

The Springvale Spirals Race - Results

4.5miles, 870ft climb

1	Rob Little		29:14	New record
2	Neil Northrop		30:57	
3	Thomas Webb		31:12	
4	Rob Baker		32:29	
5	Tim Tett	V50	33:25	V50 record
6	Mark Tuckett		33:54	
7	Will Spain		34:56	
8	Austin Frost		35:18	
9	Amanda Leo	F	41:29	Women's record
10	Tom Westgate	V50	42:01	
11	Paul Sanderson	V50	43:44	
12	Lucy Harris	F	43:57	
13	John Gunnee	V40?	48:25	
14	Roy Small	V50	48:58	
15	Rachel Findlay-Robinson	F	49:00	
16	Chris Littler	V40?	50:35	
17	Richard Hakes	V50	52:25	

