

5k Senior Herts County Champs - Stevenage - 5 August 2010

Individual

1st Man	Shaun COLLINS	Enfield and Haringey A C	00:15:04
2nd Man	David VAUGHAN	Garden City Runners	00:16:16
3rd Man	Steven PROSSER	Bishops Stortford Running Club	00:16:22
1st Woman	Martha HALL	Garden City Runners	00:18:34
2nd Woman	Karen MURPHY	Barnet & District AC	00:18:57
3rd Woman	Alison WOOD	Fairlands Valley Spartans	00:19:20

Team

1st Mens	Garden City Runners	David VAUGHAN	2
		Ian HARPUR	5
		Mike BRIDGE	6
		Terry FOWLER	7
			<u>20</u>
2nd Mens	Fairlands Valley Spartans	Simon JACKSON	4
		Philip RICH	8
		Paul CARTER	10
		DAVID BOWKER	12
			<u>34</u>
3rd Mens	Garden City Runners 'B'	Chris BAYNES	9
		Patrick GALLAGHER	11
		David EDWARDS	18
		Steven HIGLEY	21
			<u>59</u>
1st Ladies	Garden City Runners	Martha HALL	1
		Caroline HALE	4
		Cath HARRIS	9
			<u>14</u>
2nd Ladies	Fairlands Valley Spartans	Alison WOOD	3
		Esther HAMILL	10
		Renate BOLENZ	11
			<u>24</u>
3rd Ladies	Fairlands Valley Spartans 'B'	Lucy CRISP	13
		Lorraine THOMAS	14
		Lina PORECHA	15
			<u>42</u>