

## **LONGWOOD HARRIERS TRACK 10K 28/08/2018**

1.	Rob Lihou	37.06
2.	Robert Unwin	40.21
3.	Helen Roby	41.03
4.	Donald Kennedy	42.55
5.	Ryan Thompson	43.01
6.	Mathew Ellis (Guest)	44.09
7.	Craig Mitchell	44.47
8.	Ian Mitchell	47.02
9.	Lindsay Roberts	47.30
10	Heather Mitchell	49.39
11.	Karen Mitchell	52.51