

## FEBRUARY 22 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Julian Rawcliffe	27:32	PB	-02:34	-02:34	27:32
2nd	Graham Robinson	23:20		-01:05	-01:05	23:20
3rd	Mark Fallowfield Smith	25:54		-00:41	-00:41	25:54
4th	Paul Biggs	30:17		-00:37	-00:37	30:17
5th	Cat Wickham	44:35		-00:04	-00:04	44:35
6th	Nick Metcalfe	26:02		+00:09	+00:02	25:55
7th	Gary Dowling	29:54		+00:12	+00:03	29:45
8th	Teresa Milroy	39:47		+00:17	+00:04	39:34
9 <sup>th</sup>	Rob Jerrett	24:55		+00:27	+00:07	24:35
10 <sup>th</sup>	Jon Payne	26:47		+00:39	+00:10	26:18
11th	Gerry Mephram	29:12		+00:41	+00:10	28:41
12th	Andrew Brooks	27:20		+01:19	+00:20	26:21
13th	Martin Steadman	31:17		+01:38	+00:24	30:01
14 <sup>th</sup>	Colin Carpenter	43:30		+02:43	+00:30	41:17
15th	Dave Metcalfe	39:23		+03:09	+00:30	36:44
16 <sup>th</sup>	Patrick Wadsworth	34:24		+03:35	+00:30	31:19
17 <sup>th</sup>	Sarah Hyatt	34:14		+04:23	+00:30	30:21
	Charlie St Aubyn	31:36				30:53
	Nikki Heritage	34:30	PB			34:30
	Roy Bentley	37:31				36:40
	Blanche Barnes	44:36				41:36
	Steve Cuddon (Guest)	37:31	FIRST			37:31