

ROLLS-ROYCE HARRIERS

5000 METRE TRACK RACE RESULTS WEDNESDAY 5 JULY 2023

<u>POS</u>	<u>NAME</u>	<u>TIME</u>
1	PAUL SPENCER	19:47
2	CHRIS BOOTH	20:13
3	JON KINDER	21:21
4	ROB GOULDS	21:30
5	MARK ROGERSON	24:37
6	NIGEL GRANVILLE	25:03
7	MIKE LAWSON	26:39
8	STEVE WAKEFIELD	28:49

TIMEKEEPER BILL SOUTHGATE, RECORDER DEAN SMITH

REMAINING FIXTURES (5PM AT MOORWAYS)

**WEDNESDAY 12 JULY 3,000 METRES
WEDNESDAY 19 JULY 1,500 METRES
WEDNESDAY 26 JULY 5,000 METRES
WEDNESDAY 9 AUGUST 3,000 METRES
WEDNESDAY 16 AUGUST 1,500 METRES
WEDNESDAY 23 AUGUST 800, 400, 200 AND 100 METRES
WEDNESDAY 30 AUGUST 800, 400, 200 AND 100 METRES**

**THE PIGGS TROPHY 10K WILL BE HELD AT DARLEY PARK ON WEDNESDAY,
2ND AUGUST.**

**ENTRY FEE £12 UNATTACHED, £10 AFFILIATED, FREE TO R-R HARRIERS
ONLINE ENTRIES ONLY, VIA RUNBRITAIN
NB HARRIERS WILL HAVE TO ENTER ONLINE AND PAY THE £10,
BUT IT WILL BE REIMBURSED**