

**LONGWOOD HARRIERS A.C.**

**10K TRACK RACE: 06/09/2022**

1. Phil Mitchell	38.02
2. Simon Parkinson	38.06
3. Donald Kennedy	40.09
4. Craig Mitchell	40.42
5. Helen Holdsworth	42.19
6. Roisin McGrath	45.46
7. Greg Russell	46.31
8. Adam Taylor	46.32
9. Kohsuke Urano	47.53
10. Lindsay Roberts	49.50
11. Karen Mitchell	52.30

Conditions: calm and warm