

OCTOBER 15 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Sally Carpenter	37:01	PB	-02:16	-02:16	37:01
2nd	Steph Wakeman	49:24	PB	-02:09	-02:09	49:24
3rd	Tina Acock	44:33	PB	-01:21	-01:21	44:33
4th	Dave Breslin	27:02		-00:17	-00:17	27:02
5th	Vicky Horne	44:33	PB	-00:10	-00:10	44:33
6th	Helen Vizard	29:38		+00:03	+00:01	29:36
7th	Graham Robinson	23:06		+00:04	+00:01	23:03
8th	Matt Jones	27:05		+00:12	+00:03	26:56
9th	Dave O'Toole	28:41		+00:13	+00:03	28:31
10th	Newton Johnstone	29:05		+00:20	+00:05	28:50
11th	Dick Newman	28:17		+00:22	+00:05	28:00
12th	Mike Guess	27:23		+00:31	+00:08	27:00
13th	Royston Crandley	31:52		+00:41	+00:10	31:21
14th	Jim Laidlaw	28:31		+00:46	+00:11	27:56
15th	Sam Pittick	44:47		+00:48	+00:12	44:11
16th	Gerry Mepham	27:33		+00:51	+00:13	26:54
17th	Patrick Wadsworth	32:56		+03:24	+00:30	30:02
18th	Jim Casey	35:29		+03:43	+00:30	32:16
	Ian Bromley	29:36	PB			29:36
	Katy Mead	33:03	PB			33:03
	Eric Woods	36:02	PB			36:02
	Gabbie Bassett	37:20				35:10
	Josh Franklin	32:40	FIRST			32:40
	David Lewis	32:40	FIRST			32:40
	Samantha Larkin	45:09	FIRST			45:09
	Hannah Glaister	44:29	FIRST			44:29
	Mike Hurley	44:25	FIRST			44:25