

2018 Midland Counties 10000m Track championships

Tuesday 14th August Tipton

1	581	George Beardmore	Worcester AC	Under 20	M	31:56.82
1	595	Karl Welborn	Tipton Harriers	Senior	M	32:10.69
2	585	Marcus England	Cheltenham & County AC	Senior	M	32:27.64
3	592	Daniel Robinson	BRAT	Senior	M	32:36.09
4	591	Christopher Perrin	Cannock & Stafford AC	Senior	M	33:00.25
5	579	Paul Andrew	Leamington C & AC	Senior	M	35:09.16
1	588	Lucy Holt	Notts AC	Senior	F	40:14.87

