Isle of Man Veteran Athletes' Club

Road Running Shield - 2019

	Group 0		Group 1		Group 2	
Name	3-3.99 Miles		4 to 9.99 Miles		10 to 12.49 Miles	
Gail Griffiths			16.25			
Caroline Mayers			11.88			
Richard Shipway			6.59			
Nhlanhla Nzama			4.32			
Les Brown			-3.57			

Group 3		Group 4		
12.5 to 17.49 Miles		17.5 to Marathon		Total
				16.25
				11.88
				6.59
				4.32
				-3.57