

## England Athletics East Road Running Grand Prix Series

### Points from Event 1 - Watford Half Marathon

<b>Men</b>			<b>Points</b>	
1	LAWLER, James	Bedford & County AC	Senior Men	12
2	ADAMS, Paul	St Albans Striders	Senior Men	10
3	PLAZA LASTRAS, Pablo	St Albans Striders	Senior Men	8
4	BUCKLE, Stephen	St Albans Striders	Senior Men	7
5	ENNION, Matthew	St Albans Striders	Senior Men	6
6	GREAVES, Paul	St Albans Striders	Vet Men 40-49	5
7	VIVIAN, Blake	St Albans Striders	Senior Men	4
8	PIDCOCK, Laurence	Garden City Runners	Senior Men	3
9	STRATFORD, Barry	Herts Phoenix	Senior Men	2
10	WHITE, Brian	Fvs Tri	Vet Men 50-59	1

<b>Ladies</b>			<b>Points</b>	
1	WILKINSON, Jo	Bedford & County AC	Senior Ladies	12
2	SANDERSON, Danielle	Watford Harriers	Vet Women 45-54	10
3	STAINES, Selina	Dacorum and Tring	Senior Ladies	8
4	RENSHAW, Kerri	FVS Tri	Senior Ladies	7
5	HARDCASTLE, Kath	Fairlands Valley Spartans	Senior Ladies	6
6	McKIE, Elizabeth	St Albans Striders	Vet Women 35-44	5
7	GUDGEON, Thea	Watford Harriers	Senior Ladies	4
8	HALE, Caroline	Garden City Joggers	Vet Women 35-44	3
9	COLWELL, Michaela	Tring RC	Vet Women 35-44	2
10	GRUNDY, Rowena	Watford Harriers	Senior Ladies	1

<b>Team Competition</b>		<b>Points</b>
1	St Albans Striders	12
2	Garden City Joggers	10
3	Watford Joggers	8
4	Tring RC	7
5	Watford Harriers	6
6	David Lloyd	5
7	Fairlands Valley Spartans	4
8	Ampthill & Flitwick Flyers	3
9	Gade Vallley Harriers	2
10	Royston Runners	1