

## AUGUST 2016 TRAINING RACE RESULT

| POSITION | ATHLETE          | AGE | CLUB   | TIME  |
|----------|------------------|-----|--------|-------|
| 1        | Paul Leppard     | 37  | Hill   | 18:31 |
| 2        | Paul Hull        | 49  | Hill   | 19:01 |
| 3        | Dave Smith       | 51  | Hill   | 19:39 |
| 4        | Ciara Williams   | 24  | Hill   | 19:52 |
| 5        | Karmen Pardoe    | 47  | Hill   | 20:07 |
| 6        | Steven O'keefe   | 47  | Hill   | 20:20 |
| 7        | John Blake       | 50  | West4H | 20:32 |
| 8        | John Dobbs       | 55  | Unatt  | 21:14 |
| 9        | Errol Ramnath    | 53  | Hill   | 21:17 |
| 10       | Michael Gillett  | 18  | Unatt  | 21:22 |
| 11       | Zoe Dobbs        | 47  | Hill   | 22:28 |
| 12       | John Luscombe    | 42  | Hill   | 22:54 |
| 13       | John Bignell     | 64  | Hill   | 23:37 |
| 14       | Dennis Carey     | 51  | Hill   | 23:44 |
| 15       | Heather Davidson | 35  | Hill   | 24.52 |
| 16       | Katherine Wells  | 26  | Hill   | 25:00 |
| 17       | Alicia Van Veen  | 30  | Hill   | 25.03 |
| 18       | Graham Wood      | 64  | Hill   | 25.14 |
| 19       | Lucy Duncan      | 41  | Hill   | 26.15 |
| 20       | Pauline Smith    | 38  | Hill   | 26.39 |
| 21       | Doug Milsom      | 77  | Hill   | 27.28 |
| 22       | Alan Wells       | 52  | Hill   | 28.11 |
| 23       | Angela Duncan    | 75  | Hill   | 29.10 |
| 24       | Sally Bundock    | 69  | Hill   | 32.07 |