LRR RACE RESULTS

DATE	RACE NAME	RUNNER	TIME	POINTS	RACE POSITION	CATEGORY & POSITION
4th November	Tamar Lakes Parkrun	Alan Littlejohns	30:52			
	Tamar Trails Parkrun	Steve Cox	23:07			
		John Barnes	27:25	new pb		
		Adrian Brown	28:51			
		Sarah Barnes	42:01			
5th November	Bideford 10 miler	Brian McGinnity	1:20:30			
		Dawn Acaster	1:28:52			
		Alan Littlejohns	1:30:04			
		Mark Lancaster	1:31:41			
		Janet Lathom	1:33:21			
		Nicola Emmett	1:39:42			
		Gill Aze-Thomas	1:43:47			
		John Mason	1:44:25			