Club champs day 1 - 10K

Men

1 Steve Palmer M45 40:49·2

2 Brett Cases Guest M45 41:04·6

3 Mark Fox M40 46:11·5

4 John Stubbs M35 48:25·7

5 Richard Berry M45 48:42·7

6 Ben Joyce M35 50:04·4

7 Gary Hooper M45 51:18·8

Women

3 Lorna Gaffney W50 45:43·8

5 Georgie Gillott SW 48:20·6

10 Sharon Palmer W45 51:29·8

11 Clare Thomas W40 55:27·9

12 Melanie Peddle W50 56:26·4

13 Nadine Holland W40 59:32·1

14 Caroline Ford W45 60:41·6

15 Michaela Davis W50 67:39·4