

SEPTEMBER 17 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Jane Bannister	34:14	PB	-01:33	-01:33	34:14
2 nd	Sacha Woods	31:46	SB	-01:21	-01:21	31:46
3 rd	Will Lucas	36:50	PB	-00:46	-00:46	36:50
4th	Martin Powell	26:36	SB	-00:34	-00:34	26:36
5th	Max Woods	27:56		-00:28	-00:28	27:56
6 th	Jim Laidlaw	26:33		-00:17	-00:17	26:33
7th	Dick Newman	29:37	SB	-00:10	-00:10	29:37
8th	Dave O'Toole	29:05	SB	-00:06	-00:06	29:05
9th	Royston Crandley	31:17		+00:12	+00:03	31:08
10th	Gerry Mepham	27:23		+00:15	+00:04	27:12
11th	Mike Guess	28:03		+00:18	+00:04	27:49
12th	Stuart Mayes	29:24		+00:22	+00:05	29:05
13th	Ian Bromley	31:10		+00:30	+00:07	30:47
14th	Martin Steadman	29:51		+00:40	+00:10	29:21
15th	Emy Circuit	35:40		+01:02	+00:15	34:53
16th	Ray Hale	34:05		+01:28	+00:22	32:59
17th	Sharon Burfield	35:50		+04:20	+00:30	32:00
	Graham Robinson	26:02				24:26
	Craig Bowles	26:02				25:53
	Jon Gubb	27:21				27:21
	Erol Ali	30:21				30:06
	Patrick Wadsworth	30:26	SB			30:26
	Dave Breslin	35:35				31:55
	Mark Pattrick	29:34	FIRST			29:34
	Jon Payne	27:39	FIRST			27:39
	Graham Kelly	30:31	FIRST			30:31
	Lucy Dean	34:04	FIRST			34:04