

**Billericay Striders 10K 1st November 2009**

<b>Place</b>	<b>Number</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Category</b>
1	181	0:49:30	PARROTT, Leonard	Havering	Male Vet 70+
2	328	0:56:17	MILES, Albert	Castle Point Joggers	Male Vet 70+
3	362	0:57:23	JENKINS, James	Heartbeaters	Male Vet 70+