

2016 Fred Hughes 10  
PROVISIONAL results

Pos	Name	RaceNo	Category	Gender	Club	Time	Net Time	Time Behind Categ	Time Behind Winner	GenderPos	CategPos
1	ADAM KIRK-SMITH	512	Senior	Male	London Heathside	00:53:01	00:53:01	00:00:00	00:00:00	1	1
2	ALEXANDER MILLER	548	Senior	Male	Datchet Dashers	00:54:28	00:54:28	00:01:27	00:01:27	2	2
3	TOM CROUCH	189	Senior	Male	St Albans Striders	00:55:01	00:55:01	00:02:00	00:02:00	3	3
4	HUSSEIN AHMED	3	Senior	Male	Serpentine RC	00:55:29	00:55:29	00:02:28	00:02:28	4	4
5	STEPHEN BUCKLE	109	Senior	Male	St Albans Striders	00:56:52	00:56:52	00:03:51	00:03:51	5	5
6	EDWARD PRICE	656	Senior	Male	Barnet & District AC	00:57:34	00:57:34	00:04:33	00:04:33	6	6
7	SIMON FRASER	297	Senior	Male	St Albans Striders	00:57:46	00:57:46	00:04:45	00:04:45	7	7
8	MARTIN BATEMAN	52	Senior	Male	Hillingdon AC	00:58:02	00:58:02	00:05:01	00:05:01	8	8
9	ALEX JUGGINS	453	Senior	Male		00:58:09	00:58:09	00:05:08	00:05:08	9	9
10	ADRIAN MASON	519	M50	Male	Barnet & District AC	00:58:33	00:58:33	00:00:00	00:05:32	10	1
11	NEIL HUME	417	M40	Male	GARDEN CITY RUNNERS	00:59:20	00:59:20	00:00:00	00:06:19	11	1
12	JAMIE MARLOW	515	Senior	Male	DACORUM & TRING	00:59:22	00:59:21	00:06:21	00:06:21	12	10
13	PETER CROWDELL	190	M40	Male	St Albans Striders	00:59:25	00:59:25	00:00:05	00:06:24	13	2
14	IAN BRYSON	821	M40	Male	HARPENDEN ARROWS	00:59:37	00:59:36	00:00:17	00:06:36	14	3
15	MICHELE BESIO	117	Senior	Male	St Albans Striders	00:59:54	00:59:54	00:06:53	00:06:53	15	11
16	Gary Pelosi	572	Senior	Male	Barnet & District AC	00:59:57	00:59:57	00:06:56	00:06:56	16	12
17	MICHAEL KAZER	456	Senior	Male	DACORUM & TRING	01:00:18	01:00:17	00:07:17	00:07:17	17	13
18	SAMANTHA AMEND	12	W35	Female	Belgrave Harriers	01:00:26	01:00:26	00:00:00	00:00:00	1	1
19	SAM HAZELTON	369	Senior	Male		01:01:13	01:01:13	00:08:12	00:08:12	18	14
20	STEVEN UPTON	823	M40	Male	AMPTHILL AND FLITWICK FLYERS	01:01:21	01:01:20	00:02:01	00:08:20	19	4
21	RICHARD HARRY	357	Senior	Male	St Albans Striders	01:01:29	01:01:27	00:08:28	00:08:28	20	15
22	CHRIS ELAND	256	M40	Male	GARDEN CITY RUNNERS	01:01:34	01:01:34	00:02:14	00:08:33	21	5
23	ANDREW KELLEHER	458	M50	Male	Barnet & District AC	01:01:37	01:01:37	00:03:04	00:08:36	22	2
24	NICK PATTISON	619	Senior	Male		01:01:44	01:01:44	00:08:43	00:08:43	23	16
25	BENN THOMAS	795	Senior	Male	Serpentine RC	01:01:48	01:01:48	00:08:47	00:08:47	24	17
26	JAMES CHASEN	148	Senior	Male	HARPENDEN ARROWS	01:01:58	01:01:57	00:08:57	00:08:57	25	18
27	GARETH EVANS	264	Senior	Male		01:02:18	01:02:18	00:09:17	00:09:17	26	19
28	DAVID GLENCROSS	314	Senior	Male	MORNINGTON CHASERS	01:02:23	01:02:14	00:09:22	00:09:22	27	20
29	WINSTON WOODWARD	894	M40	Male	Dunstable Road Runners	01:02:24	01:02:24	00:03:04	00:09:23	28	6
30	MARTIN WHITWORTH	869	M40	Male	St Albans Striders	01:02:27	01:02:27	00:03:07	00:09:26	29	7
31	MARK REDMOND	668	M40	Male	HERTS PHOENIX	01:02:38	01:02:38	00:03:18	00:09:37	30	8
32	MARTIN BEARE	58	M50	Male		01:02:43	01:02:43	00:04:10	00:09:42	31	3
33	NADINE LEWYCKY	495	Lady	Female	MARSHALL MILTON KEYNES AC	01:02:58	01:02:58	00:00:00	00:02:32	2	1
34	CHRIS PORTLOCK	649	M40	Male		01:03:07	01:03:06	00:03:47	00:10:06	32	9
35	LEE MURPHY	580	Senior	Male	Dunstable Road Runners	01:03:23	01:03:23	00:10:22	00:10:22	33	21
36	KATE RENNIE	675	W35	Female	DACORUM & TRING	01:03:26	01:03:25	00:03:00	00:03:00	3	2
37	ANTHONY JAMES	434	M40	Male	Gade Valley Harriers	01:03:30	01:03:05	00:04:10	00:10:29	34	10
38	DANIEL CREAN	183	Senior	Male		01:03:46	01:03:46	00:10:45	00:10:45	35	22
39	EDWARD BAILEY	33	M40	Male	St Albans Striders	01:03:51	01:03:51	00:04:31	00:10:50	36	11
40	JOHN MURPHY	579	M40	Male	Dunstable Road Runners	01:04:01	01:03:59	00:04:41	00:11:00	37	12
41	ROBERT SIMMONDS	735	Senior	Male	ROYSTON RUNNERS	01:04:14	01:04:07	00:11:13	00:11:13	38	23
42	MARK PEDDER	627	Senior	Male	Dunstable Road Runners	01:04:20	01:04:20	00:11:19	00:11:19	39	24
43	JACK BERTRAM	65	Senior	Male		01:04:22	01:04:22	00:11:21	00:11:21	40	25
44	DAVID GREEN	329	M50	Male	HARPENDEN ARROWS	01:04:25	01:04:17	00:05:52	00:11:24	41	4
45	PETE EGGLESTON	254	M40	Male		01:04:30	01:03:58	00:05:10	00:11:29	42	13
46	ALEX SMITH	746	Senior	Male	HARPENDEN ARROWS	01:04:34	01:04:32	00:11:33	00:11:33	43	26
47	JOHN AULD	28	Senior	Male	NORTH HERTS ROAD RUNNERS	01:04:38	01:04:38	00:11:37	00:11:37	44	27
48	DOUGLAS HAMILTON	901	Senior	Male	DACORUM & TRING	01:04:41	01:04:37	00:11:40	00:11:40	45	28
49	PETER HARVEY	359	M40	Male	GARDEN CITY RUNNERS	01:04:43	01:04:41	00:05:23	00:11:42	46	14
50	DUNCAN HAMILTON	345	Senior	Male	DACORUM & TRING	01:04:58	01:04:57	00:11:57	00:11:57	47	29
51	ANDY SIMMONDS	733	Senior	Male	ROYSTON RUNNERS	01:05:03	01:04:55	00:12:02	00:12:02	48	30
52	GILDAS BRAINE	91	Senior	Male	Queens Park Harriers	01:05:05	01:05:04	00:12:04	00:12:04	49	31
53	ROY WALKER	830	Senior	Male		01:05:07	01:04:53	00:12:06	00:12:06	50	32
54	MIKE LANCASTER	481	Senior	Male	St Albans Striders	01:05:13	01:05:09	00:12:12	00:12:12	51	33
55	GRAHAM FOSTER	290	M50	Male	St Albans Striders	01:05:16	01:05:16	00:06:43	00:12:15	52	5
56	MICHAEL MARTIN	517	Senior	Male	St Albans Striders	01:05:24	01:05:20	00:12:23	00:12:15	53	34
57	SEBASTIAN ROWE	696	M40	Male	St Albans Striders	01:05:28	01:05:24	00:06:08	00:12:27	54	15
58	NATALIE LAWRENCE	617	Lady	Female		01:05:38	01:05:37	00:02:40	00:05:12	4	2
59	MARK DELLORA	215	Senior	Male		01:05:40	01:05:29	00:12:39	00:12:39	55	35
60	GARETH BEAVIS	60	Senior	Male		01:05:41	01:05:36	00:12:40	00:12:40	56	36
61	NICOLA BOWERMAN	87	W35	Female	AMPTHILL AND FLITWICK FLYERS	01:05:41	01:05:39	00:05:15	00:05:15	5	3
62	ANDY WILKINS	870	M40	Male	HARPENDEN ARROWS	01:05:45	01:05:30	00:06:25	00:12:44	57	16
63	SEAN BOWEN	86	M50	Male	GARDEN CITY RUNNERS	01:05:47	01:05:44	00:07:14	00:12:46	58	6
64	DOUGLAS HOBSON	398	Senior	Male	St Albans Striders	01:05:56	01:05:55	00:12:55	00:12:55	59	37
65	DARREN MCGRATH	536	M40	Male	HARPENDEN ARROWS	01:06:00	01:06:00	00:06:40	00:12:59	60	17
66	ADAM METHERELL	543	Senior	Male		01:06:02	01:05:44	00:13:01	00:13:01	61	38
67	RICHARD SOMERSET	759	M40	Male	GARDEN CITY RUNNERS	01:06:18	01:06:15	00:06:58	00:13:17	62	18
68	ALAN ROUTLEDGE	695	M50	Male	GARDEN CITY RUNNERS	01:06:20	01:06:19	00:07:47	00:13:19	63	7
69	KEVIN HARRIS	355	M60	Male	VETS A.C.	01:06:25	01:06:17	00:00:00	00:13:24	64	1
70	PAUL SCOFIELD	706	M40	Male	BISHOP'S STORTFORD RUNNING CLUB	01:06:26	01:06:05	00:07:06	00:13:25	65	19
71	KARL BADDELEY	31	Senior	Male	MORNINGTON CHASERS	01:06:34	01:06:25	00:13:33	00:13:33	66	39
72	SIMON TOOTELL	809	Senior	Male		01:06:38	01:06:28	00:13:37	00:13:37	67	40
73	DEREK FOWLER	292	Senior	Male	St Albans Striders	01:06:45	01:06:09	00:13:44	00:13:44	68	41
74	MARTIN DAVERN	202	M40	Male		01:06:51	01:06:42	00:07:31	00:13:50	69	20
75	GUY DAUNCEY	201	M40	Male		01:07:01	01:06:42	00:07:41	00:14:00	70	21
76	PABLO PLAZA LASTRAS	646	Senior	Male	St Albans Striders	01:07:05	01:07:00	00:14:04	00:14:04	71	42
77	ANDREW NORTON	595	M40	Male	Gade Valley Harriers	01:07:11	01:07:04	00:07:51	00:14:10	72	22
78	ALEXANDRA BAIRD	37	Lady	Female	TRENT PARK RUNNING CLUB	01:07:32	01:07:31	00:04:34	00:07:06	6	3
79	CHRIS JONES	445	M40	Male	GARDEN CITY RUNNERS	01:07:38	01:07:35	00:08:18	00:14:37	73	23
80	COLIN MERRITT	542	M50	Male		01:07:39	01:07:28	00:09:06	00:14:38	74	8
81	TONY DAVIS	209	M40	Male	Bedford Harriers AC	01:07:40	01:07:40	00:08:20	00:14:39	75	24
82	DAVID FRAMPTON	295	M50	Male	NORTH HERTS ROAD RUNNERS	01:07:46	01:07:43	00:09:13	00:14:45	76	9

83	DANIEL LANGTON	484	Senior	Male	St Albans Striders	01:07:52	01:07:41	00:14:51	00:14:51	77	43
84	CLAIRE KREMER	474	W35	Female	St Albans Striders	01:08:01	01:08:01	00:07:35	00:07:35	7	4
85	STEPHEN NEWING	586	Senior	Male	Gade Valley Harriers	01:08:04	01:07:57	00:15:03	00:15:03	78	44
86	MICK CONLON	165	M50	Male	TRENT PARK RUNNING CLUB	01:08:16	01:08:14	00:09:43	00:15:15	79	10
87	MATTHEW ADAMSON	2	Senior	Male		01:08:18	01:08:05	00:15:17	00:15:17	80	45
88	GORDON HOBBS	397	M40	Male		01:08:23	01:08:15	00:09:03	00:15:22	81	25
89	MARCUS HOOOPER	405	M40	Male	St Albans Striders	01:08:25	01:08:23	00:09:05	00:15:24	82	26
90	JAMES IZZARD	430	Senior	Male	HARPENDEN ARROWS	01:08:26	01:08:11	00:15:25	00:15:25	83	46
91	PENELOPE MCCRABBE	528	Senior	Male	MAIDENHEAD AC	01:08:26	01:08:24	00:15:25	00:15:25	84	47
92	MAREE JESSON	437	W35	Female		01:08:35	01:08:25	00:08:09	00:08:09	8	5
93	DAVID MORITZ	568	Senior	Male	HARPENDEN ARROWS	01:08:35	01:08:27	00:15:34	00:15:34	85	48
94	WENDY WALSH	837	W45	Female	St Albans Striders	01:08:35	01:08:35	00:00:00	00:08:09	9	1
95	JAMES BIRNIE	72	M40	Male	Gade Valley Harriers	01:08:43	01:08:37	00:09:23	00:15:42	86	27
96	TIMOTHY SEARLE	711	Senior	Male	St Albans Striders	01:08:45	01:08:41	00:15:44	00:15:44	87	49
97	BRIAN WHITE	858	M60	Male	Fairlands Valley Spartans	01:08:50	01:08:50	00:02:25	00:15:49	88	2
98	DANIEL GREEN	328	M40	Male	LEIGHTON FUN RUNNERS	01:08:51	01:08:39	00:09:31	00:15:50	89	28
99	RUSSELL MORRIS	570	M40	Male	DACORUM & TRING	01:08:56	01:08:49	00:09:36	00:15:55	90	29
100	SIMON WALLIS	835	Senior	Male	Gade Valley Harriers	01:09:01	01:09:01	00:16:00	00:16:00	91	50
101	ANIA GABB	300	Lady	Female	DACORUM & TRING	01:09:03	01:08:56	00:06:05	00:08:37	10	4
102	ANTHONY NICOLSON	591	M40	Male	St Albans Striders	01:09:03	01:08:49	00:09:43	00:16:02	92	30
103	LIAM HOARE	396	Senior	Male	Dunstable Road Runners	01:09:05	01:08:39	00:16:04	00:16:04	93	51
104	HOWARD CLARK	152	M40	Male	Tring RC	01:09:08	01:09:05	00:09:48	00:16:07	94	31
105	BEN MALONE	511	M40	Male		01:09:08	01:09:05	00:09:48	00:16:07	95	32
106	STEVE GREEN	333	M40	Male	Fairlands Valley Spartans	01:09:10	01:09:09	00:09:50	00:16:09	96	33
107	MICK COURTNEY	177	M50	Male	Dunstable Road Runners	01:09:18	01:08:52	00:10:45	00:16:17	97	11
108	PAUL CHRISTIE	151	Senior	Male	DACORUM & TRING	01:09:19	01:09:15	00:16:18	00:16:18	98	52
109	ALAN FREER	299	M50	Male	READING ROADRUNNERS	01:09:31	01:09:28	00:10:58	00:16:30	99	12
110	BARRY GRAY	324	Senior	Male		01:09:56	01:09:32	00:16:55	00:16:55	100	53
111	ROBERT CURTIS	193	M50	Male	Dunstable Road Runners	01:09:59	01:09:42	00:11:26	00:16:58	101	13
112	RICHARD STEELEY	771	Senior	Male	Redway Runners	01:10:03	01:10:02	00:17:02	00:17:02	102	54
113	JEN GREEN	331	W35	Female	LONDON FRONTRUNNERS	01:10:07	01:10:05	00:09:41	00:09:41	11	6
114	DAVID HOLE	399	M50	Male		01:10:12	01:10:05	00:11:39	00:17:11	103	14
115	STEVE PAULL	621	M60	Male	METROS RC	01:10:13	01:10:08	00:03:48	00:17:12	104	3
116	JOHANNA SHARPLES	723	Lady	Female	LEIGHTON BUZZARD ATHLETICS CLUB	01:10:15	01:10:12	00:07:17	00:09:49	12	5
117	ED RHODES	678	M40	Male	HARPENDEN ARROWS	01:10:20	01:10:05	00:11:00	00:17:19	105	34
118	NICK STREET	779	M40	Male		01:10:21	01:10:13	00:11:01	00:17:20	106	35
119	STUART PENDELL	630	M40	Male	GARDEN CITY RUNNERS	01:10:22	01:10:19	00:11:02	00:17:21	107	36
120	ALASTAIR GREEN	327	M50	Male		01:10:31	01:10:15	00:11:58	00:17:30	108	15
121	PAUL SOWTER	761	Senior	Male	St Albans Striders	01:10:31	01:10:04	00:17:30	00:17:30	109	55
122	CHRIS WILLIAMS	874	Senior	Male	St Albans Striders	01:10:33	01:10:23	00:17:32	00:17:32	110	56
123	MEL DAVIES	205	M60	Male	Barnet & District AC	01:10:39	01:10:29	00:04:14	00:17:38	111	4
124	MARK CORNELL	173	M50	Male	Dunstable Road Runners	01:10:41	01:10:31	00:12:08	00:17:40	112	16
125	HOPE SLOLY	743	Lady	Female	MORNINGTON CHASERS	01:10:42	01:10:26	00:07:44	00:10:16	13	6
126	Richard Moreton	564	M40	Male	HARPENDEN ARROWS	01:10:48	01:10:31	00:11:28	00:17:47	113	37
127	DAVID ROBERTSHAW	686	Senior	Male		01:10:49	01:10:16	00:17:48	00:17:48	114	57
128	LEE SCOTT	709	M40	Male	HARPENDEN ARROWS	01:11:04	01:10:59	00:11:44	00:18:03	115	38
129	LAURA HICKS	339	Lady	Female	HARPENDEN ARROWS	01:11:06	01:10:58	00:08:08	00:10:40	14	7
130	BEN MCDONALD	530	M40	Male		01:11:06	01:10:55	00:11:46	00:18:05	116	39
131	PAUL SCULLION	710	Senior	Male	Queens Park Harriers	01:11:08	01:10:43	00:18:07	00:18:07	117	58
132	SOPHIA BARTLETT	48	W35	Female	AMPTHILL AND FLITWICK FLYERS	01:11:16	01:11:01	00:10:50	00:10:50	15	7
133	SIMON BAMPFYLDE	41	M40	Male	Serpentine RC	01:11:37	01:10:52	00:12:17	00:18:36	118	40
134	BRAD SMITH	747	Senior	Male	GARDEN CITY RUNNERS	01:11:43	01:11:40	00:18:42	00:18:42	119	59
135	ANDREW COOK	168	M50	Male	Gade Valley Harriers	01:11:44	01:11:37	00:13:11	00:18:43	120	17
136	EMMA HUMPHREY	418	W35	Female	Datchet Dashers	01:11:49	01:11:46	00:11:23	00:11:23	16	8
137	BEN DANIELS	197	Senior	Male		01:12:00	01:11:26	00:18:59	00:18:59	121	60
138	ANDREAS DEIMBACHER	214	Senior	Male		01:12:01	01:11:39	00:19:00	00:19:00	122	61
139	CLAIRE MCDONNELL	531	W45	Female	Gade Valley Harriers	01:12:10	01:12:06	00:03:35	00:11:44	17	2
140	SCOTT MITCHELL	553	M40	Male	Watford Joggers	01:12:10	01:12:01	00:12:50	00:19:09	123	41
141	DANIEL BROWNE	106	Senior	Male	IRONMAN BOB'S ALLSTARS	01:12:15	01:12:05	00:19:14	00:19:14	124	62
142	ANDREW PHILLIPS	641	Senior	Male		01:12:16	01:10:52	00:19:15	00:19:15	125	63
143	DAVID BREINGAN	94	M50	Male		01:12:19	01:12:16	00:13:46	00:19:18	126	18
144	MARK YOUNG	900	M50	Male	NORTH HERTS ROAD RUNNERS	01:12:22	01:12:04	00:13:49	00:19:21	127	19
145	COLIN PERRY	633	M40	Male		01:12:34	01:12:20	00:13:14	00:19:33	128	42
146	PETER CROSS	187	M60	Male	Belgrave Harriers	01:12:38	01:12:33	00:06:13	00:19:37	129	5
147	NIGEL CAVILL	144	M50	Male	GARDEN CITY RUNNERS	01:12:44	01:12:32	00:14:11	00:19:43	130	20
148	NIAMH DEMPSEY	216	Lady	Female	DACORUM & TRING	01:12:47	01:12:31	00:09:49	00:12:21	18	8
149	CHRIS BROWN	100	Senior	Male	tri-force	01:12:56	01:11:32	00:19:55	00:19:55	131	64
150	NICK CLARKE	155	M40	Male	tri-force	01:12:57	01:12:48	00:13:37	00:19:56	132	43
151	ROB LAUGHTON	485	M40	Male	LEIGHTON FUN RUNNERS	01:13:00	01:12:46	00:13:40	00:19:59	133	44
152	BEN BODSWORTH	79	Senior	Male	Stopsley Striders	01:13:02	01:12:42	00:20:01	00:20:01	134	65
153	TIM SABAN	701	M40	Male	Fairlands Valley Spartans	01:13:10	01:13:09	00:13:50	00:20:09	135	45
154	JOHN NORRIS	594	Senior	Male	METROS RC	01:13:12	01:13:03	00:20:11	00:20:11	136	66
155	JAMES FOLAN	285	Senior	Male		01:13:17	01:12:53	00:20:16	00:20:16	137	67
156	JERRY BRYAN	108	M50	Male	Barnet & District AC	01:13:19	01:12:57	00:14:46	00:20:18	138	21
157	MATT PEERS	628	M40	Male		01:13:21	01:13:04	00:14:01	00:20:20	139	46
158	PAUL ASHFORD	22	Senior	Male		01:13:25	01:13:24	00:20:24	00:20:24	140	68
159	SARAH KING	469	Lady	Female		01:13:27	01:13:10	00:10:29	00:13:01	19	9
160	JAMES FELSTEAD	273	M40	Male	London Heathside	01:13:28	01:13:20	00:14:08	00:20:27	141	47
161	LUCA COTTA RAMUSINO	175	M50	Male	Gade Valley Harriers	01:13:33	01:13:27	00:15:00	00:20:32	142	22
162	ANDREW HUDSON	413	M50	Male	London Heathside	01:13:34	01:13:17	00:15:01	00:20:33	143	23
163	MICHELLE MORRIS	569	Lady	Female	AMPTHILL AND FLITWICK FLYERS	01:13:35	01:13:34	00:10:37	00:13:09	20	10
164	NICK DODD	230	M50	Male		01:13:40	01:13:30	00:15:07	00:20:39	144	24
165	GARY KELLETT	459	M40	Male	tri-force	01:13:42	01:13:22	00:14:22	00:20:41	145	48
166	DEBORAH BEARE	57	Lady	Female	AMPTHILL AND FLITWICK FLYERS	01:13:45	01:13:30	00:10:47	00:13:19	21	11
167	JANE SIMONS	736	W35	Female		01:13:52	01:13:46	00:13:26	00:13:26	22	9
168	NEIL BULL	112	Senior	Male		01:13:53	01:13:41	00:20:52	00:20:52	146	69

169	IAN SMART	745	M50	Male	HARPENDE ARROWS	01:13:54	01:13:34	00:15:21	00:20:53	147	25
170	JAMES STANGER	765	Lady	Male		01:13:56	01:13:37	00:00:00	00:20:55	148	1
171	TONY WATSON	844	M50	Male	SUDBURY COURT RC	01:14:00	01:11:54	00:15:27	00:20:59	149	26
172	MATTHEW SAYERS	705	M40	Male		01:14:02	01:13:50	00:14:42	00:21:01	150	49
173	CLAIRE FISHER	280	W35	Female	AMPTHILL AND FLITWICK FLYERS	01:14:11	01:13:47	00:13:45	00:13:45	23	10
174	RICHARD BRAUN	92	Senior	Male	DACORUM & TRING	01:14:23	01:14:15	00:21:22	00:21:22	151	70
175	ELIZABETH ROLLINSON	693	W35	Female	Stopsley Striders	01:14:25	01:14:02	00:13:59	00:13:59	24	11
176	STUART MANGAN	513	M40	Male		01:14:27	01:14:06	00:15:07	00:21:26	152	50
177	ROBERT BOWLER	88	M50	Male	London Heathside	01:14:36	01:14:32	00:16:03	00:21:35	153	27
178	KERSTIN LUKSCH	503	W35	Female		01:14:36	01:14:25	00:14:10	00:14:10	25	12
179	PHILIP BACON	30	M40	Male		01:14:39	01:13:47	00:15:19	00:21:38	154	51
180	JAMES BOLTON	80	Senior	Male		01:14:41	01:14:26	00:21:40	00:21:40	155	71
181	RAV DIGHE	226	M40	Male		01:14:58	01:14:35	00:15:38	00:21:57	156	52
182	DAVID BURGESS	119	Senior	Male		01:15:02	01:14:32	00:22:01	00:22:01	157	72
183	CHRIS HARBRON	349	M40	Male	GARDEN CITY RUNNERS	01:15:03	01:14:35	00:15:43	00:22:02	158	53
184	DAVID RENTON	676	M40	Male	MORNINGTON CHASERS	01:15:05	01:14:49	00:15:45	00:22:04	159	54
185	DAVID WHITE	860	M40	Male	HARPENDE ARROWS	01:15:07	01:14:40	00:15:47	00:22:06	160	55
186	RUSS HEWLETT	384	M40	Male		01:15:25	01:14:39	00:16:05	00:22:24	161	56
187	MARTIN KERR	465	Senior	Male	DACORUM & TRING	01:15:34	01:15:16	00:22:33	00:22:33	162	73
188	DONNA WARREN	839	W45	Female	METROS RC	01:15:38	01:15:34	00:07:03	00:15:12	26	3
189	GARY WARREN	840	M40	Male		01:15:39	01:15:37	00:16:19	00:22:38	163	57
190	NICHOLAS DE SAUSMAREZ	428	M50	Male	London Heathside	01:15:42	01:15:31	00:17:09	00:22:41	164	28
191	BERNIE HORABIN	407	W45	Female	DACORUM & TRING	01:15:43	01:15:37	00:07:08	00:15:17	27	4
192	MATTHEW ROBINS	687	Senior	Male	Chiltern Harriers	01:15:43	01:15:25	00:22:42	00:22:42	165	74
193	EMMA HAYWARD	368	Lady	Female	MORNINGTON CHASERS	01:15:45	01:14:54	00:12:47	00:15:19	28	12
194	ROLAND BETON	68	M40	Male		01:15:46	01:15:28	00:16:26	00:22:45	166	58
195	NEIL MANN	514	Senior	Male		01:15:49	01:15:22	00:22:48	00:22:48	167	75
196	STUART FEENAN	271	Senior	Male		01:15:54	01:15:16	00:22:53	00:22:53	168	76
197	DAVID CASSON	141	M40	Male		01:15:56	01:15:35	00:16:36	00:22:55	169	59
198	JEREMIAH KIRKMAN	471	Senior	Male		01:16:01	01:14:48	00:23:00	00:23:00	170	77
199	JONATHAN WHITE	862	Senior	Male	St Albans Striders	01:16:01	01:14:43	00:23:00	00:23:00	171	78
200	OLIVER KIRKMAN	472	Senior	Male		01:16:02	01:14:47	00:23:01	00:23:01	172	79
201	EMILY REID	672	Lady	Female		01:16:05	01:15:51	00:13:07	00:15:39	29	13
202	CLAIRE AMOS	14	W45	Female	LFR	01:16:06	01:15:53	00:07:31	00:15:40	30	5
203	STEPHEN HOSTY	409	Senior	Male		01:16:06	01:15:45	00:23:05	00:23:05	173	80
204	CHRIS NOTTON	596	M40	Male	Serpentine RC	01:16:08	01:15:20	00:16:48	00:23:07	174	60
205	CRAIG FISHER	281	M40	Male	TEAM G	01:16:09	01:15:48	00:16:49	00:23:08	175	61
206	VICTORIA CRAWLEY-WISE	182	W35	Female	Gade Valley Harriers	01:16:11	01:16:04	00:15:45	00:15:45	31	13
207	AMY LAM	476	Lady	Female		01:16:18	01:16:08	00:13:20	00:15:52	32	14
208	SARAH CASHIN	139	W35	Female		01:16:25	01:16:00	00:15:59	00:15:59	33	14
209	ROWLAND HUGHES	416	M40	Male	HARPENDE ARROWS	01:16:30	01:16:00	00:17:10	00:23:29	176	62
210	EMILIA VYNNYCKY	828	W45	Female	London Heathside	01:16:34	01:15:38	00:07:59	00:16:08	34	6
211	CLAIRE DOHERTY	231	W35	Female	BEARBROOK JOGGERS	01:16:38	01:15:08	00:16:12	00:16:12	35	15
212	JAMES SMITH	748	Senior	Male		01:16:42	01:16:16	00:23:41	00:23:41	177	81
213	JUDY WILLITS	879	W45	Female	St Albans Striders	01:16:47	01:16:15	00:08:12	00:16:21	36	7
214	MITESH PATEL	616	Senior	Male	METROS RC	01:16:48	01:15:47	00:23:47	00:23:47	178	82
215	GRAHAM SHIRCORE	730	Senior	Male	St Albans Striders	01:16:50	01:16:25	00:23:49	00:23:49	179	83
216	SANDRA DAWN BURR	121	W45	Female	HARPENDE ARROWS	01:16:52	01:16:31	00:08:17	00:16:26	37	8
217	CATHERINE DAVIES	204	W45	Female	DACORUM & TRING	01:16:55	01:16:37	00:08:20	00:16:29	38	9
218	IAN PAINTER	611	M40	Male		01:16:58	01:16:45	00:17:38	00:23:57	180	63
219	JANICE BRAZIER	93	W45	Female	LEIGHTON FUN RUNNERS	01:17:01	01:16:11	00:08:26	00:16:35	39	10
220	ROB MCGREAL	537	M40	Male	Redway Runners	01:17:01	01:15:37	00:17:41	00:24:00	181	64
221	REBECCA FAWCETT	270	Lady	Female	DACORUM & TRING	01:17:07	01:16:50	00:14:09	00:16:41	40	15
222	MICHAEL EDMUNDS	248	M40	Male	tri-force	01:17:12	01:16:17	00:17:52	00:24:11	182	65
223	HANNAH BENNETT	62	Lady	Female	DACORUM & TRING	01:17:13	01:16:28	00:14:15	00:16:47	41	16
224	PAUL EGGLETON	255	M50	Male	Dunstable Road Runners	01:17:13	01:16:36	00:18:40	00:24:12	183	29
225	STEWART MACKAY	506	M50	Male	Dunstable Road Runners	01:17:14	01:16:40	00:18:41	00:24:13	184	30
226	SAMANTHA SULLIVAN	785	W35	Female	DACORUM & TRING	01:17:14	01:16:59	00:16:48	00:16:48	42	16
227	MARTIN JONES	448	M50	Male		01:17:27	01:17:09	00:18:54	00:24:26	185	31
228	JOSEPH PRICE	657	Senior	Male	GARDEN CITY RUNNERS	01:17:27	01:16:08	00:24:26	00:24:26	186	84
229	GAVIN LUCAS	502	M50	Male	Redway Runners	01:17:39	01:16:14	00:19:06	00:24:38	187	32
230	LAURA THOMPSON	802	Lady	Female	LEIGHTON FUN RUNNERS	01:17:40	01:16:48	00:14:42	00:17:14	43	17
231	THOMAS BOLTON	81	Senior	Male		01:17:42	01:16:16	00:24:41	00:24:41	188	85
232	REBECCA BARDEN	43	W45	Female	GARDEN CITY RUNNERS	01:17:48	01:17:29	00:09:13	00:17:22	44	11
233	DUNCAN PARK	614	M50	Male	Dunstable Road Runners	01:17:49	01:17:12	00:19:16	00:24:48	189	33
234	STEVE HAGUE	337	M40	Male		01:17:52	01:17:22	00:18:32	00:24:51	190	66
235	KEITH WISHART	888	M40	Male	DACORUM & TRING	01:17:52	01:17:22	00:18:32	00:24:51	191	67
236	ANGELA PHILLIPS	642	W45	Female	Freedom Tri	01:17:53	01:17:20	00:09:18	00:17:27	45	12
237	TONY HURSEY	423	M40	Male		01:17:56	01:17:38	00:18:36	00:24:55	192	68
238	KEVIN HALLETT	341	M50	Male		01:17:58	01:17:48	00:19:25	00:24:57	193	34
239	DIANE POTTER	650	W45	Female		01:17:59	01:17:25	00:09:24	00:17:33	46	13
240	ANTONY BEAMISH	56	Senior	Male		01:18:05	01:17:39	00:25:04	00:25:04	194	86
241	KAREN SHEARD	726	W35	Female		01:18:06	01:17:01	00:17:40	00:17:40	47	17
242	MARK BILLINGTON	69	M50	Male	AMPTHILL AND FLITWICK FLYERS	01:18:08	01:17:45	00:19:35	00:25:07	195	35
243	JOHN HOPE	406	M60	Male	St Albans Striders	01:18:11	01:17:59	00:11:46	00:25:10	196	6
244	RODDY HERRIES	420	M40	Male		01:18:14	01:16:34	00:18:54	00:25:13	197	69
245	CARMEL JARMAN	436	M40	Male	Dunstable Road Runners	01:18:15	01:17:39	00:18:55	00:25:14	198	70
246	RUTH MARTIN	518	Lady	Female	St Albans Striders	01:18:17	01:17:09	00:15:19	00:17:51	48	18
247	ROB ROY	697	M50	Male	LEIGHTON FUN RUNNERS	01:18:25	01:17:37	00:19:52	00:25:24	199	36
248	PHIL CROUCH	188	M60	Male		01:18:38	01:18:18	00:12:13	00:25:37	200	7
249	DAVID WOFFINDEN	889	M40	Male		01:18:40	01:16:49	00:19:20	00:25:39	201	71
250	PHILIPPA O'DONOVAN	600	Lady	Female	HARPENDE ARROWS	01:18:43	01:18:02	00:15:45	00:18:17	49	19
251	MICHAEL IRVINE	427	M40	Male		01:18:45	01:18:41	00:19:25	00:25:44	202	72
252	ROBIN NEWBY	584	M40	Male	St Albans Striders	01:18:48	01:17:28	00:19:28	00:25:47	203	73
253	YLLKA ISTREFI	429	W35	Female	Fairlands Valley Spartans	01:18:50	01:17:27	00:18:24	00:18:24	50	18
254	CLAIRE PRICE	655	W35	Female	HARPENDE ARROWS	01:18:53	01:18:12	00:18:27	00:18:27	51	19

255	ALISON COLE	162	W35	Female	HARPENDEN ARROWS	01:18:56	01:18:38	00:18:30	00:18:30	52	20
256	DAMIAN MAHER	508	M50	Male		01:18:57	01:16:17	00:20:24	00:25:56	204	37
257	LISA PHEE	640	W35	Female	Dunstable Road Runners	01:18:59	01:18:22	00:18:33	00:18:33	53	21
258	ASHLEY POTTER	632	M50	Male		01:19:01	01:18:21	00:20:28	00:26:00	205	38
259	NICKY LAITNER	475	W45	Female	St Albans Striders	01:19:02	01:18:05	00:10:27	00:18:36	54	14
260	DEIRDRE HEYDECKER	385	W55	Female	St Albans Striders	01:19:06	01:18:35	00:00:00	00:18:40	55	1
261	MARK SIMPSON	737	Senior	Male		01:19:10	01:17:52	00:26:09	00:26:09	206	87
262	STEPHEN BENNETT	63	M40	Male	ORION HARRIERS	01:19:12	01:18:21	00:19:52	00:26:11	207	74
263	CHRISTINE INCH	426	W55	Female	ORION HARRIERS	01:19:13	01:18:48	00:00:07	00:18:47	56	2
264	KERRY ARDLEY	19	W35	Female	DACORUM & TRING	01:19:18	01:18:53	00:18:52	00:18:52	57	22
265	GLENN DICKINSON	224	M50	Male	Redway Runners	01:19:20	01:17:58	00:20:47	00:26:19	208	39
266	RICHARD BAILEY	34	M40	Male		01:19:21	01:19:21	00:20:01	00:26:20	209	75
267	RACHEL LEWIS	494	Lady	Female	DACORUM & TRING	01:19:21	01:18:36	00:16:23	00:18:55	58	20
268	EDYTA SZOT	787	W35	Female	London Heathside	01:19:27	01:19:18	00:19:01	00:19:01	59	23
269	CHRIS DUCK	236	Senior	Male		01:19:31	01:19:18	00:26:30	00:26:30	210	88
270	CIARAN LIVINGSTONE	499	Senior	Male		01:19:32	01:19:14	00:26:31	00:26:31	211	89
271	CHRIS CAPPS	134	M60	Male	Bedford Harriers AC	01:19:34	01:19:18	00:13:09	00:26:33	212	8
272	CAROLINE WHITE	859	W55	Female	London Heathside	01:19:42	01:19:32	00:00:36	00:19:16	60	3
273	ANTHONY BUNKER	116	M40	Male	St Albans Striders	01:19:43	01:19:18	00:20:23	00:26:42	213	76
274	TRACEY COTTON	176	W35	Female	Gade Valley Harriers	01:19:43	01:19:16	00:19:17	00:19:17	61	24
275	GARY SELBY	716	M50	Male		01:19:46	01:19:34	00:21:13	00:26:45	214	40
276	EUSE CLEMENTS	159	Lady	Female	St Albans Striders	01:19:47	01:19:26	00:16:49	00:19:21	62	21
277	DAISY GLADSTONE	313	Lady	Female	Serpentine RC	01:19:50	01:17:24	00:16:52	00:19:24	63	22
278	CHRIS ROBB	685	M40	Male		01:19:57	01:17:48	00:20:37	00:26:56	215	77
279	DAVID BROWNE	107	Senior	Male		01:20:01	01:19:13	00:27:00	00:27:00	216	90
280	STEVE JONES	451	Senior	Male		01:20:01	01:18:49	00:27:00	00:27:00	217	91
281	ISABEL GREEN	330	W35	Female	Fairlands Valley Spartans	01:20:05	01:19:41	00:19:39	00:19:39	64	25
282	MATTHEW CHILDS	149	Senior	Male	St Albans Striders	01:20:06	01:19:39	00:27:05	00:27:05	218	92
283	ANDREW WILLIAMS	872	Senior	Male		01:20:06	01:19:00	00:27:05	00:27:05	219	93
284	EMILY HOOPER	404	W35	Female		01:20:07	01:19:26	00:19:41	00:19:41	65	26
285	MICHAEL HESSEY	381	M50	Male	HARPENDEN ARROWS	01:20:10	01:19:20	00:21:37	00:27:09	220	41
286	DAVE WISE	884	M40	Male	Gade Valley Harriers	01:20:11	01:20:00	00:20:51	00:27:10	221	78
287	ANDY NORMILE	593	M40	Male	St Albans Striders	01:20:18	01:18:58	00:20:58	00:27:17	222	79
288	ASHLEY CAMPBELL	132	Lady	Female	WEST 4 HARRIERS	01:20:24	01:19:27	00:17:26	00:19:58	66	23
289	STEPHEN CHAPMAN	147	M40	Male	STANDARD LIFE	01:20:31	01:19:49	00:21:11	00:27:30	223	80
290	KATE DIXON	229	W35	Female		01:20:31	01:19:55	00:20:05	00:20:05	67	27
291	SPENCER GRANT	323	M40	Male	St Albans Striders	01:20:31	01:19:58	00:21:11	00:27:30	224	81
292	ANDREW WASS	842	M40	Male	DACORUM & TRING	01:20:31	01:19:47	00:21:11	00:27:30	225	82
293	TONY REEVE	670	M50	Male	DACORUM & TRING	01:20:33	01:19:19	00:22:00	00:27:32	226	42
294	MICHAEL LAMB	477	M40	Male	DACORUM & TRING	01:20:36	01:19:52	00:21:16	00:27:35	227	83
295	JANET LING	496	W35	Female		01:20:42	01:20:13	00:20:16	00:20:16	68	28
296	HOWARD STEEL	770	Senior	Male		01:20:54	01:20:23	00:27:53	00:27:53	228	94
297	GORDON ASPIN	25	M50	Male	ROYSTON RUNNERS	01:20:59	01:20:04	00:22:26	00:27:58	229	43
298	SALLY DICKINSON	225	W35	Female	LEIGHTON FUN RUNNERS	01:21:03	01:20:16	00:20:37	00:20:37	69	29
299	CURTIS FORBES	286	Senior	Male		01:21:05	01:19:19	00:28:04	00:28:04	230	95
300	DAVID MITCHELMORE	554	Senior	Male		01:21:08	01:19:13	00:28:07	00:28:07	231	96
301	TINA LE	488	W35	Female	DACORUM & TRING	01:21:12	01:20:16	00:20:46	00:20:46	70	30
302	KEN PERRY	634	M60	Male	DACORUM & TRING	01:21:18	01:20:33	00:14:53	00:28:17	232	9
303	PETER OWEN	608	M40	Male		01:21:21	01:19:24	00:22:01	00:28:20	233	84
304	JONATHAN POOLE	647	M40	Male	St Albans Striders	01:21:22	01:19:20	00:22:02	00:28:21	234	85
305	LOUISE CROSBY	186	W55	Female	HARPENDEN ARROWS	01:21:25	01:20:43	00:02:19	00:20:59	71	4
306	MICHAEL TUCKER	819	Senior	Male		01:21:36	01:19:42	00:28:35	00:28:35	235	97
307	GEOFF WEBB	845	M40	Male		01:21:37	01:20:18	00:22:17	00:28:36	236	86
308	DAVID CLAYTON	157	Senior	Male		01:21:52	01:21:02	00:28:51	00:28:51	237	98
309	HERSHIL PATEL	615	Senior	Male	METROS RC	01:21:54	01:20:52	00:28:53	00:28:53	238	99
310	CHRIS BARR	44	Senior	Male		01:22:06	01:21:05	00:29:05	00:29:05	239	100
311	SIMON ABERY	1	M50	Male	METROS RC	01:22:12	01:21:08	00:23:39	00:29:11	240	44
312	SAMMY DEE	213	Lady	Female		01:22:12	01:20:35	00:19:14	00:21:46	72	24
313	KATE WINN	883	W35	Female	St Albans Striders	01:22:13	01:20:58	00:21:47	00:21:47	73	31
314	KEN TOWNSON	812	M40	Male	London Heathside	01:22:16	01:22:05	00:22:56	00:29:15	241	87
315	DANIELLA GIBSON	309	Lady	Female	Stopsley Striders	01:22:22	01:21:56	00:19:24	00:21:56	74	25
316	PHILIP PUGH	660	M50	Male	DACORUM & TRING	01:22:23	01:21:06	00:23:50	00:29:22	242	45
317	LAURA LANE	482	W35	Female		01:22:25	01:21:21	00:21:59	00:21:59	75	32
318	VICTOR HUTCHINS	424	M50	Male	HERCULES WIMBLEDON A. C.	01:22:29	01:22:29	00:23:56	00:29:28	243	46
319	DEENA BLAND	75	W35	Female		01:22:33	01:21:46	00:22:07	00:22:07	76	33
320	IAN EARLY	246	M40	Male	Dunstable Road Runners	01:22:45	01:21:39	00:23:25	00:29:44	244	88
321	NIGEL SMITH	751	M40	Male		01:22:51	01:21:58	00:23:31	00:29:50	245	89
322	DUNCAN WATSON	843	M40	Male	LEIGHTON FUN RUNNERS	01:22:54	01:22:13	00:23:34	00:29:53	246	90
323	ANNE HENSON	376	W55	Female	GARDEN CITY RUNNERS	01:22:58	01:22:25	00:03:52	00:22:32	77	5
324	MARK DUCKETT	237	M40	Male		01:23:03	01:22:16	00:23:43	00:30:02	247	91
325	MARK NICHOLLS	590	M40	Male	Watford Joggers	01:23:09	01:22:57	00:23:49	00:30:08	248	92
326	ANDREW RENDELL	674	M40	Male		01:23:11	01:22:07	00:23:51	00:30:10	249	93
327	PENELOPE SEEGER	713	Lady	Female	ROYSTON RUNNERS	01:23:13	01:21:41	00:20:15	00:22:47	78	26
328	PHILIP HOUSDEN	410	M60	Male	BIGGLESWADE A.C.	01:23:16	01:22:53	00:16:51	00:30:15	250	10
329	ALAN MILLS	549	M40	Male		01:23:17	01:22:12	00:23:57	00:30:16	251	94
330	PAUL EARNSHAW	247	M50	Male	St Albans Striders	01:23:19	01:22:30	00:24:46	00:30:18	252	47
331	ELIZABETH ANNETTS	17	W55	Female		01:23:20	01:22:54	00:04:14	00:22:54	79	6
332	JOHNNY SPINKS	764	M40	Male	NORTH HERTS ROAD RUNNERS	01:23:22	01:22:41	00:24:02	00:30:21	253	95
333	DAVID HEAL	370	M50	Male	GARDEN CITY RUNNERS	01:23:32	01:22:53	00:24:59	00:30:31	254	48
334	GEMMA REID	673	W35	Female		01:23:34	01:22:29	00:23:08	00:23:08	80	34
335	PAUL SUGG	781	M40	Male		01:23:39	01:23:12	00:24:19	00:30:38	255	96
336	ANDREW VAN HEININGEN	825	M50	Male	Serpentine RC	01:23:40	01:22:40	00:25:07	00:30:39	256	49
337	MATT GIFFORD	310	Senior	Male		01:23:43	01:22:23	00:30:42	00:30:42	257	101
338	SCOTT AYRES	29	Senior	Male		01:23:45	01:23:25	00:30:44	00:30:44	258	102
339	KEN JUDE	452	M50	Male	Fairlands Valley Spartans	01:23:47	01:23:16	00:25:14	00:30:46	259	50
340	BRUCE BAKER	39	M60	Male	DACORUM & TRING	01:23:48	01:23:18	00:17:23	00:30:47	260	11

341	ROB POTTON	651	M40	Male	Gade Valley Harriers	01:23:50	01:23:19	00:24:30	00:30:49	261	97
342	MATTHEW DAVID STEARS	768	M50	Male	DACORUM & TRING	01:23:52	01:23:09	00:25:19	00:30:51	262	51
343	KAREN WISHART	887	W45	Female	DACORUM & TRING	01:23:53	01:22:32	00:15:18	00:23:27	81	15
344	IRENE THOMAS	798	Lady	Female	LONDONRUNNERS	01:23:56	01:21:53	00:20:58	00:23:30	82	27
345	MICHAEL PAINE	610	M50	Male	GARDEN CITY RUNNERS	01:24:01	01:23:14	00:25:28	00:31:00	263	52
346	CLIFF BONNETT	84	M50	Male		01:24:10	01:22:34	00:25:37	00:31:09	264	53
347	OLIVER THORNE	805	Senior	Male	TRI LONDON	01:24:12	01:22:53	00:31:11	00:31:11	265	103
348	HELEN PEMBERTON	629	W35	Female		01:24:13	01:23:17	00:23:47	00:23:47	83	35
349	STEVEN TOWNDROW	811	M40	Male		01:24:13	01:23:48	00:24:53	00:31:12	266	98
350	ANNE GOLDING	317	W55	Female	Dunstable Road Runners	01:24:14	01:23:54	00:05:08	00:23:48	84	7
351	LARRY BARBATO	42	M50	Male		01:24:17	01:23:01	00:25:44	00:31:16	267	54
352	MEL FARNES	268	W35	Female		01:24:18	01:23:42	00:23:52	00:23:52	85	36
353	MARIA WILLIAMS	875	W35	Female	Redway Runners	01:24:19	01:23:47	00:23:53	00:23:53	86	37
354	ANDREW DUNN	238	M40	Male	Dunstable Road Runners	01:24:20	01:23:22	00:25:00	00:31:19	268	99
355	AMY HEAP	371	Lady	Female	St Albans Striders	01:24:20	01:23:53	00:21:22	00:23:54	87	28
356	STEVE HICKSON	388	M50	Male		01:24:25	01:23:34	00:25:52	00:31:24	269	55
357	CLARE BONNICK	85	W45	Female	Watford Joggers	01:24:26	01:23:52	00:15:51	00:24:00	88	16
358	EUGENE DOHERTY	232	M40	Male	S4F TRI	01:24:29	01:23:00	00:25:09	00:31:28	270	100
359	JESSICA TANNER	791	Lady	Female	DACORUM & TRING	01:24:31	01:24:07	00:21:33	00:24:05	89	29
360	RUSSELL SESSIONS	719	Senior	Male	St Albans Striders	01:24:45	01:24:18	00:31:44	00:31:44	271	104
361	STEVE HOSKINS	408	M40	Male	HARPENDEN ARROWS	01:24:47	01:24:00	00:25:27	00:31:46	272	101
362	CLARE STEPHEN	773	Lady	Female	St Albans Striders	01:24:47	01:24:18	00:21:49	00:24:21	90	30
363	JANE AUF DER MAUER	27	W35	Female		01:24:50	01:23:44	00:24:24	00:24:24	91	38
364	RAJESH TANNA	790	M40	Male		01:24:53	01:22:26	00:25:33	00:31:52	273	102
365	SHARON DAVIDSON	203	W35	Female	Purple Patch Runners	01:24:58	01:24:11	00:24:32	00:24:32	92	39
366	JOHN DAVIS	207	M50	Male	GARDEN CITY RUNNERS	01:25:00	01:24:22	00:26:27	00:31:59	274	56
367	RICHARD HUTTON	425	M40	Male	Gade Valley Harriers	01:25:10	01:24:40	00:25:50	00:32:09	275	103
368	JOHN O'BRIEN	598	Senior	Male		01:25:10	01:24:29	00:32:09	00:32:09	276	105
369	KATIE HAINES	338	W35	Female		01:25:11	01:23:59	00:24:45	00:24:45	93	40
370	JONATHAN WILSON	882	Senior	Male		01:25:18	01:23:22	00:32:17	00:32:17	277	106
371	LUCIE GRAY	325	W35	Female	ROYSTON RUNNERS	01:25:24	01:24:04	00:24:58	00:24:58	94	41
372	CLAUDENE SILVERMAN	732	W35	Female		01:25:32	01:24:53	00:25:06	00:25:06	95	42
373	MARK MCLOUGHLIN	541	M50	Male	LEIGHTON FUN RUNNERS	01:25:38	01:25:00	00:27:05	00:32:37	278	57
374	CRISPIN BOYLAN	89	Senior	Male		01:25:41	01:25:06	00:32:40	00:32:40	279	107
375	RICHARD BLAXILL	77	M50	Male	DACORUM & TRING	01:25:44	01:24:51	00:27:11	00:32:43	280	58
376	ALAN BULLIMORE	113	M50	Male		01:25:52	01:25:08	00:27:19	00:32:51	281	59
377	LAURA MAWDITT	524	W45	Female		01:25:58	01:25:13	00:17:23	00:25:32	96	17
378	RICHARD STEVENS	776	M40	Male	DACORUM & TRING	01:26:00	01:25:39	00:26:40	00:32:59	282	104
379	ESTHER SWAFFIELD	831	Lady	Female		01:26:02	01:24:48	00:23:04	00:25:36	97	31
380	JAMIE FERGUSON	277	Senior	Male	VC10	01:26:03	01:24:40	00:33:02	00:33:02	283	108
381	GEMMA CARRUTHERS	135	W45	Female	HOBBS HARRIERS	01:26:05	01:25:10	00:17:30	00:25:39	98	18
382	ANDY MITCHELL	552	M50	Male	DACORUM & TRING	01:26:08	01:24:46	00:27:35	00:33:07	284	60
383	HUW HAMER	342	Senior	Male	Watford Joggers	01:26:14	01:25:31	00:33:13	00:33:13	285	109
384	URSULA DOWNS	235	W55	Female		01:26:23	01:25:38	00:07:17	00:25:57	99	8
385	ALAN LAMBERT	478	M40	Male		01:26:25	01:24:26	00:27:05	00:33:24	286	105
386	FAYE BARRETT	47	Lady	Female	Serpentine RC	01:26:27	01:23:58	00:23:29	00:26:01	100	32
387	MARGARET KING	468	Lady	Female	Serpentine RC	01:26:28	01:24:00	00:23:30	00:26:02	101	33
388	RICHARD DARLEY	199	M40	Male	GARDEN CITY RUNNERS	01:26:31	01:25:11	00:27:11	00:33:30	287	106
389	ANDREW DURRANT	242	M50	Male	Stopsley Striders	01:26:33	01:25:40	00:28:00	00:33:32	288	61
390	ROBERT LEE	491	Senior	Male	Dunstable Road Runners	01:26:33	01:25:54	00:33:32	00:33:32	289	110
391	MARTYN COLE	163	M40	Male		01:26:36	01:25:17	00:27:16	00:33:35	290	107
392	ADRIAN JOHNSON	439	M40	Male		01:26:39	01:26:15	00:27:19	00:33:38	291	108
393	ROGER GALLUCCI	302	M40	Male		01:26:40	01:26:02	00:27:20	00:33:39	292	109
394	VICKY PENN	631	W35	Female		01:26:43	01:26:21	00:26:17	00:26:17	102	43
395	RICHARD MAW	523	M60	Male	St Albans Striders	01:26:46	01:25:09	00:20:21	00:33:45	293	12
396	SUSIE DUNN	240	Lady	Female	WARE JOGGERS	01:26:48	01:26:11	00:23:50	00:26:22	103	34
397	NICK SENDALL	718	Senior	Male		01:26:54	01:26:09	00:33:53	00:33:53	294	111
398	SHELLEY VAN DER BERG	824	W35	Female		01:26:55	01:26:11	00:26:29	00:26:29	104	44
399	KEITH PHILLIPS	643	M60	Male	LEIGHTON FUN RUNNERS	01:27:03	01:26:17	00:20:38	00:34:02	295	13
400	GARRY MAYO	525	M50	Male	BEARBROOK JOGGERS	01:27:08	01:26:08	00:28:35	00:34:07	296	62
401	HELEN FENSOME	274	Lady	Female	EREWASH VALLEY RUNNING CLUB	01:27:11	01:25:39	00:24:13	00:26:45	105	35
402	ALICE SULLIVAN	782	W35	Female	MORNINGTON CHASERS	01:27:11	01:26:23	00:26:45	00:26:45	106	45
403	JOHN CLARKE	154	M60	Male	Barnet & District AC	01:27:21	01:27:09	00:20:56	00:34:20	297	14
404	ANNA HALL	340	W35	Female		01:27:22	01:26:17	00:26:56	00:26:56	107	46
405	GRAHAM HARPER	353	M50	Male	HARPENDEN ARROWS	01:27:30	01:26:44	00:28:57	00:34:29	298	63
406	JIM BROWN	103	M60	Male	Fairlands Valley Spartans	01:27:32	01:26:05	00:21:07	00:34:31	299	15
407	SHANTI JOHNSON	442	W45	Female	St Albans Striders	01:27:32	01:26:37	00:18:57	00:27:06	108	19
408	ROLAND BURR	120	M40	Male		01:27:33	01:27:12	00:28:13	00:34:32	300	110
409	JULIANNE NIGHTINGALE	592	W45	Female	St Albans Striders	01:27:35	01:26:40	00:19:00	00:27:09	109	20
410	MALCOLM EDWARDS	250	Senior	Male		01:27:39	01:24:52	00:34:38	00:34:38	301	112
411	RUBEN MORAL	562	M40	Male		01:27:42	01:26:44	00:28:22	00:34:41	302	111
412	ANTHONY BATEY	53	M40	Male	tri-force	01:27:44	01:26:45	00:28:24	00:34:43	303	112
413	SHANNON PEARCE	624	W35	Female	TRENT PARK RUNNING CLUB	01:27:45	01:26:47	00:27:19	00:27:19	110	47
414	RACHEL SHARMAN	721	Lady	Female		01:27:45	01:26:53	00:24:47	00:27:19	111	36
415	WENDY THARANI	793	W35	Female	Fairlands Valley Spartans	01:27:54	01:27:20	00:27:28	00:27:28	112	48
416	NATALIE SMITH	750	W35	Female	Watford Joggers	01:27:59	01:27:26	00:27:33	00:27:33	113	49
417	GREG BAMFORD	40	M40	Male	St Albans Striders	01:28:01	01:26:35	00:28:41	00:35:00	304	113
418	JANET CONNEELY	166	W65	Female		01:28:06	01:27:47	00:00:00	00:27:40	114	1
419	PATRICIA THOMAS	799	W45	Female	EALING SOUTHALL & MIDDX	01:28:14	01:27:56	00:19:39	00:27:48	115	21
420	GERTRUD PORTER	648	W65	Female	METROS RC	01:28:16	01:27:35	00:00:10	00:27:50	116	2
421	ANDY MITHAM	555	M40	Male		01:28:19	01:28:01	00:28:59	00:35:18	305	114
422	FIONA HENSON	378	Lady	Female		01:28:25	01:27:51	00:25:27	00:27:59	117	37
423	PETER FORSYTHE	289	M40	Male	BROXBORNE RUNNERS	01:28:31	01:27:54	00:29:11	00:35:30	306	115
424	SHANE RYAN	700	M50	Male	St Albans Striders	01:28:33	01:27:18	00:30:00	00:35:32	307	64
425	LUCY EGGLESTON	253	W35	Female		01:28:40	01:28:09	00:28:14	00:28:14	118	50
426	JON MOXHAM	574	Senior	Male		01:28:43	01:27:53	00:35:42	00:35:42	308	113

427	SIMON LETTS	493	M50	Male		01:28:49	01:26:44	00:30:16	00:35:48	309	65
428	TOM WILLIS	878	M50	Male	Stopsley Striders	01:28:51	01:27:34	00:30:18	00:35:50	310	66
429	SARAH DAVIS	208	W45	Female	Bedford Harriers AC	01:28:54	01:27:13	00:20:19	00:28:28	119	22
430	MICHAEL WILKINS	871	M40	Male		01:28:55	01:27:59	00:29:35	00:35:54	311	116
431	LILLIE ELLINGHAM	257	M50	Male	Stopsley Striders	01:28:57	01:27:06	00:30:24	00:35:56	312	67
432	DAVID RUMBLE	698	Senior	Male		01:29:03	01:28:14	00:36:02	00:36:02	313	114
433	JOHN SLACK	742	M60	Male	DACORUM & TRING	01:29:05	01:27:57	00:22:40	00:36:04	314	16
434	NICK CRANE	181	M40	Male	Stopsley Striders	01:29:07	01:27:50	00:29:47	00:36:06	315	117
435	LORRAINE WEBB	849	W35	Female		01:29:09	01:27:51	00:28:43	00:28:43	120	51
436	LOUISE BEALE	55	W35	Female	GARDEN CITY RUNNERS	01:29:31	01:28:56	00:29:05	00:29:05	121	52
437	STEPHEN TRICE	817	M40	Male	St Albans Striders	01:29:33	01:27:15	00:30:13	00:36:32	316	118
438	KEVIN PAYNE	623	Senior	Male	tri-force	01:29:37	01:28:42	00:36:36	00:36:36	317	115
439	ESTHER HAMILTON	346	Lady	Female	DACORUM & TRING	01:29:39	01:28:36	00:26:41	00:29:13	122	38
440	SUSAN EDWARDS	252	W45	Female		01:29:45	01:28:24	00:21:10	00:29:19	123	23
441	ANN HAYDEN	366	W55	Female	FITTBIRD	01:29:50	01:29:17	00:10:44	00:29:24	124	9
442	SHARLEY SMITH	753	Lady	Female	ROCHFORD RUNNING CLUB	01:29:58	01:27:30	00:27:00	00:29:32	125	39
443	TINA TREMAINE	816	W35	Female	St Albans Striders	01:30:00	01:30:00	00:29:34	00:29:34	126	53
444	CLAIRE EADINGTON	244	Lady	Female	St Albans Striders	01:30:02	01:28:21	00:27:04	00:29:36	127	40
445	LINDA GREEN	332	W45	Female		01:30:04	01:29:12	00:21:29	00:29:38	128	24
446	JOSEPH HAWES	361	Senior	Male	SPRINGFIELD STRIDERS	01:30:05	01:27:30	00:37:04	00:37:04	318	116
447	CAROL REID	671	W45	Female	GARDEN CITY RUNNERS	01:30:07	01:28:08	00:21:32	00:29:41	129	25
448	DAVID HOLMES	402	M60	Male	Chiltern Harriers	01:30:16	01:29:05	00:23:51	00:37:15	319	17
449	VICTOR TSUI	818	Senior	Male	SUDBURY COURT RC	01:30:17	01:28:10	00:37:16	00:37:16	320	117
450	GRACE SMYTH	756	Lady	Female		01:30:19	01:29:02	00:27:21	00:29:53	130	41
451	SAMANTHA ALLAN	7	W45	Female	Watford Joggers	01:30:22	01:28:51	00:21:47	00:29:56	131	26
452	KATIE LOBINA	500	W35	Female	St Albans Striders	01:30:25	01:29:17	00:29:59	00:29:59	132	54
453	LINDSEY PETERS	637	W45	Female	Fit4Fitness Running Club	01:30:28	01:29:05	00:21:53	00:30:02	133	27
454	SHAYNA GODIN	315	Lady	Female	Barnet & District AC	01:30:38	01:29:24	00:27:40	00:30:12	134	42
455	AIMEE ROBINSON	688	Lady	Female	NUFFIELD RUNNING CLUB WARWICK	01:30:38	01:29:01	00:27:40	00:30:12	135	43
456	CHITRA DUNN	239	M50	Male		01:30:40	01:29:57	00:32:07	00:37:39	321	68
457	YVETTE JOHNSTON	443	W45	Female	MET POLICE TRI CLUB	01:30:40	01:29:47	00:22:05	00:30:14	136	28
458	ROSEMARY THOMPSON	804	W55	Female	Watford Joggers	01:30:41	01:30:09	00:11:35	00:30:15	137	10
459	ASHLEIGH TAYLOR	792	Lady	Female	St Albans Striders	01:30:42	01:30:01	00:27:44	00:30:16	138	44
460	CLARE THOMAS	796	W35	Female		01:30:43	01:29:58	00:30:17	00:30:17	139	55
461	ANDY BUTLER	124	M50	Male	BEARBROOK JOGGERS	01:30:46	01:29:47	00:32:13	00:37:45	322	69
462	LOUISE NEWTON	587	Lady	Female		01:30:46	01:29:15	00:27:48	00:30:20	140	45
463	CURTIS JONES	447	Senior	Male		01:30:49	01:28:18	00:37:48	00:37:48	323	118
464	MARY ALLIEU	9	W35	Female	MET POLICE AC	01:30:55	01:28:47	00:30:29	00:30:29	141	56
465	NICHOLAS SHEEHAN	727	M40	Male		01:30:56	01:28:37	00:31:36	00:37:55	324	119
466	BRENDAN WHITWORTH	868	M50	Male		01:31:03	01:29:24	00:32:30	00:38:02	325	70
467	CLIFFORD JONES	446	M40	Male	St Albans Striders	01:31:13	01:30:34	00:31:53	00:38:12	326	120
468	MARTIN NICHOLAS	588	M40	Male	Fairlands Valley Spartans	01:31:18	01:30:12	00:31:58	00:38:17	327	121
469	JANE RAE	665	W45	Female		01:31:24	01:30:42	00:22:49	00:30:58	142	29
470	ALISON RICHARDSON	682	W35	Female	DACORUM & TRING	01:31:25	01:30:59	00:30:59	00:30:59	143	57
471	BARRY DACKOMBE	194	M50	Male	AMPTHILL AND FLITWICK FLYERS	01:31:46	01:30:43	00:33:13	00:38:45	328	71
472	MALC CARY	138	M50	Male		01:31:47	01:29:20	00:33:14	00:38:46	329	72
473	RICHARD BUTTON	126	M40	Male		01:31:52	01:31:52	00:32:32	00:38:51	330	122
474	ROSE MCGINNESS	534	W45	Female	St Albans Striders	01:31:55	01:31:00	00:23:20	00:31:29	144	30
475	KATHRYN BIRDSSELL	71	Lady	Female		01:32:05	01:29:34	00:29:07	00:31:39	145	46
476	MEL MC CLURE	526	W55	Female	MET POLICE AC	01:32:11	01:30:43	00:13:05	00:31:45	146	11
477	DAVID PRINCE	658	M60	Male	St Albans Striders	01:32:14	01:30:33	00:25:49	00:39:13	331	18
478	NICKI FRANCIS	296	W45	Female	St Albans Striders	01:32:17	01:31:07	00:23:42	00:31:51	147	31
479	TRACE ALLEN	8	M70	Male	GARDEN CITY RUNNERS	01:32:18	01:30:19	00:00:00	00:39:17	332	1
480	ANNE KIPPAX	470	W45	Female	Tring RC	01:32:18	01:30:35	00:23:43	00:31:52	148	32
481	CAROLINE WILLIAMS	873	W35	Female		01:32:21	01:31:16	00:31:55	00:31:55	149	58
482	MICHAEL GALLUCCI	301	M40	Male		01:32:25	01:31:50	00:33:05	00:39:24	333	123
483	MARK HARRIS	356	M40	Male	tri-force	01:32:36	01:32:03	00:33:16	00:39:35	334	124
484	LEONA FLAHERTY	282	W45	Female	Gade Valley Harriers	01:32:39	01:31:30	00:24:04	00:32:13	150	33
485	WILLIAM HARDING	352	M60	Male	Hillingdon AC	01:32:39	01:31:50	00:26:14	00:39:38	335	19
486	MARK SHEPHERD	728	Senior	Male		01:32:43	01:30:26	00:39:42	00:39:42	336	119
487	ALISON MASSEY	520	Lady	Female	St Albans Striders	01:32:46	01:31:34	00:29:48	00:32:20	151	47
488	PAULINE BISHOP	73	W55	Female		01:32:51	01:31:50	00:13:45	00:32:25	152	12
489	KEITH ALDRIDGE	4	M50	Male		01:32:53	01:30:20	00:34:20	00:39:52	337	73
490	DAVID STREETON	780	M40	Male		01:32:54	01:31:49	00:33:34	00:39:53	338	125
491	ANTHONY WILLMOTH-RILEY	880	M70	Male	Stopsley Striders	01:32:56	01:31:00	00:00:38	00:39:55	339	2
492	Hannah Fothergill	291	Lady	Female	Stopsley Striders	01:32:57	01:31:42	00:29:59	00:32:31	153	48
493	TARQUIN WILLIAMS	876	M40	Male	JETSTREAM TRI CLUB	01:33:00	01:31:50	00:33:40	00:39:59	340	126
494	VANESSA PHILLIPS	644	W35	Female		01:33:02	01:31:47	00:32:36	00:32:36	154	59
495	NICOLA HICKSON	387	W35	Female		01:33:06	01:30:35	00:32:40	00:32:40	155	60
496	GUY QUINT	663	M50	Male		01:33:06	01:30:34	00:34:33	00:40:05	341	74
497	LISA HOARAN	395	W55	Female		01:33:09	01:31:55	00:14:03	00:32:43	156	13
498	CARMEL JARMAN	435	W45	Female	Dunstable Road Runners	01:33:09	01:32:12	00:24:34	00:32:43	157	34
499	ELIZABETH DANIEL	196	W45	Female	Tring RC	01:33:12	01:31:29	00:24:37	00:32:46	158	35
500	GEOFF LAMBRICK	479	M60	Male		01:33:13	01:31:43	00:26:48	00:40:12	342	20
501	JAN HAYDON	367	W45	Female	OH LADIES RUNNING CLUB	01:33:15	01:31:36	00:24:40	00:32:49	159	36
502	DEAN BUGLER	111	Senior	Male	Dunstable Road Runners	01:33:17	01:32:14	00:40:16	00:40:16	343	120
503	LOUISE STEPNEY	775	W45	Female	LEIGHTON FUN RUNNERS	01:33:17	01:31:09	00:24:42	00:32:51	160	37
504	CHRISTINE FERGUSON	275	W45	Female	St Albans Striders	01:33:36	01:30:40	00:25:01	00:33:10	161	38
505	JOHN ARMSTRONG	21	M40	Male	MORNINGTON CHASERS	01:33:38	01:33:38	00:34:18	00:40:37	344	127
506	STEPHEN BONFIELD	83	M50	Male		01:33:40	01:31:45	00:35:07	00:40:39	345	75
507	SAMANTHA MALES	510	W35	Female		01:33:43	01:33:08	00:33:17	00:33:17	162	61
508	KATERINA FELLAS	272	W45	Female	Watford Joggers	01:33:47	01:32:19	00:25:12	00:33:21	163	39
509	STEPHEN KELLY	460	M50	Male		01:33:57	01:32:07	00:35:24	00:40:56	346	76
510	JAMES PYPER	662	M50	Male		01:34:01	01:32:51	00:35:28	00:41:00	347	77
511	HELEN BASS	50	Lady	Female		01:34:02	01:31:54	00:31:04	00:33:36	164	49
512	LEE WOOD	822	M40	Male		01:34:02	01:32:14	00:34:42	00:41:01	348	128

513 HELEN THOMAS	797 W45	Female		01:34:05	01:32:28	00:25:30	00:33:39	165	40
514 HANNAH STARLING	767 W35	Female		01:34:12	01:32:56	00:33:46	00:33:46	166	62
515 BETHAN REES	669 W45	Female		01:34:17	01:32:37	00:25:42	00:33:51	167	41
516 DAVID BYERS	127 M70	Male		01:34:26	01:33:21	00:02:08	00:41:25	349	3
517 PAUL HESKIN	380 M40	Male		01:34:29	01:33:18	00:35:09	00:41:28	350	129
518 RACHEL ALDRIDGE	5 W35	Female		01:34:35	01:33:26	00:34:09	00:34:09	168	63
519 CHARLOTTE EDWARDS	249 W35	Female	BUSHFIELD JOGGERS	01:34:36	01:33:59	00:34:10	00:34:10	169	64
520 IAN GASCOIGNE	305 M50	Male		01:34:41	01:33:41	00:36:08	00:41:40	351	78
521 MELANIE PALMER	612 Lady	Female	St Albans Striders	01:34:42	01:33:33	00:31:44	00:34:16	170	50
522 ROSAMOND DE LA BERTAUCHE	211 W55	Female	Barnet & District AC	01:34:45	01:33:32	00:15:39	00:34:19	171	14
523 KELLY BYWATERS	130 W35	Female		01:34:53	01:33:56	00:34:27	00:34:27	172	65
524 SARAH-JANE STEPHENS	774 W45	Female		01:34:53	01:32:45	00:26:18	00:34:27	173	42
525 HELEN FERGUSON	276 W45	Female	NORTH HERTS ROAD RUNNERS	01:34:54	01:34:21	00:26:19	00:34:28	174	43
526 YVONNE WALKER	832 W55	Female	SUDBURY COURT RC	01:35:00	01:32:53	00:15:54	00:34:34	175	15
527 JONATHAN MILNE	550 M40	Male	St Albans Striders	01:35:01	01:33:51	00:35:41	00:42:00	352	130
528 HELEN PEARSON	626 W45	Female		01:35:05	01:32:33	00:26:30	00:34:39	176	44
529 JAQUI SAMPSON	703 W35	Female	Gade Valley Harriers	01:35:05	01:33:16	00:34:39	00:34:39	177	66
530 PAT HAYBALL	365 W45	Female	DACORUM & TRING	01:35:08	01:33:58	00:26:33	00:34:42	178	45
531 MADELEINE LAMERIS	480 Lady	Female		01:35:09	01:33:44	00:32:11	00:34:43	179	51
532 CLAIRE COPPERWHITE	171 W45	Female	DACORUM & TRING	01:35:13	01:34:05	00:26:38	00:34:47	180	46
533 DENISE BURFORD	118 W35	Female	DACORUM & TRING	01:35:14	01:33:53	00:34:48	00:34:48	181	67
534 CHRISTINA BROWN	101 W35	Female		01:35:26	01:34:02	00:35:00	00:35:00	182	68
535 JONATHAN BARR	45 M50	Male		01:35:35	01:34:07	00:37:02	00:42:34	353	79
536 ALAN DONOVAN	233 M60	Male	GARDEN CITY RUNNERS	01:35:42	01:34:25	00:29:17	00:42:41	354	21
537 ZOE WYATT	899 W45	Female		01:35:42	01:33:44	00:27:07	00:35:16	183	47
538 KITTY HUNG	419 W45	Female	COMET ROAD RUNNING CLUB	01:35:49	01:35:28	00:27:14	00:35:23	184	48
539 LINDA FRANCES DUNNE	241 W45	Female	METROS RC	01:35:50	01:34:48	00:27:15	00:35:24	185	49
540 PETER REYNOLDS	677 M50	Male		01:35:50	01:33:53	00:37:17	00:42:49	355	80
541 HEATHER WRIGHT	897 Lady	Female	St Albans Striders	01:35:53	01:34:16	00:32:55	00:35:27	186	52
542 JOANNA TRAVERS	815 W35	Female		01:35:54	01:35:02	00:35:28	00:35:28	187	69
543 PHOEBE CANTACUZINO	133 Lady	Female	Queens Park Harriers	01:36:04	01:33:47	00:33:06	00:35:38	188	53
544 LAUREN BARR	46 W45	Female		01:36:08	01:34:42	00:27:33	00:35:42	189	50
545 RACHEL VIALOU-CLARK	826 W45	Female		01:36:19	01:35:36	00:27:44	00:35:53	190	51
546 MICHELLE FLYNN	284 W35	Female		01:36:22	01:35:44	00:35:56	00:35:56	191	70
547 BERNARD OGOE	602 M40	Male		01:36:25	01:35:37	00:37:05	00:43:24	356	131
548 MURALI THAVASOTHY	794 M50	Male		01:36:26	01:34:21	00:37:53	00:43:25	357	81
549 PAUL MORSE	573 M60	Male	LETCHEMORE HEATHENS	01:36:35	01:34:31	00:30:10	00:43:34	358	22
550 DAVID PEARSON	625 M40	Male		01:36:40	01:34:06	00:37:20	00:43:39	359	132
551 PETE JONES	449 M50	Male	FLITWICK TRI	01:36:44	01:36:05	00:38:11	00:43:43	360	82
552 KATHERINE WALKER	829 Lady	Female		01:36:44	01:35:29	00:33:46	00:36:18	192	54
553 PENNY WALLDUCK	833 W45	Female	DACORUM & TRING	01:36:47	01:35:27	00:28:12	00:36:21	193	52
554 JILLIAN RUSSELL	699 W45	Female	HARPENDEN ARROWS	01:37:00	01:35:09	00:28:25	00:36:34	194	53
555 SARAH CARVER	137 W35	Female		01:37:02	01:35:25	00:36:36	00:36:36	195	71
556 PAUL BROOKS	99 M50	Male	LUTON AC	01:37:05	01:36:35	00:38:32	00:44:04	361	83
557 KATE ROGERS	691 Lady	Female	St Albans Striders	01:37:07	01:35:59	00:34:09	00:36:41	196	55
558 WAYNE WARREN	841 M60	Male	BRITISH ROAD RUNNER.	01:37:10	01:36:11	00:30:45	00:44:09	362	23
559 RICHARD WHITE	864 M40	Male		01:37:11	01:35:17	00:37:51	00:44:10	363	133
560 ALISON HUNT	421 W45	Female	Dunstable Road Runners	01:37:14	01:35:56	00:28:39	00:36:48	197	54
561 JEANETTE COLLINS	164 W45	Female	Fairlands Valley Spartans	01:37:15	01:36:06	00:28:40	00:36:49	198	55
562 JANE MOLLOY	559 W45	Female	Watford Joggers	01:37:18	01:35:49	00:28:43	00:36:52	199	56
563 BERNADETTE CONWAY	167 Lady	Female	METROS RC	01:37:24	01:36:23	00:34:26	00:36:58	200	56
564 JANE WELCH	853 W55	Female	Watford Joggers	01:37:36	01:36:05	00:18:30	00:37:10	201	16
565 KATHERINE ALLMAN	10 W35	Female		01:37:38	01:36:48	00:37:12	00:37:12	202	72
566 ROMAINE BYERS	128 W55	Female		01:37:51	01:36:46	00:18:45	00:37:25	203	17
567 EDWARD CHALONER	145 Senior	Male	St Albans Striders	01:37:52	01:36:02	00:44:51	00:44:51	364	121
568 SADIE HURSEY	422 W45	Female	Redway Runners	01:37:52	01:35:34	00:29:17	00:37:26	204	57
569 ALEX BAYLISS	54 W45	Female	DACORUM & TRING	01:38:03	01:36:53	00:29:28	00:37:37	205	58
570 TINA SEARLE	712 W55	Female	Gade Valley Harriers	01:38:11	01:37:01	00:19:05	00:37:45	206	18
571 LISA LANGFORD	483 W35	Female	Dunstable Road Runners	01:38:18	01:36:51	00:37:52	00:37:52	207	73
572 MAEVE FOX	293 W45	Female	Redway Runners	01:38:20	01:36:00	00:29:45	00:37:54	208	59
573 STEVE K MORRIS	571 M40	Male	Redway Runners	01:38:24	01:36:05	00:39:04	00:45:23	365	134
574 ANNE MARIE WALSH	836 W45	Female	Queens Park Harriers	01:38:25	01:36:01	00:29:50	00:37:59	209	60
575 PAUL THOMAS	800 M60	Male		01:38:28	01:36:50	00:32:03	00:45:27	366	24
576 JASON HAWKRIDGE	362 M40	Male	DACORUM & TRING	01:38:33	01:37:25	00:39:13	00:45:32	367	135
577 HELENA CHAPMAN	146 W35	Female		01:38:43	01:38:01	00:38:17	00:38:17	210	74
578 JERRY GILBERT	311 M60	Male	GARDEN CITY RUNNERS	01:38:43	01:36:31	00:32:18	00:45:42	368	25
579 EMMA SMALL	744 W35	Female	Watford Joggers	01:38:44	01:38:02	00:38:18	00:38:18	211	75
580 MARIE MYERS	581 W55	Female	Fit4Fitness Running Club	01:38:45	01:37:10	00:19:39	00:38:19	212	19
581 DONNA OTOOLE	607 W35	Female	OH LADIES RUNNING CLUB	01:38:47	01:37:01	00:38:21	00:38:21	213	76
582 CAROLINE SKYRME	740 W45	Female	St Albans Striders	01:38:47	01:37:36	00:30:12	00:38:21	214	61
583 BETTINA WEST	854 W35	Female		01:38:53	01:36:56	00:38:27	00:38:27	215	77
584 BARBARA BAKER	38 W45	Female	DACORUM & TRING	01:38:59	01:38:08	00:30:24	00:38:33	216	62
585 ANGELA MULLIGAN	576 Lady	Female	Redway Runners	01:39:02	01:36:39	00:36:04	00:38:36	217	57
586 SERI GELL	306 W35	Female	LEIGHTON FUN RUNNERS	01:39:06	01:36:58	00:38:40	00:38:40	218	78
587 JANE HUDSON	414 W55	Female	METROS RC	01:39:06	01:38:04	00:20:00	00:38:40	219	20
588 SIMON BEST	67 M40	Male		01:39:11	01:37:18	00:39:51	00:46:10	369	136
589 STEPHEN SMITH	754 M50	Male		01:39:14	01:36:34	00:40:41	00:46:13	370	84
590 ANDY ANTHONY	18 M50	Male		01:39:18	01:37:57	00:40:45	00:46:17	371	85
591 OONAGH KENNEALLY	462 Lady	Female		01:39:20	01:38:48	00:36:22	00:38:54	220	58
592 MICHELLE ENGLISH	260 W35	Female	LEIGHTON FUN RUNNERS	01:39:22	01:37:14	00:38:56	00:38:56	221	79
593 LINDSEY RIGBY	683 W45	Female	LEIGHTON FUN RUNNERS	01:39:22	01:37:10	00:30:47	00:38:56	222	63
594 GORDON HILL	391 M70	Male	LEIGHTON FUN RUNNERS	01:39:24	01:37:15	00:07:06	00:46:23	372	4
595 PAULA MUMMERY	577 W35	Female	OH LADIES RUNNING CLUB	01:39:34	01:37:51	00:39:08	00:39:08	223	80
596 BILL BRIFFA	96 M40	Male		01:39:36	01:38:01	00:40:16	00:46:35	373	137
597 ANNE TORRANCE	810 W45	Female		01:39:37	01:36:55	00:31:02	00:39:11	224	64
598 TRACY JACOB	433 Lady	Female	OH LADIES RUNNING CLUB	01:39:41	01:37:55	00:36:43	00:39:15	225	59

599	DAVE SKYRME	741	M50	Male	St Albans Striders	01:39:41	01:38:25	00:41:08	00:46:40	374	86
600	JOHN READE	667	M70	Male	Dunstable Road Runners	01:39:42	01:38:45	00:07:24	00:46:41	375	5
601	SUSAN KENNEDY	464	W55	Female	Queens Park Harriers	01:39:43	01:37:26	00:20:37	00:39:17	226	21
602	AMANDA MARTIN	516	W55	Female	Queens Park Harriers	01:39:43	01:37:20	00:20:37	00:39:17	227	22
603	REBECCA WHITE	863	W35	Female	DACORUM & TRING	01:39:45	01:38:40	00:39:19	00:39:19	228	81
604	DAWN WHITING	865	W35	Female		01:39:47	01:37:21	00:39:21	00:39:21	229	82
605	ANNETTE HOWARD	412	W45	Female	DACORUM & TRING	01:39:56	01:39:06	00:31:21	00:39:30	230	65
606	BEVERLEY RIMMER	684	Lady	Female	STEVENAGE STRIDERS	01:39:59	01:39:22	00:37:01	00:39:33	231	60
607	DAWN GAMBLE	303	W55	Female	Fit4Fitness Running Club	01:40:01	01:38:28	00:20:55	00:39:35	232	23
608	ROBIN HESTER	382	M50	Male	STEVENAGE STRIDERS	01:40:06	01:39:25	00:41:33	00:47:05	376	87
609	JACQUELINE ARMSTRONG	20	W55	Female		01:40:15	01:38:47	00:21:09	00:39:49	233	24
610	JASVIR SINGH MODAHER	556	M50	Male	BRITISH AIRWAYS A.C	01:40:21	01:39:23	00:41:48	00:47:20	377	88
611	TARA POUNTNEY	652	W35	Female	Dunstable Road Runners	01:40:30	01:39:33	00:40:04	00:40:04	234	83
612	CATHERINE KEMBERY	461	W45	Female		01:40:58	01:38:34	00:32:23	00:40:32	235	66
613	VALERIE DAWSON	210	W45	Female		01:41:02	01:39:06	00:32:27	00:40:36	236	67
614	CLAIRE BELMAR	61	W35	Female	Dunstable Road Runners	01:41:11	01:39:54	00:40:45	00:40:45	237	84
615	JOHANNA HADLEY	336	Lady	Female	Dunstable Road Runners	01:41:15	01:40:36	00:38:17	00:40:49	238	61
616	RUTH DEVENISH	220	W35	Female	Fit4Fitness Running Club	01:41:25	01:39:53	00:40:59	00:40:59	239	85
617	COLIN HAMILTON	343	M40	Male	Fit4Fitness Running Club	01:41:25	01:39:52	00:42:05	00:48:24	378	138
618	GILL HOLLAND	401	W45	Female	HARPENDEN ARROWS	01:41:31	01:39:28	00:32:56	00:41:05	240	68
619	KATIE PATTISON	618	W45	Female		01:41:37	01:40:37	00:33:02	00:41:11	241	69
620	ELIZABETH RICHARDS	679	W35	Female		01:41:38	01:40:37	00:41:12	00:41:12	242	86
621	RITA SCOLLAN	708	Lady	Female	SUDBURY COURT RC	01:41:38	01:39:32	00:38:40	00:41:12	243	62
622	GEORGIE HAMILTON	347	W65	Female	HARPENDEN ARROWS	01:41:49	01:39:56	00:13:43	00:41:23	244	3
623	REBECCA HEMMANT-LOW	373	W45	Female		01:41:59	01:41:30	00:33:24	00:41:33	245	70
624	JAN DEVENISH	219	M40	Male	Fit4Fitness Running Club	01:42:04	01:40:29	00:42:44	00:49:03	379	139
625	FINBAR WILLIS	877	M50	Male		01:42:18	01:40:23	00:43:45	00:49:17	380	89
626	ROB DEANE	212	M50	Male	DACORUM & TRING	01:42:31	01:41:26	00:43:58	00:49:30	381	90
627	MICHELLE ASHWELL	23	W35	Female	DACORUM & TRING	01:42:33	01:41:26	00:42:07	00:42:07	246	87
628	MARIA BLYTHE	78	Lady	Female	OH LADIES RUNNING CLUB	01:42:35	01:40:50	00:39:37	00:42:09	247	63
629	IRENE PAULL	620	W55	Female	METROS RC	01:42:45	01:41:04	00:23:39	00:42:19	248	25
630	SARAH DALTON	195	W35	Female		01:42:48	01:40:58	00:42:22	00:42:22	249	88
631	LAUREN AMOND	13	Lady	Female	St Albans Striders	01:42:52	01:41:39	00:39:54	00:42:26	250	64
632	EMILY O'HARE	603	Lady	Female	OH LADIES RUNNING CLUB	01:43:00	01:41:12	00:40:02	00:42:34	251	65
633	JOANNE TANG	789	W35	Female	St Albans Striders	01:43:12	01:41:54	00:42:46	00:42:46	252	89
634	CARLA NATION	582	W35	Female		01:43:34	01:41:35	00:43:08	00:43:08	253	90
635	ZENA ELLIS	258	Lady	Female	Stopsley Striders	01:43:41	01:41:45	00:40:43	00:43:15	254	66
636	ROBERT FOX	294	Senior	Male		01:43:45	01:43:06	00:50:44	00:50:44	382	122
637	NADYA BASRAWI	49	W35	Female		01:44:02	01:42:02	00:43:36	00:43:36	255	91
638	ADAM MITCHELL	551	Senior	Male	Dunstable Road Runners	01:44:03	01:42:39	00:51:02	00:51:02	383	123
639	LOUISE SOPP	760	W35	Female	OH LADIES RUNNING CLUB	01:44:04	01:42:19	00:43:38	00:43:38	256	92
640	MAUREEN STEED	769	W65	Female	GARDEN CITY RUNNERS	01:44:10	01:41:56	00:16:04	00:43:44	257	4
641	SUE EDWARDS	251	W35	Female	St Albans Striders	01:44:14	01:43:03	00:43:48	00:43:48	258	93
642	HELEN HEATHCOTE	372	W35	Female	Gade Valley Harriers	01:44:16	01:42:30	00:43:50	00:43:50	259	94
643	RAJASINGHAM SIVAKUMARAN	738	M40	Male		01:44:32	01:43:08	00:45:12	00:51:31	384	140
644	STEPHANIE WORTH	896	Lady	Female		01:44:49	01:42:58	00:41:51	00:44:23	260	67
645	SARAH PERRY	635	Lady	Female		01:44:55	01:42:59	00:41:57	00:44:29	261	68
646	IZZY CHIRCHI	150	W35	Female	VERSACE	01:44:56	01:44:00	00:44:30	00:44:30	262	95
647	MARK FREAKLEY	298	M40	Male		01:44:56	01:44:02	00:45:36	00:51:55	385	141
648	TONY HAMILTON	348	M70	Male	Barnet & District AC	01:45:01	01:43:35	00:12:43	00:52:00	386	6
649	EMMA RACKHAM	664	Lady	Female	METROS RC	01:45:01	01:44:00	00:42:03	00:44:35	263	69
650	MICHAEL WOOD	891	M50	Male	Fit4Fitness Running Club	01:45:01	01:43:37	00:46:28	00:52:00	387	91
651	JACQUELINE BROWN	102	W45	Female	Fit4Fitness Running Club	01:45:08	01:43:30	00:36:33	00:44:42	264	71
652	YOLISSA TITE	808	Lady	Female	Fit4Fitness Running Club	01:45:08	01:43:34	00:42:10	00:44:42	265	70
653	STEPHEN TIMS	806	M50	Male		01:45:13	01:42:38	00:46:40	00:52:12	388	92
654	NEIL ROSS	694	M50	Male		01:45:24	01:43:02	00:46:51	00:52:23	389	93
655	DONNA WHITNEY	866	W35	Female	OH LADIES RUNNING CLUB	01:45:34	01:43:49	00:45:08	00:45:08	266	96
656	ZOE ATKINS	26	W45	Female	Fit4Fitness Running Club	01:45:43	01:44:18	00:37:08	00:45:17	267	72
657	LUCY BAILIE	36	W35	Female	Fit4Fitness Running Club	01:45:59	01:44:23	00:45:33	00:45:33	268	97
658	MICHELLE COOMBS	170	W35	Female	St Albans Striders	01:46:07	01:44:53	00:45:41	00:45:41	269	98
659	REBECCA MURFET	578	Lady	Female		01:46:11	01:44:12	00:43:13	00:45:45	270	71
660	JANET BUNCE	115	W55	Female	ORION HARRIERS	01:46:25	01:44:00	00:27:19	00:45:59	271	26
661	CARMEN DORSETT	234	W35	Female		01:46:37	01:45:00	00:46:11	00:46:11	272	99
662	GEMMA WOODS	893	Lady	Female	Fit4Fitness Running Club	01:46:40	01:45:18	00:43:42	00:46:14	273	72
663	GEOFF MORGAN	565	M50	Male		01:46:46	01:45:53	00:48:13	00:53:45	390	94
664	DEBBIE ROFF	689	Lady	Female	LEIGHTON FUN RUNNERS	01:46:59	01:44:48	00:44:01	00:46:33	274	73
665	MICHAEL WISE	885	M60	Male	GARDEN CITY RUNNERS	01:47:02	01:44:49	00:40:37	00:54:01	391	26
666	KIM BURTON	123	W45	Female		01:47:03	01:45:03	00:38:28	00:46:37	275	73
667	SANDRA WISE	886	W55	Female	GARDEN CITY RUNNERS	01:47:13	01:45:00	00:28:07	00:46:47	276	27
668	NICHOLA DENT	217	W45	Female	Dunstable Road Runners	01:47:17	01:45:01	00:38:42	00:46:51	277	74
669	TESSA DAVIES	206	W55	Female		01:47:23	01:44:48	00:28:17	00:46:57	278	28
670	CLARE FERNANDES	278	Lady	Female	LEIGHTON FUN RUNNERS	01:47:26	01:45:16	00:44:28	00:47:00	279	74
671	SHARON CROWLEY	191	W55	Female	Fairlands Valley Spartans	01:47:32	01:44:55	00:28:26	00:47:06	280	29
672	TESSA OSBORN	605	W45	Female	St Albans Striders	01:47:56	01:46:46	00:39:21	00:47:30	281	75
673	STEPHANIE LAWRENCE	486	Lady	Female		01:48:17	01:45:47	00:45:19	00:47:51	282	75
674	JOHN FERNANDEZ	279	M40	Male	COMET ROAD RUNNING CLUB	01:48:24	01:48:00	00:49:04	00:55:23	392	142
675	MICHAEL GEORGE	308	M60	Male		01:48:56	01:47:20	00:42:31	00:55:55	393	27
676	CAROLE DARNELL	200	W55	Female	Bedford Harriers AC	01:48:59	01:47:37	00:29:53	00:48:33	283	30
677	PETER TUCKER	820	M60	Male	Gade Valley Harriers	01:49:03	01:48:24	00:42:38	00:56:02	394	28
678	HELEN HAWTHORNE	364	W45	Female	St Albans Striders	01:49:04	01:47:48	00:40:29	00:48:36	284	76
679	JACKIE LIVINGS	498	W45	Female	Freedom Tri	01:49:26	01:47:26	00:40:51	00:49:00	285	77
680	GARETH SHARP	722	Senior	Male	Freedom Tri	01:49:26	01:47:26	00:56:25	00:56:25	395	124
681	CHARLOTTE JONES	444	W35	Female	GARDEN CITY RUNNERS	01:49:29	01:47:14	00:49:03	00:49:03	286	100
682	MICHAEL MULHOLLAND	575	M40	Male		01:49:29	01:46:35	00:50:09	00:56:28	396	143
683	LISA BRACKEN	90	W35	Female	Dunstable Road Runners	01:49:46	01:48:03	00:49:20	00:49:20	287	101
684	DIANE WHITE	861	W35	Female	Dunstable Road Runners	01:49:46	01:48:02	00:49:20	00:49:20	288	102



685 LINDA CASSIDY	140 W35	Female		01:49:53	01:48:15	00:49:27	00:49:27	289	103
686 JOHN ETHERDEN	261 M70	Male	BISHOP'S STORTFORD RUNNING CLUB	01:50:21	01:49:30	00:18:03	00:57:20	397	7
687 LAUREN MONTGOMERY	560 Lady	Female		01:50:21	01:48:58	00:47:23	00:49:55	290	76
688 ANNETTE SMYTH	755 W45	Female	Redway Runners	01:50:30	01:48:06	00:41:55	00:50:04	291	78
689 LEIGH STEERE	772 W45	Female	Redway Runners	01:50:30	01:48:07	00:41:55	00:50:04	292	79
690 JANE CRIGHTON	184 W45	Female	LEIGHTON FUN RUNNERS	01:50:45	01:48:35	00:42:10	00:50:19	293	80
691 BERNADETTE NEWBY	583 W45	Female	St Albans Striders	01:51:04	01:49:54	00:42:29	00:50:38	294	81
692 ELLIE HENDY	374 W35	Female		01:51:07	01:49:29	00:50:41	00:50:41	295	104
693 CHRISTINE CATON	143 W45	Female		01:51:11	01:48:56	00:42:36	00:50:45	296	82
694 CLAIRE PINNELL-BROWN	645 W35	Female	Dunstable Road Runners	01:51:27	01:49:43	00:51:01	00:51:01	297	105
695 SARAH CORNELL	174 W45	Female	Dunstable Road Runners	01:51:54	01:50:06	00:43:19	00:51:28	298	83
696 JEAN WEBB	846 W55	Female	St Albans Striders	01:52:05	01:50:51	00:32:59	00:51:39	299	31
697 SARAH CASWELL	142 Lady	Female	Dunstable Road Runners	01:52:11	01:50:26	00:49:13	00:51:45	300	77
698 SHADE OSHUNRINDE	606 W45	Female	Queens Park Harriers	01:52:13	01:49:51	00:43:38	00:51:47	301	84
699 JOE WALTERS	838 Senior	Male	AMPTHILL AND FLITWICK FLYERS	01:52:45	01:50:45	00:59:44	00:59:44	398	125
700 AMANDA LOGAN	501 W35	Female	Queens Park Harriers	01:52:46	01:50:24	00:52:20	00:52:20	302	106
701 SOPHIE COOK	169 Lady	Female		01:52:53	01:50:23	00:49:55	00:52:27	303	78
702 LISA O'DONOVAN	599 Lady	Female	Dunstable Road Runners	01:53:01	01:50:44	00:50:03	00:52:35	304	79
703 SHELIAH SURGEY	786 W45	Female	Dunstable Road Runners	01:53:03	01:51:08	00:44:28	00:52:37	305	85
704 DEBBIE DICKINSON	223 W45	Female		01:53:05	01:50:42	00:44:30	00:52:39	306	86
705 ZOE CLARK	153 W35	Female	OH LADIES RUNNING CLUB	01:53:27	01:51:41	00:53:01	00:53:01	307	107
706 RAY BLAXILL	76 M60	Male		01:53:45	01:52:53	00:47:20	01:00:44	399	29
707 KELLY WOOD	890 Lady	Female	Purple Patch Runners	01:53:56	01:52:07	00:50:58	00:53:30	308	80
708 CHERY DENTON	218 W35	Female	Dunstable Road Runners	01:54:20	01:52:33	00:53:54	00:53:54	309	108
709 MELANIE LYNCH	504 W35	Female	OH LADIES RUNNING CLUB	01:54:37	01:52:52	00:54:11	00:54:11	310	109
710 CAROL SKATES	739 W55	Female	Gade Valley Harriers	01:54:57	01:53:08	00:35:51	00:54:31	311	32
711 KERRI BROWN	104 W35	Female		01:55:16	01:53:43	00:54:50	00:54:50	312	110
712 SUSE MOEBIUS	557 W45	Female		01:55:24	01:53:05	00:46:49	00:54:58	313	87
713 EMMA STILLER	777 W35	Female	Fit4Fitness Running Club	01:55:48	01:54:15	00:55:22	00:55:22	314	111
714 JO MILDREN	545 W45	Female	Fit4Fitness Running Club	01:55:50	01:54:15	00:47:15	00:55:24	315	88
715 CLAIRE MCAULD	532 Lady	Female	Dunstable Road Runners	01:56:14	01:54:21	00:53:16	00:55:48	316	81
716 CARLY STRAUGHAN	731 Lady	Female		01:56:25	01:54:33	00:53:27	00:55:59	317	82
717 JEANNETTE EAMES	245 W45	Female	Dunstable Road Runners	01:56:30	01:54:36	00:47:55	00:56:04	318	89
718 JULIE CURTIS	192 W45	Female	St Albans Striders	01:57:16	01:55:15	00:48:41	00:56:50	319	90
719 LORNA MORISON	567 W35	Female	Dunstable Road Runners	01:58:15	01:56:47	00:57:49	00:57:49	320	112
720 PAULA KEARNEY	457 W45	Female	Dunstable Road Runners	01:58:23	01:56:35	00:49:48	00:57:57	321	91
721 ANDREA JOHNSON	440 W35	Female	Dunstable Road Runners	01:58:27	01:57:00	00:58:01	00:58:01	322	113
722 FLORENCE SOLMAZ	758 W45	Female		01:58:35	01:56:13	00:50:00	00:58:09	323	92
723 ELINOR JOHNS	438 W45	Female		01:58:48	01:56:22	00:50:13	00:58:22	324	93
724 MARTIN CRISP	185 M50	Male	St Albans Striders	01:58:49	01:57:35	01:00:16	01:05:48	400	95
725 TRACY FARRELL	269 W45	Female		01:58:49	01:56:22	00:50:14	00:58:23	325	94
726 TRACEY BOLTON	82 W35	Female	Dunstable Road Runners	01:58:58	01:57:03	00:58:32	00:58:32	326	114
727 KIRRIE PETERS	636 Lady	Female	Fit4Fitness Running Club	01:59:32	01:58:10	00:56:34	00:59:06	327	83
728 DEBRA ANDREWS	15 W45	Female	Redway Runners	02:00:13	01:57:58	00:51:38	00:59:47	328	95
729 DEREK ANDREWS	16 M60	Male	Redway Runners	02:00:14	01:58:00	00:53:49	01:07:13	401	30
730 ANNE AMBROSE	11 W55	Female	METROS RC	02:00:19	01:58:37	00:41:13	00:59:53	329	33
731 ADELLE STAPLETON	766 W55	Female	St Albans Striders	02:01:17	02:00:05	00:42:11	01:00:51	330	34
732 STEPHANIE GOLD	316 W55	Female	VICTORIA PARK HARRIERS AND TOW HAMLETS	02:02:03	01:59:27	00:42:57	01:01:37	331	35
733 ANNE HIGSON	389 W55	Female	Redway Runners	02:02:37	02:00:56	00:43:31	01:02:11	332	36
734 SIAN CARTER	136 Lady	Female	Redway Runners	02:02:42	02:00:18	00:59:44	01:02:16	333	84
735 HEATHER HASSALL	360 W55	Female		02:04:01	02:01:58	00:44:55	01:03:35	334	37
736 PENNY HUDSON	415 W55	Female	METROS RC	02:04:36	02:02:53	00:45:30	01:04:10	335	38
737 NORAN MCGOVERN	535 W45	Female	St Albans Striders	02:05:12	02:03:55	00:56:37	01:04:46	336	96