

## APRIL 16 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Andrea Vincent	35:35	PB	-01:38	-01:38	35:35
2nd	Sarah Hyett	28:24		-01:36	-01:36	28:57
3rd	Lottie St Aubyn	33:21	PB	-01:32	-01:32	33:21
4th	Rob Fisher	32:25	PB	-00:44	-00:44	32:25
5th	Katy Mead	31:50	PB	-00:37	-00:37	31:50
6th	Krzyoztof Zielinski	26:32	PB	-00:34	-00:34	26:32
7th	Jim Laidlaw	27:22		-00:18	-00:18	27:22
8th	Dave Breslin	27:54		-00:13	-00:13	27:54
9th	Kathryn Shaw	27:59	PB	-00:04	-00:04	27:59
10th	Sophie Lesaux	32:58		+00:04	+00:01	32:55
11th	Gerry Mephram	27:40		+00:12	+00:03	27:31
12th	Martin Powell	26:35		+00:34	+00:08	26:09
13th	Stephen Casey	31:16		+00:38	+00:09	30:47
14th	Dave O'Toole	29:09		+00:43	+00:11	28:37
15th	Emy Circuit	35:48		+00:58	+00:14	35:04
16th	Dick Newman	29:40		+01:06	+00:16	28:50
17th	Helen Vizard	31:23		+01:59	+00:30	29:54
18th	Charlie St Aubyn	33:21	TAIL	+05:03		28:18
19th	Fiona Slevin-Brown	36:51	TAIL	+09:06		27:45
	Carl Hunton	32:02				30:45
	Carl Bradshaw	28:21	FIRST			28:21
	Dave Bartlett	36:50	FIRST			36:50