

Guernsey 10K - 22 Apr 2019

| Race | Pos | First name | Surname | Gun Time | Chip Time | Cat | CatGrd% | Pace min/mile | Age Cat |
|------|-----|------------|-----------|----------|-----------|-----|---------|---------------|---------|
| 10K | 54 | Peter | Bird | 00:42:15 | | M45 | 68.2 | 06:48 | 3rd |
| 10K | 83 | Robert | Morgan | 00:46:49 | | M55 | 67.0 | 07:32 | |
| 10K | 100 | Peter | Jay | 00:49:30 | | M55 | 63.4 | 07:58 | |
| 10K | 119 | Eloise | Bird | 00:52:58 | | F50 | 64.7 | 08:31 | 2nd |
| 10K | 140 | Jenny | Morgan | 00:57:30 | | F60 | 67.6 | 09:15 | 1st |
| 10K | 156 | Angie | Underdown | 01:02:37 | | F50 | 54.7 | 10:05 | |