

OCT RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Chris Palmer	34:06	PB	-1:51	-1:51	34:06
2nd	Peter Lucas	37:37	PB	-1:45	-1:45	37:37
3rd	Helen Antram	38:36	PB	-1:36	-1:36	38:36
4th	Paul Alexander	38:20	PB	-1:26	-1:26	38:20
5th	Janet Ford	46:11		-1:04	-1:04	46:11
6th	Nick Jacobs	31:57	PB	-0:50	-0:50	31:57
7th	John Wright	37:34	PB	-0:48	-0:48	37:34
8th	Michael Frean	34:59		-0:39	-0:39	34:59
9th	Gerry Mepham	36:12	PB	-0:35	-0:35	36:12
10th	Jon Payne	32:33	PB	-0:26	-0:26	32:33
11th	Christine Armstrong	47:45		-0:22	-0:22	47:45
12th	Andy Stevens	32:36	PB	-0:10	-0:10	32:36
13th	Martin Powell	32:30	SB	-0:07	-0:07	32:30
14th	John Ellwood	33:27	=PB	0:00	0:00	33:27
15th	Clive Rolfe	32:06		+0:03	+0:01	32:04
16th	Dave Breslin	34:17		+0:06	+0:02	34:12
17th=	Patrick Wadsworth	34:35		+0:08	+0:02	34:29
17th=	Sue Wright	40:27		+0:08	+0:02	40:21
19th	Richard Johnson	31:17		+0:18	+0:04	31:03
20th	Elin Loftesnes	45:19		+0:36	+0:09	44:52
21st	Ray Hale	38:24		+0:50	+0:12	37:46
22nd	Mike Guess	38:24		+3:40	+0:30	35:14
23rd	Liz Morris	44:39		+3:43	+0:30	41:26
	Rob Fisher	41:23				41:09
	Dave Reed	45:33				44:46
ONE LAP						
	Larry Sharp	21:47				21:47
	Ingrid Elkin	24:49				25:49