

JULY 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Colin Carpenter	40:48	PB	-00:47	-00:47	40:48
2nd	Krzysztof Zielinski	25:43	PB	-00:38	-00:38	25:43
3rd	Graham Robinson	23:41	SB	-00:30	-0:30	23:41
4 th =	Max Woods	27:38	SB	-00:24	-00:24	27:38
4 th =	Claire Rowse	30:51	PB	-00:24	-00:24	30:51
6th	Emy Circuit	34:40		-00:01	-00:01	34:40
7th	Mike Guess	28:49		+00:22	+00:05	28:32
8th	Erol Ali	30:26		+00:24	+00:06	30:08
9th	Graham Kelly	29:54		+00:29	+00:07	29:32
10 th	Dick Newman	29:20		+00:51	+00:13	28:42
11th	Andrea Vincent	34:19		+01:01	+00:15	33:33
12th	Sacha Kendall Woods	33:19		+01:19	+00:20	32:20
13th	Jon Green	37:46		+03:03	+00:30	35:13
14th	Roy Bentley	40:43		+03:19	+00:30	37:54
15th	Patrick Wadsworth	33:07		+03:52	+00:30	29:45
	Jim Laidlaw	28:29				27:32
	Carl Bradshaw	29:49				29:49
	Steve Casey	30:02	PB			30:02
	Richard Boese	32:12	SB			32:12
	Jane Bannister	38:51				36:27
	Andy Provost	24:41	FIRST			24:41
	Alistair Ingall Tombs	28:09	FIRST			28:09
	Kirsty Darcy	35:20	FIRST			35:20
	Simon Whillis	36:13	FIRST			36:13