

MMAC 10k Track Championships 2012

Age	Pos.	Name	MMAC Std.	Time	Medal
M35	1st	Michael Aldridge	35:21.0	32:42.73	Gold
M40		Paul Lester	36:32.4	37:06.43	-
M50	1st	Robert Sheen	40:25.5	35:19.03	Gold
	2nd	Robert Fox	40:25.5	37:05.34	Silver
	3rd	Howard Andersen	40:25.5	37:07.52	Bronze
M55	1st	Brian Green	42:50.4	36:34.64	Gold
	2nd	Michael Ede	42:50.4	40:12.69	Silver
	3rd	Keith Donald	42:50.4	41:45.58	Bronze
M60	1st	David Oxland	45:34.2	37:16.53	Gold
	2nd	Adrian Lloyd	45:34.2	45:45.70	-
M65	1st	Martin Ford	48:43.2	39:12.74	Gold
M70	1st	Roger Wilson	52:51.0	45:02.62	Gold
W50		Monica Williamson	47:36.0	40:12.72	Gold
W65		Angela Copson	54:15.0	41:40.27 WR	Gold
		June Johnson	54:15.0	49:26.79	Silver

WALKS

M45		Martin Slevin	-	63:29.4	Gold
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