

## JANUARY 16 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1 <sup>st</sup>	Hannah Glaister	40:40	PB	-01:10	-01:10	40:40
2 <sup>nd</sup>	Samantha Larkin	44:05	PB	-01:04	-01:04	44:05
3 <sup>rd</sup>	Jim Laidlaw	28:01		-00:15	-00:15	28:01
4 <sup>th</sup>	Krzyoztof Zielinski	27:36	PB	-00:12	-00:12	27:36
5 <sup>th</sup>	Dick Newman	28:35		+00:03	+00:01	28:33
6 <sup>th</sup>	Martin Powell	26:05		+00:05	+00:01	26:01
7 <sup>th</sup>	Matt Jones	26:20		+00:16	+00:04	26:08
8 <sup>th</sup>	Mike Guess	27:30		+00:28	+00:07	27:09
9 <sup>th</sup>	Paul Biggs	29:15		+00:31	+00:08	28:52
10 <sup>th</sup>	Dave O'Toole	29:24		+00:42	+00:10	28:52
11 <sup>th</sup>	Ian Bromley	30:30		+00:54	+00:13	29:49
12 <sup>th=</sup>	Helen Vizard	30:11		+01:03	+00:16	29:24
12 <sup>th=</sup>	Gerry Mephram	28:01		+01:03	+00:16	27:14
14 <sup>th=</sup>	Mike Hurley	35:57		+01:11	+00:18	35:04
14 <sup>th=</sup>	Charlotte Parmenter	35:57		+01:11	+00:18	35:04
16 <sup>th</sup>	Ray Hale	33:00		+01:15	+00:19	32:04
17 <sup>th</sup>	Katy Mead	34:30		+01:27	+00:22	33:25
18 <sup>th</sup>	Patrick Wadsworth	34:40	TAIL	+04:57		29:43
19 <sup>th</sup>	Charlie St Aubyn	37:40	TAIL	+09:22		28:18
20 <sup>th</sup>	Newton Johnstone	44:05	TAIL	+15:29		28:36
	Simeon Ward	26:35				26:30
	Jon Gubb	27:26				27:26
	Rob Fisher	33:48				33:48
	Claire Hobson	34:07	PB			34:07
	Fern Stonestreet	37:45				36:52
	Stephen Casey	30:24	FIRST			30:24
	Sarah Smith	31:18	FIRST			31:18
	Jodie Shimmen	34:40	FIRST			34:40
	Sharon Burfield	34:40	FIRST			34:40
	Shelly Barriff	34:40	FIRST			34:40
	Jane Bannister	36:19	FIRST			36:19
	Lottie St Aubyn	37:40	FIRST			37:40
	Natalie Wetherill	44:05	FIRST			44:05

### ONE LAP

	Ros Cosgreave	26:37	FIRST			26:37
	Michel Phipps	26:37	FIRST			26:37