

Down Tow Up Flow - 25 July 2010
Prize Winners

		Name	Time	Team	Category	Race No.
Mens Open						
	1	SELBY, Ian	1:24:21		Mens Open	297
	2	HART, Simon	1:24:38	Havering Mayesbrook AC	MV40	140
	3	KNOWLES, Simon	1:24:53	Clapham Chasers	Mens Open	542
Womens Open						
	1	BAUMBER, Annie	1:28:20	Bracknell Forest Runners	Womens Open	19
	2	KEATES, Sheena	1:36:26		Womens Open	528
	3	BENNETT, Magda	1:39:12	Reading Road Runners	Womens Open	374
MV40						
	1	CHAPPELL, Aaron	1:25:56	Bracknell Forest Runners	MV40	50
WV40						
	1	BELSOM, Tina	1:52:51	Stowmarket	WV40	27
MV50						
	1	BELSOM, Robin	1:37:17	Ipswich Jaffa	MV50	26
WV50						
	1	ORTH, Barbara	1:55:19	Thame Road Runners	WV50	240
MV60						
	1	FANSHAWE, John	1:53:08		MV60+	99
WV60						
	1	FABRICUS, Julia	2:31:53		WV60	97