

SEPTEMBER 15 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Sam Pittick	43:59	PB	-03:55	-03:55	43:59
2nd	Graham Robinson	23:02	SB	-00:56	-00:56	23:02
3rd	Michael Hegesippe	25:38	PB	-00:31	-00:31	25:38
4th	Mike Guess	26:52	SB	-00:23	-00:23	26:52
5th	Dave O'Toole	28:28	SB	-00:05	-00:05	28:28
6th	Jim Laidlaw	27:45		-00:01	-00:01	27:45
7th	Dick Newman	28:01		+00:08	+00:02	27:55
8th	Martin Powell	26:13		+00:13	+00:03	26:03
9th	Gerry Mepham	26:53		+00:15	+00:04	26:42
10th	Brendon Cottrell	26:13		+00:25	+00:06	25:54
11th	Rick Robinson	28:52	SB	+00:26	+00:06	28:32
12th	Steve Sims	30:08		+00:29	+00:07	29:46
13th	Helen Vizard	30:03		+00:37	+00:09	29:35
14th	Tanya Sims	43:54		+00:49	+00:12	43:17
15th	Nikki Stanley	29:35		+01:02	+00:15	28:48
16th	Sarah Boulter	38:31		+02:34	+00:30	36:27
17th	Jim Casey	33:52		+02:36	+00:30	31:46
18th	Dave Breslin	29:31		+02:42	+00:30	27:19
19th	Patrick Wadsworth	32:58		+03:56	+00:30	29:32
	Helen Antram	27:41				27:27
	Paula Vine	30:21				29:58
	Ray Hale	32:58				31:34
	Newton Johnstone	28:54				28:45
	Max Woods	26:48				26:08
	Erol Ali	31:28				29:54
	Nicola Ward	40:27	PB			40:27
	Richard Boese	43:59	TAIL			30:00
	Charlie St Aubyn	51:33	TAIL			30:00
	Will Davidson	24:19	FIRST			24:19
	Matt Jones	26:53	FIRST			26:53
	Steph Wakeman	51:33	FIRST			51:33