

NOVEMBER RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1 st	Richard McCready	42:04	PB	-1:47	-1:47	42:04
2 nd	Nikki Fowler	40:39	PB	-1:46	-1:46	40:39
3 rd	Vanessa Lewis	42:09	PB	-1:40	-1:40	42:09
4 th	George Green	35:54	PB	-1:20	-1:20	35:54
5 th	Kim Preston	43:23		-0:28	-0:28	43:23
6 th	Richard Johnson	30:36	SB	-0:26	-0:26	30:36
7 th	Louise Gubb	39:27	PB	-0:23	-0:23	39:27
8 th	Clive Rolfe	32:05	SB	-0:10	-0:10	32:05
9 th	Gerry Mepham	36:00	PB	-0:09	-0:09	36:00
10 th =	Andy Stevens	32:59		-0:08	-0:08	32:59
10 th =	Carl Hunton	39:34		-0:08	-0:08	39:34
12 th	Patrick Wadsworth	36:11		-0:07	-0:07	36:11
13 th	Christine Armstrong	47:59		-0:05	-0:05	47:59
14 th	Matt James	40:40		+0:08	+0:02	40:34
15 th	Roger Halliwell	44:03		+0:15	+0:04	43:52
16 th	Andy Tarbet	33:46		+0:16	+0:04	33:34
17 th	Rob Fisher	41:09		+0:19	+0:05	40:55
18 th	Ray Woodman	40:20		+0:23	+0:06	40:03
19 th	Brendon Cottrell	33:55		+0:48	+0:12	33:19
20 th	Nick Jacobs	33:20		+1:14	+0:18	32:24
21 st	Simeon Ward	36:52		+1:23	+0:21	35:50
22 nd	Paul Alexander	36:21		+1:45	+0:26	35:02
23 rd	Paul Biggs	37:49		+2:25	+0:30	36:04
	Andy Summerskill	40:02				39:40
	Serena Gigg	43:53	PB			43:53
	Dave O'Toole	40:48				40:48
	Tim Smith	42:44				42:44

ONE LAP

	Larry Sharp	23:12				23:12
	Jacqui Sayer	27:24				27:24