

SEPTEMBER 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Jon Green	33:38	PB	-01:45	-01:45	33:38
2nd	Will Lucas	34:29	PB	-01:05	-01:05	34:29
3rd	Blanche Barnes	33:56	PB	-00:40	-00:40	33:56
4th	Roy Bentley	36:02		-00:37	-00:37	36:02
5th	Steve Casey	29:37	PB	-00:25	-00:25	29:37
6th	Mike Guess	28:26		-00:19	-00:19	28:26
7th	Martin Steadman	28:16	PB	-00:15	-00:15	28:16
8th	Andrea Vincent	33:25		-00:13	-00:13	33:25
9th	Ray Hale	31:35	SB	-00:11	-00:11	31:35
10th	Sarah Alexander	32:38	SB	-00:04	-00:04	32:38
11th	Dick Newman	29:02		+00:06	+00:01	28:57
12th	Graham Kelly	29:39		+00:07	+00:02	29:34
13th	Dave O'Toole	30:04		+00:14	+00:03	29:53
14th	Colin Carpenter	41:35		+00:27	+00:07	41:15
15th	Krzysztof Zielinski	26:45		+01:02	+00:15	25:58
16th	Patrick Wadsworth	31:08		+01:05	+00:16	30:19
17th	Charlie St Aubyn	33:54		+01:10	+00:17	33:01
18th	Emy Circuit	36:10		+01:30	+00:22	35:02
	Martin Powell	27:31	SB			27:31
	Hannah Glaister	39:50				39:20
	Imogen Murray	35:09	FIRST			35:09
	Allie Goodenough	35:11	FIRST			35:11