

Love Welwyn Garden City 10K 2016

PROVISIONAL Results

Any queries please contact events@activetrainingworld.co.uk

Pos	Name	RaceNo	Category	Gender	Club	Time	Net Time	Time Behind Categ	Time Behind Winner	GenderPos	CategPos
1	ADAM KIRK-SMITH	146	Senior	Male	London Heathside	00:32:58	00:32:58	00:00:00	00:00:00	1	1
2	JAMES BELLWARD	12	Senior	Male	RAF	00:33:08	00:33:07	00:00:10	00:00:10	2	2
3	ANDREW BROOKER	22	Senior	Male	London Heathside	00:35:41	00:35:39	00:02:43	00:02:43	3	3
4	TYRONE FARRER	320	M40	Male	SOUTHEND ON SEA AC	00:35:57	00:35:56	00:00:00	00:02:59	4	1
5	RYAN FAULKNER	321	Senior	Male	HERTS PHOENIX	00:36:18	00:36:17	00:03:20	00:03:20	5	4
6	GREG SPELLMAN	352	M50	Male	WELLINGBOROUGH AND DISTRICT AC	00:37:34	00:37:32	00:00:00	00:04:36	6	1
7	RICHARD HYNES	133	Senior	Male	HARLOW RUNNING CLUB	00:37:38	00:37:38	00:04:40	00:04:40	7	5
8	SCOT CHARLTON	35	Senior	Male		00:38:36	00:38:14	00:05:38	00:05:38	8	6
9	PAUL SHEARER	244	Senior	Male		00:38:52	00:38:51	00:05:54	00:05:54	9	7
10	DARREN SUNTER	260	Senior	Male		00:39:04	00:39:03	00:06:06	00:06:06	10	8
11	SHAUN MILLS	184	M40	Male	CAMPUS 7 AC	00:39:17	00:39:16	00:03:20	00:06:19	11	2
12	WILLIAM STOKES	256	Senior	Male		00:39:31	00:39:27	00:06:33	00:06:33	12	9
13	JAMES HUSH	131	Senior	Male		00:40:56	00:40:52	00:07:58	00:07:58	13	10
14	MICHAEL FISHER	369	Senior	Male		00:41:06	00:41:05	00:08:08	00:08:08	14	11
15	CHRIS BROWN	309	Senior	Male		00:41:28	00:41:24	00:08:30	00:08:30	15	12
16	EVA MACK	371	Lady	Female	Hillingdon AC	00:41:41	00:41:32	00:00:00	00:00:00	1	1
17	HELEN CARTLIDGE	312	Lady	Female	ST. ALBANS STRIDERS	00:41:52	00:41:50	00:00:11	00:00:11	2	2
18	JOE LESTER	159	Senior	Male		00:41:56	00:41:43	00:08:58	00:08:58	16	13
19	ANDY WHITFIELD	286	Senior	Male		00:42:03	00:41:47	00:09:05	00:09:05	17	14
20	ALEC SCOTT	348	Senior	Male	tri-force	00:42:12	00:41:58	00:09:14	00:09:14	18	15
21	RADOSLAW HAWRYLKO	111	Senior	Male		00:42:17	00:42:09	00:09:19	00:09:19	19	16
22	PHILIP WOOD	364	Senior	Male		00:42:25	00:42:19	00:09:27	00:09:27	20	17
23	NEIL BULL	24	Senior	Male		00:42:29	00:42:24	00:09:31	00:09:31	21	18
24	Tamsyn Clark	41	Lady	Female	St Albans Striders	00:42:35	00:42:35	00:00:54	00:00:54	3	3
25	Stuart Clark	40	Senior	Male	St Albans Striders	00:42:36	00:42:36	00:09:38	00:09:38	22	19
26	PAT BLESSING	306	M50	Male	Stopsley Striders	00:42:53	00:42:49	00:05:19	00:09:55	23	2
27	MARK WINTER	291	Senior	Male		00:42:56	00:42:40	00:09:58	00:09:58	24	20
28	RUSSELL MORRIS	337	M40	Male		00:43:04	00:43:04	00:07:07	00:10:06	25	3
29	DAWID HORCZAK	124	Senior	Male		00:43:29	00:43:20	00:10:31	00:10:31	26	21
30	MATTHEW ROBINS	234	Senior	Male	CHILTERN HARRIERS AC	00:43:42	00:43:41	00:10:44	00:10:44	27	22
31	TOBY STAPLETON	253	M40	Male		00:43:58	00:43:47	00:08:01	00:11:00	28	4
32	RICHARD WITTER	292	Senior	Male		00:44:00	00:44:00	00:11:02	00:11:02	29	23
33	WILLIAM WALL	275	Senior	Male		00:44:22	00:44:13	00:11:24	00:11:24	30	24
34	SARAH DARCH	56	Lady	Female	Hillingdon Triathletes	00:44:29	00:44:21	00:02:48	00:02:48	4	4
35	MARK BUSBRIDGE	310	M40	Male	Hillingdon Triathletes	00:44:29	00:44:21	00:08:32	00:11:31	31	5
36	DAVID CASSON	31	M40	Male		00:44:32	00:44:22	00:08:35	00:11:34	32	6
37	JAMES BARBER	7	Senior	Male		00:44:37	00:44:17	00:11:39	00:11:39	33	25
38	LIAM DOCHERTY	64	Senior	Male		00:44:37	00:44:28	00:11:39	00:11:39	34	26
39	AUSTIN MITCHELL	186	Senior	Male		00:44:46	00:44:41	00:11:48	00:11:48	35	27
40	TOM HILLARD	119	Senior	Male		00:44:47	00:44:40	00:11:49	00:11:49	36	28
41	GARY BOUSFIELD	18	M40	Male		00:44:49	00:44:33	00:08:52	00:11:51	37	7
42	DONALD STEEL	373	Senior	Male		00:44:52	00:44:40	00:11:54	00:11:54	38	29
43	CHRIS DUCK	69	Senior	Male		00:45:00	00:44:54	00:12:02	00:12:02	39	30
44	PHILIP BEIGHTON	11	Senior	Male	HITCHIN RUNNING CLUB	00:45:08	00:44:56	00:12:10	00:12:10	40	31
45	CELESTE LORENZO-HAWTHORN	333	Lady	Female	GARDEN CITY RUNNERS	00:45:16	00:45:16	00:03:35	00:03:35	5	5
46	RICHARD CORDINGLEY	46	Senior	Male		00:45:30	00:45:15	00:12:32	00:12:32	41	32
47	MARK ALLEN	4	Senior	Male	Freedom Tri	00:45:35	00:45:31	00:12:37	00:12:37	42	33
48	TIM MURFET	199	M50	Male		00:45:40	00:45:25	00:08:06	00:12:42	43	3
49	ANDREW LANDERS	370	Senior	Male		00:45:54	00:45:53	00:12:56	00:12:56	44	34
50	PETER HARVEY	325	M40	Male	GARDEN CITY RUNNERS	00:45:58	00:45:54	00:10:01	00:13:00	45	8
51	ASEN STOIMENOV	354	Senior	Male		00:45:59	00:45:58	00:13:01	00:13:01	46	35
52	SAMANTHA SULLIVAN	258	W40	Female	DACORUM & TRING AC	00:46:01	00:45:49	00:00:00	00:04:20	6	1
53	DAVID CLAYTON	42	Senior	Male		00:46:12	00:45:50	00:13:14	00:13:14	47	36
54	SARAH SHYNN	247	W40	Female	Dunstable Road Runners	00:46:14	00:46:01	00:00:13	00:04:33	7	2
55	RUSSELL LEE	332	Senior	Male	SWEATSHOP CAMBRIDGE	00:46:20	00:45:57	00:13:22	00:13:22	48	37
56	KELLY ROWLAND	239	Lady	Female		00:46:30	00:46:25	00:04:49	00:04:49	8	6
57	PHILIP HOBBS	328	M40	Male		00:46:38	00:46:37	00:10:41	00:13:40	49	9
58	ALEXEI HIGNETT	115	Senior	Male		00:47:03	00:46:24	00:14:05	00:14:05	50	38
59	GARY GRIFFIN	101	M40	Male		00:47:18	00:47:18	00:11:21	00:14:20	51	10
60	TRACEY COTTON	48	Lady	Female		00:47:22	00:47:05	00:05:41	00:05:41	9	7
61	GEMMA REID	229	Lady	Female	TEAM TRISPORTS	00:47:25	00:47:22	00:05:44	00:05:44	10	8
62	SCOTT PENNELL	220	Senior	Male		00:47:40	00:47:30	00:14:42	00:14:42	52	39
63	MARK WHITE	284	Senior	Male	YOUR TOWN RUNNERS	00:47:58	00:47:57	00:15:00	00:15:00	53	40
64	ANDREW DUNN	75	M40	Male	Dunstable Road Runners	00:48:16	00:48:05	00:12:19	00:15:18	54	11
65	ANDREW WATSON	281	Senior	Male		00:48:22	00:48:12	00:15:24	00:15:24	55	41
66	CHRIS ACKROYD	366	Senior	Male		00:48:26	00:48:18	00:15:28	00:15:28	56	42
67	SUSANNE FORSEY	93	Lady	Female	AMPTHILL AND FLITWICK FLYERS	00:48:29	00:48:17	00:06:48	00:06:48	11	9
68	PHILIP HOUSDEN	125	M60	Male		00:48:30	00:48:30	00:00:00	00:15:32	57	1
69	PHILIP GRAY	323	M40	Male		00:48:34	00:48:06	00:12:37	00:15:36	58	12
70	MATTHEW BLACKHAM	16	Senior	Male		00:48:44	00:48:37	00:15:46	00:15:46	59	43
71	JOHN FIELD	87	M50	Male	WARE JOGGERS	00:48:48	00:48:40	00:11:14	00:15:50	60	4
72	JAMES O'GARA	211	Senior	Male		00:48:51	00:48:33	00:15:53	00:15:53	61	44
73	JULIO DIAZ	317	Senior	Male		00:48:51	00:48:04	00:15:53	00:15:53	62	45
74	MARK BICKERDIKE	305	M50	Male		00:48:52	00:48:26	00:11:18	00:15:54	63	5
75	JONATHAN PICKWORTH	222	M50	Male		00:48:54	00:48:30	00:11:20	00:15:56	64	6

76 BEN THORN	265	Senior	Male	TRING RUNNING CLUB	00:49:00	00:48:43	00:16:02	00:16:02	65	46
77 SARAH BARBER	8	Lady	Female		00:49:05	00:48:43	00:07:24	00:07:24	12	10
78 ALISON RICHARDSON	230	W40	Female	DACORUM & TRING AC	00:49:11	00:48:59	00:03:10	00:07:30	13	3
79 NATALIE LAWSON	153	W40	Female		00:49:25	00:49:02	00:03:24	00:07:44	14	4
80 JONATHAN MOXHAM	193	Senior	Male		00:49:28	00:49:05	00:16:30	00:16:30	66	47
81 EMILY PETTITT	343	Lady	Female		00:49:32	00:49:21	00:07:51	00:07:51	15	11
82 JOHN HILL	118	M50	Male		00:49:36	00:49:19	00:12:02	00:16:38	67	7
83 ANDY LEETE	157	M50	Male		00:49:37	00:49:18	00:12:03	00:16:39	68	8
84 CODY STOCKER	353	Senior	Male		00:49:39	00:49:17	00:16:41	00:16:41	69	48
85 HELEN MEIGH	180	Lady	Female	GARDEN CITY RUNNERS	00:49:44	00:49:34	00:08:03	00:08:03	16	12
86 ALEX COX	50	Senior	Male		00:49:53	00:49:16	00:16:55	00:16:55	70	49
87 David Jackson	136	M40	Male	St Albans Striders	00:49:55	00:49:45	00:13:58	00:16:57	71	13
88 ELEANOR NEWTON	339	Lady	Female		00:49:57	00:49:37	00:08:16	00:08:16	17	13
89 CALLUM MURFET	197	Senior	Male		00:49:58	00:49:43	00:17:00	00:17:00	72	50
90 IAN HALL	106	Senior	Male		00:50:03	00:49:55	00:17:05	00:17:05	73	51
91 VICKY THORNLEY	266	Lady	Female	DACORUM & TRING AC	00:50:08	00:49:56	00:08:27	00:08:27	18	14
92 SHARON THRELFALL	267	W40	Female		00:50:22	00:50:17	00:04:21	00:08:41	19	5
93 MELISSA MILEHAM	183	W40	Female	OH LADIES RUNNING CLUB	00:50:25	00:49:56	00:04:24	00:08:44	20	6
94 VANESSA THOMPSON	355	W40	Female	Stopsley Striders	00:50:26	00:50:20	00:04:25	00:08:45	21	7
95 RICHARD DOEL	66	Senior	Male		00:50:28	00:50:15	00:17:30	00:17:30	74	52
96 MARK NORRIS	207	M40	Male		00:50:32	00:50:02	00:14:35	00:17:34	75	14
97 MONIQUE RAMSAY	1	W40	Female		00:50:39	00:50:29	00:04:38	00:08:58	22	8
98 DAVID MACUTKIEWICZ	170	Senior	Male		00:50:42	00:50:15	00:17:44	00:17:44	76	53
99 RICHARD STEELE	254	Senior	Male		00:50:50	00:50:26	00:17:52	00:17:52	77	54
100 MARIA WILLIAMS	288	Lady	Female	Redway Runners	00:50:50	00:50:25	00:09:09	00:09:09	23	15
101 KIERAN FITZPATRICK	88	M40	Male	Stopsley Striders	00:50:51	00:50:36	00:14:54	00:17:53	78	15
102 KATHRYN KNIGHTS	148	Lady	Female		00:50:59	00:50:32	00:09:18	00:09:18	24	16
103 LAWRENCE ELBOURNE	78	M50	Male		00:51:10	00:51:00	00:13:36	00:18:12	79	9
104 TAJUDEEN SPENCER YERIMAH	365	M40	Male		00:51:11	00:50:33	00:15:14	00:18:13	80	16
105 RICHARD DARLEY	57	M40	Male	GARDEN CITY RUNNERS	00:51:17	00:50:50	00:15:20	00:18:19	81	17
106 ANDREW MARTIN	335	Senior	Male	FAIRLANDS VALLLEY SPARTANS	00:51:20	00:50:57	00:18:22	00:18:22	82	55
107 WILLIE ELLINGHAM	80	M50	Male		00:51:26	00:51:20	00:13:52	00:18:28	83	10
108 GRANT WOODHEAD	295	M40	Male		00:51:29	00:51:07	00:15:32	00:18:31	84	18
109 APRIL SHULTZ	350	Lady	Female		00:51:29	00:51:06	00:09:48	00:09:48	25	17
110 EMILY WOODHEAD	294	Lady	Female		00:51:31	00:51:10	00:09:50	00:09:50	26	18
111 CAROL REID	227	W50	Female	GARDEN CITY RUNNERS	00:51:44	00:51:35	00:00:00	00:10:03	27	1
112 VINCE DUFFY	71	M60	Male	SALSA SHUFFLERS	00:51:49	00:51:30	00:03:19	00:18:51	85	2
113 HANNAH KEEBLE	141	Lady	Female		00:51:50	00:51:38	00:10:09	00:10:09	28	19
114 ROBERT WALLACE	276	Senior	Male		00:51:50	00:51:19	00:18:52	00:18:52	86	56
115 HOLLY EDLIN	77	Lady	Female		00:51:55	00:51:38	00:10:14	00:10:14	29	20
116 PAUL COCKLIN	314	M50	Male	WARE JOGGERS	00:52:15	00:52:11	00:14:41	00:19:17	87	11
117 KATIE DAVILL	316	Lady	Female		00:52:15	00:52:12	00:10:34	00:10:34	30	21
118 VITORIA WILKINSON	362	W50	Female		00:52:15	00:51:56	00:00:31	00:10:34	31	2
119 SIMON BARKER	9	M40	Male		00:52:16	00:52:00	00:16:19	00:19:18	88	19
120 ALAN FLETCHER	89	Senior	Male		00:52:30	00:52:18	00:19:32	00:19:32	89	57
121 MARIA SWIFT	261	W40	Female		00:52:30	00:52:20	00:06:29	00:10:49	32	9
122 ANGELA HODSON	121	W40	Female	tri-force	00:52:35	00:52:18	00:06:34	00:10:54	33	10
123 ANNIE YOUNG	299	Lady	Female		00:52:37	00:52:15	00:10:56	00:10:56	34	22
124 STEPHEN KELLY	142	M50	Male		00:52:44	00:52:29	00:15:10	00:19:46	90	12
125 DANI PRUETT	226	Lady	Female		00:52:46	00:52:32	00:11:05	00:11:05	35	23
126 LISA LAYCOCK	154	W40	Female		00:52:50	00:52:13	00:06:49	00:11:09	36	11
127 THOMAS PARMLEY	216	Senior	Male		00:52:52	00:52:49	00:19:54	00:19:54	91	58
128 NICK ELBOURNE	79	Senior	Male		00:53:01	00:52:50	00:20:03	00:20:03	92	59
129 DARREN RHODES	345	M40	Male	PAPWORTH RUNNERS	00:53:10	00:53:01	00:17:13	00:20:12	93	20
130 VICTORIA COLEMAN	43	Lady	Female		00:53:15	00:52:57	00:11:34	00:11:34	37	24
131 STUART NISBETT	205	M40	Male		00:53:18	00:53:11	00:17:21	00:20:20	94	21
132 LOUISE MARTIN	176	Lady	Female		00:53:22	00:53:02	00:11:41	00:11:41	38	25
133 CHITRA DUNN	319	W50	Female		00:53:27	00:53:18	00:01:43	00:11:46	39	3
134 VICKIE ROBERTS	346	Lady	Female		00:53:27	00:53:27	00:11:46	00:11:46	40	26
135 JAN HAYDON	112	W50	Female	OH LADIES RUNNING CLUB	00:53:32	00:53:12	00:01:48	00:11:51	41	4
136 KATERINA FELLAS	84	W40	Female	Watford Joggers	00:53:34	00:53:18	00:07:33	00:11:53	42	12
137 LAURA LITTLEFORD	163	Lady	Female		00:53:34	00:53:07	00:11:53	00:11:53	43	27
138 LUCY MITCHELL	187	Lady	Female		00:53:34	00:53:15	00:11:53	00:11:53	44	28
139 URSULA DOWNS	67	W50	Female		00:53:41	00:53:24	00:01:57	00:12:00	45	5
140 ANDY DALE	315	M40	Male		00:53:42	00:53:21	00:17:45	00:20:44	95	22
141 CHARLIE ROSS	347	Senior	Male		00:53:44	00:53:20	00:20:46	00:20:46	96	60
142 MARK PAULSON	218	M50	Male		00:53:57	00:53:43	00:16:23	00:20:59	97	13
143 JULIE FOGG	90	W50	Female	WARE JOGGERS	00:54:02	00:53:40	00:02:18	00:12:21	46	6
144 CHELSEA LEE	156	Lady	Female		00:54:06	00:53:53	00:12:25	00:12:25	47	29
145 BARTOSZ LOJOWSKI	164	Senior	Male		00:54:15	00:53:33	00:21:17	00:21:17	98	61
146 ANNE-MARIE BULLIVANT	25	Lady	Female		00:54:17	00:53:57	00:12:36	00:12:36	48	30
147 LUKE WALLER	277	Senior	Male	DACORUM & TRING AC	00:54:21	00:53:54	00:21:23	00:21:23	99	62
148 FINBAR TERENCE WILLIS	375	M50	Male	Stopsley Striders	00:54:34	00:54:26	00:17:00	00:21:36	100	14
149 JO DUNCAN	73	W40	Female	BATCHWOOD RUNNING CLUB	00:54:35	00:53:57	00:08:34	00:12:54	49	13
150 PHILIP BACON	303	M40	Male		00:54:38	00:54:18	00:18:41	00:21:40	101	23
151 CHARLOTTE CALVERT	311	W40	Female		00:54:39	00:54:20	00:08:38	00:12:58	50	14
152 LOUISE RIGBY	231	Lady	Female		00:54:40	00:54:23	00:12:59	00:12:59	51	31
153 YVANNE ENEVER	81	W40	Female	GARDEN CITY RUNNERS	00:54:42	00:54:29	00:08:41	00:13:01	52	15
154 MATT DAVENPORT	59	Senior	Male		00:54:43	00:54:36	00:21:45	00:21:45	102	63
155 KIM CADDY	368	Lady	Female	Stopsley Striders	00:54:45	00:54:38	00:13:04	00:13:04	53	32
156 PAUL WHITE	285	Senior	Male		00:54:51	00:54:51	00:21:53	00:21:53	103	64

157 ALISON NEWBERRY	203 W50	Female		00:54:55	00:54:24	00:03:11	00:13:14	54	7
158 CLIFFORD SMITH	250 M50	Male		00:54:59	00:54:26	00:17:25	00:22:01	104	15
159 MARIE LAIDLER	330 Lady	Female		00:55:03	00:54:47	00:13:22	00:13:22	55	33
160 JONATHAN MILNE	185 M40	Male	ST. ALBANS STRIDERS	00:55:16	00:54:58	00:19:19	00:22:18	105	24
161 JEN SLATER	351 Lady	Female		00:55:21	00:54:47	00:13:40	00:13:40	56	34
162 LEAF NORWOOD	208 Lady	Female		00:55:31	00:55:07	00:13:50	00:13:50	57	35
163 JENNY MOORHOUSE	191 Lady	Female		00:55:33	00:55:02	00:13:52	00:13:52	58	36
164 LESLEY JEIVE	138 W50	Female		00:55:34	00:55:24	00:03:50	00:13:53	59	8
165 MATTHEW BODIAM	17 M40	Male		00:55:35	00:55:03	00:19:38	00:22:37	106	25
166 ANDREW TOMLINSON	270 Senior	Male		00:55:43	00:55:04	00:22:45	00:22:45	107	65
167 KATIE HOWE	127 W40	Female		00:55:44	00:55:33	00:09:43	00:14:03	60	16
168 PAULA MUMMERY	196 W40	Female	OH LADIES RUNNING CLUB	00:55:47	00:55:24	00:09:46	00:14:06	61	17
169 SARAH-JANE STEPHENS	255 W50	Female		00:55:48	00:55:17	00:04:04	00:14:07	62	9
170 MACIEJ KOWALINSKI	149 Senior	Male		00:55:51	00:55:09	00:22:53	00:22:53	108	66
171 CAROLE SHELDRIK	245 W40	Female		00:55:53	00:55:42	00:09:52	00:14:12	63	18
172 EMMA KINSEY	145 Lady	Female		00:55:54	00:55:49	00:14:13	00:14:13	64	37
173 BAIBA OLINA	213 Lady	Female		00:55:58	00:55:50	00:14:17	00:14:17	65	38
174 DONNA O TOOLE	209 Lady	Female	OH LADIES RUNNING CLUB	00:55:59	00:55:34	00:14:18	00:14:18	66	39
175 OLAF TURNER	358 M40	Male		00:56:04	00:55:43	00:20:07	00:23:06	109	26
176 ANNABELLE SPRINGALL	252 Lady	Female		00:56:05	00:55:27	00:14:24	00:14:24	67	40
177 JANE ROBB	232 W40	Female		00:56:06	00:55:55	00:10:05	00:14:25	68	19
178 NIKKI COWEN	49 W40	Female	GARDEN CITY RUNNERS	00:56:10	00:55:52	00:10:09	00:14:29	69	20
179 WILLIAM HARDING	109 M60	Male	Hillingdon AC	00:56:11	00:56:02	00:07:41	00:23:13	110	3
180 SARAH HENNESSY	113 W40	Female		00:56:11	00:55:47	00:10:10	00:14:30	70	21
181 ANDREW DUNCAN	72 M40	Male		00:56:13	00:55:52	00:20:16	00:23:15	111	27
182 CLAIRE GUEST	102 Lady	Female		00:56:13	00:55:37	00:14:32	00:14:32	71	41
183 JAMIE GILBERT	96 Senior	Male		00:56:14	00:55:38	00:23:16	00:23:16	112	67
184 ANDREW KINNEY	144 M40	Male	HARLOW RUNNING CLUB	00:56:14	00:56:04	00:20:17	00:23:16	113	28
185 ALICE WEBB	282 Lady	Female	TEAM WGC RUNNING MUMMIES	00:56:14	00:55:50	00:14:33	00:14:33	72	42
186 ELLIE-MAY MASSEY	336 Lady	Female		00:56:21	00:55:49	00:14:40	00:14:40	73	43
187 SIMON ROBB	233 M40	Male		00:56:26	00:56:12	00:20:29	00:23:28	114	29
188 KATHERINE HARRINGTON	110 Lady	Female		00:56:27	00:55:58	00:14:46	00:14:46	74	44
189 SARAH DIBBS	63 Lady	Female	TEAM WGC RUNNING MUMMIES	00:56:30	00:56:04	00:14:49	00:14:49	75	45
190 CHLOE TERRY	374 Senior	Male		00:56:40	00:56:09	00:23:42	00:23:42	115	68
191 LAURA OWLER	214 Lady	Female		00:56:47	00:56:13	00:15:06	00:15:06	76	46
192 ANTHONY HIGINO	327 Senior	Male		00:56:58	00:56:52	00:24:00	00:24:00	116	69
193 ALISTAIR MACDONALD	168 Senior	Male		00:57:08	00:56:31	00:24:10	00:24:10	117	70
194 COLLEEN BRIEN	307 Lady	Female		00:57:20	00:56:53	00:15:39	00:15:39	77	47
195 JEN BANFIELD	6 Lady	Female		00:57:23	00:56:50	00:15:42	00:15:42	78	48
196 JERRY GILBERT	97 M60	Male	GARDEN CITY RUNNERS	00:57:33	00:56:57	00:09:03	00:24:35	118	4
197 CATHERINE CAMM	28 W40	Female		00:57:34	00:57:27	00:11:33	00:15:53	79	22
198 SHENA LANCASTER	151 W60	Female	GARDEN CITY RUNNERS	00:57:35	00:57:11	00:00:00	00:15:54	80	1
199 DENISE HILL	116 W40	Female		00:57:37	00:57:10	00:11:36	00:15:56	81	23
200 SUSANNE MCCABE	178 Lady	Female		00:57:43	00:57:02	00:16:02	00:16:02	82	49
201 LEWIS CLAYDEN	313 Senior	Male		00:57:48	00:57:43	00:24:50	00:24:50	119	71
202 EDWARD GEORGE	94 Senior	Male		00:58:01	00:57:40	00:25:03	00:25:03	120	72
203 LIZ THOMAS	264 Lady	Female		00:58:09	00:58:05	00:16:28	00:16:28	83	50
204 NAOMI WALLWORK	278 Lady	Female		00:58:21	00:58:02	00:16:40	00:16:40	84	51
205 TRACEY SKINNER	248 W40	Female		00:58:25	00:57:53	00:12:24	00:16:44	85	24
206 CAROLINE TINWORTH	268 Lady	Female		00:58:27	00:58:14	00:16:46	00:16:46	86	52
207 MARK FIDDES	86 Senior	Male		00:58:32	00:57:57	00:25:34	00:25:34	121	73
208 LOUISE SANSOM	242 W40	Female		00:58:40	00:58:06	00:12:39	00:16:59	87	25
209 TIM LUNNUN	166 Senior	Male		00:58:42	00:58:30	00:25:44	00:25:44	122	74
210 KRISTINA WOOD	293 Lady	Female		00:58:50	00:58:32	00:17:09	00:17:09	88	53
211 PAULA WISE	363 W50	Female		00:58:56	00:58:37	00:07:12	00:17:15	89	10
212 ERICA GRAYSON	100 W40	Female	LEIGHTON FUN RUNNERS	00:58:58	00:58:28	00:12:57	00:17:17	90	26
213 DAWN ROBSON	236 W50	Female		00:58:58	00:58:26	00:07:14	00:17:17	91	11
214 LISA MAKOWSKI	173 Lady	Female		00:58:59	00:58:38	00:17:18	00:17:18	92	54
215 TRACY POTTER	225 W40	Female	TEAM WGC RUNNING MUMMIES	00:58:59	00:58:36	00:12:58	00:17:18	93	27
216 HELENE UPCHURCH	272 W40	Female		00:59:01	00:58:04	00:13:00	00:17:20	94	28
217 HEATHER MOLONEY	188 W40	Female		00:59:02	00:58:53	00:13:01	00:17:21	95	29
218 MICHELLE COOMBS	45 Lady	Female	ST. ALBANS STRIDERS	00:59:15	00:58:59	00:17:34	00:17:34	96	55
219 CAROLYN LINSELL	162 W60	Female		00:59:17	00:59:12	00:01:42	00:17:36	97	2
220 CAROLINE CROFT	51 W40	Female		00:59:18	00:58:17	00:13:17	00:17:37	98	30
221 SARA ATKIN	301 W40	Female		00:59:23	00:58:47	00:13:22	00:17:42	99	31
222 ANN TURNBULL	357 W50	Female		00:59:24	00:59:04	00:07:40	00:17:43	100	12
223 DEBBIE CANHAM	29 W40	Female		00:59:25	00:58:52	00:13:24	00:17:44	101	32
224 ANNETTE HOWARD	126 W40	Female	DACORUM & TRING AC	00:59:25	00:58:59	00:13:24	00:17:44	102	33
225 LOUISE SOPP	251 W40	Female		00:59:25	00:59:00	00:13:24	00:17:44	103	34
226 DEREK SELBY	349 Senior	Male		00:59:29	00:58:50	00:26:31	00:26:31	123	75
227 REBECCA MURFET	198 Lady	Female		00:59:31	00:59:16	00:17:50	00:17:50	104	56
228 GRACE HOLLIS	123 Lady	Female		00:59:32	00:58:54	00:17:51	00:17:51	105	57
229 JAMIE JACKSON	137 Senior	Male		00:59:37	00:59:07	00:26:39	00:26:39	124	76
230 FIROOZEH DARAEI	55 Lady	Female		00:59:57	00:59:43	00:18:16	00:18:16	106	58
231 ANNE CARTER	30 W50	Female		01:00:01	00:59:36	00:08:17	00:18:20	107	13
232 JANET SCHUSTER	243 W50	Female	SPRINGFIELD STIRDERS	01:00:01	00:59:36	00:08:17	00:18:20	108	14
233 MARTIN DANIEL	53 Senior	Male		01:00:27	00:59:54	00:27:29	00:27:29	125	77
234 TESSA OSBORN	342 W40	Female	ST. ALBANS STRIDERS	01:00:55	01:00:39	00:14:54	00:19:14	109	35
235 CLAIRE HALSEY	107 Lady	Female	WGC RUNNING MUMMIES	01:01:12	01:00:46	00:19:31	00:19:31	110	59
236 TOMASZ CIESLAK	39 Senior	Male		01:01:21	01:00:42	00:28:23	00:28:23	126	78
237 EMMA SABATO	241 Lady	Female		01:01:22	01:00:54	00:19:41	00:19:41	111	60

238	CHRIS IVES	134	M40	Male		01:01:26	01:00:59	00:25:29	00:28:28	127	30
239	WAYNE HUTCHINSON	132	Senior	Male		01:01:43	01:01:15	00:28:45	00:28:45	128	79
240	ANWEN DAVIES	60	W40	Female		01:01:44	01:01:09	00:15:43	00:20:03	112	36
241	MARTIN MURPHY	201	M60	Male		01:01:54	01:01:44	00:13:24	00:28:56	129	5
242	LISA NISBETT	204	W40	Female		01:02:14	01:02:07	00:16:13	00:20:33	113	37
243	PAUL ROBINSON	235	Senior	Male		01:02:43	01:02:08	00:29:45	00:29:45	130	80
244	JANICE BRIGGS	308	Lady	Female	DACORUM & TRING AC	01:02:48	01:02:12	00:21:07	00:21:07	114	61
245	ZOE NORMAN	206	W40	Female	YOUR TOWN RUNNERS	01:03:48	01:03:45	00:17:47	00:22:07	115	38
246	ELLIE METHERELL	372	Lady	Female		01:04:10	01:03:48	00:22:29	00:22:29	116	62
247	PERRY HUNTLEY	130	M50	Male		01:04:12	01:03:34	00:26:38	00:31:14	131	16
248	JENNA PICKERING	221	Lady	Female	ST. ALBANS STRIDERS	01:04:15	01:03:57	00:22:34	00:22:34	117	63
249	CHARLOTTE JONES	140	Lady	Female	GARDEN CITY RUNNERS	01:04:16	01:03:39	00:22:35	00:22:35	118	64
250	FRANCESCA DENTON	62	Lady	Female		01:04:40	01:04:13	00:22:59	00:22:59	119	65
251	CHRIS MARKWELL	174	Senior	Male		01:04:40	01:04:13	00:31:42	00:31:42	132	81
252	CATHY STROUD	257	W40	Female		01:04:43	01:04:19	00:18:42	00:23:02	120	39
253	LINDSAY MACKAY	169	Lady	Female		01:04:44	01:04:26	00:23:03	00:23:03	121	66
254	CLARE MAXWELL-SCOTT	177	Lady	Female		01:04:59	01:04:22	00:23:18	00:23:18	122	67
255	SAMANTHA ALCOCK	3	Lady	Female		01:05:05	01:04:51	00:23:24	00:23:24	123	68
256	SARAH CORR	47	W40	Female		01:05:05	01:04:23	00:19:04	00:23:24	124	40
257	TULJA BHATT	14	Lady	Female		01:05:19	01:04:46	00:23:38	00:23:38	125	69
258	CHRIZANNE WELTZ	359	Lady	Female		01:05:43	01:05:29	00:24:02	00:24:02	126	70
259	KIRSTY BENDON	13	Lady	Female		01:05:56	01:05:25	00:24:15	00:24:15	127	71
260	JANE IVES	135	W40	Female		01:05:59	01:05:33	00:19:58	00:24:18	128	41
261	MARIA ESSON	82	W40	Female		01:06:15	01:06:14	00:20:14	00:24:34	129	42
262	NEIL MALLON	334	Senior	Male		01:06:21	01:05:45	00:33:23	00:33:23	133	82
263	JO LONG	165	W50	Female		01:06:26	01:05:50	00:14:42	00:24:45	130	15
264	LEE GUTTERIDGE	103	Senior	Male		01:06:30	01:06:15	00:33:32	00:33:32	134	83
265	KIRSTY LEMARE	158	Lady	Female		01:06:35	01:06:10	00:24:54	00:24:54	131	72
266	HANNAH MOONEY	190	Lady	Female		01:06:35	01:06:22	00:24:54	00:24:54	132	73
267	CLAIRE ARGYLE	300	Lady	Female		01:06:35	01:06:21	00:24:54	00:24:54	133	74
268	CLARE FERNANDES	85	Lady	Female	LEIGHTON FUN RUNNERS	01:06:42	01:05:59	00:25:01	00:25:01	134	75
269	LUCY GEORGE	95	Lady	Female		01:06:42	01:06:22	00:25:01	00:25:01	135	76
270	JEREMY PEDDER	219	M50	Male	LEIGHTON FUN RUNNERS	01:06:43	01:06:00	00:29:09	00:33:45	135	17
271	ANGELA WOODS	296	W50	Female	GARDEN CITY RUNNERS	01:07:24	01:06:55	00:15:40	00:25:43	136	16
272	GLENN DUDDY	70	M40	Male		01:08:00	01:07:31	00:32:03	00:35:02	136	31
273	AMY WHITBY	283	W40	Female	CHALLENGE CENTRAL	01:08:00	01:07:30	00:21:59	00:26:19	137	43
274	SAFFI JOHNSON-BRIGHT	329	Lady	Female		01:08:16	01:08:03	00:26:35	00:26:35	138	77
275	DONNA WIGGETT	361	W40	Female	Stopsley Striders	01:08:25	01:08:18	00:22:24	00:26:44	139	44
276	MACIEJ RUSZKOWSKI	240	Senior	Male	TEAM GFR	01:08:42	01:08:01	00:35:44	00:35:44	137	84
277	LISA DUNCAN	74	W40	Female		01:08:43	01:08:17	00:22:42	00:27:02	140	45
278	FREDRIKA HANSSON	108	Lady	Female		01:08:43	01:08:03	00:27:02	00:27:02	141	78
279	DONNA MONEY	189	Lady	Female		01:08:54	01:08:23	00:27:13	00:27:13	142	79
280	EUGENIA OFORI-ATTA	210	Lady	Female	UNIVERSITY OF HERTFORDSHIRE	01:08:56	01:08:37	00:27:15	00:27:15	143	80
281	COLETTE URBANOWICZ	273	Lady	Female		01:09:07	01:08:52	00:27:26	00:27:26	144	81
282	ANNA WRIGHT	297	Lady	Female		01:09:10	01:09:04	00:27:29	00:27:29	145	82
283	JODIE WHITE	360	Lady	Female		01:09:13	01:09:06	00:27:32	00:27:32	146	83
284	MICHELLE BROOKS	367	Lady	Female		01:09:26	01:08:49	00:27:45	00:27:45	147	84
285	SASCHA BUTLER	27	W40	Female		01:09:27	01:08:54	00:23:26	00:27:46	148	46
286	ALEX DOCWRA	65	M40	Male		01:09:27	01:08:52	00:33:30	00:36:29	138	32
287	JO DRAPER	68	Lady	Female		01:09:56	01:09:25	00:28:15	00:28:15	149	85
288	SARAH MERCER	181	Lady	Female		01:09:56	01:09:25	00:28:15	00:28:15	150	86
289	AMANDA BARNETT	10	W40	Female		01:11:03	01:10:36	00:25:02	00:29:22	151	47
290	STEVE DAVENEY	58	M50	Male	DAVENEY	01:11:41	01:11:08	00:34:07	00:38:43	139	18
291	SIMON ONEILL	341	M50	Male		01:11:49	01:11:43	00:34:15	00:38:51	140	19
292	CLAIRE BRADLEY	19	Lady	Female	AVERAGELY AWESOME RUNNERS	01:12:29	01:11:55	00:30:48	00:30:48	152	87
293	AGNIESZKA CIESLA	38	Lady	Female		01:12:47	01:12:38	00:31:06	00:31:06	153	88
294	SARAH CHURCH	37	W40	Female		01:13:49	01:13:19	00:27:48	00:32:08	154	48
295	CEE OGinni	212	Lady	Female		01:13:49	01:13:06	00:32:08	00:32:08	155	89
296	ELEANOR HOLDER	122	W40	Female		01:13:51	01:13:22	00:27:50	00:32:10	156	49
297	KATHERINE WILKINS	287	Lady	Female		01:13:55	01:13:15	00:32:14	00:32:14	157	90
298	VICKY BRAZIER	20	Lady	Female		01:13:56	01:13:15	00:32:15	00:32:15	158	91
299	PETER HERN	114	M60	Male		01:14:21	01:13:50	00:25:51	00:41:23	141	6
300	KEITH HEALY	326	Senior	Male		01:14:26	01:14:20	00:41:28	00:41:28	142	85
301	CLAIRE ATKINS	302	Lady	Female		01:14:27	01:14:22	00:32:46	00:32:46	159	92
302	IVAN MOSTYN-SCOTT	192	M70	Male		01:14:35	01:13:57	00:00:00	00:41:37	143	1
303	MICHAEL LAWRENCE	152	Senior	Male		01:15:52	01:15:27	00:42:54	00:42:54	144	86
304	CHRISTINE PRESCOD	344	W50	Female		01:18:26	01:18:07	00:26:42	00:36:45	160	17
305	LINETTE MUKANDATSAMA	194	Lady	Female	UNIVERSITY OF HERTFORDSHIRE	01:20:37	01:20:18	00:38:56	00:38:56	161	93
306	BARBARA LATHAM	331	W40	Female		01:21:58	01:21:27	00:35:57	00:40:17	162	50
307	CAROL LYNESS	167	W50	Female		01:25:03	01:24:32	00:33:19	00:43:22	163	18
308	TRACEY EDE	76	W40	Female	OH LADIES RUNNING CLUB	01:29:56	01:29:31	00:43:55	00:48:15	164	51
309	EMMA CASWELL	32	Lady	Female		01:33:16	01:33:12	00:51:35	00:51:35	165	94