

OCTOBER 17 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Sharon Burfield	30:08	PB	-01:52	-01:52	30:08
2 nd	Graham Kelly	29:55	PB	-00:36	-00:36	29:55
3 rd	Will Lucas	36:20	PB	-00:30	-00:30	36:20
4th	Lucy Dean	33:37	PB	-00:27	-00:27	33:37
5th	Royston Crandley	31:05		-00:03	-00:03	31:05
6 th	Martin Steadman	29:23		+00:02	00:00	29:21
7 th =	Dick Newman	29:40		+00:03	+00:01	29:38
7 th =	Jon Payne	27:42		+00:03	+00:01	27:40
9th	Jim Laidlaw	26:47		+00:14	+00:03	26:36
10th	Jane Bannister	34:33		+00:19	+00:05	34:19
11th	Emy Circuit	35:22		+00:29	+00:07	35:00
12th	Krzystoft Zielinski	29:15		+01:11	+00:18	28:22
13th	Martin Powell	27:56		+01:20	+00:20	26:56
14th	Gerry Mephram	28:36		+01:24	+00:21	27:33
15th	Stuart Mayes	31:05		+02:00	+00:30	29:35
16th	Mike Guess	33:37		+05:48	+00:30	28:19
	Charlie St Aubyn	33:37				31:13
	Lottie St Aubyn	33:29				32:15
	Andrew Brooks	26:42				26:15
	Matt Jones	27:40				27:40
	Paul Biggs	35:08				35:08
	Andrea Barber	35:59				35:59