

St. Albans 10k Results

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Overall results				
	Bib No	Name	Club	Time
1st Male	211	David Lipscombe	Bedford Running Club	00:34:52
2nd Male	405	Evan Mackenzie	Shaftsbury Barnet Harriers	00:35:52
3rd Male	399	Mark Ford	Canterbury Harriers	00:36:39
1st Lady	126	Rebecca Gardener	Shaftsbury Barnet Harriers	00:38:49
2nd Lady	144	Caroline Hale	Garden City Runners	00:42:55
3rd Lady	46	Amanda Avery	Broxbourne Runners	00:43:30
Male 40-49 1st		Peter Harvey	Garden City Runners	00:37:54
Male 40-49 2nd		Philip McNamara		00:39:03
Male 40-49 3rd		Andy Jordan	Harpington Arrows	00:40:23
Male 50-59 1st		David Bowker	Fairland Valley Spartans	00:40:03
Male 50-59 2nd		Alaistair Davidson	St. Albans Striders	00:41:17
Male 60-69 1st		John Hope	St. Albans Striders	00:46:22
Female 35-44 1st	144	Caroline Hale	Garden City Runners	00:42:55
Female 35-44 2nd		Moira Craft	Watford Harriers	00:43:43
Female 35-44 3rd		Kerry Kitchener		00:44:39
Female 45-54 1st	46	Amanda Avery	Broxbourne Runners	00:43:30
Female 45-54 2nd		Sharon Rider	Broxbourne Runners	00:44:31
Female 55-64 1st		Karen Alworth		00:48:21
Team event				
Male 1st team		St. Albans Striders		
Male 2nd team		Garden City Runners		
Male 3rd team		Broxbourne Runners		
Female 1st team		St. Albans Striders		
Female 2nd team		Garden City Runners		
Female 3rd team		Watford joggers		