

## AllResultsTable

Position	Gender Position	Category Position	Race Num	Name	Category	Club	RaceTime
1	1	1	548	Ryan Blair McKinlay	MSEN	Highgate Harriers	00:34:54
2	2	1	169	Paul Greaves	MV40	Herts Phoenix A.C.	00:35:03
3	3	2	381	MICHAEL HUNT	MSEN	Trafford Ac	00:35:14
4	4	3	2	Ross Langley	MSEN	Tring Running Club	00:36:46
5	5	4	288	Roberson Mark	MSEN	F.V.S Tri	00:36:54
6	6	5	107	Andrew Wasdell	MSEN	Milton Keynes AC	00:37:38
7	7	6	376	ANDREW BLOXAM	MSEN	Serpentine AC	00:37:59
8	8	7	116	Richard Bate	MSEN	Fairlands Valley Spartans	00:38:05
9	9	2	149	Paul Reddaway	MV40	Broxbourne Runners	00:38:51
10	1	1	235	Danielle Sanderson	FV45	Watford Harriers	00:39:03
11	10	8	529	KARLWINDER HAYER	MSEN	St Albans Striders	00:39:12
12	11	9	558	Ellis Thorpe	MSEN	N/A	00:39:28
13	12	10	342	DARREN MCGRATH	MSEN	Harpenden Runners	00:39:29
14	13	11	254	Head Leigh	MSEN	N/A	00:39:35
15	14	12	203	Christian Schlotterer	MSEN	Ware Joggers	00:39:37
16	15	13	124	Adam Frith	MSEN	Ware Joggers	00:39:41
17	16	14	352	LEIGH ECCLESTONE	MSEN	St Albans Striders	00:39:41
18	17	3	507	CHRIS MAHON	MV40	Milton Keynes AC	00:39:42
19	18	1	222	Peter Dellar	MV50	Dunstable Road Runners	00:39:43
20	19	15	320	KEITH COTTER	MSEN	N/A	00:39:50
21	20	4	295	Jones John	MV40	St Albans Striders	00:39:50
22	21	16	449	ALEX MILNE	MSEN	N/A	00:39:52
23	22	17	266	George Chris	MSEN	N/A	00:39:55
24	23	5	496	JOHN COX	MV40	N/A	00:40:10
25	24	18	220	John Eccleston	MSEN	Broxbourne Runners	00:40:17
26	25	19	223	Duncan Choosey	MSEN	Fairlands Valley Spartans	00:40:20
27	26	6	510	RANJIET KAINTH	MV40	St Albans Striders	00:40:27
28	27	20	74	Anthony Ryan	MSEN	Ware Joggers	00:40:41
29	28	21	34	Thomas Pickering	MSEN	Ware Joggers	00:40:46
30	29	22	264	George Mark	MSEN	N/A	00:40:47
31	30	23	416	BENJAMIN HARRIS	MSEN	Fairlands Valley Spartans	00:40:49
32	31	2	345	ROBIN TREMAINE	MV50	London Heathside	00:40:55
33	32	24	514	CHRISTOPHER REASON	MSEN	Broxbourne Runners	00:40:56
34	33	25	90	Jake Amos	MSEN	N/A	00:41:03
35	34	7	209	Mike Russell	MV40	F.V.S Tri	00:41:05

## AllResultsTable

36	35	8	60 Paul Illing	MV40	Watford Harriers	00:41:21
37	36	26	531 ANDREW SHEPHERD	MSEN	St Albans Striders	00:41:27
38	37	27	414 VINCENT ALOMIA	MSEN	N/A	00:41:36
39	38	9	233 Mark Coultrup	MV40	Broxbourne Runners	00:42:00
40	39	28	159 Nathan Powell	MSEN	Metros	00:42:03
41	2	1	334 HEATHER BLAMIRE-BROWN	FSEN	St Albans Striders	00:42:09
42	40	10	467 MARK STUDDART	MV40	Watford Joggers	00:42:16
43	3	2	360 GILLIAN JUBB	FSEN	St Albans Striders	00:42:19
44	41	29	7 David Evans	MSEN	N/A	00:42:24
45	42	30	378 TOM HENDERSON	MSEN	N/A	00:42:33
46	43	31	319 TIM COOK	MSEN	N/A	00:42:38
47	44	11	4 Andy Hyland	MV40	Broxbourne Runners	00:42:40
48	45	32	86 Tom Pinnington	MSEN	N/A	00:42:45
49	46	12	156 David Robinson-Smith	MV40	Ware Joggers	00:42:55
50	47	33	555 MATT BRADFORD	MSEN	N/A	00:42:55
51	48	13	131 Scott Pollack	MV40	Bishops Stortford RC	00:42:56
52	4	3	92 Sarah Fensome	FSEN	St Albans Striders	00:42:57
53	49	3	495 ANDREW SALISBURY	MV50	Herts Phoenix A.C.	00:42:59
54	50	4	380 JIM BROWN	MV50	Fairlands Valley Spartans	00:43:05
55	51	14	267 Boyd Steve	MV40	Gade Valley Harriers	00:43:10
56	52	5	94 Derek Dutchburn	MV50	Broxbourne Runners	00:43:16
57	53	15	278 Mills Kevin	MV40	N/A	00:43:19
58	54	34	25 David Casson	MSEN	N/A	00:43:24
59	55	16	463 TIM WOOLRIDGE	MV40	Watford Joggers	00:43:32
60	56	35	358 ROB SLADE	MSEN	N/A	00:43:37
61	57	36	111 Jonathan Kirkham	MSEN	N/A	00:43:45
62	58	37	370 ANDY GILL	MSEN	N/A	00:43:51
63	59	17	93 Peter Stimpson	MV40	N/A	00:43:57
64	60	38	398 DANIEL POTTS	MSEN	N/A	00:43:57
65	61	18	290 Gardiner James	MV40	N/A	00:43:59
66	62	19	340 RICHARD COFFEY	MV40	Ware Joggers	00:44:08
67	63	39	546 Oliver Kirkman	MSEN	St Albans Striders	00:44:17
68	5	1	344 JAN BALL	FV35	Watford Joggers	00:44:20
69	6	4	410 KIRSTY GREEN	FSEN	Watford Joggers	00:44:22
70	64	40	75 John Turpin	MSEN	N/A	00:44:23
71	65	20	154 Phil Neale	MV40	West Mercia Police A.C	00:44:35

## AllResultsTable

72	66	41	491 STEPHEN NEWING	MSEN	Gade Valley Harriers	00:44:36
73	67	42	539 JONATHAN ELEY	MSEN	N/A	00:44:37
74	7	2	126 Celia Findlay	FV45	David Lloyd Pacers	00:44:38
75	8	5	367 HANNAH TURNER	FSEN	N/A	00:44:43
76	9	6	343 SARAH COTTELL	FSEN	N/A	00:44:45
77	68	21	520 CHRIS BURWOOD	MV40	Road Runners Club	00:44:48
78	69	22	500 STEVE SADLER	MV40	N/A	00:44:53
79	10	7	400 ANGIE THORPE	FSEN	N/A	00:44:54
80	70	23	158 Roger Partridge	MV40	Ware Joggers	00:44:55
81	71	43	493 DEAN LAMBERT	MSEN	N/A	00:44:56
82	72	24	273 Paganuzzi Marco	MV40	N/A	00:45:01
83	73	44	519 BRUCE WEIR	MSEN	N/A	00:45:03
84	11	2	292 Harrison Vikki	FV35	David Lloyd Pacers	00:45:07
85	74	25	153 Jeff Allen	MV40	N/A	00:45:10
86	75	45	6 Paul Brazier	MSEN	N/A	00:45:12
87	76	6	114 Russell Devitt	MV50	Shaftesbury Harriers	00:45:15
88	77	7	206 David Stanley	MV50	Amphill & Flitwick Flyers	00:45:16
89	78	26	489 IAN HODGSON	MV40	N/A	00:45:18
90	12	8	119 Jackie Drew	FSEN	Watford Joggers	00:45:28
91	13	9	513 TERESA ENGLISH	FSEN	Broxbourne Runners	00:45:30
92	79	46	483 ANDY THOMAS	MSEN	N/A	00:45:32
93	14	3	490 SHARON KASSEMZADEH	FV45	Watford Joggers	00:45:34
94	80	47	180 Daniel Horne	MSEN	N/A	00:45:48
95	81	48	103 Matthew Farmer	MSEN	N/A	00:45:54
96	82	49	516 BENJAMIN COUCH	MSEN	N/A	00:45:55
97	83	50	372 DANIEL WILLIAMS	MSEN	N/A	00:45:57
98	84	51	287 Marshall Tim	MSEN	N/A	00:45:58
99	85	52	11 Mark Albon	MSEN	N/A	00:45:59
100	86	27	499 DAVID LEWIS	MV40	N/A	00:46:00
101	87	53	465 STEVEN PHILLIPS	MSEN	N/A	00:46:03
102	88	54	503 PAUL MCCANN	MSEN	N/A	00:46:05
103	89	55	474 JONATHAN CASS	MSEN	N/A	00:46:10
104	90	28	179 Antony Pinnock	MV40	N/A	00:46:13
105	91	56	374 IAN KELLY	MSEN	N/A	00:46:14
106	92	57	102 Marc Pearce	MSEN	N/A	00:46:16
107	93	8	270 Higgins Pat	MV50	St Albans Striders	00:46:17

## AllResultsTable

108	94	58	444 MARK STEVENS	MSEN	St Albans Striders	00:46:18
109	15	10	420 SOPHIE ELLIS	FSEN	N/A	00:46:30
110	95	29	302 MIKE BURR	MV40	N/A	01:46:32
111	96	59	464 GRAHAM SUTHERLAND	MSEN	N/A	00:46:33
112	97	9	61 Colin Hamlet	MV50	Watford Harriers	00:46:35
113	98	30	65 Duncan Essex	MV40	N/A	00:46:41
114	16	11	471 NATASHA SIMMONDS	FSEN	N/A	00:46:46
115	17	3	297 Cendrowicz Natasha	FV35	Highgate Harriers	00:46:48
116	99	31	469 ANTHONY ROSE	MV40	Ware Joggers	00:47:01
117	100	60	71 Dean Capon	MSEN	Aro Sports Runners	00:47:01
118	18	4	560 NICOLE SULLIVAN	FV35	N/A	00:47:06
119	101	32	544 PETE EDWARDS	MV40	Watford Joggers	00:47:07
120	102	33	552 Allan Mackintosh	MV40	N/A	00:47:23
121	19	5	50 Alison Pearson	FV35	N/A	00:47:26
122	20	4	160 Clare Bonnick	FV45	Watford Joggers	00:47:27
123	103	61	402 MIKE ROEBUCK	MSEN	N/A	00:47:30
124	104	10	46 John Rowlands	MV50	N/A	00:47:34
125	105	62	448 CHARLES HEWSON	MSEN	JPMorgan Running Club	00:47:38
126	106	34	164 Les Taylor	MV40	Ware Joggers	00:47:39
127	107	35	506 TONY TURNER	MV40	N/A	00:47:45
128	108	36	236 Neil Moreton	MV40	N/A	00:47:47
129	109	63	251 Ben Hayes	MSEN	St Albans Striders	00:47:48
130	110	11	32 John Pickering	MV50	Ware Joggers	00:47:49
131	21	12	512 NAOMI HAMMOND	FSEN	Allenburys RC	00:47:52
132	111	64	452 ANDREW RENDELL	MSEN	St Albans Striders	00:47:53
133	112	65	333 NIKKI LOVELL	MSEN	N/A	00:48:05
134	113	66	540 MATTHEW BIRCHLEY	MSEN	South London Harriers	00:48:07
135	22	5	556 Sue Williams	FV45	David Lloyd Pacers	00:48:14
136	114	67	472 BEN FIELD	MSEN	N/A	00:48:15
137	115	37	487 PETER MARTIN-FLAVEN	MV40	JUST GLUE IT RC	00:48:15
138	116	68	242 John-Paul Augeri	MSEN	N/A	00:48:16
139	117	69	316 CHRIS BROOKMAN	MSEN	N/A	00:48:25
140	23	13	476 ANNETTE HARDMAN	FSEN	Ware Joggers	00:48:28
141	118	38	231 Martin Veryard	MV40	N/A	00:48:34
142	119	70	528 DAN DAVIS	MSEN	N/A	00:48:35
143	120	39	39 Andrew Langley	MV40	Harpenden Runners	00:48:41

## AllResultsTable

144	121	71	122 Simon Godley	MSEN	N/A	00:48:44
145	122	40	455 JOHN POULAIN	MV40	N/A	00:48:46
146	123	41	18 Dan OBrien	MV40	N/A	00:48:47
147	124	42	462 SIMON UNGER	MV40	Watford Joggers	00:48:51
148	125	12	256 Johnson Stephen	MV50	Ware Joggers	00:48:52
149	126	13	401 PAUL ROEBUCK	MV50	N/A	00:48:55
150	127	72	492 DAVID SUTHERLAND	MSEN	N/A	00:48:56
151	24	6	478 SARA O CALLAGHAN	FV35	Fairlands Valley Spartans	00:48:58
152	25	6	232 Sharon Rider	FV45	Broxbourne Runners	00:49:06
153	128	73	545 SIMON COX	MSEN	N/A	00:49:12
154	129	74	403 PETER GIBBONS	MSEN	N/A	00:49:13
155	26	7	221 Heather Harris	FV35	David Lloyd Pacers	00:49:14
156	27	8	308 JULIE NORTON	FV35	N/A	00:49:15
157	28	14	113 Kate Moxey	FSEN	N/A	00:49:16
158	130	43	200 Tim Woodall	MV40	N/A	00:49:18
159	131	75	415 LEE BALDWIN	MSEN	N/A	00:49:19
160	132	44	279 Dawson Jeff	MV40	N/A	00:49:20
161	29	15	515 ANGELA HODSON	FSEN	Garden City Runners	00:49:33
162	133	76	162 Matt Parfitt	MSEN	N/A	00:49:36
163	134	14	161 Ian Bonnick	MV50	Watford Joggers	00:49:37
164	135	77	538 LEE RADLEY	MSEN	Ware Joggers	00:49:40
165	136	78	547 Danny Risdon	MSEN	N/A	00:49:46
166	30	9	480 SARAH WARNER	FV35	N/A	00:49:47
167	137	79	298 Nick Collis	MSEN	N/A	00:49:54
168	138	80	451 JOHN STUART	MSEN	N/A	00:49:58
169	139	45	274 Stern David	MV40	N/A	00:49:59
170	31	1	234 Judy Pomphrey	FV55	St Albans Striders	00:50:02
171	32	10	373 LAURA PARKER	FV35	N/A	00:50:07
172	140	46	41 Kyle Rushby	MV40	N/A	00:50:08
173	141	81	83 Tony Wake	MSEN	N/A	00:50:09
174	142	82	12 Stephen Hewitt	MSEN	Watford Joggers	00:50:11
175	143	47	69 Peter Rogers	MV40	N/A	00:50:14
176	144	83	488 TOM DE VAL	MSEN	N/A	00:50:23
177	145	48	369 MIKE HUGHES	MV40	N/A	00:50:25
178	146	84	522 MICHAEL TOMKINSON	MSEN	Rochdale Harriers	00:50:28
179	33	11	36 Sarah-Jane Stephens	FV35	N/A	00:50:35

## AllResultsTable

180	34	16	189 Laura Feekins	FSEN	N/A	00:50:45
181	147	85	13 Jeetendra Seera	MSEN	N/A	00:50:47
182	35	17	91 Kelly Brewster	FSEN	Watford Joggers	00:50:50
183	148	86	371 PAUL RAUDNITZ	MSEN	N/A	00:50:56
184	149	49	331 RICHARD MORRIS	MV40	N/A	00:50:57
185	150	87	365 CHRIS MARRIOTT	MSEN	N/A	00:50:59
186	151	15	484 RAY MARUM	MV50	N/A	00:51:00
187	152	50	207 Robert Smalley	MV40	N/A	00:51:04
188	153	88	269 Lennon Chris	MSEN	Royston Runners	00:51:12
189	36	18	112 Gemma Kirkham	FSEN	N/A	00:51:14
190	154	89	226 James Wakeling	MSEN	N/A	00:51:20
191	37	12	314 SARA LINTON	FV35	N/A	00:51:22
192	155	90	532 JASON COHEN	MSEN	N/A	00:51:24
193	156	51	5 Robert Green	MV40	N/A	00:51:39
194	38	19	413 NICOLA MAGGS	FSEN	Barnet & District AC	00:51:40
195	157	91	392 LEE WAKE	MSEN	N/A	00:51:43
196	158	16	127 Peter Wilkinson	MV50	N/A	00:51:43
197	159	1	521 BRIAN FELDMAN	MV60	Hillingdon AC	00:51:44
198	39	20	135 Sam Cook	FSEN	N/A	00:51:50
199	160	92	429 STEVE PHILLIPS	MSEN	N/A	00:51:54
200	161	17	181 Robert Waddingham	MV50	Ware Joggers	00:51:55
201	162	93	3 Robert Brazier	MSEN	N/A	00:51:55
202	163	18	443 PAUL HOLGATE	MV50	Fairlands Valley Spartans	00:52:10
203	164	94	246 James Beckett	MSEN	N/A	00:52:10
204	40	21	96 Kathryn Beckitt	FSEN	N/A	00:52:10
205	165	52	117 Richard Weaver	MV40	N/A	00:52:11
206	166	95	509 THOMAS HUGHES	MSEN	N/A	00:52:12
207	167	96	405 MARC ROWLANDS	MSEN	N/A	00:52:27
208	41	7	31 Nicola Pickering	FV45	Ware Joggers	00:52:41
209	42	22	511 RACHEL MILLS	FSEN	N/A	00:52:52
210	168	53	100 Andrew Angus	MV40	Watford Harriers	00:53:03
211	169	97	67 Daniel Morgan	MSEN	N/A	00:53:10
212	43	8	152 Jenni Viner	FV45	Ware Joggers	00:53:21
213	44	13	508 ELAINE SMITH	FV35	N/A	00:53:22
214	170	2	132 Dennis Cannon	MV60	Fairlands Valley Spartans	00:53:22
215	45	23	439 JULIE CURTIS	FSEN	N/A	00:53:23

## AllResultsTable

216	46	24	530 SUSANNAH FORD	FSEN	N/A	00:53:24
217	171	3	244 Jack Richardson	MV60	N/A	00:53:29
218	47	9	534 LOUISE JONES	FV45	St Albans Striders	00:53:30
219	172	98	187 Mark Stevens	MSEN	N/A	00:53:31
220	173	54	55 Richard Blackwell	MV40	N/A	00:53:32
221	48	25	377 SOPHIE HEMSWORTH	FSEN	N/A	00:53:34
222	174	99	211 Kevin Jewell	MSEN	N/A	00:53:37
223	175	100	338 ROBERT YAXLEY	MSEN	South London Harriers	00:53:42
224	176	19	137 William Harding	MV50	Hillingdon AC	00:53:43
225	177	55	99 Robert Brown	MV40	N/A	00:53:44
226	178	20	461 COLIN NAMAN	MV50	Ware Joggers	00:53:51
227	49	10	20 Anna Kaposi	FV45	N/A	00:53:52
228	179	101	434 ROSS DENHAM	MSEN	N/A	00:53:53
229	180	21	442 RICHARD WHITING	MV50	Herts Phoenix A.C.	00:53:54
230	181	102	473 MATTHEW RIX	MSEN	North Herts Road Runners	00:53:54
231	50	11	89 Jan Stock	FV45	Ware Joggers	00:54:05
232	182	103	23 James Clague	MSEN	N/A	00:54:08
233	183	104	225 Lee Bird	MSEN	N/A	00:54:13
234	51	12	454 LESLEY BARBER	FV45	N/A	00:54:17
235	184	56	417 IAN DAVIES	MV40	N/A	00:54:26
236	52	14	272 Salter Susan	FV35	N/A	00:54:30
237	53	15	460 VICKY BERRY	FV35	Royston Runners	00:54:31
238	185	105	40 David Reavill	MSEN	N/A	00:54:31
239	186	57	502 GARY ROKENSON	MV40	Gade Valley Harriers	00:54:31
240	54	26	108 Jane Lee	FSEN	Milton Keynes AC	00:54:48
241	55	16	219 Frances Edmunds	FV35	N/A	00:54:54
242	187	4	185 David Byers	MV60	N/A	00:54:55
243	56	27	8 Tanya Bagchi	FSEN	N/A	00:54:57
244	188	106	82 Tom Barnes	MSEN	N/A	00:54:57
245	189	107	64 Paul Heskin	MSEN	N/A	00:54:59
246	190	58	87 Stephen Mead	MV40	N/A	00:55:00
247	191	22	70 Peter Keats	MV50	Ware Joggers	00:55:02
248	57	28	195 Kate Greenwood	FSEN	N/A	00:55:05
249	58	29	130 Oksana Rowlands	FSEN	N/A	00:55:06
250	192	108	293 Clements Gavin	MSEN	N/A	00:55:14
251	193	109	479 PETER KELLY	MSEN	N/A	00:55:15

## AllResultsTable

252	194	5	44 John Butcher	MV60	Ware Joggers	00:55:23
253	59	17	362 FRANCES REYNOLDS	FV35	N/A	00:55:28
254	60	18	277 Davies Joanne	FV35	N/A	00:55:30
255	195	110	237 Matthew Moreton	MSEN	N/A	00:55:31
256	196	6	118 Terry Nichols	MV60	Ware Joggers	00:55:32
257	61	19	262 Howard Sarah	FV35	Ware Joggers	00:55:33
258	197	59	291 Lawrence Paul	MV40	N/A	00:55:34
259	198	111	542 PAUL THEOBALD	MSEN	Chiltern Harriers AC	00:55:34
260	199	112	438 RICHARD GUNTON	MSEN	N/A	00:55:38
261	62	20	125 Nerissa Moore	FV35	N/A	00:55:39
262	200	113	57 Simon Hall	MSEN	N/A	00:55:41
263	63	21	354 CLAIRE NICHOLS	FV35	Ware Joggers	00:55:46
264	201	114	210 John Rhoden	MSEN	N/A	00:55:49
265	202	115	151 Benjamin Monk	MSEN	N/A	00:55:52
266	203	23	543 TIM WILLIAMS	MV50	Edmonton RC	00:55:52
267	204	7	109 Graham Fensome	MV60	N/A	00:55:57
268	205	116	183 Christopher Brazier	MSEN	N/A	00:56:06
269	206	117	284 Pitcher Greg	MSEN	N/A	00:56:09
270	64	30	115 Tracy Draper	FSEN	N/A	00:56:10
271	65	31	78 Denise Brazier	FSEN	N/A	00:56:10
272	66	22	396 JUDITH BEARD	FV35	N/A	00:56:13
273	67	23	1 Nathalie Light	FV35	N/A	00:56:17
274	207	118	336 DAMIAN CUSICK	MSEN	N/A	00:56:23
275	68	32	62 Kate Dixon	FSEN	N/A	00:56:31
276	69	2	80 Anne Ramsden	FV55	Ware Joggers	00:56:34
277	70	24	52 Sara Carter	FV35	Ware Joggers	00:56:36
278	71	33	15 Suzanne Newman	FSEN	Long Eaton R.C.	00:56:41
279	72	34	245 Christine Sipidias	FSEN	Serpentine AC	00:56:45
280	208	119	188 Paul Taylor	MSEN	N/A	00:56:56
281	209	60	422 JOHN MAY	MV40	East London Runners	00:57:03
282	73	35	171 Anna Bradley	FSEN	N/A	00:57:05
283	74	36	110 Louisa Stevens	FSEN	N/A	00:57:08
284	75	37	98 Leonie Madigan	FSEN	N/A	00:57:20
285	210	61	48 Neil Pearson	MV40	N/A	00:57:25
286	76	13	170 Sharon Crowley	FV45	Fairlands Valley Spartans	00:57:30
287	211	62	260 Appleton Andrew	MV40	N/A	00:57:30

## AllResultsTable

288	77	14	430 FIONA RIDDELL	FV45	Harpers Running Club	00:57:36
289	78	25	431 ALEXANDRA DOWNES	FV35	Harpers Running Club	00:57:39
290	79	38	72 Laura Shipley	FSEN	N/A	00:57:43
291	80	26	437 CAROLINE CURTIS	FV35	N/A	00:57:43
292	81	15	247 Diane Edwards	FV45	St Albans Striders	00:57:45
293	82	39	190 Claire Haines	FSEN	N/A	00:57:55
294	212	120	294 Baynham Bradley	MSEN	F.V.S Tri	00:57:57
295	83	27	214 Helen Jones	FV35	N/A	00:58:04
296	213	63	229 Peter Reynolds	MV40	N/A	00:58:07
297	214	64	19 Stephen Bonfield	MV40	N/A	00:58:07
298	84	16	541 PIPPA WILLIAMS	FV45	Edmonton RC	00:58:17
299	85	40	328 KELLY TOMLINSON	FSEN	N/A	00:58:22
300	86	28	459 JANINE COOKE	FV35	N/A	00:58:26
301	87	41	253 Porter Rachael	FSEN	N/A	00:58:26
302	88	29	325 AMBER NICHOLLS	FV35	N/A	00:58:31
303	89	42	310 SIOBHAN HENDERSON	FSEN	N/A	00:58:32
304	90	43	101 Sarah Datz	FSEN	N/A	00:58:32
305	215	121	501 SIMON BRADFORD	MSEN	Ware Joggers	00:58:35
306	91	30	330 JOANNA WESTROPE	FV35	N/A	00:58:37
307	92	44	289 Goulding Vicki-Marie	FSEN	F.V.S Tri	00:58:46
308	93	45	317 IRAIDE BEASCOECHEA	FSEN	N/A	00:58:52
309	216	122	349 JAMES THREAPLETON	MSEN	N/A	00:59:07
310	94	46	350 HILARY THREAPLETON	FSEN	N/A	00:59:17
311	95	17	167 Sandra Brown	FV45	N/A	00:59:19
312	217	123	120 Craig Impett	MSEN	N/A	00:59:21
313	218	65	243 Robin Lord	MV40	N/A	00:59:21
314	96	31	470 SANDRA GARRATT	FV35	N/A	00:59:27
315	219	124	375 DAVID HUNT	MSEN	N/A	00:59:30
316	220	125	549 Peter Olliffe	MSEN	N/A	00:59:31
317	97	47	327 BAL SANDHU	FSEN	N/A	00:59:34
318	221	66	142 Barry Smith	MV40	N/A	00:59:37
319	98	48	554 Kate Buchan	FSEN	N/A	00:59:38
320	99	18	176 Catherine Crawley	FV45	N/A	00:55:38
321			Unknown Runner			
322	100	32	201 Rita Olatunde	FV35	N/A	00:59:56
323	222	126	134 David Kelsey	MSEN	Chippenham Harriers	01:00:00

## AllResultsTable

324	101	3	63 Julia Webber	FV55	N/A	01:00:00
325	223	8	241 Roy Stringer	MV60	Ware Joggers	01:00:00
326	224	24	523 IVAN HICKMOTT	MV50	N/A	01:00:14
327	225	127	155 Richard Cooling	MSEN	N/A	01:00:16
328	102	19	239 Cecilia Heley	FV45	N/A	01:00:18
329	226	128	205 Dominic Maurello	MSEN	N/A	01:00:20
330	103	4	250 Kathy Scruton	FV55	Ricky Running Sisters	01:00:21
331	227	129	215 David Mountain	MSEN	N/A	01:00:28
332	104	49	208 Emma Mountain	FSEN	N/A	01:00:35
333	228	130	551 PETER ROSCOE	MSEN	N/A	01:00:44
334	229	67	553 KEITH GLAZEBROOK	MV40	N/A	01:00:44
335	230	25	252 Yexley Alastair	MV50	N/A	01:00:58
336	231	68	276 Prime Steve	MV40	N/A	01:00:59
337	105	50	248 Jennifer Moore	FSEN	N/A	01:01:01
338	232	9	133 John Nugent	MV60	Broxbourne Runners	01:01:01
339	233	26	281 Boreham Christopher	MV50	N/A	01:01:19
340	234	69	494 NORMAN BOULTON	MV40	PADDINGTON POSTAL AC	01:01:21
341	235	131	84 Nigel Hawes	MSEN	N/A	01:01:23
342	106	33	379 CERI LAIRD	FV35	N/A	01:01:25
343	107	34	59 Evelyne Normile	FV35	N/A	01:01:29
344	108	20	368 JENNY HUGHES	FV45	N/A	01:01:40
345	109	21	218 Susan Defoe	FV45	Watford Joggers	01:01:44
346	236	132	238 George Moreton	MSEN	N/A	01:01:56
347	110	51	123 Alison Etherden	FSEN	Garden City Runners	01:02:03
348	237	27	436 PETER HOLMAN	MV50	Harpenden Runners	01:02:04
349	238	28	407 RICK HOLE	MV50	N/A	01:02:06
350	239	133	477 NEIL SHELFORD	MSEN	N/A	01:02:28
351	111	52	421 CLARE TOOKEY	FSEN	N/A	01:02:29
352	112	35	146 Alison Steadward	FV35	N/A	01:02:33
353	113	53	147 Nikki Scott	FSEN	N/A	01:02:35
354	240	134	482 MATTHEW HARRIS	MSEN	N/A	01:02:47
355	241	135	363 MATTHEW BEALES	MSEN	N/A	01:02:55
356	242	70	286 Craze Lee	MV40	N/A	01:03:03
357	243	71	533 GRAHAM WILLIAMS	MV40	St Albans Striders	01:03:03
358	114	54	504 EMMA ROSVALL	FSEN	N/A	01:03:12
359	115	22	240 Kathy Osborne	FV45	Ware Joggers	01:03:14

## AllResultsTable

360	116	23	56 Penny Davies	FV45	N/A	01:03:22
361	117	5	168 Barbara Bloomfield	FV55	N/A	01:03:24
362	244	136	337 JOSE MUNOZ	MSEN	N/A	01:03:26
363	245	72	394 SIMON BEST	MV40	N/A	01:03:26
364	246	137	193 Zak Thoday	MSEN	N/A	01:03:27
365	118	55	178 Emma McCarthy	FSEN	N/A	01:03:34
366	119	24	177 Lesley McCarthy	FV45	N/A	01:03:43
367	120	36	43 Amanda Harrington	FV35	Ware Joggers	01:03:49
368	121	37	95 Lucie Dimblebee	FV35	Ware Joggers	01:03:52
369	122	6	227 Patricia Godfrey	FV55	Ampthill & Flitwick Flyers	01:04:00
370	247	10	550 Alan Goodwin	MV60	Fairlands Valley Spartans	01:04:00
371	123	25	184 Romaine Byers	FV45	N/A	01:04:01
372	248	138	9 Jeff Grimshaw	MSEN	N/A	01:04:07
373	124	56	285 Bateman Kate	FSEN	N/A	01:04:15
374	125	38	481 RONDA COUSINO	FV35	N/A	01:04:20
375	126	39	391 SARAH COLTMAN	FV35	Watford Joggers	01:04:36
376	127	26	562 Usha Rowan	FV45	N/A	01:04:42
377	128	57	265 Blandford Tessa	FSEN	N/A	01:05:03
378	129	40	315 LAURA MILLEN	FV35	N/A	01:05:12
379	249	73	143 Bob Chalk	MV40	N/A	01:05:13
380	250	139	128 Simon Feldman	MSEN	N/A	01:05:19
381	251	140	21 Jeff Studholme	MSEN	N/A	01:05:34
382	252	141	16 Brian Jobe	MSEN	Long Eaton R.C.	01:06:04
383	253	142	559 OLIVER DOLAN	MSEN	N/A	01:06:19
384	130	58	194 Nicola Thurloway	FSEN	N/A	01:06:26
385	131	41	393 CLAIRE BALMFORTH	FV35	N/A	01:06:28
386	254	143	321 TONY DOWRICK	MSEN	N/A	01:06:28
387	132	59	157 Charlotte Tolson	FSEN	N/A	01:06:32
388	133	60	145 Chloe Morales Oyarce	FSEN	N/A	01:06:32
389	134	42	173 Claire Mugridge	FV35	N/A	01:06:33
390	135	43	172 Caroline Hunt	FV35	N/A	01:06:39
391	136	44	326 MOHINDER SANDHU	FV35	Harpers Running Club	01:06:47
392	137	45	355 KATE PRATT	FV35	N/A	01:06:49
393	138	61	121 Rachel Kenwright	FSEN	N/A	01:06:51
394	139	62	409 EMMA FAIRLAMB	FSEN	N/A	01:06:51
395	140	63	466 JULIE CHUNG	FSEN	N/A	01:06:56

## AllResultsTable

396	141	27	557 Claire Harwood	FV45	N/A	01:06:57
397	142	46	224 Carole Robinson	FV35	N/A	01:06:59
398	255	144	357 JETHRO OFFEMARIA	MSEN	N/A	01:07:04
399	143	47	359 SHARON SLADE	FV35	N/A	01:07:15
400	144	7	165 Rita Askwith	FV55	N/A	01:07:20
401	145	28	217 Sally Jones	FV45	N/A	01:07:22
402	146	48	129 Jane James	FV35	Ricky Running Sisters	01:07:37
403	147	8	309 RITA WILLIAMS	FV55	Ware Joggers	01:07:49
404	256	145	258 Miller Andrew	MSEN	N/A	01:08:19
405	257	146	259 Gibbons Mark	MSEN	N/A	01:08:21
406	258	147	204 Paul van der Walt	MSEN	N/A	01:08:30
407	148	64	450 JESSICA REYNOLDS	FSEN	N/A	01:08:42
408	149	65	411 CHERYL HARRIS	FSEN	N/A	01:08:51
409	150	49	106 Emma Dawson-Goodey	FV35	N/A	01:09:21
410	259	74	105 Jerry McElligott	MV40	N/A	01:09:23
411	151	50	166 Gabrielle Gold	FV35	N/A	01:09:32
412	152	51	468 KAREN DARBYSHIRE	FV35	N/A	01:09:32
413	153	52	440 MONIQUE WAYNE	FV35	N/A	01:09:34
414			Unknown Runner			
415	154	66	525 JULIE LANGFORD	FSEN	N/A	01:09:50
416	260	148	524 DARREN LANGFORD	MSEN	N/A	01:09:57
417	261	149	408 MATTHEW HODGETT	MSEN	N/A	01:09:57
418	262	75	561 Lee Dudack	MV40	N/A	01:10:03
419	263	76	261 Appleton Mark	MV40	N/A	01:10:16
420	264	29	79 Chris Ramsden	MV50	Ware Joggers	01:10:31
421	155	53	322 ALEX WHEELER	FV35	N/A	01:10:45
422	265	150	257 George Damian	MSEN	N/A	01:10:46
423	156	54	249 Heather Bygrave	FV35	N/A	01:10:52
424	266	30	283 Allard David	MV50	N/A	01:11:05
425	267	31	536 DAVID HORNER	MV50	N/A	01:11:05
426	157	67	423 MICHELLE DONNELLY	FSEN	N/A	01:11:35
427	268	32	175 John Eames	MV50	N/A	01:11:35
428	269	151	364 MICHAEL HOLFORD	MSEN	N/A	01:11:55
429	270	77	192 Simon Tucker	MV40	N/A	01:11:55
430	271	11	537 JOHN COLLINS	MV60	N/A	01:12:05
431	158	29	191 Brigid Brennan	FV45	N/A	01:12:18

AllResultsTable

432	159	68	230 Rebecca Reynolds	FSEN	N/A	01:13:30
433	160	9	535 ELIZABETH HORNER	FV55	N/A	01:13:33
434	272	12	88 Mike Stock	MV60	Ware Joggers	01:14:48
435	161	69	144 Laurel Smithson	FSEN	N/A	01:14:58
436	162	10	182 Margaret Waddingham	FV55	Ware Joggers	01:15:08
437	273	13	136 John Heywood	MV60	Ware Joggers	01:15:24
438	163	55	382 HELEN FRYER	FV35	N/A	01:15:30
439	164	70	73 Cheryl Roberts	FSEN	N/A	01:17:11
440	274	152	263 Pate Thomas	MSEN	N/A	01:17:14
441	275	153	299 Rafael Garcia	MSEN	N/A	01:18:14
442	165	11	104 Margaret Clark	FV55	Southern Counties Vets	01:20:03