

Healthchek/GIAAC Summer Handicap Series Race 4
7.5km Grandes Rocques- Rouse Return, 15/7/09

| Place | Bib | Name | Time | H'Cap | Actual |
|-------|-----|---------------------|-------|-------|--------|
| 1 | 5 | Lisa Corbin | 52.37 | 9.00 | 43.37 |
| 2 | 1 | Andy Walker | 53.14 | 20.00 | 33.14 |
| 3 | 35 | Andrew Moore | 53.34 | 18.30 | 35.04 |
| 4 | 46 | Emma Beardsell | 53.36 | 20.00 | 33.36 |
| 5 | 48 | Jane Harlow | 53.55 | 4.30 | 49.25 |
| 6 | 24 | Sam Abbott-Harland | 54.11 | 15.30 | 38.41 |
| 7 | 52 | Simon De La Rue | 54.20 | 14.00 | 40.20 |
| 8 | 8 | Sarah Toll | 54.30 | 7.00 | 47.30 |
| 9 | 29 | Sharon Leale | 54.40 | 18.30 | 36.10 |
| 10 | 15 | Ruth Witton | 54.59 | 6.30 | 48.29 |
| 11 | 19 | Bryan O'Meara | 55.02 | 23.00 | 32.02 |
| 12 | 21 | Gina Rowe | 55.05 | 19.30 | 35.35 |
| 13 | 36 | Sally Inderwick | 55.08 | 16.30 | 38.38 |
| 14 | 50 | Sue Sarahs | 55.14 | 4.30 | 50.44 |
| 15 | 39 | Sam Ingrouille | 55.15 | 6.30 | 48.45 |
| 16 | 13 | Sarah Tullier | 55.22 | 13.00 | 42.22 |
| 17 | 12 | Nicola Steele-Moore | 55.26 | 15.30 | 39.56 |
| 18 | 23 | Terry Harnden | 55.48 | 19.00 | 36.48 |
| 19 | 47 | Carl Thompson | 55.56 | 27.00 | 28.56 |
| 20 | 49 | Brian Holden | 56.21 | 23.00 | 33.21 |
| 21 | 2 | Phil Guilbert | 56.29 | 23.00 | 33.29 |
| 22 | 17 | James Gower | 56.34 | 23.00 | 33.34 |
| 23 | 37 | Mark Tetlow | 56.39 | 27.00 | 29.39 |
| 24 | 31 | David Peel | 56.40 | 27.00 | 29.40 |
| 25 | 33 | Steve Dawes | 56.44 | 31.30 | 25.14 |
| 26 | 6 | Kelly Patterson | 56.53 | 17.30 | 39.23 |
| 27 | 3 | Ian Taylor | 56.56 | 28.30 | 28.26 |
| 28 | 27 | Sean Collins | 56.59 | 27.00 | 29.59 |
| 29 | 7 | Steve Holmes | 57.04 | 17.30 | 39.34 |
| 30 | 4 | Ian Ozanne | 57.11 | 27.00 | 30.11 |
| 31 | 51 | Alan Rowe | 57.29 | 31.30 | 25.59 |
| 32 | 34 | Candy Rix | 57.33 | 13.00 | 44.33 |
| 33 | 26 | Ben Wilen | 57.48 | 30.00 | 27.48 |