LRR RACE RESULTS

DATE	RACE NAME	RUNNER	TIME	POINTS	RACE POSITION	CATEGORY & POSITION
14th January	Tamar Lakes Parkrun	Julie Towers	23:38	NEW PB	1st Female	
		Alan Littlejohns	26:00			
		Kevin O'Mahoney	30:58			
14th January	Tamar Trails Parkrun	Adrian Brown	29:43			
14th January	Haldon wild night run 10K	James McDiarmid	49:41		2nd V50	
	(4min PB on last year)					