

Ridgeway Run - Sunday 11th October 2015

Prize Winners

Prize		Name	Club	Number	Overall	Time
M1	£75	Fabian Downs	Chiltern Harriers AC	552	1	0:52:40
M2	£50	James Buis	Border Harriers	412	2	0:55:20
M3	£25	Thomas Grimes	East London Runners	557	3	0:56:22
M4	£15	Mark Crabtree	Gade Valley Harriers	98	4	0:56:39
M5	£15	Neil Chisholm	Thames Hare & Hounds	363	5	0:57:12
F1	£75	Kate Rennie	Dacorum and Tring AC	291	22	1:02:55
F2	£50	Wendy Webster	St Albans Striders	2	26	1:03:44
F3	£25	Kelly Barnett	Wellingborough & District AC	500	35	1:04:24
F4	£15	Nerys Jones	Taf Running & Orienteering	533	41	1:05:44
F5	£15	Jenny Copnall John		104	43	1:06:21
MV40	£15	James Silvey		667	8	0:58:16
MV50	£15	Owen Byrne	Bearbrook RC	459	17	1:01:32
MV60	£15	Kirk Clifford		67	14	1:01:20
MV70	£15	David Basham	Alchester RC	542	288	1:24:38
FV35	£15	Claire Shelley		551	78	1:10:16
FV45	£15	Wendy Walsh	St Albans Striders	254	58	1:08:58
FV55	£15	Sharon Kassemzadeh		357	146	1:15:52
FV65	£15	Valerie Hall	MK Lakeside Runners	456	552	1:55:56
M6	£10	Gareth Leighton	Horsham Joggers	581	6	0:57:50
M7	£10	Peter Woodward	Forest of Dean AC	558	7	0:58:04
M8	£10	William Jones	Imperial College XC AC	446	9	0:58:55
M9	£10	Steven Upton	Amphill & Flitwick Flyers	548	10	0:58:58
M10	£10	Andrew Reeves	Serpentine RC	522	11	0:59:28
Mens Team		Mark Crabtree	Gade Valley Harriers			
		Matthew Watt	Gade Valley Harriers			
		John Lawler	Gade Valley Harriers			
		Anthony James	Gade Valley Harriers			
Ladies Team		Kate Rennie	Dacorum and Tring AC			
		Ania Gabb	Dacorum and Tring AC			
		Niamh Dempsey	Dacorum and Tring AC			