

AUGUST 16 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Nikki Stanley	27:27	PB	-00:55	-00:55	27:27
2nd	Stuart Mayes	29:23	PB	-00:37	-00:37	29:23
3rd	Mike Guess	27:36		-00:04	-00:04	27:36
4th	Sarah Alexander	31:42		+00:09	+00:02	31:35
5th	Emy Circuit	34:59		+00:11	+00:03	34:51
6th	Gerry Mepham	27:52		+00:27	+00:07	27:32
7th	Dave O'Toole	29:33		+00:38	+00:09	29:04
8th	Dick Newman	30:10		+00:44	+00:11	29:37
9 th	Patrick Wadsworth	31:12		+01:45	+00:26	29:53
11th	Dave Breslin	33:37		+04:43	+00:30	29:24
	Lottie St Aubyn	34:39	Non Scoring			32:30
	Mark Fallowfield Smith	27:27				26:34
	Kathryn Shaw	29:13				28:36
	Richard Boese	32:54				32:54
	Simeon Ward	28:23				27:30
	Sarah Boulter	35:24	PB			35:24
	Dave Bartlett	33:39	PB			33:39
	Nicola Ward	42:18				41:22
	Andrew Brooks	27:15	FIRST			27:15
	Helen Fairman	35:06	FIRST			35:06
	Becky Perry	35:04	FIRST			35:04