

Standalone 10K

Herts Senior Champs - Male Team

CC Pos	Name	Cat	Time
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Standalone 10K

1. North Herts Road Runners 18

1	Ben HADMAN	MS	32:41
2	Tom WEBB	MS	33:11
7	Shahab AHMAD	MV40	35:03
8	Ben SEWELL	MS	35:14

2. Garden City Runners 49

4	Daniel PUDNER	MS	34:56
12	James HUIH	MS	36:15
16	Peter HARVEY	MV50	37:20
17	Thom BUZZARD	MS	37:27

3. Ware Joggers 50

6	Kevin FRANCIS	MV40	34:58
10	Matt BROWN	MV40	35:34
15	William CAUNCE	MS	36:34
19	Iain MCMURRAY	MS	37:36