

Standalone 10k - Herts County Championship Results

4 October 2009 - Hitchin

Team Results

County Team	FirstName	LastName	TeamName
1st Ladies Team	Rachel	Gibbs	North Herts Road Runners
	Lizzy	Hall	North Herts Road Runners
	Astrid	Mckeown	North Herts Road Runners
	Natasha	Pitman	North Herts Road Runners
2nd Ladies Team	Jo	Laing	Fairlands Valley Spartans
	Kerry	James	Fairlands Valley Spartans
	Claire	Haddleton	Fairlands Valley Spartans
	Nikki	Nation	Fairlands Valley Spartans
3rd Ladies Team	Claire	Farley	Ware Joggers
	Sara	Carter	Ware Joggers
	Annette	Hardman	Ware Joggers
	Cheryl	Scudamore	Ware Joggers

County Team	FirstName	LastName	TeamName
1st Mens Team	Neilson	Hall	North Herts Road Runners
	Steve	Mckeown	North Herts Road Runners
	Nick	Beresford	North Herts Road Runners
	James	Atkins	North Herts Road Runners
2nd Mens Team	Richard	Bate	Fairlands Valley Spartans
	Simon	Jackson	Fairlands Valley Spartans
	Simon	Bell	Fairlands Valley Spartans
	Shaw	Pye	Fairlands Valley Spartans
3rd Mens Team	Costa	Michael	Barnet & District AC
	Michael	Stapleton	Barnet & District AC
	Alex	Horton	Barnet & District AC
	Paul	Carter	Barnet & District AC