

Ridgeway Run - Sunday 9th October 2016

Prize Winners

Prize		Name	Club	Number	Overall	Time
M1	£75	Stephen Buckle	St Albans Striders	636	1	0:55:51
M2	£50	Mark Crabtree	Gade Valley Harriers	164	2	0:57:10
M3	£25	Thomas Grimes	East London Runners	304	3	0:58:16
M4	£15	Rob Michaelson-Yeates	Bearbrook RC	449	4	0:58:22
M5	£15	Michele Besio	St Albans Striders	573	5	0:59:49
F1	£75	Claire Hallissey	Bristol & West AC	361	27	1:04:17
F2	£50	Fay Cripps		617	35	1:05:38
F3	£25	Ania Gabb	Dacorum and Tring AC	559	37	1:05:57
F4	£15	Claire Kremer	St Albans Striders	596	41	1:06:37
F5	£15	Claire Pusey	Burnham Joggers	318	56	1:08:07
MV40	£15	Richard Coles	Gade Valley Harriers	615	7	1:00:33
MV50	£15	Owen Byrne	Bearbrook RC	459	26	1:04:12
MV60	£15	Matt Shields	North Belfast Harriers	35	12	1:01:36
MV70	£15	Ian McClymont	Bishop's Stortford RC	230	260	1:23:00
FV35	£15	Claire Shelley		344	71	1:09:39
FV45	£15	Wendy Walsh	St Albans Striders	580	72	1:09:52
FV55	£15	Kate Loach	Chiltern Harriers AC	77	94	1:12:09
FV65	£15	Diana Braverman	Cambridge and Coleridge AC	210	408	1:34:14
Mens Team		Stephen Buckle	St Albans Striders			
		Michele Besio	St Albans Striders			
		Simon Fraser	St Albans Striders			
		Jim King	St Albans Striders			
Ladies Team		Claire Kremer	St Albans Striders			
		Wendy Walsh	St Albans Striders			
		Deirdre Heydecker	St Albans Striders			