

Hemel 10

9th March 2003

Results

1	665	Darren Treadaway	M23	Barnet & Dist AC	0:56:32	74	596	Steve Wood	M26		1:06:51		
2	318	Nick Wigmore	M29	B'ham Rowheath	0:57:09	75	456	John Hamilton	M49	Milton Keynes AC	1:06:52		
3	67	Neil Ovington	M40	Milton Keynes AC	0:57:30	76	587	Matthew Waldram	M27		1:06:56		
4	623	Ross Milne	M25	St Albans Striders	0:57:44	77	300	Graham Busch	M48	Stopsley Striders	1:06:58		
5	485	Kevin Harding	M43	Tring RC	0:58:09	78	136	Kevin Glendinning	M38	Dunstable RR	1:07:00		
6	602	Simon Everington	M29	Dacorum & Tring AC	0:58:23	79	391	Colin Merritt	M37		1:07:04		
7	394	Nick Harris	M28	Watford Harriers	0:58:33	80	1193	Catherine Holloway	F35	Chiltern Harriers	1:07:19		
8	258	Paul Allen	M40	Dacorum & Tring AC	0:58:45	H	81	31	Jamie Luck	M29	Harlow AC	1:07:25	E
9	577	Steve James	M39	Bedford & County	0:58:54	82	330	Gavin Elliott	M27	Biggleswade AC	1:07:28		
10	229	Kevin Willett	M39	Bedford Harriers	0:59:00	83	443	Roger Partridge	M42	Ware Joggers	1:07:32		
11	534	Colin Steptoe	M53	Vale of Aylesbury	0:59:15	84	487	Jamie Tomlin	M37		1:07:35		
12	528	John Willoughby	M55	Queens Park Harr	0:59:46	85	453	Graham Stacey	M56	RRC	1:07:43		
13	637	Andrew Cracknell	M19	Dacorum & Tring AC	1:00:02	H	86	524	Antony Allen	M57	Dacorum & Tring AC	1:07:50	H
14	225	Paul Westrope	M35	Bedford & County	1:00:23	87	147	Geoff Arnell	M48		1:07:52		
15	298	Tony Dadd	M35	Bedford Harriers	1:00:29	88	494	Mark Finn	M38		1:07:53	H	
16	251	Peter Beatty	M47	Bishops Stortford	1:00:37	E	89	672	John Roseler	M28		1:08:00	
17	479	Ian Pheasey	M26	Milton Keynes AC	1:00:52	90	232	Michael Barnard	M46	Bedford Harriers	1:08:03		
18	413	Rob Tojeiro	M27		1:00:53	91	552	Tony Parello	M41	Bedford Harriers	1:08:03		
19	248	Russell Casey	M26	Garden City Runner	1:01:39	E	92	137	Nick Jones	M40	Ampthill&Flitwick	1:08:10	
20	268	John Chapman	M45	Stopsley Striders	1:01:45	93	217	James Buttleman	M39		1:08:13		
21	186	Andrew Wasdell	M29	St Albans Striders	1:01:48	94	231	Philip McLean	M45	Dunstable RR	1:08:18		
22	1174	Sharon Gannon	F39	Ware Joggers	1:01:57	95	415	Clark Skerratt	M52	Biggleswade AC	1:08:26	E	
23	212	Christopher Lamont	M50	Stopsley Striders	1:01:59	96	517	Anthony Simm	M45	Reebok RC	1:08:35		
24	354	Martin Jones	M45	Herts Phoenix AC	1:02:00	97	28	Colin Rees	M58	Tring RC	1:08:37		
25	568	Gary Cook	M26	N Herts RR	1:02:07	98	399	Colin Hamlet	M54	Watford Harriers	1:08:48		
26	416	Ian Russel	M50	Milton Keynes AC	1:02:11	99	666	Greg Hill	M49	Watford Joggers	1:08:51		
27	245	Grant West	M34	St Albans Striders	1:02:19	100	636	Zac Hollis	M32		1:08:57		
28	134	Thomas Dixon	M36	Dacorum & Tring AC	1:02:32	H	101	307	Martyn Cole	M31	Biggleswade AC	1:08:57	
29	545	Clive Wintrip	M0	Milocarian AC	1:02:39	102	475	Graham Moore	M41		1:08:58	E	
30	60	Stephen Beard	M37	RRC	1:02:46	103	547	Sandy Loder	M37		1:08:59		
31	616	Rhodri Davies	M46		1:02:55	104	393	George Chalstrey	M55	Watford Harriers	1:08:59		
32	622	Andy Hobdell	M36	Windsor	1:02:57	105	508	Trevor Clements	M40	St Albans Striders	1:09:02		
33	339	Colin Moody	M52	Harlow RC	1:03:00	E	106	37	Scott Worley	M28		1:09:05	
34	493	Gerry Taylor	M36	Stopsley Striders	1:03:01	107	1202	Vivian Thorpe	F25	Long Eaton	1:09:08		
35	457	Trevor Hook	M45	Milton Keynes AC	1:03:02	108	334	Ciaran Griffin	M40		1:09:11		
36	59	Richard Harry	M27	TeamRealRunner.com	1:03:03	109	195	Graham Clarke	M54	St Albans Striders	1:09:18		
37	1264	Lisa Elmore	F33	S'bury Barnet Harr	1:03:16	110	265	Ludwig Roder	M33		1:09:19		
38	594	Chris McAllister	M33	Stopsley Striders	1:03:35	111	1217	Sandra Reynolds	F32	Chiltern AC	1:09:19		
39	626	Alistair Fadden	M37	Bedford Harriers	1:03:56	112	364	Brian Webb	M56	Bedford & County	1:09:20	E	
40	543	Paul Woodyatt	M41	City of Norwich AC	1:03:56	113	548	Brian Davies	M38	Stopsley Striders	1:09:25	E	
41	388	Richard Piron	M50	Bedford Harriers	1:04:00	114	478	John Franklin	M38	N Herts RR	1:09:28		
42	378	Trevor Thompson	M46		1:04:02	115	206	Roy Stevens	M51	Biggleswade AC	1:09:30	E	
43	558	Andrew Stiles	M39	Milton Keynes AC	1:04:06	116	578	Nicholas Goodman	M37	Sevenoaks AC	1:09:32		
44	336	Bill Barrett	M52	Stopsley Striders	1:04:08	117	474	Steve Wilkinson	M46	Milton Keynes AC	1:09:35		
45	312	Graham Adcock	M37	Leighton Fun Run	1:04:11	118	1254	Val Swingler	F36	Metros	1:09:37		
46	327	Alan Webb	M53	Midland Vets AC	1:04:17	119	204	Martin Leach	M59	Bedford Harriers	1:09:41	E	
47	419	Phil Feist	M42	Milton Keynes AC	1:04:22	120	34	Jim Sinton	M38	Tring RC	1:09:41		
48	219	Stuart Berry	M36	Dunstable RR	1:04:22	121	607	Kevin King	M42		1:09:47		
49	526	Asa Shaw	M28		1:04:25	122	374	Roger Seed	M32		1:09:49		
50	367	Charlie Thompson	M30	St Albans Striders	1:04:39	H	123	514	Jonathan Hildreth	M43	Chiltern Harriers	1:09:50	
51	1290	Colette O'Neill	F34	Hillingdon AC	1:04:45	124	404	Philip Bolitho-Jones	M48	Watford Harriers	1:09:54		
52	230	David Findel-Hawkins	M52	Milton Keynes AC	1:04:49	125	655	Simon Fisher	M42		1:10:01		
53	170	Richard Bober	M50	S'bury Barnet Harr	1:04:51	126	1199	Janet Williams	F41	Orion Harriers	1:10:02		
54	654	Diarmuid MacDougall	M36	Thame Runners	1:05:01	127	1211	Karen Worrall	F38	Biggleswade AC	1:10:08		
55	639	Nick Lord	M36	Garden City Runner	1:05:03	128	652	Tony Ede	M28		1:10:16		
56	420	Simon Walstrom	M26	Bedford Harriers	1:05:04	129	1330	Bel Waters	F36	Harlow AC	1:10:23		
57	537	Peter Fitzpatrick	M50	Herts Phoenix AC	1:05:13	130	633	James Raven	M28	St Albans Striders	1:10:24		
58	175	Les Turton	M42	Milton Keynes AC	1:05:31	E	131	188	Lewis Mould	M28		1:10:28	
59	106	Steve Jones	M47		1:05:40	132	556	Peter Winfield	M45	Milton Keynes AC	1:10:36		
60	438	Martin Saggars	M34	Ware Joggers	1:05:45	133	113	Chas Herbert	M51	Milton Keynes AC	1:10:37		
61	15	Richard Ruffell	M41	British Airways	1:06:02	134	380	Thomas Reynolds	M60		1:10:42		
62	605	Geoff Olive	M39		1:06:14	135	337	Christopher Cloke	M54	Enfield & Haringey	1:10:47		
63	293	Adrian James	M37	St Albans Striders	1:06:15	136	315	Derek Peverill	M57		1:10:48		
64	481	William Quinn	M52	Dunstable RR	1:06:17	137	643	Jeff Dowsett	M51	Stopsley Striders	1:10:51		
65	387	Lenny Thomas	M45	Queens Park Harr	1:06:22	138	427	Kenny Blyth	M51	Ware Joggers	1:10:51		
66	121	Gareth Owens	M43	Tring RC	1:06:24	139	1339	Christine Tanner	F39	Bishops Stortford	1:10:52		
67	613	Tony Ruberry	M46	Tring RC	1:06:29	140	560	Brian McCallen	M48	Bedford Harriers	1:10:54		
68	379	Michael Turvey	M39	Chiltern Harriers	1:06:32	141	338	David Eggleton	M39		1:10:58		
69	506	Christopher May	M44		1:06:37	142	1240	Jacqueline Goldsmith	F35	Stopsley Striders	1:10:59		
70	469	Pete Thompson	M42	Ware Joggers	1:06:39	143	157	Tony Rose	M43	Ware Joggers	1:10:59		
71	299	Phil Cunningham	M40	S'bury Barnet Harr	1:06:42	144	381	David French	M43	Ware Joggers	1:11:03		
72	449	David Hall	M39		1:06:44	145	372	Chris Burwood	M40	RRC	1:11:09		
73	480	Reg Brett	M61	Vauxhall AC	1:06:50	E	146	467	Ian Forrest	M29	Maidstone Harriers	1:11:14	
							147	489	Alan Whelan	M37		1:11:18	

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148	241	John O'Grady	M35	1:11:19	228	320	Mark Philpot	M39	1:14:55	H			
149	470	David Newman	M44	Garden City Runner	1:11:19	229	440	Phil Cunningham	M51	Ware Joggers	1:14:57		
150	567	Peter Williams	M49	Herts Phoenix AC	1:11:24	230	674	Martin Webb	M45		1:14:59		
151	632	Paul Cook	M59		1:11:24	H	231	333	Thomas McKeown	M45	Stopsley Striders	1:15:00	
152	559	Steve Gaunt	M43	Bedford Harriers	1:11:26	232	544	Peter Game	M56	Garden City Runner	1:15:02		
153	628	Keith Morgan	M46	Ampthill&Flitwick	1:11:27	233	448	Barry Telling	M45	Stopsley Striders	1:15:03		
154	533	Chris Wall	M45		1:11:27	234	604	Steve Baker	M34		1:15:03		
155	452	David Perry	M35		1:11:29	235	216	Tony Phillips	M59		1:15:06		
156	417	Gordon Earley	M63	RRC	1:11:31	236	162	Richard Stockings	M39		1:15:07	H	
157	430	Jonathan McCahill	M31		1:11:37	237	1186	Anick Valpinee	F45	Milton Keynes AC	1:15:18		
158	1335	Suzie Fitt	F36	Garden City Jogger	1:11:43	238	342	Gordon Wright	M46	Herts Phoenix AC	1:15:23		
159	1188	Rona Hoyes	F40		1:11:50	239	359	Trace Allen	M58	Garden City Runner	1:15:26	E	
160	542	Denys Baudry	M52	Garden City Runner	1:11:51	240	220	Neil Morehen	M38	St Albans Striders	1:15:27		
161	500	Mick North	M43		1:11:56	H	241	439	Stephen Johnson	M52	Ware Joggers	1:15:31	
162	483	Ken Perry	M52	Dacorum & Tring AC	1:12:02	H	242	525	Richard Miller	M47	Dacorum & Tring AC	1:15:35	H
163	532	Chris Tucker	M45		1:12:04	H	243	253	Paul Hudson	M35		1:15:43	
164	454	Paul Campbell	M36	Bedford Harriers	1:12:05	244	535	Marcus Kinch	M44		1:15:45		
165	335	Walter McCarthy	M42		1:12:08	245	504	Jay Conlon	M44		1:15:45	H	
166	663	Steven Lee	M28		1:12:13	H	246	109	Michael Allen	M34	Dunstable RR	1:15:48	E
167	262	Paul Stoten	M46	Tring RC	1:12:17	247	244	Richard Laws	M34		1:15:56		
168	154	Ian Marshall	M35	Bedford Harriers	1:12:18	248	610	Dave Crawley	M46		1:15:57		
169	651	Mark Warren	M38	London Heathside	1:12:21	249	1105	Carole Lydon	F48	Ampthill&Flitwick	1:15:59		
170	70	Stephen Ind	M48	Garden City Runner	1:12:22	E	250	271	Matt Everitt	M31		1:16:02	
171	680	Brendan Glancy	M40		1:12:24	H	251	664	Duncan Smith	M35		1:16:05	
172	1136	Debbie Wenman	F35	Chiltern Harriers	1:12:24	252	71	Michael Barrowman	M56	St Albans Striders	1:16:07		
173	47	Graham Fenson	M52	Stopsley Striders	1:12:28	253	676	Mark Franklin	M35		1:16:08		
174	509	Hywel Davies	M47	St Albans Striders	1:12:29	254	177	Phil Harding	M42		1:16:08		
175	24	Roger Mansell	M53	Trent Park RC	1:12:30	255	36	Sean Newbury	M25	Bedford Harriers	1:16:10		
176	490	Andrew Olney	M39	Stopsley Striders	1:12:30	256	390	Ian Nichol	M36	St Albans Striders	1:16:13	E	
177	178	Bob Harding	M40		1:12:32	257	1260	Dawn Vaughan	F44	Ware Joggers	1:16:21		
178	564	Andy Newing	M36	Gade Valley Harr	1:12:33	H	258	105	Steve Leadbetter	M44	Garden City Jogger	1:16:22	
179	466	Russell Devitt	M54	S'bury Barnet Harr	1:12:35	259	451	Graham Deacon	M36	Tring RC	1:16:33		
180	308	Bob Watson	M44	St Albans Striders	1:12:43	260	115	Gary Richards	M34		1:16:35	H	
181	1130	Michelle Butler	F38	Thame Runners	1:12:48	261	444	John Butcher	M71	Ware Joggers	1:16:38		
182	496	Jonathan Venning	M50	Dunstable RR	1:12:56	262	236	Darren Beck	M30		1:16:40	H	
183	291	Michael Jack	M43	St Albans Striders	1:12:59	263	131	Graham Brown	M35	Biggleswade AC	1:16:43		
184	501	Peter Cairnie	M38	Bearbrook Joggers	1:13:00	264	72	Wayne Aylott	M40	Garden City Runner	1:16:47	E	
185	68	Clive Healey	M30		1:13:01	H	265	635	Julio Aldorino	M42		1:16:48	
186	429	Jim Miller	M53	Milton Keynes AC	1:13:01	266	1265	Karen Ashby	F44	Stopsley Striders	1:16:48		
187	627	David Dobbie	M46	St Albans Striders	1:13:05	267	529	Peter Godbee	M52	Swanley & Dist	1:16:54		
188	369	Ian Sharp	M47	N Herts RR	1:13:06	E	268	61	Geoff Thompson	M54		1:16:56	
189	376	David Cudby	M21	Stopsley Striders	1:13:08	269	472	Philip Ede	M34		1:16:58		
190	465	Peter Smith	M51	St Albans Striders	1:13:10	E	270	414	Brendan Cradden	M60	Bearbrook Joggers	1:16:58	
191	653	Wayne Bullpit	M36		1:13:14	271	322	Peter Hamson	M55	Tring RC	1:17:05	H	
192	263	Andrew Angus	M42	Queens Park Harr	1:13:16	272	78	Clive Hollamby	M39		1:17:06		
193	397	Roger Douglas-Brown	M46	Watford Harriers	1:13:17	273	615	Gareth Burton	M39		1:17:08		
194	222	Nigel Bush	M54	Biggleswade AC	1:13:18	E	274	360	Nick King	M42		1:17:08	
195	168	Douglas Mudie	M38	Arbroath Footers	1:13:21	275	114	Eddie Hill	M54	Milton Keynes AC	1:17:11		
196	181	James Gardiner	M40		1:13:25	276	247	Jeff Allen	M40		1:17:13		
197	98	Simon Stothard	M20		1:13:28	277	1150	Sarah Paradine	F34		1:17:13		
198	50	Craig Stewart	M39		1:13:32	278	79	John Birch	M30		1:17:14		
199	198	Tom Gabriel	M27	St Albans Striders	1:13:32	279	176	Simon Teer	M38		1:17:16		
200	1281	Karen Price	F25	Bedford Harriers	1:13:35	280	463	William Smith	M52	Maidenhead AC	1:17:25		
201	527	Robert Hancock	M27		1:13:44	281	502	Kevin O'Neill	M45		1:17:27		
202	272	Grahame Boosey	M56	Vale of Aylesbury	1:13:47	282	678	Wayne Hollick	M35		1:17:31	H	
203	584	Richard Newland-Smith	M47	St Albans Striders	1:13:49	283	505	David Ross	M43	N Herts RR	1:17:32		
204	460	Koster Tavatgis	M61	Metros	1:13:53	284	649	Paul Barkway	M47		1:17:35		
205	403	Tim Cory	M42	Watford Harriers	1:13:56	285	194	Stephen Crane	M46	Bedford Harriers	1:17:37		
206	498	Dave Debnam	M54	Stopsley Striders	1:13:59	286	86	Colin Liddiard	M54	Bedford Harriers	1:17:38	E	
207	242	John Sharp	M32		1:14:02	287	82	Steve Parker	M26		1:17:38		
208	492	John Cherry	M55	Watford Joggers	1:14:06	288	290	Paul Reilly	M33		1:17:39	H	
209	658	Paul Cowan	M40	Tring RC	1:14:08	289	161	Stuart Galloway	M58	Biggleswade AC	1:17:41	E	
210	1317	Sue Barnes	F51	Vale of Aylesbury	1:14:11	290	599	Carlos Camacho	M44		1:17:44		
211	617	Andrew Anderson	M39	Chiltern Harriers	1:14:14	291	601	Darrin Percy	M37		1:17:47		
212	267	James Taylor	M58	Leighton Fun Run	1:14:18	292	331	Paul Baker	M42	Stopsley Striders	1:17:49		
213	1154	Suzy Crowe	F29	N Herts RR	1:14:19	293	412	Fabian Mills	M56	Dacorum & Tring AC	1:17:53	H	
214	261	Henry Downes	M43		1:14:24	294	677	Jack Parry-Jones	M33		1:17:55		
215	459	Mike Hartwell	M55	Bedford & County	1:14:28	E	295	32	Vic Byer	M56	Bedford Harriers	1:17:57	E
216	323	Roger Murray	M58	St Albans Striders	1:14:34	296	428	Richard Craven	M36	Gade Valley Harr	1:17:59	H	
217	1200	Judy Brown	F48	St Albans Striders	1:14:39	297	442	Paul Fox	M46	Ware Joggers	1:17:59		
218	471	Tony Smith	M42		1:14:39	H	298	561	Michael Stanbridge	M43		1:18:03	H
219	138	Andrew Van Heiningen	M38	Serpentine RC	1:14:41	H	299	40	Stephen Cornwell	M44	Tring RC	1:18:03	
220	163	Tony Hill	M53	Tring RC	1:14:41	300	1273	Maria Lock	F40	Tring RC	1:18:04		
221	1180	Lizbeth Ansell	F46		1:14:43	301	476	Geoff Head	M41	Tring RC	1:18:04		
222	26	Andrew McGroarty	M40	Dunstable RR	1:14:47	302	260	Brian Nicholson	M55	Tring RC	1:18:07		
223	209	Ian Jones	M25		1:14:47	303	172	Martin Reynolds	M35	St Albans Striders	1:18:10		
224	214	Sam Meldrum	M29		1:14:47	304	1338	Diane Knight	F45	Milton Keynes AC	1:18:12		
225	301	Peter Rose	M46	Metros	1:14:48	305	1305	Joy Allen	F54	Garden City Runner	1:18:13		
226	1163	Margaret Swithenby	F53	Milton Keynes AC	1:14:52	306	667	Chris Vaynes	M22		1:18:18		
227	598	Tim Spencer	M43		1:14:53	307	96	Jonathan Little	M46	Ware Joggers	1:18:19		
228	320	Mark Philpot	M39		1:14:55	308	1340	Debz Taylor	F40	Ware Joggers	1:18:25		
229	440	Phil Cunningham	M51	Ware Joggers	1:14:57	309	190	Lance Richardson	M48	Stopsley Striders	1:18:30		
230	674	Martin Webb	M45		1:14:59	310	83	Matt Jukes	M31		1:18:30		

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311	39	Wayne Warren	M52	RRC	1:18:31	E	393	661	Richard Davis	M36		1:21:56
312	1103	Brenda Howe	F53		1:18:32		394	314	David Russell	M50	Bedford Harriers	1:22:00
313	25	David Young	M27		1:18:34	H	395	1332	Helen James	F38		1:22:01
314	1271	Sheila Traynor	F31	Ware Joggers	1:18:35		396	6	Andrew Appleton	M36		1:22:01 H
315	274	David Hunt	M39		1:18:42		397	445	John Godfrey	M46	Dacorum & Tring AC	1:22:06 H
316	126	Stephen Robins	M41		1:18:44		398	1152	Lynne Saunders	F48		1:22:06
317	317	Alex O'Shea	M41		1:18:47		399	396	Peter Hughes	M67	Watford Harriers	1:22:09
318	580	Stephen Conroy	M36		1:18:49	H	400	66	Anthony Sewell	M48		1:22:09
319	246	Stephen Wells	M40		1:18:50		401	675	Darren Burke	M28		1:22:11
320	111	Gordon Alexander	M35		1:18:51	H	402	621	Hans-Peter Laubis	M44		1:22:14
321	75	David Twyford	M52	Dunstable RR	1:18:54		403	90	John Rickard	M46	Leigh on Sea Run	1:22:17
322	193	Christopher Pask	M38		1:18:56		404	332	Nick Schramm	M46		1:22:21 H
323	1348	Juliet Brain	F38	Dacorum & Tring AC	1:18:59	H	405	597	Andrew Woodcraft	M58	Redhill AC	1:22:22
324	1343	Emma Child	F34		1:19:05		406	1329	Elaine Ochiltree	F41	Harlow AC	1:22:23
325	184	Robert Ledger	M38		1:19:05		407	551	David Storer	M53	Milton Keynes AC	1:22:27
326	634	Stephen Law	M29		1:19:09		408	589	David Williams	M54		1:22:38
327	422	Charles Byrne	M36		1:19:12		409	80	Jim Birch	M30		1:22:46
328	128	Steve Powell	M39		1:19:17		410	81	Peter Vivian	M32	TVH	1:22:46
329	425	Richard McMillen	M49		1:19:18		411	521	Kevin Barrett	M45		1:22:51
330	1241	Lisa Hoaran	F45		1:19:22		412	1303	Helene Vernis	F34	Ryston Runners	1:22:52
331	288	Derek Bourne	M62		1:19:22		413	1304	Surinder Sandhu	F34		1:22:53
332	249	Carl Ambrose	M39		1:19:26	H	414	1336	Alice Carlin	F39		1:22:54
333	398	Alan Matthews	M58	Watford Harriers	1:19:28		415	383	Julian Tracey	M58	Trent Park RC	1:22:54
334	1233	Karon Shipton	F37		1:19:28		416	1261	Marie Morton	F52	Stopsley Striders	1:22:58
335	27	Simon Stepto	M34		1:19:29	H	417	210	John Watts	M30		1:22:59
336	603	Simon Olive	M37		1:19:37		418	95	Jack O'Brien	M65	Trent Park RC	1:23:00
337	1125	Katherine Ind	F49	Garden City Runner	1:19:40	E	419	1274	Laura King	F32	Mornington Chasers	1:23:00
338	590	Alex Mullett	M28		1:19:42		420	1210	Tricia Stacey	F33	Leighton Fun Run	1:23:05
339	343	Nick Webb	M41		1:19:42		421	281	Tony Kiff	M36		1:23:08
340	384	Colin Woods	M43	Windle Valley	1:19:47		422	650	Joe Morgan	M39		1:23:12
341	1167	Christine Inch	F42	St Albans Striders	1:19:47		423	614	James Egly	M31		1:23:14
342	310	Nicholas Joseph	M38		1:19:48	H	424	1168	Ali Fitzpatrick	F29		1:23:15
343	619	Robin Harris	M39	Redhill Royal Mail	1:19:49		425	557	Valentine Tomin	M45		1:23:17
344	575	Alex Brodie	M45	Queens Park Harr	1:19:51		426	624	Neil Bennet	M44	Maidenhead AC	1:23:21
345	1250	Victoria Adams	F30	Amphthill&Flitwick	1:19:55	E	427	1319	Kari Cowan	F39	Bedford & County	1:23:25 E
346	144	David Lee	M40		1:19:58		428	155	David Brown	M58	Garden City Runner	1:23:27
347	1192	Margaret Bradburn	F56	St Albans Striders	1:20:00		429	3	Arnold Glickman	M47		1:23:30
348	283	Michael Lamb	M31		1:20:04	H	430	1182	Linda Hall	F49	Watford Joggers	1:23:31
349	45	Eamonn Hendley	M43		1:20:11	H	431	38	Peter Torre	M61	S'bury Barnet Harr	1:23:34
350	1327	Lisa Bassett	F33	Amphthill&Flitwick	1:20:12		432	554	Chris Siddall	M48		1:23:38
351	484	Dave Stewart	M46	Harlow AC	1:20:20	E	433	641	Mick Connell	M49		1:23:39
352	423	Alistair Vile	M30	Bedford Harriers	1:20:21		434	1284	Jean Piggott	F41		1:23:41
353	303	Peter Ison	M55	Maidenhead AC	1:20:25		435	1295	Colette Litley	F42		1:23:43
354	679	Bruce Knight	M45	Fitness First	1:20:28		436	1312	Jo Teather	F24	Mornington Chasers	1:23:44
355	145	Jonathan Rook	M25	Bedford Harriers	1:20:29		437	1170	Gilly Holdsworth	F44	Garden City Runner	1:23:46
356	1159	Liz O'Keefe	F25		1:20:31		438	180	David Wesson	M42		1:23:49 H
357	174	Alex Meadows	M29		1:20:34		439	1132	Kate Loach	F41	Chiltern Harriers	1:23:51
358	495	Andy Ward	M55	Stopsley Striders	1:20:39		440	141	Raj Mann	M38		1:23:52
359	43	Richard Lloyd	M45	Garden City Runner	1:20:42		441	97	Peter Wade	M42		1:23:53
360	433	Jim McKiellar	M67	Milton Keynes AC	1:20:44		442	1308	Nina Souster	F46		1:23:53
361	1107	Jan Forrester	F50	Biggleswade AC	1:20:45		443	366	Andreas Holden	M40		1:24:04
362	1126	Diane Gill	F37	Milton Keynes AC	1:20:48		444	669	John Horgan	M49	Garden City Runner	1:24:10
363	566	Justin Cohen	M32		1:20:52		445	410	Andy Willerton	M37	Watford Joggers	1:24:11
364	573	Phil Coates	M46	St Albans Striders	1:20:54		446	640	Anthony Stephenson	M47		1:24:13
365	150	Michael Bland	M46		1:20:58		447	316	John Farrent	M56	Stopsley Striders	1:24:15
366	1227	Nicky Staton	F36	Dunstable RR	1:21:00		448	1121	Anita Berwick	F30		1:24:20 H
367	346	Graham Wilson	M32		1:21:02		449	536	Malcolm King	M55	RRC	1:24:22
368	608	Grahame White	M55	Luton Striders	1:21:04		450	349	Roman Lach	M40	Datchett Dashers	1:24:29
369	455	Gordon Sutcliffe	M28	Herne Hill Harr	1:21:13		451	437	Andy French	M41	Ware Joggers	1:24:34
370	516	Malcolm Pollock	M47		1:21:15		452	553	David Wells	M55		1:24:37
371	77	Dave Jones	M43	Tring RC	1:21:16		453	237	Paul Dillely	M41	Ware Joggers	1:24:45
372	638	Graham Cracknell	M53		1:21:17	H	454	321	David Walker	M57	Chiltern Harriers	1:24:46
373	365	Stephen Gathercole	M56		1:21:18		455	595	Stephen Swan	M39	St Albans Striders	1:24:52
374	1113	Christine Ferguson	F41		1:21:19		456	1187	Ester Cook	F27	Ware Joggers	1:24:54
375	618	Steve Potter	M39	Redhill Royal Mail	1:21:21		457	165	Keith Taylor	M41	Watford Joggers	1:24:54 H
376	673	Steve Jackson	M51	Mornington Chasers	1:21:21		458	418	Martin Wheeler	M37		1:24:57
377	132	Robin Davies-Holmes	M39	Steel City Strider	1:21:22		459	499	Tony Browne	M47	Ware Joggers	1:24:58
378	74	William Billington	M65	Bedford Harriers	1:21:25		460	8	Terence Bailey	M61		1:25:00 H
379	124	Mak Billington	M38		1:21:25		461	103	Martin White	M41		1:25:01
380	1259	Susan Duffy	F41	Ware Joggers	1:21:26		462	89	Nigel Abbott	M52		1:25:02
381	286	Tony Byrne	M44	Milton Keynes AC	1:21:28		463	282	Peter Whitehead	M51		1:25:02
382	1289	Paula Hurd	F39		1:21:31		464	1229	Judy Saunders	F46		1:25:11
383	142	Chris O'Connor	M35		1:21:35		465	93	Paul Brooks	M39	RRC	1:25:12 E
384	579	Alan Horgan	M46		1:21:37	H	466	224	Jonathan Wass	M31		1:25:17
385	431	Jason Jefferies	M35		1:21:39		467	49	Mike Breese	M51	Allenburys	1:25:18
386	256	Jacob Gloor	M40	Hillingdon Tristar	1:21:39		468	228	Stephen Ambrose	M33		1:25:20
387	540	Gregory Souster	M17		1:21:41		469	218	Anthony Ambrose	M36		1:25:21
388	302	Alan Brown	M41		1:21:43		470	629	Roger Marven	M67	Barnet & Dist AC	1:25:26
389	1123	Debra Ovington	F39	Milton Keynes AC	1:21:51		471	119	Kevin Weaver	M35	Ware Joggers	1:25:28
390	197	Richard White	M48	Tring RC	1:21:52		472	647	Peter Percell	M40	F1 Runners	1:25:28
391	235	David Sutcliffe	M70	Bedford Harriers	1:21:53	E	473	401	Malcolm Wallace	M52	Watford Harriers	1:25:29
392	1313	Sue Cainelli	F38	Ware Joggers	1:21:55		474	473	Geoff Dennis	M60	Tring RC	1:25:30

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475	87	Craig Hook	M30	1:25:32		555	606	Ron Luck	M54	Harlow RC	1:29:36	
476	120	Andy Smart	M30	1:25:33	H	556	670	Bob Loyd	M34		1:29:37	
477	62	Andrew Green	M47	1:25:37	H	557	432	Simon Poon	M31	Harlow AC	1:29:43	
478	287	Bill Showalter	M40	1:25:38		558	296	Milford Callow	M67	Milton Keynes AC	1:29:47	
479	645	Gordon Smith	M59	1:25:41		559	227	David Manly	M41		1:29:51	
480	625	Phillip Bunn	M37	1:25:42		560	226	Mark Woolsey	M48		1:29:51	
481	33	Peter McCullough	M40	1:25:47		561	112	Rob Argent-Wenz	M28		1:29:51	H
482	167	Bob Sims	M57	1:25:49		562	630	Zohan Coster	M47		1:29:53	
483	1178	Nikki Hayward	F43	1:25:52	Thame Runners	563	1258	Jenni Viner	F47	Ware Joggers	1:29:54	
484	159	Robert Jackson	M47	1:25:56		564	1257	Anne Ramsden	F50	Ware Joggers	1:29:56	
485	1331	Rebecca McConochie	F29	1:25:57	Stopsley Striders	565	375	Lee Dudack	M38		1:30:00	
486	491	Alan Thorley	M53	1:26:01		566	1201	Ursula Duckworth	F66	Bedford & County	1:30:04	E
487	213	Clive Scales	M36	1:26:03	H	567	1345	Sara Hailes	F35		1:30:07	
488	1253	Nikki Young	F31	1:26:08	Dunstable RR	568	486	Peter Newman	M55		1:30:09	
489	143	Neil Johnson	M42	1:26:11	H	569	644	Steve Levinson	M54		1:30:13	
490	160	Geoff Wood	M45	1:26:12	Tring RC	570	292	Stan Barton	M59	Ware Joggers	1:30:23	
491	671	Steven McFadden	M25	1:26:16		571	12	Colin Hardy	M34		1:30:31	
492	1346	Kathleen Lemon	F28	1:26:17	H	572	1198	Judy Ashcroft	F38		1:30:36	
493	276	Patrick Jennings	M56	1:26:18	Dunstable RR	573	646	Keith Ashcroft	M38		1:30:36	
494	64	Paul Berwick	M28	1:26:21	H	574	10	Eric Yates	M64	Bedford & County	1:30:39	E
495	1226	Sarah Mumford	F40	1:26:24	St Albans Striders	575	1235	Christine Sharp	F46	N Herts RR	1:30:41	E
496	1203	Margaret DeWinter	F50	1:26:26	Dunstable RR	576	116	Andrzes Gajbutowilz	M44		1:30:52	
497	377	Brian Parker	M37	1:26:28	H	577	1314	Carole Domenech	F28	Bearbrook Joggers	1:30:53	
498	426	Nick Francis	M27	1:26:30	Bedford Harriers	578	555	Richard Atkins	M43	Ware Joggers	1:30:56	
499	1137	Cathryn Seber	F30	1:26:31	Royston Runners	579	458	David Croft	M36		1:31:00	
500	191	Geoffrey Dayus	M59	1:26:31	Royston Runners	580	512	Bruce Keep	M34		1:31:08	
501	239	Terry Nichols	M60	1:26:33	Ware Joggers	581	329	David Gibbon	M42		1:31:09	H
502	266	Kevin Young	M31	1:26:34	H	582	656	Kazuya Soejima	M35	Club Newton	1:31:13	
503	659	Alexander Davies	M28	1:26:38		583	1232	Michele Munro	F39	Amphthill&Flitwick	1:31:14	
504	389	Richard Whiting	M52	1:26:39	Herts Phoenix AC	584	280	David Aspinde	M35		1:31:15	
505	243	Gary Winks	M36	1:26:39	H	585	1256	Margaret French	F41	Ware Joggers	1:31:18	
506	107	Marcus Swift	M32	1:26:40	H	586	1275	Viki Carpenter	F30	Ware Joggers	1:31:18	
507	1334	Jacqueline Bohmer-Laubis	F39	1:26:43		587	1298	Barbara Bloomfield	F50		1:31:20	
508	1144	Caron Owens	F34	1:26:44	Tring RC	588	1138	Helen Williams	F50		1:31:24	
509	464	Graham Eyles	M45	1:26:48	H	589	135	Colin McCausland	M43		1:31:25	
510	1280	Susan McEwen	F47	1:26:51	Maidenhead AC	590	1196	Liz Weimann	F37		1:31:25	
511	125	Michael Wilkins	M35	1:26:52	St Albans Striders	591	264	Brett Weimann	M32		1:31:26	
512	620	George Godar	M54	1:26:54		592	340	Glyn Parry	M69		1:31:26	
513	1320	Lindsay Deakin	F27	1:26:55	N Herts RR	593	1221	Miriam Ritchie	F35	Leighton Fun Run	1:31:26	
514	1122	Paula Wise	F39	1:27:02	Garden City Runner	594	1269	Maureen Damore	F44		1:31:30	
515	35	David Briggs	M27	1:27:15		595	1325	Jane Venn	F29		1:31:30	
516	1291	Bridget Clements	F39	1:27:15	St Albans Striders	596	1270	Asha Herbert	F30		1:31:30	
517	609	Alan Oxley	M47	1:27:20		597	1341	Jacqui Burke	F32		1:31:30	
518	1296	Jo Day	F30	1:27:22	Stopsley Striders	598	510	Tom Harvey	M29		1:31:33	
519	1248	Debra Beebee	F38	1:27:22		599	668	James McGovern	M48		1:31:34	
520	328	Laurence Rix	M45	1:27:22		600	306	Peter Hill	M51		1:31:53	
521	76	Russell Homfray	M43	1:27:23	St Albans Striders	601	1139	Laura Astley	F38		1:32:00	H
522	130	Mark Lansbury	M35	1:27:24	H	602	1169	Paula Cook	F39		1:32:01	
523	17	Neil Openshaw	M44	1:27:27	H	603	1140	Anne Rehn	F38		1:32:01	
524	592	Stephen Buckingham	M52	1:27:34	RRC	604	149	Peter Dawson	M61	St Albans Striders	1:32:05	
525	1151	Carol Crawley	F45	1:27:34	H	605	436	Roy Stringer	M66	Ware Joggers	1:32:10	
526	200	Derek Smith	M73	1:27:35	Mornington Chasers	606	294	Mick Grant	M46		1:32:17	
527	152	Stuart Kay	M41	1:27:38	H	607	1206	Carolann Grant	F30		1:32:17	
528	1116	Liz Byer	F49	1:27:40	E	608	255	Kevin Moon	M47		1:32:20	H
529	140	Simon Waldram	M56	1:27:45	Bedford Harriers	609	1309	Liz Davies	F39		1:32:31	
530	123	Andy Kent	M46	1:27:47	H	610	1342	Joanne McKenna	F23		1:32:32	
531	171	Robert Coe	M44	1:27:56	H	611	1222	Lorna Collins	F20	Shires Triers	1:32:41	
532	591	Colin Russel	M59	1:28:11	RRC	612	179	Ian James	M43		1:32:44	
533	642	Roger Hardman	M54	1:28:16	Fairlands Valley	613	1194	Breda Haughton	F65	Stopsley Striders	1:32:46	
534	183	Philip Hines	M53	1:28:17	E	614	631	Paul Luton	M55	Ware Joggers	1:32:47	
535	1118	Sarah Lewis	F41	1:28:19	Watford Joggers	615	562	Kirit Ranpura	M42	Metros	1:32:47	
536	1347	Jane Riddifern	F39	1:28:20		616	1321	Marianne Williams	F34		1:32:49	
537	400	Mick Dibsedale	M54	1:28:24	Watford Harriers	617	1262	Ann Wonnacott	F56	N Herts RR	1:32:53	
538	563	Maurice Bond	M55	1:28:32	H	618	1324	Barbara Gillingwater	F62	Marlow Striders	1:33:05	
539	1181	Beverley Hall	F40	1:28:34		619	550	Cliff Moore	M58		1:33:07	
540	351	David Kent	M47	1:28:45	H	620	523	Mick Pool	M38		1:33:12	
541	273	Murray Chapman	M40	1:28:53		621	1323	Anne Colgan	F56	Marlow Striders	1:33:13	
542	51	Symond Jacob	M30	1:28:56		622	1318	Lesley Barnes	F42	Bedford Harriers	1:33:19	
543	1177	Hayley Jackson	F34	1:28:57	Horsham Joggers	623	434	Harish Luther	M54		1:33:33	H
544	118	Doug Jessop	M36	1:28:57	H	624	522	Stuart Bulling	M37		1:33:36	
545	99	Simon Jessop	M38	1:28:58		625	352	Kev Havlin	M42	BP Runners	1:33:41	H
546	1171	Caroline Rumble	F37	1:28:59		626	284	Phil Sowter	M33		1:33:42	
547	1179	Maxine Allen	F32	1:29:02	Dunstable RR	627	586	Pete Wilkinson	M45		1:33:47	
548	1301	Lisa Guyver	F31	1:29:03		628	518	Ian Barnes	M54	Gade Valley Harr	1:33:52	H
549	539	Colin Souster	M46	1:29:04		629	1286	Gillian Perkins	F38		1:33:58	
550	129	Paul Doughy	M41	1:29:10		630	648	Harvey Baldwin	M47		1:34:10	
551	133	Adam Leary	M39	1:29:17	Metros	631	1205	Tracy Jackson	F36		1:34:14	H
552	361	Daniel McMillan	M22	1:29:20	H	632	1185	Angela Taylor	F42		1:34:14	
553	424	Peter Ward	M31	1:29:20		633	295	John Bushby	M54	Stopsley Striders	1:34:14	
554	1299	Sue Hamblin	F35	1:29:23	Barnet & Dist AC	634	1247	Karen Moore	F39		1:34:18	
						635	1236	Sabrina Driver	F36		1:34:23	
						636	411	David Gardner	M48	Dacorum & Tring AC	1:34:28	H
						637	571	Mick Coppock	M44		1:34:29	

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638	278	Tony Fox	M46	St Albans Striders	1:34:40	719	1242	Brenda Kinch	F56	Ware Joggers	1:45:15		
639	1337	Tatjana Korkut	F28		1:34:46	720	1156	Marie Dawson	F62	St Albans Striders	1:45:38		
640	85	Ian Wilson	M41	BP Runners	1:35:05	H	721	570	Paul Marambos	M37		1:45:43	
641	612	Kevin Ward	M53		1:35:13	722	164	Max Ali	M32		1:45:43		
642	569	Warren Glaister	M39		1:35:42	H	723	1252	Karen Bradshaw	F34	Watford Joggers	1:45:52	
643	572	Stephen Lynch	M34	Handy Cross Runner	1:36:01	724	1244	Janet Smith	F40	Ware Joggers	1:45:52		
644	1294	Jennifer Banfield	F27		1:36:03	725	1135	Maureen O'Brien	F62	Trent Park RC	1:46:00		
645	530	Mark Wilson	M36		1:36:03	726	350	James McIntosh	M69	Stopsley Striders	1:46:07		
646	1245	Pat Cradden	F57	Bearbrook Joggers	1:36:04	727	1155	Herdeep O'Connor	F34		1:46:12		
647	1162	Anne Callinan	F40		1:36:14	H	728	408	Graham Kinch	M57	Watford Joggers	1:46:27	
648	1204	Frances Mills	F40	Tring RC	1:36:35	729	285	George Coates	M61		1:46:40		
649	583	Adam Heather	M37		1:36:38	730	250	Brian Caiger	M68		1:47:04	E	
650	1282	Fran Martin	F35		1:36:41	731	139	Dieter Sullivan	M48	Windle Valley	1:47:09		
651	1141	Pamela Fennell	F27		1:36:44	732	1127	Tanya Clack	F38	Stopsley Striders	1:47:22		
652	207	Maurice Raynor	M64	Mornington Chasers	1:36:47	733	1149	Karen Fletcher	F37		1:47:37		
653	1164	Claire Nicell	F36		1:36:48	H	734	1251	Valerie Westlake	F42		1:47:52	
654	196	Jonathan Mulcahy	M41	Tring RC	1:37:05	735	1183	Gizelle Regis	F32	East End RR	1:48:02		
655	1195	Sandra Mogan	F36		1:37:07	H	736	1184	Nicola Tunak	F32	East End RR	1:48:10	
656	582	Colin Chapman	M38		1:37:11	737	234	Gary Jackets	M38	East End RR	1:48:11		
657	519	Paul Blake	M43		1:37:18	H	738	657	Kaisen Mori	M32		1:48:24	
658	520	Chris Nicholls	M38		1:37:18	H	739	1350	Lynda Frassova	F23		1:48:35	
659	1230	Lis Seaton	F30		1:37:19	740	660	Vernon Davies	M59	Woodford Green	1:48:45		
660	1117	Tracey Sinton	F36	Tring RC	1:37:28	741	1311	Joanne Johnson	F40		1:49:35		
661	1272	Beth Dennis	F54	Tring RC	1:37:29	742	1173	Melissa Ellis	F30	Stopsley Striders	1:49:41		
662	585	Martin Plummer	M59		1:37:30	743	1310	Deborah Hurdle	F35		1:49:56		
663	1278	Annette Holroyd	F44		1:37:51	744	549	Mark Murphy	M34		1:49:56		
664	1276	Angela Andrews	F47		1:37:57	745	1255	Valerie Stringer	F65	Ware Joggers	1:50:11		
665	1212	Catherine Ison	F54	Maidenhead AC	1:38:00	746	1190	Kathryn Linhart	F27	Stopsley Striders	1:50:21		
666	104	Steve Burton	M54	Met Police	1:38:18	747	1263	Tracy Lewis	F37		1:51:08		
667	1300	Kate Akrill	F30		1:38:19	748	1267	Barbara Harvey	F55		1:51:24		
668	1104	Paulene Plater	F58	Stopsley Striders	1:38:24	E	749	1224	Jane Briffett	F47		1:53:30	H
669	289	Thomas Murphy	M65	Stopsley Striders	1:38:24	750	611	Paul Church	M44		1:54:06	H	
670	392	Mark Cathcart	M45	Tri-Force	1:38:27	751	1153	Lindsey Robinson	F35		1:55:30		
671	1216	Pam O'Connell	F46	Leighton Fun Run	1:38:33	752	205	Roy Toms	M50	Milton Keynes AC	1:55:42		
672	382	Ralph Whitlock	M56	St Albans Striders	1:38:45	753	1326	Helen Morris	F67	Stopsley Striders	1:56:01		
673	1143	Shena Lancaster	F48	Ware Joggers	1:39:09	754	311	Darren Remmers	M30		1:57:13		
674	1287	Nicola Bellamy	F40		1:39:11	755	1220	Carol Remmers	F30		1:57:15		
675	326	Chris Pike	M33		1:39:12	H	756	58	Mark Appleton	M42		1:57:42	H
676	84	Phil Smith	M49	BP Runners	1:39:12	H	757	1231	Iva Barr	F75	Bedford Harriers	1:58:28	
677	1214	Gill Heron	F46	Tring RC	1:39:15	758	588	Dennis Knell	M53		2:01:06		
678	185	Steven Wood	M33		1:39:19	H	759	254	Paul Wood	M30		2:01:34	H
679	1277	Lesley Debnam	F49	Stopsley Striders	1:39:22	760	233	Terry Dollard	M73	St Albans Striders	2:02:45		
680	1142	Barbara Allen	F51		1:39:31	761	1344	Yoshiko Mori	F27		2:08:35		
681	1328	Joanne Coen	F28		1:39:42								
682	1316	Harvinder Chowdhary	F38	Barnet & Dist AC	1:39:43								
683	574	Steve Harris	M60	Barnet & Dist AC	1:39:43								
684	202	Graham Withers	M46		1:39:55	H							
685	593	Lee Davis	M35	Dagenham 88 Run	1:40:15								
686	269	David Garner	M39		1:40:18								
687	600	Timothy Hollingsworth	M40		1:40:24								
688	21	Robert Harding	M63	Serpentine RC	1:40:24								
689	238	Peter Cockram	M52		1:40:25	H							
690	371	John Miles	M42		1:40:43								
691	1119	Sharon Barbour	F29		1:40:45	H							
692	1160	Lesley Rose	F39	Ware Joggers	1:41:02								
693	187	Martin Varney	M46		1:41:04	H							
694	182	James Cullen	M37		1:41:05								
695	1237	Celia Caplan	F38		1:41:06								
696	1238	Karen Myers	F39		1:41:07								
697	1234	Alison Sugars	F30	Stopsley Striders	1:41:32								
698	309	Brian Taber	M68	Stopsley Striders	1:41:32								
699	100	Martyn Astley	M42		1:41:41								
700	208	William Gardner	M69	Metros	1:41:49								
701	1165	Sue Haines	F39		1:41:57	H							
702	1134	Lynsey Coles	F27	Metros	1:42:04								
703	94	Christopher Coles	M54	Metros	1:42:05								
704	1285	Sandra Barden	F40		1:42:08								
705	63	Robert Price	M46	SMOC	1:42:13								
706	1288	Sally Geddes	F38		1:42:26								
707	1158	Michelle Berridge	F22		1:42:47	H							
708	151	Vincent Berridge	M37		1:42:47	H							
709	1223	Jackie Naylor	F46		1:43:05								
710	358	Andrew Parsons	M39		1:43:06								
711	662	Nigel Dacey	M34		1:43:20								
712	1249	Jane Viner	F39	St Albans Striders	1:43:45								
713	1175	Jane Hill	F46		1:44:11								
714	1213	Camilla Lennon	F40	Chiltern Harriers	1:44:11								
715	1333	Tina Jones	F56		1:44:18								
716	468	Gary Illingworth	M45		1:44:25								
717	1172	Michelle Gearing	F34	Stopsley Striders	1:44:36								
718	1297	Sharon Deacon	F0	Tring RC	1:45:01								

H ~ Hemel Hempstead Resident

E ~ Eastern Road Running League

<http://www.jandresults.com>

Team Results Summary

Male Team

1 Dacorum & Tring AC Total :- 47
: 602 - S Everington 6: 637 - A Cracknell 13: 134 - T Dixon 28:
2 St Albans Striders Total :- 52
: 623 - R Milne 4: 186 - A Wasdell 21: 245 - G West 27:
3 Bedford Harriers Total :- 64
: 229 - K Willett 10: 298 - T Dadd 15: 626 - A Fadden 39:
4 Stopsley Striders Total :- 185
: 493 - G Taylor 34: 594 - C McAllister 38: 548 - B Davies 113:
5 Dunstable RR Total :- 372
: 219 - S Berry 48: 136 - K Glendinning 78: 109 - M Allen 246:
6 Biggleswade AC Total :- 446
: 330 - G Elliott 82: 307 - M Cole 101: 131 - G Brown 263:

Male Vet Team

1 Milton Keynes AC Total :- 64
: 67 - N Ovington 3: 416 - I Russel 26: 457 - T Hook 35:
2 Stopsley Striders Total :- 87
: 268 - J Chapman 20: 212 - C Lamont 23: 336 - B Barrett 44:
3 Tring RC Total :- 138
: 485 - K Harding 5: 121 - G Owens 66: 613 - T Ruberry 67:
4 Bedford Harriers Total :- 222
: 388 - R Piron 41: 232 - M Barnard 90: 552 - T Parello 91:
5 Herts Phoenix AC Total :- 231
: 354 - M Jones 24: 537 - P Fitzpatrick 57: 567 - P Williams 150:
6 Dacorum & Tring AC Total :- 256
: 258 - P Allen 8: 524 - A Allen 86: 483 - K Perry 162:
7 Queens Park Harr Total :- 269
: 528 - J Willoughby 12: 387 - L Thomas 65: 263 - A Angus 192:
8 Ware Joggers Total :- 291
: 469 - P Thompson 70: 443 - R Partridge 83: 427 - K Blyth 138:
9 S'bury Barnet Harr Total :- 303
: 170 - R Bober 53: 299 - P Cunningham 71: 466 - R Devitt 179:
10 Watford Harriers Total :- 326
: 399 - C Hamlet 98: 393 - G Chalstrey 104: 404 - P Bolitho-Jones 124:

11 Dunstable RR Total :- 340
: 481 - W Quinn 64: 231 - P McLean 94: 496 - J Venning 182:
12 RRC Total :- 386
: 453 - G Stacey 85: 372 - C Burwood 145: 417 - G Earley 156:
13 St Albans Striders Total :- 388
: 508 - T Clements 105: 195 - G Clarke 109: 509 - H Davies 174:
14 Biggleswade AC Total :- 404
: 415 - C Skerratt 95: 206 - R Stevens 115: 222 - N Bush 194:
15 Garden City Runner Total :- 479
: 470 - D Newman 149: 542 - D Baudry 160: 70 - S Ind 170:
16 Watford Joggers Total :- 764
: 666 - G Hill 99: 492 - J Cherry 208: 165 - K Taylor 457:
17 Bedford & County Total :- 901
: 364 - B Webb 112: 459 - M Hartwell 215: 10 - E Yates 574:
18 Trent Park RC Total :- 1008
: 24 - R Mansell 175: 383 - J Tracey 415: 95 - J O'Brien 418:
19 Metros Total :- 1044
: 460 - K Tavatgis 204: 301 - P Rose 225: 562 - K Ranpura 615:
20 Maidenhead AC Total :- 1059
: 463 - W Smith 280: 303 - P Ison 353: 624 - N Bennet 426:
21 Mornington Chasers Total :- 1554
: 673 - S Jackson 376: 200 - D Smith 526: 207 - M Raynor 652:
22 BP Runners Total :- 1941
: 352 - K Havlin 625: 85 - I Wilson 640: 84 - P Smith 676:

Female Team

1 Ware Joggers Total :- 1356
: 1271 - S Traynor 314: 1187 - E Cook 456: 1275 - V Carpenter 586:
2 Stopsley Striders Total :- 1700
: 1331 - R McConochie 485: 1296 - J Day 518: 1234 - A Sugars 697:

Female Vet Team

1 Ware Joggers Total :- 587
: 1174 - S Gannon 22: 1260 - D Vaughan 257: 1340 - D Taylor 308:
2 Chiltern Harriers Total :- 691
: 1193 - C Holloway 80: 1136 - D Wenman 172: 1132 - K Loach 439:
3 Milton Keynes AC Total :- 767
: 1163 - M Swithenby 226: 1186 - A Valpinee 237: 1338 - D Knight 304:
4 Stopsley Striders Total :- 824
: 1240 - J Goldsmith 142: 1265 - K Ashby 266: 1261 - M Morton 416:
5 St Albans Striders Total :- 905
: 1200 - J Brown 217: 1167 - C Inch 341: 1192 - M Bradburn 347:
6 Garden City Runner Total :- 1079
: 1305 - J Allen 305: 1125 - K Ind 337: 1170 - G Holdsworth 437: