

## AUGUST 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Sarah Alexander	32:42	SB	-02:28	-02:28	32:42
2nd	Kate Parker	33:01	PB	-02:06	-02:06	33:01
3rd	Roy Bentley	36:39		-01:15	-01:15	36:39
4th	Paul Biggs	31:00	SB	-00:22	-00:22	31:00
5th	Dave O'Toole	29:50		-00:02	-00:02	29:50
6th	Max Woods	27:50		+00:12	+00:03	27:41
7th	Claire Rowse	31:04		+00:13	+00:03	30:54
8th	Andrea Vincent	33:52		+00:19	+00:05	33:38
9th	Sacha Kendall Woods	32:40		+00:20	+00:05	32:25
10 <sup>th</sup>	Royston Crandley	33:12		+00:28	+00:07	32:51
11 <sup>th</sup> =	Martin Steadman	29:01		+00:40	+00:10	28:31
11 <sup>th</sup> =	Jon Green	35:53		+00:40	+00:10	35:23
13th	Mike Guess	29:24		+00:52	+00:13	28:45
14th	Dick Newman	29:37		+00:55	+00:14	28:56
15th	Patrick Wadsworth	30:56		+01:11	+00:18	30:03
16th	Colin Carpenter	42:08		+01:20	+00:20	41:08
17th	Dave Breslin	29:20		+01:42	+00:25	28:03
18th	Will Lucas	39:53		+04:49	+00:30	35:34
	Jon Payne	29:05				28:36
	Mo Willcox	39:53	FIRST			39:53