

AUGUST 17 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Royston Crandley	31:05	SB	-01:06	-01:06	31:05
2 nd	Gerry Mephram	27:08	SB	-00:36	-00:36	27:08
3 rd	Mike Guess	27:45	SB	-00:30	-00:30	27:45
4th	Dick Newman	29:47	SB	-00:23	-00:23	29:47
5th	Dave O'Toole	29:11	SB	-00:13	-00:13	29:11
6 th	Stuart Mayes	29:03		+00:01	00:00	29:02
7th	Jim Laidlaw	26:52		+00:03	+00:01	26:50
8th	Emy Circuit	35:10		+00:42	+00:10	34:38
	Martin Powell	27:39				27:10
	Ian Bromley	30:40				30:40
	Graham Bolton	34:44	PB			34:44
	Sarah Hyett	31:19				29:47
	Ray Hale	32:37	SB			32:37
	James Plummer	26:37	FIRST			26:37
	Hannah Graham	31:32	FIRST			31:32
	Victor Sanchez	32:37	FIRST			32:37