

## JUNE 19 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Rebecca Perrin	31:42	PB	-02:42	-02:42	31:42
2 <sup>nd</sup>	Martin Powell	27:15	SB	-01:10	-01:10	27:15
3 <sup>rd</sup>	Dave Metcalfe	34:29	PB	-01:01	-01:01	34:29
4th	Gerry Mepham	27:25	SB	-00:25	-00:25	27:25
5th	Roy Bentley	35:00	PB	-00:18	-00:18	35:00
6 <sup>th</sup> =	Ellie Watson	36:34	PB	-00:17	-00:17	36:34
6 <sup>th</sup> =	Colin Carpenter	38:45	PB	-00:17	-00:17	38:45
6 <sup>th</sup> =	Craig Waters	32:43	PB	-00:17	-00:17	32:43
9 <sup>th</sup>	Graham Kelly	28:32	PB	-00:13	-00:13	28:32
10 <sup>th</sup>	Dave Bartlett	33:13		-00:02	-00:02	33:13
11 <sup>th</sup>	Martin Steadman	28:03		+00:01	00:00	28:02
12 <sup>th</sup>	Jim Laidlaw	26:28		+00:05	+00:01	26:24
13th	Paul Biggs	30:22		+00:12	+00:03	30:13
14th	Russell Conaway	30:43		+00:21	+00:05	30:27
15 <sup>th</sup> =	Jon Payne	27:58		+00:25	+00:06	27:39
15 <sup>th</sup> =	Royston Crandley	32:57		+00:25	+00:06	32:38
17th	Dave O'Toole	30:55		+00:33	+00:08	30:30
18th	Craig Bowles	27:53		+00:38	+00:09	27:24
19th	Steve Casey	31:04		+00:46	+00:11	30:29
20th	Mike Guess	30:43		+00:49	+00:12	30:06
21 <sup>st</sup>	Blanche Barnes	35:59		+01:25	+00:21	34:55
22 <sup>nd</sup>	Max Woods	28:28		+01:30	+00:22	27:20
23 <sup>rd</sup>	Emy Circuit	37:10		+01:49	+00:27	35:48
24th	Dick Newman	34:57		+06:01	+00:30	29:26
	Sacha Kendall Woods	33:49				33:05
	Will Lucas	36:23				35:26
	Nick Metcalfe	31:26	FIRST			31:26