

APRIL 15 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Helen Vizard	30:14	PB	-02:06	-02:06	30:14
2nd	Gerry Mephram	26:38	PB	-01:13	-01:13	26:38
3rd	Dave Breslin	24:49	PB	-00:57	-00:57	24:49
4th	Patrick Wadsworth	28:50	PB	-00:41	-00:41	28:50
5th	Carl Hunton	29:29	PB	-00:17	-00:17	29:29
6th	Newton Johnstone	28:35		-00:06	-00:06	28:35
7th	Ray Woodman	33:09		+00:01	+00:00	33:08
8th	Sara Lambourn	39:40		+00:16	+00:04	39:28
9th	Jim Laidlaw	27:40		+00:24	+00:06	27:22
10th	Erol Ali	29:05		+00:43	+00:11	28:33
11th	Leon Hicks	33:27		+00:53	+00:13	32:47
12th	Dick Newman	28:14		+00:54	+00:13	27:33
13th	Royston Crandley	31:36		+01:03	+00:16	30:49
14th	Maria Ortiz	33:52		+01:10	+00:17	32:59
15th	Steve Sims	30:01		+01:18	+00:19	29:02
16th	Nikki Fowler	30:14		+02:06	+00:30	28:38
17th	Ray Hale	35:23		+04:53	+00:30	31:00
18th	Mike Guess	35:32		+08:56	+00:30	27:06
	Paul Biggs	27:05	PB			27:05
	Nikki Stanley	27:57	PB			27:57
	Mark Fallowfield Smith	25:14				25:14
	Christine Rivers	32:44	FIRST			32:44
	Tony Davies	30:33	FIRST			30:33