

ARC Half Marathon Championship at the Stevenage HM – 1st Nov. 2009

Results by Category

	Medal	Name	Club
Race Winner (men)	Trophy + gold	Bryn Reynolds	Bishops Stortford RC
Senior Men	Gold	Andrew Patterson	Fairlands Valley Spartans
	Silver	Russell Casey	Garden City Runners
	Bronze	Shaw Pye	Fairlands Valley Spartans
V40 Men	Gold	Len Reilly	Kent AC
	Silver	Andy Holt	Garden City Runners
	Bronze	Sean Bowen	Garden City Runners
V50 Men	Gold	Stephen Kemble	Garden City Runners
	Silver	Keith McLellan	Garden City Runners
	Bronze	Peter Dellar	
V60 Men	Gold	Geoff Newton	Tadworth AC
	Silver	George Thomas	Bishops Stortford RC
	Bronze	JohnHope	St Albans Striders
V70 Men	Gold	Tom Casserley	Garden City Runners
	Silver	Malcolm Ball	
	Bronze	Dave Beane	Garden City Runners
Race Winner (ladies)	Trophy +gold	Phillippa Taylor	Stamford Striders
Senior Ladies	Gold	Heather Blamire-Brown	St Albans Striders
	Silver	Helen Durance	St Albans Striders
	Bronze	Karen Risley	Bishops Stortford RC
V35 Ladies	Gold	Jo Laing	Fairlands Valley Spartans
	Silver	Caroline Hale	Garden City Runners
	Bronze	Tracy Pez	Fairlands Valley Spartans
V45 Ladies	Gold	ChristineMcCullough	Fairlands Valley Spartans
	Silver	Lynni Gingell	Bedford Harriers
	Bronze	Caroline Glading	Fairlands Valley Spartans
V55 Ladies	Gold	Gauld - Clark	Bishops Stortford RC
	Silver	Sandra Butler	Ramsey RR
	Bronze	Mary Amos	Bishops Stortford RC