

QEOP 10k race, 3rd April
BMAF / VAC 10k Championships 2016

Category	Club	Race No	First Name	Last Name	Age	Pos	Time		
M45	1	North Herts RRC	1308	Andrew	Leach	52	6	00:33:40	
			1499	Mark	Vaughan	45	11	00:34:18	
			1505	James	Walsh	47	45	00:38:31	
			Total						1:46:29
	2	Ilford AC	1601	stephen	philcox	50	31	00:36:36	
			1250	Paul	Holloway	48	36	00:37:56	
			1132	Neil	Crisp	53	38	00:38:06	
			Total						1:52:38
	M55	1	Herne Hill Harriers	1072	Mike	Boyle	55	32	00:36:39
				1117	Tom	Conlon	55	97	00:43:00
1605				Tony	Harran	55	98	00:43:00	
Total							2:02:39		
2		Oxford City AC	1596	Stewart	Thorp	64	65	00:40:36	
			1591	Roy	Treadwell	68	67	00:40:50	
			1597	John	Exley	68	117	00:44:03	
			Total						2:05:29
3		Ilford AC	1293	Terry	Knightley	55	46	00:38:38	
			1105	Andrew	Catton	62	106	00:43:18	
			1391	Stephen	Parker	59	123	00:44:25	
			Total						2:06:21
M65	1	Barnet & District AC	1353	Desmond	Michael	66	64	00:40:34	
			1382	Liam	O'Hare	67	150	00:45:49	
			1615	Nicholas	Bingham	71	159	00:46:38	
			Total						2:13:01
W45	1	Ilford AC	1276	Melinda	Jones	48	135	00:44:58	
			1251	Nicola	Hopkinson	53	218	00:50:27	
			1131	Dianne	Crisp	53	268	00:53:12	
			Total						2:28:37
W55	1	Ilford AC	1200	Julia	Galea	60	277	00:53:42	
			1277	Pam	Jones	79	422	01:04:14	
			1046	Kim	Baxter	59	481	01:12:21	
			Total						3:10:17