

SANDY 10 12th April 2015 PRIZE WINNERS

Chip Time

All Men

1	0:54:33	GREEN, Will	Serpentine Running Club	MV40
2	0:57:17	ADAMS, Paul	St Albans Striders	SM
3	0:57:45	MILLS, Adam	Bedford Harriers	MV40

All Ladies

1	1:02:57	FULLEN, Gill	Bedford Harriers	LV45
2	1:05:27	MEETEN, Kirstie	Bedford Harriers	LV35
3	1:07:01	WALSH, Wendy	St Albans Striders	LV35

Roger Wadeley Trophy Best Age-Graded Performance

1	1:02:57	FULLEN, Gill	Bedford Harriers	LV45	89%
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MV 40

1	00:59:05	RAMSEY, Grant	Fairlands Valley Spartens	MV40
2	01:00:11	WAINES, Mark	Amphill & Flitwick Flyers	MV40

MV 50

1	01:03:58	BARNES, Tony	Bedford Harriers	MV50
2	01:07:25	THOMAS, Ian	Norfolk Gazelles AC	MV50

MV 60

1	01:09:11	OSBORNE, Barry	Fairlands Valley Spartens	MV60
2	01:10:59	HEMINGWAY, Maurice	Riverside Runners St Neots	MV60

MV 70

1	01:14:43	MILBURN, Ian	Fenland Running Club	MV70
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LV 35

1	01:11:01	BOWERMAN, Nicola	Amphill & Flitwick Flyers	LV35
2	01:11:27	CARTLIDGE, Helen	St Albans Striders	LV35

LV 45

1	01:12:52	ADAMS, Paula	North Herts Road Runners	LV45
2	01:13:54	LOUITT, Roslyn	Yaxley Runners	LV45

LV 55

1	01:14:52	HEYDECKER, Deirdre	St Albans Striders	LV55
2	01:15:01	HAGGART, Nora	Bedford Harriers	LV55

LV 65

1	01:40:25	READING, Barbara	Riverside Runners St Neots	LV65
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Sandy 10 2015 - Mens Team Results

1	Ampthill & Flitwick Flyers	DILLION, Max WAINE, Mark PILLINGER, Richard DECESARE, John
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Sandy 10 2015 - Ladies Team Results

1	St Albans Striders	WALSH, Wensy CARTLIDGE, Helen MARTIN, Lucy
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ERLENSEE CUP**Awarded to the club who enter the most runners**

Winners - BEDFORD HARRIERS

89 entrants

Local Winners - SG18 & SG19 postcode

1	01:02:44	Ashley HOWES (Northill)	Larkfield AC	MV40
1	01:20:13	Fiona MONTILA (Everton)	Unattached	FS