

St Albans 10K 09 Results

Pos	Gender Pos	Cat Pos	County Vets Gender Pos	Race No.	Name	Cat	Club	Time
1	1	1		156	Ryan Mckinlay	MSEN	Highgate Harriers	0:33:26
2	2	2		444	DAVID BRANFOOT	MSEN	Harrow AC	0:33:30
3	3	3		34	MICHAEL HUNT	MSEN	Trafford Ac	0:34:18
4	4	1	1	127	Peter Stainer	MV40	Shaftesbury Barnet Harriers	0:35:02
5	5	4		484	PAUL BOND	MSEN	Milton Keynes AC	0:36:01
6	6	5		180	JAMES ATKINS	MSEN	North Herts Road Runners	0:36:10
7	7	6		412	CURTIS CUMBERBATCH	MSEN	N/A	0:37:07
8	8	2	2	56	PAUL REDDAWAY	MV40	Broxbourne Runners	0:37:22
9	9	7		57	ANDREW WASDELL	MSEN	Milton Keynes AC	0:37:38
10	10	8		207	MARK DEACON	MSEN	N/A	0:38:05
11	11	9		163	John Knight	MSEN	Met Police AA	0:38:06
12	12	10		132	Ciaran Mckeown	MSEN	N/A	0:38:10
13	13	1	3	362	DAVID BOWKER	MV50	Fairlands Valley Spartans	0:38:14
14	14	11		126	PATRICK GALLAGHER	MSEN	Garden City Runners	0:38:45
15	15	2	4	514	ROBIN TREMAINE	MV50	London Heathside	0:38:53
16	16	12		432	NEIL HUME	MSEN	N/A	0:39:06
17	17	13		129	Mark Kennedy	MSEN	N/A	0:39:18
18	18	14		291	COLIN WILLETTS	MSEN	N/A	0:39:22
19	19	15		528	TOM REES	MSEN	N/A	0:39:36
20	20	3		428	DARREN MCGRATH	MV40	N/A	0:39:43
21	21	16		282	DAVID MORITZ	MSEN	N/A	0:39:43
22	22	4		93	ANDREW PANTELI	MV40	N/A	0:39:51
23	23	17		351	CHRIS REASON	MSEN	Broxbourne Runners	0:39:58
24	24	5		398	STEVE BOYD	MV40	Gade Valley Harriers	0:40:04
25	25	18		261	KEITH COTTER	MSEN	N/A	0:40:17
26	26	19		476	TOMASZ JARDZIOCH	MSEN	N/A	0:40:20
27	27	6	5	46	MARCUS EDWARDS	MV40	Watford Joggers	0:40:24
28	28	20		466	ALEX BURGER	MSEN	N/A	0:40:27
29	29	21		37	AARON TINDALE	MSEN	N/A	0:40:29
30	30	22		447	STUART HARRIES	MSEN	Stopsley Striders	0:40:33
31	31	3		112	RICHARD HOAR	MV50	Boxfit Tri	0:40:34
32	32	23		355	CW MALINAK	MSEN	N/A	0:40:36

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Pos	Gender	Pos	Cat	County Vets		Race No.	Name	Cat	Club	Time
				Gender	Pos					
33		33	24			358	OLIVER JONES	MSEN N/A		0:40:48
34		34	25			155	James Greenbay	MSEN N/A		0:40:52
35		35	26			509	ANDREW WRIGHT	MSEN Gade Valley Harriers		0:40:55
36		36	27			120	TERRY STANLEY	MSEN Ampthill & Flitwick Flyers		0:41:01
37		37	4		6	545	COLIN TAYLOR	MV50 Watford Joggers		0:41:06
38		38	7		7	535	ANDY JORDAN	MV40 Vegetarian Cycling & AC		0:41:31
39		39	8		8	278	JOHN FRANKLIN	MV40 North Herts Road Runners		0:41:35
40		40	9			30	CHRISTOPHER WATSON	MV40 Biggleswade AC		0:41:43
41		41	10		9	512	RANJIET KAINTH	MV40 St Albans Striders		0:41:45
42		1	1			463	LISA NEWING	FSEN Bristol & West AC		0:41:47
43		42	28			506	CHRISTOPHER HUNT	MSEN Stopsley Striders		0:42:04
44		43	29			41	ROBIN FORDER	MSEN N/A		0:42:05
45		44	5		10	503	ANDREW SALISBURY	MV50 Herts Phoenix A.C.		0:42:07
46		45	11			86	DAVID CASSON	MV40 N/A		0:42:08
47		46	30			439	JOE GARNER	MSEN N/A		0:42:14
48		47	6		11	522	DEREK DUTCHBURN	MV50 Broxbourne Runners		0:42:16
49		48	31			323	GRAHAM SUTHERLAND	MSEN N/A		0:42:18
50		49	32			63	BEN THOMAS	MSEN N/A		0:42:21
51		50	7		12	36	JIM BROWN	MV50 Fairlands Valley Spartans		0:42:22
52		51	12			73	MALCOLM SHUTT	MV40 N/A		0:42:33
53		52	33			333	JAKE AMOS	MSEN N/A		0:42:41
54		2	1		1	499	VIKKI HARRISON	FV35 David Lloyd Pacers		0:42:42
55		53	34			69	TOM PINNINGTON	MSEN N/A		0:42:47
56		54	35			138	Matt Everitt	MSEN N/A		0:43:05
57		55	36			605	Unknown Runner	MSEN N/A		0:43:07
58		56	37			190	ROWAN TOMINEY	MSEN N/A		0:43:10
59		57	38			161	Phillip Sturgess	MSEN Harpenden Runners		0:43:13
60		58	8		13	119	DAVID STANLEY	MV50 Ampthill & Flitwick Flyers		0:43:16
61		59	13			205	TIM PRICE	MV40 Bedford Harriers		0:43:19
62		60	39			118	GREG SIMPSON	MSEN N/A		0:43:20
63		61	40			544	DAVID MARTIN	MSEN N/A		0:43:20
64		62	41			130	Steve Hunt	MSEN Broxbourne Runners		0:43:21

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Pos	Gender Pos	Cat Pos	County Vets Gender Pos	Race No.	Name	Cat	Club	Time
65	63	42		443	KEVIN BRAMMER	MSEN	St Albans Striders	0:43:23
66	64	43		210	MATTHEW JAMIESON	MSEN	Fairlands Valley Spartans	0:43:24
67	3	2		411	SOPHIE ELLIS	FSEN	N/A	0:43:30
68	65	44		286	BEN RICHMOND	MSEN	N/A	0:43:44
69	4	2	2	148	Andrea Mann	FV35	Garden City Runners	0:43:46
70	66	45		169	Alex Harman	MSEN	N/A	0:43:52
71	5	1	3	492	CELIA FINDLAY	FV45	David Lloyd Pacers	0:43:56
72	67	46		145	Anthony Williams	MSEN	Watford Harriers	0:43:59
73	6	3		350	TERESA ENGLISH	FSEN	Broxbourne Runners	0:44:13
74	68	47		477	CHRIS BROOKMAN	MSEN	N/A	0:44:21
75	69	14		374	STEPHEN SMITH	MV40	N/A	0:44:25
76	70	48		178	Daniel Griggs	MSEN	N/A	0:44:35
77	7	4		18	KATHRYN LYNCH	FSEN	N/A	0:44:37
78	71	15		27	BOB WATSON	MV40	St Albans Striders	0:44:39
79	72	49		187	Craig Morgan	MSEN	N/A	0:44:40
80	73	50		137	Mark Albon	MSEN	N/A	0:44:48
81	74	51		123	GERRY DOHERTY	MSEN	N/A	0:44:55
82	75	1	14	35	COLIN HAMLET	MV60	Watford Harriers	0:44:56
83	76	52		600	UNKNOWN UNKNOWN	MSEN	N/A	0:44:56
84	77	53		377	MARK STEVENS	MSEN	St Albans Striders	0:44:58
85	78	54		116	MATTHEW FARMER	MSEN	N/A	0:44:59
86	79	55		115	MARC PEARCE	MSEN	N/A	0:45:02
87	80	9		11	KYLE RUSHBY	MV50	N/A	0:45:06
88	8	3		497	ANNA BEATTIE	FV35	N/A	0:45:08
89	81	56		430	PAUL MARTIN	MSEN	Woodson Park	0:45:13
90	9	2	4	372	SHARON KASSEMZADEH	FV45	Watford Joggers	0:45:14
91	82	57		505	DAVID SUTHERLAND	MSEN	N/A	0:45:15
92	10	5		436	PAULA NICOL	FSEN	Boxfit Tri	0:45:17
93	83	58		331	RUSSELL FLOUTIER	MSEN	N/A	0:45:24
94	11	3	5	337	SUE CARPENTER	FV45	Watford Joggers	0:45:32
95	84	59		475	JEREMY READ	MSEN	N/A	0:45:33
96	85	60		359	DAN JAMIESON	MSEN	N/A	0:45:33

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97	12	4	6	121	JULIE SIMMONS	FV45	Allenburys RC	0:45:35
98	86	16		33	ADRIAN MOORE	MV40	N/A	0:45:39
99	87	17		317	PHILIP MOORE	MV40	N/A	0:45:39
100	88	18		90	IAN YOUNG	MV40	N/A	0:46:01
101	13	5		381	PAUL CUNNINGHAM	FV45	N/A	0:46:03
102	89	19		154	David Stern	MV40	N/A	0:46:05
103	90	61		191	Geoff Ford	MSEN	N/A	0:46:07
104	91	20	15	149	David Heal	MV40	Garden City Runners	0:46:09
105	92	62		279	NICK LEWIS	MSEN	N/A	0:46:12
106	93	63		440	CHARLES HEWSON	MSEN	JPMorgan Running Club	0:46:13
107	94	64		206	GARY NEAL	MSEN	N/A	0:46:13
108	14	6		507	NATASHA SIMMONDS	FSEN	N/A	0:46:15
109	95	65		415	STEVE DAVENPORT	MSEN	N/A	0:46:16
110	96	66		387	ADAM FRANCIS	MSEN	N/A	0:46:17
111	97	21		504	LUCAS TATEK	MV40	N/A	0:46:20
112	15	7		450	DANIELA SIDDI-BOSTROM	FSEN	N/A	0:46:20
113	16	8		168	SALLY MARTIN	FSEN	N/A	0:46:22
114	98	67		98	SIMON MANN	MSEN	N/A	0:46:24
115	99	68		275	JEREMY STEVENSON	MSEN	N/A	0:46:25
116	17	9		38	VANESHA PARKASH	FSEN	N/A	0:46:31
117	18	6	7	105	CLARE BONNICK	FV45	Watford Joggers	0:46:33
118	100	69		260	LEE MCIVOR	MSEN	St Albans Striders	0:46:37
119	19	10		409	SUZY TROTT	FSEN	North Herts Road Runners	0:46:38
120	101	22		569	MICHAEL EDMUNDS	MV40	N/A	0:46:43
121	102	70		140	Liam Dawson	MSEN	Bearbrook Joggers	0:46:47
122	103	23		184	Mark Pringle	MV40	N/A	0:47:07
123	104	71		601	UNKNOWN UNKNOWN	MSEN	N/A	0:47:09
124	20	11		338	KATE MOXEY	FSEN	Parkwood Running Club	0:47:12
125	105	24		547	TONY TURNER	MV40	N/A	0:47:19
126	106	72		306	CLIVE NATHAN	MSEN	N/A	0:47:22
127	21	12		133	Caroline Dann	FSEN	Serpentine AC	0:47:24
128	107	73		498	JONATHAN THORNTON	MSEN	N/A	0:47:33

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Pos	Gender	Pos	County Vets		Race No.	Name	Cat	Club	Time
			Gender	Pos					
129		22		8	147	Moira Craft	FV35	David Lloyd Pacers	0:47:41
130		23			274	ANNA STYLES	FSEN	N/A	0:47:43
131		108			513	JACK HINES	MSEN	N/A	0:47:45
132		24		9	453	ALISON HOPWOOD	FV35	Fairlands Valley Spartans	0:47:48
133		25			559	SARAH DEED	FSEN	Boxfit Tri	0:47:50
134		26			396	JOHN ONEILL	FV45	N/A	0:47:52
135		109			170	Alex Dale	MSEN	Ware Joggers	0:47:52
136		110			446	JOSS BURGESS	MSEN	N/A	0:47:58
137		111			345	LEE BALDWIN	MSEN	N/A	0:47:59
138		112			9	RICHARD WEAVER	MV40	N/A	0:48:01
139		113			267	RAIF BARNES	MSEN	N/A	0:48:02
140		114			437	PAUL GROGAN	MSEN	N/A	0:48:03
141		115			494	STUART TRIGWELL	MSEN	N/A	0:48:03
142		116			495	EWAN HEDGE	MSEN	N/A	0:48:08
143		27			379	SARAH BRYDON	FSEN	N/A	0:48:15
144		117			64	IAN BOWERS	MSEN	N/A	0:48:19
145		118			97	MARC PIDOU	MSEN	N/A	0:48:22
146		119			276	MARK HALL	MSEN	N/A	0:48:26
147		120		16	106	IAN BONNICK	MV50	Watford Joggers	0:48:30
148		121			530	NIGEL MASON	MV40	N/A	0:48:31
149		28			399	SARA LINTON	FV35	N/A	0:48:38
150		122			139	Neil Chrisholm	MV40	N/A	0:48:38
151		123		17	131	Ralph Wheeler	MV60	Broxbourne Runners	0:48:39
152		124			122	EASON KRISHNANANDAN	MSEN	N/A	0:48:40
153		125			406	SIMON CLIFFE	MV40	N/A	0:48:42
154		126			110	GRAHAM EDWARDS	MV40	St Albans Striders	0:48:45
155		127			101	MATTHEW PARFITT	MSEN	N/A	0:48:47
156		128			167	Robert Green	MV40	N/A	0:48:48
157		129			7	JOHN CLARKE	MV50	Barnet & District AC	0:48:51
158		130			434	TOM LEE	MSEN	N/A	0:48:53
159		131			3	JAY SEERA	MSEN	N/A	0:48:55
160		132			357	ROBERT BRAZIER	MSEN	N/A	0:48:57

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Pos	Gender Pos	Cat Pos	County Vets Gender Pos	Race No.	Name	Cat	Club	Time
161	133	90		153	Thomas Andrew	MSEN N/A		0:49:05
162	134	91		602	UNKNOWN UNKNOWN	MSEN N/A		0:49:07
163	135	12	18	330	RICK HOLE	MV50	Garden City Runners	0:49:07
164	136	3		109	BARRY CORNELIUS	MV60	Headington Road Runners	0:49:10
165	137	31		502	DAN OBRIEN	MV40 N/A		0:49:13
166	138	92		554	MARK JEX	MSEN N/A		0:49:15
167	139	93		68	STEVEN HOWE	MSEN N/A		0:49:21
168	140	94		496	SCOTT ALEXANDER	MSEN N/A		0:49:23
169	141	95		320	DAN JONES	MSEN N/A		0:49:25
170	142	96		308	TOM RIGBY	MSEN N/A		0:49:26
171	143	97		214	ROBERT YAXLEY	MSEN	South London Harriers	0:49:30
172	144	98		221	RICHARD SOLOMON	MSEN N/A		0:49:39
173	145	4	19	55	JOHN STEED	MV70	Herts Phoenix A.C.	0:49:39
174	146	32		462	DAVE MORRIS	MV40 N/A		0:49:42
175	29	7		445	KASHKA BAIRD	FV35 N/A		0:49:43
176	147	33		334	JONATHAN MOYE	MV40 N/A		0:49:43
177	148	99		343	JONATHAN MILNE	MSEN	St Albans Striders	0:49:48
178	149	100		213	IAN RICKARD	MSEN N/A		0:49:57
179	150	101		17	JAMES BECKETT	MSEN N/A		0:49:57
180	30	8	10	6	MANDY ATTREE	FV35	St Albans Striders	0:49:58
181	151	102		124	JAMES NELSON	MSEN N/A		0:49:58
182	152	103		143	Neil Johnson	MSEN N/A		0:49:50
183	153	104		302	ANTHONY BUNKER	MSEN N/A		0:50:03
184	154	34		454	JOHN POULAIN	MV40 N/A		0:50:04
185	155	105		352	LIZ SMITH	MSEN N/A		0:50:08
186	156	35		538	DEREK BURCHNALL	MV40 N/A		0:50:11
187	31	16		181	Jo Ravenhill	FSEN	Met Police AA	0:50:15
188	32	1		94	JUDY POMPHREY	FV55	St Albans Striders	0:50:23
189	157	5		508	BRIAN FELDMAN	MV60	Hillingdon AC	0:50:23
190	158	106		203	MICHAEL STONE	MSEN N/A		0:50:23
191	159	36		189	Tim Odonovan	MV40 N/A		0:50:24
192	160	107		546	RICHARD WENTFORD	MSEN N/A		0:50:26

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193	161	108		472	LIONEL JULIUS	MSEN N/A		0:50:30
194	162	109		299	LEE BUNKER	MSEN N/A		0:50:31
195	33	17		490	ANNA MASTROPIERRO	FSEN N/A		0:50:31
196	163	110		419	MAURICIO MUNILLA	MSEN N/A		0:50:33
197	164	37		26	PAUL CARTER	MV40	St Albans Striders	0:50:36
198	165	111		515	NICK BISHOP	MSEN N/A		0:50:37
199	166	38		113	ROBERT SMALLEY	MV40 N/A		0:50:41
200	34	9	11	146	Michele Trigg	FV35	David Lloyd Pacers	0:50:42
201	167	13		464	CHRIS NEWING	MV50 N/A		0:50:43
202	168	112		529	JAMES INESON	MSEN N/A		0:50:43
203	169	39		460	STEVEN CHAMBERLAIN	MV40	Serpentine AC	0:50:44
204	35	18		164	Vicki Ansell	FSEN N/A		0:50:45
205	36	19		448	RACHEL DIXON	FSEN N/A		0:50:58
206	170	40		92	JEFF DAWSON	MV40 N/A		0:51:03
207	171	41		186	Andrew Appleton	MV40 N/A		0:51:13
208	172	113		8	PAUL HESKIN	MSEN N/A		0:51:24
209	37	8	12	532	DAWN ROBSON	FV45	Met Police AA	0:51:26
210	38	10		280	JANE THOMAS	FV35	David Lloyd Pacers	0:51:30
211	39	20		570	KERRY MCCANN	FSEN N/A		0:51:33
212	40	11		72	JOANNA EDWARDS	FV35	ADDERBURY RC	0:51:45
213	173	114		134	Ryno Wooding	MSEN N/A		0:51:51
214	41	21		91	HELEN CROUCH	FSEN	St Albans Striders	0:51:59
215	174	115		172	Arron Bonning	MSEN	Havering AC	0:52:01
216	175	116		393	SEAN DUFFY	MSEN N/A		0:52:03
217	176	117		483	THOMAS HUGHES	MSEN N/A		0:52:07
218	42	9		16	NERISSA MOORE	FV45 N/A		0:52:08
219	177	118		485	PETER KELLY	MSEN N/A		0:52:11
220	178	6	20	157	Bob Wallace	MV60	Watford Joggers	0:52:16
221	43	12		493	ELAINE SMITH	FV35 N/A		0:52:26
222	179	119		456	IAN LOFFLER	MSEN N/A		0:52:28
223	180	42		15	MARC PHILLIPS	MV40 N/A		0:52:30
224	44	22		152	Anne Harrington	FSEN N/A		0:52:31

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225	181	14		117	PETER REYNOLDS	MV50 N/A		0:52:36
226	182	120		150	Robert Higham	MSEN N/A		0:52:44
227	183	121		305	GRAHAM LEONARD	MSEN N/A		0:52:44
228	184	122		251	QUENTIN POULSEN	MSEN N/A		0:52:45
229	185	123		209	FRASER IRONSIDE	MSEN N/A		0:52:45
230	45	13		563	VANESSA STEPHENS	FV35 N/A		0:52:47
231	186	124		364	MATTHEW ELWIN	MSEN N/A		0:52:48
232	187	43		542	RICHARD BARBER	MV40 N/A		0:52:48
233	46	10		543	LESLEY BARBER	FV45 N/A		0:52:53
234	188	125		89	JODY BUCZYNSKI	MSEN N/A		0:53:01
235	189	44		312	MARK DAWKINS	MV40 N/A		0:53:02
236	190	45		179	Paul Gallagher	MV40 N/A		0:53:05
237	47	23		102	LUCY CHASE	FSEN N/A		0:53:07
238	48	24		50	JESSICA CHIVERS	FSEN N/A		0:53:17
239	49	14		233	KIKA WATFORD	FV35	Watford Joggers	0:53:18
240	191	126		342	JAMES STACK	MSEN N/A		0:53:31
241	192	15	21	405	RICHARD WHITING	MV50	Herts Phoenix A.C.	0:53:37
242	193	127		128	Mike Holden	MSEN N/A		0:53:40
243	194	128		567	PAUL HAWKINS	MSEN N/A		0:53:40
244	195	129		568	PETER FORTH	MSEN N/A		0:53:41
245	50	15		378	LOUISA HOPPER	FV35 N/A		0:53:43
246	51	25		324	JOSEPHINE WILDRIDGE	FSEN N/A		0:53:44
247	196	46		160	David Chandler	MV40	Garden City Runners	0:53:48
248	197	130		82	DILEEP RUDRASWAMY	MSEN N/A		0:53:54
249	52	26		177	Romana Scotzen	FSEN N/A		0:53:59
250	198	131		562	RICHARD GUNTON	MSEN N/A		0:53:59
251	199	47		301	PETER SEWELL	MV40 N/A		0:54:07
252	200	132		458	ALEX FRANJIEH	MSEN	Boxfit Tri	0:54:09
253	53	11		523	SHERYL NORMAN	FV45	St Albans Striders	0:54:12
254	201	48		383	HUGH BRADY	MV40 N/A		0:54:15
255	54	12		48	MARIAN WITHERS	FV45	Ricky Running Sisters	0:54:17
256	55	27		325	HILARY THREAPLETON	FSEN N/A		0:54:24

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257	202	49		501	KEITH DONALDSON	MV40 N/A		0:54:26
258	56	16		268	JAMIE COOPER	FV35 N/A		0:54:28
259	57	17		202	SARA CARTER	FV35	Ware Joggers	0:54:38
260	203	133		510	SPENCER BROOKS	MSEN N/A		0:54:39
261	204	7		78	DAVID BYERS	MV60 N/A		0:54:41
262	205	16		162	William Harding	MV50	Hillingdon AC	0:54:42
263	206	134		566	SACHIN DOSANI	MSEN N/A		0:54:55
264	58	18		104	CHARLOTTE ASTILL	FV35 N/A		0:54:58
265	207	50		144	Richard Rowley	MV40 N/A		0:55:00
266	208	8		136	Patrick Hough	MV70	Stopsley Striders	0:55:03
267	59	28		482	LISA CHERRY	FSEN N/A		0:55:06
268	60	29		32	EMMA GILBERT	FSEN N/A		0:55:06
269	209	135		31	ANDREW GILBERT	MSEN N/A		0:55:09
270	61	19		413	MANDY MACQUEEN	FV35 N/A		0:55:14
271	210	136		311	DANIEL GOGGIN	MSEN N/A		0:55:18
272	211	137		52	DAVID WRIGHT	MSEN N/A		0:55:21
273	62	30		403	CLARE TOOKEY	FSEN N/A		0:55:21
274	212	9		289	PETER MCCLOSKEY	MV60 N/A		0:55:22
275	213	138		250	MATHEW NEWTON	MSEN N/A		0:55:25
276	63	31		455	EMMA ROSVALL	FSEN N/A		0:55:26
277	64	2		108	BRENDA HOWE	FV55 N/A		0:55:28
278	214	139		83	SHANE CHAPMAN	MSEN N/A		0:55:30
279	65	32		222	ANGELA DAVIES	FSEN N/A		0:55:35
280	66	33		433	NICHOLA FORMANUIK	FSEN N/A		0:55:38
281	67	13		290	JOANNE GEORGE	FV45 N/A		0:55:38
282	215	51		313	TONY REEVE	MV40 N/A		0:55:43
283	68	20		553	FRAN MARTIN	FV35 N/A		0:55:49
284	69	34		344	AMY COX	FSEN N/A		0:55:52
285	216	52		239	NORMAN COURTS	MV40 N/A		0:55:54
286	217	53		151	Simon Harding	MV40 N/A		0:55:58
287	218	140		571	PRAMOL DHAWAN	MSEN N/A		0:56:01
288	70	35		171	Tanya Wallman	FSEN N/A		0:56:02

St Albans 10K 09 Results

Pos	Gender Pos	Cat Pos	County Vets Gender Pos	Race No.	Name	Cat	Club	Time
289	219	141		346	HUW HAMER	MSEN N/A		0:56:12
290	71	21		49	ANNE BENNETT	FV35	Serpentine AC	0:56:15
291	72	22		332	MARIE PINNINGTON	FV35	N/A	0:56:20
292	73	14		70	CHRISTINA LEADBETTER	FV45	Ricky Running Sisters	0:56:23
293	74	23		457	KAREN WATSON	FV35	N/A	0:56:25
294	220	142		565	RAJ SACHDEV	MSEN	N/A	0:56:28
295	75	24		76	CLAIRE SHARP	FV35	Garden City Runners	0:56:30
296	76	15		478	ALISON NEWBERRY	FV45	N/A	0:56:42
297	77	25		43	JACINTA HORNE	FV35	Bedford Harriers	0:56:44
298	78	16		183	SALLY MCBEAN	FV45	N/A	0:56:46
299	79	26		111	AMBER NICHOLLS	FV35	N/A	0:56:55
300	221	143		173	Andrew Trigwell	MSEN	N/A	0:56:55
301	80	36		174	Stephanie Parfitt	FSEN	N/A	0:56:57
302	222	144		304	JACOB KNIGHT	MSEN	N/A	0:56:59
303	81	27		249	PAMELA ROEBUCK	FV35	N/A	0:57:02
304	223	145		390	SAM BALDWIN	MSEN	N/A	0:57:11
305	224	146		375	JULIAN POLNIK	MSEN	N/A	0:57:13
306	82	37		376	CHERYL POLNIK	FSEN	N/A	0:57:15
307	83	17		421	LESLEY NOVIS	FV45	Amphill & Flitwick Flyers	0:57:17
308	84	28		488	ELISABETH TURNER	FV35	N/A	0:57:18
309	85	38		159	Paula Alves	FSEN	N/A	0:57:22
310	225	54		541	EDWIN LUCAS	MV40	N/A	0:57:24
311	86	39		424	AMY POINTON	FSEN	Mornington Chasers	0:57:36
312	87	29		371	FIONA RIDDELL	FV35	N/A	0:57:36
313	226	147		193	DALE COMPTON	MSEN	N/A	0:57:44
314	88	30		271	SARAH COLTMAN	FV35	Watford Joggers	0:57:46
315	89	31		401	CLARE SCREECHE-POWELL	FV35	N/A	0:57:47
316	227	17		292	IVAN HICKMOTT	MV50	N/A	0:57:48
317	228	148		238	MARC RAWLINGS	MSEN	N/A	0:57:49
318	229	149		339	DANIEL CURLEY	MSEN	N/A	0:57:51
319	90	32		370	ALEXANDRA DOWNES	FV35	N/A	0:57:53
320	91	33		252	EMMA CAPORASO	FV35	N/A	0:57:55

St Albans 10K 09 Results

Pos	Gender Pos	Cat Pos	County Vets Gender Pos	Race No.	Name	Cat	Club	Time
321	230	150		551	JONATHAN BRACEY	MSEN N/A		0:57:57
322	92	40		380	FELICITY HARRIS	FSEN N/A		0:58:12
323	231	55		479	IAN JEFFROY	MV40 N/A		0:58:12
324	93	34		254	LISA BARCLAY	FV35 N/A		0:58:13
325	94	41		294	KULJIT BAINS	FSEN N/A		0:58:20
326	232	151		293	SAM SMITH	MSEN	Garden City Runners	0:58:20
327	233	18		66	HANS-PETER LAUBIS	MV50 N/A		0:58:21
328	95	18		67	JACQUELINE LAUBIS	FV45 N/A		0:58:22
329	234	152		525	PETER TOBIAS	MSEN N/A		0:58:25
330	235	153		526	CRAIG WILLEY	MSEN N/A		0:58:25
331	96	19		75	KATE CARROLL	FV45 N/A		0:58:29
332	97	35		257	SUZANNE CLAYTON	FV35 N/A		0:58:36
333	236	154		303	IAIN GRANT	MSEN N/A		0:58:37
334	98	20		518	LINDA MCQUAID	FV45	Watford Joggers	0:58:47
335	99	36		465	RUTH WORSWICK	FV35 N/A		0:58:47
336	237	155		176	Evans Katemba	MSEN N/A		0:58:52
337	238	19		536	DEREK BROOKS	MV50 N/A		0:58:56
338	239	156		273	KEVIN LEE	MSEN N/A		0:58:57
339	240	56		533	STEVE PRIME	MV40 N/A		0:58:59
340	241	157		572	DIPESH DOSANI	MSEN N/A		0:59:03
341	242	57		429	ANDY KINNEY	MV40 N/A		0:59:05
342	243	158		245	ROBERT SLATER	MSEN N/A		0:59:06
343	244	58		388	GUY WESTOBY	MV40 N/A		0:59:12
344	100	42		219	LISA BROWN	FSEN N/A		0:59:14
345	245	59		107	DAVID SMART	MV40 N/A		0:59:24
346	246	60		521	DAVE RUTT	MV40	REALBUZZ	0:59:30
347	247	159		349	KARL RUTTERFORD	MSEN N/A		0:59:37
348	248	160		348	NICK BROWN	MSEN N/A		0:59:37
349	101	43		141	Kirsty Green	FSEN N/A		0:59:40
350	102	44		142	Tania Spencer	FSEN N/A		0:59:40
351	249	161		438	NEIL SHELFORD	MSEN N/A		0:59:41
352	103	45		246	JULIE STANBRIDGE	FSEN N/A		0:59:41

St Albans 10K 09 Results

Pos	Gender Pos	Cat Pos	County Vets Gender Pos	Race No.	Name	Cat	Club	Time
353	104	37		248	KIRSTY BERRYMAN	FV35 N/A		0:59:47
354	250	162		44	DANE WOODWARD	MSEN N/A		0:59:49
355	251	61		537	NEIL MONKMAN	MV40 N/A		0:59:50
356	105	38		263	ELAINE GREEN	FV35 N/A		0:59:52
357	106	39		531	RUTH PAYNE	FV35 N/A		0:59:54
358	107	40		40	MELANIE DANIELS	FV35 N/A		0:59:56
359	108	46		99	EMILY MANN	FSEN N/A		0:59:58
360	252	163		328	ROSS EVA	MSEN N/A		1:00:01
361	109	47		192	Marisa Clifford	FSEN N/A		1:00:06
362	110	48		285	LYDIA FEARN	FSEN N/A		1:00:10
363	253	62		269	MARK ABBOTT	MV40 N/A		1:00:12
364	111	41		226	PENELOPE RAWLINGS	FV35 N/A		1:00:15
365	112	49		307	CAITLIN DEVEREUX	FSEN N/A		1:00:25
366	254	63		319	JEAN-ERIC MICHAUD	MV40 N/A		1:00:26
367	255	164		527	CHRIS POLLARD	MSEN N/A		1:00:26
368	113	42		71	ANN SWEENEY	FV35 N/A		1:00:27
369	114	43		175	Karen Smith	FV35	Watford Joggers	1:00:30
370	115	3		517	FRANCES CHATER	FV55	Watford Joggers	1:00:34
371	116	50		262	ROBYN STANDEN	FSEN N/A		1:00:51
372	117	44		14	MANDY ATKINS	FV35 N/A		1:00:51
373	118	45		125	SUZANNE BULL	FV35 N/A		1:00:51
374	119	21	13	47	ANGELA EDWARDS	FV45	Watford Joggers	1:00:51
375	120	46		96	ROSE DAVIES	FV35 N/A		1:00:59
376	121	47		354	SUSAN LONGBOTTOM	FV35 N/A		1:00:59
377	256	20		42	PETER HILL	MV50 N/A		1:01:04
378	122	51		400	MADELEINE WAKELING	FSEN N/A		1:01:11
379	123	52		243	LYNDSEY ANDERSON	FSEN N/A		1:01:25
380	257	165		62	TIM SEATON	MSEN N/A		1:01:25
381	124	48		10	EMMA SMART	FV35 N/A		1:01:28
382	125	22		548	CELIA HELEY	FV45 N/A		1:01:51
383	126	53		321	CHERYL KEMP	FSEN N/A		1:01:53
384	127	49		74	TRACY STILES	FV35	Fairlands Valley Spartans	1:01:54

St Albans 10K 09 Results

Pos	Gender Pos	Cat Pos	County Vets Gender Pos	Race No.	Name	Cat	Club	Time
385	128	23		77	ROMAINE BYERS	FV45 N/A		1:01:59
386	129	54		473	CHARLOTTE HANKIN	FSEN N/A		1:02:13
387	130	24		549	SHARON MULROY	FV45 N/A		1:02:32
388	131	50		2	LISA BRADSHAW	FV35 N/A		1:02:56
389	132	25		550	USHA ROWAN	FV45 N/A		1:02:57
390	258	166		80	IAN RICHARDSON	MSEN N/A		1:02:57
391	259	167		81	ALEX BEN-EGHAN	MSEN N/A		1:03:11
392	260	21		500	LAWRENCE CHRIST KONG	MV50 N/A		1:03:28
393	133	51		322	REBECCA SUDLOW	FV35 N/A		1:03:36
395	134	52		309	HELEN TRAVERS	FV35 N/A		1:03:39
396	135	53		204	SILKE PRODINGER	FV35 N/A		1:03:40
397	136	55		298	EMMA FAIRLAMB	FSEN N/A		1:03:43
398	261	168		365	MARIO HAMM	MSEN	Ware Joggers	1:03:54
399	137	26		39	LIZ PHILPOTT	FV45 N/A		1:03:59
400	262	169		605	Unknown Runner	MSEN N/A		1:04:04
401	138	56		165	Becky Shinner	FSEN N/A		1:04:08
402	139	54		166	Xanthe Mainwaring	FV35 N/A		1:04:08
403	140	57		474	REBECCA HANKIN	FSEN N/A		1:04:10
404	263	22		561	P NORRIS	MV50 N/A		1:04:28
405	141	58		361	JOANNA CLAYTON	FSEN N/A		1:04:34
406	142	55		272	LOUISE LEE	FV35 N/A		1:04:35
407	143	56		23	RUTH BLAKE	FV35 N/A		1:04:36
408	144	57		20	KATE SILVAIN	FV35 N/A		1:04:37
409	145	58		4	KATHRYN EGLINTON	FV35 N/A		1:04:39
410	146	59		135	Nikki Mccann	FSEN	Stopsley Striders	1:04:50
411	147	59		287	KIRSTY CURRIE	FV35 N/A		1:04:50
412	148	60		556	VANESSA KING	FSEN N/A		1:05:02
413	149	60		558	SHARON SLADE	FV35 N/A		1:05:19
414	150	61		300	REBECCA PARKES	FSEN N/A		1:05:23
415	264	170		360	ANDREW CROZIER	MSEN N/A		1:05:38
416	151	61		422	CAROLINE TAYLOR	FV35 N/A		1:05:57
417	265	171		316	GILES NICHOLSON	MSEN N/A		1:06:06

St Albans 10K 09 Results

Pos	Gender Pos	Cat Pos	County Vets Gender Pos	Race No.	Name	Cat	Club	Time
418	152	62		423	RITA CUNNIE	FV35 N/A		1:06:10
419	153	63		234	BELINDA HART	FV35 N/A		1:06:16
420	154	62		88	ANGELA CAMPBELL	FSEN N/A		1:06:27
421	155	64		524	KATHERINE CHAMBERLIN	FV35 N/A		1:06:36
422	266	172		158	Jethro Offemaria	MSEN N/A		1:06:45
423	156	63		491	ALEX HARRIS	FSEN N/A		1:06:45
424	157	64		366	CHLOE MORALES OYARCE	FSEN N/A		1:06:47
425	158	65		247	NATHALIE DESTA	FV35 N/A		1:06:59
426	159	65		87	MARIA BONORCHIS	FSEN N/A		1:07:13
427	267	64		185	Mark Appleton	MV40 N/A		1:07:42
428	268	173		408	DAVID FLECKNELL	MSEN N/A		1:07:48
429	160	66		407	CARLY SINCLAIR	FSEN N/A		1:07:49
430	161	27		29	PAULINE SIBBIT	FV45 N/A		1:07:54
431	162	66		552	TRACY BLISS	FV35 N/A		1:08:03
432	269	65		265	NORMAN BOULTON	MV40 Mount Pleasant		1:08:03
433	163	67		341	SARAH WILLIAMS	FSEN N/A		1:08:20
434	270	174		188	Thomas Barlett	MSEN N/A		1:08:28
435	164	68		560	VERONIKA PECINOVA	FSEN N/A		1:08:30
436	165	67		5	JACKIE BONE	FV35 N/A		1:08:30
437	166	69		229	SUSANNAH WYETH	FSEN N/A		1:08:33
438	271	175		182	Warren Wueth	MSEN N/A		1:08:35
439	167	28		442	SANDRA RICHARDSON	FV45 N/A		1:08:39
440	272	66		224	MARK THOMAS	MV40 N/A		1:08:58
441	168	68		240	CLARE EAMES	FV35 N/A		1:09:13
442	169	70		220	EMMA SMITH	FSEN N/A		1:09:27
443	170	71		59	MARTHA MORRIS	FSEN N/A		1:10:39
444	171	69		480	BYGRAVE HEATHER	FV35 N/A		1:10:40
445	172	70		416	ANITA DAVENPORT	FV35 N/A		1:10:44
446	173	72		329	CARLY EVA	FSEN N/A		1:10:52
447	273	176		266	PAUL FAULKNER	MSEN N/A		1:10:54
448	174	71		228	SAM JARMAN	FV35 N/A		1:11:01
449	175	72		227	CARMEL JARMAN	FV35 N/A		1:11:01

St Albans 10K 09 Results

Pos	Gender Pos	Cat Pos	County Vets Gender Pos	Race No.	Name	Cat	Club	Time
450	176	29		264	HELEN FRYER	FV45 N/A		1:11:11
451	177	73		296	REBECCA GEORGE	FSEN N/A		1:11:22
452	178	74		452	SUZIE GIBSON	FSEN N/A		1:12:11
453	179	73		45	LYNNE DELOUBES	FV35	Bedford Harriers	1:12:13
454	180	75		60	JOAN MORRIS	FSEN N/A		1:12:33
455	181	30		58	ANNETTE LOVELL	FV45 N/A		1:12:33
456	182	31		95	SUE BALDWIN	FV45 N/A		1:13:24
457	274	177		564	KISHAN DATTANI	MSEN N/A		1:13:27
458	183	32		418	SUZANNA GIERA	FV45 N/A		1:13:29
459	275	178		256	MATTHEW REEVE	MSEN N/A		1:14:15
460	184	76		255	DONNA BROWN	FSEN N/A		1:14:15
461	185	74		288	ZSUZSANNA HORCSOG	FV35 N/A		1:14:39
462	186	33		395	ANGELA ONEILL	FV45 N/A		1:17:32
463	187	4		414	CAROL EVERSLED	FV55 N/A		1:20:25
464	276	179		471	JAMES MARSHALL	MSEN N/A		1:20:25
465	188	77		208	CLAIRE KANE	FSEN N/A		1:23:49