30	Last Name	First Name	Sex	Team Name	Race Name	Laps Completed	Laps Remaining	Finishing Time	Speed (MPH) (by chip time)	Split Times (by chip time)
_	Clarke	Warren	Male	Doncaster	Super Mile Quibell Wave 6	4	0	00:05:28.21	11	Split 1: 00:01:22.64   Split 2: 00:01:25.07   Split 3: 00:01:22.80   Split 4: 00:01:
_	Mcfaul	Jonny	Male	Goole Viking Striders	Super Mile Quibell Wave 6	4		00:05:18.66		Split 1: 00:02:11.03   Split 2: 00:01:51.48   Split 3: 00:01:15.76   Split 4: 00:00:
32	Currie	Carl	Male	Gainsborough & Morton	Super Mile Quibell Wave 6	4	0	00:05:27.95	11	Split 1: 00:01:22.69   Split 2: 00:01:23.63   Split 3: 00:01:24.54   Split 4: 00:01:
-	Skinner	Lindsay	Female		Super Mile Quibell Wave 6	0	4			
-	Barber	Steve	Male	Danum harriers	Super Mile Quibell Wave 6	0	4			
5	Isle	Matthew	Male		Super Mile Quibell Wave 6	0	4			
-	-	Aaron	Male		Super Mile Quibell Wave 6	0	4			
-	White	Darren	Male	East Hull Harriers &	Super Mile Quibell Wave 6	0	4			
4	Shoreson	Rob	Male	B. B. S.	Super Mile Quibell Wave 6	4		00:05:06.64		Split 1: 00:02:02.57   Split 2: 00:01:49.38   Split 3: 00:01:15.23   Split 4: 00:00:
,	Blizard Harness	Jenny Patrick	Female Male	Rotherham Harriers / Goole Viking Striders	Super Mile Quibell Wave 6 Super Mile Quibell Wave 6	4		00:05:15.77		Split 1: 00:01:17.90   Split 2: 00:02:00.00   Split 3: 00:01:56.88   Split 4: 00:00: Split 1: 00:01:18.88   Split 2: 00:01:19.85   Split 3: 00:01:23.95   Split 4: 00:01:
	Young	Graham	Male	non affiliated	Super Mile Quibell Wave 6	4		00:05:20:66		Split 1: 00:01:22:50   Split 2: 00:01:35:42   Split 3: 00:01:40.76   Split 4: 00:01:
1	Padley	Thomas	Male	Scunthorpe & District	Super Mile Quibell Wave 6	4		00:05:37.58		Split 1: 00:01:19:50   Split 2: 00:02:01:54   Split 3: 00:01:19:53   Split 4: 00:01:
н	Millns	David	Male	Totley AC	Super Mile Quibell Wave 6	0	4	00.05.37.56	10.7	3piit 1. 00.01.19.30 1 3piit 2. 00.02.01.34 1 3piit 3. 00.01.19.33 1 3piit 4. 00.00.
Н	Reynolds	Andrew	Male	Caistor Running Club	Super Mile Quibell Wave 6	4		00:04:58.03	12.1	Split 1: 00:01:52.37   Split 2: 00:00:38.67   Split 3: 00:00:32.55   Split 4: 00:01:
4	Morris	Ryan	Male	scunthorpe&district	Super Mile Quibell Wave 6	4		00:04:58.44		Solit 1: 00:01:39.47   Solit 2: 00:02:07.41   Solit 3: 00:01:10.74   Solit 4: 00:00
ł	Stonehewer	Luke	Male		Super Mile Quibell Wave 6	4		00:04:43.82		Split 1: 00:01:12.82   Split 2: 00:01:13.04   Split 3: 00:01:11.70   Split 4: 00:01
ł	Page	Rvan	Male	Lincoln Track Club	Super Mile Quibell Wave 6	4	0	00:04:39.23		Solit 1: 00:01:13.68   Solit 2: 00:01:12.61   Solit 3: 00:01:24.61   Solit 4: 00:00
	Marritt	Francesca	Female		Super Mile Quibell Wave 1	4		00:09:27.79		Split 1: 00:02:05.46   Split 2: 00:02:23.22   Split 3: 00:02:35.44   Split 4: 00:02
	Sweeney	Isabelle	Female	Lincsquad	Super Mile Quibell Wave 1	0	4			
	Cheeseman	Sharron	Female		Super Mile Quibell Wave 1	4	0	00:10:12.96	5.9	Split 1: 00:02:17.87   Split 2: 00:02:33.46   Split 3: 00:02:41.80   Split 4: 00:02
	Lonsdale	Susan	Female	Lincsquad	Super Mile Quibell Wave 1	0	4			
	Cartwright	Jenny	Female		Super Mile Quibell Wave 1	0	4			
	Lancaster	Rachel	Female		Super Mile Quibell Wave 1	4	0	00:08:48.56	6.8	Split 1: 00:02:04.93   Split 2: 00:02:16.66   Split 3: 00:02:16.68   Split 4: 00:02
	Smith	Helen	Female		Super Mile Quibell Wave 1	0	4			
	George	Ruth	Female	Barton and district	Super Mile Quibell Wave 1	4	0	00:09:05.03	6.6	Split 1: 00:02:16.10   Split 2: 00:02:16.35   Split 3: 00:02:18.38   Split 4: 00:02
	Atkinson	Nikki	Female	Scunthorpe & District	Super Mile Quibell Wave 1	0	4			
	Foulston	Helen	Female	Barton and district AC	Super Mile Quibell Wave 1	4	0	00:08:05.12	7.4	Split 1: 00:01:46.78   Split 2: 00:02:01.26   Split 3: 00:02:06.66   Split 4: 00:02
	Cawkwell	Helen	Female	Barton and district	Super Mile Quibell Wave 1	4	0	00:07:55.20	7.6	Split 1: 00:01:47.23   Split 2: 00:02:01.06   Split 3: 00:02:05.33   Split 4: 00:02
	Procter	Bev	Female	Barton and district ac	Super Mile Quibell Wave 1	4	0	00:08:32.01	7	Split 1: 00:01:57.11   Split 2: 00:02:14.25   Split 3: 00:02:14.32   Split 4: 00:02
	Birch	Sharon	Female		Super Mile Quibell Wave 1	0	4			
	Croft	Lindsay	Female		Super Mile Quibell Wave 1	4	0	00:08:45.52	6.9	Split 1: 00:02:00.90   Split 2: 00:02:16.83   Split 3: 00:02:21.77   Split 4: 00:02
	Cavanagh	Lynda	Female	FERC	Super Mile Quibell Wave 1	4	0	00:08:58.19	6.7	Split 1: 00:02:05.54   Split 2: 00:02:20.84   Split 3: 00:02:21.58   Split 4: 00:02
	Lonsdale	Jonathan	Male	Lincsquad	Super Mile Quibell Wave 1	0	4			
	Lancaster	Kate	Female	N/a	Super Mile Quibell Wave 1	4	0	00:07:47.75	7.7	Split 1: 00:01:50.77   Split 2: 00:02:01.25   Split 3: 00:02:00.79   Split 4: 00:01
	Duke	Amanda	Female		Super Mile Quibell Wave 1	0	4			
	Porte	Jessamine	Female	Lincsquad	Super Mile Quibell Wave 1	0	4			
	Halstad	Jean	Female		Super Mile Quibell Wave 1	4	0	00:08:42.74	6.9	Split 1: 00:02:04.63   Split 2: 00:02:15.59   Split 3: 00:02:16.94   Split 4: 00:02
	Stonehewer	Libby	Female	Scunthorpe & District	Super Mile Quibell Wave 2	4	0	00:07:38.88	7.9	Split 1: 00:01:52.65   Split 2: 00:01:58.56   Split 3: 00:02:00.01   Split 4: 00:01
	Ellis	Katy	Female	Lincsquad	Super Mile Quibell Wave 2	4	0	00:07:10.79	8.4	Split 1: 00:01:51.08   Split 2: 00:01:48.95   Split 3: 00:01:51.14   Split 4: 00:01
	Shaw	Dawn	Female		Super Mile Quibell Wave 2	4	0	00:07:02.48	8.5	Split 1: 00:01:40.43   Split 2: 00:01:47.86   Split 3: 00:01:49.13   Split 4: 00:01
	Hills	Phil	Male	Scunthorpe and distri	Super Mile Quibell Wave 2	4	0	00:07:45.82	7.7	Split 1: 00:01:47.46   Split 2: 00:01:57.53   Split 3: 00:02:01.29   Split 4: 00:01
	Gilllon	Dean	Male		Super Mile Quibell Wave 2	0	4			
	Harper	Hannah	Female		Super Mile Quibell Wave 2	0	4			
	Harper	Sarah	Female		Super Mile Quibell Wave 2	0	4			
	Chapman	Ken	Male	Kimberworth Striders	Super Mile Quibell Wave 2	0	4			
	Hill	Andy	Male	Wolds veterans rc	Super Mile Quibell Wave 2	0	4			
	Garner	Bevan	Male		Super Mile Quibell Wave 2	0	4			
	Vines	Phillip	Male	Caistor	Super Mile Quibell Wave 2	4	0	00:06:50.32	8.8	Split 1: 00:01:43.12   Split 2: 00:01:46.72   Split 3: 00:01:48.44   Split 4: 00:01
1	Cawkwell	Charlotte	Female	Barton and district	Super Mile Quibell Wave 2	0	4			
	Sweeney	James	Male	Lincsquad	Super Mile Quibell Wave 2	0	4			
	Ferguson	Andrew	Male		Super Mile Quibell Wave 2	4		00:06:35.27		Split 1: 00:01:33.42   Split 2: 00:01:40.30   Split 3: 00:01:44.57   Split 4: 00:01
	Holmes	Janice	Female		Super Mile Quibell Wave 2	4		00:08:01.56	7.5	Split 1: 00:01:52.91   Split 2: 00:02:01.19   Split 3: 00:02:05.22   Split 4: 00:02
	Kent	Walter	Male	winterton	Super Mile Quibell Wave 2	0	4			
	Gerhardt	Richard	Male		Super Mile Quibell Wave 2	0	4			
	Wadd	Gemma	Female		Super Mile Quibell Wave 2	0	4			
	Morley	Jane		Woids vet R C	Super Mile Quibell Wave 2	0	4			
	Whitlam	Steven	Male	Gvs	Super Mile Quibell Wave 3	4		00:06:30.38	9.2	Split 1: 00:01:38.29   Split 2: 00:01:40.88   Split 3: 00:01:40.17   Split 4: 00:01
	Vandenbrook		Male		Super Mile Quibell Wave 3	4	0			
	Schofield	Jonathan	Male					00:07:21.32		Split 1: 00:01:40.50   Split 2: 00:01:51.02   Split 3: 00:01:58.63   Split 4: 00:01
	Ernest		***	Later and the state of	Super Mile Quibell Wave 3	4		00:06:10.43		Split 1: 00:01:40.50   Split 2: 00:01:51.02   Split 3: 00:01:58.63   Split 4: 00:01
		John	Male	Independent	Super Mile Quibell Wave 3	0	4	00:06:10.43	9.7	Split 1: 00:01:40.50   Split 2: 00:01:51.02   Split 3: 00:01:58.63   Split 4: 00:01 Split 1: 00:01:35.48   Split 2: 00:01:34.28   Split 3: 00:01:35.35   Split 4: 00:01
		Stewart	Male		Super Mile Quibell Wave 3 Super Mile Quibell Wave 3	0	4	00:06:10.43 00:06:11.14	9.7	Split 1: 00:01:40.50   Split 2: 00:01:51.02   Split 3: 00:01:58.63   Split 4: 00:01 Split 1: 00:01:35.48   Split 2: 00:01:34.28   Split 3: 00:01:35.35   Split 4: 00:01 Split 1: 00:01:30.77   Split 2: 00:01:35.29   Split 3: 00:01:35.16   Split 4: 00:01
	Boyle	Stewart	Male Male		Super Mile Quibell Wave 3 Super Mile Quibell Wave 3 Super Mile Quibell Wave 3	0 4 4	4 0	00:06:10.43 00:06:11.14 00:06:40.78	9.7 9.7 9	Spilit 1: 00:01:40:50   Spilit 2: 00:01:51:02   Spilit 3: 00:01:58:83   Spilit 4: 00:01 Spilit 1: 00:01:35:48   Spilit 2: 00:01:34:28   Spilit 3: 00:01:35:35   Spilit 4: 00:01 Spilit 1: 00:01:30:77   Spilit 2: 00:01:35:29   Spilit 3: 00:01:35:16   Spilit 4: 00:01 Spilit 1: 00:01:38:33   Spilit 2: 00:01:41:62   Spilit 3: 00:01:42:21   Spilit 4: 00:01
	Boyle Cheeseman	Stewart Shaun Justin	Male Male Male	Gainsborough & Morton	Super Mile Quibell Wave 3 Super Mile Quibell Wave 3 Super Mile Quibell Wave 3 Super Mile Quibell Wave 3	0 4 4	4 0 0	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05	9.7 9.7 9 8.1	Spiit 1: 00:01:40.50 1 Spiit 2: 00:01:51.02 1 Spiit 3: 00:01:58.63 1 Spiit 4: 00:01 Spiit 1: 00:01:35.48 1 Spiit 2: 00:01:34.28 1 Spiit 3: 00:01:35.35 1 Spiit 4: 00:01 Spiit 1: 00:01:30.77 1 Spiit 2: 00:01:35.29 1 Spiit 3: 00:01:35.16 1 Spiit 4: 00:01 Spiit 1: 00:01:30.73 1 Spiit 2: 00:01:45.29 1 Spiit 3: 00:01:35.16 1 Spiit 4: 00:01 Spiit 1: 00:01:38.33 1 Spiit 2: 00:01:41 &2 1 Spiit 3: 00:01:42.21 1 Spiit 4: 00:01 Spiit 1: 00:01:43.11 1 Spiit 2: 00:01:50.49 1 Spiit 3: 00:01:57.80 1 Spiit 4: 00:01
	Boyle Cheeseman Peniston	Stewart Shaun Justin Glenn	Male Male Male Male	Gainsborough & Morton Gainsborough and Mort	Super Mile Quibell Wave 3 Super Mile Quibell Wave 3 Super Mile Quibell Wave 3 Super Mile Quibell Wave 3 Super Mile Quibell Wave 3	0 4 4 4 4	4 0 0 0	00:06:10.43 00:06:11.14 00:06:40.78	9.7 9.7 9 8.1	Spiit 1: 00:01:40.50 1 Spiit 2: 00:01:51.02 1 Spiit 3: 00:01:58.63 1 Spiit 4: 00:01 Spiit 1: 00:01:35.48 1 Spiit 2: 00:01:34.28 1 Spiit 3: 00:01:35.35 1 Spiit 4: 00:01 Spiit 1: 00:01:30.77 1 Spiit 2: 00:01:35.29 1 Spiit 3: 00:01:35.16 1 Spiit 4: 00:01 Spiit 1: 00:01:30.73 1 Spiit 2: 00:01:45.29 1 Spiit 3: 00:01:35.16 1 Spiit 4: 00:01 Spiit 1: 00:01:38.33 1 Spiit 2: 00:01:41 &2 1 Spiit 3: 00:01:42.21 1 Spiit 4: 00:01 Spiit 1: 00:01:43.11 1 Spiit 2: 00:01:50.49 1 Spiit 3: 00:01:57.80 1 Spiit 4: 00:01
	Cheeseman Peniston Hearn	Stewart Shaun Justin Glenn Vikki	Male Male Male Male Female	Gainsborough & Morton	Super Mile Quibell Wave 3 Super Mile Quibell Wave 3	0 4 4 4 4 0	4 0 0 0 0 0	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05	9.7 9.7 9 8.1 9.3	Spilit 1: 00:01:40:50   Spilit 2: 00:01:51:02   Spilit 3: 00:01:58:63   Spilit 4: 00:01 Spilit 1: 00:01:35:48   Spilit 2: 00:01:34:28   Spilit 3: 00:01:35:35   Spilit 4: 00:01 Spilit 1: 00:01:30:77   Spilit 2: 00:01:35:29   Spilit 3: 00:01:35:16   Spilit 4: 00:01 Spilit 1: 00:01:30:77   Spilit 2: 00:01:36:29   Spilit 3: 00:01:35:16   Spilit 4: 00:01 Spilit 1: 00:01:38:33   Spilit 2: 00:01:41:62   Spilit 3: 00:01:42:21   Spilit 4: 00:01 Spilit 1: 00:01:38:33   Spilit 2: 00:01:40:49   Spilit 3: 00:01:57:80   Spilit 4: 00:01 Spilit 1: 00:01:37:47   Spilit 2: 00:01:40:95   Spilit 3: 00:01:39:08   Spilit 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder	Stewart Shaun Justin Glenn Vikki Tony	Male Male Male Male Female Female	Gainsborough & Morton Gainsborough and Mort	Super Mile Quibell Wave 3 Super Mile Quibell Wave 3 Super Mile Quibell Wave 3 Super Mile Quibell Wave 3 Super Mile Quibell Wave 3	0 4 4 4 4 0	4 0 0 0 0 0 4	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05	9.7 9.7 9 8.1 9.3	Spilit 1: 00:01:40:50   Spilit 2: 00:01:51:02   Spilit 3: 00:01:58:63   Spilit 4: 00:01 Spilit 1: 00:01:35:48   Spilit 2: 00:01:34:28   Spilit 3: 00:01:35:35   Spilit 4: 00:01 Spilit 1: 00:01:30:77   Spilit 2: 00:01:35:29   Spilit 3: 00:01:35:16   Spilit 4: 00:01 Spilit 1: 00:01:30:77   Spilit 2: 00:01:35:29   Spilit 3: 00:01:35:16   Spilit 4: 00:01 Spilit 1: 00:01:38:33   Spilit 2: 00:01:41:62   Spilit 3: 00:01:42:21   Spilit 4: 00:01 Spilit 1: 00:01:38:31   Spilit 2: 00:01:50:49   Spilit 3: 00:01:57:80   Spilit 4: 00:01 Spilit 1: 00:01:37:47   Spilit 2: 00:01:40:95   Spilit 3: 00:01:39:08   Spilit 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy	Stewart Shaun Justin Glenn Vikki Tony Belinda	Male Male Male Male Female Female	Gainsborough & Morton Gainsborough and Mort Gainsborough & Morton	Super Mile Quibell Wave 3 Super Mile Quibell Wave 3	0 4 4 4 4 0 0	4 0 0 0 0 0 4 0 4	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05	9.7 9.7 9 8.1 9.3	Spiit 1: 00:01:30:50   Spiit 2: 00:01:51.02   Spiit 3: 00:01:58.63   Spiit 4: 00:01 Spiit 1: 00:01:35:48   Spiit 2: 00:01:34.28   Spiit 3: 00:01:35.35   Spiit 4: 00:01 Spiit 1: 00:01:30:77   Spiit 2: 00:01:35:29   Spiit 3: 00:01:35:16   Spiit 4: 00:01 Spiit 1: 00:01:30:77   Spiit 2: 00:01:45:29   Spiit 3: 00:01:42:21   Spiit 4: 00:01 Spiit 1: 00:01:33:33   Spiit 2: 00:01:41.62   Spiit 3: 00:01:42:21   Spiit 4: 00:01 Spiit 1: 00:01:43:11   Spiit 2: 00:01:40:91   Spiit 3: 00:01:30:08   Spiit 4: 00:01 Spiit 1: 00:01:37:47   Spiit 2: 00:01:40:91   Spiit 3: 00:01:30:08   Spiit 4: 00:01 Spiit 1: 00:01:35:87   Spiit 2: 00:01:44:37   Spiit 3: 00:01:48:13   Spiit 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman	Male Male Male Male Female Female Female Male	Gainsborough & Morton Gainsborough and Mort	Super Mile Quibell Wave 3 Super Mile Quibell Wave 3	0 4 4 4 4 0 0 4	4 0 0 0 0 0 4 0 4	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05	9.7 9.7 9 8.1 9.3	Spiit 1: 00:01:30:50   Spiit 2: 00:01:51.02   Spiit 3: 00:01:58.63   Spiit 4: 00:01 Spiit 1: 00:01:35:48   Spiit 2: 00:01:34.28   Spiit 3: 00:01:35.35   Spiit 4: 00:01 Spiit 1: 00:01:30:77   Spiit 2: 00:01:35:29   Spiit 3: 00:01:35:16   Spiit 4: 00:01 Spiit 1: 00:01:30:77   Spiit 2: 00:01:45:29   Spiit 3: 00:01:42:21   Spiit 4: 00:01 Spiit 1: 00:01:33:33   Spiit 2: 00:01:41.62   Spiit 3: 00:01:42:21   Spiit 4: 00:01 Spiit 1: 00:01:43:11   Spiit 2: 00:01:40:91   Spiit 3: 00:01:30:08   Spiit 4: 00:01 Spiit 1: 00:01:37:47   Spiit 2: 00:01:40:91   Spiit 3: 00:01:30:08   Spiit 4: 00:01 Spiit 1: 00:01:35:87   Spiit 2: 00:01:44:37   Spiit 3: 00:01:48:13   Spiit 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale	Stewart Shaun Justin Glenn Vikki Tony Belinda	Male Male Male Male Female Female	Gainsborough & Morton Gainsborough and Mort Gainsborough & Morton	Super Mile Quibell Wave 3	0 4 4 4 4 0 0	4 0 0 0 0 0 4 0 4 0	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05 00:06:50.75	9.7 9.7 9 8.1 9.3 8.8 8.8	Spilt 1: 00:01:40.50   Spilt 2: 00:01:51.02   Spilt 3: 00:01:58.63   Spilt 4: 00:01 Spilt 1: 00:01:35.48   Spilt 2: 00:01:34.28   Spilt 3: 00:01:35.35   Spilt 4: 00:01 Spilt 1: 00:01:35.77   Spilt 2: 00:01:35.29   Spilt 3: 00:01:35.16   Spilt 4: 00:01 Spilt 1: 00:01:30.77   Spilt 2: 00:01:35.29   Spilt 3: 00:01:35.16   Spilt 4: 00:01 Spilt 1: 00:01:38.33   Spilt 2: 00:01:41.82   Spilt 3: 00:01:42.21   Spilt 4: 00:01 Spilt 1: 00:01:43.11   Spilt 2: 00:01:50.49   Spilt 3: 00:01:57.80   Spilt 4: 00:01 Spilt 1: 00:01:37.47   Spilt 2: 00:01:40.95   Spilt 3: 00:01:30.81   Spilt 4: 00:01 Spilt 1: 00:01:35.87   Spilt 2: 00:01:44.37   Spilt 3: 00:01:48.13   Spilt 4: 00:01 Spilt 1: 00:01:40.02   Spilt 2: 00:01:50.10   Spilt 3: 00:01:54.36   Spilt 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul	Male Male Male Male Male Female Female Male Female Male Male	Gainsborough & Morton Gainsborough and Mort Gainsborough & Morton gainsborough morton s	Super Mile Quibell Wave 3	0 4 4 4 4 0 0 4 0	4 0 0 0 0 0 4 0 4 0	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05	9.7 9.7 9 8.1 9.3 8.8 8.8	Spilt 1: 00:01:40.50   Spilt 2: 00:01:51.02   Spilt 3: 00:01:58.63   Spilt 4: 00:01 Spilt 1: 00:01:35.48   Spilt 2: 00:01:34.28   Spilt 3: 00:01:35.35   Spilt 4: 00:01 Spilt 1: 00:01:35.77   Spilt 2: 00:01:35.29   Spilt 3: 00:01:35.16   Spilt 4: 00:01 Spilt 1: 00:01:30.77   Spilt 2: 00:01:35.29   Spilt 3: 00:01:35.16   Spilt 4: 00:01 Spilt 1: 00:01:38.33   Spilt 2: 00:01:41.82   Spilt 3: 00:01:42.21   Spilt 4: 00:01 Spilt 1: 00:01:43.11   Spilt 2: 00:01:50.49   Spilt 3: 00:01:57.80   Spilt 4: 00:01 Spilt 1: 00:01:37.47   Spilt 2: 00:01:40.95   Spilt 3: 00:01:30.81   Spilt 4: 00:01 Spilt 1: 00:01:35.87   Spilt 2: 00:01:44.37   Spilt 3: 00:01:48.13   Spilt 4: 00:01 Spilt 1: 00:01:40.02   Spilt 2: 00:01:50.10   Spilt 3: 00:01:54.36   Spilt 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny	Male Male Male Male Female Female Female Male Female Female Female	Gainsborough & Morton Gainsborough and Mort Gainsborough & Morton	Super Mile Quibell Wave 3	0 4 4 4 4 0 0 4 0 4	4 0 0 0 0 0 4 4 0 4	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05 00:06:50.75	9.7 9.7 9 8.1 9.3 8.8 8.8	Spilt 1: 00:01:40.50   Spilt 2: 00:01:51.02   Spilt 3: 00:01:58.63   Spilt 4: 00:01 Spilt 1: 00:01:35.48   Spilt 2: 00:01:34.28   Spilt 3: 00:01:35.35   Spilt 4: 00:01 Spilt 1: 00:01:35.77   Spilt 2: 00:01:35.29   Spilt 3: 00:01:35.16   Spilt 4: 00:01 Spilt 1: 00:01:30.77   Spilt 2: 00:01:35.29   Spilt 3: 00:01:35.16   Spilt 4: 00:01 Spilt 1: 00:01:38.33   Spilt 2: 00:01:41.82   Spilt 3: 00:01:42.21   Spilt 4: 00:01 Spilt 1: 00:01:43.11   Spilt 2: 00:01:50.49   Spilt 3: 00:01:57.80   Spilt 4: 00:01 Spilt 1: 00:01:37.47   Spilt 2: 00:01:40.95   Spilt 3: 00:01:30.81   Spilt 4: 00:01 Spilt 1: 00:01:35.87   Spilt 2: 00:01:44.37   Spilt 3: 00:01:48.13   Spilt 4: 00:01 Spilt 1: 00:01:40.02   Spilt 2: 00:01:50.10   Spilt 3: 00:01:54.36   Spilt 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams Fursman	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul Simon	Male Male Male Male Male Female Female Male Female Male Male Male Male	Gainsborough & Morton Gainsborough and Mort Gainsborough & Morton gainsborough morton s  Wolds Vets Running CI	Super Mile Quibell Wave 3	0 4 4 4 4 0 4 0 4 0 4	4 0 0 0 0 0 4 4 0 0 4 4	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05 00:06:50.75	9.7 9.7 9 8.1 9.3 8.8 8.8	Spilt 1: 00:01:40.50   Spilt 2: 00:01:51.02   Spilt 3: 00:01:58.63   Spilt 4: 00:01 Spilt 1: 00:01:35.48   Spilt 2: 00:01:34.28   Spilt 3: 00:01:35.35   Spilt 4: 00:01 Spilt 1: 00:01:35.77   Spilt 2: 00:01:35.29   Spilt 3: 00:01:35.16   Spilt 4: 00:01 Spilt 1: 00:01:30.77   Spilt 2: 00:01:35.29   Spilt 3: 00:01:35.16   Spilt 4: 00:01 Spilt 1: 00:01:38.33   Spilt 2: 00:01:41.82   Spilt 3: 00:01:42.21   Spilt 4: 00:01 Spilt 1: 00:01:43.11   Spilt 2: 00:01:50.49   Spilt 3: 00:01:57.80   Spilt 4: 00:01 Spilt 1: 00:01:37.47   Spilt 2: 00:01:40.95   Spilt 3: 00:01:30.81   Spilt 4: 00:01 Spilt 1: 00:01:35.87   Spilt 2: 00:01:44.37   Spilt 3: 00:01:48.13   Spilt 4: 00:01 Spilt 1: 00:01:40.02   Spilt 2: 00:01:50.10   Spilt 3: 00:01:54.36   Spilt 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams Fursman Fursman Lamming	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul Simon Lizzi	Male Male Male Male Male Female Female Female Male Male Male Male Male	Gainsborough & Morton Gainsborough and Mort Gainsborough & Morton gainsborough morton s Wolds Vets Running Cl wolds veteran running	Super Mile Quibell Wave 3	0 4 4 4 0 0 4 0 4 0 0	4 0 0 0 0 4 4 0 0 4 4 0 0 4 4 4 4 4 4 4	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05 00:06:50.75	9.7 9.7 9 8.1 9.3 8.8 8.8	Spilit 1: 00:01:40.50   Spilit 2: 00:01:51.02   Spilit 3: 00:01:58.63   Spilit 4: 00:01 Spilit 1: 00:01:35.48   Spilit 2: 00:01:34.28   Spilit 3: 00:01:35.35   Spilit 4: 00:01 Spilit 1: 00:01:35.77   Spilit 2: 00:01:35.29   Spilit 3: 00:01:35.16   Spilit 4: 00:01 Spilit 1: 00:01:30.77   Spilit 2: 00:01:35.29   Spilit 3: 00:01:35.16   Spilit 4: 00:01 Spilit 1: 00:01:38.31   Spilit 2: 00:01:41.82   Spilit 3: 00:01:42.21   Spilit 4: 00:01 Spilit 1: 00:01:38.31   Spilit 2: 00:01:40   Spilit 3: 00:01:57.80   Spilit 4: 00:01 Spilit 1: 00:01:37.47   Spilit 2: 00:01:40   Spilit 3: 00:01:30.81   Spilit 4: 00:01 Spilit 1: 00:01:35.87   Spilit 2: 00:01:44.37   Spilit 3: 00:01:48.13   Spilit 4: 00:01 Spilit 1: 00:01:35.87   Spilit 2: 00:01:50.10   Spilit 3: 00:01:54.36   Spilit 4: 00:01 Spilit 1: 00:01:35.85   Spilit 2: 00:01:50.10   Spilit 3: 00:01:41.32   Spilit 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams Fursman Fursman	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul Simon Lizzi Lizzi	Male Male Male Male Male Female Female Female Male Male Male Male Male Male	Gainsborough & Morton Gainsborough and Mort Gainsborough & Morton gainsborough morton s Wolds Vets Running Cl wolds veteran running	Super Mile Quibell Wave 3	0 4 4 4 0 0 4 0 4 0 0	4 0 0 0 0 4 0 4 4 0 0 4 4 4 4 4 4 0	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05 00:06:50.75 00:07:14.21 00:06:33.67	9.7 9.7 9 8.1 0.3 8.8 8.3 9.2	Spilit 1: 00:01:40:50   Spilit 2: 00:01:51:02   Spilit 3: 00:01:58:83   Spilit 4: 00:01 Spilit 1: 00:01:35:48   Spilit 2: 00:01:34:28   Spilit 3: 00:01:35:35   Spilit 4: 00:01 Spilit 1: 00:01:35:77   Spilit 2: 00:01:35:29   Spilit 3: 00:01:35:16   Spilit 4: 00:01 Spilit 1: 00:01:30:77   Spilit 2: 00:01:35:29   Spilit 3: 00:01:35:16   Spilit 4: 00:01 Spilit 1: 00:01:38:33   Spilit 2: 00:01:41:82   Spilit 3: 00:01:42:21   Spilit 4: 00:01 Spilit 1: 00:01:43:11   Spilit 2: 00:01:44:18   Spilit 3: 00:01:57:80   Spilit 4: 00:01 Spilit 1: 00:01:37:47   Spilit 2: 00:01:40:95   Spilit 3: 00:01:39:80   Spilit 4: 00:01 Spilit 1: 00:01:35:47   Spilit 2: 00:01:44:37   Spilit 3: 00:01:54:36   Spilit 4: 00:01 Spilit 1: 00:01:36:87   Spilit 2: 00:01:50:10   Spilit 3: 00:01:54:36   Spilit 4: 00:01 Spilit 1: 00:01:35:85   Spilit 2: 00:01:41:31   Spilit 3: 00:01:41:32   Spilit 4: 00:01 Spilit 1: 00:01:35:85   Spilit 2: 00:01:41:15   Spilit 3: 00:01:41:32   Spilit 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams Fursman Lamming Askew Askew	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul Simon Lizzi Lizzi Andrina	Male Male Male Male Female Female Male Female Male Male Male Male Male Male Male M	Gainsborough & Morton Gainsborough & Morton Gainsborough & Morton gainsborough morton s Wolds Vets Running CI wolds veteran running wolds veteran running	Super Mile Quibell Wave 3	0 4 4 4 4 0 0 4 0 0 4 0 0	4 0 0 0 0 4 4 0 0 4 4 4 4 4 4 4 4 4	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05 00:06:50.75 00:06:33.67	9.7 9.7 9.7 9.8 6.1 9.3 8.8 8.3 9.2 9.5 6.7	Spilit 1: 00:01:30:30   Spilit 2: 00:01:51:02   Spilit 3: 00:01:58:83   Spilit 4: 00:01 Spilit 1: 00:01:35:48   Spilit 2: 00:01:34:28   Spilit 3: 00:01:35:35   Spilit 4: 00:01 Spilit 1: 00:01:30:77   Spilit 2: 00:01:35:29   Spilit 3: 00:01:35:16   Spilit 4: 00:01 Spilit 1: 00:01:30:37   Spilit 2: 00:01:36:29   Spilit 3: 00:01:35:16   Spilit 4: 00:01 Spilit 1: 00:01:38:33   Spilit 2: 00:01:41   Spilit 3: 00:01:42:21   Spilit 4: 00:01 Spilit 1: 00:01:33:31   Spilit 2: 00:01:40   Spilit 3: 00:01:57:80   Spilit 4: 00:01 Spilit 1: 00:01:37:47   Spilit 2: 00:01:40   Spilit 3: 00:01:30:81   Spilit 4: 00:01 Spilit 1: 00:01:36:87   Spilit 2: 00:01:44:71   Spilit 3: 00:01:43:31   Spilit 4: 00:01 Spilit 1: 00:01:36:87   Spilit 2: 00:01:44:71   Spilit 3: 00:01:43:31   Spilit 4: 00:01 Spilit 1: 00:01:36:87   Spilit 2: 00:01:41.15   Spilit 3: 00:01:43:31   Spilit 4: 00:01 Spilit 1: 00:01:36:89   Spilit 2: 00:01:41.15   Spilit 3: 00:01:43:31   Spilit 4: 00:01 Spilit 1: 00:01:36:89   Spilit 2: 00:01:41.15   Spilit 3: 00:01:43:31   Spilit 4: 00:01 Spilit 1: 00:01:36:89   Spilit 2: 00:01:44.15   Spilit 3: 00:01:44.36   Spilit 4: 00:01 Spilit 1: 00:01:36:89   Spilit 2: 00:01:44.15   Spilit 3: 00:01:44.38   Spilit 4: 00:01 Spilit 1: 00:01:36:89   Spilit 2: 00:01:44.15   Spilit 3: 00:01:44.15   Spilit
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams Fursman Lamming Askew Askew	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul Simon Lizzi Lizzi Andrina Mark	Male Male Male Male Female Female Male Female Male Male Male Male Male Male Female Female Male Female Female	Gainsborough & Morton Gainsborough & Morton Gainsborough & Morton gainsborough & Morton Wolds Vets Running Cl wolds veteran running wolds veteran running scunthorpe	Super Mile Quibell Wave 3	0 4 4 4 0 0 4 0 0 4 0 0 4 0 0 4 0 0 4 4 0 0	4 4 4 4 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	00:06:10:43 00:06:11.14 00:06:40.78 00:07:27.05 00:06:26.05 00:06:50.75 00:06:33.67	9.7 9.7 9.8 8.1 9.3 8.8 8.3 9.2 9.5 8.7 9.9 9.3	Spilt 1: 00:01:30:50   Spilt 2: 00:01:51:02   Spilt 3: 00:01:58:83   Spilt 4: 00:01 Spilt 1: 00:01:35:48   Spilt 2: 00:01:34:28   Spilt 3: 00:01:35:35   Spilt 4: 00:01 Spilt 1: 00:01:30:77   Spilt 2: 00:01:35:29   Spilt 3: 00:01:35:16   Spilt 4: 00:01 Spilt 1: 00:01:33:33   Spilt 2: 00:01:35:29   Spilt 3: 00:01:35:16   Spilt 4: 00:01 Spilt 1: 00:01:33:31   Spilt 2: 00:01:41   Spilt 3: 00:01:42:21   Spilt 4: 00:01 Spilt 1: 00:01:33:31   Spilt 2: 00:01:40   Spilt 3: 00:01:57:80   Spilt 4: 00:01 Spilt 1: 00:01:37:47   Spilt 2: 00:01:40   Spilt 3: 00:01:43:31   Spilt 4: 00:01 Spilt 1: 00:01:35:87   Spilt 2: 00:01:44:37   Spilt 3: 00:01:48:13   Spilt 4: 00:01 Spilt 1: 00:01:35:87   Spilt 2: 00:01:50:10   Spilt 3: 00:01:54:36   Spilt 4: 00:01 Spilt 1: 00:01:35:95   Spilt 2: 00:01:51:01   Spilt 3: 00:01:41:32   Spilt 4: 00:01 Spilt 1: 00:01:35:20   Spilt 2: 00:01:41:15   Spilt 3: 00:01:41:32   Spilt 4: 00:01 Spilt 1: 00:01:30:20   Spilt 2: 00:01:44:41   Spilt 3: 00:01:44:31   Spilt 4: 00:01 Spilt 1: 00:01:30:20   Spilt 2: 00:01:44:41   Spilt 3: 00:01:44:31   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:44:41   Spilt 3: 00:01:48:13   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:48:41   Spilt 3: 00:01:48:13   Spilt 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Date Adams Fursman Lamming Askew Askew Padley	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul Simon Lizzi Andrina Mark Kerry	Male Male Male Male Female Female Male Female Male Male Male Male Male Male Female Female Male Female Female	Gainsborough & Morton Gainsborough & Morton Gainsborough & Morton gainsborough & Morton Wolds Vets Running Cl wolds veteran running wolds veteran running scunthorpe Scunthorpe & District	Super Mile Quibell Wave 3	0 4 4 0 0 4 0 0 0 0 0 0 0 4 4 4 4 4 4	4 4 4 4 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27:05 00:07:27:05 00:06:50.75 00:06:33.67 00:06:33.67	9.7 9.7 9.8 8.1 9.3 8.8 8.3 9.2 9.5 8.7 9.9 9.3	Spilt 1: 00:01:30:50   Spilt 2: 00:01:51:02   Spilt 3: 00:01:58:83   Spilt 4: 00:01 Spilt 1: 00:01:35:48   Spilt 2: 00:01:34:28   Spilt 3: 00:01:35:35   Spilt 4: 00:01 Spilt 1: 00:01:30:77   Spilt 2: 00:01:35:29   Spilt 3: 00:01:35:16   Spilt 4: 00:01 Spilt 1: 00:01:33:33   Spilt 2: 00:01:35:29   Spilt 3: 00:01:35:16   Spilt 4: 00:01 Spilt 1: 00:01:33:31   Spilt 2: 00:01:41   Spilt 3: 00:01:42:21   Spilt 4: 00:01 Spilt 1: 00:01:33:31   Spilt 2: 00:01:40   Spilt 3: 00:01:57:80   Spilt 4: 00:01 Spilt 1: 00:01:37:47   Spilt 2: 00:01:40   Spilt 3: 00:01:43:31   Spilt 4: 00:01 Spilt 1: 00:01:35:87   Spilt 2: 00:01:44:37   Spilt 3: 00:01:48:13   Spilt 4: 00:01 Spilt 1: 00:01:35:87   Spilt 2: 00:01:50:10   Spilt 3: 00:01:54:36   Spilt 4: 00:01 Spilt 1: 00:01:35:95   Spilt 2: 00:01:51:01   Spilt 3: 00:01:41:32   Spilt 4: 00:01 Spilt 1: 00:01:35:20   Spilt 2: 00:01:41:15   Spilt 3: 00:01:41:32   Spilt 4: 00:01 Spilt 1: 00:01:30:20   Spilt 2: 00:01:44:41   Spilt 3: 00:01:44:31   Spilt 4: 00:01 Spilt 1: 00:01:30:20   Spilt 2: 00:01:44:41   Spilt 3: 00:01:44:31   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:44:41   Spilt 3: 00:01:48:13   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:48:41   Spilt 3: 00:01:48:13   Spilt 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams Fursman Fursman Lamming Askew Askew Padley Love	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul Simon Lizzi Lizzi Andrina Mark Kerry Katie	Male Male Male Male Male Female Female Male Female Male Male Male Male Male Female Male Female Female Female Female Female Female	Gainsborough & Morton Gainsborough & Morton Gainsborough & Morton gainsborough & Morton  Wolds Vets Running CI wolds veteran running wolds veteran running scunthorpe Scunthorpe & District Scunthorpe and distri	Super Mile Quibell Wave 3	0 4 4 0 0 0 0 0 0 4 4 4 4 4 4 4 4 4	4 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27:05 00:07:27:05 00:06:50.75 00:06:33.67 00:06:33.67	9.7 9.7 9.8 8.1 9.3 8.8 8.3 9.2 9.5 8.7 9.3 9.3	Spill 1: 00:01:30:30   Spill 2: 00:01:51:02   Spill 3: 00:01:58:83   Spill 4: 00:01 Spill 1: 00:01:30:40   Spill 2: 00:01:34:28   Spill 3: 00:01:35:35   Spill 4: 00:01 Spill 1: 00:01:30:71   Spill 2: 00:01:34:28   Spill 3: 00:01:35:35   Spill 4: 00:01 Spill 1: 00:01:30:37   Spill 2: 00:01:35:29   Spill 3: 00:01:35:16   Spill 4: 00:01 Spill 1: 00:01:38:33   Spill 2: 00:01:41   Spill 3: 00:01:42:21   Spill 4: 00:01 Spill 1: 00:01:33:31   Spill 2: 00:01:44   Spill 3: 00:01:57:80   Spill 4: 00:01 Spill 1: 00:01:32:47   Spill 2: 00:01:50:49   Spill 3: 00:01:57:80   Spill 4: 00:01 Spill 1: 00:01:35:87   Spill 2: 00:01:44:71   Spill 3: 00:01:48:13   Spill 4: 00:01 Spill 1: 00:01:35:87   Spill 2: 00:01:54:47   Spill 3: 00:01:44:31   Spill 4: 00:01 Spill 1: 00:01:35:87   Spill 2: 00:01:54:15   Spill 3: 00:01:44:32   Spill 4: 00:01 Spill 1: 00:01:35:87   Spill 2: 00:01:44:31   Spill 3: 00:01:44:32   Spill 4: 00:01 Spill 1: 00:01:35:87   Spill 2: 00:01:44:37   Spill 3: 00:03:44:88   Spill 4: 00:01 Spill 1: 00:01:30:20   Spill 2: 00:01:44:41   Spill 3: 00:03:44:88   Spill 4: 00:01 Spill 1: 00:01:32:87   Spill 2: 00:01:44:41   Spill 3: 00:03:44:88   Spill 4: 00:01 Spill 1: 00:01:32:87   Spill 2: 00:01:49:44   Spill 3: 00:03:44:88   Spill 4: 00:01 Spill 1: 00:01:32:87   Spill 2: 00:01:49:44   Spill 3: 00:01:40:41   Spill 4: 00:01 Spill 1: 00:01:32:87   Spill 2: 00:01:47:88   Spill 3: 00:01:40:41   Spill 4: 00:01
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	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams Fursman Lamming Askew Askew Padley Love Pollard George Foster Lonsdale Holmes Mccourt Shah Ellis	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul Simon Lizzi Lizzi Andrina Mark Kerry Katie Michael Dave Josie Hannah Hannah Sian Tariq Lucy Fachel Nicola	Male Male Male Male Male Male Fernale Male Male Male Male Male Male Male M	Gainsborough & Morton  Wolds Vets Running Cl wolds veteran running wolds veteran running scunthorpe & District Scunthorpe & District Scunthorpe & District Goole Viking Striders  Lincsquad Lincsquad Clainsborough & Morton Wolds veterans RC Scunthorpe and Distri	Super Mile Quibell Wave 3 Super Mile Quibell Wave 4	0 4 4 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27:05 00:06:26:05 00:06:50.75 00:06:33.67 00:06:33.67 00:06:33.49 00:06:33.49 00:06:32.20 00:06:42:09 00:06:53.32 00:06:53.32 00:06:53.32 00:06:53.32 00:06:53.32	9.7 9.7 9.8 8.1 9.3 8.8 8.3 9.2 9.5 8.7 9.3 9.3 9.3 9.9 9.9 9.9 9.9 9.9	Spilt 1: 00:01:30:50   Spilt 2: 00:01:51:02   Spilt 3: 00:01:58:83   Spilt 4: 00:01 Spilt 1: 00:01:35:43   Spilt 2: 00:01:34:28   Spilt 3: 00:01:35:35   Spilt 4: 00:01 Spilt 1: 00:01:30:77   Spilt 2: 00:01:34:28   Spilt 3: 00:01:35:35   Spilt 4: 00:01 Spilt 1: 00:01:30:77   Spilt 2: 00:01:35:29   Spilt 3: 00:01:35:16   Spilt 4: 00:01 Spilt 1: 00:01:33:31   Spilt 2: 00:01:41   Spilt 3: 00:01:42:21   Spilt 4: 00:01 Spilt 1: 00:01:33:31   Spilt 2: 00:01:40   Spilt 3: 00:01:57:80   Spilt 4: 00:01 Spilt 1: 00:01:37:47   Spilt 2: 00:01:50:49   Spilt 3: 00:01:57:80   Spilt 4: 00:01 Spilt 1: 00:01:35:47   Spilt 2: 00:01:44:37   Spilt 3: 00:01:54:36   Spilt 4: 00:01 Spilt 1: 00:01:35:87   Spilt 2: 00:01:44:37   Spilt 3: 00:01:54:36   Spilt 4: 00:01 Spilt 1: 00:01:35:89   Spilt 2: 00:01:44:37   Spilt 3: 00:01:44:32   Spilt 4: 00:01 Spilt 1: 00:01:35:95   Spilt 2: 00:01:44:15   Spilt 3: 00:01:44:32   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:44:41   Spilt 3: 00:03:14:98   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:01:44:31   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:01:44:11   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:01:43:31   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:01:44:11   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:01:44:11   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:01:44:11   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44:10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44:10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44:10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:32:57   Spilt 3: 00:01:32:57   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:32:57   Spilt 3: 00:01:34:30   Spilt 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams Fursman Fursman Lamming Askew Askew Pollard George Love Hollard George Lonedale Holmes Mccourt Shah Ellis Portlock	Stewart Shaun Justin Glenn Glenn Vikki Tony Belinda Norman Jenny Paul Simon Lizzi Lizzi Andrina Mark Kerry Katie Michael Dave Josie Hannah Hannah Sian Tariq Lucy Rachel Nicola Samantha	Male Male Male Male Male Female Female Male Male Male Male Male Male Female Male Female Male Female Male Female Male Female	Gainsborough & Morton Gainsborough and Mort Gainsborough & Morton Gainsborough & Morton  Wolds Vets Running CI wolds veteran running wolds veteran running sounthorpe Sounthorpe & District Scunthorpe and distri Goole Viking Striders Lincaquad Lincaquad Gainsborough & Morton Wolds veterans RC  Scunthorpe and Distri Scunthorpe and Distri Scunthorpe and District Scunthorpe and District Scunthorpe and District Scunthorpe and District Scunthorpe and Distri	Super Mile Quibell Wave 3 Super Mile Quibell Wave 4	0 4 4 0 0 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	0006:10.43 0006:11.14 0006:40.78 0007:27.05 0006:50.75 0006:33.67 0006:33.67 0006:33.49 0006:33.49 0006:42.09 0006:42.09 0006:50.29 0006:42.09	9.7 9.7 9.8 8.1 9.3 8.8 8.3 9.2 9.5 8.7 9.3 9.3 9.3 9.9 9.9 9.9 9.9 9.9	Spilt 1: 00:01:30:07   Spilt 2: 00:01:51:02   Spilt 3: 00:01:58:63   Spilt 4: 00:01 Spilt 1: 00:01:35:48   Spilt 2: 00:01:34:28   Spilt 3: 00:01:35:35   Spilt 4: 00:01 Spilt 1: 00:01:35:71   Spilt 2: 00:01:34:28   Spilt 3: 00:01:35:35   Spilt 4: 00:01 Spilt 1: 00:01:30:77   Spilt 2: 00:01:36:29   Spilt 3: 00:01:35:16   Spilt 4: 00:01 Spilt 1: 00:01:38:33   Spilt 2: 00:01:41:82   Spilt 3: 00:01:42:21   Spilt 4: 00:01 Spilt 1: 00:01:38:31   Spilt 2: 00:01:41.82   Spilt 3: 00:01:57:80   Spilt 4: 00:01 Spilt 1: 00:01:37:47   Spilt 2: 00:01:40.95   Spilt 3: 00:01:57:80   Spilt 4: 00:01 Spilt 1: 00:01:37:47   Spilt 2: 00:01:40.95   Spilt 3: 00:01:59:08   Spilt 4: 00:01 Spilt 1: 00:01:36:87   Spilt 2: 00:01:44.97   Spilt 3: 00:01:54.36   Spilt 4: 00:01 Spilt 1: 00:01:35:59   Spilt 2: 00:01:44.17   Spilt 3: 00:01:54.36   Spilt 4: 00:01 Spilt 1: 00:01:30:20   Spilt 2: 00:01:41.15   Spilt 3: 00:01:41.32   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:44.15   Spilt 3: 00:01:44.13   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:03:44.81   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:03:44.81   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:03:44.81   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:32   Spilt 3: 00:03:34.11   Spilt 4: 00:01 Spilt 1: 00:01:32:54   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.11   Spilt 4: 00:01 Spilt 1: 00:01:32:54   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:54   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:58   Spilt 2: 00:01:30:59   Spilt 3: 00:01:40:63   Spilt 4: 00:01 Spilt 1: 00:01:32:58   Spilt 2: 00:01:30:59   Spilt 3: 00:01:30:50   Spilt 4: 00:01 Spilt 1: 00:01:32:58   Spilt 2: 00:01:30:50   Spilt 3: 00:01:30:50   Spilt 4: 00:01
	Boyle Cheeseman Peniston Hearn Holder Guy Hindley Dale Adams Fursman Lamming Askew Askew Padley Love Pollard George Foster Lonsdale Holmes Mccourt Shah Ellis	Stewart Shaun Justin Glenn Vikki Tony Belinda Norman Jenny Paul Simon Lizzi Lizzi Andrina Mark Kerry Katie Michael Dave Josie Hannah Hannah Sian Tariq Lucy Fachel Nicola	Male Male Male Male Male Male Fernale Male Male Male Male Male Male Male M	Gainsborough & Morton  Wolds Vets Running Cl wolds veteran running wolds veteran running scunthorpe & District Scunthorpe & District Scunthorpe & District Goole Viking Striders  Lincsquad Lincsquad Clainsborough & Morton Wolds veterans RC Scunthorpe and Distri	Super Mile Quibell Wave 3 Super Mile Quibell Wave 4	0 4 4 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	00:06:10.43 00:06:11.14 00:06:40.78 00:07:27:05 00:06:26:05 00:06:50.75 00:06:33.67 00:06:33.67 00:06:33.49 00:06:33.49 00:06:32.20 00:06:42:09 00:06:53.32 00:06:53.32 00:06:53.32 00:06:53.32 00:06:53.32	9.7 9.7 9.8 8.1 9.3 8.8 8.3 9.2 9.5 8.7 9.3 9.3 9.3 9.9 9.9 9.9 9.9 9.9	Spilt 1: 00:01:30:50   Spilt 2: 00:01:51:02   Spilt 3: 00:01:58:83   Spilt 4: 00:01 Spilt 1: 00:01:35:48   Spilt 2: 00:01:34:28   Spilt 3: 00:01:35:35   Spilt 4: 00:01 Spilt 1: 00:01:30:77   Spilt 2: 00:01:34:28   Spilt 3: 00:01:35:36   Spilt 4: 00:01 Spilt 1: 00:01:30:77   Spilt 2: 00:01:35:29   Spilt 3: 00:01:35:16   Spilt 4: 00:01 Spilt 1: 00:01:33:31   Spilt 2: 00:01:40   Spilt 3: 00:01:42:21   Spilt 4: 00:01 Spilt 1: 00:01:33:31   Spilt 2: 00:01:40   Spilt 3: 00:01:57:80   Spilt 4: 00:01 Spilt 1: 00:01:37:47   Spilt 2: 00:01:40:39   Spilt 3: 00:01:59:08   Spilt 4: 00:01 Spilt 1: 00:01:35:47   Spilt 2: 00:01:40:39   Spilt 3: 00:01:48:13   Spilt 4: 00:01 Spilt 1: 00:01:35:87   Spilt 2: 00:01:44:71   Spilt 3: 00:01:54:36   Spilt 4: 00:01 Spilt 1: 00:01:35:89   Spilt 2: 00:01:44.17   Spilt 3: 00:01:54:36   Spilt 4: 00:01 Spilt 1: 00:01:35:89   Spilt 2: 00:01:44.15   Spilt 3: 00:01:44.13   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:44.15   Spilt 3: 00:01:44.33   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.13   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.11   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.11   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.11   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.11   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:37:39   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:32:57   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:32:59   Spilt 3: 00:01:44.10   Spilt 4: 00:01 Spilt 1: 00:01:32:57   Spilt 2: 00:01:32:50   Spilt 3: 00:01:44.31   Spilt 3: 00:01:44.31   Spilt 4: 00:01

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274	Love	Chloe	Female	Scunthorpe and distri	Super Mile Quibell Wave 4	4	0	00:05:42.09	10.5	Split 1: 00:01:23.62   Split 2: 00:02:19.62   Split 3: 00:00:37.85   Split 4: 00:01:20.99
275	Lynch	Karen	Female	Blizard Team	Super Mile Quibell Wave 4	0	4			
276	Robinson	Helen	Female	Wolds Veterans RC	Super Mile Quibell Wave 4	4	0	00:06:10.26	9.7	Split 1: 00:01:34.13   Split 2: 00:01:46.01   Split 3: 00:11:32.93   Split 4: 00:-08:-428
277	Shirley	Vic	Male	Northern Masters	Super Mile Quibell Wave 4	0	4			
278	Barratt	Emily	Female	Grimsby Harriers	Super Mile Quibell Wave 4	4	0	00:06:11.17	9.7	Split 1: 00:01:29.35   Split 2: 00:01:34.27   Split 3: 00:03:08.15   Split 4: 00:00:006
279	Francis	Sarah	Female		Super Mile Quibell Wave 5	1	3			Split 1: 00:02:38.35
280	Casey	Mick	Male	Wolds Veteran RC	Super Mile Quibell Wave 5	0	4			
281	Morley	Andrea	Female	Scunthorpe &District	Super Mile Quibell Wave 5	0	4			
282	Barnes	Daniel	Male		Super Mile Quibell Wave 5	0	4			
283	Pye	Chris	Male	Team Blizard	Super Mile Quibell Wave 5	4	0	00:05:58.38	10.1	Split 1: 00:04:39.75   Split 2: 00:-01:-336   Split 3: 00:10:25.94   Split 4: 00:-07:-336
284	Whall	Emily	Female	lincsquad	Super Mile Quibell Wave 5	4	0	00:05:58.15	10.1	Split 1: 00:01:32.24   Split 2: 00:01:34.43   Split 3: 00:02:10.88   Split 4: 00:00:40.59
285	Wood	Shaz	Female	Doncaster AC	Super Mile Quibell Wave 5	0	4			
286	Morton	Rich	Female		Super Mile Quibell Wave 5	4	0	00:06:05.82	9.9	Split 1: 00:01:32.95   Split 2: 00:01:32.96   Split 3: 00:01:32.99   Split 4: 00:01:26.91
287	Dale	Chris	Male		Super Mile Quibell Wave 5	4	0	00:05:55.68	10.1	Split 1: 00:01:28.75   Split 2: 00:01:28.64   Split 3: 00:01:32.27   Split 4: 00:01:26.02
288	Nicol	Barry	Male	Scunthorpe & District	Super Mile Quibell Wave 5	4	0	00:05:32.61	10.8	Split 1: 00:01:28.29   Split 2: 00:01:25.35   Split 3: 00:01:23.60   Split 4: 00:01:15.34
289	Billington	Andrew	Male	Team Blizzard	Super Mile Quibell Wave 5	4	0	00:06:16.26	9.6	Split 1: 00:01:36.14   Split 2: 00:01:35.42   Split 3: 00:01:36.03   Split 4: 00:01:28.65
290	Houlton	Dean	Male	Grantham AC	Super Mile Quibell Wave 5	0	4			
291	Koslow	Finley	Male	louth ac	Super Mile Quibell Wave 5	4	0	00:05:40.83	10.6	Split 1: 00:02:52.42   Split 2: 00:01:09.52   Split 3: 00:00:17.86   Split 4: 00:01:21.01
292	Craig	Mary	Female	Wolds Vets	Super Mile Quibell Wave 5	0	4			
293	Weatherall	Lee	Male	Kimberworth Striders	Super Mile Quibell Wave 5	4	0	00:05:57.92	10.1	Split 1: 00:01:32.84   Split 2: 00:01:33.95   Split 3: 00:01:32.95   Split 4: 00:01:18.16
294	Hepworth	Darren	Male	Lincsquad	Super Mile Quibell Wave 5	0	4			
295	Williamson	James	Male	Goole Viking Striders	Super Mile Quibell Wave 5	4	0	00:05:29.38	10.9	Split 1: 00:01:28.91   Split 2: 00:01:25.99   Split 3: 00:01:21.35   Split 4: 00:01:13.11
296	Crabb	Gareth	Male	Lincsquad	Super Mile Quibell Wave 5	4	0	00:05:36.14	10.7	Split 1: 00:01:35.80   Split 2: 00:02:45.21   Split 3: 00:01:15.91   Split 4: 00:00:007
297	Mcewan	Paul	Male	Lincsquad	Super Mile Quibell Wave 5	4	0	00:05:53.36	10.2	Split 1: 00:01:28.39   Split 2: 00:01:27.71   Split 3: 00:01:29.69   Split 4: 00:01:27.55
298	Robertson	Steve	Male		Super Mile Quibell Wave 5	4	0	00:05:37.60	10.7	Split 1: 00:01:27.88   Split 2: 00:01:27.55   Split 3: 00:01:26.11   Split 4: 00:01:16.05
299	Polson	Max	Male	Tickhill Running & At	Super Mile Quibell Wave 5	4	0	00:05:54.30	10.2	Split 1: 00:01:27.61   Split 2: 00:01:27.68   Split 3: 00:01:32.09   Split 4: 00:01:26.89
300	Gibbs	Chris	Male	Lincsquad	Super Mile Quibell Wave 6	0	4			