

NOV RESULTS

| Pos. | Name | Time | PB/SB | Hcap Time | Adjustment | New Hcap Time |
|--------------------|-----------------------|-------|-------|-----------|------------|---------------|
| 1 st | Andy Summerskill | 37:54 | | -1:23 | -1:23 | 37:54 |
| 2 nd | Janet Ford | 44:59 | PB | -1:12 | -1:12 | 44:59 |
| 3 rd | Mike Guess | 34:09 | SB | -1:05 | -1:05 | 34:09 |
| 4 th | Dave Breslin | 33:40 | PB | -0:32 | -0:32 | 33:40 |
| 5 th | Michael Frean | 34:30 | SB | -0:29 | -0:29 | 34:30 |
| 6 th | Rob Fisher | 40:55 | | -0:13 | -0:13 | 40:55 |
| 7 th | Jenny Grey | 33:29 | PB | -0:10 | -0:10 | 33:29 |
| 8 th = | Paul Alexander | 38:14 | PB | -0:06 | -0:06 | 38:14 |
| 8 th = | Martin Powell | 32:24 | SB | -0:06 | -0:06 | 32:24 |
| 10 th | Jon Payne | 32:29 | PB | -0:04 | -0:04 | 32:29 |
| 11 th = | Christine Armstrong | 47:46 | | +0:01 | 0:00 | 47:45 |
| 11 th = | Gerry Mepham | 36:13 | | +0:01 | 0:00 | 36:12 |
| 13 th = | John Wright | 37:38 | | +0:04 | +0:01 | 37:35 |
| 13 th = | Clive Rolfe | 32:08 | | +0:04 | +0:01 | 32:05 |
| 15 th | Richard Pantlin | 35:27 | | +0:09 | +0:02 | 35:20 |
| 16 th | Elin Loftesnes | 45:02 | | +0:10 | +0:02 | 44:54 |
| 17 th | Peter Lucas | 37:52 | | +0:15 | +0:04 | 37:41 |
| 18 th | Chris Palmer | 34:27 | | +0:21 | +0:05 | 34:11 |
| 19 th | Erol Ali | 35:23 | | +0:26 | +0:06 | 34:40 |
| 20 th | James Casey | 39:49 | | +0:29 | +0:07 | 39:27 |
| 21 st | Liz Morris | 42:14 | | +0:48 | +0:12 | 41:38 |
| 22 nd | Roger Halliwell | 45:33 | | +1:04 | +0:16 | 44:45 |
| 23 rd | Andy Tarbet | 34:29 | | +1:15 | +0:19 | 33:33 |
| 24 th | Sue Wright | 42:23 | | +2:02 | +0:30 | 40:51 |
| 25 th | Suren Mannick | 46:47 | | +2:33 | +0:30 | 44:44 |
| 26 th | Graham Robinson | 31:50 | | +2:49 | +0:30 | 29:31 |
| 27 th | Brendon Cottrell | 37:11 | | +3:00 | +0:30 | 34:41 |
| 28 th | Richard Johnson | 42:26 | | +11:27 | +0:30 | 31:33 |
| | Stuart Boswell | 32:36 | | | | 32:36 |
| | Ray Woodman | 44:21 | | | | 42:34 |
| | James Ratcliffe | 31:48 | | | | 31:48 |
| | Nick Stock | 34:44 | | | | 34:40 |
| | Serena Gigg | 44:32 | PB | | | 44:32 |
| | Mike Gasgoigne | 47:14 | FIRST | | | 47:14 |
| | Vanessa Lewis | 47:39 | FIRST | | | 47:39 |
| ONE LAP | | | | | | |
| | Jackie Harrison | 37:00 | FIRST | GOT | LOST! | 37:00 |