

JANUARY 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Emy Circuit	33:39	PB	-01:31	-01:31	33:39
2 nd	Roy Bentley	35:54	PB	-01:06	-01:06	35:54
3 rd	Patrick Wadsworth	29:45		-00:42	-00:42	29:45
4th	Matt Jones	26:36		-00:11	-00:11	26:36
5th	Dick Newman	29:06		00:00	00:00	29:06
6 th	Andrew Brooks	26:00		+00:03	+00:01	25:58
7 th	Martin Steadman	28:49		+00:10	+00:02	28:41
8 th	Graham Kelly	30:10		+00:11	+00:03	30:02
9 th	Gerry Mepham	28:14		+00:20	+00:05	27:59
10th	Rebecca Taylor	33:27		+00:27	+00:07	33:07
11th	Jon Payne	28:11		+00:31	+00:08	27:48
12th	Krzystoft Zielinski	26:37		+00:38	+00:09	26:08
13th	Emma Bye	32:44		+00:56	+00:14	32:02
14th	Jim Laidlaw	26:59		+01:00	+00:15	26:14
15th	Graham Robinson	25:37		+01:11	+00:17	24:43
16th	Stuart Mayes	30:55		+01:20	+00:19	29:54
17th	Mike Guess	30:49		+01:32	+00:23	29:40
18th	Royston Crandley	32:22		+01:33	+00:23	31:12
19th	Dave Breslin	30:43		+01:40	+00:25	29:28
20th	Charlie St Aubyn	33:41		+02:25	+00:30	31:46
21 st	Will Lucas	40:18		+04:20	+00:30	36:28
22 nd	Sharon Burfield	40:18		+09:54	+00:30	30:54
	Oly Sweeney	30:44				30:36
	Lottie St Aubyn	33:30				32:34
	James Ratcliffe	25:41				25:41
	James Ward	26:21	PB			26:21
	Dave O'Toole	29:52				29:28
	Richard Boese	32:14				32:14
	Dave Bartlett	33:36				33:00
	Helen Vizard	33:39				33:39
	Hannah Glaister	40:33				40:33
	Colin Carpenter	51:22	FIRST			51:22
	Lauren Askew	40:25	FIRST			40:25
	Blanche Barnes	40:29	FIRST			40:29