

## APRIL 19 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Charlie St Aubyn	28:55	SB	-01:32	-01:32	28:55
2 <sup>nd</sup>	Jon Green	31:11	PB	-01:18	-01:18	31:11
3 <sup>rd</sup>	Roy Bentley	35:50	PB	-01:17	-01:17	35:50
4th	Craig Waters	34:01	SB	-01:14	-01:14	34:01
5th	Jane Bannister	34:39	SB	-01:03	-01:03	34:39
6th	Emy Circuit	35:00	SB	-00:37	-00:37	35:00
7th	Dave O'Toole	30:33	SB	-00:35	-00:35	30:33
8 <sup>th</sup>	Martin Powell	28:25	SB	-00:26	-00:26	28:25
9 <sup>th</sup>	Sarah Hyett	29:14	SB	-00:25	-00:25	29:14
10 <sup>th</sup>	Dick Newman	28:45		-00:16	-00:16	28:45
11 <sup>th</sup> =	Paul Biggs	30:10		-00:15	-00:15	30:10
11 <sup>th</sup> =	Alistair Ingall Tombs	26:30	PB	-00:15	-00:15	26:30
13th	Gerry Mephram	27:45	SB	-00:14	-00:14	27:45
14th	Steve Casey	30:20		+00:02	00:00	30:18
15 <sup>th</sup>	Russell Conaway	30:27		+00:08	+00:02	30:21
16th	Max Woods	27:06		+00:10	+00:02	26:58
17 <sup>th</sup>	Martin Steadman	28:17		+00:20	+00:05	28:02
18th	Colin Carpenter	41:40		+00:33	+00:08	41:15
19th	Erol Ali	31:34		+00:57	+00:14	30:51
	Lottie St Aubyn	33:48				32:03
	Gareth Hopkins	34:40	FIRST			34:40