

MARCH 16 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Jane Bannister	35:10	PB	-01:09	-01:09	35:10
2nd	Patrick Wadsworth	28:57		-00:46	-00:46	28:57
3rd	Dave O'Toole	28:26		-00:34	-00:34	28:26
4th	Paul Biggs	28:42		-00:20	-00:20	28:42
5th	Ray Hale	31:08		-00:16	-00:16	31:08
6th	Emy Circuit	34:50	PB	-00:13	-00:13	34:50
7th	Jim Laidlaw	27:40		-00:12	-00:12	27:40
8th	Leon Hicks	34:58		-00:01	-00:01	34:58
9th	Gerry Mephram	27:42		+00:19	+00:05	27:28
10th	Mike Guess	27:43		+00:30	+00:07	27:20
11th	Newton Johnstone	29:29		+00:36	+00:09	29:02
12th	Dick Newman	29:05		+00:41	+00:10	28:34
13th	Graham Robinson	25:11		+01:20	+00:20	24:11
14th	Katy Mead	33:32		+01:26	+00:21	32:27
15th	Dave Breslin	31:05		+03:28	+00:30	28:07
	Sacha Woods	32:45				32:00
	Graham Meek	31:58	FIRST			31:58
	Sophie Lesaux	32:54	FIRST			32:54