

Mersea Lions 10 Mile Road Race
Sunday 30 August 2009. 10:30 am
Provisional Race Directors' Prize Presentation List

Sponsored by CC DISCOUNT HEATING

Cat	Placed	Time	Name	Team	Cat	Race No
All Men	1	0:56:18	RIDDELL, Gareth	Basildon	All Men	474
	2	0:56:18	WHITWORTH, Benjamin	woodford green acwel	All Men	387
	3	0:59:05	CHILD, David	Kent AC	40+ Male	397
All Ladies	1	1:08:54	RUSH, Jill		35+ Female	351
	2	1:09:05	SHIRLEY, Marie	sudbury joggers	All Ladies	526
	3	1:10:00	GIBBINS, Deborah	benfleet rc	45+ Female	417
40+ Male	1	1:00:05	HELLIWELL, Paul	colchester harriers	40+ Male	429
50+ Male	1	1:01:55	OAKES, John	Haverhill RC	50+ Male	439
60+ Male	1	1:14:59	DRISCOLL, John	colchester harriers	60+ Male	503
35+ Female	1	1:11:16	DODDS, Vanessa	benfleet rc	35+ Female	432
45+ Female	1	1:17:33	ROBERTSON, Sue		45+ Female	319
55+ Female	1	1:25:54	MACAULAY, Sheila	Springfield Striders	55+ Female	448
Mens	1	1:05:22	THOMAS, Clive	Gt Bentley	40+ Male	447
		1:11:43	JOHNSON, Ben	Gt Bentley	All Men	329
		1:12:01	SEMPLE, Graham	Gt Bentley	40+ Male	452
Ladies	1	1:15:21	PIESLAND, Vicky	Gt Bentley	35+ Female	430
		1:20:24	BISHOP, Theresa	Gt Bentley	45+ Female	375
		1:31:20	LAW, BARBARA	Gt Bentley	55+ Female	494