

NOVEMBER 16 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Dave Bartlett	32:32	PB	-01:07	-01:07	32:32
2nd	Jackie Brighton	36:41	PB	-00:34	-00:34	36:41
3rd	Dave Breslin	27:43	SB	-00:23	-00:23	27:43
4th	Stuart Mayes	29:14	PB	-00:03	-00:03	29:14
5th	Emy Circuit	35:10		+00:05	+00:01	35:06
6th	Andrea Vincent	34:50		+00:10	+00:02	34:42
7th	Helen Fairman	35:01		+00:17	+00:04	34:48
8th	Dave O'Toole	29:27		+00:22	+00:05	29:10
9 th	Jim Laidlaw	26:59		+00:26	+00:06	26:39
10th	Brendon Cottrell	26:28		+00:35	+00:09	26:02
11th	Martin Powell	27:50		+00:44	+00:11	27:17
12th	Richard Boese	31:46		+00:51	+00:13	31:08
13 th	Sacha Woods	33:01		+00:59	+00:15	32:17
14th	Gerry Mepham	28:20		+01:00	+00:15	27:35
15th	Graham Robinson	24:29		+01:25	+00:21	23:25
16th	Patrick Wadsworth	31:45		+01:31	+00:23	30:37
17th	Max Woods	28:40		+01:32	+00:23	27:31
18th	Katy Mead	40:56		+08:26	+00:30	33:00
	Sharon Burfield	31:49	PB			31:49
	Lou Gubb	31:53				31:53
	Leon Hicks	37:43				36:21
	Richard Guy Smith	26:14	FIRST			26:14
	Martin Steadman	30:23	FIRST			30:23
	Heidi Zymela	30:23	FIRST			30:23