

JULY 17 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Krzyoztoft Zielinski	28:04	SB	-01:39	-01:39	28:04
2 nd	Roy Bentley	38:04	PB	-00:20	-00:20	38:04
3 rd	Martin Steadman	29:17		+00:08	+00:02	29:11
4th	Newton Johnstone	31:27		+00:15	+00:04	31:16
5th	Mike Guess	28:35		+00:26	+00:06	28:15
6 th	Dave O'Toole	29:51		+00:36	+00:09	29:24
7th	Will Lucas	38:05		+00:39	+00:10	37:36
8th	Jim Laidlaw	27:25		+00:48	+00:12	26:49
9 th	Emy Circuit	35:15		+01:03	+00:16	34:28
10th	Sharon Burfield	32:26		+01:14	+00:18	31:30
11th	Jane Bannister	36:54		+01:29	+00:22	35:47
12th	Stuart Mayes	30:27		+01:53	+00:28	29:02
	Max Woods	29:08				28:24
	Ian Watson	31:01	PB			31:01
	Sacha Woods	33:47				33:07
	Sophie Lesaux	34:42				33:57
	Alison Jones	33:49	FIRST			33:49