

## Welwyn 10K

### Herts Senior Champs - Male Team Welwyn 10K

| CC Pos                      | Bib | Name                 | Cat  | Time  |
|-----------------------------|-----|----------------------|------|-------|
| Welwyn 10K                  |     |                      |      |       |
| 1. Garden City Runners 1 28 |     |                      |      |       |
| 5                           | 298 | Daniel PUDNER        | MS   | 35:22 |
| 6                           | 229 | Herbie HOPKINS       | MV40 | 36:54 |
| 8                           | 124 | Peter HARVEY         | MV50 | 37:52 |
| 9                           | 318 | Jason PIKE           | MV40 | 38:26 |
| 2. Garden City Runners 2 57 |     |                      |      |       |
| 11                          | 372 | Chris ELAND          | MV50 | 39:17 |
| 12                          | 425 | Paul GUY             | MV40 | 39:44 |
| 15                          | 353 | Steve ELLERD-ELLIOTT | MV40 | 41:16 |
| 19                          | 13  | Russell MORRIS       | MV50 | 42:18 |
| 3. St Albans Striders 1 62  |     |                      |      |       |
| 4                           | 187 | Phillip EVANS        | MV40 | 35:14 |
| 7                           | 383 | Barnaby WALKER       | MS   | 37:31 |
| 18                          | 48  | Graham SMITH         | MV50 | 42:14 |
| 33                          | 146 | Paul GEARY           | MV50 | 46:22 |