

AUGUST 15 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjust ment	New Hcap Time
1st	Fiona Marshall	38:42	PB	-06:21	-06:21	38:42
2nd	Sally Carpenter	39:17	PB	-04:19	-04:19	39:17
3rd	Tanya Sims	43:05	PB	-02:49	-02:49	43:05
4th	Dave O'Toole	28:33	SB	-00:11	-00:11	28:33
5th	Gerry Mepham	26:39		+00:01	00:00	26:38
6th	Jim Laidlaw	27:52		+00:08	+00:02	27:46
7th	Mike Guess	27:30		+00:20	+00:05	27:15
8th	Ray Woodman	33:37		+00:31	+00:08	33:14
9th	Steve Sims	30:08		+00:38	+00:09	29:39
10th	Royston Crandley	31:48		+00:49	+00:12	31:11
11th	Russell Conaway	32:49	SB	+00:51	+00:13	32:11
12th	Paul Biggs	29:05		+01:04	+00:16	28:17
13th	Dick Newman	28:44		+01:08	+00:17	27:53
14th	Nikki Stanley	29:39		+01:28	+00:22	28:33
15th	Mark Fallowfield-Smith	26:34		+02:08	+00:30	24:56
16th	Nicki Watson	47:54		+02:40	+00:30	45:44
17th	Dave Breslin	35:27		+09:08	+00:30	26:49
	Martin Powell	26:25				26:00
	Caroline Cutliffe	37:53				35:47
	Sarah Boulter	35:57	FIRST			35:57
	Louise Reeves	47:00	FIRST			47:00
	Sam Pittick	47:54	FIRST			47:54

ONE LAP

	Steph Wakeman	24:48		-03:36	-03:36	24:48
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