

JUNE 15 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	John Tzanetis	28:05	PB	-01:28	-01:28	28:05
2nd	Ray Woodman	33:06	SB	-00:15	-00:15	33:06
3rd	Dick Newman	27:36		-00:10	-00:10	27:36
4^{th=}	Helen Vizard	29:16	PB	-00:04	-00:04	29:16
4^{th=}	John Tovell	30:27	SB	-00:04	-00:04	30:27
6th	Gerry Mepham	26:38		-00:03	-00:03	26:38
7th	Donna Cooper	31:32		+00:03	+00:01	31:30
8th	Nikki Stanley	28:27		+00:30	+00:07	28:04
9th	Graham Robinson	24:18		+00:39	+00:10	23:49
10th	Michael Hegesippe	26:44		+00:46	+00:11	26:09
11th	Mark Lee	31:26		+00:50	+00:12	30:48
12th	Jim Laidlaw	28:21		+00:53	+00:13	27:41
13th	Dave O'Toole	29:37		+01:10	+00:17	28:44
14th	Maria Ortiz	31:31		+01:21	+00:19	30:29
15th	Dave Breslin	29:15		+03:56	+00:30	25:49
	Tim Rogers	25:35	PB			25:35
	Vicky Rice	34:02	SB			33:49