

# 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 <sup>st</sup> Boy)
<b>2 Laurence Grose</b>	<b>6mins 37secs</b>	<b>50secs</b>	<b>5mins 47secs (2<sup>nd</sup> Boy) *</b>
3 Lucy Hardcastle	6mins 41secs	-	6mins 41secs (1 <sup>st</sup> Girl)
4 Sophie Wood	6mins 47secs	-	6mins 47secs (2 <sup>nd</sup> Girl)
5 Tom White	6mins 56secs	45secs	6mins 11secs (3 <sup>rd</sup> Boy)
6 Megan Hughes	7mins 02secs	30secs	6mins 32secs (3 <sup>rd</sup> 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 <sup>st</sup> Girl)
<b>2 Neve Hardcastle</b>	<b>15mins 36secs</b>	<b>3mins 30secs</b>	<b>12mins 06secs (2<sup>nd</sup> Girl)*</b>
3 Roisin McGrath	16mins 06secs	1min 45secs	14mins 21secs (3 <sup>rd</sup> Girl)
4 Tiger Steel	18mins 42secs	3mins.	15mins 42secs (1 <sup>st</sup> 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