

JANUARY 19 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Charlie St Aubyn	29:57		-03:34	-03:34	29:57
2 nd	Gerry Mephram	29:28		-01:10	-01:10	29:28
3 rd	Jon Green	32:45	PB	-01:09	-01:09	32:45
4th	Mark Fallowfield Smith	25:30		-00:46	-00:46	25:30
5th	Russell Conaway	30:19		-00:45	-00:45	30:19
6 th	Alan McPherson	28:44	PB	-00:30	-00:30	28:44
7 th	Andrew Brooks	25:34		-00:19	-00:19	25:34
8 th	Jim Laidlaw	25:58	PB	-00:17	-00:17	25:58
9 th	Alistair Ingall Tombs	27:20	PB	-00:15	-00:15	27:20
10th	Dick Newman	29:01		-00:14	-00:14	29:01
11th	Sarah Hyett	32:33		-00:07	-00:07	32:33
12th	Steve Casey	29:48		-00:01	-00:01	29:48
13th	Martin Steadman	27:54		+00:10	+00:02	27:46
14th	Mike Guess	29:52		+00:26	+00:06	29:32
15th	Emy Circuit	35:21		+00:40	+00:10	34:51
16th	Max Woods	28:01		+00:41	+00:10	27:30
17th	Dave O'Toole	31:41		+01:18	+00:19	30:42
18th	Colin Carpenter	41:23		+01:20	+00:20	40:23
19th	Martin Powell	29:52		+01:21	+00:20	28:51
20 th =	Graham Kelly	30:06		+01:22	+00:20	29:04
20 th =	Andrea Vincent	35:03		+01:22	+00:20	34:01
22 nd	Sarah Alexander	34:35		+01:47	+00:27	33:15
23 rd	Sharon Burfield	34:58		+02:19	+00:30	33:09
24th	Kate Parker	37:38		+03:08	+00:30	35:00
25th	Jane Bannister	41:47		+04:50	+00:30	37:27
26th	Dave Breslin	34:35		+06:02	+00:30	29:03
	Matt Jones	27:49				27:12
	Ian Watson	30:28	PB			30:28
	Patrick Darcy	32:35	PB			32:35
	Royston Crandley	32:08				32:08
	Lucy Dean	34:24				33:43
	George Green	41:00				41:00
	Dave Bartlett	34:39				34:04
	John Whitworth	25:06	FIRST			25:06
	Lara Winter	37:38	FIRST			37:38
	Jim Haffey	38:06	FIRST			38:06
	Polly Harris	41:47	FIRST			41:47
	Chris Brooks	53:26	FIRST			53:26