

DECEMBER 21 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Mark Neve	41:40	PB	-02:06	-02:06	41:40
2nd	V Taylor	32:15	PB	-01:12	-01:12	32:15
3rd	Andrew Brooks	26:06		-01:06	-01:06	26:06
4th	Jon Green	28:52	PB	-00:44	-00:44	28:52
5th	Dave Metcalfe	35:56		-00:31	-00:31	35:56
6th	Russell Conaway	28:19	PB	-00:28	-00:28	28:19
7th	Paul Sliwinski	30:48		-00:12	-00:12	30:48
8th	Nick Metcalfe	26:54	PB	-00:08	-00:08	26:54
9 th	Patrick Wadsworth	30:27		+00:10	+00:02	30:19
10 th	Emy Circuit	36:18		+00:12	+00:03	36:09
11th	Gary Dowling	29:57		+00:20	+00:05	29:42
12th	Graham Robinson	24:43		+00:24	+00:06	24:25
13th	Dick Newman	30:55		+00:27	+00:07	30:35
14th	Gerry Mepham	29:05		+00:45	+00:11	28:31
15th	Colin Carpenter	41:46		+00:48	+00:12	41:10
16th	Paul Biggs	31:32		+00:50	+00:12	30:54
17th	Jon Payne	26:43		+01:03	+00:25	25:56
18th	Martin Steadman	31:46		+03:02	+00:30	29:14
	Max Woods	29:40				29:15
	Sacha Kendall Woods	33:43				33:33
	Teresa Milroy	39:30				39:30