

LOUGHTON ATHLETIC CLUB

**10,000 metre Championships
11th May, 2010 at Loughton**

| | | |
|---|---------------------|---------|
| 1 | Joe Holliday (U17M) | 42:43.7 |
| 2 | Dave Tyson (SM) | 43:57.2 |
| 3 | John Hart (SM) | 49:18.4 |
| 4 | Jean Hobbs (SW) | 54:12.3 |
| 5 | Vicki Want (SW) | 55:17.4 |
| 6 | Jacki Cox (SW) | 57:27.1 |

P.J.Casidy
12th May, 2010