










International Running Challenge 2020

	DisplayName	OverallRank	10k	13k	5k	21k	Total
Adults							
Male							
1.	Garden City Runners - Male		15:19:05,00				
	Emon Martin	21	00:52:42	01:08:40	00:24:06	02:15:05	04:40:33
	Thomas Rogers	26	00:55:40	01:20:09	00:26:28	02:18:00	05:00:17
	Wayne Aylott	32	01:07:35	01:27:40	00:32:05	02:30:55	05:38:15
2.	TRM Runners - Male		17:57:25,00				
	Patrick Mccabe	23	00:56:39	01:14:36	00:26:32	02:10:40	04:48:27
	Pat Huggins	34	01:13:31	01:40:17	00:29:40	02:23:26	05:46:54
	Anthony Welch	42	01:23:13	02:01:40	00:39:08	03:18:03	07:22:04
Female							
1.	Triathlon Coaching Wales - Female		16:25:20,00				
	Lesley Mainwaring	20	00:54:44	01:12:21	00:24:38	02:00:22	04:32:05
	Christine Williams	25	01:00:57	01:18:15	00:28:45	02:06:36	04:54:33
	Rosemarie Jones	40	01:29:58	02:06:18	00:42:00	02:40:26	06:58:42