

Harwich 5K Series Race 1 - 7 May 2019

Race	Pos	First name	Surname	Gun Time	Chip Time	Cat	CatGrd%	Pace min/mile
5K	26	Adrian	Frost		00:18:59	M45	74.9	06:07
5K	130	Katie	King		00:20:05	FS	73.9	06:28