

LRR RACE RESULTS

DATE	RACE NAME	RUNNER	TIME	POINTS	RACE POSITION	CATEGORY & POSITION
21st September	Medmenham 10M MT	Shaun Chillingworth	1.17.16			
21st September	Sibylback 5K	Dan Rodgers	15.52		1st	Race winner
		Russell Leeton	21.47		10th	
		Mark Knight	26.54		23rd	
		Hayley Thorp	26.58		24th	
		Laura Clements	29.38		33rd	
		Sally Aspen	31.32		38th	
					38	Finishers
Dan broke the	Course Record					
New CLUB RECORDS	FOR Russell and Hayley					
PB's for	Russell, Mark, Hayley, Laura and Sally					
21st September	Abingdon Park Run 5K	Claire Waters	22.57		45th	
					198	Finishers
	Ella Waters also ran and was 1st in her age	group and 2nd Lady overall				

