

SEPTEMBER 21 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Russell Conaway	28:52	PB	-00:40	-00:40	28:52
2nd	Jon Green	30:39	PB	-00:17	-00:17	30:39
3rd	V Taylor	33:27	PB	-00:07	-00:07	33:27
4th	Gerry Mephram	28:51		+01:10	+00:17	27:58
5th	Colin Carpenter	43:03		+02:17	+00:30	41:16
6th	Emy Circuit	38:33		+03:53	+00:30	35:10
	Erol Ali	33:35				33:35