

# Standalone First for Charlie!

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Five Stevenage and North Herts Athletes had great run at the Standalone 10k Sunday morning.



Charlie Grayson continued his fine form to finish in an amazing 36 minutes 10 seconds, which saw him win the under 20s race and come 16th overall.

Other club athletes in action were Trevor Mason (44.38, 215th overall and 29th VM 50-59), Alex Gates (44.43, 217th overall and 8th senior woman 20-34), Tony Carolan (46.58, 290th and 39th VM 50-59) and Jenny Cotter (44.58, 226th overall and 6th VW 45-54).

A number of club members also gave up their morning to help marshal this big local race.