

JUNE 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Dick Newman	28:29	SB	-01:09	-01:09	28:29
2nd	Jon Green	34:43	PB	-00:56	-00:56	34:43
3rd	Andrea Vincent	33:18	PB	-00:36	-00:36	33:18
4th	Blanche Barnes	34:36	PB	-00:29	-00:29	34:36
5th	Kate Parker	35:07	PB	-00:23	-00:23	35:07
6th	Martin Steadman	28:21	PB	-00:10	-00:10	28:21
7th	Claire Rowse	31:15	PB	-00:02	-00:02	31:15
8th	Lauren Askew	35:16		+00:03	+00:01	35:14
9th	Colin Carpenter	41:41		+00:08	+00:02	41:35
10 th =	Matt Jones	26:43		+00:11	+00:03	26:35
10 th =	Emy Circuit	34:49		+00:11	+00:03	34:41
12th	Krzysztof Zielinski	26:30		+00:12	+00:03	26:21
13th	Mike Guess	28:39		+00:16	+00:04	28:27
14th	Roy Bentley	39:08		+02:14	+00:30	37:24
15th	Charlie St Aubyn	34:54		+02:40	+00:30	32:44
	Oliver Sweeney	28:50		+00:19	+00:05	28:36
	Ray Hale	31:46				31:46
	KJ Kajla	33:12	FIRST			33:12