

Mersea Lions 5 Mile Road Race - Sunday 24th August 2014
Prize Winners

| Category | Place | Name | Time | Team | Race Number | Overall Placing |
|-------------------|--------------|-------------------|-------------|----------------------|--------------------|------------------------|
| All Men | 1 | Paul Holley | 0:28:17 | Newmarket Joggers | 622 | 1 |
| | 2 | Steve Hewes | 0:28:43 | Harwich Runners | 551 | 2 |
| All Ladies | 1 | Debbie Cattermole | 0:35:46 | Colchester Harriers | 539 | 15 |
| | 2 | Rebecca Pitman | 0:36:03 | Springfield Striders | 520 | 16 |

20:00 25th August 2014