

SEPTEMBER 16 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Richard Boese	31:06	SB	-01:48	-01:48	31:06
2nd	Mark Fallowfield Smith	25:20	SB	-01:14	-01:14	25:20
3rd	Sarah Hyett	27:56	PB	-01:08	-01:08	27:56
4th	Jim Laidlaw	26:23	PB	-01:02	-01:02	26:23
5th	Sacha Woods	32:02	SB	-00:05	-00:05	32:02
6th	Mike Guess	27:37		+00:01	00:00	27:36
7th	Dave O'Toole	29:09		+00:05	+00:01	29:05
8th	Dick Newman	29:50		+00:13	+00:03	29:40
9 th	Newton Johnstone	29:26		+00:20	+00:05	29:11
10th	Sarah Alexander	32:04		+00:29	+00:07	31:42
11th	Kathryn Shaw	29:15		+00:39	+00:10	28:46
12th	Stuart Mayes	30:05		+00:42	+00:10	29:33
13 th	Max Woods	27:26		+00:56	+00:14	26:44
14th	Michael Hegesippe	27:01		+01:05	+00:16	26:12
15th	Simeon Ward	28:40		+01:10	+00:17	27:47
16th	Graham Robinson	25:19		+02:45	+00:30	23:04
	Lottie St Aubyn	31:29	Non Scoring	-01:01	-01:01	31:29
	Brendon Cottrell	25:56				25:53
	Richard Drayton	26:15				26:15
	Royston Crandley	32:14				32:14
	Erol Ali	30:41				30:17
	Mark Duckworth	31:49				31:49
	Paul Alexander	32:09				30:25
	Charlie St Aubyn	31:29				30:05
	John Wright	35:30	FIRST			35:30