

Down Tow Up Flow - 24 July 2011
Prize Winners

	Name	Time	Team	Category	Race No.
Mens Open					
1	SHUTE, Rupert Course Record	1:17:45	Reading Road Runners	Mens Open	424
2	HART, Simon Age Group Course Record	1:19:31	Havering Mayesbrook AC	MV40	222
3	LOCK, Tony	1:20:05	Witney Road Runners	MV40	301
Womens Open					
1	PARDOE, Karmen Age Group Course Record	1:28:45		WV40	362
2	MCCRABBE, Penny	1:29:47	Maidenhead AC	Womens Open	315
3	WHILEY, Lesley	1:32:03	Reading Road Runners	WV50	485
MV40					
1	CHAPPELL, Aaron	1:22:46	Bracknell Forest Runners	MV40	81
WV40					
1	EATON, Jenny	1:36:29	Team Kennett	WV40	148
MV50					
1	SIRS, Nick Age Group Course Record	1:28:01	Exeter Harriers	MV50	428
WV50					
1	WHEELER, Kym	1:41:24	Corby Athletics Club	WV50	484
MV60					
1	BAGULEY, Chris Age Group Course Record	1:42:48		MV60+	12
WV60					
1	PEPPER, Anne Age Group Course Record	1:54:20		WV60+	1304