

## Welwyn 10K

### Team Results County Male

Pos	Name	Gun Time	Cat
<b>Welwyn 10K</b>			
<b>1.</b>	<b>St Albans Striders 1</b>	<b>68</b>	
2	Graham SMITH	0:36:27	MV40
5	Martin WHITWORTH	0:37:45	MV40
13	Nigel ASTON	0:42:52	MV50
33	Martin MEDFORTH	0:55:20	MV50
<b>2.</b>	<b>Fairlands Valley Spartans 1</b>	<b>73</b>	
10	Brian WHITE	0:40:32	MV60
12	Steve GREEN	0:41:13	MV40
16	Tim SABAN	0:43:58	MV50
19	Mark GOODWIN	0:46:06	MV50
<b>3.</b>	<b>Garden City Runners 1</b>	<b>103</b>	
6	Peter HARVEY	0:38:12	MV40
21	Michael PAINE	0:48:00	MV50
26	Andrew NEWBURY	0:51:14	MV60
31	Owen GALLAGHER	0:54:48	MV40