

46	Rogan Martin	00:21.45	00:44.24	01:07.15	01:30.31	01:56.18	02:20.51	02:44.51
6	John Brame	00:22.55	00:46.31	01:10.42	01:35.19	02:01.13	02:27.28	02:53.43
35	Tom Hughes	00:24.16	00:48.55	01:13.24	01:37.58	02:04.22	02:30.36	02:58.06
88	Adam Lucas	00:23.46	00:47.29	01:14.31	01:40.54	02:07.13	02:35.31	03:00.08

Ladies: Sorry I've missed Ellie's time on the second lap – but she def came through and done 5 laps.

37	Nicolette Hutton	00:28.22	00:59.03	01:30.12	01:59.57	02:28.40	
64	Sophie Rickett	00:28.48	00:57.56	01:27.28	01:57.51	02:31.28	03:00.45
8	Ellie Brimicombe	00:27.59		01:27.52	02:01.10	02:37.54	
4	Rachel Barraclough	00:31.04	01:03.07	01:35.56	02:10.14	02:46.23	
25	Wendy Fitzpatrick	00:29.54	01:36.32	02:12.37	02:49.47	02:49.47	
7	Marsha Brame	00:38.32	01:19.20	02:02.01	02:02:01	02:50.20	