

ST ALBANS 10k

10:00 - Sunday 14 May 2006

Male Senior

Position in Category	Overall Position	Race Number	Name	Club
1	1	135	Stephen Hartley	Ampthill & Flitwick Flyers
2	2	309	Paul Adams	St Albans Striders
3	3	467	James McGaughey	Kent AC

Male Vet 40

Position in Category	Overall Position	Race Number	Name	Club
1	5	86	Andy Holt	Garden City Runners
2	7	215	Adrian Mason	Barnet & District AC
3	9	403	Brad Plummer	Garden City Runners

Male Vet 50

Position in Category	Overall Position	Race Number	Name	Club
1	29	244	Kenny Blyth	Ware Joggers
2	35	362	Greg Hill	Watford Joggers
3	38	351	Jim Brown	Fairlands Valley Spartans

Male Vet 60

Position in Category	Overall Position	Race Number	Name	Club
1	48	451	Fred Bees	Great Bentley RR
2	61	359	John Few	Eton Manor AC
3	97	203	Bob Wallace	Watford Joggers

Female Senior

Position in Category	Overall Position	Race Number	Name	Club
1	18	42	Anna Ward	St Albans Striders
2	24	479	Tina Muir	Bedford & County
3	41	466	Lisa Newing	Bitton Road Runners

Female Vet 35

Position in Category	Overall Position	Race Number	Name	Club
1	47	58	Jayne Cresswell	Riccy Running Sisters
2	66	278	Celia Findlay	St Albans Striders
3	73	353	Christine Tanner	Bishop's Stortford AC

Female Vet 45

Position in Category	Overall Position	Race Number	Name	Club
1	86	73	Sharon Kassemzadeh	Watford Joggers
2	95	457	Julie Simmons	Allenburys RC
3	109	293	Kairen Cullen	Unattached

Female Vet 55

Position in Category	Overall Position	Race Number	Name	Club
1	213	208	Brenda Howe	Unattached
2	268	214	Jane Richmond	Watford Joggers
3	295	237	Helen Marks	Ware Joggers

Male Team

Position	Club
1	Ampthill & Flitwick Flyers
2	Ware Joggers
3	St Albans Striders

**Ampthill & Flitwick Flyers
Team Members**

Stephen Hartley

Adam Peters

Darren Farr

Tony Cole

**Ware Joggers
Team Members**

Justin Hill

Jason Mentern

Martin Saggars

Kenny Blyth

**St Albans Striders
Team Members**

Paul Adams

Grant West

Andrew Wasdell

Paul Siddle

Female Team

Position	Club
1	St Albans Striders
2	Watford Joggers

**St Albans Striders
Team Members**

Anna Ward

Celia Findlay

Louise Reed

**Watford Joggers
Team Members**

Sharon Kassemzadeh

Elizabeth Dean

Catherine Dodd