



**St Clare Hospice 10k Run
Sunday 5th April 2009**

Prize Winners

Men's Race

1st – Chrispian Bloomfield	Billericay Striders	32:24
2nd – Chris Burgoyne	Springfield Striders	33:48
3rd – Noel Thatcher	Harlow Running Club	34:29
1st Senior Man		
Steven Prosser	Bishop's Stortford Running Club	34:53
1st Man Vet 40		
Johnny Wallis	Woodford Green Running Club	37:27
1st Man Vet 50		
Roy Steven	Harlow Running Club	38:34
1st Man Vet 60+		
Roger Berry	Walthamstow Athletic Club	45:57

Ladies Race

1st – Sharon Gammon	Ware Joggers	37:59
2nd – Andrea Mann	Garden City Runners	42:23
3rd – Carinne Jay	East London Runners	42:33
1st Senior Lady		
Rebecca White	Saffron Striders	43:35
1st Lady Vet 35		
Claire Farley	Ware Joggers	44:19
1st Lady Vet 45		
Clare Kerr	Ware Joggers	43:37
1st Lady Vet 55+		
Janet Howes	Bishop's Stortford Running Club	49:01

Club Prizes

1st Men's Club – Harlow Running Club

1st Ladies Club – Ware Joggers

Wheel chair race

Dean Harvey