

**Standalone 10k - Herts County Championship  
3 October 2010 - Hitchin**

	<b>NAME</b>	<b>CLUB</b>	<b>TIME</b>
<b>W35</b>			
1	Nicola Froud	Barnet & District	40.32
2	Gillian Jubb	St Albans Striders	41.43
3	Caroline Hale	Garden C R	42.00
<b>W45</b>			
1	Deborah Steer	St Albans Striders	41.40
2	Veronica Shadbolt	Garden C R	44.22
3	Carol Reid	Garden C R	49.10
<b>W55</b>			
1	Pamela Wilson	Ware Joggers	52.40
2	Barbara Wilson	Fairlands V S	53.36
3	Ann Ramsden	Ware Joggers	54.51
<b>W65</b>			
1	N/A		
2	N/A		
3	N/A		
<b>M40</b>			
1	Steve McKeown	N H R R	35.09
2	Andy Holt	Garden C R	35.27
3	Terry Fowler	Garden C R	36.13
<b>M50</b>			
1	Richard Holland	Woodford Green	35.53
2	Dave Desborough	Garden C R	37.05
3	Keith McLellan	Garden C R	38.29
<b>M60</b>			
1	Richard Bloom	Herts Phoenix	41.44
2	Stewart Smither	N H R R	42.49
3	John Hope	St Albans Striders	47.25
<b>M70</b>			
1	Deryk Surrey	Shaftsbury Barnet	48.26
2	Arthur Thompson	Enfield & Haringay	55.36
3	Roy Stringer	Ware Joggers	59.39
<b>Teams - Ladies</b>			
1	Deborah Steer Gillian Jubb Carol Ransom	St Albans Striders	
2	Caroline Hale Veronica Shadbolt Carol Reid	Garden C R	
3	Claire Pullen Tracey Pez Christine Sharman	Fairlands V S	

**Teams - Men**

1	Andy Holt Terry Fowler Dave Desborough Keith McLellan	Garden C R
2	Steve McKeown Peter Sibbett James Walsh Stewart Smither	N H R R
3	Colin Braybrook John Jones Gwynfor Tyley Trevor Clements	St Albans Striders