









LIRC: 5k - Beach Race

	DisplayName	Time	OverallRank
Adults			
Male			
1.	Garden City Runners - Male		1:22:39,00
	Emon Martin	00:24:06	16
	Thomas Rogers	00:26:28	27
	Wayne Aylott	00:32:05	47
2.	TRM Runners - Male		1:35:20,00
	Patrick Mccabe	00:26:32	29
	Pat Huggins	00:29:40	41
	Anthony Welch	00:39:08	57
Female			
1.	Triathlon Coaching Wales - Female		1:35:23,00
	Lesley Mainwaring	00:24:38	20
	Christine Williams	00:28:45	39
	Rosemarie Jones	00:42:00	58