



Millennium Coastal Park
Summer league 7
13/07/2016

Light Green 4.4km

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|-------------------|------|-----|-------|
| Ben Mitchel | SBOC | M21 | 19:37 |
| Sam Mitchel | SBOC | M21 | 21:55 |
| Oscar Healey | SBOC | M14 | 29:10 |
| Dave Mitchel | SBOC | M55 | 30:33 |
| Brendan Healey | SBOC | M40 | 32:58 |
| Steve Jones | SBOC | M55 | 33:22 |
| Cris Arnold | SBOC | M50 | 34:11 |
| John Heissig | SBOC | M45 | 34:54 |
| Sasha Hapgood | SBOC | W40 | 36:05 |
| Roger Stein | SBOC | M60 | 36:47 |
| William Arnold | SBOC | M14 | 37:44 |
| Freddie Hapgood | SBOC | M12 | 38:12 |
| Dave Doherty | SBOC | M60 | 38:46 |
| Ann Mitchel | SBOC | W45 | 44:10 |
| Charlie Brilliant | SBOC | M21 | 52:08 |
| John King | SBOC | M75 | 56:27 |
| Jenny Matthews | SBOC | W21 | 75:17 |

Orange 2.7km

| | | | |
|--------------|------|-----|-------|
| William Lake | SBOC | M12 | 24:00 |
| Freddie Lake | SBOC | M10 | 33:20 |

Hope you enjoyed your venture into West Wales. Shame about the controls going walkabout, Trying to think of ways to stop this happening – Maybe disguise punches as job application forms ;)

Thanks to Dave M and Charlie B for control gathering. Thanks also to Dave Doherty for finding control 12 punch (kite still AWOL).

Allan