

OCTOBER 16 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Paul Alexander	27:12	PB	-03:13	-03:13	27:12
2nd	Dave Breslin	28:06		-01:18	-01:18	28:06
3rd	Erol Ali	29:21	SB	-00:56	-00:56	29:21
4th	Andrew Brooks	26:47	PB	-00:28	-00:28	26:47
5th	Helen Fairman	34:44	PB	-00:22	-00:22	34:44
6th	Stuart Mayes	29:17	PB	-00:16	-00:16	29:17
7th	Gerry Mepham	27:20	SB	-00:12	-00:12	27:20
8th	Richard Boese	30:55	SB	-00:11	-00:11	30:55
9 th	Mike Guess	27:29		-00:07	-00:07	27:29
10th	Dick Newman	29:46		+00:06	+00:01	29:41
11th	Royston Crandley	32:22		+00:08	+00:02	32:26
12th	Jim Laidlaw	27:05		+00:42	+00:10	26:33
13 th	Emy Circuit	35:46		+00:55	+00:14	35:05
14th	Sarah Hyett	29:11		+01:15	+00:19	28:15
15th	Patrick Wadsworth	31:16		+01:23	+00:21	30:14
16th	Max Woods	28:14		+01:30	+00:22	27:08
17th	Katy Mead	36:41		+04:41	+00:30	32:30
	Lottie St Aubyn	32:00	Non Scoring	+00:31	+00:08	31:37
	Martin Powell	28:00				27:06
	Helen Antram	27:27				27:27
	Simon Carter	30:06				30:06
	Andrea Vincent	34:40	PB			34:40
	Amy Ede	37:15	FIRST			37:15
	Jackie Brighton	37:15	FIRST			37:15