

# 10,000m Track Championships 2011

## Run Results

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Age Cat</b>	<b>5Km split</b>	<b>Time</b>
<b>1</b>	160	Kevin Loundes	Manx Harriers	SM	15.52	31.20.6
<b>2</b>	169	Oliver Lockley	Manx Harriers	JM	16.55	33.46.1
<b>3</b>	163	Ed Gumbley	Manx Harriers	M35	16.54	33.52.8
<b>4</b>	161	Martin Malone	Manx Harriers	M35	16.54	33.57.5
<b>5</b>	164	Kevin Deakes	Northern A.C.	M50	18.20	37.05.4
<b>6</b>	170	Andy Fox	Manx Harriers	M50	18.50	37.56.1
<b>7</b>	165	Kevin Vondy	Northern A.C.	M50	18.42	38.24.0
<b>8</b>	166	Jamie Newton	Unattached	SM	18.56	38.45.1
<b>9</b>	167	Murray Lambden	Manx Harriers	M50	18.42	38.50.7
<b>10</b>	168	Gail Griffiths	Manx Harriers	W45	19.32	38.58.1
<b>11</b>	174	Les Brown	Manx Harriers	M55	21.50	44.18.2
<b>12</b>	175	Keith Green	Manx Harriers	M50	22.26	46.08.4
<b>DNF</b>	162	Mike Garrett	Manx Harriers	M40		