

## Ridgeway Run - Sunday 12th October 2014

### Prize Winners

#### Final Results

Prize	Name	Club	Number	Overall	Time
M1	Glen Watts	Shaftesbury Barnet Harriers	547	1	0:53:32
M2	James Buis	Border Harriers	1	2	0:54:45
M3	Eddie O'Gorman	Chiltern Harriers AC	594	3	0:55:00
M4	Tim Harris	Amphill & Flitwick Flyers	517	4	0:55:04
M5	Rob Michaelson-Yeates	Bearbrook RC	582	5	0:56:48
F1	Wendy Webster	St Albans Striders	567	27	1:08:13
F2	Juliette Minter	Olney Runners	286	28	1:08:18
F3 joint	Michelle Pank	Alchester RC	498	36	1:09:42
F3 joint	Michelle Morris	Amphill & Flitwick Flyers	586	37	1:09:42
F5	Charlotte Hardy	Luton AC	406	54	1:10:56
MV40	Steven Upton	Amphill & Flitwick Flyers	587	13	1:05:20
MV50	Chris Bedford	Abingdon AC	375	10	1:05:05
MV60	Kirk Clifford		456	29	1:08:23
MV70	Roger Hadland		359	300	1:27:10
FV35	Kit-Yi Greene		467	71	1:11:37
FV45	Elizabeth McKie	St Albans Striders	437	59	1:11:13
FV55	Diane Baldwin	Marshall Milton Keynes AC	159	124	1:15:41
FV65	Deirdre Bethune	Olney Runners	390	428	1:39:31
M6	Craig Palmer	Amphill & Flitwick Flyers	122	6	0:57:27
M7	Peter Mackrell	Leighton Buzzard AC	410	7	0:58:14
M8	Daniel Webber	Marshall Milton Keynes AC	503	8	0:59:18
M9	Andy Inchley	Leighton Buzzard AC	615	9	1:00:06
M10	Winston Woodward	Dunstable Road Runners	543	11	1:05:09
Mens Team	Tim Harris	Amphill & Flitwick Flyers			
	Craig Palmer	Amphill & Flitwick Flyers			
	Steven Upton	Amphill & Flitwick Flyers			
	James Down	Amphill & Flitwick Flyers			
Ladies Team	Wendy Webster	St Albans Striders			
	Elizabeth McKie	St Albans Striders			
	Deirdre Heydecker	St Albans Striders			