



September 29 2022

<b>3000m</b>			<b>Time</b>
Jonah	Kenny	U17	13:41.1
Calum	Membrey	M30	13:57.5

<b>5000m</b>			<b>Time</b>
Steve	Weller	M45	18:53.5
Tyne	Timmers	M40	19:58.2