

Best Placed						
Name	H'cap	places	Best three	First time	Yr PB	Improvement
Sarah	1	2,2,4,5,5,4,4,5,1	5	41:50.0	39:00.0	02:50.0
Simon Nixon	0	8,6,2,3,1,7	6	43:35.0	40:30.0	03:05.0
Neil	6	4,5,3,1,2,11,13,10	6	38:10.0	34:28.0	03:42.0
Andrew Mayland	-2	5,3,7,4,5,1,15,8	8	45:16.0	41:50.0	03:26.0
Mike C	-2	2,2,7,5,16	9	41:49.0	41:36.0	00:13.0
Andrew	2	6,7,3,4,2,6,5	9	39:30.0	38:11.0	01:19.0
Ned Price	4	1,7,2	10	36:51.0	35:34.0	01:17.0
Mark F	-2	3,5,8,6,4,6,8,4	11	43:03.0	42:17.0	00:46.0
Adrian	4	7,6,2,8,6,3,8,11	11	39:03.0	35:51.0	03:12.0
Robin	10	4,,3,14	12	33:03.0	30:57.0	02:06.0
David Shipway	-2	7,3,3	13	42:25.0	41:46.0	00:39.0
John K	1	1,9,9,6,9,8,10,10,6	13	40:20.0	38:45.0	01:35.0
Jo Mayland	-2	3,7,9	19	41:50.0	41:49.0	00:01.0
Kerrian	-3	10,8,7,5,9	20	49:08.0	43:49.0	05:19.0
Stephen Davies	-10			50:10.0	50:10.0	00:00.0
Bill	-6	1,1		47:30.0	46:11.0	01:19.0
Kevin Back	-6	4		46:02.0	46:02.0	00:00.0
Tony/Alan (K2)	-6			51:50.0	51:50.0	00:00.0
Mark S	-5	1,1		51:50.0	45:15.0	06:35.0
Paul	0	2		40:54.0	40:21.0	00:33.0
Chris	4	11,9		36:15.0	36:15.0	00:00.0
John B	6	12		35:55.0	34:52.0	01:03.0
Simon Millest (2 MILES)	12	0		28:48.0	27:06.0	01:42.0
Maggie	0	12		44:13.0	44:13.0	00:00.0

Best Improvement						
Name	H'cap	places	Best three	First time	Yr PB	Improvement
Mark S	-5	1,1	0	51:50.0	45:15.0	06:35.0
Andrew Mayland	-2	5,3,7,4,5,1,15,8	8	45:16.0	41:50.0	03:26.0
Kerrian	-3	10,8,7,5,9	20	49:08.0	43:49.0	05:19.0
Neil	6	4,5,3,1,2,11,13,10	6	38:10.0	34:28.0	03:42.0
Adrian	4	7,6,2,8,6,3,8,11	11	39:03.0	35:51.0	03:12.0
Simon Nixon	0	8,6,2,3,1,7	6	43:35.0	40:30.0	03:05.0
Sarah	1	2,2,4,5,5,4,4,5,1	5	41:50.0	39:00.0	02:50.0
Robin	10	4,,3,14	12	33:03.0	30:57.0	02:06.0
Simon Millest (2 MILES)	12	0	0	28:48.0	27:06.0	01:42.0
John K	1	1,9,9,6,9,8,10,10,6	13	40:20.0	38:45.0	01:35.0
Andrew	2	6,7,3,4,2,6,5	9	39:30.0	38:11.0	01:19.0
Bill	-6	1,1	0	47:30.0	46:11.0	01:19.0
Ned Price	4	1,7,2	10	36:51.0	35:34.0	01:17.0
John B	6	12	0	35:55.0	34:52.0	01:03.0
Mark F	-2	3,5,8,6,4,6,8,4	11	43:03.0	42:17.0	00:46.0
David Shipway	-2	7,3,3	13	42:25.0	41:46.0	00:39.0
Paul	0	2	0	40:54.0	40:21.0	00:33.0
Mike C	-2	2,2,7,5,16	9	41:49.0	41:36.0	00:13.0
Jo Mayland	-2	3,7,9	19	41:50.0	41:49.0	00:01.0
Chris	4	11,9	0	36:15.0	36:15.0	00:00.0
Maggie	0	12	0	44:13.0	44:13.0	00:00.0
Kevin Back	-6	4	0	46:02.0	46:02.0	00:00.0
Stephen Davies	-10	0	0	50:10.0	50:10.0	00:00.0
Tony/Alan (K2)	-6	0	0	51:50.0	51:50.0	00:00.0