

Welwyn Half Marathon Results
20th March 2016

Pos	Name	Country	RaceNo	Category	Gender	Club	Time	Net Time	Time Behind	Time Behind Winner	GenderPos	CategPos
1	Blake Vivian		431	Senior	Male	St Albans Striders	01:16:36	01:16:35	00:00:00	00:00:00	1	1
2	Chris Pitts		325	Senior	Male	BISHOP'S STORTFORD RUNNING CLUB	01:16:57	01:16:55	00:00:21	00:00:21	2	2
3	Ricky owers		306	Senior	Male	TRENT PARK	01:17:17	01:17:16	00:00:41	00:00:41	3	3
4	DAN DOHERTY		494	M40	Male	HIGHAM HARRIERS A.C	01:18:07	01:18:03	00:00:00	00:01:31	4	1
5	Neil Hume		202	M40	Male	GARDEN CITY RUNNERS	01:18:27	01:18:25	00:00:20	00:01:51	5	2
6	rachel DOHERTY		495	Lady	Female	HIGHAM HARRIERS A.C	01:20:00	01:19:57	00:00:00	00:00:00	1	1
7	Greg Spellman		391	M50	Male	WELLINGBOROUGH AND DISTRICT AC	01:20:26	01:20:26	00:00:00	00:03:50	6	1
8	Russell Casey		482	Senior	Male	GARDEN CITY RUNNERS	01:21:27	01:21:24	00:04:51	00:04:51	7	4
9	Matthew Moroney		279	Senior	Male	Kent ac	01:22:20	01:22:18	00:05:44	00:05:44	8	5
10	Winston woodward		457	M40	Male	Dunstable RRC	01:23:13	01:23:08	00:05:06	00:06:37	9	3
11	Paul Scofield		545	M40	Male	BISHOP'S STORTFORD RUNNING CLUB	01:24:01	01:23:58	00:05:54	00:07:25	10	4
12	Peter Harvey		181	M40	Male	GARDEN CITY RUNNERS	01:24:28	01:24:26	00:06:21	00:07:52	11	5
13	michael martin		254	Senior	Male	St Albans Striders	01:24:46	01:24:45	00:08:10	00:08:10	12	6
14	Sebastian Rowe		363	M40	Male	St Albans Striders	01:24:49	01:24:47	00:06:42	00:08:13	13	6
15	MARK PEDDER		319	M40	Male	Dunstable RRC	01:24:51	01:24:45	00:06:44	00:08:15	14	7
16	Robert Spencer		392	Senior	Male	St Albans Striders	01:24:58	01:24:52	00:08:22	00:08:22	15	7
17	Natalie Lawrence		521	Lady	Female	Fairlands Valley Spartans	01:25:00	01:24:59	00:05:00	00:05:00	2	2
18	Adrian Sherwood		373	M50	Male	Freedom Tri	01:25:09	01:25:08	00:04:43	00:08:33	16	2
19	Gareth Beavis		30	Senior	Male	St Albans Striders	01:25:34	01:25:31	00:08:58	00:08:58	17	8
20	Colin Merritt		271	M50	Male		01:25:41	01:25:39	00:05:15	00:09:05	18	3
21	Roger Seed		546	M40	Male		01:25:55	01:25:52	00:07:48	00:09:19	19	8
22	Brad Edwards		126	Senior	Male	RIVERSIDE RUNNERS	01:25:56	01:25:52	00:09:20	00:09:20	20	9
23	James Dunmore		122	Senior	Male	Regiment Fitness Welwyn Garden City	01:26:12	01:26:08	00:09:36	00:09:36	21	10
24	Andrew Mckillop		264	M40	Male	St Albans Striders	01:26:25	01:26:19	00:08:18	00:09:49	22	9
25	Paul Hewett		190	Senior	Male	Fairlands Valley Spartans	01:26:40	01:26:34	00:10:04	00:10:04	23	11
26	Gez Fallon		143	M40	Male	Stopsley Striders	01:26:59	01:26:53	00:08:52	00:10:23	24	10
27	Michael Fisher		150	Senior	Male		01:27:12	01:27:08	00:10:36	00:10:36	25	12
28	Sam pretty		335	Lady	Female	Dunstable RRC	01:27:13	01:27:07	00:07:13	00:07:13	3	3
29	Kathryn Chapman		68	W40	Female	BISHOP'S STORTFORD RUNNING CLUB	01:27:19	01:27:15	00:00:00	00:07:19	4	1
30	Martin Hawke		184	Senior	Male	Freedom Tri	01:27:37	01:27:35	00:11:01	00:11:01	26	13
31	Ben Malone		248	M40	Male		01:27:41	01:27:36	00:09:34	00:11:05	27	11
32	Victoria Walker		433	Lady	Female	Shaftesbury Barnet Harriers	01:28:04	01:28:01	00:08:04	00:08:04	5	4
33	Simon Ellice		133	Senior	Male	BISHOP'S STORTFORD RUNNING CLUB	01:28:42	01:28:38	00:12:06	00:12:06	28	14
34	Nick Giles		572	Senior	Male		01:28:50	01:28:47	00:12:14	00:12:14	29	15
35	PAUL GUY		590	Senior	Male	PACEMAKER	01:29:11	01:29:09	00:12:35	00:12:35	30	16
36	Russell MORRIS		562	M40	Male	DACORUM & TRING AC	01:29:25	01:29:20	00:11:18	00:12:49	31	12
37	John Chapman		488	M50	Male	Stopsley Striders	01:29:58	01:29:53	00:09:32	00:13:22	32	4
38	Paul Christie		71	Senior	Male	DACORUM & TRING AC	01:29:59	01:29:55	00:13:23	00:13:23	33	17
39	Peter Beatty		472	M60	Male	BISHOP'S STORTFORD RUNNING CLUB	01:30:16	01:30:13	00:00:00	00:13:40	34	1
40	Andy Ball		26	Senior	Male	Highgate Harriers	01:30:21	01:30:12	00:13:45	00:13:45	35	18
41	Ronnie Slater		380	Senior	Male		01:30:33	01:30:30	00:13:57	00:13:57	36	19
42	Michael Day		104	M40	Male	Freedom Tri	01:30:41	01:30:38	00:12:34	00:14:05	37	13
43	Helen Cartledge		481	Lady	Female	St Albans Striders	01:30:46	01:30:40	00:10:46	00:10:46	6	5
44	shaun terry		588	Senior	Male	Deal Tri	01:30:54	01:30:45	00:14:18	00:14:18	38	20
45	Anthony Nicolson		290	M40	Male	St Albans Striders	01:31:11	01:31:06	00:13:04	00:14:35	39	14
46	Matthew Cooke		89	Senior	Male	TEAM TRISPORTS	01:31:43	01:31:37	00:15:07	00:15:07	40	21
47	Rose Alterman		467	Lady	Female		01:31:54	01:31:42	00:11:54	00:11:54	7	6
48	Dale Ellis		135	M40	Male		01:32:05	01:31:58	00:13:58	00:15:29	41	15
49	Vikki d'Arcy		102	W40	Female	Clapham Chasers	01:32:17	01:32:06	00:04:58	00:12:17	8	2
50	Tom Neill		534	Senior	Male	St Albans Striders	01:32:18	01:32:02	00:15:42	00:15:42	42	22
51	Richard Somerset		389	M40	Male	GARDEN CITY RUNNERS	01:32:50	01:32:47	00:14:43	00:16:14	43	16
52	Gary Freer		499	Senior	Male	Team Trident	01:32:57	01:32:50	00:16:21	00:16:21	44	23
53	Neil George		500	M40	Male		01:33:04	01:32:57	00:14:57	00:16:28	45	17
54	alan butt		61	Senior	Male		01:33:36	01:33:25	00:17:00	00:17:00	46	24
55	Cahal Mcconville		258	M50	Male	Dunstable RRC	01:33:44	01:33:38	00:13:18	00:17:08	47	5
56	Alex Malzer		526	M40	Male	Serpentine	01:33:47	01:33:40	00:15:40	00:17:11	48	18
57	Philip Hobbs		195	M40	Male		01:33:50	01:33:36	00:15:43	00:17:14	49	19
58	Robert Dilley		110	Senior	Male	GARDEN CITY RUNNERS	01:33:56	01:33:49	00:17:20	00:17:20	50	25
59	Helena (Lientjie) de Villiers		106	Lady	Female	GARDEN CITY RUNNERS	01:34:10	01:34:08	00:14:10	00:14:10	9	7
60	Charlene Jacobs-Conradie		207	Lady	Female		01:34:26	01:34:18	00:14:26	00:14:26	10	8
61	Stephen Hughes		200	Senior	Male	RIVERSIDE RUNNERS	01:34:27	01:34:22	00:17:51	00:17:51	51	26
62	Martin fallon		144	M40	Male	Stopsley Striders	01:34:29	01:34:21	00:16:22	00:17:53	52	20
63	Philip Roberson		352	M40	Male		01:34:46	01:34:34	00:16:39	00:18:10	53	21
64	tim odonovan		576	M50	Male		01:35:03	01:34:55	00:14:37	00:18:27	54	6
65	Matt Mowbray		282	Senior	Male	RIVERSIDE RUNNERS	01:35:15	01:35:15	00:18:39	00:18:39	55	27
66	Andreas Deimbacher		493	Senior	Male		01:35:15	01:35:15	00:18:39	00:18:39	56	28
67	Steve Ellerd-Elliott		131	M40	Male		01:35:19	01:35:10	00:17:12	00:18:43	57	22
68	pat blessing		473	M50	Male	Stopsley Striders	01:35:26	01:35:20	00:15:00	00:18:50	58	7
69	David Nodwell		292	Senior	Male		01:35:34	01:35:20	00:18:58	00:18:58	59	29
70	Richard Evans		497	Senior	Male		01:35:35	01:35:25	00:18:59	00:18:59	60	30
71	Darren Smith		549	M40	Male		01:36:08	01:35:53	00:18:01	00:19:32	61	23
72	Michelle Stott		399	Lady	Female		01:36:26	01:36:03	00:16:26	00:16:26	11	9
73	Elizabeth Rollinson		359	W40	Female	Stopsley Striders	01:36:42	01:36:35	00:09:23	00:16:42	12	3
74	Lucy Martin		529	Lady	Female	St Albans Striders	01:36:45	01:36:38	00:16:45	00:16:45	13	10
75	Joseph Price		336	Senior	Male		01:36:47	01:36:20	00:20:11	00:20:11	62	31
76	Matt Small		382	M40	Male		01:36:57	01:36:29	00:18:50	00:20:21	63	24

77	Rache Porter	330	Lady	Female	Clapham Chasers	01:37:14	01:37:08	00:17:14	00:17:14	14	11
78	Gary Coffey	582	M40	Male	ROYSTON RUNNERS	01:37:37	01:37:32	00:19:30	00:21:01	64	25
79	Luke Lucey	242	M40	Male		01:37:55	01:37:16	00:19:48	00:21:19	65	26
80	Adam Gillard	503	Senior	Male		01:37:58	01:37:39	00:21:22	00:21:22	66	32
81	Nick Clarke	76	M40	Male	tri-force	01:38:08	01:38:02	00:20:01	00:21:32	67	27
82	Kerry McCann	530	Lady	Female	Evoke	01:38:26	01:38:14	00:18:26	00:18:26	15	12
83	Richard Todd	554	M50	Male	St Albans Striders	01:38:53	01:38:37	00:18:27	00:22:17	68	8
84	Sylvain Bleton	38	Senior	Male		01:39:12	01:38:53	00:22:36	00:22:36	69	33
85	Andrew Page	307	Senior	Male		01:39:27	01:39:10	00:22:51	00:22:51	70	34
86	James Bolton	42	M40	Male		01:39:37	01:39:21	00:21:30	00:23:01	71	28
87	Philip Bacon	20	M40	Male		01:39:41	01:39:28	00:21:34	00:23:05	72	29
88	Nick Portalski	328	M40	Male		01:39:44	01:39:35	00:21:37	00:23:08	73	30
89	Amy Bryant	54	Lady	Female		01:39:55	01:39:42	00:19:55	00:19:55	16	13
90	Nicholas Ray	540	Senior	Male		01:39:57	01:39:35	00:23:21	00:23:21	74	35
91	James Barber	469	Senior	Male		01:39:58	01:39:23	00:23:22	00:23:22	75	36
92	Mark Harley	180	Senior	Male		01:40:01	01:39:37	00:23:25	00:23:25	76	37
93	Kevin Smart	384	M40	Male	Freedom Tri	01:40:04	01:39:55	00:21:57	00:23:28	77	31
94	Stuart Pendell	538	M40	Male	GARDEN CITY RUNNERS	01:40:08	01:40:03	00:22:01	00:23:32	78	32
95	Rosely Drummond	118	W40	Female		01:40:14	01:40:01	00:12:55	00:20:14	17	4
96	David Abreu	466	Senior	Male		01:40:25	01:40:17	00:23:49	00:23:49	79	38
97	David Clayton	78	Senior	Male		01:40:26	01:40:00	00:23:50	00:23:50	80	39
98	Scott Clarke	77	M40	Male	HARPENDEN ARROWS	01:40:43	01:40:20	00:22:36	00:24:07	81	33
99	Brent Lloyd	239	Senior	Male		01:40:50	01:40:32	00:24:14	00:24:14	82	40
100	Jonathan Courtman	92	Senior	Male		01:40:56	01:40:36	00:24:20	00:24:20	83	41
101	Claire Warren	437	Lady	Female		01:40:57	01:40:40	00:20:57	00:20:57	18	14
102	Dean Heuer	512	Senior	Male	Freedom Tri	01:41:05	01:40:40	00:24:29	00:24:29	84	42
103	Michael Hessey	511	M50	Male	HARPENDEN ARROWS	01:41:07	01:40:44	00:20:41	00:24:31	85	9
104	Simon Askew	16	M40	Male		01:41:08	01:40:50	00:23:01	00:24:32	86	34
105	Peter Sanders	367	M40	Male		01:41:13	01:40:43	00:23:06	00:24:37	87	35
106	Joanna Jeffs	211	W40	Female	Dunstable RRC	01:41:20	01:41:20	00:14:01	00:21:20	19	5
107	James Mackenzie	245	Senior	Male		01:41:24	01:41:10	00:24:48	00:24:48	88	43
108	Matthew Robins	354	Senior	Male	CHILTERN HARRIERS AC	01:41:27	01:41:12	00:24:51	00:24:51	89	44
109	Tom Cole	567	Senior	Male		01:41:47	01:41:25	00:25:11	00:25:11	90	45
110	Orville Archer	564	M40	Male	GARDEN CITY RUNNERS	01:41:54	01:41:37	00:23:47	00:25:18	91	36
111	Penny Seeger	586	Lady	Female	ROYSTON RUNNERS	01:42:01	01:41:42	00:22:01	00:22:01	20	15
112	Stephen Everett	139	Senior	Male		01:42:07	01:41:54	00:25:31	00:25:31	92	46
113	Caroline Bailes	22	W40	Female	St Albans Striders	01:42:08	01:41:48	00:14:49	00:22:08	21	6
114	Eleanor Standen	396	Lady	Female	tri-force	01:42:08	01:41:48	00:22:08	00:22:08	22	16
115	Mark Goodwin	169	M50	Male	Fairlands Valley Spartans	01:42:16	01:42:03	00:21:50	00:25:40	93	10
116	Christopher Clark	73	Senior	Male	Freedom Tri	01:42:38	01:42:14	00:26:02	00:26:02	94	47
117	James Marshall	528	Senior	Male	STEVENAGE STRIDERS	01:42:38	01:42:21	00:26:02	00:26:02	95	48
118	Carmel Jarman	208	W40	Female	Dunstable RRC	01:42:39	01:42:28	00:15:20	00:22:39	23	7
119	Rob Healey	188	Senior	Male		01:42:40	01:42:22	00:26:04	00:26:04	96	49
120	Matthew Ford	154	Senior	Male	Box Fit Tri	01:42:56	01:42:18	00:26:20	00:26:20	97	50
121	Barry Edwards	125	Senior	Male		01:43:07	01:42:54	00:26:31	00:26:31	98	51
122	Ian Russell	364	Senior	Male		01:43:14	01:42:55	00:26:38	00:26:38	99	52
123	Ian Kent	229	M50	Male		01:43:24	01:43:12	00:22:58	00:26:48	100	11
124	Andrew Krorides	232	Senior	Male		01:43:30	01:43:05	00:26:54	00:26:54	101	53
125	Annette Fairhurst	498	Lady	Female	WARE JOGGERS	01:43:38	01:43:27	00:23:38	00:23:38	24	17
126	Louise Oliver	537	Lady	Female	WARE JOGGERS	01:43:40	01:43:07	00:23:40	00:23:40	25	18
127	Steven Nodwell	293	Senior	Male		01:43:42	01:43:28	00:27:06	00:27:06	102	54
128	Toby Joiner	219	M40	Male	UKNETRUNNER	01:43:48	01:43:23	00:25:41	00:27:12	103	37
129	Ruth Upjohn	428	W40	Female		01:43:49	01:43:19	00:16:30	00:23:49	26	8
130	David Browne	53	Senior	Male		01:43:52	01:43:35	00:27:16	00:27:16	104	55
131	LISA PHEE	323	Lady	Female	Dunstable RRC	01:43:52	01:43:41	00:23:52	00:23:52	27	19
132	Emma Hobbs	193	Lady	Female		01:43:53	01:43:33	00:23:53	00:23:53	28	20
133	Justin Patten	316	M40	Male		01:43:53	01:43:32	00:25:46	00:27:17	105	38
134	Alison Plummer	327	W40	Female		01:43:55	01:43:36	00:16:36	00:23:55	29	9
135	Tim Chandler	487	M40	Male	Welwyn Wheelers	01:43:57	01:43:21	00:25:50	00:27:21	106	39
136	Pascal De Mul	105	M40	Male		01:44:03	01:43:42	00:25:56	00:27:27	107	40
137	Izabella Wozniak	460	Lady	Female		01:44:04	01:43:53	00:24:04	00:24:04	30	21
138	Cathy Martin	253	W40	Female		01:44:22	01:44:19	00:17:03	00:24:22	31	10
139	Mark Draper	114	Senior	Male		01:44:30	01:44:16	00:27:54	00:27:54	108	56
140	Julie Norton	294	W40	Female	Hadley Wood Running Club	01:44:32	01:43:57	00:17:13	00:24:32	32	11
141	TERRY FOWLER	591	Senior	Male	PACEMAKER	01:44:45	01:44:27	00:28:09	00:28:09	109	57
142	Jane Hammill	179	W50	Female		01:44:46	01:44:26	00:00:00	00:24:46	33	1
143	Steve Hickson	191	M50	Male		01:44:46	01:44:23	00:24:20	00:28:10	110	12
144	Jonathan Arnold	11	Senior	Male		01:44:55	01:44:37	00:28:19	00:28:19	111	58
145	NICOLA HUNT	203	W40	Female		01:45:05	01:44:54	00:17:46	00:25:05	34	12
146	Steven Jocelyn	215	M40	Male		01:45:07	01:44:53	00:27:00	00:28:31	112	41
147	Mark Winter	450	Senior	Male		01:45:15	01:44:09	00:28:39	00:28:39	113	59
148	Paul Jobling	214	Senior	Male		01:45:28	01:44:48	00:28:52	00:28:52	114	60
149	Philip Hobbs	194	Senior	Male		01:45:50	01:45:41	00:29:14	00:29:14	115	61
150	Jenny Cotter	490	W40	Female	Freedom Tri	01:45:53	01:45:29	00:18:34	00:25:53	35	13
151	Mike Ashton	14	M40	Male	tri-force	01:46:04	01:45:44	00:27:57	00:29:28	116	42
152	Tracey Cotton	90	Lady	Female		01:46:05	01:45:46	00:26:05	00:26:05	36	22
153	Rita Moran	276	W40	Female	Hadley Wood Running Club	01:46:05	01:45:30	00:18:46	00:26:05	37	14
154	Luke Thomas	414	Senior	Male		01:46:09	01:45:53	00:29:33	00:29:33	117	62
155	Matt Gifford	502	Senior	Male	St Albans Striders	01:46:19	01:45:53	00:29:43	00:29:43	118	63
156	Jennifer Birkin	35	W40	Female		01:46:24	01:46:11	00:19:05	00:26:24	38	15

157	Hugh Milbourn	532	M40	Male		01:46:31	01:46:11	00:28:24	00:29:55	119	43
158	Chris Parr	312	Senior	Male		01:46:42	01:46:14	00:30:06	00:30:06	120	64
159	Paul Grimes	172	M50	Male		01:47:16	01:46:58	00:26:50	00:30:40	121	13
160	Duncan Godfrey	166	Senior	Male	Trident	01:47:26	01:47:13	00:30:50	00:30:50	122	65
161	Nicola Amos	8	Lady	Female	HITCHIN RUNNING CLUB	01:47:32	01:47:09	00:27:32	00:27:32	39	23
162	Rachel Ferrer	146	Lady	Female		01:47:37	01:47:09	00:27:37	00:27:37	40	24
163	William Davies	492	Senior	Male	Grimsby Tri	01:48:01	01:47:37	00:31:25	00:31:25	123	66
164	Darrin Dexter	108	M40	Male	tri-force	01:48:02	01:47:40	00:29:55	00:31:26	124	44
165	Ju An YEH	581	Senior	Male		01:48:13	01:48:02	00:31:37	00:31:37	125	67
166	Robert Jones	516	M40	Male	GARDEN CITY RUNNERS	01:48:32	01:48:14	00:30:25	00:31:56	126	45
167	Ben Fletcher	570	Senior	Male		01:48:42	01:47:33	00:32:06	00:32:06	127	68
168	Graham Taylor	408	Senior	Male		01:48:46	01:48:21	00:32:10	00:32:10	128	69
169	lee setterfield	370	Senior	Male		01:49:10	01:48:28	00:32:34	00:32:34	129	70
170	Kevin Jones	573	M50	Male		01:49:15	01:48:52	00:28:49	00:32:39	130	14
171	Daniel Coene	80	Senior	Male		01:49:17	01:48:24	00:32:41	00:32:41	131	71
172	Lisa Nash	287	W40	Female		01:49:28	01:49:15	00:22:09	00:29:28	41	16
173	Malc Cary	66	M50	Male		01:49:32	01:49:06	00:29:06	00:32:56	132	15
174	Nick Bailey	23	Senior	Male		01:49:34	01:49:07	00:32:58	00:32:58	133	72
175	philip belfield	31	M40	Male	AMPTHILL AND FLITWICK FLYERS	01:49:34	01:49:06	00:31:27	00:32:58	134	46
176	Neil Robinson	358	Senior	Male		01:49:47	01:49:32	00:33:11	00:33:11	135	73
177	Adrian Shotbolt	376	M40	Male	Dunstable RRC	01:49:48	01:49:22	00:31:41	00:33:12	136	47
178	Stuart Mann	249	M70	Male	HERTS PHOENIX AC	01:49:53	01:49:44	00:00:00	00:33:17	137	1
179	Brian Bowie	566	M60	Male	TRENT PARK	01:49:55	01:49:38	00:19:39	00:33:19	138	2
180	Helen Parnell	311	Lady	Female	HITCHIN RUNNING CLUB	01:50:07	01:49:44	00:30:07	00:30:07	42	25
181	John Wootton	458	M40	Male		01:50:07	01:49:42	00:32:00	00:33:31	139	48
182	Adrian Robinson	355	M40	Male	Freedom Tri	01:50:10	01:49:46	00:32:03	00:33:34	140	49
183	Mark Norris	535	M40	Male		01:50:20	01:49:40	00:32:13	00:33:44	141	50
184	kealey white	443	Lady	Female	homemaker	01:50:40	01:49:58	00:30:40	00:30:40	43	26
185	Paul Kean	224	Senior	Male		01:50:45	01:50:22	00:34:09	00:34:09	142	74
186	Bekah Cranch	96	Lady	Female	BISHOP'S STORTFORD RUNNING CLUB	01:50:47	01:50:25	00:30:47	00:30:47	44	27
187	Mathew Bone	45	Senior	Male	YAXLEY RUNNERS & JOGGERS	01:50:51	01:50:28	00:34:15	00:34:15	143	75
188	Natalie Thornton	418	W40	Female	WARE JOGGERS	01:50:55	01:50:44	00:23:36	00:30:55	45	17
189	Yvette Johnston	515	W40	Female	MET POLICE TRI CLUB	01:50:56	01:50:45	00:23:37	00:30:56	46	18
190	Wesley Ball	468	Senior	Male		01:51:17	01:50:36	00:34:41	00:34:41	144	76
191	Jann Valenzuela	429	W50	Female		01:51:18	01:50:45	00:06:32	00:31:18	47	2
192	Ben Thorn	416	Senior	Male		01:51:23	01:51:04	00:34:47	00:34:47	145	77
193	John Devereux	569	M40	Male		01:51:24	01:50:47	00:33:17	00:34:48	146	51
194	Kerri Whitelegg	445	W40	Female		01:51:25	01:50:37	00:24:06	00:31:25	48	19
195	PIOTR TRZYNA	425	Senior	Male		01:51:29	01:51:10	00:34:53	00:34:53	147	78
196	Rishad Stylianou	402	Senior	Male		01:51:32	01:51:02	00:34:56	00:34:56	148	79
197	Adam Sauntally	368	Senior	Male		01:51:34	01:51:16	00:34:58	00:34:58	149	80
198	Clive Parking	309	M50	Male		01:51:36	01:50:58	00:31:10	00:35:00	150	16
199	Clare Browne	52	W40	Female		01:51:50	01:51:16	00:24:31	00:31:50	49	20
200	Lorraine Oakley	300	W40	Female	WARE JOGGERS	01:52:05	01:51:32	00:24:46	00:32:05	50	21
201	Michael Drummond	117	M40	Male		01:52:09	01:51:45	00:34:02	00:35:33	151	52
202	Agata Konieczna	518	Lady	Female		01:52:10	01:51:23	00:32:10	00:32:10	51	28
203	Jack Whitelegg	444	M40	Male		01:52:13	01:51:24	00:34:06	00:35:37	152	53
204	Kathryn Alford	4	W40	Female		01:52:14	01:51:43	00:24:55	00:32:14	52	22
205	Sara Sherafat Scott	372	W40	Female		01:52:24	01:51:54	00:25:05	00:32:24	53	23
206	Beth Pirie	539	W40	Female	VICTORY AC	01:52:25	01:51:57	00:25:06	00:32:25	54	24
207	Willie Ellingham	134	M50	Male		01:52:26	01:52:14	00:32:00	00:35:50	153	17
208	Carol Reid	344	W50	Female	GARDEN CITY RUNNERS	01:52:33	01:51:52	00:07:47	00:32:33	55	3
209	Becky Bone	474	Lady	Female		01:52:36	01:52:11	00:32:36	00:32:36	56	29
210	Sarah Barber	470	Lady	Female		01:52:39	01:52:04	00:32:39	00:32:39	57	30
211	Joanne Karunaratne	223	W40	Female		01:52:45	01:52:30	00:25:26	00:32:45	58	25
212	Annie Young	463	Lady	Female	Wheatthampstead Warriors	01:52:45	01:52:12	00:32:45	00:32:45	59	31
213	Spencer Brooks	48	M40	Male	HARLOW RUNNING CLUB	01:52:59	01:52:47	00:34:52	00:36:23	154	54
214	Robert Stanley	397	M40	Male		01:53:14	01:52:46	00:35:07	00:36:38	155	55
215	Richard Underwood	557	M40	Male	St Albans Striders	01:53:17	01:52:53	00:35:10	00:36:41	156	56
216	Angus Kinnear	231	M40	Male		01:53:21	01:52:57	00:35:14	00:36:45	157	57
217	Gary Fogden	151	M40	Male	RTD	01:53:24	01:52:42	00:35:17	00:36:48	158	58
218	Michael Curtis	98	M50	Male		01:53:29	01:53:08	00:33:03	00:36:53	159	18
219	James O'Gara	536	M40	Male		01:53:29	01:52:45	00:35:22	00:36:53	160	59
220	Ceri Foscoe	155	W50	Female		01:53:32	01:53:03	00:08:46	00:33:32	60	4
221	paula gutteridge	174	W40	Female		01:53:36	01:53:07	00:26:17	00:33:36	61	26
222	John Field	147	M50	Male	WARE JOGGERS	01:53:37	01:53:10	00:33:11	00:37:01	161	19
223	Nicola Roberson	351	W40	Female		01:53:42	01:53:04	00:26:23	00:33:42	62	27
224	Kevin Wilkins	560	M40	Male		01:53:45	01:52:35	00:35:38	00:37:09	162	60
225	Wendy Allam	5	Lady	Female		01:53:49	01:53:29	00:33:49	00:33:49	63	32
226	Jonathan Moxham	283	Senior	Male		01:53:49	01:53:21	00:37:13	00:37:13	163	81
227	Adam U'Glow Jones	556	M40	Male		01:53:52	01:53:25	00:35:45	00:37:16	164	61
228	Dawn Allen	6	W40	Female		01:53:54	01:53:33	00:26:35	00:33:54	64	28
229	Nigel Darke	568	M40	Male		01:54:14	01:54:06	00:36:07	00:37:38	165	62
230	Leona Hodson	196	W40	Female	WARE JOGGERS	01:54:18	01:53:45	00:26:59	00:34:18	65	29
231	Sharon Threlfall	419	W40	Female	WARE JOGGERS	01:54:20	01:53:43	00:27:01	00:34:20	66	30
232	Rosie Goddard	504	Lady	Female		01:54:20	01:53:36	00:34:20	00:34:20	67	33
233	Andrew Dossett	113	M40	Male		01:54:21	01:53:44	00:36:14	00:37:45	166	63
234	Simon Perkins	321	M50	Male		01:54:22	01:54:01	00:33:56	00:37:46	167	20
235	Luke Waller	435	Senior	Male	DACORUM & TRING AC	01:54:25	01:53:39	00:37:49	00:37:49	168	82
236	Janet Readitt	579	W40	Female		01:54:25	01:53:40	00:27:06	00:34:25	68	31

237	Neil Goddard	165	M40	Male		01:54:27	01:53:16	00:36:20	00:37:51	169	64
238	Helen Meigh	270	Lady	Female	GARDEN CITY RUNNERS	01:54:29	01:54:12	00:34:29	00:34:29	69	34
239	Richard Darley	103	M40	Male	GARDEN CITY RUNNERS	01:54:46	01:53:58	00:36:39	00:38:10	170	65
240	Paul Cottrell	91	M50	Male	Hadley Wood Running Club	01:55:02	01:54:23	00:34:36	00:38:26	171	21
241	PAUL AYLOTT	18	M40	Male		01:55:10	01:54:35	00:37:03	00:38:34	172	66
242	Djerk Geurts	501	M40	Male	HARPENDEN ARROWS	01:55:13	01:54:31	00:37:06	00:38:37	173	67
243	Mark Trick	422	M40	Male		01:55:15	01:55:05	00:37:08	00:38:39	174	68
244	Lisa Hoaran	192	W50	Female		01:55:25	01:54:58	00:10:39	00:35:25	70	5
245	Mark Simmons	377	M40	Male		01:55:33	01:54:38	00:37:26	00:38:57	175	69
246	Andy Duckworth	120	Senior	Male	HARPENDEN ARROWS	01:55:38	01:55:01	00:39:02	00:39:02	176	83
247	Emily Woodhead	456	Lady	Female		01:55:39	01:54:42	00:35:39	00:35:39	71	35
248	Anna Hall	177	W40	Female		01:55:47	01:55:14	00:28:28	00:35:47	72	32
249	Tim Butler	60	Senior	Male		01:55:53	01:54:49	00:39:17	00:39:17	177	84
250	Natalie Jenkins	213	Lady	Female		01:55:54	01:55:11	00:35:54	00:35:54	73	36
251	Adam Martin	252	Senior	Male		01:56:01	01:55:48	00:39:25	00:39:25	178	85
252	martin coleman	82	Senior	Male		01:56:03	01:55:34	00:39:27	00:39:27	179	86
253	Sophie Bacon	21	Lady	Female		01:56:08	01:56:08	00:36:08	00:36:08	74	37
254	Paul Heskin	189	M40	Male		01:56:09	01:55:20	00:38:02	00:39:33	180	70
255	JAMES YOUNG	464	Senior	Male	Dunstable RRC	01:56:13	01:55:30	00:39:37	00:39:37	181	87
256	Frank Hauser	183	M60	Male		01:56:30	01:56:08	00:26:14	00:39:54	182	3
257	Phillip Tubbs	427	M50	Male	Dunstable RRC	01:56:37	01:55:48	00:36:11	00:40:01	183	22
258	Sheena Martin	255	W40	Female	GARDEN CITY RUNNERS	01:56:39	01:56:31	00:29:20	00:36:39	75	33
259	James McGeehan	263	Senior	Male		01:56:43	01:56:07	00:40:07	00:40:07	184	88
260	Stephen Leadbetter	237	M50	Male	RAF	01:56:46	01:56:24	00:36:20	00:40:10	185	23
261	Alexis Wolzak	452	Senior	Male		01:56:49	01:56:11	00:40:13	00:40:13	186	89
262	Mark Paulson	317	M50	Male		01:57:16	01:56:35	00:36:50	00:40:40	187	24
263	Marsha Jenkins	212	W40	Female	HODDESDON TRI CLUB	01:57:19	01:56:45	00:30:00	00:37:19	76	34
264	hannah keeble	225	Lady	Female		01:57:29	01:56:44	00:37:29	00:37:29	77	38
265	Carmel Jarman	209	M40	Male	Dunstable RRC	01:57:32	01:56:43	00:39:25	00:40:56	188	71
266	Sandra Gentle	161	W40	Female		01:57:33	01:56:30	00:30:14	00:37:33	78	35
267	Matthew Hastings	509	Senior	Male		01:57:34	01:56:59	00:40:58	00:40:58	189	90
268	Paul Lake	519	M40	Male		01:57:39	01:57:27	00:39:32	00:41:03	190	72
269	Christopher Sanders	366	M40	Male		01:57:48	01:57:18	00:39:41	00:41:12	191	73
270	Natalie Webber	438	Lady	Female		01:58:04	01:57:40	00:38:04	00:38:04	79	39
271	KELLY BYWATERS	63	Lady	Female		01:58:15	01:57:24	00:38:15	00:38:15	80	40
272	lee wood	455	M40	Male		01:58:15	01:57:15	00:40:08	00:41:39	192	74
273	Michael Varnava	430	Senior	Male		01:58:25	01:57:46	00:41:49	00:41:49	193	91
274	Sarah Eva	138	W40	Female		01:58:34	01:58:04	00:31:15	00:38:34	81	36
275	Ian Straughan	401	M40	Male		01:58:38	01:58:20	00:40:31	00:42:02	194	75
276	Peter Marshall	251	M40	Male		01:58:41	01:58:32	00:40:34	00:42:05	195	76
277	Ann Hayden	510	W50	Female	FITTBIRD	01:58:58	01:58:26	00:14:12	00:38:58	82	6
278	Chris Trump	424	Senior	Male		01:59:00	01:58:36	00:42:24	00:42:24	196	92
279	Trace Allen	7	M70	Male	tri-force	01:59:02	01:58:52	00:09:09	00:42:26	197	2
280	Lee Wood	454	M40	Male		01:59:03	01:58:08	00:40:56	00:42:27	198	77
281	Hayley Williams	447	Lady	Female		01:59:09	01:58:00	00:39:09	00:39:09	83	41
282	Victoria Coleman	83	Lady	Female		01:59:11	01:58:29	00:39:11	00:39:11	84	42
283	Louise Beale	471	W40	Female	GARDEN CITY RUNNERS	01:59:13	01:58:39	00:31:54	00:39:13	85	37
284	Michelle Cotter	491	W50	Female	GARDEN CITY RUNNERS	01:59:15	01:58:40	00:14:29	00:39:15	86	7
285	Andrew Martin	575	Senior	Male		01:59:17	01:58:35	00:42:41	00:42:41	199	93
286	Steven Parrianen	313	M40	Male		01:59:21	01:58:25	00:41:14	00:42:45	200	78
287	Anthony Willmoth-Riley	448	M70	Male	Stopsley Striders	01:59:38	01:59:29	00:09:45	00:43:02	201	3
288	Martyn Shone	374	M40	Male	Triathlon England	01:59:49	01:59:17	00:41:42	00:43:13	202	79
289	DAVID holmes	514	M60	Male	CHILTERN HARRIERS AC	01:59:58	01:59:37	00:29:42	00:43:22	203	4
290	Nicola Lorimer	241	W40	Female		02:00:38	01:59:48	00:33:19	00:40:38	87	38
291	Deshan Karunaratne	222	M40	Male		02:00:39	02:00:23	00:42:32	00:44:03	204	80
292	robert wright	461	Senior	Male		02:00:39	01:59:53	00:44:03	00:44:03	205	94
293	ROLAND BETON	589	Senior	Male	PACEMAKER	02:00:40	01:59:58	00:44:04	00:44:04	206	95
294	Martin Smith	385	M40	Male	Stopsley Striders	02:00:41	02:00:34	00:42:34	00:44:05	207	81
295	Nikki Cowen	93	W40	Female	GARDEN CITY RUNNERS	02:00:45	02:00:40	00:33:26	00:40:45	88	39
296	Jenny Dipple	111	Lady	Female		02:01:05	02:00:12	00:41:05	00:41:05	89	43
297	Samantha Males	247	Lady	Female		02:01:08	02:00:36	00:41:08	00:41:08	90	44
298	James Hayes	185	Senior	Male	HARRYS RAINBOW RUNNERS	02:01:23	02:00:22	00:44:47	00:44:47	208	96
299	Selven Ramasawmy	340	M40	Male		02:01:23	02:00:41	00:43:16	00:44:47	209	82
300	Gari Reed	542	Senior	Male		02:01:29	02:01:00	00:44:53	00:44:53	210	97
301	Dan Reed	541	Senior	Male		02:01:30	02:01:02	00:44:54	00:44:54	211	98
302	Stephen Kelly	227	M50	Male		02:01:55	02:01:17	00:41:29	00:45:19	212	25
303	Ross Kemble	517	Senior	Male	Thriff Green Trotters	02:02:18	02:01:50	00:45:42	00:45:42	213	99
304	scott cox	95	Senior	Male		02:02:30	02:01:47	00:45:54	00:45:54	214	100
305	Amy Ellice	132	Lady	Female		02:02:36	02:01:42	00:42:36	00:42:36	91	45
306	Charlie Robinson	543	M40	Male		02:02:40	02:01:51	00:44:33	00:46:04	215	83
307	Alison Newberry	288	W50	Female		02:02:41	02:01:56	00:17:55	00:42:41	92	8
308	Phil Nitcher	291	Senior	Male	Stopsley Striders	02:02:47	02:01:54	00:46:11	00:46:11	216	101
309	Julie Fogg	152	W50	Female	WARE JOGGERS	02:03:02	02:02:28	00:18:16	00:43:02	93	9
310	Jeremy Lovell	574	M40	Male		02:03:14	02:02:24	00:45:07	00:46:38	217	84
311	Steve Carter	480	M60	Male		02:03:22	02:02:43	00:33:06	00:46:46	218	5
312	Kartik Sharma	371	Senior	Male		02:03:30	02:02:41	00:46:54	00:46:54	219	102
313	Chloe Terry	410	Lady	Female		02:03:32	02:02:48	00:43:32	00:43:32	94	46
314	Paula Wise	451	W50	Female		02:03:43	02:03:28	00:18:57	00:43:43	95	10
315	Sensev El-Ahmadi	130	W40	Female	Hadley Wood Running Club	02:03:54	02:03:18	00:36:35	00:43:54	96	40
316	Andrea Halliwell	506	W40	Female	OH LADIES RUNNING CLUB	02:04:25	02:03:20	00:37:06	00:44:25	97	41

317	Angela Spicer	393	W50	Female	OH LADIES RUNNING CLUB	02:04:33	02:03:29	00:19:47	00:44:33	98	11
318	cheryl thomas	412	Lady	Female	OH LADIES RUNNING CLUB	02:04:34	02:03:34	00:44:34	00:44:34	99	47
319	Tracey McLean	265	W40	Female		02:04:47	02:03:39	00:37:28	00:44:47	100	42
320	Paula Mummery	285	W40	Female	OH LADIES RUNNING CLUB	02:04:56	02:03:55	00:37:37	00:44:56	101	43
321	Peter Reynolds	349	M50	Male		02:05:11	02:04:10	00:44:45	00:48:35	220	26
322	Olwen Batty	29	Lady	Female	Fairlands Valley Spartans	02:05:16	02:04:13	00:45:16	00:45:16	102	48
323	Shayna Godin	167	Lady	Female	Barnet & District Athletic Club	02:06:16	02:05:29	00:46:16	00:46:16	103	49
324	Timea Szekely	551	Lady	Female		02:06:21	02:05:35	00:46:21	00:46:21	104	50
325	Mari Mceleney	261	W40	Female		02:06:23	02:05:41	00:39:04	00:46:23	105	44
326	Alice Burke	592	Lady	Female	Sweatshop	02:06:24	02:05:37	00:46:24	00:46:24	106	51
327	Kieran Head	186	Senior	Male		02:06:26	02:06:09	00:49:50	00:49:50	221	103
328	John Trantet	555	M40	Male		02:06:33	02:05:40	00:48:26	00:49:57	222	85
329	David Thomas	413	Senior	Male		02:07:45	02:07:09	00:51:09	00:51:09	223	104
330	Ruth Reilly	347	Lady	Female	Fairlands Valley Spartans	02:07:49	02:07:06	00:47:49	00:47:49	107	52
331	James Randall	578	Senior	Male		02:07:54	02:07:23	00:51:18	00:51:18	224	105
332	Kate Tettmar	553	W40	Female	St Albans Striders	02:08:10	02:07:41	00:40:51	00:48:10	108	45
333	Alison Perkins	320	W40	Female	Redway Runners	02:08:16	02:07:25	00:40:57	00:48:16	109	46
334	Donna O Toole	299	W40	Female	OH LADIES RUNNING CLUB	02:08:17	02:07:16	00:40:58	00:48:17	110	47
335	Lorna Thompson	415	W40	Female		02:08:25	02:07:54	00:41:06	00:48:25	111	48
336	Edward Chaloner	486	Senior	Male	St Albans Striders	02:08:27	02:07:40	00:51:51	00:51:51	225	106
337	LISA MAKOWSKI	246	Lady	Female		02:08:47	02:07:50	00:48:47	00:48:47	112	53
338	Tony Hamilton	507	M70	Male	Barnet & District Athletic Club	02:08:48	02:07:53	00:18:55	00:52:12	226	4
339	Terry Stephens	398	M40	Male		02:08:58	02:07:58	00:50:51	00:52:22	227	86
340	holly edlin	124	Lady	Female		02:09:00	02:08:43	00:49:00	00:49:00	113	54
341	David McDermott	260	Senior	Male		02:09:17	02:09:17	00:52:41	00:52:41	228	107
342	Vince Hindson	513	M50	Male		02:09:29	02:08:31	00:49:03	00:52:53	229	27
343	Matthew Robinson	357	Senior	Male		02:09:31	02:09:31	00:52:55	00:52:55	230	108
344	Rowena Perryman	322	Lady	Female	WGC RUNNING MUMMIES	02:09:33	02:08:30	00:49:33	00:49:33	114	55
345	David McCabe	257	Senior	Male		02:09:53	02:09:53	00:53:17	00:53:17	231	109
346	William Rial	580	M40	Male		02:09:59	02:09:08	00:51:52	00:53:23	232	87
347	Tara Shorey	375	Lady	Female	Dunstable RRC	02:10:22	02:09:34	00:50:22	00:50:22	115	56
348	Emily Roomes	360	Lady	Female		02:10:23	02:09:40	00:50:23	00:50:23	116	57
349	Aaron McSkimming	268	M40	Male		02:10:34	02:09:53	00:52:27	00:53:58	233	88
350	Chris Bonser	565	Senior	Male		02:10:54	02:10:28	00:54:18	00:54:18	234	110
351	Natasha Christiansen	70	W40	Female		02:10:59	02:10:09	00:43:40	00:50:59	117	49
352	Adrian McMenamin	531	M50	Male		02:11:08	02:10:25	00:50:42	00:54:32	235	28
353	Gemma Rafferty	339	Lady	Female	OH LADIES RUNNING CLUB	02:11:34	02:10:31	00:51:34	00:51:34	118	58
354	Mass Fraulo	157	M40	Male		02:11:35	02:10:43	00:53:28	00:54:59	236	89
355	Adam Buckmaster	475	Senior	Male		02:11:36	02:10:47	00:55:00	00:55:00	237	111
356	Jonathan Pain	585	M50	Male	Dunstable RRC	02:11:36	02:10:40	00:51:10	00:55:00	238	29
357	Andy Thomas	411	Senior	Male		02:11:50	02:10:51	00:55:14	00:55:14	239	112
358	Elaine Moore	533	Lady	Female		02:11:56	02:11:06	00:51:56	00:51:56	119	59
359	Rajasingham Sivakumaran	548	M40	Male		02:12:02	02:11:12	00:53:55	00:55:26	240	90
360	Natasha O'Gorman	302	Lady	Female		02:12:13	02:11:29	00:52:13	00:52:13	120	60
361	Kirstin Ellis	496	Lady	Female		02:12:18	02:11:34	00:52:18	00:52:18	121	61
362	Donald Whyte	559	M40	Male		02:12:25	02:11:35	00:54:18	00:55:49	241	91
363	Annette Swan	405	Lady	Female		02:12:42	02:12:00	00:52:42	00:52:42	122	62
364	Rebecca Cheshire	69	W40	Female		02:12:54	02:12:13	00:45:35	00:52:54	123	50
365	Charlotte Calvert	64	W40	Female		02:13:16	02:12:40	00:45:57	00:53:16	124	51
366	Kristina Wood	453	Lady	Female		02:13:17	02:12:10	00:53:17	00:53:17	125	63
367	Ros Clark	489	W40	Female		02:13:27	02:12:41	00:46:08	00:53:27	126	52
368	Alison Wildey	446	W40	Female	OH LADIES RUNNING CLUB	02:13:46	02:12:42	00:46:27	00:53:46	127	53
369	Mike Anfield	10	M40	Male		02:13:48	02:12:55	00:55:41	00:57:12	242	92
370	Sarah Dibbs	109	Lady	Female	WGC RUNNING MUMMIES	02:14:02	02:13:18	00:54:02	00:54:02	128	64
371	Emmily Sjolander	378	Lady	Female		02:14:03	02:13:37	00:54:03	00:54:03	129	65
372	Nicky Snowball	388	W40	Female		02:15:14	02:14:20	00:47:55	00:55:14	130	54
373	claire halsey	178	Lady	Female	WGC RUNNING MUMMIES	02:15:29	02:14:44	00:55:29	00:55:29	131	66
374	Louise Hadley	176	W40	Female		02:15:32	02:14:35	00:48:13	00:55:32	132	55
375	Katy Baker	24	Lady	Female		02:15:35	02:14:39	00:55:35	00:55:35	133	67
376	Ah-Lai Law	234	Lady	Female		02:16:22	02:14:59	00:56:22	00:56:22	134	68
377	Janet Skippins	379	W50	Female		02:17:07	02:16:10	00:32:21	00:57:07	135	12
378	Geoff Morgan	277	M50	Male	tri-force	02:17:25	02:16:23	00:56:59	01:00:49	243	30
379	David Sells	369	M40	Male		02:17:42	02:16:46	00:59:35	01:01:06	244	93
380	jane connors	86	W40	Female		02:17:45	02:16:44	00:50:26	00:57:45	136	56
381	Mel Spooner	394	W40	Female		02:17:55	02:16:54	00:50:36	00:57:55	137	57
382	Anna Griffiths	171	W40	Female	Hadley Wood Running Club	02:18:21	02:17:45	00:51:02	00:58:21	138	58
383	Ann-Marie O'Driscoll	301	Lady	Female	Hadley Wood Running Club	02:18:23	02:17:46	00:58:23	00:58:23	139	69
384	Sophie Edwards	128	Lady	Female		02:18:41	02:17:39	00:58:41	00:58:41	140	70
385	Louise buhagiar	55	W40	Female		02:18:44	02:17:51	00:51:25	00:58:44	141	59
386	Natalie Edwards	127	W40	Female	HARPENDE ARROWS	02:18:47	02:17:45	00:51:28	00:58:47	142	60
387	Shelah Surgey	403	W50	Female	Dunstable RRC	02:18:50	02:17:52	00:34:04	00:58:50	143	13
388	Rajendra Babar	19	Senior	Male		02:18:54	02:18:30	01:02:18	01:02:18	245	113
389	Jacqueline Brown	49	W40	Female	Fit4Fitness Running Club	02:19:06	02:18:19	00:51:47	00:59:06	144	61
390	Natalie Kempster	228	W40	Female		02:19:06	02:18:20	00:51:47	00:59:06	145	62
391	Harry Ward	436	M60	Male	GARDEN CITY RUNNERS	02:19:18	02:18:38	00:49:02	01:02:42	246	6
392	Maria Blythe	40	Lady	Female	OH LADIES RUNNING CLUB	02:19:55	02:18:50	00:59:55	00:59:55	146	71
393	Louise Sopp	390	W40	Female	OH LADIES RUNNING CLUB	02:19:55	02:18:51	00:52:36	00:59:55	147	63
394	Angela Tomic	420	W40	Female		02:19:56	02:19:11	00:52:37	00:59:56	148	64
395	Simon Ewing	141	M40	Male		02:20:05	02:19:16	01:01:58	01:03:29	247	94
396	Francesca Ewing	140	W40	Female		02:20:06	02:19:18	00:52:47	01:00:06	149	65

397 Cassie Sutterby	404 Lady	Female		02:20:35	02:20:01	01:00:35	01:00:35	150	72
398 Christiann Rothwell	362 Lady	Female		02:20:39	02:20:05	01:00:39	01:00:39	151	73
399 Lisa Murphy	286 W40	Female		02:20:48	02:19:38	00:53:29	01:00:48	152	66
400 Julia Young	465 Lady	Female		02:20:49	02:19:40	01:00:49	01:00:49	153	74
401 Kathy Mair	525 Lady	Female		02:20:51	02:20:19	01:00:51	01:00:51	154	75
402 Ruth Sullivan	550 W40	Female		02:20:51	02:20:19	00:53:32	01:00:51	155	67
403 Kate Sullivan	587 Lady	Female		02:20:51	02:20:19	01:00:51	01:00:51	156	76
404 Abigail Hooper	197 Lady	Female		02:20:58	02:19:48	01:00:58	01:00:58	157	77
405 Tina Payne	318 Lady	Female	Keech Hospice	02:21:07	02:19:59	01:01:07	01:01:07	158	78
406 Alison Campbell	479 W50	Female	St Albans Striders	02:21:22	02:20:22	00:36:36	01:01:22	159	14
407 charlotte jones	221 Lady	Female	GARDEN CITY RUNNERS	02:22:29	02:21:38	01:02:29	01:02:29	160	79
408 Joanne Tang	407 W40	Female	St Albans Striders	02:22:29	02:21:29	00:55:10	01:02:29	161	68
409 Milena Nuti	296 W40	Female	OH LADIES RUNNING CLUB	02:23:15	02:22:11	00:55:56	01:03:15	162	69
410 David Boden	41 M40	Male		02:23:25	02:22:44	01:05:18	01:06:49	248	95
411 Rebecca Joiner	217 W40	Female		02:23:48	02:22:46	00:56:29	01:03:48	163	70
412 Dorothy Landsberg	520 Lady	Female		02:23:48	02:22:45	01:03:48	01:03:48	164	80
413 Chau Ngoh Lee	523 Lady	Female		02:24:04	02:22:57	01:04:04	01:04:04	165	81
414 Marianne Cassidy	484 W40	Female		02:24:31	02:24:13	00:57:12	01:04:31	166	71
415 Alex Telford	552 Senior	Male		02:24:32	02:24:14	01:07:56	01:07:56	249	114
416 Jerry Gilbert	163 M60	Male	GARDEN CITY RUNNERS	02:24:51	02:24:35	00:54:35	01:08:15	250	7
417 Paul Conway	88 M40	Male		02:24:54	02:23:42	01:06:47	01:08:18	251	96
418 Jack Conway	87 Senior	Male		02:24:55	02:23:44	01:08:19	01:08:19	252	115
419 Michelle Parkin	577 W40	Female		02:25:15	02:24:30	00:57:56	01:05:15	167	72
420 louise large	233 W40	Female	Fetch Everyone	02:25:23	02:24:28	00:58:04	01:05:23	168	73
421 David Luxford	244 M60	Male		02:25:23	02:24:27	00:55:07	01:08:47	253	8
422 Jake Bone	44 Senior	Male		02:25:35	02:24:36	01:08:59	01:08:59	254	116
423 Yourgos Alexander	3 Senior	Male		02:26:14	02:25:15	01:09:38	01:09:38	255	117
424 Jezebel Ellwood	136 Lady	Female		02:26:14	02:25:16	01:06:14	01:06:14	169	82
425 Holly Fox	571 Lady	Female		02:27:00	02:26:06	01:07:00	01:07:00	170	83
426 brian yates	561 M70	Male	HARPENDEN ARROWS	02:27:01	02:26:39	00:37:08	01:10:25	256	5
427 Catherine Dann	101 W40	Female	GARDEN CITY RUNNERS	02:27:11	02:26:24	00:59:52	01:07:11	171	74
428 Natalie Hatton	182 W40	Female		02:28:19	02:27:17	01:01:00	01:08:19	172	75
429 Samantha Tracy	421 W40	Female		02:28:21	02:27:19	01:01:02	01:08:21	173	76
430 Nicola Marnier	527 W40	Female		02:28:50	02:27:44	01:01:31	01:08:50	174	77
431 michelle lynch	524 Lady	Female	Dunstable RRC	02:29:43	02:28:44	01:09:43	01:09:43	175	84
432 Nicole Burton	476 Lady	Female		02:30:05	02:29:18	01:10:05	01:10:05	176	85
433 simon oneill	303 M50	Male		02:30:46	02:29:48	01:10:20	01:14:10	257	31
434 Gail Ashley	13 W40	Female	HARRYS RAINBOW RUNNERS	02:30:51	02:29:50	01:03:32	01:10:51	177	78
435 Lynn Bolton	43 W40	Female		02:31:08	02:30:52	01:03:49	01:11:08	178	79
436 Joanne Weightman	440 W40	Female		02:31:09	02:29:55	01:03:50	01:11:09	179	80
437 Phil Adams	1 Senior	Male		02:31:37	02:31:23	01:15:01	01:15:01	258	118
438 JOHN READE	342 M70	Male	Dunstable RRC	02:31:56	02:31:08	00:42:03	01:15:20	259	6
439 Steven Baker	25 Senior	Male		02:32:16	02:31:24	01:15:40	01:15:40	260	119
440 Joanne Nuttall	297 Lady	Female		02:32:27	02:31:35	01:12:27	01:12:27	180	86
441 Matthew Nuttall	298 M40	Male		02:32:28	02:31:35	01:14:21	01:15:52	261	97
442 Emma Dempster	107 Lady	Female	GARDEN CITY RUNNERS	02:33:22	02:32:31	01:13:22	01:13:22	181	87
443 Paul Weekly	439 M40	Male		02:34:05	02:33:02	01:15:58	01:17:29	262	98
444 Carly Straughan	400 Lady	Female		02:34:15	02:33:20	01:14:15	01:14:15	182	88
445 Sascha Butler	59 W40	Female	Activetrainingworld	02:34:19	02:33:31	01:07:00	01:14:19	183	81
446 Annemarie Andrews	9 Lady	Female	OH LADIES RUNNING CLUB	02:35:00	02:33:57	01:15:00	01:15:00	184	89
447 Darina Mcmorrow	267 Lady	Female		02:36:35	02:36:35	01:16:35	01:16:35	185	90
448 gayna orourke	305 W40	Female	Vegan Runners	02:37:09	02:36:13	01:09:50	01:17:09	186	82
449 Ray Blake	37 M40	Male		02:37:42	02:36:34	01:19:35	01:21:06	263	99
450 Askin Gungor	505 M40	Male	Hadley Wood Running Club	02:40:03	02:38:56	01:21:56	01:23:27	264	100
451 keith taylor	409 M40	Male		02:40:09	02:40:03	01:22:02	01:23:33	265	101
452 Martin Cowley	94 M40	Male	Dunstable RRC	02:41:01	02:40:05	01:22:54	01:24:25	266	102
453 Jeannette Eames	123 W50	Female	Dunstable RRC	02:41:02	02:40:04	00:56:16	01:21:02	187	15
454 Jean Cole	81 W40	Female	Regiment Fitness Welwyn Garden City	02:41:33	02:40:29	01:14:14	01:21:33	188	83
455 Michelle Porter	329 W40	Female		02:42:02	02:40:50	01:14:43	01:22:02	189	84
456 Lauren Stafford	395 Lady	Female		02:46:24	02:45:38	01:26:24	01:26:24	190	91
457 Ros Hitchen	584 W50	Female	WARE JOGGERS	02:46:26	02:45:39	01:01:40	01:26:26	191	16
458 Evelyn Lutterodt	243 W40	Female		02:47:15	02:46:07	01:19:56	01:27:15	192	85
459 Louise Platt	326 W40	Female		02:59:23	02:58:40	01:32:04	01:39:23	193	86
460 Carol Tubbs	426 W50	Female	Dunstable RRC	03:01:17	03:00:18	01:16:31	01:41:17	194	17
461 Russell rawles	341 Senior	Male		03:03:39	03:02:41	01:47:03	01:47:03	267	120
462 Andy Singleton	547 M50	Male		03:07:05	03:05:59	01:46:39	01:50:29	268	32