

## NOV 19 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	John Ellwood	31:15	PB	-03:34	-03:34	31:15
2 <sup>nd</sup>	Dave Breslin	29:08	SB	-01:55	-01:55	29:08
3 <sup>rd</sup>	Royston Crandley	32:39		-00:59	-00:59	32:39
4 <sup>th</sup>	Jon Green	31:40		-00:28	-00:28	31:40
5th	Nick Light	27:34	PB	-00:25	-00:25	27:34
6 <sup>th</sup>	Craig Waters	32:27	PB	-00:21	-00:21	32:27
7th	Emy Circuit	36:28		-00:11	-00:11	36:28
8 <sup>th</sup>	Steve Casey	29:55		-00:06	-00:06	29:55
9th	Martin Steadman	28:25		+00:03	+00:01	28:23
10 <sup>th</sup>	Jess Metcalfe	37:08		+00:07	+00:02	37:03
11 <sup>th</sup>	Nerys Cooper	35:01		+00:21	+00:05	34:45
12th	Roy Bentley	35:06		+00:23	+00:06	34:49
13th	Graham Robinson	24:30		+00:52	+00:13	23:51
14th	Gerry Mepham	29:02		+00:54	+00:13	28:21
15 <sup>th</sup>	Russell Conaway	30:53		+01:07	+00:17	30:03
16th	Dave O'Toole	32:14		+01:11	+00:18	31:21
17th	Colin Carpenter	42:37		+02:57	+00:30	40:10
18th	Dave Metcalfe	37:08		+03:05	+00:30	34:33
19th	Sarah Hyatt	32:53		+03:17	+00:30	30:06
20th	Ellie Watson	40:31		+04:52	+00:30	36:09
21st	Dick Newman	34:40		+05:06	+00:30	30:04
22nd	Patrick Wadsworth	45:08		+14:04	00:00	31:04
	Martin Powell	28:02				27:43
	Jon Payne	28:45				28:12
	Helen Vizard	32:53				32:14
	Elin Loftesnes	36:09	PB			36:09
	Mark Doherty	27:41	FIRST			27:41
	Luke Junior	31:07	FIRST			31:07
	Cat Wickham	45:08	FIRST			45:08