

JAN 20 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Elin Loftesnes	34:14	PB	-02:25	-02:25	34:14
2 nd	Patrick Wadsworth	30:08		-01:25	-01:25	30:08
3 rd	Cat Wickham	43:59	PB	-01:09	-01:09	43:59
4 th	Jon Payne	26:01	PB	-00:46	-00:46	26:01
5th	Dick Newman	29:32		-00:27	-00:27	29:32
6 th	Emy Circuit	35:10		-00:11	-00:11	35:10
7th	Stuart Mayes	30:38		-00:10	-00:10	30:38
8 th	Russell Conaway	29:46		-00:08	-00:08	29:46
9th	John Ellwood	31:17		+00:02	00:00	31:15
10 th	Steve Casey	30:12		+00:17	+00:04	29:59
11 th	Helen Vizard	32:35		+00:21	+00:05	32:19
12th	Graham Robinson	24:13		+00:22	+00:05	23:56
13th	Janet Ford	40:23		+00:23	+00:06	40:06
14th	Luke Junior	31:31		+00:24	+00:06	31:13
15 th	Martin Powell	28:16		+00:33	+00:08	27:51
16th	Jess Metcalfe	37:40		+00:37	+00:09	37:12
17th	Gerry Mepham	29:21		+00:52	+00:13	28:42
18th	Nik Light	27:30		+00:53	+00:13	26:50
19th	Dave Metcalfe	35:37		+01:04	+00:16	34:49
20 th	Craig Waters	33:32		+01:05	+00:16	32:43
21st	Mark Doherty	28:48		+01:07	+00:17	27:58
22nd	Colin Carpenter	41:56		+01:29	+00:22	40:49
23rd	George Green	35:33		+02:02	+00:30	34:01
24th	Ellie Watson	39:05		+02:38	+00:30	36:57
25th	Will Lucas	40:15		+04:01	+00:30	36:44
	Matt Jones	28:09				27:40
	Max Woods	28:59				28:14
	Charlie St Aubyn	31:06				30:11
	Graham Kelly	32:30				30:36
	Lottie St Aubyn	32:11				32:11
	Richard Boese	32:37				32:35
	Sacha Kendall Woods	33:36				33:21
	Claire Rowse	34:00				34:00
	Jim Haffey	35:36				35:13
	Sharon Burfield	39:19				35:29
	Andrea Vincent	39:19				36:47
	Sarah Alexander	37:22				37:22
	Blanche Barnes	42:31				38:40
	Hannah Whitman	41:52				41:00
	Leon Hicks	43:38				43:38
	Mark Neve	46:30				44:50
	Alison Jones	46:32				46:32
	Stuart Overhill	31:03	FIRST			31:03
	Wayne Boardman	32:23	FIRST			32:23
	V Taylor	35:06	FIRST			35:06
	Andrea Hadfield	39:51	FIRST			39:51
	Beccie Wedderburn	39:51	FIRST			39:51
	Gloria Long	40:15	FIRST			40:15
	Doug Heritage	43:43	FIRST			43:43
	Nicole Heritage	43:43	FIRST			43:43
	Debbie Watson	43:51	FIRST			43:51
	Nicola Coe	44:05	FIRST			44:05
	Michelle Wilson	44:09	FIRST			44:09
	John Barnes	46:16	FIRST			46:16