

# Holmfirth 10k 15th October 2023

## Mens

Pos	Name	Time	Gap
1	Rob James	00:34:31	00:00:41

Score

## Ladies

Pos	Name	Time	Gap
1	Helena Croft	00:40:13	00:00:48

3 Bridget Coomber

00:43:24

Score

96.0