

## LRR RACE RESULTS

DATE	RACE NAME	RUNNER	TIME	POINTS	RACE POSITION	CATEGORY & POSITION
22nd November	Tamar Lakes Park Run 5K	Nicola Emmett	29.38		21st	
		Lorraine Hawkins	32.49		29th	
		Mick Foster	34.06		31st	
		Patsty Foster	43.27		34th	
					38	Finishers
Mick Foster	again improved his M70/74 Course Record					
23rd November	Mob Match 5M Falmouth	Dan Rodgers	26.03	98.85	1st	Race Winner
		Darren Evans	29.43	86.65	19th	
		Kevin Marshall	32	90.28	54th	
		Pawel Szymanski	33.05	77.83	66th	
		Claire Waters	36.29	87.32	116th	
		Brian Wiles	37.06	97.33	131st	
		Jenny Mills	37.07	109.86	132nd	
		Emma Summersby	37.18	81.19	135th	
		Dean Parkin	38.1	68.12	152nd	
		Sarah Pridham	38.11	89	153rd	
		Mike Whitley	38.11	76.51	154th	
		Sarah Worth	38.51	77.91	168th	
		Russell Leeton	39.43	68.19	178th	
		Graham Parkin	41.16	66.32	202nd	
		Jessica Goldberg	41.43	72.59	211th	
		Martin Venning	41.54	81.65	217th	
	Continued on 2nd sheet					



