

The Love Welwyn Garden City 10K

Feb 15th 2015

Sponsored by Runnersworld Marshalwick and Finesse

Pos	Net Pos	Name	Race No	Time	Net Time	Category	Gender	Age	Gender Pos	Club
1	1	Tom Crouch	81	00:33:15	00:33:11	Senior	Male	32		1 St Albans Striders
2	2	David Craaddock	75	00:35:28	00:35:26	Senior	Male	29		2
3	3	Ryan Faulkner	124	00:35:33	00:35:30	Senior	Male	21		3 Herts Phoenix Ac
4	4	Claire Hallissey	150	00:36:41	00:36:38	Lady	Female	31		1 St Albans Striders
5	5	Ben Clarke	58	00:37:08	00:37:05	Senior	Male	16		4 St Albans Athletics Club
6	6	Timothy Brignall	29	00:37:53	00:37:50	Senior	Male	29		5 Ware Joggers
7	7	Antonio Maraia	230	00:38:13	00:38:08	V40	Male	49		6 Road Runners Club
8	8	James Dunmore	111	00:38:34	00:38:31	Senior	Male	33		7 Regiment Fitness Welwyn Garden City
9	9	Chris Marriott	231	00:39:07	00:38:57	Senior	Male	31		8 Dacorum And Tring Ac
10	10	Joe Whatnall	388	00:39:16	00:39:12	Senior	Male	31		9
11	11	Mark Cyl	84	00:39:18	00:39:15	V40	Male	45		10 Ware Joggers
12	12	Douglas Hobson	171	00:39:43	00:39:39	Senior	Male	26		11 St Albans Striders
13	13	Mark Evison	121	00:39:54	00:39:51	Senior	Male	37		12 Ware Joggers
14	14	Derek Fowler	136	00:40:01	00:39:51	Senior	Male	38		13 East London Triathletes
15	16	Josh Housley	175	00:40:07	00:40:04	Senior	Male	21		14 Heanor Running Club
16	15	Paul Guy	147	00:40:08	00:40:03	V40	Male	40		15
17	17	Yitzhak Ben-Aroya	17	00:40:29	00:40:24	V50	Male	56		16 Barnet & District Ac
18	18	Peter Harvey	159	00:40:45	00:40:42	V40	Male	47		17 Garden City Runners
19	19	Howard Roden	315	00:40:51	00:40:47	Senior	Male	38		18 Ware Joggers
20	20	Mark Dipper	99	00:41:02	00:40:59	V40	Male	40		19 Ware Joggers
21	21	Jay Macdonald	223	00:41:12	00:41:05	Senior	Male	35		20 Watford Harriers
22	22	Gareth Codd	63	00:41:23	00:41:15	Senior	Male	31		21
23	23	Eva Mack	225	00:41:37	00:41:31	Lady	Female	29		2 Hillingdon Ac
24	24	Russell Morris	246	00:41:59	00:41:49	V40	Male	41		22 Dacorum And Tring Ac
25	25	Chris Brown	30	00:42:12	00:42:02	Senior	Male	38		23
26	26	Helen Cartledge	46	00:42:16	00:42:09	LV35	Female	37		3 St Albans Striders
27	27	David Casson	47	00:42:37	00:42:31	V40	Male	46		24
28	28	Tracey Ranson	300	00:42:42	00:42:38	Lady	Female	33		4 Springfield Striders
29	30	Samantha Fawcett	126	00:43:00	00:42:50	Lady	Female	30		5 Dacorum And Tring Ac
30	29	Neil Bull	36	00:43:04	00:42:49	Senior	Male	38		25
31	32	Steve Lambert	202	00:43:14	00:43:09	V50	Male	51		26
32	31	Stuart Heath	162	00:43:16	00:42:51	Senior	Male	32		27
33	33	Kelly Du Buisson	106	00:43:23	00:43:13	Lady	Female	30		6 Dacorum And Tring Ac
34	34	Helen Cairns	43	00:43:26	00:43:19	LV35	Female	41		7
35	35	Robert Dilley	98	00:43:47	00:43:38	Senior	Male	36		28
36	36	Mandy Livingstone	211	00:43:52	00:43:44	LV45	Female	45		8
37	37	James Tyrer	379	00:43:52	00:43:47	Senior	Male	18		29 Ware Joggers
38	38	Chris Bergin	19	00:44:22	00:43:56	Senior	Male	30		30
39	40	Beverley Mclees	237	00:44:26	00:44:21	LV45	Female	45		9 Ware Joggers
40	39	Lee Coates	60	00:44:48	00:44:21	Senior	Male	20		31 St Albans Striders
41	43	Andrew Murphy	251	00:44:50	00:44:40	Senior	Male	34		32
42	41	James Thomson	368	00:44:53	00:44:24	Senior	Male	28		33 Gade Valley Harriers
43	44	Scott Clarke	57	00:44:54	00:44:46	V40	Male	46		34 Chiltern Harriers
44	42	Alec Scott	330	00:45:12	00:44:38	Senior	Male	26		35
45	45	Andrew Durrant	113	00:45:13	00:45:06	V50	Male	56		36 Stopsley Striders
46	48	Jamie Skelton	337	00:45:49	00:45:44	Senior	Male	29		37
47	47	Rebecca Fawcett	125	00:45:50	00:45:36	Lady	Female	30		10 Dacorum And Tring Ac
48	49	David Clayton	59	00:45:57	00:45:45	Senior	Male	33		38
49	50	Chris Wright	398	00:46:00	00:45:51	V50	Male	53		39 Flitwicktri
50	52	Miriam Tedder	363	00:46:12	00:46:06	Lady	Female	33		11 Stopsley Striders
51	51	Tony Hursey	181	00:46:13	00:46:05	V40	Male	47		40
52	53	Matthew Stephens	349	00:46:14	00:46:08	Senior	Male	23		41 Ware Joggers
53	54	Aurelia Neumark	254	00:46:24	00:46:12	Lady	Female	31		12
54	46	John Littlechild	210	00:46:26	00:45:34	Senior	Male	38		42
55	55	Samantha Sullivan	355	00:46:32	00:46:21	LV35	Female	41		13 Dacorum And Tring Ac
56	56	Sylvain Bleton	23	00:46:39	00:46:24	Senior	Male	32		43
57	58	Martin Blacker	21	00:46:42	00:46:38	V40	Male	47		44 Ware Joggers
58	57	Simon Norris	262	00:46:57	00:46:33	V40	Male	47		45
59	63	Gary Craig	78	00:47:57	00:47:46	V50	Male	51		46 Hillingdon Triathletes
60	59	Paul Aylott	8	00:48:00	00:47:32	V40	Male	44		47
61	60	John Field	128	00:48:03	00:47:35	V50	Male	56		48 Triathlon England
62	62	Paul Weekes	387	00:48:05	00:47:39	Senior	Male	33		49
63	64	Paul Brennan	26	00:48:15	00:48:09	V40	Male	49		50 Ware Joggers
64	61	Richard Cordingley	67	00:48:18	00:47:37	Senior	Male	36		51

65	68 Mark Cowell	72	00:48:29	00:48:21	V40	Male	41	52
66	66 David Haynes	161	00:48:31	00:48:17	Senior	Male	27	53 Ware Joggers
67	70 Carol Reid	303	00:48:43	00:48:30	LV45	Female	51	14 Garden City Runners
68	67 John Hill	168	00:48:48	00:48:18	V50	Male	51	54
69	71 Mark Bicknell	20	00:48:49	00:48:34	Senior	Male	34	55 Transition Tri
70	74 Jann Valenzuela	381	00:48:55	00:48:42	LV45	Female	49	15
71	69 Chandra Sethia	335	00:48:56	00:48:28	V40	Male	47	56
72	65 Paul Underwood	380	00:49:01	00:48:13	V40	Male	45	57
73	73 Sophie Enever	118	00:49:06	00:48:42	Lady	Female	26	16
74	72 Hannah Rolfe	317	00:49:07	00:48:41	LV35	Female	37	17
75	76 Ceri Foscoe	135	00:49:09	00:48:51	LV45	Female	52	18
76	75 Richard Lloyd	212	00:49:14	00:48:44	V50	Male	57	58
77	78 James O'gara	265	00:49:48	00:49:19	Senior	Male	38	59
78	79 Luke Surry	358	00:49:59	00:49:32	Senior	Male	37	60
79	81 Janet Readitt	301	00:50:01	00:49:51	LV45	Female	48	19 Ware Joggers
80	77 Julio Diaz	97	00:50:06	00:49:04	Senior	Male	25	61
81	83 Jane Wren	396	00:50:07	00:50:00	LV45	Female	49	20 Ware Joggers
82	82 Phil Cunningham	82	00:50:08	00:49:58	V60	Male	63	62 Ware Joggers
83	80 Thomas Hofton	172	00:50:25	00:49:50	V40	Male	42	63
84	86 Andrew Tomlinson	373	00:50:27	00:50:19	Senior	Male	16	64
85	84 Vince Duffy	109	00:50:28	00:50:13	V50	Male	59	65
86	87 James Stripe	353	00:50:36	00:50:20	V50	Male	51	66
87	89 Alison Richardson	309	00:50:38	00:50:27	LV35	Female	41	21 Dacorum And Tring Ac
88	90 Sam Rowe	324	00:50:45	00:50:39	LV45	Female	49	22 Ware Joggers
89	88 Fleur Harvey-Keenan	160	00:50:48	00:50:23	LV45	Female	45	23 Wgc Running Mummies
90	85 Andy Leete	206	00:50:53	00:50:19	V50	Male	53	67
91	92 John Mallett	227	00:51:01	00:50:54	Senior	Male	38	68 Ware Joggers
92	91 Ione Brown	31	00:51:07	00:50:46	LV45	Female	52	24
93	93 Ben Thorn	369	00:51:11	00:50:54	Senior	Male	26	69
94	97 Adam Presland	288	00:51:21	00:51:06	Senior	Male	37	70
95	99 Nicole Vincent	382	00:51:26	00:51:12	LV35	Female	41	25 Ware Joggers
96	101 Nicky Kemp	198	00:51:29	00:51:17	LV35	Female	41	26 North Herts Road Runners
97	102 Michael Paine	274	00:51:29	00:51:19	V50	Male	51	71
98	94 Roger Jarvis	187	00:51:30	00:50:59	Senior	Male	39	72
99	96 Susan Field	129	00:51:32	00:51:04	LV35	Female	40	27
100	98 Edward Chaloner	52	00:51:39	00:51:08	Senior	Male	31	73 St Albans Striders
101	95 Bob Thomas	365	00:51:49	00:51:03	V50	Male	54	74
102	104 Jenni Viner	383	00:51:54	00:51:42	LV55	Female	59	28 Ware Joggers
103	100 Mark Paulson	278	00:52:04	00:51:13	V50	Male	53	75
104	105 Tracey Cotton	69	00:52:05	00:51:48	LV35	Female	37	29
105	103 Bob Trease	374	00:52:13	00:51:41	V70	Male	70	76
106	108 Carla Bell	16	00:52:17	00:52:07	LV45	Female	54	30 Ware Joggers
107	107 Stuart Chalcraft	50	00:52:29	00:51:55	Senior	Male	39	77
108	106 Thomas Rogers	316	00:52:29	00:51:54	V40	Male	49	78
109	109 Shelley Walsh	385	00:52:39	00:52:08	LV35	Female	39	31 Gade Valley Harriers
110	110 Clive Todd	371	00:52:44	00:52:23	Senior	Male	38	79
111	112 Lindsey Peters	280	00:52:46	00:52:25	LV45	Female	52	32 Fit4fitness Running Club
112	114 Phil Smith	339	00:53:06	00:52:46	V40	Male	44	80 Ware Joggers
113	113 Richard Blaxill	22	00:53:07	00:52:26	V50	Male	52	81 Barnet & District Ac
114	117 Clare Halfpenny	149	00:53:07	00:52:54	LV35	Female	42	33 Ware Joggers
115	111 Glyn Jones	192	00:53:08	00:52:24	V50	Male	56	82 Stopsley Striders
116	115 Richard Evans	120	00:53:19	00:52:48	V60	Male	60	83
117	116 Emma Mead	238	00:53:19	00:52:51	LV35	Female	36	34 Snhac
118	119 Stephen Kelly	197	00:53:24	00:53:03	V50	Male	56	84
119	118 Sean Scotchford	328	00:53:34	00:53:02	Senior	Male	25	85
120	121 Alicia Grunert	146	00:53:38	00:53:22	Lady	Female	33	35
121	122 Rachel Symonds	360	00:53:38	00:53:24	Lady	Female	32	36 Ware Joggers
122	120 Peter Padua	270	00:53:51	00:53:14	V40	Male	45	86
123	124 Willie Ellingham	116	00:53:53	00:53:27	V50	Male	52	87 Stopsley Striders
124	127 Kimberley Mangelshot	228	00:53:54	00:53:45	LV35	Female	44	37 Hoddesdon Tri Club
125	125 Vanessa Thompson	366	00:53:57	00:53:32	LV35	Female	39	38 Stopsley Striders
126	130 Simon Joyce	194	00:54:01	00:53:55	V40	Male	49	88 Ware Joggers
127	126 Casper Du Buisson	105	00:54:02	00:53:45	Senior	Male	26	89 Dacorum And Tring Ac
128	123 Richard Darley	88	00:54:07	00:53:26	V40	Male	48	90 Garden City Runners
129	128 Tim Reynolds	306	00:54:16	00:53:50	V40	Male	47	91 Fit4fitness Running Club
130	129 Colin Hamilton	153	00:54:20	00:53:54	V40	Male	41	92 Fit4fitness Running Club
131	135 Alan Randall	298	00:54:23	00:54:12	V50	Male	52	93 Ware Joggers
132	136 Helen Paine	273	00:54:26	00:54:14	LV35	Female	39	39 Garden City Runners
133	131 James Wilson	391	00:54:29	00:53:55	Senior	Male	38	94
134	133 Dani Pruett	292	00:54:30	00:54:01	Lady	Female	34	40

135	132	Katie Mckay	236	00:54:31	00:53:59	Lady	Female	30	41
136	137	Emma Price	290	00:54:37	00:54:19	LV35	Female	37	42
137	139	Paul Cocklin	62	00:54:54	00:54:39	V50	Male	53	95 Ware Joggers
138	141	Nikki Rudd	325	00:54:55	00:54:39	LV35	Female	42	43
139	138	Hayley Oates	264	00:54:57	00:54:32	Lady	Female	28	44
140	134	Philip Gray	145	00:55:00	00:54:09	V40	Male	43	96
141	146	Anne Ramsden	297	00:55:10	00:55:01	LV55	Female	62	45 Ware Joggers
142	140	Elaine Giles	142	00:55:14	00:54:39	LV45	Female	46	46 Garden City Runners
143	143	Lenka Prochazkova	291	00:55:15	00:54:44	LV35	Female	37	47
144	142	Martin Wragg	395	00:55:15	00:54:43	Senior	Male	38	97
145	144	Alison Newberry	255	00:55:19	00:54:47	LV45	Female	50	48
146	147	Samuel Huggill	178	00:55:23	00:55:06	Senior	Male	31	98
147	145	Amy Chalcraft	51	00:55:34	00:54:59	Lady	Female	30	49
148	149	Kirsty Russell	326	00:56:01	00:55:45	Lady	Female	31	50 Dacorum And Tring Ac
149	148	Kate Scott	331	00:56:07	00:55:33	Lady	Female	28	51
150	150	Jane Mcdougall	235	00:56:23	00:55:54	LV45	Female	49	52 Hoddesdon Tri Club
151	160	Scott Burrell	39	00:56:37	00:56:22	Lady	Female	26	53
152	153	Marisa Forbes	134	00:56:38	00:56:09	LV45	Female	52	54
153	156	Zoe Atkins	7	00:56:39	00:56:18	LV45	Female	46	55 Fit4fitness Running Club
154	151	Clifford Smith	344	00:56:39	00:55:59	V50	Male	54	99
155	159	Dawn Clark	56	00:56:40	00:56:20	LV45	Female	53	56 Fit4fitness Running Club
156	158	Deborah Reeve	302	00:56:40	00:56:18	LV35	Female	41	57
157	155	Katerina Fellas	127	00:56:42	00:56:17	LV35	Female	44	58 Watford Joggers
158	161	Marie Myers	252	00:56:44	00:56:23	LV55	Female	56	59 Fit4fitness Running Club
159	152	Fiona Partridge	277	00:56:46	00:56:06	LV45	Female	47	60
160	157	Danielle Peters	279	00:56:47	00:56:18	LV35	Female	40	61 Crane And Staples Solicitors
161	154	Chetna Shah	336	00:56:51	00:56:15	Lady	Female	34	62
162	166	Nneka Ikejiani	182	00:56:54	00:56:48	LV35	Female	44	63
163	165	Robert Wrights	399	00:56:59	00:56:43	V40	Male	47	100 Dacorum And Tring Ac
164	162	David Selwood	334	00:57:00	00:56:31	V50	Male	58	101 Welwyn Runners
165	163	Ania Jakacka	186	00:57:20	00:56:35	Lady	Female	34	64
166	173	Fenella Price	289	00:57:22	00:57:14	LV35	Female	43	65 Ware Joggers
167	164	Finbar Willis	390	00:57:26	00:56:42	V50	Male	56	102 Stopsley Striders
168	169	Russell Knights	200	00:57:30	00:57:06	Senior	Male	37	103
169	172	David Levell	208	00:57:30	00:57:14	V50	Male	51	104 Ware Joggers
170	167	Daniel Rose	321	00:57:35	00:56:54	Senior	Male	31	105
171	168	Paul Conway	66	00:57:40	00:57:00	V40	Male	49	106
172	176	Terry Nichols	258	00:57:40	00:57:33	V70	Male	72	107 Ware Joggers
173	171	Peter Reynolds	307	00:57:48	00:57:13	V50	Male	56	108
174	175	Victoria Adams	1	00:57:52	00:57:32	Lady	Female	28	66
175	170	Kim Caddy	42	00:57:52	00:57:08	Lady	Female	31	67 Stopsley Striders
176	178	Stuart Nisbett	259	00:57:52	00:57:37	V40	Male	43	109
177	177	Natasha Ellis	117	00:57:56	00:57:35	Lady	Female	26	68
178	174	Jo Colville	64	00:58:07	00:57:30	LV45	Female	47	69
179	179	Shena Lancaster	203	00:58:12	00:57:38	LV55	Female	60	70 Garden City Runners
180	180	Robert Scott	329	00:58:25	00:57:54	V40	Male	48	110 Hptc
181	182	David Smith	343	00:58:37	00:58:03	V60	Male	66	111
182	185	William Harding	155	00:58:44	00:58:27	V60	Male	65	112 Hillingdon Ac
183	181	Amanda Thompson	367	00:58:47	00:57:58	LV45	Female	48	71
184	183	Jenny Moorhouse	245	00:58:52	00:58:06	LV35	Female	37	72
185	184	Denise Hill	169	00:58:56	00:58:26	LV45	Female	47	73
186	188	Jessica Taylor	361	00:58:59	00:58:45	Lady	Female	34	74 Ware Joggers
187	187	Laura Burnham	38	00:59:09	00:58:43	Lady	Female	25	75
188	186	Alison Hope	174	00:59:15	00:58:34	LV35	Female	39	76
189	194	Lisa Nisbett	260	00:59:36	00:59:20	LV35	Female	43	77
190	189	Lorelie Hunt	179	00:59:37	00:59:03	Lady	Female	27	78
191	196	Tracy Brennan	27	00:59:39	00:59:26	LV35	Female	43	79 Ware Joggers
192	197	Ainslie Drysdale	104	00:59:39	00:59:26	Lady	Female	26	80 Ware Joggers
193	195	Frank O'leary	267	00:59:39	00:59:25	Senior	Male	38	113
194	191	Michelle Lewis	209	00:59:41	00:59:04	LV35	Female	40	81 Wootton Road Runners
195	190	Michael Burke	37	00:59:42	00:59:04	V50	Male	51	114 Wootton Road Runners
196	193	Andrew Duncan	110	00:59:46	00:59:15	V40	Male	43	115
197	199	David Richardson	310	00:59:46	00:59:26	Senior	Male	38	116
198	203	Sarah Roche	314	00:59:49	00:59:35	Lady	Female	33	82
199	198	Liz King	199	00:59:50	00:59:26	LV35	Female	40	83
200	192	Charlotte Jones	193	00:59:53	00:59:14	Lady	Female	34	84 Garden City Runners
201	201	Patrick O'hara	266	01:00:07	00:59:29	V40	Male	43	117
202	200	Tracy Nottage	263	01:00:09	00:59:28	LV35	Female	44	85 Barnet & District Ac
203	208	Annette Howard	177	01:00:12	00:59:52	LV45	Female	45	86
204	202	Tim Lunnun	218	01:00:15	00:59:31	Senior	Male	28	118

205	206 Nikki Cowen	73	01:00:16	00:59:52	LV35	Female	43	87
206	211 Karen Palmer	275	01:00:18	01:00:01	LV45	Female	48	88 Fairlands Valley Spartans
207	207 Pamela Daniel	86	01:00:20	00:59:52	LV35	Female	36	89 Tri Force
208	210 Martin Daniel	87	01:00:21	00:59:53	Senior	Male	38	119
209	212 Rachael Potts	286	01:00:29	01:00:08	LV35	Female	42	90 Lindsey Fitness
210	204 Josephine Hetherington	165	01:00:32	00:59:47	LV45	Female	45	91 Tring Rc
211	205 Graham Mcclymont	234	01:00:32	00:59:51	V50	Male	50	120
212	209 Hannah Prentice	287	01:00:33	00:59:52	Lady	Female	34	92
213	214 Caroline Croft	80	01:00:40	01:00:23	LV35	Female	43	93
214	213 Nikki Cox	74	01:00:46	01:00:13	LV45	Female	53	94 Stopsley Striders
215	216 Elliott Jones	191	01:00:59	01:00:30	Senior	Male	38	121
216	218 Vito Ricciardi	308	01:01:01	01:00:35	V40	Male	49	122
217	215 Martin Young	400	01:01:03	01:00:26	V40	Male	46	123
218	217 Helen Johnson	190	01:01:05	01:00:31	LV45	Female	49	95 Garden City Runners
219	219 Chris Hunter	180	01:01:13	01:00:39	LV55	Female	59	96 Stopsley Striders
220	221 Kerry Scripps	332	01:01:18	01:00:42	LV45	Female	47	97 Ware Joggers
221	225 Sarah Day	92	01:01:20	01:01:07	Lady	Female	30	98
222	220 Kieran Fitzpatrick	130	01:01:22	01:00:42	V40	Male	48	124 Stopsley Striders
223	223 Richaed Stephens	348	01:01:25	01:01:03	V60	Male	60	125 Ware Joggers
224	222 Joel Davison	91	01:01:28	01:00:44	Senior	Male	36	126
225	226 Stephen Evans	119	01:01:32	01:01:07	Senior	Male	31	127
226	227 Chris Hailey	148	01:01:45	01:01:15	Senior	Male	38	128
227	224 David Foxen	138	01:01:46	01:01:05	Senior	Male	24	129
228	229 Amanda Rankin	299	01:02:12	01:01:39	LV45	Female	48	99 Stopsley Striders
229	228 Jazz Parmar	276	01:02:22	01:01:35	LV35	Female	40	100
230	230 Jon Pain	272	01:02:36	01:01:48	V50	Male	51	130 Dunstable Road Runners
231	232 Gemma Woods	393	01:02:40	01:02:19	Lady	Female	32	101 Fit4fitness Running Club
232	231 Lynn Bolton	24	01:02:51	01:02:02	LV35	Female	41	102
233	235 Danny Teal	362	01:03:00	01:02:51	V40	Male	45	131
234	233 Diane Naman	253	01:03:10	01:02:39	LV55	Female	60	103 Ware Joggers
235	234 Robert Smith	340	01:03:15	01:02:51	Senior	Male	39	132
236	236 Steven Calladine	44	01:03:19	01:03:05	V50	Male	58	133 Fit4fitness Running Club
237	237 Ruth Devenish	96	01:03:29	01:03:07	LV35	Female	43	104 Fit4fitness Running Club
238	238 Rosa Reynolds	305	01:03:30	01:03:09	LV45	Female	47	105 Fit4fitness Running Club
239	239 Sara Atkin	6	01:03:36	01:03:12	LV35	Female	42	106
240	241 Mario Hamm	154	01:03:44	01:03:23	V40	Male	42	134 Ware Joggers
241	240 Angela Woods	394	01:04:04	01:03:20	LV55	Female	55	107 Garden City Runners
242	247 Ekaete Ikeyina	183	01:04:08	01:04:03	LV35	Female	39	108
243	245 Fiona Stracey	350	01:04:12	01:03:51	LV45	Female	50	109 Fit4fitness Running Club
244	242 Caroline De-La-Cruz	95	01:04:14	01:03:30	Lady	Female	32	110
245	248 Laura O'malley	268	01:04:23	01:04:03	Lady	Female	29	111 Garden City Runners
246	249 Clare Sullivan	356	01:04:24	01:04:03	LV45	Female	48	112 Fit4fitness Running Club
247	243 Ann Quinn	294	01:04:34	01:03:50	LV55	Female	55	113
248	244 Paul Quinn	295	01:04:34	01:03:50	V50	Male	56	135
249	251 Sue Coveney	70	01:04:36	01:04:17	LV55	Female	56	114 Fit4fitness Running Club
250	246 Yolissa Tite	370	01:04:38	01:03:54	Lady	Female	28	115 Fit4fitness Running Club
251	252 Aileen Rolfe	319	01:04:43	01:04:17	LV35	Female	39	116
252	253 Janet Skippins	338	01:04:45	01:04:25	LV45	Female	50	117 Tri Force
253	256 Becky Drinkwater	103	01:04:48	01:04:32	LV35	Female	40	118 Harlow Running Club
254	257 Nick D'alton	85	01:04:51	01:04:34	V40	Male	44	136 Harlow Running Club
255	254 Luke Waller	384	01:04:56	01:04:27	Senior	Male	24	137
256	250 Philippa Bruce	34	01:04:57	01:04:15	LV35	Female	42	119
257	258 Julie Davidson	90	01:05:00	01:04:36	LV45	Female	45	120
258	259 Tracy Montague	242	01:05:00	01:04:36	LV35	Female	38	121
259	263 Maria-Louise Page	271	01:05:11	01:04:57	V40	Male	49	138 Ware Joggers
260	264 Lesley Rose	320	01:05:13	01:04:59	LV45	Female	51	122 Ware Joggers
261	262 Zoe Bright	28	01:05:14	01:04:57	Lady	Female	25	123
262	255 Andy Duckworth	108	01:05:21	01:04:31	Senior	Male	37	139
263	261 Chris Smith	341	01:05:21	01:04:55	V40	Male	42	140
264	265 Georgina Newman	256	01:05:36	01:05:12	Lady	Female	25	124
265	260 Jane Molloy	241	01:05:38	01:04:54	LV55	Female	58	125 Garden City Runners
266	266 Hayley Pfeifer	282	01:05:48	01:05:14	LV35	Female	38	126 Dunstable Road Runners
267	268 Sandra Lynch	221	01:05:53	01:05:33	LV45	Female	48	127 Oh Ladies Running Club
268	267 Kevin Lynch	222	01:05:53	01:05:32	V50	Male	50	141
269	269 Steve Daveney	89	01:06:15	01:05:34	V50	Male	57	142
270	272 Brian Lord	216	01:06:15	01:05:39	V60	Male	68	143
271	271 Jacqueline McCallum	233	01:06:22	01:05:38	LV35	Female	41	128 Garden City Runners
272	270 Wei Williams	389	01:06:24	01:05:36	LV45	Female	48	129
273	273 Graham Hill	167	01:06:30	01:05:43	V60	Male	68	144
274	276 Margaret Balfour	11	01:06:32	01:06:19	LV55	Female	63	130 Ware Joggers

275	274	Natalie Caswell	48	01:06:52	01:06:03	LV35	Female	42	131
276	275	Shelley Dunne	112	01:06:56	01:06:15	Lady	Female	33	132
277	277	Richard Bruce	33	01:07:06	01:06:25	V40	Male	41	145
278	280	Cheryl Cowell	71	01:07:13	01:07:06	LV35	Female	42	133
279	279	Kirrie Peters	281	01:07:27	01:07:05	Lady	Female	26	134 Fit4fitness Running Club
280	278	John Butcher	40	01:07:35	01:07:01	V70	Male	83	146 Ware Joggers
281	282	Mike Fletcher	132	01:07:53	01:07:13	Senior	Male	38	147
282	281	Clare Gallagher	140	01:07:54	01:07:06	LV35	Female	36	135
283	283	Emma Robinson	312	01:07:55	01:07:19	Lady	Female	30	136
284	284	Nicola Beaumont	15	01:07:57	01:07:21	Lady	Female	29	137
285	285	Tanya Duckworth	107	01:08:14	01:07:24	LV35	Female	39	138
286	286	Vibeke Rowe	323	01:08:27	01:08:14	LV65	Female	69	139 Ware Joggers
287	287	Sophia Egbuniwe	115	01:08:36	01:08:30	LV35	Female	35	140
288	288	Peter Hern	164	01:09:37	01:08:50	V60	Male	66	148
289	290	Elizabeth Lord	215	01:09:39	01:09:07	LV65	Female	67	141 Ware Joggers
290	293	Vicky Morris	248	01:09:46	01:09:19	LV45	Female	53	142
291	289	Mark Layzell	204	01:09:50	01:09:02	V40	Male	47	149 Stopsley Striders
292	291	Sarah Howard	176	01:09:54	01:09:16	LV35	Female	40	143 Ware Joggers
293	292	Ros Hitchen	170	01:09:57	01:09:17	LV45	Female	50	144 Ware Joggers
294	294	Jacki Moore	243	01:09:59	01:09:21	LV45	Female	47	145 Ware Joggers
295	295	Lisa Lunnun	219	01:10:10	01:09:26	Lady	Female	28	146
296	296	Andrew Dixon	101	01:10:23	01:09:32	V40	Male	47	150
297	297	Jo Segrove	333	01:10:28	01:10:04	Lady	Female	34	147
298	298	Cathy Stroud	354	01:10:28	01:10:04	LV35	Female	41	148
299	300	Natalie Moore	244	01:11:07	01:10:53	Lady	Female	29	149 Tri Force
300	299	John Heywood	166	01:11:21	01:10:46	V70	Male	79	151 Ware Joggers
301	301	Emma Surry	359	01:11:28	01:11:02	LV35	Female	36	150
302	302	Shelah Surgey	357	01:12:14	01:11:27	LV45	Female	52	151 Dunstable Road Runners
303	303	Lorna Smith	342	01:12:38	01:11:52	LV35	Female	38	152 Dunstable Road Runners
304	304	Nicola Harrison	158	01:12:45	01:11:56	LV35	Female	41	153
305	305	Poonam Nnabuogor	261	01:13:12	01:12:25	Lady	Female	33	154 Dunstable Road Runners
306	306	Carol Tubbs	377	01:13:27	01:12:39	LV55	Female	56	155 Dunstable Road Runners
307	307	Julie Tribe	376	01:14:00	01:13:09	LV45	Female	47	156
308	308	Ivan Mostyn-Scott	249	01:14:24	01:13:34	V70	Male	71	152
309	311	Jennifer Duru	114	01:15:07	01:14:58	LV35	Female	40	157
310	309	Andrea Johnson	189	01:15:29	01:14:42	LV35	Female	39	158 Dunstable Road Runners
311	310	Karen Wright	397	01:15:43	01:14:56	LV45	Female	54	159 Dunstable Road Runners
312	312	Sarah Church	54	01:16:07	01:15:21	LV35	Female	42	160
313	313	Eleanor Holder	173	01:16:07	01:15:21	LV35	Female	41	161
314	316	Beulah Iriele	185	01:16:56	01:16:45	LV35	Female	38	162
315	317	Jacqui Dixon	100	01:17:15	01:17:00	LV55	Female	59	163 Fit4fitness Running Club
316	314	Sascha Butler	41	01:17:37	01:16:45	LV35	Female	42	164
317	315	Alex Docwra	102	01:17:37	01:16:45	V40	Male	40	153
318	320	Phill Coates	61	01:19:58	01:19:33	V50	Male	58	154 St Albans Striders
319	318	Raj Flack	131	01:20:09	01:19:25	LV35	Female	38	165
320	319	Helen Robins	311	01:20:09	01:19:25	Lady	Female	33	166
321	321	Roy Stringer	351	01:21:03	01:20:19	V70	Male	78	155 Ware Joggers
322	322	Val Stringer	352	01:28:08	01:27:23	LV65	Female	77	167 Ware Joggers
323	323	Josephine Chukwuemeka	53	01:28:29	01:28:20	LV35	Female	42	168
324	324	Sarah Osborne	269	01:33:52	01:33:03	LV45	Female	48	169 Trent Park Running Club