

NOVEMBER 15 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Mike Hurley	35:35	PB	-08:50	-08:50	35:35
2nd	Hannah Glaister	41:50	PB	-02:39	-02:39	41:50
3rd	Sam Pittick	41:52	PB	-02:19	-02:19	41:52
4th	Eric Woods	34:56	PB	-01:06	-01:06	34:56
5th	Matt Jones	26:04	PB	-00:52	-00:52	26:04
6th	Patrick Wadsworth	29:13		-00:49	-00:49	29:13
7th	Paula Vine	29:40		-00:18	-00:18	29:40
8th	Newton Johnstone	28:36		-00:14	-00:14	28:36
9th	Helen Vizard	29:23		-00:13	-00:13	29:23
10th=	Brendon Cottrell	25:50		-00:04	-00:04	25:50
10th=	Mike Guess	26:56		-00:04	-00:04	26:56
12th	Martin Powell	26:00		-00:03	-00:03	26:00
13th	Gerry Mephram	26:57		+00:03	+00:01	26:55
14th	Dave O'Toole	28:52		+00:21	+00:05	28:36
15th	Dick Newman	28:29		+00:29	+00:07	28:07
16th	Paul Biggs	28:58		+00:41	+00:10	28:27
17th	Ray Hale	32:18		+00:44	+00:11	31:45
18th	Jim Casey	33:23		+01:07	+00:17	32:33
19th	Graham Robinson	24:18		+01:15	+00:19	23:21
20th	Max Woods	27:26		+01:18	+00:19	26:27
21st	Jim Laidlaw	29:18		+01:22	+00:20	28:16
22nd	Sally Carpenter	39:11		+02:10	+00:30	37:31
23rd	Dave Breslin	34:36		+07:34	+00:30	27:32
	Charlie St Aubyn	28:18	PB			28:18
	Fiona Slevin-Brown	27:41	FIRST			27:41
	Larry Sharp	41:40	FIRST			41:40
	Charlotte Parmenter	35:35	FIRST			35:35