

BMAF 10K Track Championships Birmingham 31 July 2016

	Name	Age	Team	Time
M35 10000 Metre Run				
Finals				
1	Paul Mitchinson	M36	SCVAC	35:11.95
M40 10000 Metre Run				
Finals				
1	Mark Couldwell	M42	MMAC	32:23.44
2	Jeff Prest	M43	NMAC	33:32.44
3	Kevin Jowett	M43	NMAC	35:03.01
4	Grant Ramsay	M44	SVHC	35:49.65
M45 10000 Metre Run				
Finals				
1	Gordon Lee	M49	MMAC	32:19.09
2	Ian Johnston	M48	SVHC	33:55.21
3	David Smith	M48	MMAC	33:59.19
4	Darren Newbould	M45	NMAC	34:16.08
5	Spencer Goodall	M48	EVAC	34:34.08
6	Frank Fulcher	M48	VAC	35:42.27
M50 10000 Metre Run				
Finals				
1	Sammy Rashid	M51	NMAC	35:10.81
2	Mick Kingsbury	M51	MMAC	35:46.43
M55 10000 Metre Run				
Finals				
1	Michael Bridgeland	M58	EVAC	36:30.02
2	Terry Egan	M55	MMAC	39:31.90
3	Peter Laing	M56	SVHC	40:06.16
4	Huw Roberts	M59	WMAA	42:17.91
5	Andrew Dippie	M56	MMAC	43:02.52
6	Colin Oxlade	M57	SCVAC	45:00.26
M60 10000 Metre Run				
Finals				
1	Ian Wright	M60	MMAC	48:28.56
---	Kevin Dillon	M62	NMAC	DNF
M65 10000 Metre Run				
Finals				
1	David Oxland	M65	MMAC	37:59.61
2	John Skelton	M65	EVAC	38:22.74
3	Arthur Daley	M66	MMAC	41:12.33
4	David Pettifer	M67	MMAC	42:19.87
5	Dave Beattie	M69	SCVAC	43:56.08
6	David Jones	M66	MMAC	46:21.62
7	Adrian Lloyd	M68	MMAC	50:24.90

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	Name	Age	Team	Time
M70 10000 Metre Run				
Finals				
1	Peter Giles	M72	VAC	41:55.88
2	Martin Ford	M72	MMAC	41:59.01
3	Tony Brackstone	M73	SCVAC	44:32.31
4	Geoff Newton	M71	SCVAC	45:21.01
W35 10000 Metre Run				
Finals				
1	Ruth Jones	W36	SCVAC	42:21.39
2	Katherine Wellam	W36	NMAC	44:10.17
W45 10000 Metre Run				
Finals				
---	Wendy Morant	W49	MMAC	DNF
W50 10000 Metre Run				
Finals				
1	Helen Grant	W53	EVAC	46:37.12
W65 10000 Metre Run				
Finals				
1	Margaret Moody	W67	VAC	46:45.12