

## JUNE 16 RESULTS

<b>Pos.</b>	<b>Name</b>	<b>Time</b>	<b>PB/SB</b>	<b>Hcap Time</b>	<b>Adjustment</b>	<b>New Hcap Time</b>
1st	Jane Bannister	34:40	PB	-00:30	-00:30	34:40
2nd	Sacha Woods	32:29	SB	+00:29	+00:07	32:07
3rd	Sarah Hyett	29:03		+00:39	+00:10	28:34
4th	Dave O'Toole	29:26		+00:49	+00:12	28:49
5th	Dick Newman	29:51		+00:50	+00:12	29:13
6th	Katy Mead	32:10		+00:53	+00:13	31:30
7th	Jim Laidlaw	28:06		+00:55	+00:14	27:25
8th	Newton Johnstone	30:37		+01:20	+00:20	29:37
9 <sup>th</sup>	Mike Guess	28:43		+01:23	+00:21	27:41
10th	Rob Fisher	33:32		+01:48	+00:27	32:11
11th	Patrick Wadsworth	31:09		+02:12	+00:30	29:27
12th	Dave Breslin	30:20		+02:26	+00:30	28:24
13th	Krzyoztof Zielinski	36:16		+09:14	+00:30	27:32
	James Ratcliffe	24:52				24:52
	Will Davidson	25:50				25:05
	Michael Hegesippe	25:56	SB			25:56
	Max Woods	26:30	SB			26:30
	Nikki Stanley	28:22	SB			28:22
	Elin Loftesness	37:20	PB			37:20
	Craig Bowles	27:07	FIRST			27:07
	Stuart Mayes	29:47	FIRST			29:47
	Stuart Holbrook	33:33	FIRST			33:33
	Sarah Alexander	33:18	FIRST			33:18