

TRING RUNNING CLUB 28 th Ridgeway Run 11 October 2009

Prize Presentation List

INDIVIDUAL PRIZES

				Prizes
All Ladies				
1	1:08:00 RENSHAW, Kerri		senior lady	75
2	1:09:23 LOWE, Zoe	St Albans Striders	v35 lady	50
3	1:10:56 AUSTIN, Julia	Vale of Aylesbury Athletic Club	v45 lady	25
4	1:12:30 BARKER, Liz	Headington Road Runners	senior lady	15
5	1:13:14 VABUOLAITTE, Giedre		senior lady	15
v35 lady				
1	1:12:35 PULLAN, Belinda	St Albans Striders	v35 lady	15
v45 lady				
1	1:10:56 AUSTIN, Julia	Vale of Aylesbury Athletic Club	v45 lady	15
v55 lady				
1	1:23:17 BRAVERMAN, Diana	Cambridge and Coleridge AC	v55 lady	15
All Men				
1	0:55:18 BUIS, James	Heaton Harriers	senior man	75
2	0:56:35 BEEDELL, Thomas	Chiltern Harriers	senior man	50
3	0:57:18 DOWNS, Fabian	Chiltern Harriers	senior man	25
4	0:58:00 CHISHOLM, Neil	Thames Hare & Hounds	senior man	15
5	0:58:15 PULLAN, Sam	St Albans Striders	senior man	15
6	0:58:48 GREEN, Will	Serpentine Running Club	senior man	10
7	1:00:51 SHORLEY, Giles	Amphill and Flitwick Flyers	senior man	10
8	1:01:33 MILTON, George		senior man	10
9	1:01:49 WOOLLETT, Guy	Gade Valley Harriers	v40 man	10
10	01:03:46 Roberts, Dave		v40 man	10
v40 man				
1	0:59:40 MAGNALL, Andy	Shaftesbury Barnet	v40 man	15
v50 man				
1	1:06:08 BRADLEY, Mikk	Watford Harriers	v50 man	15
v60 man				
1	1:13:22 SMITH, Leonard		v60 man	15

TEAM PRIZE

Ladies	Orion Harriers	(4 ladies £10 each)
Mens	Bearbrook Joggers	(6 Men £10 each)