

## SEPT RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1 <sup>st</sup>	Andrew Parkes	42:38	PB	-02:01	-2:01	42:38
2 <sup>nd</sup>	Frances Parkes	46:07	PB	-00:56	-0:56	46:07
3 <sup>rd</sup>	Will Hawkins	43:47		-00:54	-0:54	43:47
4 <sup>th</sup>	Nikki Stanley	38:51	PB	-00:52	-0:52	38:51
5 <sup>th</sup>	Carl Hunton	39:31		-00:43	-0:43	39:31
6 <sup>th</sup>	Paul Biggs	33:55		-00:30	-0:30	33:55
7 <sup>th</sup>	Matt James	38:37		-00:29	-0:29	38:37
8 <sup>th</sup>	Andy Tarbet	34:06		-00:28	-0:28	34:06
9 <sup>th</sup>	Ian Watson	39:03		-00:26	-0:26	39:03
10 <sup>th</sup>	Larry Sharp	43:42		-00:08	-0:08	43:42
11 <sup>th</sup> =	Justin Harwood	38:16		-00:02	-0:02	38:16
11 <sup>th</sup> =	Dave O'Toole	35:24		-00:02	-0:02	35:24
13 <sup>th</sup>	Erol Ali	37:05		-00:01	-0:01	37:05
14 <sup>th</sup>	Simeon Ward	34:16		+00:04	+0:01	34:13
15 <sup>th</sup>	Martin Powell	33:48		+00:07	+0:02	33:43
16 <sup>th</sup>	Scott Bailey	38:09		+00:22	+0:05	37:52
17 <sup>th</sup>	Andy Summerskill	41:46		+00:26	+0:06	41:26
18 <sup>th</sup>	Patrick Wadsworth	36:54		+00:40	+0:10	36:24
19 <sup>th</sup> =	Carl Bradshaw	35:20		+00:43	+0:11	34:48
19 <sup>th</sup> =	John King	39:34		+00:43	+0:11	39:02
21 <sup>st</sup>	Tim Rivers	37:53		+00:50	+0:12	37:15
22 <sup>nd</sup>	Sarah Alexander	43:38		+00:51	+0:13	43:00
23 <sup>rd</sup>	Jon Payne	34:11		+01:05	+0:16	33:22
24 <sup>th</sup>	Paul Alexander	37:10		+01:24	+0:23	36:09
25 <sup>th</sup>	Nikki Fowler	39:57		+01:37	+0:24	38:44
26 <sup>th</sup>	Richard Johnson	32:47		+01:46	+0:26	31:27
27 <sup>th</sup>	George Green	37:56		+02:57	+0:30	35:29
28 <sup>th</sup>	Becky Miller	48:57		+03:22	+0:30	46:05
29 <sup>th</sup>	Dave Breslin	36:08		+03:42	+0:30	32:56
30 <sup>th</sup>	Louise Gubb	42:48		+03:52	+0:30	39:26
	Duncan Laurie-Pile	33:21				32:28
	Greg Smith	36:17				35:57
	Ray Woodman	43:29				41:39
	John Wright	43:17				40:26
	Fiona Gascoigne	61:18	FIRST			61:18
	Warren McGill	41:28	FIRST			41:28