

**LOUGHTON ATHLETIC CLUB**

**10,000 metre Championships  
11<sup>th</sup> 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  
12<sup>th</sup> May, 2010