

## HAARC Track Championship 10K, Sandy, 10th July 2014

Alex Milne	E&H	30:58.7	SM1
Tom Crouch	SAS	32:16.9	SM2
Richard Bate	SNH	33:53.2	SM3
Carlos Vazquez	SNH	34:48.2	U23 1
Liam Herbert	SNH	39:21.9	SM4
Madelaine Pritchard	FVS	41:43.7	SW1
Jim Brown	FVS	49:43.7	M60