

JUNE 17 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Martin Steadman	29:09	PB	-00:27	-00:27	29:09
2 nd	Jim Laidlaw	26:37		-00:21	-00:21	26:37
3 rd =	Krzyoztoft Zielinski	29:54	SB	+00:15	+00:04	29:43
3 rd =	Dave O'Toole	29:26	SB	+00:15	+00:04	29:15
5th	Dick Newman	30:24		+00:19	+00:05	30:10
6 th	Newton Johnstone	31:41		+00:39	+00:10	31:12
7th	Emy Circuit	35:04		+01:09	+00:17	34:12
8th	Sharon Burfield	32:11		+01:19	+00:20	31:12
9 th	Kate Parker	37:11		+01:37	+00:24	35:58
10th	Royston Crandley	33:47		+02:06	+00:30	32:11
11th	Dave Bartlett	35:41		+03:57	+00:30	32:14
	Steve Casey	30:09	PB			30:09
	Roy Bentley	38:24	FIRST			38:24