

LONGWOOD HARRIERS TRACK 10K 27/08/2019

1	Rob Lihou	40.34
2	Richard Hartley	40.45
3	Donald Kennedy	40.54
4	Helen Roby	41.49
5	Craig Mitchell	43.40
6	Kohsuke Urano	44.37
7	Simon Crook	45.27
8	Lindsay Roberts	45.31
9	Michael Proctor	47.37
10	Ian Mitchell	47.37
11	Heather Turner	51.06
12	Karen Mitchell	52.37
13	Haneef Rashid	15 laps.