

OCTOBER 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Jon Payne	28:26		-00:10	-00:10	28:26
2nd	Alistair Ingall Tombs	28:10		+00:01	00:00	28:09
3rd	Martin Steadman	28:30		+00:14	+00:03	28:19
4th	Graham Robinson	24:10		+00:29	+00:07	23:48
5th	Andrea Vincent	34:02		+00:37	+00:09	33:34
6th	Sarah Alexander	33:18		+00:40	+00:10	32:48
7th	Hannah Glaister	40:07		+00:47	+00:12	39:32
8th	Patrick Wadsworth	31:07		+00:48	+00:12	30:31
9th	Roy Bentley	37:31		+00:52	+00:13	36:52
10th	Dick Newman	29:50		+00:53	+00:13	29:10
11th	Jon Green	34:02		+00:58	+00:14	33:52
12th	Blanche Barnes	34:56		+01:00	+00:15	34:11
13th	Paul Biggs	32:02		+01:02	+00:15	31:15
14th	Krzysztof Zielinski	27:44		+01:46	+00:26	26:24
15th	Mike Guess	30:28		+02:02	+00:30	28:56
16th	Colin Carpenter	43:24		+02:09	+00:30	41:45
17th	Emy Circuit	37:15		+02:13	+00:30	35:32
18th	Dave O'Toole	32:09		+02:16	+00:30	30:23
19th	Jane Bannister	38:44		+02:17	+00:30	36:57
20th	Martin Powell	30:27		+02:56	+00:30	28:01
21st	Kate Parker	36:30		+03:29	+00:30	33:31
22nd	Dave Breslin	32:30		+04:27	+00:30	28:33
	Andrew Brooks	26:26				25:54
	Sarah Hyett	32:40				32:40
	Stuart Mayes	29:29	SB			29:29
	Sharon Burfield	33:00				32:09
	Sam Weller	35:36	FIRST			35:36
	Alan McPherson	29:14	FIRST			29:14