

SEPT 19 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Jess Metcalfe	37:01	PB	-03:29	-03:29	37:01
2 nd	Nerys Cooper	36:30	PB	-02:09	-02:09	36:30
3 rd	Newton Johnstone	36:32	SB	-02:02	-02:02	36:32
4 th	Alison Winders	39:39	PB	-00:51	-00:51	39:39
5th	Russell Conaway	29:42	SB	-00:25	-00:25	29:42
6 th	Steve Casey	30:10		-00:21	-00:21	30:10
7th	Jon Green	32:08		-00:01	-00:01	32:08
8th	Simon Tigg	33:56		+00:08	+00:02	33:50
9 th	Patrick Wadsworth	30:42		+00:10	+00:02	30:34
10 th	George Green	33:23		+00:13	+00:03	33:13
11 th	Sarah Hyett	30:00		+00:33	+00:08	29:35
12th	Dave O'Toole	31:28		+00:34	+00:08	31:02
13th	Nick Light	28:23		+00:39	+00:10	27:54
14th	Gerry Mephram	28:26		+00:48	+00:12	27:50
15 th	Dick Newman	31:01		+00:57	+00:14	30:18
16th	Craig Waters	33:47		+01:04	+00:16	32:59
17th	Will Lucas	36:50		+01:20	+00:19	35:49
18th	Colin Carpenter	40:40		+01:45	+00:26	39:21
19th	Royston Crandley	34:44		+02:06	+00:30	33:08
20th	Dave Metcalfe	37:01		+02:10	+00:30	35:21
21st	Roy Bentley	36:52		+02:25	+00:30	34:57
22nd	Emy Circuit	38:45		+02:57	+00:30	36:18
23rd	Nick Metcalfe	33:46		+03:43	+00:30	30:33
	Krzysztof Zielinski	25:45				25:45
	Mark Fallowfield-Smith	26:32				26:01
	Gareth Hopkins	35:43				35:11
	Harvey Young	41:07	FIRST			41:07