

Practice 10 - 9 May 2012

Pos	Name	Actual Time		Current PB		New PB	
		Mins	Secs	Mins	Secs	Mins	Secs
1	Alistair Stanway	24	45	24	30	24	30
2	Andy Apanasionok	24	58	25	57	24	58
3	Adrian Japp	26	05	25	13	25	13
4	Richard Munro	26	40	25	19	25	19
5	Paul Longley	26	47	0	00	26	47
6	Neil Drummond	27	35	0	00	27	35
7	Andy Wood	27	46	27	26	27	26
8	Colin Carthy	28	20	0	00	28	20
9	Caroline Fearon	30	16	29	13	29	13
10	Derek Heine	32	44	32	15	32	15
11	Geoff Maddock	33	35	0	00	33	35
12	Claire O'Brien	42	27	33	35	33	35
DNF	Jim Williams	99	99	27	22	27	22