

Club 5000m Championships

9th July 2013

1.	Rioch O’Gorman	17:56.0
2.	Ben Joyce	21:10.8
3.	Jack Clark (U/20)	21:31.1
4.	Jim Whiffin (V55)	22:13.4
5.	Duncan Rayney (V40)	22:41.3
6.	Simon Childs (V50)	23:08.0
7.	Alana Muis	23:15.0
8.	Catherine Ellis	24:11.5
9.	Celestina Muis	24:19.1
10.	Heather Newman (V40)	24:55.8
11.	Jean Hobbs (V65)	25:46.4
12.	Hayley Aguda	25:58.6
13.	Helen Gregory	27:07.6
14.	Deborah Davies (V40)	27:42.0

Young athletes 3000m

1.	Laura Childs	14:15.2
2.	Rominda Flora	14:15.8
3.	Lara Bruce	18:18.0

I have no record of Hugh Yamaguchi finishing in the young athlete’s race. If he did, my apologies for not recording him!