

JANUARY 15 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Royston Crandley	30:48	PB	-00:54	-00:54	30:48
2nd	Ray Woodman	33:19		-00:21	-00:21	33:19
3rd	James Casey	32:37		-00:06	-00:06	32:37
4th	Newton Johnstone	28:45		-00:05	-00:05	28:45
5^{th=}	Patrick Wadsworth	29:31		-00:01	-00:01	29:31
5^{TH=}	Chris Lambourne	30:31	PB	-00:01	-00:01	30:31
7th	Paula Vine	29:51		+00:16	+00:04	29:39
8th	Jim Laidlaw	28:23		+00:31	+00:08	28:00
9th	Dave O'Toole	28:49		+00:32	+00:08	28:25
10th	Erol Ali	28:56		+00:36	+00:09	28:29
11th	Mike Guess	27:26		+00:40	+00:10	26:56
12^{th=}	Gerry Mephram	28:31		+00:41	+00:10	28:00
12^{th=}	John Tovell	30:52		+00:41	+00:10	30:21
14th	Ray Hale	30:42		+00:47	+00:12	30:07
15th	Dick Newman	27:57		+01:00	+00:15	27:12
16th	Dave Breslin	27:22		+01:08	+00:17	26:31
17th	Duncan Laurie-Pile	26:58		+01:46	+00:27	25:39
18th	Simon Carter	30:57		+02:13	+00:30	29:14
19th	Sarah Hyatt	31:14		+02:20	+00:30	29:24
20th	Steve Sims	30:36		+02:28	+00:30	28:38
21st	Graham Robinson	26:06		+02:52	+00:30	23:44
	Katy Mead	33:39				33:30
	Leon Hicks	34:40				34:40
	Mark Duckworth	34:45				32:50
	Sara Lambourn	39:24	FIRST			39:24
	Connor Vine	32:22	FIRST			32:22
	Gemma Potter	33:29	FIRST			33:29