

Welwyn 10K

Team Results County Male

Pos	Name	Cat	Club	Gun Time
Welwyn 10K				
1. Watford Joggers 1 35				
1	Stephen NORRIS	MV40	Watford Joggers	0:34:01
3	Mark AMES	MV40	Watford Joggers	0:35:57
12	Mariusz FALEK	MV40	Watford Joggers	0:40:31
19	Marcus EDWARDS	MV50	Watford Joggers	0:44:16
2. Dacorum & Tring AC 1 46				
8	Jamie SAUNDERS	MV40	Dacorum & Tring AC	0:37:58
9	David OLIMA	MV40	Dacorum & Tring AC	0:38:22
14	Howard CLARK	MV50	Dacorum & Tring AC	0:41:47
15	Gareth CLARK	MV40	Dacorum & Tring AC	0:42:21
3. St Albans Striders 1 46				
5	Stephen HOSTY	MV40	St Albans Striders	0:37:14
6	Jim KING	MV40	St Albans Striders	0:37:18
10	Gary WARREN	MV50	St Albans Striders	0:38:39
25	Spencer GRANT	MV40	St Albans Striders	0:47:57