

MARCH 17 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Craig Bowles	26:43	PB	-02:32	-02:32	26:43
2 nd	Graham Robinson	22:50		-01:12	-01:12	22:50
3rd	Jane Bannister	35:11		-00:52	-00:52	35:11
4 th =	Sharon Burfield	30:22	PB	-00:42	-00:42	30:22
4 th =	Martin Powell	26:40		-00:42	-00:42	26:40
6 th	Emy Circuit	34:26	PB	-00:31	-00:31	34:26
7th	Gerry Mephram	27:14		-00:20	-00:20	27:14
8th	Andrew Brooks	25:43	PB	-00:12	-00:12	25:43
9 th	Dave Breslin	28:14		-00:08	-00:08	28:14
10 th	Nikki Stanley	28:10		+00:01	00:00	28:09
11th	Jim Laidlaw	26:42		+00:15	+00:04	26:31
12th	Martin Steadman	30:50		+00:26	+00:07	30:30
13 th	Newton Johnstone	31:14		+01:03	+00:16	30:27
14th	Andrea Vincent	35:45		+01:29	+00:22	34:38
15th	Charlie St Aubyn	31:00		+01:40	+00:25	29:45
16th	Brendon Cottrell	27:51		+01:59	+00:30	26:22
17th	Stuart Mayes	30:13		+02:21	+00:30	28:22
	Lottie St Aubyn	31:00	PB			31:00
	Ian Watson	33:50				33:50
	Richard Lovell	31:07	FIRST			31:07