

FEBRUARY 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Colin Carpenter	44:25	PB	-06:57	-06:57	44:25
2 nd	Lauren Askew	37:05	PB	-03:20	-03:20	37:05
3 rd	Blanche Barnes	37:45	PB	-02:44	-02:44	37:45
4th	Dave Breslin	28:06		-01:22	-01:22	28:06
5th	Mark Fallowfield Smith	25:13		-01:03	-01:03	25:13
6 th	Graham Robinson	24:01		-00:42	-00:42	24:01
7 th	Hannah Glaister	39:55		-00:38	-00:38	39:55
8 th	Mike Guess	29:09		-00:31	-00:31	29:09
9 th	Nikki Stanley	28:08		-00:13	-00:13	28:08
10th	Lucy Dean	33:07		+00:19	+00:05	32:53
11th	Gerry Mepham	28:24		+00:25	+00:06	28:05
12th	Helen Vizard	34:10		+00:31	+00:08	33:47
13 th =	Erol Ali	31:14		+00:38	+00:09	30:45
13 th =	Dick Newman	29:44		+00:38	+00:09	29:15
15th	Patrick Wadsworth	31:07		+01:22	+00:20	30:05
16th	Paul Biggs	32:20		+01:29	+00:22	31:13
17th	Dave O'Toole	31:03		+01:35	+00:24	29:52
18th	Jim Laidlaw	28:01		+01:47	+00:27	26:41
	Ray Hale	33:09				33:04
	Andrea Vincent	37:04				35:50