

## Midland 10000m Championships Saturday 26th August

Pos	Perf	Name	AG	Club
<b><u>Male</u></b>				
1	31:41.4	Daniel Owen	SEN	Cheltenham/Sale Harriers Manchester
2	31:47.9	Stuart Hawkes	V35	Tipton/Kidderminster & Stourport
3	32:05.8	Alex Bampton	SEN	Cheltenham/Birmingham Uni
4	32:43.5	Richard White	V35	Tipton
5	32:49.4	Mark Ince	V40	BRAT/Midland Masters
6	32:52.2	Daniel Robinson	V35	BRAT
7	32:55.5	Chris Perrin	SEN	Cannock & Stafford
8	33:16.1	Mark Couldwell	V40	Charnwood/Midland Masters
9	34:03.2	Gordon Lee	V50	Leicester/Midland Masters/Nuneaton
10	34:35.8	Paul Andrew	V35	Leamington
11	34:42.0	Ben Foster	V35	Dudley & Stourbridge
12	35:07.0	Robert Meredith	SEN	Dudley & Stourbridge
13	40:22.2	Matt Whitehouse	V40	Tipton
<b><u>Women</u></b>				
1	39:23.8	Lucy Holt	U23	Notts
2	41:33.3	Catherine Charlton	V35	Notts/Midland Masters