

Welwyn 10K

Finisher List

Rank	Bib	Name	Cat	Club	Gun time	Chip time
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MV40

1	558	Matthew ADCOCK	MV40	Watford Harriers	0:35:57	0:35:56
2	1	Graham SMITH	MV40	St Albans Striders	0:36:27	0:36:25
3	355	Tom BURKE	MV40	Unattached	0:37:13	0:37:11

MV50

1	466	Nick MALPELI	MV50	North Herts Road Runners	0:39:17	0:39:14
2	654	Nigel ASTON	MV50	St Albans Striders	0:42:52	0:42:49
3	259	Marcus EDWARDS	MV50	Watford Joggers	0:43:24	0:43:20

MV60

1	568	Jonathan HAYNES	MV60	Bishops Stortford Running Club	0:38:35	0:38:32
2	481	Brian WHITE	MV60	Fairlands Valley Spartans	0:40:32	0:40:30
3	351	Jim BROWN	MV60	Fairlands Valley Spartans	0:49:12	0:49:01

MV70+

1	508	Rod HEWSON	MV70+	Watford Joggers	0:55:49	0:55:32
2	173	Tony HAMILTON	MV70+	Barnet & District AC	1:02:39	1:02:24