

APRIL 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Andrea Vincent	33:42	PB	-02:13	-02:13	33:42
2 nd	Patrick Wadsworth	28:45		-01:34	-01:34	28:45
3 rd	Hannah Glaister	38:30	PB	-01:25	-01:25	38:30
4th	Claire Rowse	31:17	PB	-01:21	-01:21	31:17
5th	Andrew Brooks	25:21	PB	-01:07	-01:07	25:21
6 th	Colin Carpenter	42:08	PB	-00:37	-00:37	42:08
7 th	Lauren Askew	36:31	PB	-00:34	-00:34	36:31
8 th	Mike Guess	28:23		-00:33	-00:33	28:23
9 th	Graham Robinson	23:45		-00:32	-00:32	23:45
10 th =	Graham Kelly	29:31	PB	-00:31	-00:31	29:31
10 th =	Mark Fallowfield Smith	24:42		-00:31	-00:31	24:42
12 th =	Gerry Mepham	27:42		-00:25	-00:25	27:42
12 th =	Erol Ali	29:56		-00:25	-00:25	29:56
14 th	Matt Jones	26:32		-00:21	-00:21	26:32
15th	Dave Breslin	28:11		-00:18	-00:18	28:11
16th	Dick Newman	29:08		-00:07	-00:07	29:08
17th	Paul Biggs	31:20		-00:06	-00:06	31:20
18th	Will Lucas	34:47	PB	-00:02	-00:02	34:47
19th	Dave Bartlett	34:09		+00:55	+00:14	33:28
20th	Emy Circuit	35:30		+01:21	+00:20	34:29
21 st	Roy Bentley	41:58		+06:04	+00:30	36:24
	Oly Sweeney	28:31	PB			28:31
	Max Woods	29:01				28:30
	Sacha Kendall Woods	32:42				32:21
	Katy Mead	34:01				34:01
	Sarah Alexander	36:21				36:21