

MAY 19 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Colin Carpenter	39:02	PB	-02:13	-02:13	39:02
2 nd	Helen Vizard	31:36	SB	-01:22	-01:22	31:36
3 rd	Craig Waters	33:00	PB	-01:01	-01:01	33:00
4th	Roy Bentley	35:18	PB	-00:32	-00:32	35:18
5th	Dave O'Toole	30:22	SB	-00:11	-00:11	30:22
6th	Martin Steadman	28:02		00:00	00:00	28:02
7th	Sarah Hyett	29:18		+00:04	+00:01	29:15
8 th	Russell Conaway	30:26		+00:05	+00:01	30:22
9 th	Graham Kelly	28:56		+00:14	+00:03	28:45
10 th	Gerry Mepham	28:06		+00:21	+00:05	27:50
11 th	Jane Bannister	35:06		+00:27	+00:07	34:46
12 th =	Royston Crandley	32:59		+00:36	+00:09	32:32
12 th =	Jon Payne	28:00		+00:36	+00:09	27:33
14th	Dick Newman	29:28		+00:43	+00:11	28:56
15 th	Graham Robinson	23:50		+00:49	+00:12	23:13
16th	John Whitworth	24:22		+00:59	+00:15	23:38
17 th	Jon Green	32:28		+01:17	+00:19	31:30
18th	Emy Circuit	36:26		+01:26	+00:21	35:21
19th	Patrick Wadsworth	31:18		+01:27	+00:22	30:13
20th	Alan McPherson	29:15		+01:36	+00:24	28:03
21 st	Mike Guess	36:51		+07:27	+00:30	29:54
	Jim Laidlaw	26:48				26:23
	Craig Bowles	27:15				27:15
	Ian Watson	31:12				30:50
	George Green	34:06				34:06
	Richard McCready	40:39				40:39
	Dave Metcalfe	35:30	FIRST			35:30
	Rob Cooper	32:40	FIRST			32:40
	Georgina Cassell	36:38	FIRST			36:38
	Rebecca Perrin	34:24	FIRST			34:24
	Ellie Watson	36:51	FIRST			36:51