

## Long Distance Track Championships 2018

5,000m & 10,000m open

25th March 2018, Bingham

<b>Athlete</b>			<b>Category</b>	
<b>5,000m - Heat 1 (sub-20 minutes)</b>				
Eddy George	17:29.1	Holme Pierrepont RC	SM	
James Kirkwood	17:42.2	Holme Pierrepont RC	SM	
Neil Cooper	18:51.1	Holme Pierrepont RC	SM	
Alex Ferrari	19:48.7	Holme Pierrepont RC	M35	
<b>5,000m - Heat 2 (over 20 minutes)</b>				
David Hodson	20:21.9	Holme Pierrepont RC	M35	
Geoff Pennington	20:44.3	Beeston AC	M50	
Charlie Pearce	21:17.1	Beeston AC	M45	
Mark Rowlson	22:40.3	Beeston AC	M50	
Nigel Adcock	22:53.7	Beeston AC	M45	
Chris Bexton	23:20.9	Beeston AC	W55	
Stuart Brook	23:36.0	Holme Pierrepont RC	M65	
Jackie Welburn	24:10.5	Beeston AC	W35	
Katie Holmes	24:49.3	Holme Pierrepont RC	W50	
Simon Heaton	25:34.1	Holme Pierrepont RC	M50	M50 5,000m inaugural record
Peter Gale	26:51.2	Holme Pierrepont RC	M50	
Friedel Plant	27:25.1	Holme Pierrepont RC	W70	W70 5,000m record
<b>10,000m</b>				
Matt Grainge	37:32.9	Holme Pierrepont RC	M40	M40 10,000m inaugural record
Will Meredith	37:58.8	Holme Pierrepont RC	M40	
William Scott	70:49.2	Holme Pierrepont RC	M70	M70 10,000m inaugural record