

## JAN 2012 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1 <sup>st</sup>	Mark Duckworth	39:06	PB	-02:23	-02:23	39:06
2 <sup>nd</sup>	Michael Freat	37:21		-00:48	-00:48	37:21
3 <sup>rd</sup>	Richard Drayton	32:28		-00:35	-00:35	32:28
4 <sup>th</sup>	Mark Stock	38:15		+00:03	+00:01	38:13
5 <sup>th</sup>	John Ellwood	37:13		+00:06	+00:02	37:09
6 <sup>th</sup>	Duncan Laurie-Pile	31:54		+00:09	+00:02	31:47
7 <sup>th</sup>	Patrick Wadsworth	37:34		+00:11	+00:03	37:26
8 <sup>th</sup>	Max Woods	34:36		+00:14	+00:03	34:25
9 <sup>th</sup>	Graham Robinson	30:57		+01:00	+00:15	30:12
10 <sup>th</sup>	Paul Biggs	36:12		+01:09	+00:17	35:20
11 <sup>th</sup>	Mark Fallowfield-Smith	31:50		+01:14	+00:18	30:54
12 <sup>th</sup>	Will Hawkins	48:37		+01:39	+00:25	47:23
13 <sup>th</sup>	Rob Fisher	45:30		+01:45	+00:26	44:12
14 <sup>th</sup>	George Green	37:57		+01:52	+00:28	36:33
15 <sup>th</sup>	Andy Tarbet	37:22		+02:21	+00:30	35:40
16 <sup>th</sup>	Simon Carter	38:32		+02:56	+00:30	36:06
17 <sup>th</sup>	Dave Breslin	41:04		+06:14	+00:30	35:20
	Paul Alexander	37:49				37:22
	Sarah Alexander	48:00				45:42
	Tim Rivers	39:00				38:37
	Carl Bradshaw	36:06				35:35
	Simeon Ward	37:08				35:22
	Elin Loftesnes	48:00				48:00
	Scott Bailey	43:15				40:18
	Janet Foran	57:10				57:10
	Kelly Harding	48:37	FIRST			48:37
	Claire Hobson	48:37	FIRST			48:37
	Matt - Guest	42:58	FIRST			42:58

### ONE LAP

	Amy Ratcliffe	20:02				20:02
	Vicky Horne	25:47				25:47