

**NORTH MIDLANDS
CROSS COUNTRY LEAGUE 2022-2023**

**THIRD RACE - SHIPLEY PARK, HEANOR
SATURDAY 3RD DECEMBER 2022**

ROLLS-ROYCE HARRIERS RESULTS

MEN

200	DEAN SMITH
212	MARK FOWELL

LADIES

68	KAROLINA KUCHARAK
126	GILLIAN WHITESIDE