

JULY 19 RESULTS

| Pos. | Name | Time | PB/SB | Hcap Time | Adjustment | New Hcap Time |
|--------------------|-----------------------|-------|-----------|-----------|------------|---------------|
| 1st | Nick Metcalfe | 29:42 | PB | -01:44 | -01:44 | 29:42 |
| 2 nd | Graham Robinson | 23:08 | | -00:05 | -00:05 | 23:08 |
| 3 rd | Colin Carpenter | 38:53 | | +00:08 | +00:02 | 38:47 |
| 4 th = | Steve Casey | 30:40 | | +00:11 | +00:03 | 30:32 |
| 4 th = | Patrick Wadsworth | 30:24 | | +00:11 | +00:03 | 30:16 |
| 6 th | Martin Steadman | 28:22 | | +00:20 | +00:05 | 28:07 |
| 7th | Russell Conaway | 30:50 | | +00:23 | +00:06 | 30:33 |
| 8th | Dick Newman | 29:58 | | +00:32 | +00:08 | 29:34 |
| 9 th | Martin Powell | 27:48 | | +00:33 | +00:08 | 27:23 |
| 10 th | Dave Metcalfe | 35:04 | | +00:35 | +00:09 | 34:38 |
| 11 th = | Sarah Hyatt | 30:02 | | +00:47 | +00:12 | 29:27 |
| 11 th = | Ellie Watson | 37:21 | | +00:47 | +00:12 | 36:46 |
| 13th | Roy Bentley | 35:55 | | +00:55 | 00:14 | 35:14 |
| 14th | Alistair Ingall Tombs | 27:41 | | +01:11 | +00:18 | 26:48 |
| 15 th | Charlie St Aubyn | 30:22 | | +01:27 | +00:22 | 29:17 |
| 16th | Dave O'Toole | 32:05 | | +01:35 | +00:24 | 30:54 |
| 17th | Rob Cooper | 34:33 | | +01:53 | +00:28 | 33:08 |
| 18th | Jon Green | 33:24 | | +01:54 | +00:28 | 31:58 |
| 19th | Will Lucas | 38:44 | | +03:18 | +00:30 | 35:56 |
| 20th | Dave Bartlett | 50:33 | PACER | +17:20 | 00:00 | 33:13 |
| | Richard Boese | 32:50 | | | | 32:35 |
| | Jim Haffey | 34:50 | PB | | | 34:50 |
| | Jess Metcalfe | 40:30 | FIRST | | | 40:30 |
| | Alison Winders | 40:30 | FIRST | | | 40:30 |
| | Andy Hazell | 50:33 | FIRST | | | 50:33 |