

Provisional Race Summary
All Competitors

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:56:29	CRACKNELL, ANDY	DACORUM & TRING AC	Senior Men	714	1
2	0:56:38	MILLS, Adam	BEDFORD HARRIERS	Men 40-49	190	2
3	0:58:28	JACKSON, SIMON	FAIRLANDS VALLEY SPARTANS	Senior Men	384	3
4	0:58:33	SPELLMAN, GREG	RUGBY AND NORTHAMPTON	Men 40-49	634	4
5	0:58:34	HORTON, ALEX	BARNET & DISTRICT AC	Senior Men	589	5
6	0:58:37	SPEIRS, SIMON	HARPENDEN ARO RUNNERS	Men 40-49	301	6
7	0:58:57	TAYLOR, JAMES	BARNET & DISTRICT AC	Senior Men	716	7
8	0:58:58	AIKEN, SCOTT	TRENT PARK RC	Senior Men	529	8
9	0:59:35	GOLD, Nick	Highgate Harriers	Senior Men	125	9
10	0:59:37	DIANGELO, ANTONY	WEST 4 HARRIERS	Senior Men	724	10
11	0:59:50	GIBBS, RACHEL	Bedford & County AC	Senior Ladies	763	11
12	1:00:25	BELL, SIMON	FAIRLANDS VALLEY SPARTANS	Men 40-49	787	12
13	1:00:29	KELLEHER, ANDREW	BARNET & DISTRICT AC	Men 40-49	536	13
14	1:00:44	HALL, MIKE	WEST 4 HARRIERS	Senior Men	569	14
15	1:01:06	LONG, Matthew	Bedford & County AC	Senior Men	164	15
16	1:01:20	THOMPSON, JOE		Senior Men	303	16
17	1:01:30	HARPUR, IAN	NAMBAN RENGO	Men 40-49	552	17
18	1:02:03	MICHAEL, DESMOND	BARNET & DISTRICT AC	Men 50-59	521	18
19	1:02:42	BISHOP, Daniel		Senior Men	124	19
20	1:02:50	GOODING, MICHAEL	READING ROADRUNNERS	Men 40-49	621	20

Senior Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:56:29	CRACKNELL, ANDY	DACORUM & TRING AC	Senior Men	714	1
2	0:58:28	JACKSON, SIMON	FAIRLANDS VALLEY SPARTANS	Senior Men	384	3
3	0:58:34	HORTON, ALEX	BARNET & DISTRICT AC	Senior Men	589	5
4	0:58:57	TAYLOR, JAMES	BARNET & DISTRICT AC	Senior Men	716	7
5	0:58:58	AIKEN, SCOTT	TRENT PARK RC	Senior Men	529	8

Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:56:38	MILLS, Adam	BEDFORD HARRIERS	Men 40-49	190	2
2	0:58:33	SPELLMAN, GREG	RUGBY AND NORTHAMPTON	Men 40-49	634	4
3	0:58:37	SPEIRS, SIMON	HARPENDEN ARO RUNNERS	Men 40-49	301	6
4	1:00:25	BELL, SIMON	FAIRLANDS VALLEY SPARTANS	Men 40-49	787	12
5	1:00:29	KELLEHER, ANDREW	BARNET & DISTRICT AC	Men 40-49	536	13

Men 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:02:03	MICHAEL, DESMOND	BARNET & DISTRICT AC	Men 50-59	521	18
2	1:03:42	HOLMES, Nicholas	Fleet & Crookham AC	Men 50-59	94	29
3	1:03:59	SKELTON, JOHN	MARSHALL MILTON KEYNES AC	Men 50-59	409	33
4	1:04:14	BOWKER, DAVID	FAIRLANDS VALLEY SPARTANS	Men 50-59	374	35
5	1:04:42	TAYLOR, COLIN	WATFORD JOGGERS	Men 50-59	606	39

Men 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:11:22	ST JOHN, Hugh		Men 60+	107	107
2	1:12:10	BINGHAM, Nick	BARNET & DISTRICT AC	Men 60+	75	119
3	1:15:41	HAMLET, Colin	Watford Harriers	Men 60+	52	175
4	1:16:27	GATHERCOLE, Stephen	MORNINGTON CHASERS	Men 60+	72	185
5	1:17:43	HOPE, JOHN	ST ALBANS STRIDERS	Men 60+	423	214

Provisional Race Summary**Junior Men**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:16:53	CLARK, PAUL		Junior Men	796	197
2	1:19:56	SMYTH, BEN	ST ALBANS STRIDERS	Junior Men	253	252

Senior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:59:50	GIBBS, RACHEL	Bedford & County AC	Senior Ladies	763	11
2	1:03:22	COWLEY, Laura	Herts Phoenix AC	Senior Ladies	78	24
3	1:03:57	HALL, Martha	GARDEN CITY RUNNERS	Senior Ladies	159	32
4	1:06:42	WYNN, LIZ	SERPENTINE RUNNING CLUB	Senior Ladies	424	58
5	1:07:07	TURNER, HANNAH	HARPENDEN ARO RUNNERS	Senior Ladies	279	59

Ladies 35-44

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:04:04	HOPKINS, ALISON	EALING, SOUTHALL AND MIDDLESEX	Ladies 35-44	783	34
2	1:06:17	FROUD, Nicola	BARNET & DISTRICT AC	Ladies 35-44	106	52
3	1:11:43	RAYKOV, IVA		Ladies 35-44	728	112
4	1:11:49	HARRISON, VIKKI	DAVID LLOYD PACERS	Ladies 35-44	281	114
5	1:13:50	COLWELL, MICHAELA	TRING RUNNING CLUB	Ladies 35-44	545	135

Ladies 45-54

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:10:35	SAWDAY, Nicki	ST ALBANS STRIDERS	Ladies 45-54	65	99
2	1:15:09	FINDLAY, CELIA	DAVID LLOYD PACERS	Ladies 45-54	266	159
3	1:17:06	EDGHILL, Sharon	Milton Keynes AC	Ladies 45-54	34	205
4	1:19:50	ROBINSON, JULIE	ORION HARRIERS	Ladies 45-54	751	250
5	1:23:41	THOMPSON, ROSEMARY	WATFORD JOGGERS	Ladies 45-54	391	306

Ladies 55+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:23:29	PORTER, GERTRUD	METROS	Ladies 55+	435	300
2	1:31:16	LYDON, Carole	AMPTHILL AND FLITWICK FLYERS	Ladies 55+	92	440
3	1:31:28	HARDMAN, CHRISTINE	DULWICH PARK RUNNERS	Ladies 55+	263	445
4	1:48:45	MITCHELL, ALISON		Ladies 55+	520	592
5	1:51:32	GOLD, Stephanie	Victoria Park Harriers	Ladies 55+	131	602

CC Senior Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:03:17	GALLAGHER, Patrick	GARDEN CITY RUNNERS	Senior Men	471	23
2	1:21:11	GRAY, BARNEY		Senior Men	741	271
3	1:21:58	SIVARAJAH, SANJ		Senior Men	804	281
4	1:24:32	JOHNSON, Shanti		Senior Men	182	326
5	1:25:02	GYPPS, AMY		Senior Men	807	341

CC Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:56:38	MILLS, Adam	BEDFORD HARRIERS	Men 40-49	190	2
2	0:58:37	SPEIRS, SIMON	HARPENDEN ARO RUNNERS	Men 40-49	301	6
3	1:00:29	KELLEHER, ANDREW	BARNET & DISTRICT AC	Men 40-49	536	13
4	1:01:30	HARPUR, IAN	NAMBAN RENGO	Men 40-49	552	17
5	1:03:53	WHELAN, Alan	TRING RUNNING CLUB	Men 40-49	38	30

Provisional Race Summary**CC Men 50-59**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:02:03	MICHAEL, DESMOND	BARNET & DISTRICT AC	Men 50-59	521	18
2	1:04:14	BOWKER, DAVID	FAIRLANDS VALLEY SPARTANS	Men 50-59	374	35
3	1:04:42	TAYLOR, COLIN	WATFORD JOGGERS	Men 50-59	606	39
4	1:08:13	EDGHILL, Dennis	Milton Keynes AC	Men 50-59	33	68
5	1:11:33	HAMILTON, DOUGLAS		Men 50-59	439	110

CC Men 60-69

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:11:22	ST JOHN, Hugh		Men 60+	107	107
2	1:15:41	HAMLET, Colin	Watford Harriers	Men 60+	52	175
3	1:17:43	HOPE, JOHN	ST ALBANS STRIDERS	Men 60+	423	214
4	1:20:48	SHAW, Robert	FAIRLANDS VALLEY SPARTANS	Men 60+	155	265
5	1:28:10	ALLEN, Trace	GARDEN CITY RUNNERS	Men 60+	79	386

CC Senior Ladies

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:18:32	PARSI, Catherine	DAVID LLOYD PACERS	Senior Ladies	312	228

CC Ladies 35-44

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:06:17	FROUD, Nicola	BARNET & DISTRICT AC	Ladies 35-44	106	52
2	1:11:49	HARRISON, VIKKI	DAVID LLOYD PACERS	Ladies 35-44	281	114
3	1:14:39	HARRIS, STACEY		Ladies 35-44	752	148
4	1:14:57	JAMES, Kerry	FAIRLANDS VALLEY SPARTANS	Ladies 35-44	53	156
5	1:16:16	HENRY, NICOLA	DACORUM & TRING AC	Ladies 35-44	364	184

CC Ladies 45-54

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:10:35	SAWDAY, Nicki	ST ALBANS STRIDERS	Ladies 45-54	65	99
2	1:15:09	FINDLAY, CELIA	DAVID LLOYD PACERS	Ladies 45-54	266	159
3	1:17:06	EDGHILL, Sharon	Milton Keynes AC	Ladies 45-54	34	205
4	1:24:11	WILLIAMS, Sue	DAVID LLOYD PACERS	Ladies 45-54	329	319
5	1:30:23	KENNEDY, SUSAN	SERPENTINE RUNNING CLUB	Ladies 45-54	238	426

CC Men 70+

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:48:16	STRINGER, Roy	WARE JOGGERS	CC Men 70+	149	591

CC Ladies 65+

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:54:11	STRINGER, Valerie	WARE JOGGERS	Ladies 55+	148	607

All Ladies

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:59:50	GIBBS, RACHEL	Bedford & County AC	Senior Ladies	763	11
2	1:03:22	COWLEY, Laura	Herts Phoenix AC	Senior Ladies	78	24
3	1:03:57	HALL, Martha	GARDEN CITY RUNNERS	Senior Ladies	159	32
4	1:04:04	HOPKINS, ALISON	EALING, SOUTHALL AND MIDDLESEX	Ladies 35-44	783	34
5	1:06:17	FROUD, Nicola	BARNET & DISTRICT AC	Ladies 35-44	106	52
6	1:06:42	WYNN, LIZ	SERPENTINE RUNNING CLUB	Senior Ladies	424	58
7	1:07:07	TURNER, HANNAH	HARPENDEN ARO RUNNERS	Senior Ladies	279	59
8	1:10:35	SAWDAY, Nicki	ST ALBANS STRIDERS	Ladies 45-54	65	99
9	1:11:43	RAYKOV, IVA		Ladies 35-44	728	112
10	1:11:49	HARRISON, VIKKI	DAVID LLOYD PACERS	Ladies 35-44	281	114

Provisional Race Summary**All Men**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:56:29	CRACKNELL, ANDY	DACORUM & TRING AC	Senior Men	714	1
2	0:56:38	MILLS, Adam	BEDFORD HARRIERS	Men 40-49	190	2
3	0:58:28	JACKSON, SIMON	FAIRLANDS VALLEY SPARTANS	Senior Men	384	3
4	0:58:33	SPELLMAN, GREG	RUGBY AND NORTHAMPTON	Men 40-49	634	4
5	0:58:34	HORTON, ALEX	BARNET & DISTRICT AC	Senior Men	589	5
6	0:58:37	SPEIRS, SIMON	HARPENDEN ARO RUNNERS	Men 40-49	301	6
7	0:58:57	TAYLOR, JAMES	BARNET & DISTRICT AC	Senior Men	716	7
8	0:58:58	AIKEN, SCOTT	TRENT PARK RC	Senior Men	529	8
9	0:59:35	GOLD, Nick	Highgate Harriers	Senior Men	125	9
10	0:59:37	DIANGELO, ANTONY	WEST 4 HARRIERS	Senior Men	724	10