

### MARCH 15 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>
<b>1<sup>st</sup></b>	Dave Breslin	25:46		-01:09	-01:09	25:46
<b>2<sup>nd</sup></b>	James Casey	31:46	PB	-00:51	-00:51	31:46
<b>3<sup>rd</sup></b>	Jim Laidlaw	27:16	PB	-00:43	-00:43	27:16
<b>4<sup>th</sup></b>	Mike Guess	26:36		-00:26	-00:26	26:36
<b>5<sup>th</sup></b>	Royston Crandley	30:33	PB	-00:15	-00:15	30:33
<b>6<sup>th</sup></b>	Gerry Mepham	27:51		-00:11	-00:11	27:51
<b>7<sup>th</sup></b>	Louise Gubb	29:34		-00:09	-00:09	29:34
<b>8<sup>th</sup></b>	Newton Johnstone	28:41		-00:04	-00:04	28:41
<b>9<sup>th</sup></b>	Erol Ali	28:29		+00:09	+00:02	28:22
<b>10<sup>th</sup></b>	Dave O'Toole	28:35		+00:10	+00:02	28:27
<b>11<sup>th</sup></b>	Dick Newman	27:30		+00:13	+00:03	27:20
<b>12<sup>th</sup></b>	Steve Sims	28:57		+00:19	+00:05	28:43
<b>13<sup>th</sup></b>	Leon Hicks	32:50		+00:21	+00:05	32:34
<b>14<sup>th</sup></b>	John Tovell	30:54		+00:24	+00:06	30:36
<b>15<sup>th</sup></b>	Ray Hale	31:15		+01:00	+00:15	30:30
	Martin Powell	25:49				25:35
	Sasha Woods	31:15				31:15
	Philip Turner	32:43				32:18
	Craig Waters	36:29				34:58
	Sarah Jones	36:32				36:26
	Ian Bromley	29:55	FIRST			29:55
	Maria Ortiz	32:42	FIRST			32:42