

The SEAA Masters Cross Country Championships at Croydon on Saturday 10th December 2011

Masters M40 - Menaged 40 to 45

Pos	Name	Cat/Pos	Club	Time					
1	John Clarke	V40 1	Newham & Essex Beagles	33:34	13	Dave Williamson	V40 13	Tadworth AC	38:35
2	Andy Morgan-Lee	V40 2	Thames Hare & Hounds	33:37	14	Gary Warren	V40 14	St Albans Striders	39:06
3	Alan Murchison	V40 3	Winchester & District AC	33:59	15	Steve Starvis	V40 15	Striders Of Croydon	39:08
4	Stuart Major	V40 4	Newham & Essex Beagles	34:48	16	Edmond Barrow	V40 16	Heme Hill Harriers	39:11
5	Chris Dettmar	V40 5	Headington Road Runners	35:16	17	Alan Strachan	V40 17	Tadworth AC	39:28
6	Andy Weir	V40 6	Thames Hare & Hounds	35:49	18	Doug Bates	V40 18	St Albans Striders	40:14
7	Frank Fulcher	V40 7	Handy Cross Runners	36:02	19	Phil Wetton	V40 19	Thames Valley Harriers	40:35
8	Peter Grime	V40 8	Newham & Essex Beagles	36:53	20	Stewart Bond	V40 20	Hercules Wimbledon AC	41:30
9	Nick Jacobs	V40 9	Aldershot Farnham & District	37:43	21	Steve Clancey	V40 21	South London Harriers	41:34
10	Adrian Haines	V40 10	Crawley AC	37:48	22	Nevo Andrew Del	V40 22	Dacorum & Tring AC	42:01
11	Dan Gillett	V40 11	South London Harriers	37:49	23	Neil Aikman	V40 23	Croydon Harriers	43:40
12	Stephen Norris	V40 12	Thames Valley Harriers	37:53	24	Eric Campbell	V40 24	Croydon Harriers	57:50

Masters M40 - Menaged 45 to 50

Pos	Name	Cat/Pos	Club	Time					
1	David Benton	V45 1	Brighton & Hove City AC	34:22	16	Vic Maughn	V45 16	Heme Hill Harriers	38:11
2	Andy Robinson	V45 2	Thames Hare & Hounds	34:51	17	John Moores	V45 17	Crawley AC	39:39
3	Ben Reynolds	V45 3	Thames Hare & Hounds	35:01	18	Matt Norman	V45 18	Aldershot Farnham & District	39:46
4	Andy Howse	V45 4	Thames Hare & Hounds	36:20	19	Mark Halls	V45 19	Brighton & Hove City AC	40:18
5	Neil Reissland	V45 5	Collingwood AC	36:35	20	Paul Mitchell	V45 20	South London Harriers	41:07
6	Stuart Fraser	V45 6	Hercules Wimbledon AC	36:59	21	Daren Elliott	V45 21	Phoenix AC	41:20
7	Adam Tribe	V45 7	Aldershot Farnham & District	37:03	22	Richard Bell	V45 22	Thames Valley Harriers	41:33
8	Dave Rayner	V45 8	Crawley AC	37:07	23	C Cayssials	V45 23	Thames Valley Harriers	41:47
9	Sean Beard	V45 9	Nene Valley Harriers	37:19	24	David Breingan	V45 24	Chiltern Harriers AC	42:25
10	Paul Lemmon	V45 10	London Heathside	37:22	25	Chris Morton	V45 25	Striders Of Croydon	43:03
11	Alan Burn	V45 11	Croydon Harriers	37:24	26	Steve Kemp	V45 26	Dorking & Mole Valley	43:11
12	David Moore	V45 12	Dorking & Mole Valley	37:26	27	Richard Hooley	V45 27	Thames Valley Harriers	44:07
13	Peter Lee	V45 13	Hercules Wimbledon AC	37:31	28	Vince Golding	V45 28	Crawley AC	44:12
14	John Flahive	V45 14	London Heathside	37:51	29	John O'Shea	V45 29	Highgate Harriers	55:37
15	Paul Froud	V45 15	Brighton & Hove City AC	38:10					

Masters M40 - Menaged 40 to 50 — TEAM RESULTS

1	Thames Hare & Hounds	15	—	2	Andy Morgan-Lee	6	Andy Robinson	7	Ben Reynolds
2	Newham & Essex Beagles	19	—	1	John Clarke	5	Stuart Major	13	Peter Grime
3	Brighton & Hove City AC	68	—	4	David Benton	27	Paul Froud	37	Mark Halls
4	Aldershot Farnham & District	72	—	15	Adam Tribe	22	Nick Jacobs	35	Matt Norman
5	Crawley AC	73	—	16	Dave Rayner	23	Adrian Haines	34	John Moores
6	Hercules Wimbledon AC	76	—	14	Stuart Fraser	21	Peter Lee	41	Stewart Bond
7	Thames Valley Harriers	106	—	26	Stephen Norris	38	Phil Wetton	42	Richard Bell
8	South London Harriers	106	—	24	Dan Gillett	39	Paul Mitchell	43	Steve Clancey
9	Croydon Harriers	121	—	19	Alan Burn	49	Neil Aikman	53	Eric Campbell

The SEAA Masters Cross Country Championships at Croydon on Saturday 10th December 2011

Masters 5060 - Men aged 50 to 55

Pos	Name	Cat/Pos	Club	Time					
1	Andy Tindall	V50 1	South London Harriers	37:15	25	Hassan Nahal	V50 25	London Heathside	41:20
2	Mike Boyle	V50 2	Herne Hill Harriers	37:32	26	Nigel Stevens	V50 26	Dorking & Mole Valley	41:27
3	Michael Bridgeland	V50 3	Chelmsford AC	37:35	27	Colin Oxlade	V50 27	Croydon Harriers	41:56
4	Tony Pamphilon	V50 4	Woodford Green Ac With Essex L	37:50	28	David Cook	V50 28	Crawley AC	42:11
5	Jerry Watson	V50 5	Thames Hare & Hounds	37:54	29	Kevin Murray	V50 29	Serpentine Running Club	42:12
6	Paul Stoodley	V50 6	Winchester & District AC	37:57	30	James O'Neill	V50 30	Ealing Southall & Middlesex	42:19
7	Simon Taverer	V50 7	Headington Road Runners	38:07	31	Douglas Buckridge	V50 31	Ealing Southall & Middlesex	42:55
8	Chris Phelan	V50 8	South London Harriers	38:14	32	Phil McCubbins	V50 32	Serpentine Running Club	43:09
9	Rob Creed	V50 9	Crawley AC	38:16	33	Martin Lloyd	V50 33	Collingwood AC	43:31
10	Richard Jenkin	V50 10	HillingdonAC	38:18	34	Mike Wilson	V50 34	Thames Valley Harriers	44:14
11	John Foss	V50 11	South London Harriers	38:21	35	Andy Angus	V50 35	Queens Park Harriers	44:17
12	Mark Parry	V50 12	Crawley AC	39:02	36	David Walton	V50 36	London Heathside	44:21
13	Andrew Cunningham	V50 13	Barnet & District AC	39:06	37	Tom Conlon	V50 37	Herne Hill Harriers	44:49
14	Antonio Martins	V50 14	Reigate Priory AC	39:16	38	Chris Cheeseman	V50 38	Thames Hare & Hounds	45:21
15	Simon Claridge	V50 15	HillingdonAC	39:17	39	Steve Oliver	V50 39	Winchester & District AC	46:15
16	Gavin Evans	V50 16	London Heathside	39:21	40	Peter Simpson	V50 40	Vegan Runners Uk	46:56
17	David Ogden	V50 17	South London Harriers	39:25	41	Neil Bradshaw	V50 41	Serpentine Running Club	47:05
18	Tony Harran	V50 18	Herne Hill Harriers	40:06	42	Alex M Pepper	V50 42	Chiltern Harriers	47:28
19	David Newman	V50 19	HillingdonAC	40:27	43	Alastair Carr	V50 43	South London Harriers	47:46
20	Peter Ellis	V50 20	Barnet & District AC	40:35	44	Steve Cheal	V50 44	Ilford AC	49:11
21	Paul Jeggo	V50 21	Springfield Striders	40:41	45	Simon Maddison	V50 45	Thames Valley Harriers	49:42
22	Rini Hoogkamer	V50 22	City Of Norwich AC	40:52	46	Paul Woodyatt	V50 46	City Of Norwich AC	49:51
23	Lee Benjamin	V50 23	Thames Valley Harriers	41:09	47	David Warren	V50 47	Croydon Harriers	50:54
24	Steve Bush	V50 24	Dorking & Mole Valley	41:14	48	Stephen Thompson	V50 48	HillingdonAC	52:49
					49	Lars Olsen	V50 49	Serpentine Running Club	53:53

Masters 5060 - Men aged 55 to 60

Pos	Name	Cat/Pos	Club	Time					
1	Robert Cheverton	V55 1	City Of Norwich AC	38:13	11	Tony Lintern	V55 11	Crawley AC	42:59
2	Andy Fay	V55 2	Dorking & Mole Valley	39:26	12	Martyn West	V55 12	Winchester & District AC	43:07
3	David Wilcock	V55 3	Barnet & District AC	39:42	13	Julian Dillow	V55 13	Croydon Harriers	43:19
4	Tom Ulliott	V55 4	Brighton & Hove City AC	39:51	14	John Bignell	V55 14	Hillingdon AC	44:24
5	Carl Heap	V55 5	London Heathside	40:32	15	Dave Fisher	V55 15	Tadworth AC	44:37
6	Tony Crossley	V55 6	East Grinstead AC	41:58	16	Nigel Wood	V55 16	Collingwood AC	45:07
7	Andy Catton	V55 7	Ilford AC	42:01	17	Lance Quirico	V55 17	East Grinstead AC	45:49
8	Richard Turner	V55 8	Thames Hare & Hounds	42:08	18	Keith Brown	V55 18	Croydon Harriers	47:06
9	Frank Nolan	V55 9	Queens Park Harriers	42:18	19	Graham Taylor	V55 19	East Grinstead AC	52:49
10	Laurie Hurman	V55 10	Headington Road Runners	42:38					

Masters 5060 - Men aged 60 to 65

Pos	Name	Cat/Pos	Club	Time					
1	Ian Kitching	V60 1	South London Harriers	40:00	18	John Clarke	V60 18	Barnet & District AC	47:12
2	Peter Young	V60 2	Ryde Harriers	40:01	19	John Myall	V60 19	Hillingdon AC	47:14
3	Des Michael	V60 3	Barnet & District AC	41:01	20	Derek Paterson	V60 20	Serpentine Running Club	47:42
4	Barry Blackwell	V60 4	Brighton & Hove City AC	41:05	21	David Hinds	V60 21	Serpentine Running Club	48:49
5	Liam O'Hare	V60 5	Barnet & District AC	41:33	22	Jim Kiddle	V60 22	Reading Road Runners	49:14
6	Andrew Field	V60 6	Phoenix AC	43:05	23	Nigel Costiff	V60 23	South London Harriers	50:21
7	Peter Rand	V60 7	Tadworth AC	43:07	24	Richard Long	V60 24	Serpentine Running Club	51:35
8	Peter Witcomb	V60 8	Brighton & Hove City AC	43:09	25	Anthony Shaw	V60 25	Hillingdon AC	51:45
9	Steve Knight	V60 9	Herne Hill Harriers	43:17	26	Graham Carson	V60 26	Serpentine Running Club	51:59
10	Richard Melvern	V60 10	Herts Phoenix AC	43:24	27	Geoff Harris	V60 27	Hardley Runners	52:04
11	Dave Beattie	V60 11	Crawley AC	43:46	28	Jim Davis	V60 28	Herts Phoenix AC	52:14
12	Paul Williams	V60 12	South London Harriers	44:18	29	Ken Beck	V60 29	Reading Road Runners	54:07
13	John Quaintance	V60 13	South London Harriers	44:20	30	Brian Feldman	V60 30	Hillingdon AC	55:12
14	Mick Anglim	V60 14	Hardley Runners	44:48	31	Mike Airey	V60 31	Brighton & Hove City AC	57:15
15	Malcolm Kemp	V60 15	Phoenix AC	45:57	32	John Bowley	V60 32	Reading Road Runners	57:25
16	Andrew Haig	V60 16	Phoenix AC	46:06	33	Stephen Robinson	V60 33	Tadworth AC	1:02:48
17	Mike Smith	V60 17	Hardley Runners	46:25					

Masters 5060 - Men aged 65 to 70

Pos	Name	Cat/Pos	Club	Time
1	Malcolm Renyard	V65 1	Hardley Runners	42:05
2	Geoff Newton	V65 2	Tadworth AC	43:04
3	Richard Bloom	V65 3	Herts Phoenix AC	43:54
4	Stuart Mann	V65 4	Herts Phoenix AC	46:44
5	Edward Wingrove	V65 5	Reading Road Runners	51:05
6	Dave Wilson	V65 6	Herne Hill Harriers	52:06
7	Philip Fenton	V65 7	Tadworth AC	56:05
8	William O'Connor	V65 8	Queens Park Harriers	1:06:26

Masters 5060 - Men (Vets)aged 50 to 59 — TEAM RESULTS

1 South London Harriers	22 —	1 Andy Tindall	9 Chris Phelan	12 John Foss
2 Hillingdon AC	50 —	11 Richard Jenkin	16 Simon Claridge	23 David Newman
3 Barnet & District AC	59 —	14 Andrew Cunningham	20 David Wilcock	25 Peter Ellis
4 Crawley AC	59 —	10 Rob Creed	13 Mark Parry	36 David Cook
5 London Heathside	71 —	17 Gavin Evans	24 Carl Heap	30 Hassan Nahal
6 Herne Hill Harriers	76 —	2 Mike Boyle	22 Tony Harran	52 Tom Conlon
7 Dorking & Mole Valley	79 —	19 Andy Fay	29 Steve Bush	31 Nigel Stevens
8 Thames Hare & Hounds	94 —	5 Jerry Watson	35 Richard Turner	54 Chris Cheeseman
9 City Of Norwich AC	99 —	8 Robert Cheverton	27 Rini Hoogkamer	64 Paul Woodyatt
10 Winchester & District AC	105 —	6 Paul Stoodley	43 Martyn West	56 Steve Oliver
11 Croydon Harriers	136 —	32 Colin Oxlade	45 Julian Dillow	59 Keith Brown
12 Thames Valley Harriers	138 —	28 Lee Benjamin	47 Mike Wilson	63 Simon Maddison
13 Serpentine Running Club	139 —	37 Kevin Murray	44 Phil McCubbins	58 Neil Bradshaw
14 East Grinstead AC	154 —	33 Tony Crossley	55 Lance Quirico	66 Graham Taylor

Masters 5060 - Men (Vets)aged 60 to 69 — TEAM RESULTS

1 Barnet & District AC	30 —	3 Des Michael	5 Liam O'Hare	22 John Clarke
2 South London Harriers	32 —	1 Ian Kitching	15 Paul Williams	16 John Quaintance
3 Hardley Runners	43 —	6 Malcolm Renyard	17 Mick Anglim	20 Mike Smith
4 Phoenix AC	45 —	8 Andrew Field	18 Malcolm Kemp	19 Andrew Haig
5 Herts Phoenix AC	47 —	12 Richard Melvern	14 Richard Bloom	21 Stuart Mann
6 Brighton & Hove City AC	52 —	4 Barry Blackwell	10 Peter Witcomb	38 Mike Airey
7 Tadworth AC	53 —	7 Geoff Newton	9 Peter Rand	37 Philip Fenton
8 Serpentine Running Club	78 —	24 Derek Paterson	25 David Hinds	29 Richard Long
9 Reading Road Runners	89 —	26 Jim Kiddle	28 Edward Wingrove	35 Ken Beck
10 Hillingdon AC	89 —	23 John Mvial	30 Anthony Shaw	36 Brian Feldman

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Masters - Men 70 aged 70 to 75

Pos	Name	Cat/Pos	Club	Time
1	Roy Cnudde	V70	1 Hillingdon AC	34:21
2	Douglas Milsom	V70	2 Hillingdon AC	36:01
3	John Taylor	V70	3 Hailsham Harriers	36:16
4	Michael Miller	V70	4 Hillingdon AC	38:02

Masters - Men 70 over 75

Pos	Name	Cat/Pos	Club	Time
1	John Steed	V75	1 Herts Phoenix AC	36:28
2	Brian Shave	V75	2 Heme Hill Harriers	41:24
3	Richard Johnson	V75	3 Hillingdon AC	44:26
4	John Cullingham	V75	4 Reading AC	54:12

Masters - Men 70 — TEAM RESULTS

1 Hillingdon AC	8 —	1 Roy Cnudde	2 Douglas Milsom	5 Michael Miller
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Masters - Ladies aged 35 to 40

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	Juliette Minter	L35	1 Olney Runners	26:04	8	Sarah Knox	L35	8 Serpentine Running Club	30:32
2	Katherine Reeves	L35	2 Met Police	27:40	9	Gamble Lydia Burgess	L35	9 Arena 80 AC	30:49
3	Natalie Wilson	L35	3 Reigate Priory AC	27:43	10	Katie Crowe	L35	10 Serpentine Running Club	30:53
4	Sarah Edmunds	L35	4 Serpentine Running Club	28:26	11	Janet Littlewood	L35	11 Winchester & District AC	31:01
5	Gillian Jubb	L35	5 St Albans Striders	29:52	12	Christina Smith	L35	12 St Albans Striders	31:03
6	Lynne Jones	L35	6 Dorking & Mole Valley AC	30:05	13	Julie Clarke	L35	13 South London Harriers	31:28
7	Ursula Wilson	L35	7 London Heathside	30:26					

Masters - Ladies aged 40 to 45

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	Julie Briggs	L40	1 Arena 80 AC	25:11	10	Louise Jowascu	L40	10 Dorking & Mole Valley AC	28:57
2	Karen Hazlitt	L40	2 Winchester & District AC	26:30	11	Laura Hales	L40	11 Woking AC	29:08
3	Jane Gandee	L40	3 Winchester & District AC	26:42	12	Jo Conn	L40	12 Serpentine Running Club	30:57
4	Karen Rushton	L40	4 South West Veterans AC	27:13	13	Lisa Pettit	L40	13 Serpentine Running Club	31:23
5	Grace Wu	L40	5 Serpentine Running Club	27:49	14	Louise Taylor	L40	14 Hailsham Harriers	31:43
6	Victoria Carter	L40	6 Serpentine Running Club	27:50	15	Jenny Hughes	L40	15 Arena 80 AC	31:46
7	Rebecca Black	L40	7 Dorking & Mole Valley AC	28:13	16	Clare Settle	L40	16 South London Harriers	32:08
8	Iva Raykov	L40	8 London Heathside	28:43	17	Cheryl Sacks	L40	17 Serpentine Running Club	34:30
9	Vikki Filsell	L40	9 Thames Hare & Hounds	28:51	18	Alison Lapper	L40	18 Met Police	37:56

Masters - Ladies aged 45 to 50

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	Marina Stedman	L45	1 Windsor Slough Eton & Hounslow	27:07	15	Patricia Thomas	L45	15 Ealing Southall & Middlesex	29:28
2	Michaela McCallum	L45	2 Winchester & District AC	27:10	16	Vanda Caulfield	L45	16 Epsom & Ewell Harriers	29:36
3	Caroline Wood	L45	3 Arena 80 AC	27:28	17	Paula Fudge	L45	17 Windsor Slough Eton & Hounslow	29:48
4	Tracey Curl	L45	4 City Of Norwich AC	27:38	18	Louise Wilkinson	L45	18 City Of Norwich AC	30:19
5	Marie Synnott-Wells	L45	5 Ranelagh Harriers	27:49	19	Louise Schlaeppi	L45	19 Dorking & Mole Valley AC	30:41
6	Ruth Hutton	L45	6 South London Harriers	28:11	20	Alison Fenwick	L45	20 Winchester & District AC	31:01
7	Christine Anthony	L45	7 West Suffolk AC	28:18	21	Ellen Fulcher	L45	21 Handy Cross Runners	31:04
8	Cathy Ulliott	L45	8 Brighton & Hove City AC	28:22	22	Sarah Allen	L45	22 Heme Hill Harriers	31:05
9	Pippa Major	L45	9 Thames Hare & Hounds	28:32	23	Viv Mitchell	L45	23 South London Harriers	31:07
10	Zoe Lowe	L45	10 St Albans Striders	28:35	24	Mandy Attree	L45	24 St Albans Striders	31:11
11	Susanna Harrison	L45	11 Woking AC	28:39	25	Cathy Stewart	L45	25 Aldershot Farnham & Dac	31:31
12	Kay Trinder	L45	12 Woking AC	28:44	26	Marie Evans	L45	26 Winchester & District AC	32:16
13	Dee Smale	L45	13 Windsor Slough Eton & Hounslow	28:49	27	Jacqui Reid	L45	27 Met Police	33:50
14	Catkin Shelley	L45	14 Serpentine Running Club	29:09	28	Lou Walker	L45	28 Winchester & District AC	36:16

Masters - Ladies aged 50 to 55

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	Jane Clarke	L50	1 City Of Norwich AC	26:26	10	Tamra Coleman	L50	10 Arena 80 AC	31:19
2	Chris Costiff	L50	2 South London Harriers	28:18	11	Annette Morris	L50	11 Reigate Priory AC	31:41
3	Ramona Thevenet	L50	3 Woking AC	28:51	12	Liz Walls	L50	12 St Albans Striders	31:54
4	Claire Aqualina	L50	4 Arena 80 AC	28:55	13	Judith Carder	L50	13 Brighton & Hove City AC	32:10
5	Pam Iannella	L50	5 South London Harriers	28:56	14	Trudy Kuhn	L50	14 South London Harriers	32:40
6	Lesley Whaley	L50	6 Reading Road Runners	29:00	15	Madeline Vossler	L50	15 Winchester & District AC	32:53
7	Lynne Whitaker	L50	7 Winchester & District AC	29:41	16	Anne Miners	L50	16 Arena 80 AC	34:36
8	Gillian Morgan	L50	8 Ealing Southall & Middlesex	30:21	17	Carrie Oliver	L50	17 Winchester & District AC	36:09
9	Ruth Miller	L50	9 London Heathside	30:57	18	Carole Wisdom	L50	18 Serpentine Running Club	36:40

Masters - Ladies aged 55 to 60

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Cat/Pos	Club	Time
1	Chris Naylor	L55	1 Arena 80 AC	31:24	6	Heather Fenton	L55	6 Tadworth AC	36:38
2	Joy Radford	L55	2 Winchester & District AC	31:35	7	Ann Kinahan	L55	7 Serpentine Running Club	36:57
3	Lynne Tanner	L55	3 Springfield Striders	32:22	8	Jaci Blackwell	L55	8 Brighton & Hove City AC	38:23
4	Jo Quantrell	L55	4 South London Harriers	32:52	9	Moyna Lee	L55	9 Winchester & District AC	38:57
5	Hazel Paterson	L55	5 Serpentine Running Club	35:51					

Masters - Ladies aged 60 to 65

Pos	Name	Cat/Pos	Club	Time
1	Shirley Dyson-Laurie	L60	1 Winchester & District AC	33:22
2	Jan Farmer	L60	2 Serpentine Running Club	36:36
3	Nina Pinkerton	L60	3 South London Harriers	39:27
4	Marianne Morris	L60	4 Serpentine Running Club	43:02

Masters - Ladies aged 65 to 70

Pos	Name	Cat/Pos	Club	Time
1	Ros Young	L65	1 Serpentine Running Club	40:57

Masters - Ladies over 70

Pos	Name	Cat/Pos	Club	Time
1	Sue Lambert	L70	1 Serpentine Running Club	37:19

Masters - Ladies aged 35 to 44 — TEAM RESULTS

1 Serpentine Running Club	28 —	8 Grace Wu	9 Victoria Carter	11 Sarah Edmunds
2 Winchester & District AC	30 —	3 Karen Hazlitt	4 Jane Gandee	23 Janet Littlewood
3 Dorking & Mole Valley AC	41 —	10 Rebecca Black	14 Louise Jowascu	17 Lynne Jones
4 Arena 80 AC	49 —	1 Julie Briggs	20 Gamble Lydia Burgess	28 Jenny Hughes

Masters - Ladies aged 45 to 54 — TEAM RESULTS

1 City Of Norwich AC	31 —	1 Jane Clarke	5 Tracey Curl	25 Louise Wilkinson
2 South London Harriers	34 —	7 Ruth Hutton	9 Chris Costiff	18 Pam Iannella
3 Windsor Slough Eton & Hounslow	41 —	2 Marina Stedman	15 Dee Smale	24 Paula Fudge
4 Woking AC	43 —	13 Susanna Harrison	14 Kay Trinder	16 Ramona Thevenet
5 Winchester & District AC	55 —	3 Michaela McCallum	23 Lynne Whitaker	29 Alison Fenwick
6 Arena 80 AC	55 —	4 Caroline Wood	17 Claire Aqualina	34 Tamra Coleman
7 St Albans Striders	82 —	12 Zoe Lowe	33 Mandy Attree	37 Liz Walls

Masters - Ladies over 55 — TEAM RESULTS

1 Winchester & District AC	19 —	2 Joy Radford	5 Shirley Dyson-Laurie	12 Moyna Lee
2 Serpentine Running Club	22 —	6 Hazel Paterson	7 Jan Farmer	9 Ann Kinahan