

## Results of 10km Championships, 1 July 2018

### Male Runners

1st Malcolm Aspden	55.20
2nd Mike Ward	1.03.58 (1st 10km)

### Female Runners

1st Denyse Graham	56.41
2nd= Jenny Brady	1.21.59
2nd= Paula Leckie (Polly)	1.21.59

### Male Walkers

1st Ross Murphy	1.12.59
2nd Neil Crocker	1.20.53
3rd Neal Utting	1.20.59
4th Steve Spalding	1.31.59
5th= Even Bydder	
5th= John Dische	

### Female Walkers

1st Kirsty Murphy	1.12.59
2nd= Lois Bydder	1.35.49
2nd= Carol Downy	1.35.49

Also Thanks to the Helpers on the day  
Wilf, Deidre and Diane