

JUNE RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1 st	David Blithe	37:45	PB	-2:50	-2:50	37:45
2 nd	Donna Cooper	41:52	PB	-1:34	-1:34	41:52
3 rd	Nikki Stanley	41:01	PB	-1:31	-1:31	41:01
4 th	Sarah Alexander	43:01	PB	-0:41	-0:41	43:01
5 th	Tim Smith	40:05	PB	-0:35	-0:35	40:05
6 th	John King	38:47	PB	-0:31	-0:31	38:47
7 th	Neil Praise	40:44	PB	-0:27	-0:27	40:44
8 th	Carl Bradshaw	34:36		-0:17	-0:17	34:36
9 th	Tim Rivers	36:55		-0:13	-0:13	36:55
10 th	Matt James	38:36	PB	-0:02	-0:02	38:36
11 th	Jon Payne	32:57		+0:14	+0:03	32:46
12 th	John Kay	38:14		+0:23	+0:06	37:57
13 th	Rachel Boorman	42:58		+0:25	+0:06	42:39
14 th	Patrick Wadsworth	36:10		+0:35	+0:09	35:44
15 th	Gerry Mephram	35:09		+0:48	+0:12	34:33
16 th	Will Hawkins	45:54		+2:09	+0:30	44:15
17 th	George Green	36:47		+2:18	+0:30	34:59
18 th	Nikki Fowler	40:36		+2:33	+0:30	38:33
19 th	Paul Alexander	37:39		+2:36	+0:30	35:33
20 th	Vanessa Lewis	44:00		+3:13	+0:30	41:17
21 st	James Casey	44:28		+4:06	+0:30	40:52
	Nick Jacobs	31:54	PB			31:54
	John Ellwood	38:26				37:10
	Paul Biggs	34:25	PB			34:25
	Jeff Culkin	38:38				38:38
	Nick Stock	37:42				35:58
	Tasha O'Toole	47:38				45:30
	Scott Bailey	37:47	FIRST			37:47
	Andy Snow	42:13	FIRST			42:13
	Andrew Parkes	44:39	FIRST			44:39
	Frances Parkes	49:37	FIRST			49:37
	ONE LAP					
	Chris Dodridge	25:05	PB	-2:43	-2:43	25:05
	Ruth Dodridge	24:07	PB	-0:31	-0:31	24:07