

31-Jul-2019							
800m							
Position	Name	Club	M/F	Cat	Vest No	Distance	Run Time
1	Joshua Eames		M	8	2	800m	5:08
2.2K							
Position	Name	Club	M/F	Cat	Vest No	Distance	Run Time
1	Sam Bourne		M	9	792	2.2K	10:12
2	Sarah Garde		F	50	352	2.2K	13:26
3	Brian Pearson		M	65	146	2.2K	15:10
5K							
Position	Name	Club	M/F	Cat	Vest No	Distance	Run Time
1	Leah Finney		F	40	562	5K	24:31
2	Karl Birch		M	45	191	5K	25:54
3	Stephen Billing		M	60	795	5K	28:58
4	Karen Avery		F	45	568	5K	29:40