

Mens 5k Championship 2009

Over 60

Tony B	22.27		23.01	22.49	68.17
Keith	23.56	24.28	23.50	24.17	72.03

50 to 59

Wayne	20.17	20.16		20.37	61.10
Paul B	21.04	21.35	20.58	20.55	62.57
Allan	21.13	21.14	21.36	21.26	63.53
Nick	21.27	21.32			
Mike		21.13		25.38	
Alex		22.35	22.47		

40 to 49

Ian O		19.28	19.32	19.07	58.07
James	23.10	24.14		26.28	73.52
Andrew T	19.21	19.30			
John M	19.36	19.49			
Roland	23.00	23.08			
Mr Flower		19.22		19.21	

Under 40

Gareth	16.55	17.13	17.08		51.16
Paul S	18.05	17.50	17.46	17.46	53.22
Andrew M		20.47	20.22	20.03	60.12
Phil P	20.32	20.01	20.46	21.11	61.19
Mark	22.09	21.37		21.24	65.10
Barry		21.08	21.37	22.36	65.21
Kristian	22.10	22.13		21.25	65.48
Matthew	18.13				
Paul E	19.38				
Paul F	20.30				

Best 3 from 4 races to count. Lowest aggregate score to win. 2 prizes in all age groups