

JULY 16 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Graham Robinson	22:34	PB	-01:52	-01:52	22:34
2nd	Sarah Alexander	31:33	PB	-01:45	-01:45	31:33
3rd	Newton Johnstone	29:06	SB	-00:31	-00:31	29:06
4th	Gerry Mephram	27:25	SB	-00:07	-00:07	27:25
5th	Mike Guess	27:40		-00:01	-00:01	27:40
6th	Jim Laidlaw	27:25		00:00	00:00	27:25
7th	Dave O'Toole	29:14		+00:25	+00:06	28:55
8th	Stuart Mayes	30:38		+00:51	+00:13	30:00
9 th	Dick Newman	30:06		+00:53	+00:13	29:26
10th	Vicky Rice	33:46		+00:58	+00:14	33:02
11th	Emy Circuit	35:37		+01:05	+00:16	34:48
12th	Sarah Hyett	30:37		+02:03	+00:30	29:04
13th	Dave Breslin	32:42		+04:18	+00:30	28:54
14th	Katy Mead	36:22		+04:52	+00:30	32:00
	Gemma Potter	31:32	PB			31:32
	Jane Crawford	33:25				33:25