

NOVEMBER 21 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Gary Dowling	29:37	PB	-01:42	-01:42	29:37
2nd	Jon Green	29:36	PB	-01:03	-01:03	29:36
3rd	Sarah Hyatt	29:51		-00:39	-00:39	29:51
4th	Patrick Wadsworth	30:17		-00:22	-00:22	30:17
5th	Colin Carpenter	40:58		-00:18	-00:18	40:58
6th	Nick Metcalfe	27:02	PB	-00:14	-00:14	27:02
7th	Russell Conaway	28:47	PB	-00:10	-00:10	28:47
8th	Mark Neve	43:54		+00:11	+00:03	43:46
9 th =	Andrew Brooks	27:39		+00:36	+00:09	27:12
9 th =	Gerry Mephram	28:47		+00:36	+00:09	28:20
11th	Paul Sliwinski	31:30		+00:40	+00:10	31:00
12th	Jon Payne	26:54		+01:39	+00:25	25:40
13th	Emy Circuit	37:24		+01:44	+00:26	36:06
14th	Paul Biggs	32:01		+01:45	+00:26	30:42
15th	Dave Breslin	31:44		+01:48	+00:27	30:23
16th	Martin Steadman	32:22		+04:08	+00:30	28:44
17th	Dave Metcalfe	41:18		+05:21	+00:30	36:27
18th	Richard Boese	39:27		+06:21	+00:30	33:36
	Mark Fallowfield Smith	26:35				26:35
	Hannah Kilby	30:12	FIRST			30:12