

MARCH 20 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	John Barnes	40:56	PB	-05:20	-05:20	40:56
2nd	Cat Wickham	41:01	PB	-01:09	-01:09	41:01
3rd	Debbie Watson	41:30	PB	-01:03	-01:03	41:30
4th	Harvey Young	39:57	PB	-00:49	-00:49	39:57
5th	Paul Sliwinski	30:34	PB	-00:39	-00:39	30:34
6th	Ellie Watson	36:20		-00:37	-00:37	36:20
7th	Gloria Long	38:17	PB	-00:31	-00:31	38:17
8th	Nick Metcalfe	30:38		-00:25	-00:25	30:38
9th	Helen Vizard	31:55		-00:24	-00:24	31:55
10th	Mark Doherty	27:44		-00:14	-00:14	27:44
11th	Will Lucas	37:06		-00:10	-00:10	37:06
12th	Richard Boese	32:36		-00:07	-00:07	32:36
13th	Jon Payne	25:15	PB	-00:05	-00:05	25:15
14th	Andrea Hadfield	39:49	PB	-00:02	-00:02	39:49
15th	Elin Loftesnes	33:51		+00:01	00:00	33:50
16th=	Stuart Mayes	30:15		+00:03	+00:01	30:13
16th=	Luke Junior	29:15		+00:03	+00:01	29:13
18th	Sacha Kendall Woods	33:29		+00:08	+00:02	33:23
19th=	V Taylor	33:42		+00:10	+00:02	33:34
19th=	Jo Fraser	40:41		+00:10	+00:02	40:33
21st	Robert Jerrett	25:12		+00:11	+00:03	25:04
22nd	Russell Conaway	29:42		+00:13	+00:03	29:32
23rd	Craig Waters	33:07		+00:24	+00:06	32:49
24th	Nik Light	26:21		+00:30	+00:07	25:58
25th	Royston Crandley	33:58		+00:36	+00:09	33:31
26th	George Green	34:15		+00:40	+00:10	33:45
27th	Andrea Vincent	37:30		+00:43	+00:11	36:58
28th	Martin Steadman	28:58		+00:59	+00:15	28:14
29th	Chris Cole	35:35		+01:10	+00:17	34:42
30th	Dave O'Toole	32:33		+01:15	+00:19	31:37
31st	Colin Carpenter	41:55		+01:32	+00:23	40:46
32nd	Krzysztof Zielinski	28:30		+01:43	+00:26	27:13
33rd	Dick Newman	31:18		+01:46	+00:26	29:58
34th	Roy Bentley	37:26		+02:07	+00:30	35:49
35th	Dave Metcalfe	37:07		+02:10	+00:30	35:27
36th	Sarah Hyatt	33:19		+02:43	+00:30	31:06
37th	Paul Biggs	32:57		+03:11	+00:30	30:16
38th	Max Woods	31:54		+03:33	+00:30	28:51
39th	Patrick Wadsworth	34:23		+04:18	+00:30	30:35
	Sharon Burfield	37:25	TAIL			35:29
	Alison Jones	41:30	TAIL			41:30
	Newton Johnstone	34:52				34:48
	Fusi Motsamai	28:52	FIRST			28:52
	Kelly Emerson	34:25	FIRST			34:25
	Paul Spindler	38:42	FIRST			38:42