

DEC 19 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Jon Payne	26:47	PB	-01:25	-01:25	26:47
2 nd	Emy Circuit	35:21		-01:07	-01:07	35:21
3 rd	Nik Light	26:37	PB	-00:57	-00:57	26:37
4 th	Martin Steadman	27:59		-00:24	-00:24	27:59
5th	Jon Green	31:21		-00:19	-00:19	31:21
6 th	Paul Biggs	29:46	SB	-00:10	-00:10	29:46
7th	Russell Conaway	29:54		-00:09	-00:09	29:54
8 th	Dick Newman	29:59		-00:05	-00:05	29:59
9th	Nerys Cooper	34:55		+00:10	+00:02	34:47
10 th	Gerry Mephram	28:52		+00:31	+00:08	28:29
11 th	Royston Crandley	33:30		+00:51	+00:13	32:52
12th	Colin Carpenter	41:18		+01:08	+00:17	40:27
13th	Ellie Watson	37:21		+01:12	+00:18	36:27
14th	George Green	34:26		+01:13	+00:18	33:31
15 th	Dave Breslin	30:36		+01:28	+00:22	29:30
16th	Patrick Wadsworth	33:01		+01:57	+00:29	31:33
17th	Nick Metcalfe	32:49		+02:16	+00:30	31:03
18th	Elin Loftesnes	40:00		+03:51	+00:30	36:39
	Alistair Ingall Tombs	27:49				27:18
	Stuart Mayes	30:48				30:48
	Janet Ford	40:00	FIRST			40:00
	Carol O'Connor	33:22	FIRST			33:22