

JULY 15 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1 st	Mark Fallowfield Smith	24:26	PB	-00:48	-00:48	24:26
2 nd	Brendon Cottrell	25:48	SB	-00:06	-00:06	25:48
3 rd	Gerry Mephram	26:38		00:00	00:00	26:38
4 th	Dave O'Toole	28:46		+00:02	00:00	28:44
5 th	Jim Laidlaw	27:53		+00:12	+00:03	27:44
6 th	Nikki Stanley	28:33		+00:29	+00:07	28:11
7 th	Graham Robinson	24:24		+00:35	+00:09	23:58
8 th	John Tovell	31:05		+00:38	+00:09	30:36
9 th	Helen Vizard	29:56		+00:40	+00:10	29:26
10 th	Dave Breslin	28:31		+02:42	+00:30	26:19
11 th	Paul Biggs	30:27		+02:56	+00:30	28:01
12 th	Patrick Wadsworth	32:02		+03:30	+00:30	29:02
13 th	Jim Casey	34:50		+04:04	+00:30	31:16
	Dan Tims	29:20				28:45
	Rick Robinson	29:44				28:26
	Ian Watson	31:37	PB			31:37
	Russell Conaway	33:18				31:58
	Sally Carpenter	43:36	FIRST			43:36
	Sarah Gillings	45:03	FIRST			45:03
	Fiona Marshall	45:03	FIRST			45:03
	Nicki Watson	45:14	FIRST			45:14
	Nicola Dutton	45:14	FIRST			45:14
	Tina Acock	45:54	FIRST			45:54
	Tanya Sims	45:54	FIRST			45:54
	Sarah Goldrington	51:30	FIRST			51:30
	Vicky Horne	51:30	FIRST			51:30

ONE LAP

	Jane Bradley	16:45	FIRST			16:45
	Lucy Hale	21:36	FIRST			21:36
	Patricia Marshall	21:39	FIRST			21:39
	Susan Plumb	21:41	FIRST			21:41
	Kirsty Robinson	28:24	FIRST			28:24
	Steph Wakeman	28:24	FIRST			28:24