

JULY RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Frances Parkes	47:03	PB	-2:34	-2:34	47:03
2nd	Andy Snow	40:38	PB	-1:35	-1:35	40:38
3rd	Greg Ward	41:39	PB	-1:24	-1:24	41:39
4th	Neil Praine	39:23	PB	-1:21	-1:21	39:23
5th	Tim Smith	39:23	PB	-0:42	-0:42	39:23
6th	Larry Sharp	44:28		-0:27	-0:27	44:28
7th	Nikki Fowler	38:20	PB	-0:13	-0:13	38:20
8th	Nick Stock	35:56		-0:02	-0:02	35:56
9th	Andy Tarbet	34:04		-0:01	-0:01	34:04
10th	Sarah Alexander	43:04		+0:03	+0:01	43:02
11th	James Casey	41:11		+0:19	+0:05	40:57
12th	Tim Rivers	37:33		+0:38	+0:08	37:03
13th	Louise Gubb	39:31		+0:46	+0:11	38:56
14th	Justin Harwood	39:04		+0:54	+0:14	38:24
15th	Will Hawkins	45:49		+1:44	+0:26	44:41
16th	Dave O'Toole	36:48		+1:51	+0:28	35:25
17th	Jon Payne	34:38		+1:52	+0:28	33:14
18th	Matt James	40:57		+2:21	+0:30	39:06
19th	Jane Crawford	45:25		+2:57	+0:30	42:58
20th	Dave Breslin	35:28		+3:32	+0:30	32:26
	Erol Ali	37:06				37:06
	Joel Ellis	34:13	FIRST			34:13
	Peter Morris	42:42	FIRST			42:42
	<u>ONE LAP</u>					
	Chris Dodridge	24:17	PB	-0:48	-0:48	24:17
	Ruth Dodridge	23:58	PB	-0:09	-0:09	23:58