| 11.00am | | | | | |
|-----------|------------|-----------|---------------|---------------------------------------|--------------|
| Heat Time | First Name | Surname | Race | Category | Age Category |
| 11.00am | Antoine | Havard | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Oliver | Haynes | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Patrick | Moore | 10k Trail Run | Individuals (mens competitive heat) | masters |
| 11.00am | Barry | Greenough | 10k Trail Run | Individuals (mens competitive heat) | masters |
| 11.00am | Andrew | Wall | 10k Trail Run | Individuals (mens competitive heat) | vets |
| 11.00am | Nick | Morgan | 10k Trail Run | Individuals (mens competitive heat) | vets |
| 11.00am | Kyle | Waters | 10k Trail Run | Individuals (mens competitive heat) | vets |
| 11.00am | Richard | Trinder | 10k Trail Run | Individuals (mens competitive heat) | vets |
| 11.00am | Yin Chun | Chan | 10k Trail Run | Individuals (mens competitive heat) | vets |
| 11.00am | Oliver | Norcott | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Mitchell | Dowding | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Andrew | Jacks | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Wayne | Mcbride | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Liam | Buckley | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Chris | Pearce | 10k Trail Run | Individuals (mens competitive heat) | vets |
| 11.00am | Andy | Green | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | James | Wilson | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Paul | Vliegen | 10k Trail Run | Individuals (mens competitive heat) | vets |
| 11.00am | Lewis | Gardener | 10k Trail Run | Individuals (mens competitive heat) | masters |
| 11.00am | Craig | Smith | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Connor | Peters | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Jason | Hartley | 10k Trail Run | Individuals (mens competitive heat) | vets |
| 11.00am | Andrew | Tiernan | 10k Trail Run | Individuals (mens competitive heat) | vets |
| 11.00am | James | Chidgey | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Elijah | Williams | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Matt | Shaw | 10k Trail Run | Individuals (mens competitive heat) | open |
| 11.00am | Freddie | Davis | 10k Trail Run | Individuals (mens competitive heat) | masters |
| 11.00am | Laura | Carey | 10k Trail Run | Individuals (womens competitive heat) | open |
| 11.00am | Georgia | Cousins | 10k Trail Run | Individuals (womens competitive heat) | open |
| 11.00am | Rachel | Dowding | 10k Trail Run | Individuals (womens competitive heat) | vets |
| 11.00am | Nicola | Rickard | 10k Trail Run | Individuals (womens competitive heat) | vets |
| 11.00am | Faith | Clark | 10k Trail Run | Individuals (womens competitive heat) | open |
| 11.00am | Emma | Shaw | 10k Trail Run | Individuals (womens competitive heat) | vets |
| 11.00am | Bozena | Grebenyuk | 10k Trail Run | Individuals (womens competitive heat) | vets |
| 11.00am | Jayde | Perkin | 10k Trail Run | Individuals (womens competitive heat) | open |
| 11.00am | Lydia | Blackman | 10k Trail Run | Individuals (womens competitive heat) | masters |
| 11.00am | Trina | Tiernan | 10k Trail Run | Individuals (womens competitive heat) | vets |
| 11.00am | Charlotte | Bane | 10k Trail Run | Individuals (womens competitive heat) | open |
| 11.00am | Victoria | Phillips | 10k Trail Run | Individuals (womens competitive heat) | open |
| 11.00am | Katherine | Davis | 10k Trail Run | Individuals (womens competitive heat) | open |
| 11.00am | Abbi | Hayward | 10k Trail Run | Individuals (womens competitive heat) | masters |
| | | | | | |
| 11.02am | | | | | |
| Heat Time | First Name | Surname | Race | Category | Age Category |
| 11.02am | Mike | Howie | 10k Ruck Run | Individuals (mens competitive heat) | masters |
| 11.02am | Chris | Kelly | 10k Ruck Run | Individuals (mens competitive heat) | masters |
| 11.02am | James | Breeze | 10k Ruck Run | Individuals (mens competitive heat) | vets |
| 11.02am | Diccon | Mellors | 10k Ruck Run | Individuals (mens competitive heat) | masters |

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|--------------------------|----------------|---------------------|--------------------------------|---|-------------|
| 11.04am | James | Morton | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Leticia | Campoy Vega | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Travis | Carrigan | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | William | Nuttall | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Matthew | Mcsweeney | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Imogen | Knox | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Connor | Davis | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Debbie | Airey | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | John | Biss | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | James | Dite | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Thomas | Palmer | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time | First Name | Surname | Race | Category | Age Categor |
| 11.04am | | | | | |
| | | | | | |
| 11.02am | Phillipa | Brunt | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Jacqueline | Deady | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Ellie | Edmonds | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Caitlin | Bowring | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Ellis | Leake-lyall | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Rachel | Pattiata | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Hayley | Carswell | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Rob | Poole | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | marcus | holder | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | James | Cuthbert | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Chris | Gordon | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Will | Goodwin | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am | Claire | Butcher | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| | | Hunter | 10k Trail Run | Individuals & Groups (Just for Fun) | |
| 11.02am 11.02am | Jonathan | | | | n/a |
| 11.02am | Jamie | Inkster | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.02am 11.02am | Zayne Aidan | Simpson Stannard | 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| | Amy | | | Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) | n/a n/a |
| 11.02am 11.02am | | Sheehy | 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a n/a |
| 11.02am | Laura B | Rhian | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a n/a |
| 11.02am | Bethan | Fowler | 10k Ruck Run | Individuals (womens competitive heat) | vets |
| 11.02am | Tara | Broad | 10k Ruck Run | Individuals (womens competitive heat) | vets |
| 11.02am | Natalia | Jozefowicz | 10k Ruck Run | Individuals (womens competitive heat) | masters |
| 11.02am | Hollie | Drohan | 10k Ruck Run | Individuals (womens competitive heat) | masters |
| 11.02am | Hayley | Payton | 10k Ruck Run | Individuals (womens competitive heat) | vets |
| 11.02am | Greg | Fearn | 10k Ruck Run | Individuals (mens competitive heat) | open |
| 11.02am | Ben | Cheshire | 10k Ruck Run | Individuals (mens competitive heat) | masters |
| 11.02am | Alex | Rogan | 10k Ruck Run | Individuals (mens competitive heat) | open |
| 11.02am | sean | Brosnan | 10k Ruck Run | Individuals (mens competitive heat) | masters |
| 11.02am | Ту | Perkin | 10k Ruck Run | Individuals (mens competitive heat) | open |
| 11.02am | Jack | Cook | 10k Ruck Run | Individuals (mens competitive heat) | open |
| 11.02am | Jason | Wilson | 10k Ruck Run | Individuals (mens competitive heat) | vets |
| 11.02am | Kyle | Osborne | 10k Ruck Run | Individuals (mens competitive heat) | masters |
| 11.02am | Jahmai | Townsend | 10k Ruck Run | Individuals (mens competitive heat) | masters |
| | | Nelmes | 10k Ruck Run | Individuals (mens competitive heat) | open |

| 11.04am | Xena | Newton-mason | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
|---|--|---|--|---|---|
| 11.04am | Matteo | Francescon | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Liv | Orr | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Leah | Deverick | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Н | Stewart | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Oliver | Taslic | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Sophie | Causon-wood | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Charlotte | Prytherch | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Nick | Child | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Jen | Elphick | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Samantha | Chandler | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Joe | Clark | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Sarah | Molyneux-wright | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Luke | Watson | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Jos | Gunns | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Will | Ford | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Lisa | Hunt | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Meena | Morrish | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | David | Cross | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Luke | Francomb | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Harriet | Murphy | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Ben | Kelson | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Phil | Robinson | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Kerry | Long | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Bryony | Hill | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Tom | Alexander | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Cathryn | Hoffmann | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.04am | Lucy | Atkinson | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| | | | | manualis of crosps (cast is: 1 dill) | |
| | | | | | |
| 11.06am | | | | | |
| Heat Time | First Name | Surname | Race | Category | Age Category |
| 11.06am | Paweł | Richert | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Geoff | Astle | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Richard | Davies | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Amy | Doman | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Jason | Cortis | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Natasha | Smallwood | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Jack | Smallwood | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Brad | Phillips | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| | | · · | | | |
| 11.06am | Mark | Hearton | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| | | · · | | Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) | n/a n/a |
| 11.06am 11.06am 11.06am | Mark | Hearton | 10k Trail Run | | |
| 11.06am 11.06am | Mark Ollie | Hearton Hughes | 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Mark Ollie Rachel | Hearton Hughes Ball | 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) | n/a n/a |
| 11.06am 11.06am 11.06am | Mark Ollie Rachel Rachael | Hearton Hughes Ball Colleran | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) | n/a n/a n/a |
| 11.06am 11.06am 11.06am 11.06am 11.06am | Mark Ollie Rachel Rachael Rebecca | Hearton Hughes Ball Colleran Bowen | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a |
| 11.06am 11.06am 11.06am 11.06am 11.06am 11.06am | Mark Ollie Rachel Rachael Rebecca Thaddeus | Hearton Hughes Ball Colleran Bowen Bowen | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a n/a |
| 11.06am 11.06am 11.06am 11.06am 11.06am 11.06am 11.06am | Mark Ollie Rachel Rachael Rebecca Thaddeus Richard | Hearton Hughes Ball Colleran Bowen Bowen Jennings | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a n/a n/a |
| 11.06am 11.06am 11.06am 11.06am | Mark Ollie Rachel Rachael Rebecca Thaddeus Richard James | Hearton Hughes Ball Colleran Bowen Bowen Jennings Oakes | 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |

| 11.06am | Justin | Paull | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
|---|--|---|---|---|---|
| 11.06am | Lisa | Thomas | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Lee | Thomas | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Alexandra | Cantwell | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Joe | Cantwell | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Andrea | Wilkinson | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Gemma | Coles | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Clair | Mcgill | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Kirsty | Dearing | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Andy | Dearing | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Becky | Woolway | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Stephen | Woolway | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Rachel | Mehta-jolliffe | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Cara | Deasy | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Chloe | Searles | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Felicity | Elliott | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Emily | Boileau | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Chris | Miller | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Lianne | Miller | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Claude | Havard | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.06am | Klervi | Havard | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| | | | | , | |
| | | | | | |
| | | | | | |
| 11.08am | | | | | |
| Heat Time | First Name | Surname | Race | Category | Age Category |
| Heat Time 11.08am | Claudia | Trinder | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am 11.08am | Claudia Angélique | Trinder Trinder | 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) | n/a n/a |
| Heat Time 11.08am 11.08am 11.08am | Claudia Angélique Daniel | Trinder Trinder Lander | 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) | n/a n/a n/a |
| Heat Time 11.08am 11.08am 11.08am 11.08am | Claudia Angélique Daniel Charlotte | Trinder Trinder Lander Pearce | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a |
| Heat Time 11.08am 11.08am 11.08am 11.08am 11.08am | Claudia Angélique Daniel Charlotte Ryan | Trinder Trinder Lander Pearce Lander | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a n/a |
| Heat Time 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny | Trinder Trinder Lander Pearce Lander White | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a n/a n/a |
| Heat Time 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte | Trinder Trinder Lander Pearce Lander | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny | Trinder Trinder Lander Pearce Lander White Taras Frankpitt | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a n/a n/a |
| Heat Time 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte | Trinder Trinder Lander Pearce Lander White Taras | 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma Lisa | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker Matthews | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma Lisa Bethany | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker Matthews Rowson | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma Lisa Bethany Laurence | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker Matthews Rowson Hurley | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma Lisa Bethany Laurence Dot | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker Matthews Rowson Hurley Thompson | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma Lisa Bethany Laurence Dot Hannah | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker Matthews Rowson Hurley Thompson Deas | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma Lisa Bethany Laurence Dot Hannah Maisie | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker Matthews Rowson Hurley Thompson Deas Williams | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma Lisa Bethany Laurence Dot Hannah Maisie Ifan | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker Matthews Rowson Hurley Thompson Deas Williams Roberts | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma Lisa Bethany Laurence Dot Hannah Maisie Ifan Mike | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker Matthews Rowson Hurley Thompson Deas Williams Roberts Buckley | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| Heat Time 11.08am | Claudia Angélique Daniel Charlotte Ryan Danny Charlotte Catherine Mateo Edward Rosie Emilie Luke Emma Lisa Bethany Laurence Dot Hannah Maisie Ifan Mike Joshua | Trinder Trinder Lander Pearce Lander White Taras Frankpitt Handley Rowberry Morris Cooke Busby-smith Tucker Matthews Rowson Hurley Thompson Deas Williams Roberts Buckley Bateman | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |

| 11.08am | Jason | Mathison | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
|--|---|---|--|---|---|
| 11.08am | Bonnie | Mathison | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Jon | Norrish | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Jason | Pope | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Rachael | Norrish | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Juliet | Evans | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Beth | Poole | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Laura | Joyce | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Laura | Keast | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Tom | Moylett | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Leah | Rees | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Lucy | Adkins | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Chantelle | Seickell | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Lisa | Tancock | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Emese | Gyorfi | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Lisa | Sheppard | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| 11.08am | Tom | Ford | 10k Trail Run | Individuals & Groups (Just for Fun) | n/a |
| | | | | | |
| | | | | | |
| 11.10am | | | | | |
| Heat Time | First Name | Surname | Race | Category | Age Category |
| 11.10am | James | McHale | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Vivien | Schneider | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Lizzy | Aiton | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Darren | Linden | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Yvonne | Cox | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Becky | Cox | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Jodi | Dowse-packham | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Benjamin | Packham | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Conor | Kenny | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | lan | Evans | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Jordan | Scowen | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Sam | Vickery | 10k Ruck Run | | |
| 11.10am | | | | Individuals & Groups (Just for Fun) | n/a |
| 11.10am | Tom | Frake | 10k Ruck Run | Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) | n/a n/a |
| 11 100~ | Tom Ricky | Frake Gayfer | | , , , | |
| 11.10am | | | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am 11.10am | Ricky | Gayfer | 10k Ruck Run 10k Ruck Run | Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) | n/a n/a |
| | Ricky Natasha | Gayfer Taylor | 10k Ruck Run 10k Ruck Run 10k Ruck Run | Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) Individuals & Groups (Just for Fun) | n/a n/a n/a |
| 11.10am | Ricky Natasha Georgina | Gayfer Taylor Nicholls | 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a |
| 11.10am 11.10am | Ricky Natasha Georgina Jamie | Gayfer Taylor Nicholls Brock | 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a n/a |
| 11.10am 11.10am 11.10am | Ricky Natasha Georgina Jamie Mohanad | Gayfer Taylor Nicholls Brock Habbal | 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a n/a n/a n/a |
| 11.10am 11.10am 11.10am 11.10am | Ricky Natasha Georgina Jamie Mohanad Jaime | Gayfer Taylor Nicholls Brock Habbal Matthews | 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a n/a n/a n/a n/a n/a n/a n/a n/a |
| 11.10am 11.10am 11.10am 11.10am 11.10am | Ricky Natasha Georgina Jamie Mohanad Jaime Armie | Gayfer Taylor Nicholls Brock Habbal Matthews Noel | 10k Ruck Run 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am | Ricky Natasha Georgina Jamie Mohanad Jaime Armie Nikela | Gayfer Taylor Nicholls Brock Habbal Matthews Noel Roberts | 10k Ruck Run 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am | Ricky Natasha Georgina Jamie Mohanad Jaime Armie Nikela Paul | Gayfer Taylor Nicholls Brock Habbal Matthews Noel Roberts Sollars | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am | Ricky Natasha Georgina Jamie Mohanad Jaime Armie Nikela Paul Aneesa | Gayfer Taylor Nicholls Brock Habbal Matthews Noel Roberts Sollars Bhabha | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am | Ricky Natasha Georgina Jamie Mohanad Jaime Armie Nikela Paul Aneesa Colin | Gayfer Taylor Nicholls Brock Habbal Matthews Noel Roberts Sollars Bhabha Capner | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am | Ricky Natasha Georgina Jamie Mohanad Jaime Armie Nikela Paul Aneesa Colin Robert | Gayfer Taylor Nicholls Brock Habbal Matthews Noel Roberts Sollars Bhabha Capner Williams | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |
| 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am 11.10am | Ricky Natasha Georgina Jamie Mohanad Jaime Armie Nikela Paul Aneesa Colin Robert Lisa | Gayfer Taylor Nicholls Brock Habbal Matthews Noel Roberts Sollars Bhabha Capner Williams Shepherd | 10k Ruck Run | Individuals & Groups (Just for Fun) | n/a |