

APRIL RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1 st	Jane Crawford	43:11	PB	-2:38	-2:38	43:11
2 nd	Graham Robinson	28:22	PB	-1:52	-1:52	28:22
3 rd	Dave Breslin	33:44		-1:31	-1:31	33:44
4 th	Matt James	39:55	PB	-1:22	-1:22	39:55
5 th	Gerry Mepham	34:58	PB	-1:20	-1:20	34:58
6 th	Richard McCready	39:36	PB	-1:13	-1:13	39:36
7 th	George Green	34:29	PB	-1:09	-1:09	34:29
8 th	Simeon Ward	34:07	PB	-1:07	-1:07	34:07
9 th	Carl Bradshaw	34:53		-0:44	-0:44	34:53
10 th	Vanessa Lewis	40:38	PB	-0:43	-0:43	40:38
11 th	Jon Payne	33:57		-0:37	-0:37	33:57
12 ^{th=}	James Casey	40:22		-0:31	-0:31	40:22
12 ^{th=}	Christine Armstrong	48:21		-0:31	-0:31	48:21
14 th	Louise Gubb	38:44	PB	-0:03	-0:03	38:44
15 th	John King	39:42		+0:32	+0:08	39:18
16 th	Dave O'Toole	36:57		+0:48	+0:12	36:21
17 th	Nikki Fowler	39:54		+0:59	+0:15	39:10
18 th	Martin Powell	34:25		+1:06	+0:16	33:35
19 th	Rob Fisher	42:21		+1:46	+0:27	41:22
20 th	Andy Tarbet	37:59		+4:31	+0:30	33:58
	Paul Alexander	35:01				35:01
	Justin Harwood	39:07	PB			39:07
	Tremayne Murphy	48:21				45:12
	Michelle Cronin	41:54	FIRST			41:54
	Anna Gailey	40:37	FIRST			40:37
	Nikki Stanley	42:34	FIRST			42:34
	<u>ONE LAP</u>					
	Nicola Vince	28:48		-2:04	-2:04	28:48
	Peter Powell	27:19				27:19