

## Club 5000m

1.	Joe Halliday (U/20M)	19:14.4
2.	Steven Luton (SM)	22:09.1
3.	Paul Regan (SM)	22:26.7
4.	Georgina Keeling (SW)	22:59.4
5.	Jack Clark (U/17M)	23:50.1
6.	Ann Heeks (V50W)	24:57.9
7.	Simon Tilbey (U/17M)	27:12.9
8.	Tara McMullan (SW)	27:59.0
9.	Joan Biddle (SW)	29:35.7
10.	Deborah Davies (SW)	30:25.8