

JANUARY 22 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Nick Metcalfe	25:53	PB	-01:01	-01:01	25:53
2nd	Mark Doherty	26:48	PB	-00:33	-00:33	26:48
3rd	Colin Carpenter	40:47		-00:23	-00:23	40:47
4th	Paul Sliwinski	30:36		-00:12	-00:12	30:36
5th	Andrew Brooks	26:01		-00:05	-00:05	26:01
6th	Mark Neve	41:58		+00:18	+00:04	41:44
7th	Jon Payne	26:44		+00:48	+00:12	26:08
8th	V Taylor	33:11		+00:56	+00:14	32:29
9 th	Dave Metcalfe	37:09		+01:13	+00:18	36:14
10 th	Martin Steadman	30:56		+01:42	+00:25	29:39
11th	Patrick Wadsworth	35:18		+04:59	+00:30	30:49
	Rob Jerrett	24:28	PB			24:28
	Steve Casey	28:08	PB			28:08
	Fusi Motsamai	30:23				30:23
	Debbie Watson	44:37				44:37
	Cat Wickham	44:39				44:39
	Julian Rawcliffe	30:06	FIRST			30:06