

## AUGUST 19 RESULTS

| Pos.              | Name              | Time  | PB/SB | Hcap Time | Adjustment | New Hcap Time |
|-------------------|-------------------|-------|-------|-----------|------------|---------------|
| 1st               | Ellie Watson      | 35:39 | PB    | -01:07    | -01:07     | 35:39         |
| 2 <sup>nd</sup>   | George Green      | 33:10 | SB    | -00:56    | -00:56     | 33:10         |
| 3 <sup>rd</sup>   | Roy Bentley       | 34:27 | PB    | -00:47    | -00:47     | 34:27         |
| 4 <sup>th</sup> = | Will Lucas        | 35:30 | SB    | -00:26    | -00:26     | 35:30         |
| 4 <sup>th</sup> = | Russell Conaway   | 30:07 | SB    | -00:26    | -00:26     | 30:07         |
| 6 <sup>th</sup>   | Paul Biggs        | 29:56 |       | -00:17    | -00:17     | 29:56         |
| 7th               | Steve Casey       | 30:31 |       | -00:01    | -00:01     | 30:31         |
| 8th               | Martin Steadman   | 28:26 |       | +00:19    | +00:05     | 28:12         |
| 9 <sup>th</sup>   | Colin Carpenter   | 39:18 |       | +00:31    | +00:08     | 38:55         |
| 10 <sup>th</sup>  | Jim Laidlaw       | 27:00 |       | +00:36    | +00:09     | 26:33         |
| 11 <sup>th</sup>  | Graham Kelly      | 29:09 |       | +00:37    | +00:09     | 28:41         |
| 12th              | Jon Green         | 32:44 |       | +00:46    | +00:11     | 32:09         |
| 13th              | Dave Metcalfe     | 35:31 |       | +00:53    | +00:13     | 34:51         |
| 14th              | Gerry Mepham      | 28:19 |       | +00:54    | +00:13     | 27:38         |
| 15 <sup>th</sup>  | Patrick Wadsworth | 31:20 |       | +01:04    | +00:16     | 30:32         |
| 16th              | Nick Metcalfe     | 31:08 |       | +01:26    | +00:21     | 30:03         |
| 17th              | Dick Newman       | 32:27 |       | +02:53    | +00:30     | 30:04         |
|                   | Andrew Brooks     | 27:00 |       |           |            | 26:20         |
|                   | Newton Johnstone  | 38:34 |       |           |            | 38:34         |
|                   | Nick Light        | 27:44 | FIRST |           |            | 27:44         |
|                   | Simon Tigg        | 33:48 | FIRST |           |            | 33:48         |
|                   | Nerys Cooper      | 38:39 | FIRST |           |            | 38:39         |
|                   | Kim Preston       | 39:34 | FIRST |           |            | 39:34         |