



# ROYSTON RUNNERS



## Buntingford Year End 10 December 27th 2004 Results

### Women

#### Senior

1	Emma Patel	Cambridge and Coleridge	62:21
2	Clare Read	Barnet and District	65:19
3	Lizzie Clifford	Garden City Joggers	66:35

#### Vet 35

1	Sue Spong	Havering Joggers	67:16
2	Karen Bradley	Barnet and District	68:11
3	Elizabeth Walls	St Albans Striders	69:31

#### Vet 45

1	Anne Seymour	St Albans Striders	72:21
2	Yvonne Parker	North Herts Road Runners	77:17
3	Margaret Chew	Stopsley Striders	77:31

#### Vet 55

1	Linda Selby	Harrow	79:50
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## Buntingford Year End 10 December 27th 2004 Results

### Men

#### Senior

1	Neil Miller	Bedford and County	54:28
2	Sam Pullan	St Albans Striders	54:53
3	John Clarke	Ware Joggers	54:57

#### Vet 40

1	Tony Pamphilon	Woodford Green	57:29
2	David Barrett	Woodford Green	57:32
3	Colin Braybrook	St Albans Striders	58:43

#### Vet 50

1	Christopher Lamont	Stopsley Striders	62:21
2	Raymond Woodruff	Ramsey	63:45
3	Terry Hellings	Lytham St Annes	66:27

#### Vet 60

1	Colin Russell	North Herts Road Runners	71:31
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