

DECEMBER 16 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Charlie St Aubyn	28:40	SB	-01:25	+01:25	28:40
2nd=	Dave Bartlett	31:58	PB	-00:34	-00:34	31:58
2nd=	Andrew Brooks	26:13	PB	-00:34	-00:34	26:13
4th	Dave Breslin	27:22	SB	-00:21	-00:21	27:22
5th	Martin Powell	26:58		-00:19	-00:19	26:58
6th=	Emy Circuit	34:53		-00:13	-00:13	34:53
6th=	Stuart Mayes	29:01	PB	-00:13	-00:13	29:01
8th	Mark Fallowfield Smith	25:13	SB	-00:07	-00:07	25:13
9th	Gerry Mephram	27:32		-00:03	-00:03	27:32
10th	Dick Newman	30:27		+00:46	+00:11	29:52
11th	Jim Laidlaw	27:41		+01:02	+00:15	26:54
12th	Amy Ede	38:43		+01:28	+00:22	37:37
13th	Leon Hicks	38:51		+02:30	+00:30	36:51
14th	Newton Johnstone	35:57		+06:46	+00:30	29:41
15th	Katy Mead	40:53		+07:53	+00:30	33:30
16th	Jackie Brighton	46:14		+09:33	+00:30	37:11
	Nikki Stanley	27:51				27:39
	Sophie Lesaux	33:50				33:12
	Dean Emberson	29:45	FIRST			29:45
	Tamzyn Evershed	46:17	FIRST			46:17