

JULY RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1 st	Gerry Mephram	37:55	PB	-2:32	-2:32	37:55
2 nd	Andy Stevens	33:12	PB	-1:57	-1:57	33:12
3 rd	Elin Loftesnes	44:13	PB	-1:54	-1:54	44:13
4 th	Patrick Wadsworth	34:17	SB	-1:33	-1:33	34:17
5 th =	John Wright	38:29	PB	-0:54	-0:54	38:29
5 th =	Paul Alexander	39:11	PB	-0:54	-0:54	39:11
7 th	Dave Breslin	34:11	PB	-0:52	-0:52	34:11
8 th	Richard Johnson	30:19	SB	-0:49	-0:49	30:19
9 th	Brendon Cottrell	33:42	PB	-0:40	-0:40	33:42
10 th	Nick Jacobs	32:54	PB	-0:39	-0:39	32:54
11 th	Sue Wright	40:19	PB	-0:31	-0:31	40:19
12 th =	John Ellwood	33:27	=PB	-0:27	-0:27	33:27
12 th =	Andy Summerskill	38:48		-0:27	-0:27	38:48
14 th	Martin Powell	32:52		-0:16	-0:16	32:52
15 th	Clive Rolfe	32:36	PB	-0:12	-0:12	32:36
16 th	James Casey	39:26		+0:05	+0:01	39:22
17 th	Ian Lynch	39:00		+0:25	+0:06	38:41
18 th	Andy Tarbet	32:36		+0:29	+0:07	32:14
19 th	Mike Guess	35:10		+0:30	+0:08	34:48
20 th	Jeff Culkin	38:34		+0:35	+0:09	38:58
21 st	Erol Ali	35:28		+0:53	+0:13	34:48
22 nd	Becky Miller	48:30		+2:15	+0:30	46:45
23 rd	Ray Woodman	42:36		+2:19	+0:30	40:47
24 th	Roger Halliwell	46:20		+2:24	+0:30	44:26
ONE LAP						
1 st	Simon Whillis	23:27				22:05