

LONGWOOD HARRIERS

Road Races 2016

Under 11's Race (Record 5.56 Luke White 2012; **New Record** 5.47 Laurence Grose 2016)

	Time	H'cap Allowance	Actual Time
1 Ben Mourne	6mins 28secs	15secs	6mins 13secs (1 st Boy)
2 Laurence Grose	6mins 37secs	50secs	5mins 47secs (2nd Boy) *
3 Lucy Hardcastle	6mins 41secs	-	6mins 41secs (1 st Girl)
4 Sophie Wood	6mins 47secs	-	6mins 47secs (2 nd Girl)
5 Tom White	6mins 56secs	45secs	6mins 11secs (3 rd Boy)
6 Megan Hughes	7mins 02secs	30secs	6mins 32secs (3 rd Girl)
7 Riley Lynch	7mins 07secs	45secs	6mins 22secs
8 Evan Calderwood	7mins 12secs	45secs	6mins 27secs
9 Isaak Hanson	7mins 26secs	15secs	7mins 11secs
10 Sophie Fletcher	8mins 08secs	-	8mins 08secs

- **New Record**

Junior Road Race (Record 10.24 Jon Dudley 2002, Chris Miller 2005)

(Girls Record 12.48 Freya Williams 2011; **New Record** 12.06 Neve Hardcastle 2016)

Name	Finish Time	H'cap Allowance	Actual Time
1 Amy Mourne	15mins 22secs	1min 30secs	13mins 52secs (1 st Girl)
2 Neve Hardcastle	15mins 36secs	3mins 30secs	12mins 06secs (2nd Girl)*
3 Roisin McGrath	16mins 06secs	1min 45secs	14mins 21secs (3 rd Girl)
4 Tiger Steel	18mins 42secs	3mins.	15mins 42secs (1 st Boy)

- **New Girls Record**

Boys Trophy Winner Tiger Steel

Girls Trophy (Dave Shelton Vase) Amy Mourne

Fastest Time Neve Hardcastle 12mins 06secs

Senior Road Race (Record 34.25 Andrew Pearson 2009)

	Finish Time	H'cap Allowance	Actual Time
1 Nathaniel Stock	64mins 54secs	22mins	42mins 54secs
2 Elliott Thompson	66mins 46secs	26mins30secs	40mins 16secs
3 Dave Martin	67mins 01secs	22mins	45mins 0secs
4 Bernie Walsh	68mins 50secs	13mins	55mins 50secs
5 Karen Mitchell	69mins 43secs	9mins	60mins 43secs
6 Josh Elderfield	69mins 48secs	28mins	41mins 48secs

Trophy Winner Nathaniel Stock

Fastest Time Elliott Thompson 40mins 16secs