

10K							
Position	Name	Club	M/F	Cat	Vest No	Distance	Run Time
1	Daniel Frewer	SMAC	M	14	522	10K	42:13
2	Jack Hancock	City of Stoke AC	M		103	10K	51:57
3	Rob Bond	SMAC	M	40	153	10K	52:24
4	Leah Finey		F	45	651	10K	53:19
5	Karl Birch		M	45	191	10K	57:29
6	John Rice		M	55	539	10K	66:13