

MARCH 22 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Cat Wickham	42:16		-02:19	-02:19	42:16
2nd	Teresa Milroy	37:34		-02:00	-02:00	37:34
3rd	Gerry Mephram	27:52		-00:49	-00:49	27:52
4th	Gary Dowling	29:15	PB	-00:30	-00:30	29:15
5th	Mark Doherty	26:36	PB	-00:12	-00:12	26:36
6th	Andrew Brooks	26:12		-00:09	-00:09	26:12
7th	Colin Carpenter	41:35		+00:18	+00:04	41:21
8th	Rob Jerrett	24:58		+00:23	+00:06	24:41
9 th	Jon Payne	27:04		+00:46	+00:11	26:29
10 th	Julian Rawcliffe	28:23		+00:51	+00:13	27:45
11th	Paul Sliwinski	31:34		+00:58	+00:14	30:50
12th	Sarah Hyatt	33:09		+02:48	+00:30	30:51
	Martin Powell	27:56				27:56