

ARC Half Marathon Championship Event at the Bedford Harriers HM  
 Sunday 14<sup>th</sup> December 2008  
 Medal Winners

**Men**

Category	Name	Club	Time
1 <sup>st</sup> Senior Man	Sam Pullan	St. Albans Striders	1.12.36
2 <sup>nd</sup> Senior Man	Ian Day	Ely RR	1.18.37
3 <sup>rd</sup> Senior Man	Craig Palmer	Dunstable RR	1.19.08
1 <sup>st</sup> V40 Man	John Manlow	Ely RR	1.18.52
2 <sup>nd</sup> V40 Man	Garon Heslop	Canterbury Harriers	1.20.02
3 <sup>rd</sup> V40 Man	John Murphy	Dunstable RR	1.20.45
1 <sup>st</sup> V50 Man	Chris Lamont	Stopsley Striders	1.22.38
2 <sup>nd</sup> V50 Man	John Chapman	Stopsley	1.23.05
3 <sup>rd</sup> V50 Man	David Holt	Bedford Harriers	1.27.40
1 <sup>st</sup> V60 Man	Bob Wells	Bedford Harriers	1.25.12
2 <sup>nd</sup> V60 Man	Dave Debnam	Stopsley Striders	1.42.52
3 <sup>rd</sup> V60 Man	Michael Barrowman	St. Albans Striders	1.51.29
1 <sup>st</sup> V70 Man	George Dawson	Bushfield Joggers	2.05.31

Mens Team	
1 <sup>st</sup> Dunstable RR	Craig Palmer
	John Murphy
	Michael Hand
	Robert Connors
2 <sup>nd</sup> Stopsley Striders	Adrian Copp
	Chris Lamont
	John Chapman
	Gerry Taylor
3 <sup>rd</sup> St. Albans Striders	Sam Pullan
	John Jones
	Colin Braybrook
	Richard Davis

## Women

Category	Name	Club	Time
1 <sup>st</sup> Senior Woman	Martha Hall	Garden City Runners	1.25.21
2 <sup>nd</sup> Senior Woman	Sally Onn	St. Albans Striders	1.31.08
3 <sup>rd</sup> Senior Woman	Gillian Jubb	St. Albans Striders	1.35.36
1 <sup>st</sup> V35 Woman	Belinda Pullan	St. Albans Striders	1.32.09
2 <sup>nd</sup> V35 Woman	Sarah Shynn	Dunstable RR	1.43.06
3 <sup>rd</sup> V35 Woman	Juliet Smith	Bedford Harriers	1.44.52
1 <sup>st</sup> V45 Woman	Yvonne Jones	Garden City Runners	1.36.16
2 <sup>nd</sup> V45 Woman	Angela Kerr	Leighton Fun Runners	1.45.14
3 <sup>rd</sup> V45 Woman	Linda Tomasson	Stopsley Striders	1.45.29
1 <sup>st</sup> V55 Woman	Barbara Wilson	Fairlands Valley Spartans	1.53.50
2 <sup>nd</sup> V55 Woman	Lynne Greenard	Bedford Harriers	1.55.33
3 <sup>rd</sup> V55 Woman	Susan Farr	Bedford Harriers	2.11.23
1 <sup>st</sup> V65 Woman	No Finisher		

Womens Team	
1 <sup>st</sup> St. Albans Striders	Sally Onn
	Belinda Pullan
	Gillian Jubb
2 <sup>nd</sup> Garden City Runners	Martha Hall
	Yvonne Jones
	Gilly Holdsworth
3 <sup>rd</sup> Biggleswade	Julie Sutton
	Fiona Hunter
	Hannah Street