Bunn	TVOC	GBR	M18	C	14:46	+0:38
5th	1979	Alastair Thomas	WCOC	GBR	M18	C	15:17	+1:09
6th	1002	James Ackland	INT	GBR	M20	C	15:32	+1:24
7th	1038	Nick Barrable	SYO	GBR	M40	C	15:46	+1:38
8th	1126	Rowan Capper	LOC	GBR	M21	C	16:10	+2:02
9th	1927	Daniel Spencer	WCOC	GBR	M18	C	16:12	+2:04
10th	1083	Mark Bown	CLOK	GBR	M35	C	16:53	+2:45
11th	1797	Matthew Pickering	UBOC	GBR	M21	C	16:56	+2:48
12th	1207	Dominic Dakin	SYO	GBR	M18	C	17:12	+3:04
13th	1484	Nicholas Jarvis	SO	GBR	M21	C	17:18	+3:10
14th	1673	Logan McIntyre	INT	GBR	M18	C	19:41	+5:33
15th	1573	Rowan Lee	CUOC	GBR	M21	C	20:08	+6:00
16th	1599	Edward Lines	SO	GBR	M20	C	20:18	+6:10

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat MOpenC 3.6km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
17th	1103	Robert Buckby	NWO	GBR	M21	C	20:53	+6:45
18th	1348	Joseph Goodwin	WCOC	GBR	M18	C	21:00	+6:52
19th	1703	Sebastian Mobus	SYO	GBR	M18	C	21:01	+6:53
20th	2032	Hugo Twigger	DEVON	GBR	M18	C	22:08	+8:00
21st	1429	Jamie Hicks	SOC	GBR	M21	C	22:26	+8:18
22nd	1720	Dave Murgatroyd	AIRE	GBR	M21	C	22:37	+8:29
23rd	1643	Josh M'Caw	HH	GBR	M18	C	23:32	+9:24
24th	2116	Michael Young	LVO	GBR	M21	C	24:17	+10:09
25th	1519	Daniel Kimberley	DVO	GBR	M21	C	33:01	+18:53
	1151	Matthew Clarke	SUFFOC	GBR	M18	C	m9 m21	
	1459	Noah Howlett	LOC	GBR	M20	C	m18-28	

Heat W10A 1.9km 20m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1907	Charlotte Slade	SN	GBR	W10	C	19:46	
2nd	1900	Ellen Simpson	LEI	GBR	W10	C	28:33	+8:47
3rd	1799	Alice Pieters	SYO	GBR	W10	C	29:54	+10:08
4th	1817	Abigail Prince	SOS	GBR	W10	C	31:40	+11:54
5th	1697	Cerys Mitchell	HH	GBR	W10	C	37:47	+18:01

Heat W10B 1.8km 20m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	2000	Anna Todd	SYO	GBR	W10	C	11:55	
2nd	1381	Rebecca Hammond	FVO	GBR	W10	C	13:23	+1:28
3rd	1044	Ella Baxter	SYO	GBR	W10	C	14:03	+2:08
4th	2006	Isabelle Tonge	BOK	GBR	W10	C	37:00	+25:05
5th	1312	Tilly Flippance	OD	GBR	W10	C	71:25	+59:30

Heat W12A 2.4km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1680	Lyra Medlock	WSX	GBR	W12	C	16:00	
2nd	1876	Ella May Rush	BOK	GBR	W12	C	16:52	+0:52
3rd	1827	Daisy Rennie	WCOC	GBR	W12	C	18:34	+2:34
4th	1610	Rebecca Lovegrove	SN	GBR	W12	C	31:04	+15:04
	1655	Hannah Mather	LOG	GBR	W12	C	m15	
	1203	Emma Currie	SOC	GBR	W12	C	w11	

Heat W12B 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	2022	Freya Tryner	SYO	GBR	W12	C	15:14	
2nd	1321	Grace French	WIM	GBR	W12	C	16:24	+1:10
3rd	1433	Jocie Hilton	SN	GBR	W12	C	18:24	+3:10
4th	2056	Jessica Ward	NGOC	GBR	W12	C	30:19	+15:05
5th	2015	Lucy Townley	SN	GBR	W12	C	37:13	+21:59

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat W12B 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
6th	1508	Grace Juliff	SBOC	GBR	W12	C	87:54	+72:40

Heat W14A 2.4km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1748	Ruby Owen	BOK	GBR	W14	C	14:01	
2nd	1801	Imogen Pieters	SYO	GBR	W14	C	14:49	+0:48
3rd	1183	Alexandra Crawshaw	SYO	GBR	W14	C	16:20	+2:19
4th	1039	Laura Barrett	SN	GBR	W14	C	16:43	+2:42
5th	1890	Carys Sharp	TVOC	GBR	W14	C	18:07	+4:06
6th	1615	Tabitha Lunn	OD	GBR	W14	C	19:44	+5:43
7th	1526	Phoebe King	GO	GBR	W14	C	21:21	+7:20
8th	1935	Edith Stagg	BOK	GBR	W14	C	22:20	+8:19
9th	1805	Molly Pilling	BOK	GBR	W14	C	24:33	+10:32

Heat W14B 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1091	Ffion Bricknell	SAX	GBR	W14	C	15:38	
2nd	1690	Ellie Mills-Hicks	GO	GBR	W14	C	16:27	+0:49
3rd	1036	Libby Barber	LEI	GBR	W14	C	16:46	+1:08
4th	1691	Tina Mills-Hicks	GO	GBR	W14	C	16:55	+1:17
5th	1613	Florence Lunn	OD	GBR	W14	C	17:29	+1:51
6th	1934	Bryony Stagg	BOK	GBR	W14	C	18:10	+2:32
7th	1214	Sarah Darley	GO	GBR	W14	C	18:44	+3:06
8th	1019	Milly Askham	SMOC	GBR	W14	C	25:04	+9:26

Heat W16A 3.2km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1476	Caitlin Irving	WCOC	GBR	W16	C	16:59	
2nd	1168	Evie Conway	AIRE	GBR	W16	C	18:06	+1:07
3rd	1251	Rachel Duckworth	DVO	GBR	W16	C	18:15	+1:16
4th	1418	Scarlet Heap	SO	GBR	W16	C	20:29	+3:30
5th	1504	Sophie Jones	HH	GBR	W16	C	20:46	+3:47
6th	1825	Lily Regan	WCOC	GBR	W16	C	22:07	+5:08
7th	1832	Isobel Reuber	SYO	GBR	W16	C	22:52	+5:53
8th	1211	Aimee Darley	GO	GBR	W16	C	23:07	+6:08
9th	1497	Ffion Jones	SO	GBR	W16	C	23:44	+6:45
10th	1239	Clíodhna Donaghy	GEN	IRL	W16		24:12	+7:13

Heat W16B 3.2km 55m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1398	Anna Harris	DEE	GBR	W16	C	19:06	
2nd	1928	Rosie Spencer	WCOC	GBR	W16	C	19:43	+0:37
3rd	1319	Hannah Freeman	HH	GBR	W16	C	20:33	+1:27
4th=	2061	Rebecca Ward	NGOC	GBR	W16	C	21:11	+2:05

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat W16B 3.2km 55m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
4th=	1271	Alex Elliot	SYO	GBR	W16	C	21:11	+2:05
6th	1951	Holly Stodgell	WCH	GBR	W16	C	22:17	+3:11
7th	1980	Carys Thomas	WCOC	GBR	W16	C	22:24	+3:18
8th	1528	Elena Kippin	TVOC	GBR	W16	C	26:02	+6:56
9th	1257	Fiona Eades	INT	GBR	W14	C	26:18	+7:12
10th	1735	Charlotte Oakes	WIM	GBR	W16	C	30:44	+11:38

Heat W35A 3.2km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1512	Gemma Karatay	BASOC	GBR	W35	C	17:05	
2nd	1877	Tereza Maria Rush	BOK	GBR	W35	C	17:52	+0:47
3rd	1623	Anne Maguire	AIRE	GBR	W35	C	20:58	+3:53
4th	1810	Jane Pottie	BASOC	GBR	W35	C	21:51	+4:46
5th	1317	Sarah Francis	SN	GBR	W50	C	22:45	+5:40
6th	1030	Jane Baldock	BOK	GBR	W35	C	23:27	+6:22
7th	1009	Helen Alcock	AIRE	GBR	W35	C	23:46	+6:41
8th	2005	Victoria Todd	EBOR	GBR	W35	C	27:01	+9:56

Heat W40A 2.8km 45m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1956	Anne Straube	OD	GER	W40	C	15:40	
2nd	1200	Christine Currie	SOC	GBR	W40	C	16:27	+0:47
3rd	1304	Heather Findlay	SLOW	GBR	W40	C	16:57	+1:17
4th	1701	Sian Mitchell	HH	GBR	W40	C	17:21	+1:41
5th	1814	Louise Preston	SYO	GBR	W40	C	20:22	+4:42
6th	2001	Clare Todd	LOK	GBR	W40	C	23:18	+7:38
7th	1669	Rebecca McCreadie	DEE	GBR	W40	C	26:03	+10:23

Heat W40B 2.7km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1742	Toni O'Donovan	LEI	GBR	W40	C	14:55	
2nd	1635	Helen Marsden	HH	GBR	W40	C	15:07	+0:12
3rd	1018	Freya Askham	SMOC	GBR	W40	C	16:14	+1:19
4th	1540	Kerina Lake	SBOC	GBR	W40	C	16:57	+2:02
5th	1379	Jenny Hammond	FVO	GBR	W40	C	19:18	+4:23
6th	1310	Kerrie Flippance	OD	GBR	W40	C	20:04	+5:09
7th	1880	Kim Sanderson	NATO	GBR	W40	C	21:25	+6:30

Heat W45A 2.8km 45m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1572	Rachel Leathwood	BOK	GBR	W45	C	15:15	
2nd	1403	Emma Harrison	EPOC	GBR	W45	C	16:34	+1:19
3rd	2008	Louise Tonge	BOK	GBR	W45	C	18:09	+2:54
4th	1922	Juliette Soulard	OD	GBR	W45	C	18:41	+3:26

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat W45A 2.8km 45m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
5th	1608	Carol Lovegrove	SN	GBR	W45	C	18:59	+3:44
6th	1182	Karen Crawford	BOK	GBR	W45	C	20:14	+4:59
7th	2059	Michelle Ward	NGOC	GBR	W45	C	23:00	+7:45
8th	2057	Lesley Ward	SYO	GBR	W45	C	23:33	+8:18
9th	1745	Alice Owen	BOK	GBR	W45	C	28:33	+13:18
10th	1737	Nicola O'Donnell	DVO	GBR	W45	C	30:05	+14:50
11th	1233	Sarah Dixon	HH	GBR	W45	C	47:06	+31:51

Heat W45B 2.7km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1972	Tanya Taylor	LOG	GBR	W45	C	15:47	
2nd	1937	Jane Stagg	BOK	GBR	W45	C	16:24	+0:37
3rd	1557	Vanessa Lawson	NGOC	GBR	W45	C	17:04	+1:17
4th	1591	Jenny Lightfoot	SYO	GBR	W45	C	17:18	+1:31
5th	2088	Cath Williams	WCH	GBR	W45	C	19:01	+3:14
6th	1212	Angela Darley	GO	GBR	W45	C	19:36	+3:49
7th	1473	Beverley Inkson	SYO	GBR	W45	C	20:13	+4:26
8th	2028	Kate Turner	SO	GBR	W45	C	21:11	+5:24
9th	1829	Helen Rennie	WCOC	GBR	W45	C	21:48	+6:01
10th	1014	Debbie Anderson	BOK	GBR	W45	C	23:49	+8:02
11th	1262	Cat Edwardes	DEVON	GBR	W45	C	27:29	+11:42

Heat W45C 2.7km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1184	Amanda Crawshaw	SYO	GBR	W45	C	15:49	
2nd	1170	Natasha Conway	AIRE	GBR	W45	C	16:40	+0:51
3rd	1985	Lynne Thomas	WCOC	GBR	W45	C	17:45	+1:56
4th	1301	Dawn Figg	HH	GBR	W45	C	18:16	+2:27
5th	1401	Ruth Harris	DEE	GBR	W45	C	20:35	+4:46
6th	1478	Nita Jackman	NOR	GBR	W45	C	22:11	+6:22
7th	1070	Jane Blackford	BADO	GBR	W45	C	23:25	+7:36
8th	1150	Katie Clarke	SN	GBR	W45	C	25:56	+10:07
9th	1509	Joanne Juliff	SBOC	GBR	W45	C	42:07	+26:18
	1686	Lisa Methven	BKO	GBR	W45	C	m15	

Heat W50A 2.8km 45m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1124	Sara Campbell	DEE	GBR	W50	C	16:37	
2nd	1003	Jane Ackland	INT	GBR	W50	C	17:11	+0:34
3rd	1391	Alison Hardy	LEI	GBR	W50	C	17:30	+0:53
4th	1760	Helen Parkinson	NOC	GBR	W50	C	18:07	+1:30
5th	2096	Rachel Wilson	CLYDE	GBR	W50	C	18:37	+2:00
6th	1779	Jenny Peel	SYO	GBR	W50	C	19:15	+2:38
7th	1244	Jane Dring-Morris	LEI	GBR	W50	C	20:49	+4:12
8th	1842	Carolyn Rigby	CLOK	GBR	W50	C	20:56	+4:19

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat W50A 2.8km 45m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
9th	1940	Robyn Stanyon	SYO	GBR	W50	C	21:37	+5:00
10th	1152	Julie Cleary	LOK	IRL	W50	C	21:59	+5:22
11th	1440	Viv Hodson	HH	GBR	W50	C	22:33	+5:56
12th	1911	Alison Smith	TVOC	GBR	W50	C	23:57	+7:20
13th	1889	Marie Claire Shankland	FVO	GBR	W50	C	25:02	+8:25
14th	1558	Vivianne Lawson	OD	GBR	W50	C	27:29	+10:52

Heat W50B 2.7km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1061	Sue Bett	SN	GBR	W50	C	16:03	
2nd	1140	Sal Chaffey	DVO	GBR	W50	C	16:06	+0:03
3rd	1258	Lorna Eades	INT	GBR	W50	C	16:09	+0:06
4th	1105	Wendy Bullen	WIM	GBR	W50	C	17:21	+1:18
5th	2084	Sally Wilkinson	SUFFOC	GBR	W50	C	18:29	+2:26
6th	1283	Jill Emmerson	OD	GBR	W50	C	18:32	+2:29
7th	1962	Elaine Sutton	DEE	GBR	W50	C	18:36	+2:33
8th	2019	Elizabeth Treherne	BOK	GBR	W50	C	19:42	+3:39
9th	1807	Caroline Potter	BOK	GBR	W55	C	20:22	+4:19
10th	1240	Bronwen Doyle	SYO	GBR	W50	C	20:31	+4:28
11th	1111	Carol Burnapp	ECKO	GBR	W50	C	20:51	+4:48
12th	1598	Clare Lines	SO	GBR	W50	C	22:56	+6:53
13th	1708	Margaret Moody	SUFFOC	GBR	W50	C	35:09	+19:06

Heat W50C 2.7km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1908	Melanie Slade	SN	GBR	W50	C	15:54	
2nd	1516	Ruth Ker	CLARO	GBR	W50	C	16:52	+0:58
3rd=	1322	Karen French	WIM	GBR	W50	C	17:04	+1:10
3rd=	1722	Deb Murrell	SROC	GBR	W50	C	17:04	+1:10
5th	1796	Liz Phillips	OD	GBR	W50	C	19:14	+3:20
6th	1651	Helen Martland	EPOC	GBR	W50	C	20:05	+4:11
7th	1833	Alison Reynolds	DEVON	GBR	W50	C	21:12	+5:18
8th	1247	Ann-Marie Duckworth	DVO	GBR	W50	C	21:37	+5:43
9th	1634	Sarah Mansel	SUFFOC	GBR	W50	C	21:57	+6:03
10th	1992	Karen Thompson	HOC	GBR	W50	C	22:01	+6:07
11th	1656	Sandra Mather	SMOC	GBR	W50	C	22:39	+6:45
12th	1147	Claire Clarke	SUFFOC	GBR	W50	C	32:09	+16:15
13th	1355	Jenny Gostick	HH	GBR	W50	C	35:50	+19:56

Heat W55A 2.4km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1712	Jane Morgan	SOC	GBR	W55	C	13:22	
2nd	1050	Alice Bedwell	BOK	GBR	W55	C	13:37	+0:15
3rd	1254	Louise Dunn	LOC	GBR	W55	C	13:55	+0:33
4th	1646	Carey Martin	AIRE	GBR	W55	C	14:18	+0:56

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat W55A 2.4km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
5th	1198	Helena Crutchley	HALO	GBR	W55	C	15:24	+2:02
6th	2104	Judith Wood	PFO	GBR	W55	C	15:40	+2:18
7th	2071	Pippa Weir	MOR	GBR	W55	C	17:16	+3:54
8th	1730	Helen Nisbet	SMOC	GBR	W55	C	17:38	+4:16
9th	1542	Jane Lambert	SO	GBR	W55	C	17:39	+4:17
10th	1965	Gwen Tanner	BOK	GBR	W55	C	18:00	+4:38
11th	2053	Amanda Ward	HALO	GBR	W55	C	19:28	+6:06
12th	1412	Maggie Hateley	DEE	GBR	W55	C	20:26	+7:04
13th	1176	Adell Cooper	NWO	GBR	W55	C	20:51	+7:29
14th	2052	Heather Walton	SLOW	GBR	W55	C	22:20	+8:58
15th	1674	Morag McIntyre	INT	GBR	W55	C	22:50	+9:28
16th	1094	Jacqui Briggs	BKO	GBR	W55	C	22:51	+9:29
17th	1093	Edith Bridcut	GEN	IRL	W55		23:09	+9:47

Heat W55B 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1644	Joyce Marshall	AIRE	GBR	W55	C	13:20	
2nd	1997	Vicky Thornton	MDOC	GBR	W55	C	13:41	+0:21
3rd	1480	Elizabeth Jackson	DEE	GBR	W55	C	14:35	+1:15
4th	1727	Adele Newall	KERNO	GBR	W55	C	14:45	+1:25
5th	1765	Lucy Paton	SN	GBR	W55	C	15:04	+1:44
6th	1032	Elizabeth Bales	POTOC	GBR	W55	C	15:18	+1:58
7th	1835	Margaret Reynolds	SBOC	GBR	W55	C	15:34	+2:14
8th	1457	Sarah Howes	SAX	GBR	W55	C	15:49	+2:29
9th	1159	Fiona Clough	BKO	GBR	W55	C	16:50	+3:30
10th	1435	Hazel Hindle	MDOC	GBR	W55	C	17:33	+4:13
11th	1306	Marie-Anne Fischer	TVOC	GBR	W55	C	17:48	+4:28
12th	1566	Janet Leake	EBOR	GBR	W55	C	19:12	+5:52
13th	1013	Susanne Andersen	BOK	GBR	W55	C	19:48	+6:28
14th	1346	Deborah Goodwin	WCOC	GBR	W55	C	19:54	+6:34
15th	1193	Trudy Crosby	LOG	GBR	W55	C	20:37	+7:17
16th	1518	Anne Kimberley	DVO	GBR	W55	C	21:16	+7:56
17th	1169	Keiko Conway	GO	GBR	W55	C	23:02	+9:42

Heat W55C 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1291	Heather Fellbaum	MDOC	GBR	W55	C	13:03	
2nd	1463	Ginny Hudson	NGOC	GBR	W55	C	13:17	+0:14
3rd	1847	Amanda Roberts	LOG	GBR	W55	C	13:42	+0:39
4th	1388	Alison Harding	HH	GBR	W55	C	13:57	+0:54
5th	1224	Carolyn Dent	BOK	GBR	W55	C	15:50	+2:47
6th	1284	Helen Errington	HH	GBR	W55	C	15:52	+2:49
7th	1075	Jill Blount	SO	GBR	W55	C	16:17	+3:14
8th	1188	Susan Crickmore	SO	GBR	W55	C	16:24	+3:21
9th	1602	Helen Lloyd	NOR	GBR	W55	C	16:47	+3:44
10th	1882	Alison Saunders	HH	GBR	W55	C	18:02	+4:59

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat W55C 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
11th	1163	Christine Collins	WCH	GBR	W55	C	18:05	+5:02
12th	1142	Debbie Charlton	SMOC	GBR	W55	C	18:14	+5:11
13th	2093	Ursula Williamson	LEI	GBR	W55	C	18:25	+5:22
14th	1803	Katherine Pike	WIM	GBR	W55	C	18:33	+5:30
15th	1208	Jacky Dakin	SYO	GBR	W55	C	18:56	+5:53
16th	1483	Ros James	SMOC	GBR	W55	C	25:42	+12:39
17th	1270	Melanie Elkington	OD	GBR	W55	C	26:08	+13:05

Heat W60A 2.4km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1897	Alison Simmons	BOK	GBR	W60	C	13:20	
2nd	1864	Janet Rosen	HH	GBR	W60	C	14:15	+0:55
3rd	1771	Marion Payne-Bird	GO	GBR	W60	C	15:41	+2:21
4th	1121	Jane Campbell	DEE	GBR	W60	C	16:09	+2:49
5th	1485	Christine Jepson	SO	GBR	W60	C	17:30	+4:10
6th	1068	Susan Birtwistle	CLARO	GBR	W60	C	17:42	+4:22
7th	1045	Helen Baxter	LVO	GBR	W60	C	18:36	+5:16
8th	2109	Sue Woods	WAOC	GBR	W60	C	19:12	+5:52
9th	2074	Helen Wheelwright	SOC	GBR	W60	C	23:51	+10:31

Heat W60B 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1374	Jackie Hallett	BOK	GBR	W60	C	14:38	
2nd	1265	Carol Edwards	BL	GBR	W60	C	14:55	+0:17
3rd	1450	Carol House	SO	GBR	W60	C	15:37	+0:59
4th	1756	Linda Pakuls	WIM	GBR	W60	C	16:31	+1:53
5th	1515	Helen Kelsey	BOK	GBR	W60	C	17:22	+2:44
6th	1280	Jacqueline Embrey	DEE	GBR	W60	C	18:26	+3:48
7th	1891	Gill Sharp	SN	GBR	W60	C	26:23	+11:45
8th	2089	Christine Williams	SYO	GBR	W60	C	32:30	+17:52
	1949	Jane Stew	OD	GBR	W60	C	m9	

Heat W60C 2.3km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1587	Stella Lewsley	BL	GBR	W60	C	14:44	
2nd	1570	Diane Leakey	SLOW	GBR	W60	C	14:47	+0:03
3rd	1192	Janet Cronk	WAOC	GBR	W60	C	15:15	+0:31
4th	1596	Sally Lindsay	ESOC	GBR	W60	C	16:24	+1:40
5th	1709	Pat Moody	DEE	GBR	W60	C	17:35	+2:51
6th	1855	Christine Robinson	SLOW	GBR	W60	C	18:28	+3:44
7th	1175	Trish Coombs	MAROC	GBR	W60	C	18:54	+4:10
8th	1844	Melinda Riley	SYO	GBR	W60	C	28:03	+13:19
9th	2082	Susan Wilkes	BKO	GBR	W60	C	28:41	+13:57

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat W65A 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1517	Christine Kiddier	BL	GBR	W65	C	14:34	
2nd	1865	Miriam Rosen	SROC	GBR	W65	C	17:00	+2:26
3rd	1234	Jillyan Dobby	MDOC	GBR	W65	C	17:10	+2:36
4th	1620	Viv Macdonald	DVO	GBR	W65	C	17:33	+2:59
5th	2027	Di Turner	SO	GBR	W65	C	19:16	+4:42
6th	1967	Rosalind Taunton	NGOC	GBR	W65	C	20:58	+6:24
7th	1165	Sally Collins	BKO	GBR	W65	C	26:13	+11:39
8th	2003	Janet Todd	EBOR	GBR	W65	C	26:14	+11:40

Heat W65B 2.2km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1100	Sarah Brown	SLOW	GBR	W65	C	14:19	
2nd	1490	Judy Johnson	SYO	GBR	W65	C	14:44	+0:25
3rd	1016	Christine Artus	BKO	GBR	W65	C	16:09	+1:50
4th	1255	Katy Dyer	BOK	GBR	W65	C	17:13	+2:54
5th	1734	Mary Nixon	SOC	GBR	W65	C	17:53	+3:34
6th	1395	Denise Harper	BKO	GBR	W65	C	19:55	+5:36
7th	1278	Ruth Ellis	DVO	GBR	W65	C	20:43	+6:24
8th	1444	Judith Holt	DVO	GBR	W65	C	22:23	+8:04
9th	1220	Margaret Dearman	MOR	GBR	W65	C	23:22	+9:03
10th	1851	Julia Robertson	QO	GBR	W65	C	28:00	+13:41

Heat W65C 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1946	Susan Stevens	AIRE	GBR	W65	C	16:06	
2nd	1918	Heather Smithard	KFO	GBR	W65	C	16:23	+0:17
3rd	1099	Lesley Brown	HOC	GBR	W65	C	16:25	+0:19
4th	1294	Glenys Ferguson	SROC	GBR	W65	C	18:01	+1:55
5th	1769	Jean Payne	DEE	GBR	W65	C	18:54	+2:48
6th	1768	Jane Payne	EPOC	GBR	W65	C	21:04	+4:58
7th	1206	Susan Curtis	BOK	GBR	W65	C	25:14	+9:08
8th	2086	Margaret Willdig	OD	GBR	W65	C	27:00	+10:54
9th	1850	Susan Roberts	HOC	GBR	W65	C	29:17	+13:11
10th	1131	Mary Carrick	HALO	GBR	W65	C	49:15	+33:09
	1731	Janice Nisbet	ESOC	GBR	W65	C	w16	

Heat W70A 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1954	Sheila Strain	ELO	GBR	W70	C	14:52	
2nd	1342	Liz Godfree	DVO	GBR	W70	C	15:28	+0:36
3rd	1757	Hilary Palmer	NOC	GBR	W70	C	16:13	+1:21
4th	1688	Christine Middleton	DVO	GBR	W70	C	27:17	+12:25
5th	1194	Gillian Cross	WIM	GBR	W70	C	30:13	+15:21
6th	1819	Beryl Pring	SAX	GBR	W70	C	31:17	+16:25

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat W70B 2.2km 30m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1383	Sue Hands	WIM	GBR	W70	C	15:50	
2nd	1772	Carol Pearce	DEVON	GBR	W70	C	20:59	+5:09
3rd	1154	Trina Cleary	LOK	IRL	W70		28:13	+12:23
4th	1994	Jo Thornley	AIRE	GBR	W70	C	31:44	+15:54
	1129	Sheila Carey	OD	GBR	W70	C	w13	

Heat W75A 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1837	Ruth Rhodes	SO	GBR	W75	C	22:38	
2nd	1871	Jean Rostron	POTOC	GBR	W75	C	23:41	+1:03
3rd	1345	Judith Goodair	EPOC	GBR	W75	C	23:52	+1:14
4th	1902	Hilary Simpson	OD	GBR	W75	C	24:27	+1:49
5th	1054	Gill Bennett	BKO	GBR	W75	C	28:11	+5:33
6th	1782	Freda Peirce	SARUM	GBR	W75	C	33:59	+11:21

Heat W80A 2.2km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1909	Alison Sloman	HOC	GBR	W80	C	25:14	
2nd	1332	Barbara George	NOR	GBR	W80	C	27:02	+1:48
3rd	1990	Jenny Thompson	TVOC	GBR	W80	C	32:02	+6:48
4th	1751	Ursula Oxburgh	WAOC	GBR	W80	C	36:30	+11:16
5th	1363	Margaret Gregory	MDOC	GBR	W80	C	36:53	+11:39

Heat WOpenA 3.2km 50m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1564	Alice Leake	AIRE	GBR	W21	C	14:33	
2nd	1808	Chloe Potter	BOK	GBR	W20	C	15:24	+0:51
3rd	1011	Cecilie Andersen	BOK	GBR	W21	C	15:53	+1:20
4th	1467	Niamh Hunter	WCOC	GBR	W18	C	16:09	+1:36
5th	1033	Ellie Bales	POTOC	GBR	W18	C	16:34	+2:01
6th	1511	Ruut Kanko	SYO	FIN	W21		17:02	+2:29
7th	1263	Anne Edwards	TVOC	GBR	W21	C	17:44	+3:11
8th	2070	Mairi Weir	MOR	GBR	W18	C	18:14	+3:41
9th	1777	Sarah Pedley	EPOC	GBR	W18	C	19:32	+4:59
10th	1563	Miranda Leaf	DRONGO	GBR	W21	C	20:45	+6:12
11th	1071	Katie Blackford	BADO	GBR	W21	C	21:04	+6:31
12th	1964	Fiona Tam	SLOW	GBR	W21	C	22:54	+8:21
13th	1012	Sofie Andersen	BOK	GBR	W20	C	23:05	+8:32
14th	1904	Clare Skidmore	TVOC	GBR	W21	C	23:24	+8:51
15th	1582	Katie Lewis	WRE	GBR	W21	C	26:54	+12:21
16th	1225	Jenny Dickin	SOC	GBR	W20	C	30:01	+15:28
	1689	Helen Miller	EBOR	GBR	W21	C	w14	
	1042	Abigail Bateman	UBOC	GBR	W20	C	m14	

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Heat WOpenB 3.2km 55m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	1852	Laura Robertson	ESOC	NZL	W21	C	15:13	
2nd	1860	Sarah Rollins	SN	GBR	W40	C	15:18	+0:05
3rd	1661	Kirstin Maxwell	RR	GBR	W21	C	16:02	+0:49
4th	1841	Alice Rigby	CLOK	GBR	W21	C	16:04	+0:51
5th	2009	Lucy Tonge	BOK	GBR	W18	C	17:13	+2:00
6th	1410	Hannah Hateley	DEE	GBR	W18	C	17:18	+2:05
7th	1209	Rebecca Dal Bon	SLOW	GBR	W21	C	17:31	+2:18
8th	1434	Carolyn Hindle	FVO	GBR	W21	C	17:55	+2:42
9th	1325	Sarah Righetti	DRONGO	GBR	W21	C	18:17	+3:04
10th	1026	Vicky Bailey	EBOR	GBR	W21	C	18:26	+3:13
11th	1277	Rebecca Ellis	WIM	GBR	W21	C	18:28	+3:15
12th	1252	Sarah Duckworth	DVO	GBR	W18	C	19:38	+4:25
13th	1245	Jessica Dring-Morris	LEI	GBR	W18	C	19:43	+4:30
14th	1875	Olwen Rowlands	BOK	GBR	W21	C	20:05	+4:52
15th	1404	Laura Harrison	EPOC	GBR	W18	C	20:07	+4:54
16th	1938	Millie Stagg	BOK	GBR	W18	C	23:45	+8:32
	1414	Jemima Hayward-Bhikha	SLOW	GBR	W18	C	m20	

Heat WOpenC 3.2km 60m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	2055	Charlotte Ward	HALO	GBR	W21	C	14:39	
2nd	1108	Fiona Bunn	TVOC	GBR	W20	C	15:09	+0:30
3rd	1046	Kim Baxter	SYO	GBR	W40	C	16:25	+1:46
4th	1710	Tamsin Moran	SOC	GBR	W21	C	16:29	+1:50
5th	1189	Anya Crocker	SOC	GBR	W21	C	17:23	+2:44
6th	2094	Emma Wilson	EUOC	GBR	W20	C	17:32	+2:53
7th	1498	Georgia Jones	OROX	GBR	W20	C	18:21	+3:42
8th	1136	Sue Carter	SLOW	GBR	W50	C	19:15	+4:36
9th	1527	Bethany Kippin	TVOC	GBR	W18	C	19:29	+4:50
10th	1405	Megan Harrison	LUOC	GBR	W20	C	19:31	+4:52
11th	1259	Mairi Eades	INT	GBR	W18	C	19:37	+4:58
12th	1180	Chloë Cracknell	SUFFOC	GBR	W18	C	19:41	+5:02
13th	1406	Rachael Harrison	SUFFOC	GBR	W21	C	21:02	+6:23
14th	1630	Bronwen Mansel	SUFFOC	GBR	W20	C	21:06	+6:27
15th	1553	Hoi Yi Beatrice Law	BOK	HKG	W20	C	21:30	+6:51
16th	1237	Aoife Donaghy	GEN	IRL	W20		25:34	+10:55
17th	1477	Emily Jackman	NOR	GBR	W18	C	26:45	+12:06
18th	1249	Emma Duckworth	TVOC	GBR	W21	C	36:37	+21:58

Orange 2.7km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	4016	David Jolly	RAFO		M40		14:19	
2nd	4021	Pieters	SYO		W45		20:33	+6:14
3rd	4017	Chris Baker	BOK		M35		21:32	+7:13
4th	4013	Simon Doell	BOK		M45		21:43	+7:24
5th	1286	Peter Errington	HH	GBR	M20		24:02	+9:43

British Sprint and Middle Distance Championships - Sprint Heats

September 01, 2018

STAGE RESULTS

Orange 2.7km 35m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
6th	4019	Wilfred Whishaw	BOK		M14		24:52	+10:33
7th	1577	Joanne Leigh	OD	GBR	W50	C	26:00	+11:41
8th	4014	Marcia Bradbury	SXO		W60		27:51	+13:32
9th	4018	Charlie Wishaw	BOK		M12		31:18	+16:59
10th	4010	Anne May	SLOW		W65		32:57	+18:38
11th	1349	Richard Goodwin	WCOC		M60		33:51	+19:32
12th	1839	Jane Richardson	WIM	GBR	W50	C	33:58	+19:39
13th	4020	James Whishaw	BOK		M18		37:27	+23:08
14th	4007	Daniel Sawfa	DRONGO		M21		58:13	+43:54

White 1.9km 20m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	4005	Rupert Powell	OD		M10		13:54	
2nd	4004	Jake Bennett	DFOK		M10		18:09	+4:15
3rd	4001	Louis Bryant	SYO		M10		21:34	+7:40
4th	4008	George McDonald	IND		M10		21:45	+7:51
5th	4011	Annabel McDonald	IND		W5		23:48	+9:54
6th	4009	Charlie McDonald	IND		M8		23:51	+9:57
7th	1639	Theodore Marsden	HH	GBR	M10	C	28:16	+14:22
8th	4003	Tom Lewes	WRE		M21		29:32	+15:38
9th	4022	Grace Robinson	NOC		W5		48:13	+34:19
	1432	Jake Hilton	SN	GBR	M10	C	m23	

Yellow 2.0km 20m

Pos	No.	Name	Club	Countr	Age Class	Champion	Time	Behind
1st	4002	Cecilia Hayward-Bhikha	SLOW		W12		18:36	
2nd	1148	James Clarke	SUFFOC	GBR	M10	C	21:53	+3:17
3rd	1678	Eskarina Medlock	WSX		W10		22:42	+4:06
4th	1551	Gert Larsen		DEN	M70		22:58	+4:22
5th	4006	Marcus Richardson	NOR		M7		32:48	+14:12
6th	1368	Freddie Guy	SYO	GBR	M10	C	33:28	+14:52
7th	1706	Anna Monus	DEE	GBR	W21		45:47	+27:11
8th	2047	Patricia Walker	BOK	GBR	W75		66:53	+48:17