

Berkhamsted ½ Marathon

7th March 2004

Results

1	417	Mark Forrest	M39	London Fronrunner	1:16:46	81	283	Daniel Watkins	M35		1:35:01
2	180	Ewoud Grobler	M23		1:16:55	82	242	Steve Daniel	M43	Watford Harriers	1:35:07
3	286	Kevin Harris	M48	RRC	1:18:13	83	315	John Manning	M50	Tring RC	1:35:12
4	395	Paul Clark	M38	Woodford Green AC	1:18:23	84	340	Mick North	M44	Dacorum & Tring AC	1:35:13
5	424	Mel Parker	M40	Barnet & Dist AC	1:18:38	85	245	Stephen Collinson	M31	Shires Triers	1:35:14
6	309	Stephen Earley	M36		1:18:48	86	224	Clive Healey	M31		1:35:16
7	366	Jonathan Bradley	M40	London Heathside	1:19:21	87	200	Jonathan Smith	M38		1:35:30
8	348	James Walsham	M28	Tring RC	1:20:39	88	402	Chris Martin	M36		1:35:32
9	138	Kevin Cole	M43	Bearbrook Joggers	1:21:07	89	381	John Gibson	M52	Vale Of Aylesbury	1:35:33
10	437	Tom Max	M30	Leighton Buzzard	1:21:45	90	208	Paul Lofty	M40	Chiltern Sparrows	1:35:35
11	20	Andrew Lyne	M31	Barnet & Dist AC	1:21:48	91	2	Mick Grant	M47	Bearbrook Joggers	1:35:38
12	110	Vince Ellerby	M39	Gade Valley Harr	1:23:17	92	418	Richard Sharp	M37	London Fronrunner	1:35:49
13	319	Roger Martin	M44	Tring RC	1:23:19	93	7	Charles Swan	M47	London Heathside	1:35:52
14	308	Mike Powell	M43		1:23:24	94	163	Alan Ransome	M36		1:35:52
15	277	Paul Dancy	M25		1:23:57	95	427	Jacqueline Goldsmith	F35	Stopsley Striders	1:35:54
16	147	Andrew Forster	M33	Fairlands Valley S	1:24:15	96	411	Dan Hill	M34	Chiltern Harriers	1:36:14
17	126	Diarmuid MacDougal	M37	Thame Runners	1:24:28	97	153	Fernando Pina Jorge	M38		1:36:21
18	429	Martin McPheat	M44	Milton Keynes AC	1:24:34	98	278	Mark Glaister	M41		1:36:23
19	391	Colin Baker	M43	Burnham Joggers	1:25:02	99	227	Dave Gardner	M47	Maidenhead AC	1:36:26
20	257	Mark Elson	M41	Watford Harriers	1:25:17	100	172	Laurey Rankin	F27	Trent Park RC	1:36:39
21	406	Verity Stacey	F40	Enfield & H'gay	1:25:24	101	212	Trevor Free	M49	Handy Cross Runner	1:36:47
22	444	Peter Westlake	M34		1:25:30	102	296	Emma Crozier	F31	Marlborough RC	1:36:58
23	184	Tony Sheldon	M46	Chiltern Harriers	1:25:50	103	368	David Atkins	M48		1:37:02
24	392	Andrew Baker	M29		1:26:35	104	307	Nigel Taylor	M48	RDC	1:37:05
25	467	Richard Harry	M28	St Albans Strdrs	1:26:36	105	334	Raj Patel	M18	Berkhamsted Coll	1:37:15
26	64	Tony Ruberry	M47	Tring RC	1:26:46	106	350	Ben Myhill	M29		1:37:18
27	439	Neal Jeffs	M28	Bracknell Forest	1:26:58	107	92	David Perry	M36		1:37:19
28	475	Dave White	M44	Watford Joggers	1:27:01	108	164	Kevin Morris	M39	St Albans Strdrs	1:37:21
29	68	Guy Woollett	M34	Gade Valley Harr	1:27:24	109	263	Timothy Ahrey	M57		1:37:35
30	45	Simon Westcott	M23	Wootton RR	1:27:28	110	361	Andy Todd	M41		1:37:49
31	101	Martyn Smith	M32		1:27:49	111	262	John Saunders	M47	W'don Windmilers	1:37:52
32	118	John O'Grady	M36		1:27:50	112	377	Peter Cairnie	M39	Bearbrook Joggers	1:37:56
33	6	Trevor Symonds	M32	RRC	1:28:11	113	231	Mike Miller	M60	Trent Park RC	1:38:00
34	276	Malcolm Chart	M52		1:28:14	114	175	Maxine Burgess	F28	Newmarket Joggers	1:38:03
35	432	Joseph Brady	M37	Dulwich Runners	1:28:23	115	156	Russell Devitt	M55	Shaftesbury Harr	1:38:07
36	370	Nicholas Bingham	M58	Barnet & Dist AC	1:28:24	116	459	Peter Alford	M53		1:38:23
37	170	Andy Honour	M38	Chiltern Sparrows	1:28:36	117	298	Gwilym Batchelder	M20		1:38:39
38	390	Gerry Frewin	M30	Shires Triers	1:28:39	118	407	Mark Highfield	M45		1:38:45
39	80	Robert Voyce	M37		1:28:40	119	341	Brad Burlingham	M37	Tring RC	1:38:54
40	182	Tim Cory	M43	Watford Harriers	1:28:45	120	347	John Grover	M36		1:38:59
41	416	Timothy O'Donovan	M41	Trent Park Trotter	1:28:51	121	382	Steven Baker	M35	Leighton Fun Run	1:39:06
42	194	John Weaver	M32		1:28:59	122	303	Tom Chalk	M21		1:39:17
43	241	Barry Chisholm	M45	Haringey	1:28:59	123	124	Robert Phillips	M31	Nimplotd AC	1:39:20
44	30	Robert Chart	M39	Collingwood AC	1:29:33	124	135	Paul Hardy	M35	Shires Triers	1:39:31
45	247	Daren Haseldine	M37	Leighton Buzzard	1:29:52	125	383	Paul Tew	M40	Leighton Fun Run	1:39:51
46	389	Stephen Paull	M50	Dunstable RR	1:29:55	126	375	Richard Jackson	M35		1:39:57
47	290	Val Swingler	F37	Metros	1:30:08	127	297	Phil Lovelace	M30		1:39:58
48	433	Tiarnan Oclerigh	M42	Dulwich Runners	1:30:19	128	440	Paul Shields	M44		1:40:02
49	203	Anna Lankester	F37	Chiltern Harriers	1:30:22	129	289	David Larkam	M38		1:40:02
50	202	Neil Thubrun	M38	Chiltern Harriers	1:30:23	130	255	Patrick Sibley	M55		1:40:08
51	330	Robert Martell	M45		1:30:37	131	144	Des Mannion	M39	Handy Cross Runner	1:40:10
52	234	Paul Simpson	M31		1:30:49	132	246	Mark Smith	M45		1:40:15
53	35	Walter McCarthy	M43		1:30:53	133	159	David Eggleton	M40		1:40:16
54	287	Ian Harding	M27		1:31:01	134	59	Keith Morgan	M47	Amptill & Flitwick	1:40:19
55	438	Mark Hanson	M36		1:31:20	135	256	Stephen Hawkins	M43	Amptill & Flitwick	1:40:21
56	171	Ken Fancett	M54	Beckenham RC	1:31:24	136	378	Paul Gascoyne	M42	Shires Triers	1:40:33
57	273	James Lawne	M36	Dulwich Runners	1:31:34	137	292	Neil Cooley	M42	BP Helios Harriers	1:40:34
58	280	Paul Hansen	M46	RRC	1:31:37	138	359	Phil Wodage	M53	Bearbrook Joggers	1:40:42
59	187	David Stanley	M51	Amptill & Flitwick	1:31:40	139	111	Andrew Cook	M27		1:40:43
60	143	Mark Pillinger	M34		1:31:46	140	221	David Field	M27		1:41:07
61	409	Michael Allen	M35	Dunstable RR	1:31:58	141	24	Clare Gransby	F42	Watford Joggers	1:41:15
62	313	Michael O'Brien	M46	RRC	1:32:21	142	311	Judy Marchant	F47	Eaton Manor AC	1:41:20
63	360	Craig Deamer	M29		1:32:26	143	218	Matthew Newberry	M26		1:41:21
64	74	Will Connolly	M50		1:32:28	144	214	Jeremy Brooke	M41		1:41:24
65	85	Jonathan Hildreth	M44	Chiltern Harriers	1:32:29	145	174	David Wellham	M40		1:41:28
66	230	Phil Ede	M35		1:32:45	146	310	Brian Feldman	M57	Hillingdon AC	1:41:35
67	422	Derek Wright	M33		1:32:57	147	468	David Rayner	M33		1:41:43
68	337	Rick Jefferys	M50		1:33:01	148	87	Lena Gazzani	F55	Bearbrook Joggers	1:41:48
69	426	Stuart Shilston	M45		1:33:08	149	233	Sanjeev Vijh	M35		1:41:56
70	66	Motohiro Kawai	M46	Barnet & Dist AC	1:33:17	150	78	Paul Williams	M35		1:41:57
71	9	James Buttleman	M40		1:33:38	151	4	David Etherington	M49	RRC	1:42:11
72	335	Jeremy Atkins	M17	Berkhamsted Coll	1:33:53	152	356	Nigel Power	M50		1:42:17
73	333	Robert Harrison	M39	BP Helios Harriers	1:34:06	153	198	Bob Hattersley	M44		1:42:18
74	346	Alan Rosen	M48	Tring RC	1:34:11	154	17	Nicholas King	M43		1:42:19
75	423	David Johnston	M31		1:34:21	155	61	Louise Barnett	F29		1:42:29
76	56	Darren Fazackerley	M35	100 Marathon Club	1:34:23	156	62	Richard Dobby	M29		1:42:29
77	352	Paul Cowan	M41	Tring RC	1:34:42	157	134	Douglas King	M53		1:42:38
78	371	Chris Herbert	M44	St Edmunds Pacers	1:34:48	158	165	Muhayman Jamil	M48	London Fronrunner	1:42:43
79	272	Nigel Stephens	M42		1:34:52	159	466	Tim Delderfield	M32		1:42:44
80	354	Mustafa Salih	M39		1:34:55	160	452	Ian Tupman	M39		1:42:45

161	137	Jody Conibear	F27	1:42:46	246	69	Arnold Glickman	M56	1:49:06	
162	119	Richard Innes	M42	1:42:48	247	196	Tonya Williams	F33	Tring RC	1:49:29
163	90	Michael Sadler	M36	1:43:01	248	219	Andy Ballantyne	M40	1:49:34	
164	285	Martin Golding	M46	1:43:04	249	50	Martin Unerman	M40	1:49:35	
165	154	Nick Friday	M29	1:43:10	250	250	Robin Warner	M40	1:49:39	
166	42	Mark Holt	M29	1:43:11	251	293	Ryan Spencer	M29	Watford Joggers	1:49:47
167	401	Peter Ruffhead	M41	Barnet & Dist AC	252	91	Jonathan Schutte	M23	1:49:54	
168	201	Fabian Mills	M57	Dacorum & Tring AC	253	217	David Arnold	M57	Trent Park RC	1:49:59
169	162	Tim Hanwell	M32	Shires Triers	254	269	Charlotte Ellis	F25	1:50:07	
170	300	Andrew Tate	M47	1:43:22	255	31	Penelope Christophorou	F32	1:50:15	
171	112	David Holmes	M50	Chiltern Harriers	256	400	Kazuyn Sojima	M36	1:50:23	
172	358	Graham Asher	M47	Tring RC	257	46	Hilary Needleman	F45	1:50:35	
173	419	Geoff Dodd	M36	1:43:29	258	65	Stephen Gathercole	M57	1:50:41	
174	97	Richard Sherlock	M48	Windle Valley Run	259	403	Steve Willis	M37	1:50:57	
175	105	Colin Woods	M44	WSE&H AC	260	430	Jonathan Pardoe	M41	Cherwell Runners	1:51:04
176	428	Barry Telling	M46	Stopsley Striders	261	473	Chris Schafer	M33	Hillingdon AC	1:51:06
177	67	Mary Casserley	F37	1:43:39	262	365	Timothy Hollingsworth	M41	Tri-Force	1:51:11
178	261	Matt Lobb	M32	1:43:49	263	266	Anna Hoy	F24	1:51:11	
179	413	Tom De Val	M30	1:43:51	264	327	Chris Cummings	M27	1:51:15	
180	357	Adam Delderfield	M27	1:43:51	265	228	Jill Reading	F42	London Heathside	1:51:18
181	16	Carole Lydon	F49	Amptill & Flitwick	266	229	Greg Bell	M46	London Heathside	1:51:19
182	351	Richard Morgan	M28	1:43:54	267	268	Andrew Osborne	M33	1:51:31	
183	240	Trevor Sayer	M42	1:43:56	268	306	Mark Molyneux	M47	1:51:38	
184	191	Richard Lane	M39	1:44:02	269	1	Neil Coade	M45	1:51:39	
185	384	Richard Power	M42	1:44:03	270	100	Valerie Williamson	F44	Amptill & Flitwick	1:51:40
186	60	Stephen Gould	M50	1:44:03	271	291	Guy Langton	M37	1:51:53	
187	84	Collette Convery	F39	1:44:09	272	192	Jon Brooks	M31	1:51:54	
188	305	Dawn Robson	F38	1:44:16	273	299	Nick Webb	M42	1:51:58	
189	457	David Harwick	M36	1:44:17	274	146	Alan Brown	M42	1:51:59	
190	353	Andrew Turner	M42	Tring RC	275	385	Rosemary Cooper-Clark	F46	Tiptree RC	1:52:00
191	281	Geoff Clegg	M39	Serpentine RC	276	344	Lesley Gearing	F45	1:52:01	
192	19	Chris Adams	M32	1:44:32	277	374	Stephen Jones	M40	1:52:10	
193	456	Corrina Steer	F0	Vale Of Aylesbury	278	362	David Micklewright	M38	1:52:12	
194	239	Jeff Allen	M40	1:44:46	279	181	Sonja Van Heerden	F27	1:52:14	
195	238	Michael Kendrick	M43	1:44:46	280	284	Tamara Oyre	F36	London Heathside	1:52:34
196	190	David Riddell	M38	1:44:50	281	449	Colin Bradley	M36	1:52:49	
197	338	Robert Harper	M24	1:44:56	282	420	Cristin Holter	F32	1:52:59	
198	210	David Pratt	M59	Metros	283	141	Richard Tocock	M49	Reading AC	1:53:10
199	27	Linda Hall	F50	Watford Joggers	284	103	Arthur Hammond	M49	1:53:16	
200	72	Alan Segall	M39	1:45:17	285	18	Paul Brooks	M40	RRC	1:53:26
201	10	Yvonne Brehmer	F34	1:45:18	286	75	D Hanson	M40	1:54:15	
202	318	Adrian Carr	M39	1:45:19	287	117	Terence Thatcher	M47	1:54:30	
203	185	Graham Watson	M37	1:45:20	288	260	Ursula Downs	F47	1:54:32	
204	345	Robin Lord	M41	BP Lunch Runners	289	53	Carol Holmes	F35	Royston Runners	1:54:45
205	168	Giorgio Francesconi	M47	1:45:31	290	94	Angela Taylor	F43	Royston Runners	1:54:59
206	232	Martin Storrie	M43	Gade Valley Harr	291	328	Warren Gillmore	M27	1:55:06	
207	86	Mike Palmer	M41	1:45:38	292	216	Tony Heath	M55	N Norfolk BR	1:55:21
208	405	Paul Snyman	M28	1:45:50	293	243	Christine Thorne	F51	N Norfolk BR	1:55:21
209	404	David Watling	M30	1:45:50	294	130	Anne Knight-George	F52	1:55:29	
210	301	Alison How	F28	1:45:52	295	73	Nicholas Kordowski	M24	1:55:31	
211	446	Tim Mobbs	M38	Bearbrook Joggers	296	70	Andrew Murphy	M43	1:55:43	
212	79	Jim Whyman	M30	1:45:54	297	157	Maurice Bond	M56	Shires Triers	1:55:50
213	226	Ian Law	M36	1:45:56	298	425	David Walker	M58	Chiltern Harriers	1:56:03
214	44	Nevill Reid	M44	1:45:58	299	57	Debra Beebee	F39	1:56:19	
215	107	Tommy Hill	M41	1:46:02	300	58	Laurence Rix	M46	1:56:19	
216	316	Cherie Hart	F33	Amptill & Flitwick	301	314	David Townsley	M41	1:56:20	
217	106	Steve Brewer	M34	1:46:12	302	98	Mick Coppock	M45	1:56:32	
218	394	Terry Dawning	M49	Saffron Striders	303	29	Steven Marshall	M43	Chiltern Harriers	1:56:52
219	96	Dave Jones	M44	Tring RC	304	421	John Horgan	M0	Garden City Runner	1:56:55
220	133	Brian Nicholson	M56	Tring RC	305	183	Elizabeth Jackson	F41	1:57:05	
221	431	Grahame White	M56	Stopsley Striders	306	396	Lorna Collins	F21	Shires Triers	1:57:10
222	355	Phillip Rance	M54	Bearbrook Joggers	307	379	Tony Robinson	M40	Shires Triers	1:57:11
223	43	Paula Hurd	F40	1:47:04	308	213	Eileen McLoughlin	F49	St Albans Strdrs	1:57:13
224	445	Robert Jackson	M48	1:47:07	309	220	David Blunt	M36	1:57:16	
225	25	Kate Loach	F42	Chiltern Harriers	310	132	Andrew Appleton	M37	1:57:17	
226	123	Michael Mello	M41	1:47:20	311	336	Rob Smith	M32	1:57:25	
227	158	Roger Blofeld	M54	1:47:32	312	363	Derek Broadbent	M46	Tring RC	1:57:26
228	209	Sharon Woods	F34	Metros	313	369	Paul McDowell	M53	1:57:36	
229	102	David Manson	M40	1:47:41	314	326	John Thompson	M45	1:57:38	
230	367	Steve Lock	M47	1:47:52	315	195	Olivia Feek	F32	1:57:39	
231	380	Andy Halliday	M42	1:47:55	316	127	Colin Harris-Rowe	M63	1:57:49	
232	136	Geoffrey Blount	M41	1:47:56	317	461	Andrew Passer	M46	1:57:58	
233	324	Ken Lennon	M54	1:47:59	318	237	Alan Gilmour	M29	Abingdon Amblers	1:57:58
234	89	Douglas Ramsay	M44	Chiltern Harriers	319	265	Richard Whiting	M53	Herts Phoenix AC	1:58:02
235	454	Francis Bray	M0	1:48:09	320	398	Keren Querfurth	F31	1:58:05	
236	82	Nicholas Joseph	M39	1:48:11	321	3	Carol Grant	F31	Bearbrook Joggers	1:58:08
237	149	Rosaire Gray	F43	London Heathside	322	436	Alice Bell	F31	Victoria Park Harr	1:58:30
238	343	Jonathan Ludford	M28	1:48:45	323	325	Susie Burnett	F33	1:58:31	
239	322	Michael Campbell	M40	1:48:48	324	81	Roland Pompermaier	M56	1:58:43	
240	399	Ethan Stone	M34	London Fronrunner	325	188	Mandy Neale	F30	1:59:18	
241	225	Simon Stothard	M21	1:48:55	326	254	Rodney Smart	M47	1:59:19	
242	88	Philip Richardson	M30	Dacorum & Tring AC	327	71	Jackie Murphy	F31	1:59:20	
243	387	Andrew Howell	M31	1:48:57	328	458	Melanie Angel	F46	1:59:21	
244	32	Anne Pashley	F39	1:49:00	329	47	Henrietta Walker	F32	1:59:23	
245	235	Caroline White	F47	London Heathside	330	455	Geoff Doyle	M59	1:59:26	

331	386	Rachel Howell	F25	1:59:32
332	393	Sarah Hill	F23 Tring RC	1:59:35
333	95	Colin Gibbs-Jones	M46	1:59:39
334	77	Jim Hinshelwood	M53 Watford Joggers	1:59:45
335	76	Linda Hinshelwood	F52 Watford Joggers	1:59:46
336	435	Paula Orton	F28 Victoria Park Harr	1:59:58
337	49	Jenny Costelloe	F29 Victoria Park Harr	1:59:58
338	148	Deborah Forster	F33 Fairlands Valley S	2:00:01
339	244	Michael Reading	M0	2:00:17
340	13	Jamie Hough	M27	2:00:58
341	331	Gill Heron	F47 Tring RC	2:00:59
342	142	Penny Cording	F54 Trent Park RC	2:01:02
343	349	David Howlett	M28	2:01:08
344	167	Susan Cook	F36	2:01:10
345	259	Tony Rumbold	M49	2:01:26
346	151	Jill Atkins	F49 Trent Park RC	2:01:46
347	104	Kerrie Woods	F33 Windle Valley Run	2:01:50
348	388	Martin Douch	M27	2:01:52
349	83	Bryan Convery	M57	2:01:53
350	113	Reg Gilbert	M56 Chiltern Harriers	2:01:59
351	364	Paul Bliss	M39	2:02:01
352	288	Kate Cousin	F39	2:02:04
353	450	Louise Hubble	F26	2:02:27
354	453	Dennis Devey	M70 Cove Joggers	2:02:36
355	460	Alex Pomerance	M42	2:02:37
356	464	Andy Kemp	M33	2:02:46
357	462	Peter Reed	M52 Vets AC	2:02:50
358	28	Jenny Hyatt	F46	2:02:51
359	21	Nick Mellors	M45 URWFRC	2:02:57
360	177	Catriona Tate	F33	2:03:05
361	125	Graham Eyles	M46	2:03:36
362	376	Sarah Jackson	F36	2:04:07
363	294	Margaret Grahamslaw	F45 Washlands Women	2:05:03
364	295	Kenneth Morgan	M53	2:05:08
365	131	Mark Appleton	M43	2:05:35
366	448	Stephen Rehm	M47 Stragglers	2:05:41
367	465	Scott Paget	M46	2:06:14
368	302	Karen Spittlehouse	F36 RDC	2:06:18
369	120	Linda Collinson	F50 Tring RC	2:06:46
370	189	Jenny Dunn	F47 Tring RC	2:06:48
371	160	Murli Iyer	M32	2:07:12
372	129	Beth Dennis	F55 Tring RC	2:07:24
373	128	Geoff Dennis	M61 Tring RC	2:07:24
374	114	Frank Harris	M51 Chiltern Harriers	2:07:45
375	323	Meena Jefferys	F26	2:07:47
376	447	Chris Cumming	M55	2:08:09
377	274	Lisa Fotheringham	F29	2:08:12
378	33	Cathy Wilson	F29	2:08:16
379	179	Quentin Parsons	M43	2:08:23
380	178	Sarah Parsons	F37	2:08:24
381	204	Andy Charalambous	M39	2:08:42
382	197	Malcolm Cohen	M59	2:08:42
383	36	Lily Cleary	F36	2:08:51
384	166	Peter Cook	M34	2:08:54
385	63	Margaret Dobby	F59 Elswick Harriers	2:09:13
386	173	Emily Roads	F25	2:09:45
387	282	Steve Hocking	M42	2:09:45
388	317	Jenny Cox	F35	2:10:04
389	474	Mike Teasdale	M42	2:10:22
390	329	Steve Chambers	M26	2:11:24
391	145	Robert Lynch	M60 Watford Joggers	2:11:40
392	463	Moira Reed	F48 Vets AC	2:11:45
393	15	Wendy Mason	F31	2:11:46
394	414	Jennie Townsend	F29	2:11:50
395	215	Clare Glenister	F46	2:12:05
396	471	Emma Wilson	F25	2:12:16
397	312	Julia Harwood	F31	2:12:28
398	472	Dympna Friel	F38 Leigh on Sea Strdr	2:13:08
399	470	Langley Britchford	M38	2:13:08
400	54	Nancy Black	F34	2:13:24
401	211	John Atkinson	M55	2:13:51
402	122	Mark Olsen	M49	2:15:50
403	140	Michael Todd	M61 Hope Harriers	2:16:11
404	139	Richard Broom	M50 Hope Harriers	2:16:12
405	275	Victoria Jones	F29	2:16:17
406	339	Gareth Jones	M29	2:16:40
407	469	Richard Garlick	M50	2:16:51
408	451	Kenneth Baldwin	M25	2:17:41
409	176	Tim Cotton	M34	2:18:28
410	116	Jacqueline Steadman	F47	2:18:41
411	441	Martin Whitmill	M46 Great Bentley	2:18:41
412	304	Meryl Ward	F43	2:18:43
413	442	Robert Gowans	M42	2:18:44
414	12	Jonathan Oshevire	M32	2:20:25
415	22	Janine Larson	F35	2:20:53

416	223	Jane Manson	F40	2:21:51
417	342	Nick Eul-Barker	M32	2:22:51
418	270	Kathryn Drake	F26	2:25:07
419	251	Helen Preston	F31	2:25:11
420	190	David Riddell	M38	2:25:25
421	408	Julia Grantham	F42 Maidenhead AC	2:25:46
422	108	Gareth Chick	M46 Prologic	2:26:20
423	205	Cath Lewis	F56	2:26:33
424	169	Emily Kerrigan	F24	2:28:23
425	372	Isobel Dunsire	F26 BP Lunch Runners	2:28:57
426	373	Ian Wilson	M42 BP Lunch Runners	2:28:57
427	320	Nicola Richmond	F36 Tring RC	2:35:24
428	412	Elisabeth Browning	F38	2:36:54
429	321	Shirley Davies	F68	2:37:29
430	206	Jane Vellacott	F52	2:41:38
431	252	Rachael Glover	F34	2:44:39
432	415	Vikki Knight	F28	2:48:06
433	434	Raymond Hoyle	M61 Watford Harriers	2:58:21

Team Prize

1	Tring RC	Total : -	121
	: A348 - J Walsham 8: A319 - R Martin 13:		
	: A64 - T Ruberry 26: A346 - A Rosen 74:		
2	Barnet & Dist AC	Total : -	122
	: A424 - M Parker 5: A20 - A Lyne 11:		
	: A370 - N Bingham 36: A66 - M Kawai 70:		
3	RRC	Total : -	156
	: A286 - K Harris 3: A6 - T Symonds 33:		
	: A280 - P Hansen 58: A313 - M O'Brien 62:		
4	Chiltern Harriers	Total : -	187
	: A184 - T Sheldon 23: A203 - A Lankester 49:		
	: A202 - N Thubrun 50: A85 - J Hildreth 65:		
5	Bearbrook Joggers	Total : -	350
	: A138 - K Cole 9: A2 - M Grant 91:		
	: A377 - P Cairnie 112: A359 - P Wodage 138:		
6	Shires Triers	Total : -	383
	: A390 - G Frewin 38: A245 - S Collinson 85:		
	: A135 - P Hardy 124: A378 - P Gascoyne 136:		
7	London Frontrunner	Total : -	491
	: A417 - M Forrest 1: A418 - R Sharp 92:		
	: A165 - M Jamil 158: A399 - E Stone 240:		
8	Amptill & Flitwick	Total : -	509
	: A187 - D Stanley 59: A59 - K Morgan 134:		
	: A256 - S Hawkins 135: A16 - C Lydon 181:		
9	Watford Harriers	Total : -	575
	: A257 - M Elson 20: A182 - T Cory 40:		
	: A242 - S Daniel 82: A434 - R Hoyle 433:		
10	London Heathside	Total : -	582
	: A366 - J Bradley 7: A7 - C Swan 93:		
	: A149 - R Gray 237: A235 - C White 245:		
11	Watford Joggers	Total : -	619
	: A475 - D White 28: A24 - C Gransby 141:		
	: A27 - L Hall 199: A293 - R Spencer 251:		
12	Trent Park RC	Total : -	808
	: A172 - L Rankin 100: A231 - M Miller 113:		
	: A217 - D Arnold 253: A142 - P Cording 342:		