

OCTOBER 21 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Nick Metcalfe	27:16	PB	-03:22	-03:22	27:16
2nd	Fiona Slevin Brown	30:01		-01:28	-01:28	30:01
3rd	Erol Ali	32:27		-01:08	-01:08	32:27
4th	Mark Neve	43:43	PB	-01:04	-01:04	43:43
5th	Sarah Hyatt	30:30		-00:36	-00:36	30:30
6th	Mark Doherty	27:21	PB	-00:23	-00:23	27:21
7th	Patrick Wadsworth	30:53		+00:18	+00:04	30:39
8th	Russell Conaway	29:14		+00:22	+00:05	28:57
9th	Dave Breslin	30:18		+00:29	+00:07	29:56
10th	Gerry Mepham	28:51		+00:53	+00:13	28:11
11th	Newton Johnstone	35:50		+01:02	+00:15	35:03
12th	Paul Sliwinski	31:37		+01:03	+00:16	30:50
13th	Graham Robinson	25:24		+01:26	+00:21	24:19
14th	Dick Newman	31:58		+02:00	+00:30	30:28
15th	Dave Metcalfe	37:45		+02:18	+00:30	35:57
16th	Emy Circuit	39:49		+04:39	+00:30	35:40
17th	Richard Boese	42:33		+09:57	+00:30	33:06
	Andrew Brooks	27:03				27:03
	Carl Bradshaw	33:16				33:16
	Gary Dowling	31:19	FIRST			31:19