

**SANDY 10 7th April 2019 PRIZE WINNERS****Chip Time****All Men**

1	00:56:18	Charles Bruce	Trent Park Running Club	MV40
2	00:56:32	Kirk Brawn	Peterborough AC	MV40
3	00:56:41	Paul Makowski	Royston Runners	MV40

**All Ladies**

1	1:00:11	Caroline Brooks	Riverside Runners St Neots	FV35
2	1:00:57	Kathryn Liptrot		SF
3	1:03:17	Laura Grimer	Nene Valley Harriers	FV35

**Roger Wadeley Trophy Best Age-Graded Performance**

1	00:56:55	Stephen Herring	Milton Keynes AC	MV50	<b>86.52%</b>
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**MV 40**

1	00:57:47	Adam Mills	Bedford Harriers AC	MV40
2	00:58:58	Chris Littlejohn	Amphill & Flitwick Flyers Running	MV40

**MV 50**

1	00:56:55	Stephen Herring	Milton Keynes AC	MV50
2	00:59:22	John Decesare	Amphill & Flitwick Flyers Running	MV50

**MV 60**

1	01:07:18	Jerry Pullinger	Bedford Harriers	MV60
2	01:09:07	David Frampton	Bedford Harriers	MV60

**MV 70**

1	01:15:26	David Newton	BRJ Running Club	MV70
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**LV 35**

1	01:11:28	Amy Farr	Amphill & Flitwick Flyers Running	LV35
2	01:13:27	Claire Rulton	Bedford Harriers AC	LV35

**LV 45**

1	01:13:16	Beverley Mclees	Ware Joggers	LV45
2	01:14:56	Annette Bell	Amphill & Flitwick Flyers Running	LV45

**LV 55**

1	01:17:32	Jane Munro		LV55
2	01:19:33	Nora Haggart		LV55

**LV 65**

1	01:21:21	Annette Newton	BRJ Running Club	LV65
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**Sandy 10 2019 - Mens Team Results**

1	Ampthill & Flitwick Flyers	Ian Halpin Chris Littlejohn John Decesare Steven Upton
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**Sandy 10 2019 - Ladies Team Results**

1	Riverside Runners St Neots	Caroline Brooks Emma Price Joana Cerveira
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**ERLENSEE CUP****Awarded to the club who enter the most runners**

Winners - BEDFORD HARRIERS **100** entrants

**Local Winners - SG18 & SG19 postcode**

1	01:03:58	Gavin Hopkins		MV40
1	01:21:01	Sara Jacobs		FV35