

MAY 18 RESULTS

Pos.	Name	Time	PB/SB	Hcap Time	Adjustment	New Hcap Time
1st	Blanche Barnes	35:05	PB	-02:40	-02:40	35:05
2nd	Kate Parker	35:30	PB	-02:34	-02:34	35:30
3rd	Lauren Askew	35:13	PB	-01:18	-01:18	35:13
4th	Katy Mead	32:44	SB	-01:17	-01:17	32:44
5th	Sarah Alexander	35:10	SB	-01:11	-01:11	35:10
6th	Colin Carpenter	41:33	PB	-00:35	-00:35	41:33
7th	Dave Breslin	27:38	SB	-00:33	-00:33	27:38
8th	Max Woods	28:02	SB	-00:28	-00:28	28:02
9th	Sacha Kendall Woods	32:00	SB	-00:21	-00:21	32:00
10th	Graham Kelly	29:25	PB	-00:06	-00:06	29:25
11th	Paul Biggs	31:29		+00:09	+00:02	31:22
12th	Erol Ali	30:22		+00:26	+00:06	30:02
13th	Martin Steadman	28:54		+00:31	+00:08	28:31
14th	Emy Circuit	35:06		+00:37	+00:09	34:38
15th	Mark Fallowfield Smith	25:30		+00:48	+00:12	24:54
16th	Andrea Vincent	34:32		+00:50	+00:12	33:54
17th	Will Lucas	35:57		+01:10	+00:17	35:04
18th	Hannah Glaister	39:48		+01:18	+00:19	38:49
19th	Graham Robinson	25:30		+01:45	+00:26	24:11
20th	Patrick Wadsworth	31:04		+02:19	+00:30	29:15
21st	Dick Newman	31:40		+02:32	+00:30	29:38
22nd	Dave O'Toole	31:57		+02:35	+00:30	29:52
23rd	Roy Bentley	39:02		+02:38	+00:30	36:54
	Martin Powell	28:44				27:50
	Ian Watson	29:56	PB			29:56
	Lottie St Aubyn	32:42				32:46
	Charlie St Aubyn	32:43				32:14
	Royston Crandley	34:09				32:44
	Jon Green	35:39	PB			35:39
	Patrick Darcy	33:44	FIRST			33:44