LADIES ACTUAL TIME / DISTANCE

		5 miles		3 miles		6 miles		4 miles		1 hour		2 miles		7 miles		30 mins		1 mile		
		time	pts	time	pts	time	pts	time	pts	distance	pts	time	pts	time	pts	distance	pts	time	pts	TOTAL
Liz Weeks	Ashford Legends & Rejects			0:18:29	10	0:38:39	10	0:24:31	10	9.18	10	0:11:46	10	0:46:16	10	4.82	9	05:26	9	78
Taryne McPherson	Medway and Maidstone AC	0:33:42	9	0:19:20	9	0:41:17	9	0:26:21	9	8.47	9	0:12:36	8	0:48:16	9	4.34	5	05:45	8	75
Linda-Jean Delport	A&D RRC	0:35:45	8	0:20:21	8	0:41:52	8			8.22	8	0:13:11	6	0:50:09	8	4.44	8	06:10	4	58
Nikki Goodwin	Folkestone RC			0:20:46	6	0:43:57	4	0:27:45	8	7.96	6	0:12:03	9	0:52:18	4	4.32	3	05:55	7	47
Rhian Shrimplin	A&D RRC	0:37:15	3	0:21:47	3	0:43:48	6	0:28:04	5	8.09	7	0:13:15	4	0:51:00	5	4.34	5			38
Vera Hunter	Maidstone Harriers					0:43:24	7	0:27:45	8			0:13:13	5	0:50:11	7	4.35	6	06:06	5	38
Christine Costiff	A&D RRC	0:35:58	7	0:20:57	5	0:44:05	3	0:28:03	6	7.93	5	0:13:37	3	0:50:17	6	4.29	2			37
Antel Muller	Medway and Maidstone AC	0:37:04	4			0:43:56	5					0:12:54	7			4.42	7	06:01	6	29
Sarah Gruber	Invicta East Kent															4.95	10	05:23	10	20
Marie Watson	South Kent Harriers	0:39:07	2	0:21:59	2			0:28:39	3	7.74	4	0:13:38	2	0:53:23	2					15
Rachel Cottam	Virtually Last	0:36:41	5	0:21:26	4	0:44:34	1	0:28:12	4											14
Gemma Carter Collins	Ashford AC	0:33:00	10																	10
Bianca Schobel	Equipe BAP			0:20:32	7									0:53:45	1					8
Gill O'Connor	A&D RRC	0:36:07	6																	6
Laura Woods	Sittingbourne Striders													0:53:20	3	4.11	1	06:19	1	5
Rose Clapton	Ashford Striders					0:44:21	2	0:29:34	2											4
Tracey Calnan	A&D RRC	0:39:10	1							7.65	2	0:13:43	1							4
Anh-Van Whitby	Bald Monkeys RC									7.73	3									3
Ivana Collier	Folkestone RC																	06:15	3	3
Kate Austen	Ashford Tri																	06:18	2	2
Alison Waters	A&D RRC							0:29:37	1											1
Jill Crofton-Martin	A&D RRC									7.64	1									1
Maria Hutchinson	Un-attached			0:22:17	1															1

MENS ACTUAL TIME / DISTANCE

		5 miles		3 miles		6 miles		4 miles		1 hour		2 miles		7 miles		30 mins		1 mile		
		time	pts	time	pts	time	pts	time	pts	distance	pts	time	pts	time	pts	distance	pts	time	pts	TOTAL
David Tyler	Folkestone RC	0:27:56	8	0:15:50	7	0:32:06	10	0:21:14	8	10.37	9	0:10:25	8	0:37:14	9	5.64	9	04:54	9	77
Marshall Smith	Ashford AC	0:25:23	10	0:14:42	10			0:20:53	10	9.66	3	0:09:35	10							43
Laurence Teeling	A&D RRC			0:17:11	2	0:35:46	8	0:23:08	5	10.04	7	0:10:43	4	0:41:31	5	5.19	7	05:04	4	42
Derek Matcham	Folkestone RC					0:35:55	6	0:23:16	4	10.03	6	0:11:00	3	0:41:14	7	5.22	8	04:58	7	41
Richard Tomlinson	Medway and Maidstone AC	0:29:19	5	0:17:06	3	0:34:58	9	0:22:39	6	9.72	4	0:10:39	5	0:41:58	3	5.18	5	05:15	1	41
Justin Lane	Medway and Maidstone AC									9.88	5	0:10:22	9	0:40:24	8	5.19	7	04:55	8	37
Tom Millard	South Kent Harriers													0:36:52	10	5.85	10	04:53	10	30
Ian McGilloway	Folkestone RC	0:28:08	7	0:16:35	6					10.13	8	0:10:28	7							28
Nick Collins	Ashford AC							0:21:12	9	10.69	10	0:10:31	6							25
Ross Wilkes	Isle of Wight Road Runners	0:30:04	2			0:35:51	7	0:23:24	2	9.40	2			0:41:54	4	5.12	4			21
Daniel Voller	Folkestone RC			0:16:57	4	0:37:13	4	0:21:27	7			0:11:05	2							17
Toby Smith	Deal Tri	0:29:12	6	0:15:34	8															14
Trevor Kay	Premature Accelaration	0:29:45	3	0:17:14	1			0:23:29	1							5.05	3	05:03	5	13
CJ Lattimer	Ashford Legends & Rejects	0:29:35	4															05:01	7	11
Stephen Male	Folkestone RC			0:16:43	5	0:37:08	5					0:11:12	1							11
Harrison Tremain	Ashford AC			0:14:48	9															9
Oli Prior	Ashford AC	0:27:38	9																	9
Gerard O'Sullivan	Ashford AC													0:41:22	6					6
Dan Green	A&D RRC					0:37:32	3									4.88	2			5
Julius Samson	A&D RRC					0:37:39	2							0:43:46	2	4.87	1			5
Paul Ridley	A&D RRC					0:37:39	2											05:13	3	5
David Gillett	Folkestone RC	0:30:15	1					0:23:22	3											4
Phil Sluman	Dover Road Runners																	05:13	3	3
Adam Groombridge	Dover Road Runners													0:43:58	1					1
Phil Carey	Virtually Last									9.34	1									1