

# Kodak Hemel 10

14<sup>th</sup> March 2004

## Results

1	557	Dave Mitchinson	M25	N'ham&Essex Beagle	0:50:45	C	76	496	Ross Nugent	M25	St Albans Strdrs	1:07:29	C
1	570	Matt Smith	M29	Tipton Harriers	0:50:45	C	77	435	Steve Tooke	M31	Watford Harriers	1:07:34	C
3	293	Philip Wicks	M20	WSE&H AC	0:54:25		78	464	Jim Brown	M51	Fairlands Valley	1:07:36	C
4	446	Matt Adcock	M35	Watford Harriers	0:56:21	C	79	456	Richard Bonfield	M35		1:07:48	
5	540	Andy Holt	M40	Herts Phoenix AC	0:56:43	C	80	589	Ronnie Henry	M20		1:07:50	CH
6	24	Nick Wigmore	M30	Oldham & Royton AC	0:56:49		81	439	Johnny Rae	M47	Watford Harriers	1:07:50	C
7	126	Rob Tojeiro	M28		0:57:23		82	542	Roger Howell	M33	Luton AC	1:07:55	
8	541	Paul Simons	M39	Shaftesbury Barnet	0:57:42		83	274	Jonathan Hildreth	M44	Chiltern Harriers	1:07:56	
9	322	Peter Sibbett	M41	N Herts RR	0:58:20	C	84	427	Lewis Mould	M29		1:07:57	
10	332	Angus Crosby	M24	Garden City Runner	0:58:33	C	85	45	Michael Allen	M35	Dunstable RR	1:08:05	
11	440	Nick Harris	M29	Watford Harriers	0:58:44	C	86	399	Michael Turney	M40	Chiltern Harriers	1:08:13	
12	318	Colin Braybrook	M42	St Albans Strdrs	0:58:48	C	87	271	Nicholas Bingham	M59	Barnet & Dist	1:08:18	
13	606	Tim Wigley	M40	Bourne Town Harr	0:58:56		88	596	Brendon Gilbert	M27	BP Runners	1:08:22	
14	350	Bruce Judge	M32	Garden City Runner	0:59:02	C	89	192	Kevin Morris	M38	St Albans Strdrs	1:08:27	C
15	592	Colin Steptoe	M54	Vale of Aylesbury	0:59:11		90	213	Mark Kirby	M29		1:08:29	H
16	207	Kevin Willett	M40	Bedford Harriers	0:59:49		91	1306	Jane Studd	F35	Trent Park RC	1:08:30	
17	488	Philip Moon	M44		1:00:47		92	593	Alan Donald	M26	Harlow RC	1:08:34	
18	533	Nigel Rackham	M41	Metros	1:01:03		93	387	Paul Gregory	M43	Biggleswade AC	1:08:35	
19	167	Christopher Lamont	M51	Stopsley Striders	1:01:27		94	183	Paul Keech	M45	Stopsley Striders	1:08:38	
20	571	Stephen Livingstone	M46	Garden City Runner	1:01:31	C	95	320	Neil Lovesey	M49	Bedford Harriers	1:08:41	
21	420	Thomas Dixon	M37	Dacorum & Tring AC	1:01:37	H	96	363	Barry Greenwell	M36		1:08:43	
22	303	Ian Russell	M51	Milton Keynes AC	1:01:42		97	202	Paul Dimmock	M56	Leighton Buzzard AC	1:08:49	
23	451	Colin Taylor	M45	Watford Joggers	1:01:54	CH	98	41	Kevin Glendinning	M39	Dunstable RR	1:08:52	
24	547	Mark Whiteman	M38	Bedford Harriers	1:02:13		99	99	Keith Cook	M58	Milton Keynes AC	1:08:55	
25	582	Justin Corcoran	M35		1:02:18		100	193	Graham Clarke	M55	St Albans Strdrs	1:09:06	C
26	232	Vince Ellerby	M39	Gade Valley Harr	1:02:29	H	101	627	Chris Tilbrook	M35	St Albans Strdrs	1:09:09	
27	602	Andrew Inchley	M27	Leighton Buzzard AC	1:02:41		102	225	Mark Finn	M39		1:09:12	H
28	268	Grant West	M35	St Albans Strdrs	1:02:47		103	443	Colin Hamlett	M55	Watford Harriers	1:09:15	C
29	308	Graham Lock	M45	Fairlands Valley	1:03:19	C	104	198	Tony Rose	M44	Ware Joggers	1:09:25	C
30	580	Paul Wilkerson	M48	Bedford & County	1:03:33		105	291	Robert Miller	M39	Bedford Harriers	1:09:27	
31	264	Mark Faughan	M43	Garden City Runner	1:03:36	C	106	543	John Smith	M33	Huntingdon AC	1:09:30	
32	243	Diarmuid MacDougall	M37	Thame Runners	1:03:42		107	436	Martin Grimsdale	M49	Watford Harriers	1:09:33	C
33	209	Richard Harry	M28	St Albans Strdrs	1:03:44	C	108	82	Chris Proud	M57	Bedford Harriers	1:09:35	
34	534	Nigel Jones	M38	RAF Uxbridge	1:03:51		109	87	James Buttleman	M40		1:09:37	
35	376	Justin Hill	M38	Ware Joggers	1:03:53		110	411	Roger Partridge	M43	Ware Joggers	1:09:41	C
36	156	Owen Cooper	M41		1:03:58	H	111	390	Paul Simpson	M31		1:09:44	
37	472	Mark Smith	M35	Garden City Runner	1:04:04	C	112	605	Jim Tavare	M40	Ealing Southall	1:09:49	
38	90	Stephen Beard	M38	RRC	1:04:14		113	106	Mick Grant	M47	Bearbrook Joggers	1:09:59	
39	343	Andy Stiles	M40	Milton Keynes AC	1:04:19		114	610	Marc Banham	M29		1:10:02	
40	175	Adrian James	M38	St Albans Strdrs	1:04:24	C	115	166	Hywel Davies	M48	St Albans Strdrs	1:10:04	C
41	242	Jose Barretta	M31	Highgate Harriers	1:04:28		116	449	Andy Kelly	M24	Watford Harriers	1:10:11	C
42	267	Mark O'Neill	M34		1:04:32		117	158	Chris Siddall	M49		1:10:15	
43	221	Ranjiet Kainth	M44	St Albans Strdrs	1:04:44	C	118	1324	Kath Brighton	F49	Burnham Joggers	1:10:18	
44	140	Geoff Arnell	M49		1:04:53		119	191	Richard Harbon	M42	N Herts RR	1:10:24	C
45	1264	Michelle Friend	F29	Stopsley Striders	1:04:58		120	590	Peter Cairnie	M39	Bearbrook Joggers	1:10:29	
46	55	John Hamilton	M50	Milton Keynes AC	1:05:03		121	360	Clark Skerratt	M53	Biggleswade AC	1:10:35	
47	184	Guy Woollett	M34	Gade Valley Harr	1:05:13	H	122	132	Henry Downes	M44	Bedford Harriers	1:10:40	
48	295	Les Turton	M43	Milton Keynes AC	1:05:54		123	119	Denys Baudry	M53	Garden City Runner	1:10:46	
49	619	Paul Tonkinson	M34		1:05:59		124	282	Bob Wallace	M61	Watford Joggers	1:10:47	
50	62	Mark Billington	M39	Bedford Harriers	1:06:02		125	1131	Yvonne Jones	F42	Herts Phoenix AC	1:10:48	C
51	591	Garth Morris	M42	Ware Joggers	1:06:04		126	497	James Neville	M59	Barnet & Dist	1:10:48	C
52	462	Michael Barnard	M47	Bedford Harriers	1:06:06		127	389	Brian Davies	M39	Stopsley Striders	1:10:49	
53	486	Roy Steven	M52	Biggleswade AC	1:06:11		128	177	Timothy Dye	M41		1:10:53	
54	137	Andrew Salisbury	M47	Garden City Runner	1:06:15	C	129	12	Alan Whelan	M38		1:11:00	
55	37	John Chapman	M46	Stopsley Striders	1:06:29		130	407	Ian Simpson	M41	Ware Joggers	1:11:08	
56	1322	Mandy Livingstone	F34	Garden City Runner	1:06:30	C	131	408	Martin Saggors	M36	Ware Joggers	1:11:08	C
57	634	Keith Nylands	M55		1:06:30		132	218	Tim Boyall	M31	Met Police AA	1:11:10	H
58	452	Paul Emery	M41	Watford Joggers	1:06:34	C	133	438	Keith Macdonald	M58	Watford Harriers	1:11:18	C
59	505	Joe Hurley	M45	Leighton Buzzard AC	1:06:36		134	522	Steve Smithson	M36	Fairlands Valley	1:11:21	C
60	269	Bill Barrett	M53	Stopsley Striders	1:06:39		135	563	Philip Wilton	M46	Tring RC	1:11:22	
61	247	Tony Ruberry	M47	Tring RC	1:06:40		136	226	Graham Short	M44	Bedford Harriers	1:11:33	
62	494	Mark Legge	M37		1:06:42		137	365	Derek Morrison	M42	Bedford Harriers	1:11:34	
63	374	Dan Meaney	M49	Dacorum & Tring AC	1:06:47	H	138	98	Clive Healey	M31		1:11:35	H
64	599	Patrick Musonda	M34	Bedford & County	1:06:55		139	1251	Jacqueline Goldsmith	F36	Stopsley Striders	1:11:36	
65	448	Tim Cory	M43	Watford Harriers	1:06:58	C	140	344	John Mould	M58	Barnet & Dist	1:11:37	C
66	13	Colin Rees	M59		1:07:01		141	1238	Caroline Hale	F35	Garden City Runner	1:11:38	C
67	71	John O'Grady	M36		1:07:02		142	554	Michael Tresise	M36		1:11:40	
68	1295	Suzanne Pritchard	F43	St Albans Strdrs	1:07:06	C	143	604	Mark Warren	M39	London Heathside	1:11:43	
69	223	Stephen Paull	M50	Dunstable RR	1:07:15		144	339	Damien Pitts	M20	Biggleswade AC	1:11:53	
70	92	Philip Cunningham	M41	Shaftesbury Barnet	1:07:18	C	145	566	Alan Roberts	M39	Vale of Aylesbury	1:11:55	
71	186	Colin Merritt	M38		1:07:20		146	500	Neil Gomme	M25		1:12:00	H
72	195	Graham Busch	M49	Stopsley Striders	1:07:21		147	642	Brendan Glancy	M41		1:12:07	H
73	237	Trevor Clements	M41	St Albans Strdrs	1:07:23	C	148	265	Mick North	M44	Dacorum & Tring AC	1:12:08	H
74	447	Richard Foskett	M49	Watford Harriers	1:07:26	C	149	95	Ken Perry	M53	Dacorum & Tring AC	1:12:13	H
75	437	Philip Bolitho-Jones	M49	Watford Harriers	1:07:29	C	150	620	Mark Green	M26	Garden City Runner	1:12:14	C

H ~ Hemel Hempstead Resident

C ~ County Championships

151	1309	Veronica Singleton	F43	Bedford Harriers	1:12:17		233	418	Benjamin Dyrakumunda	M44	Stopsley Striders	1:16:23
152	1199	Anick Valapinee	F46	Milton Keynes AC	1:12:22							
153	279	Nicholas Thomas	M34		1:12:26	H	234	1110	Christine Ferguson	F42	St Albans Strdrs	1:16:25
154	515	John Owen	M60	Barnet & Dist	1:12:27		235	139	Paul Trustram	M43	Gade Valley Harr	1:16:27 H
155	273	Russell Devitt	M55	Shaftesbury Barnet	1:12:34	C	236	368	David Stothard	M43	St Edmunds Pacers	1:16:29
156	535	John Manning	M50	Tring RC	1:12:37		237	1327	Bonnie Parker	F33		1:16:30
157	558	Brian Webb	M57	Bedford & County	1:12:43		238	203	John Sharp	M33		1:16:30
158	480	David Newman	M45	Garden City Runner	1:12:47	C	239	625	Richard Hardy	M49	Luton Utd	1:16:40
159	348	John Cherry	M56	Watford Joggers	1:12:47		240	380	Jon Dickens	M30		1:16:41
160	224	Michael DeCesare	M38	Bedford Harriers	1:12:48		241	149	Ken Biggerstaff	M43		1:16:42 H
161	1231	Annie Seymour	F46	St Albans Strdrs	1:12:57		242	1181	Jo Graham	F37		1:16:43
162	623	Mark Pilgrim	M39		1:13:00	H	243	57	Eddie Hill	M55	Milton Keynes AC	1:16:49
163	326	Lance Conway	M38		1:13:06		244	1145	Eleanor Dick	F25		1:17:01 H
164	26	Nicholas King	M43		1:13:12		245	552	Carlos Camacho	M45		1:17:06
165	546	Ian Marshall	M25	Huntingdon AC	1:13:14		246	341	Danny Bayliss	M39		1:17:10
166	342	Martin Webb	M46	St Albans Strdrs	1:13:16	C	247	495	John Murphy	M36		1:17:12
167	597	Richard Inchley	M58	LeightonBuzzard AC	1:13:23		248	493	Kawai Motohiro	M46	Barnet & Dist	1:17:13
168	123	Raj Mann	M39		1:13:25		249	579	Mike Hartwell	M56	Bedford & County	1:17:15
169	300	Clive Fallaize	M44	Vale of Aylesbury	1:13:29		250	135	Thomas McKeown	M46		1:17:16
170	187	Geraint Evans	M33		1:13:44		251	51	Tom Gabriel	M28	St Albans Strdrs	1:17:17
171	1313	Helen Hoyle	F37	Barnet & Dist	1:13:45		252	379	Stuart Dullard	M29	Bedford Harriers	1:17:19
172	356	Rob Lloyd	M41	Ware Joggers	1:13:48	C	253	588	Andy Halliday	M42		1:17:26
173	1319	Avril Monmont	F37	Bedford Harriers	1:13:55		254	1254	Karen Worrall	F39	Biggleswade AC	1:17:27
174	1261	Laura Jiggins	F22	St Albans Strdrs	1:13:56		255	391	David Tattersall	M32		1:17:29
175	621	David Grimsdale	M47		1:13:57		256	1332	Kerry Collins	F28		1:17:30
176	194	Michael Connell	M50	Fairlands Valley	1:14:03		257	233	Fabian Mills	M57	Dacorum & Tring AC	1:17:32 H
177	357	Neil Moreton	M39		1:14:09	H	258	479	Tim Williams	M45		1:17:41
178	179	Christopher Roe	M33		1:14:11		259	115	Paul Reilly	M34		1:17:45 H
179	168	Richard Stockings	M40		1:14:12	H	260	301	Steve Lambert	M40		1:17:51
180	514	Pieter Van Heerden	M29		1:14:13	H	261	112	Phill Coates	M47	St Albans Strdrs	1:17:53 C
181	1275	Carole Mooney	F38	St Albans Strdrs	1:14:15	C	262	46	Martin Mitchell	M39	Stopsley Striders	1:17:58
182	428	Les Taylor	M40	Ware Joggers	1:14:16	C	263	562	Stephen Turvey	M40		1:18:03 H
183	361	Martin Stevens	M29	Werrington Joggers	1:14:23		264	18	Richard Ruffell	M42	British Airways AC	1:18:08 C
184	461	Michael Lamb	M0	Tring RC	1:14:24	H	265	304	Douglas Ramsay	M44	Chiltern Harriers	1:18:11
185	313	Ian Marshall	M36	Bedford Harriers	1:14:27		266	163	Robert Woodall	M54	Stopsley Striders	1:18:15
186	182	David Ross	M44	N Herts RR	1:14:33	C	267	1280	Helen Smith	F26		1:18:16
187	56	Chas Herbert	M52	Milton Keynes AC	1:14:34		268	1215	Zoe Brown	F46	St Albans Strdrs	1:18:18
188	482	Bob Watson	M45	St Albans Strdrs	1:14:35		269	91	Paul Baker	M43	Stopsley Striders	1:18:20
189	83	Lance Richardson	M49	Stopsley Striders	1:14:36		270	458	Alex Rothwell	M43	Bedford Harriers	1:18:24
190	1125	Christine Inch	F43	Orion Harriers	1:14:37		271	58	Michael Barrowman	M57	St Albans Strdrs	1:18:24
191	499	Roy Parker	M45		1:14:40		272	1113	Heather Stevens	F36		1:18:25
192	1209	Lucy Mayer	F31	Bearbrook Joggers	1:14:41		273	1263	Heather Alston	F42	Bearbrook Joggers	1:18:26
193	174	Graham Fenson	M54	Stopsley Striders	1:14:42		274	154	Tim Williams	M39	Watford Joggers	1:18:28 C
194	188	Adrian Pugh	M41	Trent Park RC	1:14:42		275	636	Peter Johnson	M46	BTA	1:18:31
195	135	Thomas McKeown	M46		1:14:44		276	567	Peter Breslin	M35	Stopsley Striders	1:18:44
196	306	Colin Westlake	M45	Thameside Harriers	1:14:44		277	460	Kenneth Berry	M39	Watford Joggers	1:18:45
197	1282	Lisa Newing	F0	Gade Valley Harr	1:14:48	H	278	531	David Pirrie	M46		1:18:49 H
198	476	Michael Garrini	M49		1:14:48	H	279	409	John Butcher	M72	Ware Joggers	1:18:49
199	581	Derek Robertson	M42	Watford Harriers	1:14:49		280	629	Lawrence Waldron	M44		1:18:51
200	86	Roger Mansell	M54	Trent Park RC	1:14:49		281	211	John Adam	M61	LeightonBuzzard AC	1:18:52
201	324	Simen Avang	M24		1:14:51		282	276	William Crone	M62	N Herts RR	1:18:59 C
202	556	Christopher Tucker	M46		1:14:58	H	283	1109	Nicky Carter	F31	St Albans Strdrs	1:19:00
203	338	Patrick Neilan	M61	LeightonBuzzard AC	1:15:10		284	181	Jonathan Spain	M42		1:19:05
204	176	Ian Medcalf	M46	Trent Park RC	1:15:14		285	576	Martin McDonagh	M26		1:19:08
205	122	Clive Hollamby	M40		1:15:15		286	20	Neil Johnson	M42		1:19:12 H
206	553	Tim Spencer	M44		1:15:15		287	1300	Claire Stubbings	F41	Chiltern Harriers	1:19:14
207	1106	Nicola Staton	F37	Dunstable RR	1:15:16		288	457	Martin Storrie	M43	Gade Valley Harr	1:19:16 H
208	286	Roland Stout	M31		1:15:18		289	528	Antony Pinnock	M41		1:19:18
209	384	Gordon Wright	M47	Herts Phoenix AC	1:15:19	C	290	1104	Diane Gill	F38	Milton Keynes AC	1:19:24
210	1197	Karen Ashby	F45	Stopsley Striders	1:15:20		291	1241	Eeny Steer	F39	Vale of Aylesbury	1:19:25
211	148	Paul McCormack	M34		1:15:22		292	246	Anthony Bissex	M33		1:19:31
212	169	Paul Linnell	M32		1:15:23		293	302	Steve Daniels	M40	Bedford Harriers	1:19:33
213	370	Dave Crawley	M47	LeightonBuzzard AC	1:15:32		294	527	Mark Whatling	M24		1:19:37
214	471	Chris Williams	M37	Bedford Harriers	1:15:34		295	1132	Debz Taylor	F41	Ware Joggers	1:19:42 C
215	1285	Lena Gazzani	F55	Bearbrook Joggers	1:15:35		296	19	Terence Bailey	M62		1:19:44 H
216	143	Paul Stoten	M47	Tring RC	1:15:45		297	1168	Helen James	F39	St Albans Strdrs	1:19:44 C
217	413	Martin McColgan	M47	Harlow RC	1:15:48		298	454	Brian Nelmes	M43		1:19:46 H
218	523	Kevin McPhillips	M39	Bedford Harriers	1:15:48		299	171	Darrin Percy	M38	Dunstable RR	1:19:59
219	463	Nathan Powell	M35		1:15:53		300	277	Chris Sharpe	M40		1:20:03
220	1297	Sue Barnes	F52	Vale of Aylesbury	1:15:53		301	1286	Vivienne Watts	F23	Stopsley Striders	1:20:04
221	491	Mark Naylor-Vane	M42		1:15:54		302	516	Derek Bourne	M63		1:20:05
222	608	Andy Piper	M41	BP Runners	1:15:55	H	303	107	Anthony Wright	M30	Stopsley Striders	1:20:10
223	1217	Jacqueline Gundry	F44	Gade Valley Harr	1:15:55	H	304	255	Max Livingstone	M26		1:20:10
224	1289	Sue Cainelli	F39	Ware Joggers	1:15:58		305	1210	Sarah Dudgeon	F26		1:20:10 H
225	1176	Celia Pardoe	F49	Garden City Runner	1:15:59	C	306	601	Nardos Abraham	M26		1:20:12
226	197	Peter Watkins	M53	LeightonBuzzard AC	1:16:00		307	160	Robert New	M36		1:20:15 H
227	405	Stephen Johnson	M53	Ware Joggers	1:16:02	C	308	206	Mark Freiter	M30		1:20:19
228	550	John Pickles	M25	Biggleswade AC	1:16:07		309	1203	Susie Lloyd	F26		1:20:20
229	372	Barry Telling	M46	Stopsley Striders	1:16:08		310	178	Vic Byer	M57	Bedford Harriers	1:20:23
230	630	Sean Mitchell	M31	Barnet & Dist	1:16:09		311	1175	Lisa Hoaran	F46		1:20:25
231	144	Colin Brown	M54		1:16:14	H	312	236	Paul Meredith	M43		1:20:30
232	66	Stephen Leadbetter	M45	Garden City Runner	1:16:20		313	1342	Natasha Pitman	F29		1:20:34 H
							314	1138	Michelle Harris	F24	Northampton RR	1:20:36

H ~ Hemel Hempstead Resident

C ~ County Championships

<http://www.jandresults.co.uk>

315	49	Richard White	M49	Tring RC	1:20:37		397	288	Liam Hinshelwood	M22	Watford Joggers	1:24:26
316	1164	Paula Hurd	F40		1:20:41		398	422	Richard Miller	M48	Dacorum & Tring AC	1:24:31 H
317	551	David Gallagher	M31	Bedford Harriers	1:20:44		399	1323	Lisa Bassett	F34	Amptill & Flitwick	1:24:42
318	354	Nevill Reid	M44		1:20:45		400	9	Arnold Glickman	M56		1:24:45
319	474	Stuart Pierce	M28		1:20:49		401	388	Jon Knox	M40	Serpentine Runners	1:24:59
320	201	Simon Hughes	M24		1:20:53		402	311	Michael Hart	M31	London Fire B'gade	1:25:00
321	1185	Linda Hall	F50	Watford Joggers	1:20:55		403	216	Brett Jenkins	M28		1:25:11 H
322	359	Ciaran O'Donnell	M23		1:20:55		404	310	Victor Greenberg	M47	London Fire B'gade	1:25:13
323	632	Mark Highfield	M45		1:21:01		405	116	Chris Hampton	M41	Dacorum & Tring AC	1:25:14 H
324	432	Andrew Osborne	M33		1:21:02		406	1169	Sharon Collins	F37	Stopsley Striders	1:25:15
325	587	Peter Hamson	M56	Tring RC	1:21:03	H	407	101	Peter Ison	M56	Maidenhead AC	1:25:20
326	381	Ian Nichol	M37	St Albans Strdrs	1:21:04	C	408	1128	Tricia Stacey	F34		1:25:24
327	501	Richard Lynch	M26		1:21:05	H	409	1347	Jean Piggot	F43		1:25:25
328	538	Tim Beeston	M40		1:21:06		410	477	David Walker	M58	Chiltern Harriers	1:25:26
329	34	Wayne Warren	M53	RRC	1:21:09		411	1174	Clare Murray	F34	Dacorum & Tring AC	1:25:27 H
330	22	Simon Teer	M38		1:21:10		412	502	David Walker	M57	Dacorum & Tring AC	1:25:28 H
331	614	Wayne Hollick	M36		1:21:11	H	413	453	Giles Leather	M33		1:25:29
332	1163	Brenda Howe	F54		1:21:11		414	244	Geoff Thompson	M55		1:25:32
333	366	John Meadows	M32		1:21:13		415	25	Mike Breese	M52		1:25:33
334	1232	Karen Dodsworth	F43	N Herts RR	1:21:16	C	416	611	Michael Murray	M45		1:25:35
335	485	Chris Dimmock	M33		1:21:17		417	1259	Linda Maynard	F41	Serpentine Runners	1:25:48
336	498	Nick Schramm	M47		1:21:17	H	418	111	Alan Reed	M45	Gade Valley Harr	1:25:52 H
337	1266	Susan Duffy	F42	Ware Joggers	1:21:17		419	1326	Jacqueline Day	F37		1:25:58
338	1162	Marie Morton	F53	Stopsley Striders	1:21:20		420	1334	Keren Querfurth	F31		1:25:58
339	319	David Judge	M65	EVAC	1:21:24		421	373	Roger Hardman	M55	Dulwich Park Run	1:26:00
340	375	David Heal	M38	Garden City Runner	1:21:26		422	333	Derek Blackmore	M61		1:26:02
341	641	Colin Bradley	M36		1:21:31		423	275	Peter Fraser	M40		1:26:16
342	1301	Zoe Dawson	F29	Biggleswade AC	1:21:33		424	256	Kevin Deacon	M38		1:26:16
343	337	Christopher Pask	M39	Harlow RC	1:21:34		425	16	David Satchel	M61		1:26:17 H
344	1221	H Fallaize	F45	Vale of Aylesbury	1:21:37		426	519	Michael Pool	M39		1:26:21
345	292	Alan Brown	M42		1:21:39		427	419	Tim Brandwood	M28		1:26:24
346	504	Nick Webb	M42		1:21:39		428	1151	Katharine Dear	F30	Ware Joggers	1:26:25
347	146	Andrew Appleton	M37		1:21:46	H	429	1270	Adele Cadogan	F40	Bearbrook Joggers	1:26:32
348	103	Bob Broughton	M48	Garden City Runner	1:21:48	C	430	74	Chris Pike	M34		1:26:33 H
349	615	Kazuya Soejima	M36		1:21:49		431	249	Andrzej Gajbutowkz	M45	Victoria Park Harr	1:26:36
350	539	Patrick Hough	M67	Stopsley Striders	1:21:55		432	141	Patrick Jennings	M57	Dunstable RR	1:26:41
351	294	John Rickard	M47	Leigh-on-Sea Run	1:21:57		433	466	Peter Rose	M47	Metros	1:26:46
352	1178	Joanne Harbon	F39	N Herts RR	1:22:03	C	434	1154	Jan Forrester	F51	Biggleswade AC	1:26:50
353	248	Mike Stanmore	M61		1:22:10		435	468	Antony Williams	M33	Marlow Striders	1:26:51
354	63	William Billington	M66	Bedford Harriers	1:22:12		436	159	Kev Havlin	M43	BP Runners	1:27:03 H
355	283	Philip Richardson	M30		1:22:13		437	38	Peter McCullough	M41		1:27:11
356	426	Owen Stewart	M37		1:22:21		437	38	Peter McCullough	M41		1:27:11
357	1305	Stacey Harris	F35		1:22:28		438	1214	Anne Ramsden	F51	Ware Joggers	1:27:16 C
358	217	Christopher Evans	M42		1:22:34	H	439	1253	Helen Milbourn	F22		1:27:17
359	506	Lee Hayes	M28	Met Police AA	1:22:36		440	1272	Petrina O'Neill	F29	Watford Harriers	1:27:20 C
360	355	Carlos Constantino	M31		1:22:39		441	200	Martin Kaye	M56	Garden City Runner	1:27:21
361	196	Keith Taylor	M42	Watford Joggers	1:22:40	C	442	1180	Margaret Bradburn	F57	St Albans Strdrs	1:27:24 C
362	61	Anthony Stephenson	M48		1:22:44		443	509	Michael Barnett	M56	Bedford Harriers	1:27:26
363	53	Grahame White	M56	Stopsley Striders	1:22:47	C	444	253	Michael Tearle	M19		1:27:30 H
364	1208	Sarah Mumford	F41	St Albans Strdrs	1:22:49	C	445	234	Paul Doughty	M42		1:27:37
365	262	Derek Broadbent	M47	Tring RC	1:22:49		446	424	Julian Ormerod	M37		1:27:39
366	1242	Rachel Lee	F33		1:22:55		447	352	Neil Holmes	M38	Riverside Runners	1:27:41
367	280	Lewis Nisselbrook	M34		1:22:56		448	52	John Bushby	M55	Stopsley Striders	1:27:45
368	153	Paul Dille	M42	Ware Joggers	1:22:57		449	1237	Caroline Rumble	F38	Harlow RC	1:27:48
369	1186	Teresa Sewell	F44	Royston Runners	1:22:59		450	94	Sean Comerford	M39	Royston Runners	1:27:49
370	278	Alan Donovan	M52	Garden City Runner	1:23:08		451	513	Tony Bennets	M29		1:27:56
371	35	Tony Byrne	M45	Milton Keynes AC	1:23:08		452	512	Nicholas Collis	M25		1:27:57
372	560	Steve Conroy	M37		1:23:09	H	453	628	Paul Parrish	M38		1:27:58
373	1105	Victoria Adams	F31	Amptill & Flitwick	1:23:09		454	1267	Jenni Viner	F48	Ware Joggers	1:27:59 C
374	328	Kev Flint	M28		1:23:11	H	455	138	Richard McMillen	M50		1:28:00
375	330	Dean Lear	M28		1:23:13		456	612	Robert Cresswell	M37	Stopsley Striders	1:28:03
376	80	Andrew Amos	M42		1:23:18	H	457	609	Roger Marven	M68	Barnet & Dist	1:28:04 C
377	618	Joseph Spring	M50		1:23:19		458	1223	Lynne Saunders	F49		1:28:05
378	1235	Diane Sumner	F41	Ware Joggers	1:23:22	C	459	1224	Carol Crawley	F46	Dacorum & Tring AC	1:28:06 H
379	47	Paul Brooks	M40	RRC	1:23:26		460	36	Michael Stanbridge	M44		1:28:07 CH
380	481	Jacob Gloor	M41	Hillingdon Tristar	1:23:31		461	1328	Julie Hamson	F28		1:28:08
381	299	Kirit Ranpura	M43	Metros	1:23:35		462	398	Adrian Rogers	M47		1:28:09 H
382	574	David Clarkson	M29		1:23:36		463	586	Paul Collingwood	M40		1:28:12 H
383	305	Trace Allan	M59	Garden City Runner	1:23:38	C	464	492	Brian Lambert	M67		1:28:17
384	521	James Luscombe	M23		1:23:41		465	28	Maurice Bond	M56		1:28:20 H
385	410	Terry Nichols	M61	Ware Joggers	1:23:43		466	17	Mark Lansbury	M36		1:28:21
386	23	Phil Cunningham	M52	Ware Joggers	1:23:43		467	548	Darren Howse	M32		1:28:22 H
387	445	Mick Dibsedale	M55	Watford Harriers	1:23:53	C	468	473	Julian Mason	M53		1:28:23 H
388	544	Tony Smith	M43		1:23:58	H	469	1299	Lisa Fotheringham	F29		1:28:24
389	33	Adam Leary	M40	Metros	1:23:59		470	559	Adam Kay	M37		1:28:27
390	564	Steve Collins	M0		1:24:01		471	287	Jim Hinshelwood	M53	Watford Joggers	1:28:31
391	507	Robert Murray	M36		1:24:07	H	472	133	Kenneth Blythe	M45		1:28:36 H
392	40	Anthony Sewell	M49		1:24:09		473	5	Michael Wilkins	M36	St Albans Strdrs	1:28:41
393	250	Stephen Gathercole	M57		1:24:17		474	1112	Michelle Berridge	F23		1:28:44 H
394	150	Chris Littley	M39		1:24:18		475	42	Vincent Berridge	M38		1:28:45 H
395	364	Justin Deans	M36		1:24:20		476	572	Steve Brooks	M43		1:28:46 H
396	417	Martin Capell	M48	Road Hogs	1:24:24		477	263	John Watson	M49		1:28:49 H
							478	1310	Paula Cook	F40		1:28:52 H

H ~ Hemel Hempstead Resident

C ~ County Championships

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479	1269	Angela Hodson	F29	Ware Joggers	1:28:53		562	503	David Gardner	M49	Dacorum & Tring AC	1:33:43	H
480	1218	Angela Taylor	F43	Royston Runners	1:28:55		563	573	Simon Bright	M41		1:33:48	H
481	412	Colin Russell	M60	RRC	1:29:01		564	15	David Gibbon	M43		1:33:57	H
482	266	David Wesson	M43		1:29:03	H	565	568	David Manly	M42		1:34:03	
483	1316	Jenny Cox	F35		1:29:06		566	569	Mark Woolsey	M49		1:34:03	
484	583	James Egley	M33		1:29:09		567	309	Colin McCausland	M45		1:34:04	
485	490	Kevin Barrett	M46		1:29:21		568	470	Clive Wright	M44	Dacorum & Tring AC	1:34:07	
486	578	David Darton	M45	Knavesmire Harr	1:29:25		569	613	Peter Curran	M52		1:34:11	
487	164	Gary Leek	M49		1:29:26		570	210	Antony Shepherd	M39		1:34:16	H
488	89	Peter Ward	M32		1:29:27		571	1150	Annette Holroyd	F45		1:34:19	
489	296	David Herincx	M40	Bedford Harriers	1:29:27		572	631	Steve Chambers	M26		1:34:23	
490	204	Richard Witing	M53	Herts Phoenix AC	1:29:28	C	573	260	Mahmoud Shah	M34		1:34:34	
491	272	Colin Driscoll	M63		1:29:34		574	1293	Sarah Meyers	F32		1:34:35	
492	633	Norman Hutchinson	M52		1:29:37		575	1303	Michele Verroken	F49		1:34:35	H
493	603	Sven Haines	M29		1:29:40		576	1129	Barbara Allen	F52		1:34:38	
494	378	Nick Hadju	M29		1:29:43		577	1159	Beverley Hall	F41		1:34:39	
495	1314	Anne Spencer	F43		1:29:46		578	1196	Ursula Duckworth	F67	Bedford & County	1:34:44	
496	1216	Linda Hinshelwood	F52	Watford Joggers	1:29:49		579	638	Tony Gaines	M36		1:34:50	H
497	537	Clive Swatton	M64		1:29:55	H	580	637	Jonathan Erskine	M45	Maidenhead AC	1:34:52	
498	222	Robert Nicklin	M30		1:29:56		581	1127	Karen Bradshaw	F35		1:34:52	
499	75	Geoff Wood	M46	Tring RC	1:29:59		582	1124	Helen Williams	F51		1:34:54	
500	1330	Julie Anderson	F38		1:29:59		583	1256	Victoria Stone	F27	LeightonB'zard Run	1:34:58	
501	1329	Kerry Cocks	F35		1:29:59		584	10	Tony Green	M44	Stopsley Striders	1:35:04	
502	1250	Joanne Ewings	F32	N Herts RR	1:30:00		585	532	Paul Luton	M56	Ware Joggers	1:35:06	
503	130	David Storer	M54	Milton Keynes AC	1:30:03		586	414	Kevin Weaver	M36	Ware Joggers	1:35:08	
504	145	Michael Hopla	M41		1:30:06	H	587	1343	Helen Leigh	F40		1:35:10	
505	317	Andrew Bloom	M36		1:30:08		588	1184	Caroline Howe	F40		1:35:10	
506	316	Nicholas Spayne	M45		1:30:08		589	321	Paul Chudley	M51		1:35:12	
507	429	Steven Kirby	M26		1:30:11	H	590	1268	Claire Nichols	F32	Ware Joggers	1:35:15	C
508	104	Bob Sims	M58		1:30:21		591	1337	Estelle Lloyd	F30		1:35:18	H
509	598	Andy Atherton	M40		1:30:23		592	1423	Anne Bentz	F36	Bearbrook Joggers	1:35:23	
510	345	Paul Donovan	M56		1:30:25		593	185	Tom Harvey	M30		1:35:29	
511	518	Stuart Bulling	M38		1:30:27		594	117	Andy Ward	M56	Stopsley Striders	1:35:32	
512	323	Graham Eyles	M46		1:30:34	H	595	1344	Karen Roberts	F40		1:35:39	
513	8	Derek Smith	M53		1:30:38		596	1116	Catherine Boulter	F39		1:35:40	H
514	639	Adam Maloney	M34		1:30:40		597	1345	Anna Luder	F38		1:35:43	
515	385	Glyn Parry	M70		1:30:43		598	1277	Sylvia Alfred	F38	Stopsley Striders	1:35:47	
516	442	Alan Matthews	M59	Watford Harriers	1:30:44	C	599	289	Mike Garner	M41	Dacorum & Tring AC	1:35:51	H
517	60	Peter Torre	M62	Shaftesbury Barnet	1:30:47		600	315	Peter Dawson	M62	St Albans Strdrs	1:35:54	
518	1284	Valerie Bruce	F57	Bearbrook Joggers	1:30:52		601	1207	Wendy Randall	F43		1:35:58	
519	205	Graham Howe	M42		1:30:53		602	1346	Louise Osborne	F32		1:36:03	
520	100	Andrew Watt	M33		1:30:54	H	603	1252	Christine Hardman	F52	Dulwich Park Run	1:36:07	
521	335	Mark Wonnacott	M30		1:30:59	H	604	1173	Sam Lane	F37		1:36:11	H
522	68	Symond Jacob	M31		1:31:06		605	1179	Sarah Marshall	F25		1:36:12	
523	524	Peter D'Souza	M43	De Havilland Harr	1:31:10		606	530	Graham Dallison	M44		1:36:14	
524	1281	Helen Lovett	F28	West 4 Harriers	1:31:16		607	402	Matt Buckley	M17		1:36:17	
525	1123	Lis Seaton	F31		1:31:21		608	215	Simon Stothard	M21		1:36:19	
526	1122	Sandra Mogan	F37		1:31:29	H	609	1119	Miranda Morgan	F48	Stopsley Striders	1:36:20	
527	30	Brian Hunt	M49		1:31:33	H	610	346	Keith Gower	M46		1:36:26	H
528	584	Larry Corkey	M66	Bedford Harriers	1:31:39		611	1152	Michele Catton	F35		1:36:32	H
529	401	Chris Buckley	M19		1:31:40		612	1188	Helen Marks	F56	Ware Joggers	1:36:34	C
530	1240	Angela Bell	F33		1:31:41		613	65	Steve Burton	M55	Met Police AA	1:36:38	
531	423	Russell Homfray	M44	St Albans Strdrs	1:31:46		614	395	Paul Yates	M33		1:36:47	
532	1192	Jo Ledsham	F35		1:31:47		615	396	Darren Remmers	M31		1:36:48	
533	1148	Lynnda Wilding	F38		1:31:51	H	616	1229	Hannah Browne	F18	Dacorum & Tring AC	1:36:50	
534	199	Stuart Wildman	M24		1:31:57		617	487	Stuart Kay	M42		1:36:53	H
535	353	Mark Kerrison	M35		1:32:01		618	489	Geoff Dennis	M61	Tring RC	1:37:27	
536	585	Neil McArthur	M44		1:32:03		619	1288	Beth Dennis	F55	Tring RC	1:37:27	
537	622	Clive Mullett	M40		1:32:23	H	620	626	Tony Bull	M39		1:37:29	
538	70	Brian Taber	M64	Stopsley Striders	1:32:27		621	1258	Heather Hassell	F44	B'heath & Bromley	1:37:30	
539	290	Andrew Stancliffe	M26		1:32:28		622	1291	Gaynor Bunn	F39		1:37:31	
540	1120	Paula Wise	F40	Garden City Runner	1:32:30	C	623	1283	Rebecca Mole	F40		1:37:31	
541	600	Michael Alcock	M35		1:32:31		624	227	Milford Callow	M68	Milton Keynes AC	1:37:34	
542	329	Roy Stringer	M67	Ware Joggers	1:32:32	C	625	511	James Smallbone	M27		1:37:37	
543	455	Kevin Moon	M48		1:32:38	H	626	1182	Lesley Rose	F40	Ware Joggers	1:37:38	C
544	393	Nick Mellors	M45		1:32:42		627	484	Nicholas Mantle	M45		1:37:46	H
545	1108	Breda Haughton	F66	Stopsley Striders	1:32:48		628	1190	Lindsey Brook	F40		1:37:53	
546	577	Colin Lea	M38	Knavesmire Harr	1:32:52		629	1189	Jacqui Wallace	F35		1:37:54	
547	190	Ian Sage	M54	Dunstable RR	1:32:56		630	180	Andrew Parsons	M40		1:38:05	
548	565	Bill Fanning	M35	Stopsley Striders	1:33:05		631	616	Stephen Larcombe	M50		1:38:06	
549	189	John Williams	M48	Trent Park RC	1:33:06		632	331	Robert Lynch	M60	Watford Joggers	1:38:07	
550	1318	Lesley Fitzgerald	F46	Gade Valley Harr	1:33:07	H	633	1255	Tamme Hill	F27		1:38:36	
551	367	Thomas Roche	M39		1:33:08		634	14	Graham Withers	M46		1:38:45	H
552	251	Stephen Powell	M45		1:33:08		635	1290	Frances Mills	F41	Tring RC	1:38:47	
553	1137	Carolann Grant	F31	Bearbrook Joggers	1:33:11		636	172	David Connett	M41		1:38:48	H
554	1102	Deb Bridges	F46		1:33:15	H	637	1302	Barbara Bloomfield	F51		1:38:51	
555	545	Cliff Moore	M59		1:33:22		638	1117	Anne Callinan	F41		1:39:21	H
556	261	Andrew Turrall	M31		1:33:24		639	1315	Nancy Black	F34		1:39:28	
557	394	James Tollervey	M53		1:33:31		640	1278	P Ghiradello	F48	Bearbrook Joggers	1:39:32	
558	297	Paul Heskzn	M33		1:33:32		641	1312	Katherine O'Brien	F32	Trent Park RC	1:39:33	
559	1321	Shelley Dell	F28		1:33:33	H	642	21	John Motson	M58		1:39:35	
560	1171	Liz Byer	F50	Bedford Harriers	1:33:39		643	1228	Joanne Johnson	F41		1:39:38	
561	93	David Young	M50	Stopsley Striders	1:33:42		644	136	David Wells	M56		1:39:40	

H ~ Hemel Hempstead Resident

C ~ County Championships

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Hemel Resident (F)

1 1282 Lisa Newing F0 Gade Valley Harr 1:14:48 H

### Team Results Summary

#### Senior Men

1 Garden City Runner Total :- 61  
: 332 - A Crosby 10: 350 - B Judge 14: 472 - M Smith 37:  
2 Watford Harriers Total :- 92  
: 446 - M Adcock 4: 440 - N Harris 11: 435 - S Tooke 77:  
3 St Albans Strdrs Total :- 101  
: 268 - G West 28: 209 - R Harry 33: 175 - A James 40:  
4 Bedford Harriers Total :- 179  
: 547 - M Whiteman 24: 62 - M Billington 50: 291 - R Miller 105:  
5 Dunstable RR Total :- 482  
: 45 - M Allen 85: 41 - K Glendinning 98: 171 - D Percy 299:  
6 Stopsley Striders Total :- 665  
: 389 - B Davies 127: 46 - M Mitchell 262: 567 - P Breslin 276:  
7 Ware Joggers Total :- 752  
: 376 - J Hill 35: 408 - M Saggars 131: 414 - K Weaver 586:  
8 Watford Joggers Total :- 948  
: 154 - T Williams 274: 460 - K Berry 277: 288 - L Hinshelwood 397:

#### Senior Ladies

1 Stopsley Striders Total :- 1030  
: 1264 - M Friend 45: 1286 - V Watts 301: 1142 - A Sugars 684:  
2 Ware Joggers Total :- 1497  
: 1151 - K Dear 428: 1269 - A Hodson 479: 1268 - C Nichols 590:

#### Vet Men

1 Garden City Runner Total :- 105  
: 571 - S Livingstone 20: 264 - M Faughan 31: 137 - A Salisbury 54:  
2 Milton Keynes AC Total :- 107  
: 303 - I Russell 22: 343 - A Stiles 39: 55 - J Hamilton 46:  
3 St Albans Strdrs Total :- 128  
: 318 - C Braybrook 12: 221 - R Kainth 43: 237 - T Clements 73:  
4 Stopsley Striders Total :- 134  
: 167 - C Lamont 19: 37 - J Chapman 55: 269 - B Barrett 60:  
5 Bedford Harriers Total :- 163  
: 207 - K Willett 16: 462 - M Barnard 52: 320 - N Lovesey 95:  
6 Watford Joggers Total :- 205  
: 451 - C Taylor 23: 452 - P Emery 58: 282 - B Wallace 124:  
7 Watford Harriers Total :- 214  
: 448 - T Cory 65: 447 - R Foskett 74: 437 - P Bolitho-Jones 75:  
8 Ware Joggers Total :- 265  
: 591 - G Morris 51: 198 - T Rose 104: 411 - R Partridge 110:  
9 Biggleswade AC Total :- 267  
: 486 - R Steven 53: 387 - N Gregory 93: 360 - C Skerratt 121:  
10 Fairlands Valley Total :- 283  
: 308 - G Lock 29: 464 - J Brown 78: 194 - M Connell 176:  
11 N Herts RR Total :- 314  
: 322 - P Sibbett 9: 191 - R Harbon 119: 182 - D Ross 186:  
12 Leighton Buzzard AC Total :- 323  
: 505 - J Hurley 59: 202 - P Dimmock 97: 597 - R Inchley 167:  
13 Tring RC Total :- 352  
: 247 - T Ruberry 61: 563 - P Wilton 135: 535 - J Manning 156:  
14 Barnet & Dist Total :- 353  
: 271 - N Bingham 87: 497 - J Neville 126: 344 - J Mould 140:  
15 Dacorum & Tring AC Total :- 360  
: 374 - D Meaney 63: 265 - M North 148: 95 - K Perry 149:  
16 Chiltern Harriers Total :- 434  
: 274 - J Hildreth 83: 399 - M Turney 86: 304 - D Ramsay 265:  
17 Bedford & County Total :- 436  
: 580 - P Wilkerson 30: 558 - B Webb 157: 579 - M Hartwell 249:  
18 Trent Park RC Total :- 598  
: 188 - A Pugh 194: 86 - R Mansell 200: 176 - I Medcalf 204:  
19 Herts Phoenix AC Total :- 704  
: 540 - A Holt 5: 384 - G Wright 209: 204 - R Witing 490:  
20 Shaffesbury Barnet Total :- 742  
: 92 - P Cunningham 70: 273 - R Devitt 155: 60 - P Torre 517:  
21 Metros Total :- 788  
: 533 - N Rackham 18: 299 - K Ranpura 381: 33 - A Leary 389:  
22 Gade Valley Harr Total :- 941  
: 139 - P Trustram 235: 457 - M Storrie 288: 111 - A Reed 418:  
23 Dunstable RR Total :- 1048  
: 223 - S Paull 69: 141 - P Jennings 432: 190 - I Sage 547:  
24 RRC Total :- 1189  
: 34 - W Warren 329: 47 - P Brooks 379: 412 - C Russell 481:

25 BP Runners Total :- 1375  
: 608 - A Piper 222: 159 - K Havlin 436: 517 - I Wilson 717:

#### Vet Ladies

1 St Albans Strdrs Total :- 410  
: 1295 - S Pritchard 68: 1231 - A Seymour 161: 1275 - C Mooney 181:  
2 Stopsley Striders Total :- 687  
: 1251 - J Goldsmith 139: 1197 - K Ashby 210: 1162 - M Morton 338:  
3 Vale of Aylesbury Total :- 855  
: 1297 - S Barnes 220: 1241 - E Steer 291: 1221 - H Fallaize 344:  
4 Ware Joggers Total :- 856  
: 1289 - S Cainelli 224: 1132 - D Taylor 295: 1266 - S Duffy 337:  
5 Bedford Harriers Total :- 884  
: 1309 - V Singleton 151: 1319 - A Monmont 173: 1171 - L Byer 560:  
6 Garden City Runner Total :- 906  
: 1238 - C Hale 141: 1176 - C Pardoe 225: 1120 - P Wise 540:  
7 Bearbrook Joggers Total :- 917  
: 1285 - L Gazzani 215: 1263 - H Alston 273: 1270 - A Cadogan 429:  
8 Gade Valley Harr Total :- 1513  
: 1217 - J Gundry 223: 1318 - L Fitzgerald 550: 1244 - M Manfield 740:  
9 Tring RC Total :- 1937  
: 1288 - B Dennis 619: 1290 - F Mills 635: 1226 - S Mullen 683: