

APR RESULTS

| Pos. | Name | Time | PB/SB | Hcap Time | Adjustment | New Hcap Time |
|-------------------------|---------------------|-------------|--------------|------------------|-------------------|----------------------|
| 1st | William Hawkins | 43:51 | PB | -1:01 | -1:01 | 43:51 |
| 2nd | Chris Palmer | 33:14 | PB | -0:59 | -0:59 | 33:14 |
| 3rd | Roger Halliwell | 43:51 | | -0:30 | -0:30 | 43:51 |
| 4th | Becky Miller | 47:19 | | -0:22 | -0:22 | 47:19 |
| 5th | Andy Stevens | 31:57 | PB | -0:15 | -0:15 | 31:57 |
| 6th | Helen Antram | 37:22 | | +0:10 | +0:03 | 37:15 |
| 7th | James Casey | 39:43 | | +0:11 | +0:03 | 39:35 |
| 8th | Gerry Mephram | 36:43 | | +0:13 | +0:03 | 36:33 |
| 9th | Rob Fisher | 41:01 | | +0:18 | +0:04 | 40:47 |
| 10th | Christine Armstrong | 48:10 | | +0:21 | +0:05 | 47:54 |
| 11^{th=} | Jon Payne | 32:59 | | +0:25 | +0:06 | 32:40 |
| 11^{th=} | Dave Breslin | 34:55 | | +0:25 | +0:06 | 34:36 |
| 13th | Nick Jacobs | 33:16 | | +0:46 | +0:11 | 32:41 |
| 14th | Clive Rolfe | 32:28 | | +0:49 | +0:12 | 31:51 |
| 15th | Patrick Wadsworth | 35:59 | | +0:53 | +0:13 | 35:19 |
| 16th | Andy Tarbet | 35:43 | | +1:05 | +0:16 | 34:54 |
| 17th | Matt James | 44:17 | | +1:06 | +0:16 | 43:27 |
| 18th | Ian Lynch | 40:16 | | +1:20 | +0:20 | 39:16 |
| 19th | Janet Ford | 48:08 | | +2:35 | +0:30 | 46:03 |
| 20th | Richard Johnson | 36:29 | | +4:22 | +0:30 | 32:37 |
| | Mike Guess | 35:11 | | | | 34:40 |
| | Elin Loftesnes | 46:41 | | | | 45:34 |