

## NOVEMBER 17 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>
1st	Paul Biggs	32:13	SB	-02:55	-02:55	32:13
2 <sup>nd</sup>	Krzystof Zielinski	27:11	SB	-01:11	-01:11	27:11
3 <sup>rd</sup>	Martin Steadman	28:22	PB	-00:59	-00:59	28:22
4th	Lucy Dean	32:48	PB	-00:49	-00:49	32:48
5th	Matt Jones	27:08	SB	-00:32	-00:32	27:08
6 <sup>th</sup>	Royston Crandley	30:41	PB	-00:24	-00:24	30:41
7 <sup>th</sup>	Will Lucas	35:58	PB	-00:22	-00:22	35:58
8 <sup>th</sup>	Jane Bannister	33:58	PB	-00:21	-00:21	33:58
9 <sup>th</sup> =	Jim Laidlaw	26:16	PB	-00:20	-00:20	26:16
9 <sup>th</sup> =	Andrew Brooks	25:55		-00:20	-00:20	25:55
11th	Graham Bolton	34:33	PB	-00:11	-00:11	34:33
12th	Patrick Wadsworth	30:31		+00:05	+00:01	30:27
13th	Sharon Burfield	31:14		+01:06	+00:16	30:24
14th	Gerry Mepham	28:48		+01:15	+00:19	27:52
15th	Mike Guess	32:49		+04:30	+00:30	28:49
	Roy Bentley	38:14				38:09
	Emma Bye	34:49	FIRST			34:49
	Rebecca Taylor	34:54	FIRST			34:54