

OCT 19 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Nerys Cooper	34:40	PB	-01:50	-01:50	34:40
2 nd	Newton Johnstone	34:43	SB	-01:49	-01:49	34:43
3 rd	Dave Metcalfe	34:03	PB	-01:18	-01:18	34:03
4 th	Dick Newman	29:34		-00:44	-00:44	29:34
5th	Roy Bentley	34:43		-00:14	-00:14	34:43
6 th	Craig Waters	32:48		-00:11	-00:11	32:48
7th	Steve Casey	30:01		-00:09	-00:09	30:01
8 th =	Sarah Hyett	29:38		+00:03	+00:01	29:36
8 th =	Dave O'Toole	31:05		+00:03	+00:01	31:03
10 th	Russell Conaway	29:57		+00:15	+00:04	29:46
11 th	Nick Light	28:16		+00:22	+00:05	27:59
12th	Krzysztof Zielinski	26:23		+00:38	+00:09	25:54
13th	Martin Steadman	28:53		+00:41	+00:10	28:22
14th	Colin Carpenter	40:33		+01:12	+00:18	39:39
15 th	Gerry Mepham	29:04		+01:14	+00:18	28:08
16th	Emy Circuit	37:43		+01:25	+00:21	36:39
17th	Will Lucas	37:29		+01:40	+00:25	36:14
18th	Graham Robinson	25:21		+02:13	+00:30	23:38
19th	Patrick Wadsworth	32:52		+02:18	+00:30	31:04
20th	Royston Crandley	36:42		+03:34	+00:30	33:38
	Dave Breslin	32:14	SB			31:03
	John Ellwood	34:49	FIRST			34:49