

## AUG RESULTS

<b>Pos.</b>	<b>Name</b>	<b>Time</b>	<b>PB/SB</b>	<b>Hcap Time</b>	<b>Adjustment</b>	<b>New Hcap Time</b>
<b>1<sup>st</sup></b>	Nikki Stanley	39:43	PB	-1:18	-1:18	39:43
<b>2<sup>nd</sup></b>	Larry Sharp	43:50	SB	-0:38	-0:38	43:50
<b>3<sup>rd</sup></b>	Sarah Alexander	42:47	PB	-0:15	-0:15	42:47
<b>4<sup>th</sup></b>	Neil Praine	39:11	PB	-0:12	-0:12	39:11
<b>5<sup>th</sup></b>	Jon Payne	33:06		-0:08	-0:08	33:06
<b>6<sup>th</sup></b>	Justin Harwood	38:18		-0:06	-0:06	38:18
<b>7<sup>th</sup></b>	Andy Snow	40:33	PB	-0:05	-0:05	40:33
<b>8<sup>th</sup></b>	Simeon Ward	34:12		-0:04	-0:04	34:12
<b>9<sup>th</sup>=</b>	Martin Powell	33:43		+0:02	0:00	33:41
<b>9<sup>th</sup>=</b>	Louise Gubb	38:58		+0:02	0:00	38:56
<b>11<sup>th</sup></b>	Carl Bradshaw	34:39		+0:03	+0:01	34:37
<b>12<sup>th</sup></b>	Dave O'Toole	35:29		+0:04	+0:01	35:26
<b>13<sup>th</sup></b>	James Casey	41:09		+0:12	+0:03	41:00
<b>14<sup>th</sup></b>	John King	39:03		+0:16	+0:04	38:51
<b>15<sup>th</sup></b>	Richard Johnson	31:15		+0:19	+0:05	31:01
<b>16<sup>th</sup></b>	Gerry Mephram	34:55		+0:22	+0:05	34:38
<b>17<sup>th</sup></b>	Paul Alexander	36:26		+0:53	+0:13	35:46
<b>18<sup>th</sup></b>	Nick Jacobs	32:48		+0:54	+0:13	32:07
<b>19<sup>th</sup></b>	Rachel Boorman	43:36		+0:57	+0:14	42:54
<b>20<sup>th</sup></b>	John Ellwood	38:14		+1:04	+0:16	37:26
<b>21<sup>st</sup></b>	Tim Smith	40:32		+1:09	+0:17	39:40
<b>22<sup>nd</sup></b>	Andy Tarbet	36:27		+2:23	+0:30	34:34
<b>23<sup>rd</sup></b>	Patrick Wadsworth	38:46		+3:02	+0:30	36:14
<b>24<sup>th</sup></b>	Vanessa Lewis	46:26		+5:09	+0:30	41:47
<b>25<sup>th</sup></b>	David Blithe	46:26		+8:41	+0:30	38:15
	Carl Hunton	42:15				40:14
	Andy Summerskill	42:41				41:20
	Becky Miller	45:53				45:35
	Ian Watson	39:29	PB			39:29
	Mike Gascoigne	45:30	PB			45:30
	Newton Johnston	39:01	FIRST			39:01
	Paul Gale	40:17	FIRST			40:17