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| **Herts FV35** |
| **1.****Dacorum Athletic Club 1****6** |
|  | 1 | 1480 | Claire HALLISSEY | FV35 | 29:20 | Dacorum Athletic Club |   |  |
|  | 2 | 1256 | Rebecca FAWCETT | FV35 | 31:07 | Dacorum Athletic Club |   |  |
|  | 3 | 1259 | Jess GRAY | FV35 | 31:18 | Dacorum Athletic Club |   |  |
|  |  |
| **Herts FV45+** |
| **1.****Dacorum Athletic Club 1****12** |
|  | 1 | 1481 | Kate RENNIE | FV45 | 28:41 | Dacorum Athletic Club |   |  |
|  | 5 | 1482 | Sam SULLIVAN | FV45 | 36:03 | Dacorum Athletic Club |   |  |
|  | 6 | 1257 | Celia FINDLAY | FV55 | 36:29 | Dacorum Athletic Club |   |  |
|  |  |
| **2.****North Herts Road Runners 1****30** |
|  | 4 | 1499 | Barbara SAYERS | FV45 | 35:57 | North Herts Road Runners |   |  |
|  | 11 | 1495 | Linda AIRD | FV55 | 42:09 | North Herts Road Runners |   |  |
|  | 15 | 1496 | Lindsay COOK | FV45 | 45:13 | North Herts Road Runners |   |  |
|  |  |
| **3.****Barnet & District AC 1****32** |
|  | 7 | 1466 | Helen HOYLE | FV55 | 37:00 | Barnet & District AC |   |  |
|  | 12 | 1468 | Kirsty JOHNSTONE | FV55 | 42:40 | Barnet & District AC |   |  |
|  | 13 | 1254 | Clare BOUTLE | FV45 | 43:35 | Barnet & District AC |   |  |
|  |  |
| **Herts MV60+** |
| **1.****St Albans Striders 1****24** |
|  | 5 | 5429 | Colin BRAYBROOK | MV60 | 33:04 | St Albans Striders |   |  |
|  | 6 | 5432 | Andrew DOBINSON | MV60 | 33:31 | St Albans Striders |   |  |
|  | 13 | 5437 | Adrian JONES | MV60 | 35:54 | St Albans Striders |   |  |
|  |  |
| **2.****Watford Joggers 1****33** |
|  | 8 | 5480 | Marcus EDWARDS | MV60 | 34:27 | Watford Joggers |   |  |
|  | 11 | 5479 | Richard DOUGHTY | MV70+ | 35:18 | Watford Joggers |   |  |
|  | 14 | 5490 | Colin TAYLOR | MV60 | 36:50 | Watford Joggers |   |  |
|  |  |
| **3.****Watford Joggers 2****57** |
|  | 18 | 5492 | Robin TREMAINE | MV60 | 40:16 | Watford Joggers |   |  |
|  | 19 | 5483 | Robert KENISON | MV60 | 41:30 | Watford Joggers |   |  |
|  | 20 | 5491 | Keith TAYLOR | MV60 | 44:49 | Watford Joggers |   |  |

