



St Albans Striders Age-Graded Competition 2018/2019

Women's standings

ST ALBANS
STRIDERS

Position	Member	Cat	Overall	Race 1 Hatfield 5		Race 2 Berkhamsted HM		Race 3 Royston MWRRL		Race 4 St Albans 10k		Race 5 Great Bristol Half		Race 6 Standalone 10k	
				Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade
	Deirdre Heydecker	FV55	84.52%					00:47:57	84.52%						
	Deborah Steer	FV55	82.23%	00:35:11	82.23%										
	Zoe Lowe	FV45	79.58%	00:35:29	79.58%										
	Wendy Walsh	FV45	78.68%	00:33:01	80.71%			00:43:27	77.96%	00:44:01	77.38%				
	Anna Ward	FV35	78.67%							00:40:38	78.67%				
	christine pout	FV55	77.67%	00:38:11	77.67%										
	Nicky Laitner	FV45	75.55%	00:35:39	76.47%	01:39:21	74.64%								
	Jenny Maddocks	FV35	75.13%	00:32:48	75.49%	01:32:58	72.12%	00:41:01	75.71%	00:41:54	74.20%				
	Claire Kremer	FV35	74.45%					00:42:50	74.45%						
	Jen Conway	FSEN	73.93%	00:32:44	73.93%										
	Eileen Sindole	FV55	73.35%					00:56:02	73.35%						
	Helen Cartlidge	FV35	73.16%	00:33:14	75.38%			00:44:18	70.94%						
	Judy Willits	FV45	73.12%			01:43:53	73.12%								
	Karen Sheard	FV45	71.78%			01:38:29	71.24%	00:44:29	73.65%	00:46:41	70.45%				
	Ellen Mayes	FV35	71.49%	00:36:07	70.93%	01:36:30	72.05%								
	Kathryn Penfold	FV35	71.00%							00:44:40	71.00%				
	Fleur Harvey-Keenan	FV45	70.65%			01:43:43	70.65%								
	nicola Halloran	FV45	70.07%					00:47:47	70.07%						
	Diane Hunt	FV55	69.14%	00:42:22	69.14%										
	Dawn Robson	FV55	67.30%	00:45:12	67.30%										
	Julianne Nightingale	FV45	67.10%					00:50:29	67.10%						
	Mandy Attree	FV45	66.96%			01:54:51	66.96%								
	Sarah Mumford	FV55	66.93%					00:55:51	66.93%						
	Rachel Dixon	FV35	65.50%			01:42:59	65.50%								
	Kate Tettmar	FV45	64.94%	00:40:36	64.92%	01:56:57	61.23%			00:48:59	68.68%				
	Nicola Carter	FV45	64.94%			01:49:07	64.94%								
	Denise Tinant	FV55	64.76%	00:46:23	64.76%										
	ruth martin	FV35	64.55%			01:42:50	64.55%								
	Claire Hobson	FSEN	64.12%	00:37:25	64.68%					00:47:43	63.57%				
	Kyla Murphy	FSEN	64.08%	00:37:46	64.08%										
	Lorna Evans	FV45	64.00%							00:53:13	64.00%				
	Penny Rainford	FV45	63.97%					00:52:57	63.97%						
	Kate Burn	FV35	63.91%	00:37:35	65.28%	01:45:52	62.70%	00:48:28	63.75%						



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				Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade
	Ruth Kent	FV35	63.65%	00:36:29	67.54%	01:48:23	61.54%	00:50:12	61.86%						
	Allie Park-Crowne	FV35	63.56%	00:39:41	63.56%										
	Clare Stephen	FSEN	63.02%					00:48:08	63.02%						
	jean webb	FV55	62.64%	00:51:55	62.64%										
	Stephanie Jones	FSEN	62.26%							00:48:43	62.26%				
	Anna Jones	FSEN	62.20%					00:47:19	64.11%	00:50:19	60.28%				
	Katie Chilton	FV55	62.12%	00:47:09	62.12%										
	Ali Hills	FV35	62.07%					00:49:47	62.07%						
	Beverley Sullivan	FV45	61.81%	00:39:45	66.30%	02:04:57	57.31%								
	Jo Puttock	FV55	61.53%	00:44:59	63.54%	02:12:30	59.52%								
	Lehna Gardiner	FSEN	61.42%							00:49:31	61.42%				
	Linda Powell	FV45	60.99%	00:44:03	63.35%			00:59:53	58.63%						
	Veronica Bodell	FV35	60.91%	00:40:43	61.15%			00:51:48	60.67%						
	Lucy Stern	FV45	60.23%			02:06:07	60.23%								
	Julie Manson	FV45	60.18%	00:45:48	58.18%					00:54:46	62.19%				
	Katie Bunting	FV35	59.55%	00:41:34	61.14%			00:55:01	57.96%						
	Philippa Walton	FV35	59.22%					00:53:04	59.22%						
	Anne-Marie Bullivant	FV35	58.82%	00:42:20	58.82%										
	Alison Massey	FV35	58.67%			02:01:59	54.41%	00:47:42	64.78%	00:54:25	56.83%				
	Emma Hosty	FV45	58.23%	00:44:06	58.09%			00:55:35	58.37%						
	Suzi Alexander	FV35	57.81%							00:53:15	57.81%				
	Roisin Marrett	FV35	57.68%	00:43:10	57.68%										
	Petra Grosse-Hull	FV45	57.60%					00:59:30	57.60%						
	Gill Hudnott	FV45	57.50%			02:10:29	57.51%	01:00:20	57.49%						
	Clair Drage	FSEN	57.47%							00:53:02	57.47%				
	Amy Heap	FSEN	57.39%	00:41:32	58.27%					00:53:40	56.52%				
	Tanya Wallman	FV35	56.91%	00:44:51	55.86%					00:54:19	57.96%				
	Denise MORGAN	FV35	56.86%	00:45:03	56.86%										
	Rachel Aldridge	FV35	56.09%	00:43:47	56.28%			00:55:20	55.84%	00:55:05	56.15%				
	Magdalena Petrus	FV35	55.72%	00:41:16	59.05%	02:10:23	50.69%	00:53:23	57.41%						
	Tracey MOSTYN	FV45	55.38%			02:05:56	56.27%	01:00:07	54.50%						
	Nicki Francis	FV45	55.38%	00:48:07	55.38%										
	Helen Giffen	FV45	55.16%	00:47:18	55.16%										



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				Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade
	Joanne Tang	FV45	55.05%	00:47:19	55.14%	02:10:25	54.91%	01:00:05	55.10%						
	Jessica Macgregor	FSEN	54.48%	00:44:25	54.48%										
	Sue Edwards	FV45	53.70%	00:48:35	53.70%										
	Linda Cassidy	FV45	53.27%					01:01:30	53.27%						
	Charlotte Holloway	FV35	52.73%	00:46:44	52.73%										
	Sandra Vucevic	FV55	52.45%	00:57:16	52.45%										
	Lizzy Steer	FSEN	52.42%	00:46:33	51.99%			00:57:23	52.86%						
	Bernadette Newby	FV45	52.41%					01:04:38	52.41%						
	Binh Tang	FV35	52.32%	00:48:34	52.32%										
	Jennifer Blissett	FSEN	51.88%	00:46:39	51.88%										
	Isla Hopkins	FV45	51.22%	00:48:56	53.32%	02:24:15	49.12%								
	Julie O Shea	FV45	50.29%					01:09:49	50.29%						
	Jenna Pickering	FSEN	48.97%	00:52:19	46.37%			00:59:05	51.57%						
	Julie Curtis	FV45	48.31%	00:58:27	48.31%										