

Long Sutton 10K - 17 Mar 2019

Race	Pos	First name	Surname	Gun Time	Chip Time	Cat	CatGrd%	Pace min/mile	Age Cat	Overall
10K	38	Gillian	Leathers	00:44:25	00:44:22	F50	77.2	07:08	1st	3rd
10K	79	Ruth	Kieran	00:48:37	00:48:27	F40	64.5	07:48		