

MARCH 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Colin Carpenter	42:45	PB	-01:40	-01:40	42:45
2 nd	Will Lucas	34:49	PB	-01:39	-01:39	34:49
3 rd	Dave O'Toole	29:22		-00:30	-00:30	29:22
4th	Erol Ali	30:21		-00:24	-00:24	30:21
5th	Martin Steadman	28:23		-00:18	-00:18	28:23
6 th	Mike Guess	28:56		-00:13	-00:13	28:56
7 th	Graham Kelly	30:04		+00:02	00:00	30:02
8 th	Gerry Mepham	28:15		+00:10	+00:02	28:07
9 th	Andrea Vincent	36:12		+00:22	+00:05	35:55
10th	Richard Boese	32:42		+00:28	+00:07	32:21
11th	Krzysztof Zielinski	26:47		+00:39	+00:10	26:18
12th	Lucy Dean	33:33		+00:40	+00:10	33:03
13 th	Paul Biggs	32:04		+00:51	+00:13	31:26
14 th =	Patrick Wadsworth	31:03		+00:58	+00:14	30:19
14 th =	Dave Bartlett	33:58		+00:58	+00:14	33:14
16th	Graham Robinson	25:07		+01:06	+00:16	24:17
17th	Matt Jones	27:45		+01:09	+00:17	26:53
18th	Jon Payne	29:10		+01:22	+00:20	28:08
19th	Sharon Burfield	32:25		+01:31	+00:23	31:17
20th	Dave Breslin	29:39		+01:33	+00:23	28:29
21 st	Emy Circuit	36:44		+03:05	+00:30	34:09
22 nd	Andrew Brooks	31:54		+05:56	+00:30	26:28
	Kate Parker	40:09				38:04
	Claire Rowse	32:38	FIRST			32:38