

**Eastern Athletics Association 10K Track Champs - Sat 29th June 2024**  
**Melbourne Stadium, Chelmsford**

**Men:**

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Oluwatosin Emmanuel Adedeji	Newham	31.17
2	John Eves	Bedford & county	31.20
3	Benjamin Bayly	St Edmund Pacers	31.32
4	James Connor	Havering AC	31.37
5	Thomas Beedell	Woodford Green AC with Essex Ladies	32.29
6	Tom Henson	St Edmund Pacers	32.58
7	Tom Phillips	Woodford Green AC with Essex Ladies	33.43
8	Oscar Graham-Pereira	Braintree & District AC	34.53
9	William Hollands	St Edmund Pacers	35.21
10	Patrick Brown	Orion harriers	35.58
11	Chris Sellens	Colchester Harriers	36.37
12	Mark Waine	Springfield Striders	37.05
13	Jim Last	Framlingham Flyers	37.50
14	Malcolm Muir	Ilford AC	38.57
15	Peter Chubb	Springfield Striders	39.43
16	David Weldon	Springfield Striders	41.13

**Women:**

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Lizzie Wellsted	Colchester Harriers AC	33.17