

DECEMBER 17 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Emma Bye	31:48	PB	-03:01	-03:01	31:48
2 nd	Dave Breslin	29:03		-02:52	-02:52	29:03
3 rd	Rebecca Taylor	33:00	PB	-01:54	-01:54	33:00
4th	Paul Biggs	30:51	SB	-01:22	-01:22	30:51
5th	Krzystof Zielinski	25:59	PB	-01:12	-01:12	25:59
6 th	Roy Bentley	37:00	PB	-01:06	-01:06	37:00
7 th	Graham Robinson	23:36		-00:50	-00:50	23:36
8 th	Dick Newman	29:06	SB	-00:32	-00:32	29:06
9 th	Matt Jones	26:47	SB	-00:21	-00:21	26:47
10th	Jim Laidlaw	25:59	PB	-00:17	-00:17	25:59
11th	Andrew Brooks	26:03		+00:08	+00:02	25:57
12th	Gerry Mepham	28:01		+00:09	+00:02	27:54
13th	Charlie St Aubyn	31:26		+00:13	+00:03	31:16
14th	Max Woods	28:12		+00:16	+00:04	28:00
15th	Graham Kelly	30:13		+00:18	+00:04	29:59
16th	Jane Bannister	34:18		+00:20	+00:05	34:03
17th	Royston Crandley	31:15		+00:34	+00:08	30:49
18th	Emy Circuit	35:41		+00:41	+00:10	35:10
19th	Sacha Woods	32:41		+00:55	+00:14	32:00
20th	Martin Steadman	29:30		+01:08	+00:17	28:39
21 st	Mike Guess	30:41		+01:52	+00:28	29:17
	Mark Fallowfield Smith	27:06				26:16
	Nikki Stanley	28:33				28:21
	Richard McCready	34:20				34:20
	Oliver Sweeney	30:33	FIRST			30:33