

# Mersea Lions 10 Mile Road Race

Sunday 30 August 2009. 10:30 am

**(3 competitors per team. Based on cumulative position.)**

## **Sponsored by CC DISCOUNT HEATING**

### Ladies Team results

Placed	Team	Place	Time	Name	Cat	Race No
1 :	Gt Bentley					
		7	1:15:21	PIESLAND, Vicky	35+ Female	430
		12	1:20:24	BISHOP, Theresa	45+ Female	375
		34	1:31:20	LAW, BARBARA	55+ Female	494
2 :	Braintree					
		11	1:18:04	ROLERKITE, Lindsay	35+ Female	345
		28	1:29:10	FRANCES LAMBERT, Helen	45+ Female	422
		31	1:29:54	ROWLING, Freya	All Ladies	481
3 :	Tiptree road runners					
		4	1:10:28	SHEWBRIDGE, LAURA	All Ladies	517
		33	1:30:49	BOWNES, CAROLYN	45+ Female	504
		38	1:33:32	SHILLING, DAWN	All Ladies	411
4 :	Witham RC					
		8	1:16:21	WRAY, Shelley	35+ Female	315
		46	1:38:42	WINGROVE, Naomi	All Ladies	460
		49	1:41:23	EMERICK, Naomi	55+ Female	399
5 :	Bishop Stortford					
		23	1:26:30	COWAN, ELEANOR	35+ Female	363
		39	1:34:12	GAULD-CLARK, Anne	55+ Female	400
		42	1:35:30	WAKELING, Maureen	45+ Female	396
6 :	Springfield Striders					
		21	1:25:54	MACAULAY, Sheila	55+ Female	448
		40	1:34:33	CALLAGHAN, NICOLE	35+ Female	389
		60	1:52:09	WHITEHEAD, Brenda	45+ Female	440