

LRR RACE RESULTS

DATE	RACE NAME	RUNNER	TIME	POINTS	RACE POSITION	CATEGORY & POSITION
27th October	Dublin Marathon	Mike Whitley	3.21.42	86.34		
		Sarah Pridham	4.08.02	81.69		
		Jon Spettigue	4.08.02	63.77		
	A PB for Jon					
1st November	Tamar Lakes Park Run 5K	Darren Evans	18.12		2nd	
		Alan Littlejohns	26.4		28th	
		Louise Werran	26.58		33rd	
		Lorraine Hawkins	33.03		54th	
Darren set a new	Course Record.	Dennis Veale also ran in	about 28 mins	but forgot	bar code	67 Finishers
1st November	Lanhydrock Park Run 5K	Nigel Reddicliffe	22.19		17th	
		Shaun Chillingworth	26.15		54th	
					130	Finishers
2nd November	Bideford 10M	Jenny Mills	1.14.25	111.71	72nd	1st F65/+
					265	Finishers
2nd November	Plymouth 10K	Trevor Gynn	41.27	88.1	96th	
		Sarah Swift	1.00.08	69.87	1173rd	
		Laura Brown	1.15.00	50.47	1871st	
					2004	Finishers

