

24th Berkhamsted 1/2M

5th March 2006

Results

1	191	Andrew Reeves	M35	Serpentine RC	1:14:36	80	595	Mick Norty	M46		1:30:13
2	392	Kevin Darcy	M27	Serpentine RC	1:15:37	81	776	John McBurney	M32		1:30:14
3	885	Trevor Hunter	M36	Handy Cross Run	1:15:49	82	727	Martin Mitchell	M0	Stopsley Striders	1:30:16
4	1040	Warren Lynch	M37	Belgrave Harriers	1:16:16	83	747	Graham Busch	M51	Stopsley Striders	1:30:19
5	725	Gabriel Saiz	M26		1:16:58	84	117	Andrew Tinker	M42		1:30:22
6	684	Paul Greaves	M41	Herts Phoenix AC	1:17:37	85	787	Alexander Capleton	M31		1:30:31
7	656	Paul Adams	M25	St Albans Striders	1:17:58	86	782	Tony Ruberry	M49	Tring RC	1:30:35
8	1035	Bruce Barton	M41	Belgrave Harriers	1:18:49	87	969	James Ford	M26		1:30:38
9	33	John Bignall	M37	Harrow AC	1:19:01	88	439	Kenny Blythe	M54	Ware Joggers	1:30:39
10	389	Miguel Branco	M25	Serpentine RC	1:19:04	89	936	Robin Freeman	M55	Vale of Aylesbury	1:30:45
11	376	Kevin Cole	M45	Bearbrook Joggers	1:19:37	90	320	Steve Field	M55	Chiltern Harriers	1:30:48
12	293	Matthew Willis	M30	BBC RC	1:19:43	91	674	Kate Wilson	F34	S'bury Barnet Harr	1:30:51
13	524	Tony Sheldon	M48	Chiltern Harriers	1:20:21	92	917	Chas Rayner	M55	West 4 Harriers	1:30:51
14	771	Lars Orth	M23	Thame Runners	1:20:23	93	929	Barry Chisholm	M47	S'bury Barnet Harr	1:31:10
15	1004	Jonathan Bradley	M42		1:20:28	94	828	Damon Reeve	M33	Serpentine RC	1:31:15
16	77	Michael Burgess	M44	Tring RC	1:20:30	95	325	Stephen Worrall	M32	Burnham Joggers	1:31:20
17	786	Ian Ford	M48	Overton Harriers	1:20:39	96	526	Paul Hardy	M37	Shires Triers	1:31:24
18	899	Grant West	M37	St Albans Striders	1:20:50	97	269	Colin Bunner	M38		1:31:32
19	243	Robin Tuddenham	M37	Serpentine RC	1:21:31	98	449	Russell Scott	M36		1:31:35
20	1025	Matt Long	M31		1:22:08	99	764	Dan Mapp	M28		1:31:41
21	83	Andrew Maynard	M45	Serpentine RC	1:22:12	100	119	Dave Bird	M34	Runnymede Runners	1:31:44
22	912	Andrew Henderson	M41	Serpentine RC	1:22:28	101	159	Richard Shackleton	M31		1:31:46
23	276	Paul Fromme	M34	Serpentine RC	1:22:34	102	729	James Gauthier	M54		1:31:51
24	679	Gary Rushmer	M45	British Airways AC	1:22:38	103	941	Matt Connelley	M33		1:32:00
25	296	Guy Woollett	M36	Gade Valley Harr	1:22:48	104	565	Neil Morgan	M38		1:32:08
26	190	Chris Littley	M41		1:22:58	105	608	Debbie Wenman	F38	Chiltern Harriers	1:32:10
27	1076	Phil Cunningham	M43	S'bury Barnet Harr	1:23:04	106	519	Martin Hanscombe	M29		1:32:13
28	746	Thomas Inchley	M25	Leighton Buzzard	1:23:18	107	1061	Marchello Burbante	M27		1:32:34
29	857	Allan Simmonds	M47	Bearbrook Joggers	1:23:43	108	53	David Ponting	M52		1:32:35
30	666	Michael Gallagher	M29		1:23:47	109	172	Richard Hughes	M32		1:32:42
31	900	Rachel Kenchington	F31	Overton Harriers	1:24:07	110	781	Robert Caine	M22		1:32:50
32	207	Graham Collett	M31		1:24:21	111	374	Joe Allan	M21	SUAS	1:33:01
33	807	John Morton	M40	Chiltern Harriers	1:24:36	112	614	Chris Mayo	M28	Stragglers RC	1:33:04
34	444	Justin Hill	M40	Ware Joggers	1:24:50	113	1041	Gerry Frewin	M32	Shires Triers	1:33:06
35	870	Danny Digweed	M22	St Albans Striders	1:24:57	114	759	Simon Holroyd	M35		1:33:13
36	1080	Richard Harry	M30	St Albans Striders	1:25:10	115	586	Paul Lofty	M42	Chiltern Sparrows	1:33:16
37	432	Vince Ellerby	M41	Gade Valley Harr	1:25:14	116	350	Duncan McLaren	M38	Team MK	1:33:26
38	371	Gavin Edmonds	M34	Serpentine RC	1:25:22	117	653	Anthony Davis	M34		1:33:27
39	992	Eugene Mitchell	M31		1:25:33	118	457	Jim Buttleman	M42		1:33:32
40	718	Gerard McCann	M45	Cambridge Harriers	1:25:39	119	768	Will Connolly	M52		1:33:37
41	587	Paul Michael	M30		1:26:15	120	468	Martin Saggars	M38	Ware Joggers	1:33:40
42	513	Neil Thubron	M40	Chiltern Harriers	1:26:19	121	1002	Ben Painter	M31		1:33:47
43	76	Daniel Watkins	M37		1:26:34	122	801	Keith Bowen	M30		1:34:02
44	419	Chris McIver	M34	ES & M AC	1:26:41	123	638	Ben White	M25		1:34:12
45	205	Jason Mentern	M34	Ware Joggers	1:26:54	124	601	Walter McCarthy	M45	Royal Mail	1:34:17
46	56	James Edgar	M23	Serpentine RC	1:26:56	125	622	Vikki Filsell	F38	Thames H & H	1:34:24
47	256	Andre Segger	M36	Serpentine RC	1:27:01	126	874	Stephen Stuart	M36		1:34:29
48	836	Andy Lee	M39		1:27:06	127	156	Penny Thorn	F31	Serpentine RC	1:34:34
49	810	Edward Banks	M18		1:27:29	128	35	Anna Einarsdottir	F34	London Frontrunnes	1:34:36
50	281	Mark Elson	M43	Watford Harriers	1:27:35	129	544	Jeff Archer	M34		1:34:45
51	814	Thomas Henderson	M20	SUAS	1:27:37	130	332	Jurgen Groet	M38		1:34:58
52	357	Patrick Clarke	M43	Bearbrook Joggers	1:27:42	131	596	Sarah Merritt	F21	SUAS	1:34:59
53	268	Lucy Hadler	F29		1:27:52	132	982	Jon Court	M52	Tring RC	1:35:01
54	498	Michael Turney	M42	Chiltern Harriers	1:27:54	133	1017	Drek Robertson	M44	Watford Harriers	1:35:02
55	1078	Will Fanstone	M21	Tring RC	1:27:56	134	711	Helen Johal	F38		1:35:09
56	140	Robert Howells	M29	Serpentine RC	1:27:58	135	224	John Manning	M52	Tring RC	1:35:12
57	827	Francis Markey	M36	Serpentine RC	1:28:00	136	280	Edward Hopperton	M36	Serpentine RC	1:35:29
58	227	Karen Hancock	F50	Serpentine RC	1:28:03	137	520	Edward Feil	M36	City of Bath AC	1:35:34
59	1038	Brendon Gilbert	M29	Leighton Fun Run	1:28:04	138	147	Chris Saunders	M33	Serpentine RC	1:35:37
60	830	Stephen Kirchin	M42	St Albans Striders	1:28:06	139	864	Gordon McKellar	M43	Sheen Shufflers	1:35:39
61	188	James McKenna	M28	Serpentine RC	1:28:08	140	267	Ryan Spencer	M31	Watford Joggers	1:35:45
62	1028	Nigel Derby	M47	Chiltern Harriers	1:28:12	141	250	Michael Ibberson	M32		1:35:49
63	123	Simon Barnett	M27	Tring RC	1:28:19	142	846	Deyan Lukic	M25	Bearbrook Joggers	1:35:52
64	131	Lars P Olsen	M45	Serpentine RC	1:28:33	143	896	Simon Webb	M37	Lucky for Some	1:35:54
65	201	Steve Sharpe	M36		1:28:44	144	160	Oliver Williams	M21		1:35:59
66	1074	Tom McConnell	M43	Milton Keynes AC	1:28:46	145	916	Marion Rayner	F56	West 4 Harriers	1:36:01
67	975	Russell Devitt	M57	S'bury Barnet Harr	1:28:57	146	259	Michelle Oldham	F33		1:36:03
68	479	Paul Rutter	M30		1:29:00	147	431	Doug King	M55	Chiltern Harriers	1:36:05
69	445	Pete Sharrocks	M40		1:29:03	148	758	Claire Adams	F39		1:36:08
70	852	Tom Mehew	M26	Highgate Harriers	1:29:11	149	793	Paul Ealham	M40		1:36:09
71	1044	Roger Hill	M49	Chiltern Harriers	1:29:13	150	378	John Tweddle	M31	Chiltern Harriers	1:36:15
72	460	Andy Honour	M40	Chiltern Sparrows	1:29:17	151	775	Helen Hoyle	F39	Barnet & Dist AC	1:36:16
73	617	Simon Costin	M45		1:29:42	152	820	Daniel Starsmore	M21		1:36:22
74	422	Steve Brett	M39	Serpentine RC	1:29:44	153	735	Nicholas Bingham	M60	Barnet & Dist AC	1:36:23
75	377	Sandra Reynolds	F35	Chiltern Harriers	1:29:52	154	217	Maurice Bond	M58	Shires Triers	1:36:27
76	1070	Daniel White	M26		1:29:53	155	521	Anna Cornelius	F32	Headington RR	1:36:33
77	946	Mike Sewell	M27		1:29:54	156	396	Christopher Brittain	M55	RRC	1:36:37
78	950	Paul Bosch	M27		1:29:57	157	904	Jo Mitchell	M35		1:36:38
79	753	Brendan Fahy	M41		1:29:59	158	43	Christopher Pond	M39	London Fire B'gade	1:36:47

159	215	Jon Scullard	M35	Tring RC	1:36:52	244	459	Mark Boggis	M43		1:40:53
160	680	Kevin Neylon	M34		1:36:53	245	46	Douglas Ramsay	M46	Chiltern Harriers	1:40:54
161	628	Graham Sutherland	M29		1:36:56	246	760	Richard Hennis	M34		1:40:58
162	956	Nigel Stephens	M44		1:37:02	247	1045	Alistair Banfield	M39		1:40:59
163	750	Scott Dixon	M33		1:37:06	248	253	Brian Farrow	M50		1:41:08
164	71	Paul Mahaffey	M27		1:37:11	249	990	Jason Rabinowitz	M39		1:41:09
165	698	Tom Hickman	M28		1:37:12	250	157	Paul Warren	M49		1:41:13
166	868	Angie Thorpe	F28		1:37:12	251	255	Terry Avey	M55	Phoenix AC	1:41:15
167	405	Clare Kerr	F42	Ware Joggers	1:37:12	252	854	Louise Barnett	F31	Chiltern Harriers	1:41:17
168	826	Nick Henson	M47		1:37:14	253	800	Abigail Fisher	F26		1:41:20
169	681	David Chapman	M35		1:37:18	254	13	Richard Chivers	M57	RRC	1:41:21
170	7	Richard Edwards	M35		1:37:20	255	951	Guy Jackson	M44	Watford Joggers	1:41:22
171	575	Kirsty Green	F29		1:37:20	256	774	Stephen Collinson	M33		1:41:26
172	413	Neil Blanshard	M42		1:37:26	257	342	Kenneth Blythe	M47	Dacorum & Tring AC	1:41:30
173	831	Bob Watson	M47	St Albans Striders	1:37:35	258	230	Daniel Lowans	M34		1:41:32
174	978	Cameron Sheather	M26		1:37:43	259	767	Carole Mooney	F40	St Albans Striders	1:41:34
175	1047	Ricky Anderson	M25		1:37:46	260	529	Patrick Sibley	M57		1:41:37
176	484	Nicole Sullivan	F33	Kent AC	1:37:49	261	138	Julia Whetlor	F30	Liss Runners	1:41:40
177	952	Wesley Briscoe	M22	Imperial Coll	1:37:50	262	564	Gavin Tedstone	M34		1:41:43
178	124	Kirsty Barnett	F31	Tring RC	1:37:52	263	352	Penelope Christopherou	F34	Watford Joggers	1:41:44
179	118	Greg Barnes	M36		1:37:53	264	143	Mike Lau	M35	Serpentine RC	1:41:45
180	645	Timothy Gascoigne	M35	Highgate Harriers	1:37:59	265	8	Howard Davis	M43	St Albans Striders	1:41:52
181	47	Charles Swan	M49	London Heathside	1:38:07	266	722	Simon Flynn	M31		1:41:53
182	198	Paul Leonard	M35	West Mid Police	1:38:11	267	542	Max Lawson-Smith	F42		1:41:53
183	474	Tim Duffield	M43	Chiltern Harriers	1:38:13	268	254	Graeme Chamberlin	M28		1:41:57
184	9	Neil Fisher	M36		1:38:14	269	121	Nigel Kippax	M47	Tring RC	1:41:57
185	724	Abdul Basit	M34	Sudbury Court RC	1:38:15	270	202	Tim Beeston	M42		1:42:00
186	903	Pippa Grey	F23		1:38:18	271	322	Christopher Spencer	M47	Serpentine RC	1:42:03
187	813	Alistair Bruce	M19	SUAS	1:38:24	272	228	Jez Stuart	M28		1:42:05
188	100	Tony Rose	M46	Ware Joggers	1:38:25	273	354	Lynn Nicholls	F41	Ware Joggers	1:42:10
189	683	John Titt	M50		1:38:26	274	762	David Ham	M33		1:42:16
190	518	Simon Oxenham	M36		1:38:28	275	843	Roger Murray	M61	St Albans Striders	1:42:17
191	458	Emma Boggis	F32		1:38:32	276	148	James Parker	M26		1:42:20
192	51	Annabel Francis	F33		1:38:35	277	25	Nigel Henry	M41		1:42:23
193	908	Mark Pillinger	M36		1:38:37	278	3	Tym Blackwell	M28		1:42:27
194	533	Tim Webster	M31		1:38:39	279	1079	Neil O'Maonagh-Lennon	M25		1:42:30
195	223	Kevin Morris	M40	St Albans Striders	1:38:40	280	1034	Rhys Fish	M25	Serpentine RC	1:42:31
196	248	Valerie Metcalf	F41	Serpentine RC	1:38:41	281	305	Warren Drury	M31		1:42:32
197	593	Elizabeth Whiting	F27	Serpentine RC	1:38:42	282	947	John Heather	M38		1:42:33
198	303	Robin O'Neill	M33		1:38:45	283	989	Andrew Howell	M33		1:42:34
199	847	Max St John	M27		1:38:47	284	302	David Page	M33		1:42:39
200	811	Ben Evers	M31	Tring RC	1:38:48	285	94	Francis McGregorMacDonald	M32		1:42:44
201	592	David Steedman	M40		1:38:50	286	892	Emma James	F29		1:42:44
202	563	Jonathon Parker	M26		1:38:51	287	732	David Gourlay	M36		1:42:51
203	1049	Chris Brink	M29		1:38:52	288	37	Paul Burrows	M32		1:42:52
204	971	James Clench	M31		1:38:53	289	1008	Paul Wallace	M29		1:42:56
205	942	Trevor Knott	M30		1:38:54	290	278	Michael Bavington	M42	RRC	1:42:57
206	1037	Barbara Orth	F45	Thame Runners	1:39:01	291	464	David Coeshall	M34	Serpentine RC	1:43:00
207	391	John Weaver	M34		1:39:03	292	664	Paul Howard	M42	RRC	1:43:02
208	339	Mark Bayley	M31		1:39:06	293	872	Gwyn Evans	M39		1:43:04
209	911	Paul Ratcliffe	M47	Met Police AA	1:39:07	294	954	Alexander Jensen	M25		1:43:05
210	686	Stephen Hathaway	M42		1:39:07	295	994	Simon Bright	M43	Gade Valley Harr	1:43:09
211	1001	Steve Bass	M41		1:39:09	296	146	Kate Edmonds	F40	Long Eaton RC	1:43:10
212	1026	Mark Franklin	M38		1:39:11	297	318	Edward McKinley	M53	Serpentine RC	1:43:14
213	567	Helen Cornwell	F30		1:39:22	298	477	Gary Mulhern	M31	Fairland Valley S	1:43:17
214	1039	Mark Sheppard	M20	SUAS	1:39:23	299	688	Rosalind Foster	F29	Serpentine RC	1:43:18
215	845	Raul Charbanda	M32	Serpentine RC	1:39:24	300	945	Mathew Chandler	M37		1:43:19
216	166	Robert Maslen	M55	Serpentine RC	1:39:24	301	356	Adam Treacher	M22	Reading RR	1:43:22
217	918	Nigel Taylor	M50		1:39:26	302	165	Trevor Plows	M37	British Airways AC	1:43:23
218	319	Andy Newing	M39	Gade Valley Harr	1:39:27	303	440	Stephen Vey	M45	Serpentine RC	1:43:25
219	581	Alex Ruck	M18	SUAS	1:39:28	304	739	Andrew Blair-Smith	M47	Serpentine RC	1:43:30
220	821	Chris Bicknell	M19	SUAS	1:39:32	305	490	Brad Mak	M27		1:43:30
221	1051	Thomas Reynolds	M63		1:39:34	306	141	Andrew Van Heiningen	M41	Serpentine RC	1:43:34
222	200	Chris Notton	M31	Serpentine RC	1:39:40	307	214	Nancy Labiner	F36	Serpentine RC	1:43:37
223	789	Helen Mulhall	F34	Bearbrook Joggers	1:39:45	308	418	Stephen Brown	M43		1:43:39
224	44	Ian Hodge	M44	Serpentine RC	1:39:45	309	1022	Lucy Ellery	F29		1:43:42
225	973	Paul Cowan	M43	Tring RC	1:39:46	310	777	David Ballard	M28		1:43:43
226	62	Chris Adams	M34	Ware Joggers	1:39:47	311	1005	Patrick Collins	M66	Bromley Vets	1:43:44
227	66	Phil Harding	M45		1:39:50	312	171	Oliver Church	M27		1:43:47
228	692	Patrick Cheffins	M24		1:40:02	313	462	Mark Studdart	M38		1:43:48
229	54	Keith Ennis	M42	Ilford AC	1:40:03	314	239	Kevan Skelton	M34		1:43:49
230	1011	Mike Johnson	M26		1:40:05	315	995	Philip Wilson	M48		1:43:50
231	751	Jonathan Parr	M34		1:40:08	316	24	Steven Pease	M34		1:43:55
232	309	Karen Wyer	F31		1:40:13	317	812	Owen Reed-Beadle	M22	SUAS	1:44:01
233	310	John Flannery	M36	Trent Park RC	1:40:13	318	770	Rachel Whittaker	F27	Serpentine RC	1:44:03
234	397	Yvonne Parker	F51	RRC	1:40:24	319	712	James Wright	M38		1:44:09
235	272	Derek Watson	M56	Serpentine RC	1:40:26	320	778	Barry Telling	M48	Stopsley Striders	1:44:15
236	605	Alastair Scoffham	M49	Metros	1:40:32	321	663	David Kelly	M44	Sphinx AC	1:44:21
237	79	Andy Butler	M43		1:40:33	322	349	Matthew Darby	M24	Royston Runners	1:44:27
238	67	Bob Harding	M43		1:40:34	323	110	Caroline White	F49	London Heathside	1:44:28
239	673	Clare Bonnick	F44	Watford Joggers	1:40:39	324	721	Peter Langley	M46	St Albans Striders	1:44:30
240	723	Kwok Lee	M34	Sudbury Court RC	1:40:42						
241	1062	John Byrne	M35	Holme Pierpont	1:40:44						
242	859	Jim Ashton	M42		1:40:46						
243	886	Bill Krarup	M44		1:40:50						

325	568	Richard Phillips	M41	1:44:34	409	1072	Jon Orsman	M38	1:48:31	
326	1012	Alex Brown	M26	1:44:38	410	1055	Jody Conibear	F29	Squealer AC	1:48:34
327	661	Rosaire Gray	F45	London Heathside	411	949	Michael Prior	M39		1:48:34
328	316	Vanessa Mitchell	F36	Kingston Straggler	412	898	Tamara Oyre	F38	London Heathside	1:48:34
329	313	Tony Nolan	M39		413	779	Grahame White	M58	Stopsley Striders	1:48:35
330	915	Sarah Hill	F25	Tring RC	414	368	Steve Gould	M52		1:48:36
331	1046	Tony Robinson	M42	Shires Triers	415	822	Anthony Buckley	M21	SUAS	1:48:42
332	1033	Nicola Turner	F27	Serpentine RC	416	590	Raoul Mansukhani	M34	Serpentine RC	1:48:53
333	181	Richard Jones	M38	Serpentine RC	417	1052	Joel Keoghan	M23		1:48:58
334	730	David Thompson	M46	Stopsley Striders	418	279	John Bartlett	M47	RRC	1:48:58
335	670	Anna Bassil	F26		419	170	Sarah Panting	F26		1:48:59
336	247	Andrew Fish	M34		420	192	Kevin Bolam	M46		1:49:01
337	1029	Judy Marchant	F49	Eton Manor	421	411	Brendan Cradden	M63	Bearbrook Joggers	1:49:02
338	961	Gideon Cook	M33		422	997	Stuart Goss	M29		1:49:04
339	634	Matt Howe	M33		423	126	Richard Smith	M53	Serpentine RC	1:49:06
340	287	Michael Atkinson	M32		424	998	Amy Trigg	F26		1:49:08
341	1075	Graeme Bunn	M33	Watford Joggers	425	783	Simon Bolton	M44		1:49:10
342	240	Rebecca Stewart	F38		426	412	Les Taylor	M42	Ware Joggers	1:49:13
343	883	Alison How	F30	Mornington Chasers	427	528	Laura Denness	F28	Serpentine RC	1:49:19
344	882	Simon Hull	M32	Rugby&Nhampton AC	428	514	Mike Forbes	M29		1:49:21
					429	1027	Gareth Morris	M41		1:49:22
345	675	Phil Woodage	M55	Bearbrook Joggers	430	901	Nick Day	M17	Egerton Rothesay	1:49:23
346	97	Kate Loach	F44	Chiltern Harriers	431	763	David Farthing	M40	FVS Tri	1:49:24
347	1058	Paul Hanson	M27		432	689	Charles Martin	M29		1:49:29
348	481	Peter Wilson	M42		433	261	Margaret French	F45	Ware Joggers	1:49:30
349	488	Roy Scott	M25	Southend AC	434	355	Fiona Piper	F32	Serpentine RC	1:49:32
350	792	Nicholas King	M45	Sudbury Court RC	435	805	Anne Butchart	F42		1:49:34
351	848	Mike Todd	M44		436	785	Fabian Mills	M59	Dacorum & Tring AC	1:49:44
352	693	David Burton	M39		437	551	Paul Carroll	M42		1:49:46
353	706	Christopher Burke	M47		438	211	Ben Ragless	M26		1:49:54
354	867	Christopher Smith	M27	St Albans Striders	439	142	Nicholas Summers	M27		1:49:54
355	842	Scott Rickard	M31		440	713	Peter McEleney	M34		1:49:55
356	633	Rijk Van Reenen	M32		441	866	Jason Kenney	M35	Shenley Striders	1:50:04
357	841	Leizel Rickard	F28		442	535	Terry Nichols	M63	Ware Joggers	1:50:07
358	573	Anita Dolan	F33	Serpentine RC	443	470	Phil Cunningham	M54	Ware Joggers	1:50:08
359	540	Chris Lowe	M21	SUAS	444	939	Mark Farley	M50		1:50:15
360	375	Dawn Robson	F46	Staggers	445	983	Jim Hartley	M27		1:50:26
361	672	Lisa Stringer	F38		446	835	Mark Highfield	M47		1:50:31
362	63	Steve Woolcock	M34		447	1010	Ben Selby	M31		1:50:38
363	252	David Wright	M37		448	897	Andrew Howells	M44		1:50:39
364	501	Michael Nicholls	M55	Ware Joggers	449	232	John Clarke	M32	Army	1:50:41
365	853	Ursula Downs	F49		450	16	Dave Jones	M46	Tring RC	1:50:44
366	832	David Anderson	M52	St Albans Striders	451	421	Martha Anderson	F22		1:50:46
367	185	Paul Williams	M37	Chiltern Harriers	452	436	Torm Waterworth	M41		1:50:49
368	577	James Adams	M26	Serpentine RC	453	99	Roger Blofeld	M56		1:50:49
369	420	Geoff Dodd	M38	St Albans Striders	454	40	Rosie Ingram	F27	Serpentine RC	1:50:50
370	400	Jack Willis	M19	SUAS	455	424	Elizabeth Booth	F32		1:50:54
371	682	Michael Young	M38		456	274	Hilary Walker	F52	Serpentine RC	1:50:55
372	295	Michaela Colwell	F39		457	744	Yuko Blair-Smith	F46	Serpentine RC	1:50:56
373	164	Kimberley Mangelshot	F35	Trent Park RC	458	1003	Daniel Podmore	M25		1:50:56
374	856	William Jones	M33	TRA	459	984	Mark Pace	M45		1:50:58
375	162	Jeff Turrell	M46		460	600	Nick Adlam	M20		1:50:59
376	659	David Bloomfield	M24		461	823	Lee Holborn	M19		1:51:00
377	22	Richard White	M51	Tring RC	462	599	Nick Mackay	M45		1:51:08
378	472	Stuart Blofeld	M27		463	658	Elizabeth Graves	F31		1:51:08
379	345	Simon Blake	M32		464	251	Beate Vogt	F47	Serpentine RC	1:51:11
380	344	Natalie Haddon	F31		465	553	Laura Nelson	F27		1:51:17
381	726	Grahame Tinsley	M30		466	552	Barry Flack	M36		1:51:18
382	301	Mike Burr	M43		467	610	Mispah Mvubu	M45		1:51:36
383	705	Andrew Birtwistle	M34		468	858	Michael Kenna	M52		1:51:38
384	829	Brian Nicholson	M58	Tring RC	469	737	Jon Buss	M35		1:51:41
385	323	Lynne Harrington	F36	Serpentine RC	470	745	Timothy Wilcox	M27		1:51:42
386	694	Paul Lewis	M29		471	1018	Laurent Varlet	M37		1:51:43
387	582	Luke Unsworth	M21	SUAS	472	489	David Walker	M60	Chiltern Harriers	1:51:44
388	289	Richard Coffey	M39	Ware Joggers	473	429	Laura Knight	F25		1:51:45
389	173	Elizabeth Hughes	F31		474	42	Peter Worsey	M45	Royston Runners	1:51:47
390	1009	Victoria Wright	F25		475	260	Jan Stock	F44	Ware Joggers	1:51:51
391	1053	Louise Baldwin	F28	Bearbrook Joggers	476	408	Jane Morris	F34	Harrow AC	1:51:52
392	273	Alec Fraser	M64	N Norfolk BR	477	68	John Harding	M49		1:51:53
393	225	Jane Harris	F39	Serpentine RC	478	410	John David	M37		1:51:56
394	699	Alexander Krieg	M32		479	415	Nicholas Beale	M51	Serpentine RC	1:51:56
395	52	Mustafa Salih	M41		480	372	Nick Wellsted	M34		1:51:57
396	36	Jeff Prestridge	M46	Serpentine RC	481	407	Anthony Roche	M29		1:52:01
397	283	David Manson	M42		482	740	Chris Convey	M29		1:52:06
398	665	Gillian Foy	F31	Tring RC	483	206	Emily Robinson	F32	Serpentine RC	1:52:16
399	871	Debbie Manners	F41	Lucky for Some	484	736	Jocelyn Evans	F29		1:52:19
400	584	Martin Lawrence	M47	Ampthill&Flitwick	485	78	Kim Reep	F41	Tring RC	1:52:19
401	297	Martin Garrett	M52	Sudbury Court RC	486	862	David Foster	M44		1:52:20
402	687	Daniel Wakely	M20		487	1014	Marcus Davis	M33	Bearbrook Joggers	1:52:20
403	402	Sarah Baird	F28	Goodenough College	488	471	David Heron	M53	Tring RC	1:52:21
404	980	Gail Maleham	F39		489	1024	Robin Turner	M21		1:52:24
405	648	Sandra Levet	F42	Chiltern Harriers	490	65	John Butcher	M74	Ware Joggers	1:52:29
406	649	Campbell Black	M43		491	14	Ron Arthur	M58		1:52:33
407	336	Lindsay Lewis	F24		492	642	Neil George	M45		1:52:33
408	277	Kimberley Kabatoff	F37	Serpentine RC	493	695	John Tsavalos	M30		1:52:37

494	204	Tomas Sterner	M45	1:52:37	578	187	Ian Croxford	M40	1:57:08
495	104	Andy Bugler	M37	1:52:38	579	964	Gary Rokenson	M45	Gade Valley Harr 1:57:10
496	122	Catherine Bradford	F30	Serpentine RC 1:52:39	580	554	Sofie Cole	F38	Dacorum & Tring AC 1:57:11
497	621	Graeme Laycock	M24	1:52:47	581	1069	Tonya Williams	F35	Tring RC 1:57:11
498	966	Anita Pile	F30	1:52:48	582	849	Melvyn Folkard	M48	Chiltern Harriers 1:57:16
499	968	Nigel Cheveralls	M47	1:52:53	583	837	Adam Mellis	M18	1:57:17
500	803	Paul Allton	M32	1:52:57	584	315	Tom Cunningham	M35	1:57:28
501	1073	Mike Lee	M38	1:52:58	585	985	Andrew Duffield	M52	1:57:33
502	346	Paul Bayley	M28	1:52:59	586	341	Anne Ramsden	F53	Ware Joggers 1:57:37
503	130	Melanie Holman	F31	British Airways AC 1:53:00	587	861	Martin Reeder	M44	1:57:41
504	394	Richard Whittle	M37	1:53:04	588	798	Mike Read	M67	1:57:43
505	988	Rachel Howell	F27	1:53:04	589	754	Brian Skinner	M50	Hayes & H'lington 1:57:48
506	1020	Peter McMan	M54	Happy Herts 1:53:15	590	409	Neill McGowan	M31	1:57:53
507	234	Robert Carter	M34	1:53:16	591	358	Roderick Hoffman	M45	British Airways AC 1:57:54
508	480	Jake Crowhurst	M29	1:53:18	592	925	Sue Brown	F41	TRA 1:57:55
509	780	Steven Kerr	M19	SUAS 1:53:19	593	594	Edda Aitchison	F59	Tring RC 1:58:01
510	482	Sharon Wood	F36	Metros 1:53:21	594	676	Lesley Gearing	F47	1:58:04
511	1056	Glenys Smith	F46	Enfield Runners 1:53:25	595	220	Suzanne Perkins	F41	1:58:10
512	102	Lauren Fraser	F22	1:53:31	596	991	Trevor Perkins	M44	1:58:15
513	583	Mandy Attree	F40	Staggers 1:53:32	597	454	James Orr	M42	1:58:28
514	905	Therasa Bliss	F44	D Lloyd Enfield 1:53:34	598	606	Ben Waterworth	M36	1:58:28
515	1032	Jason Bradley	M38	1:53:36	599	893	Gary Sear	M39	1:58:29
516	328	James Hamilton	M25	1:53:38	600	262	Paul Fox	M48	Ware Joggers 1:58:32
517	73	Andrea Broughton	F41	TVH 1:53:40	601	512	Yvette Jognson	F39	1:58:35
518	708	Victoria Crawley	F26	Gade Valley Harr 1:53:44	602	139	Gary Randle	M29	1:58:36
519	116	Deanna Williams	F29	1:53:47	603	195	T McNamara	M32	1:58:42
520	186	Paul Wilson	M34	1:53:53	604	329	Tom Hymns	M41	Serpentine RC 1:58:43
521	5	Alan Welchman	M59	1:53:55	605	932	Reg Gilbert	M58	Chiltern Harriers 1:58:44
522	502	Alan Segall	M41	1:54:00	606	652	Pippa Ramsden	F24	1:58:49
523	393	Paul Brooks	M42	Luton AC 1:54:08	607	450	Rob Cooke	M20	1:58:57
524	576	Paul Warminger	M43	1:54:10	608	1082	Philip Walker	M47	1:58:58
525	704	Paul Marlow	M42	1:54:13	609	1013	Darren Carter	M34	1:58:59
526	176	Tony Crawte	M39	Serpentine RC 1:54:14	610	179	Peter Nightingale	M51	1:59:00
527	879	John Gray	M75	Feltham Puffers 1:54:22	611	795	John Davies	M31	1:59:03
528		Recording Error		1:54:24	612	986	Julian Meres	M50	Lucky for Some 1:59:05
529	70	Neil Hunter	M34	1:54:28	613	288	Anna Finn	F29	1:59:10
530	366	Ian Burdis	M34	1:54:29	614	944	Jonathan Matfin	M24	1:59:16
531	1021	Kieron O'Connor	M32	1:54:34	615	955	Ian Jennings	M36	London Heathside 1:59:20
532	154	Andrew Rendell	M32	1:54:42	616	802	Austin McHale	M52	1:59:26
533	603	Chris Hanvey	M56	1:54:47	617	960	Joanna Ferrier	F25	1:59:26
534	96	Eileen Sindole	F51	St Albans Striders 1:54:48	618	876	David Hays	M66	St Albans Striders 1:59:29
535	433	Melissa Dods	F30	Serpentine RC 1:54:53	619	580	Marc Darvell	M32	1:59:35
536	167	Philip Lancaster	M45	1:54:54	620	1063	Rachel Turner	F43	1:59:39
537	266	Chris Morgan	M42	1:55:00	621	717	Simone Ostermeier	F40	Chiltern Harriers 1:59:40
538	499	Sarah-Jane Stephens	F41	Staggers 1:55:01	622	61	Lucy Reeve	F34	Running4Women 1:59:45
539	90	Saul Philpot	M39	1:55:08	623	222	Mary Davis	F41	1:59:47
540	752	Eleanor Blagbrough	F29	1:55:09	624	340	Kevin Nicholas	M36	1:59:47
541	650	Corinna Grierson	F40	1:55:12	625	809	Tina Jones	F59	Garden City Runner 1:59:47
542	434	Eirini Theodosiou	F22	Goodenough College 1:55:14	626	1060	Lucy Peacock	F28	1:59:58
543	233	Des Bradford	M38	Watford Joggers 1:55:16	627	742	Stephen Baker	M51	2:00:04
544	534	Tessa Willy	F41	1:55:18	628	944	Jonathan Matfin	M24	2:00:10
545	620	Barney Brown	M33	1:55:20	629	547	Wendy Guild	F43	2:00:14
546	850	Heidi Folkard	F39	Chiltern Harriers 1:55:20	630	641	Rahim Akhtar	M27	Sudbury Court RC 2:00:17
547	924	Jim Williams	M32	Thrift Green Trot 1:55:20	631	465	Laurence Ward	M32	23 Mile Club 2:00:24
548	616	David Cox	M39	1:55:45	632	416	Dileep Pisharody	M32	2:00:35
549	495	Mareike Menzel	F33	1:55:46	633	532	Terry Yearly	M50	2:00:36
550	548	Leanne Donnachie	F28	1:55:48	634	363	Tessa Lemon	F45	2:00:42
551	690	Nicky Claydon	F35	Watford Joggers 1:55:49	635	414	Mark Harper	M37	2:00:48
552	558	Amanda Morris	F38	1:55:57	636	314	Christopher Stagg	M60	Sudbury Court RC 2:00:50
553	572	Alan Brown	M44	1:55:58	637	326	Martin Adcock	M39	SWAS 2:00:50
554	1057	Kevin Markwell	M46	Enfield Runners 1:56:00	638	928	Anthony Speelman	M65	2:00:56
555	517	Chris Watkin	M33	1:56:03	639	337	Paul Chamberlain	M34	2:00:59
556	579	Nicola Mellings	F37	1:56:04	640	338	Zoe Chamberlain	F31	2:01:06
557	1036	Dieter Orth	M50	Thame Runners 1:56:04	641	701	Shirley Strang	F56	New Forest Runners 2:01:12
558	249	Alistair Gear	M42	Serpentine RC 1:56:14	642	907	Mark David	M41	2:01:13
559	151	Sarah Chilvers	F47	1:56:16	643	55	Jill Fower	F41	2:01:14
560	19	Peter Czerniewski	M56	1:56:21	644	50	Dov Waterman	M35	2:01:16
561	6	Simon Rawson	M38	1:56:28	645	630	Scott Nichol	M34	2:01:18
562	1071	Samantha Wilson	F23	1:56:31	646	136	Graham Emery	M31	2:01:38
563	390	Terence Thatcher	M49	1:56:32	647	877	Gary Wells	M49	2:01:42
564	825	Paul Darby	M40	1:56:33	648	887	Mark Chard	M42	2:01:45
565	669	Nin Dass	M35	1:56:34	649	756	Adrian Parr	M39	2:01:47
566	1048	Hein Muller	M25	1:56:34	650	395	Sally Whittle	F39	2:01:49
567	105	Mark Harris	M28	St Albans Striders 1:56:39	651	860	Darush Attar-Zadeh	M31	2:01:57
568	430	Harvey Bennett	M37	1:56:42	652	639	Annette Davis	F33	Tri Force 2:01:57
569	959	Oliver Broom	M25	1:56:45	653	662	Marie Shonk	F31	North Herts RR 2:01:57
570	1064	Elizabeth Goodwin-Jones	F27	1:56:52	654	772	Kathy Brady	F28	2:01:58
571	702	Maria Smith	F32	1:56:54	655	491	Sarah Appleby	F29	Serpentine RC 2:01:59
572	494	Neil Houston	M33	1:56:56	656	1006	James Moore	M50	Stragglers RC 2:02:04
573	493	Leah Everton	F26	1:56:57	657	365	Trevor Brown	M40	2:02:06
574	643	Charles MacDonald	M33	1:57:03	658	714	Dalma Garner	F30	2:02:10
575	467	Debbie Channer	F33	1:57:04	659	347	Mike Ness	M40	Watford Joggers 2:02:14
576	1081	Jeremy Turett	M46	1:57:05	660	923	David Heslop	M39	2:02:17
577	312	John Horgan	M51	Garden City Runner 1:57:06	661	1068	Terry Folden	M35	2:02:21
					662	531	Lesley Yearly	F47	Bearbrook Joggers 2:02:30

663	974	Robert Dagul	M37	2:02:38	748	668	Gwyneth Reed	F62	Desford Striders	2:10:51	
664	884	Alison Robinson	F45	2:02:49	749	840	Jonathan Reed	M32	The Reeds	2:10:51	
665	435	Andrew Smith	M20	SUAS	2:02:52	750	463	Suzy Shanley	F28	2:11:01	
666	530	William Simpson	M44	Serpentine RC	2:02:58	751	855	Helen Barnett	F29	2:11:02	
667	981	John Thompson	M47		2:03:03	752	921	Victoria Callaghan	F38	2:11:03	
668	101	Stephen Taylor	M42	British Airways AC	2:03:08	753	21	Angus Grady	M48	2:11:04	
669	819	Roisin Speight	F21	SUAS	2:03:12	754	655	Lizzie Scott	F27	Serpentine RC	2:11:15
670	815	Katherine Soady	F19		2:03:14	755	719	Ishtiaq Gillan	M31	Runners World	2:11:21
671	977	Sarah Clark	F25		2:03:14	756	838	Leeroy Durrant	M17		2:11:28
672	361	Jayne Morgan	F41	Watford Joggers	2:03:15	757	957	Elisabeth Brazier	F39		2:11:48
673	282	Michelle Rowland	F23		2:03:27	758	75	Claire O'Grady	F38		2:11:48
674	632	Rebecca Hickman	F28		2:03:27	759	1066	Maria McGrath	F51	Trent Park RC	2:11:48
675	631	George Hickman	M30		2:03:28	760	1059	Nigel Parke	M44	St Albans Striders	2:12:17
676	545	Nicola Powell	F34	Serpentine RC	2:03:29	761	522	Paul Hexter	M33		2:12:33
677	20	Pam Czerniewska	F53		2:03:38	762	115	Simon Best	M41		2:12:42
678	1042	Philip Smith	M27		2:03:40	763	761	Keith Miller	M27		2:12:45
679	1016	Luke Allen	M27		2:03:41	764	962	Mike Teasdale	M44		2:12:46
680	1015	Greig Warrington	M29		2:03:42	765	963	Emma Wilson	F27		2:12:46
681	452	Richard Whiting	M55	Herts Phoenix AC	2:03:45	766	987	Stephen McGrath	M50		2:13:14
682	635	Natalie Simmonds	F28		2:03:50	767	93	Ellie Bertram	F29		2:13:26
683	1031	Paul Hart	M52		2:03:53	768	229	Roger Lowans	M62		2:13:48
684	370	Steve Marsh	M38		2:03:56	769	270	Lasairfiona MacMahon Mills	F45		2:13:51
685	667	Nicola Mallie	F28	Serpentine RC	2:04:02	770	993	Jane Vellacott	F54		2:13:56
686	333	Olive Patchett	F56	Thame Runners	2:04:07	771	1007	Gerard Biggs	M46	Bingley Harriers	2:14:05
687	728	Mark Bailey	M42	Ware Joggers	2:04:20	772	334	Andrew Patchett	M57	Thame Runners	2:14:07
688	833	Amanda Allen	F32		2:04:27	773	129	Jill Atkins	F51	Trent Park RC	2:14:11
689	1019	Paul McDowell	M55		2:04:29	774	275	Jo Rogers	F33	Thames Runners	2:14:12
690	940	Gill Dickson	F41		2:04:36	775	496	Phillipa Byrne	F23		2:14:13
691	765	Linda Dymore-Brown	F45		2:04:37	776	710	Cate Brown	F33		2:14:19
692	766	Janice Llewellyn	F33		2:04:37	777	881	Geoff Dennis	M63	Tring RC	2:14:35
693	894	Victoria Sims	F39	Lucky for Some	2:04:47	778	311	Kay Eccles	F30		2:14:37
694	895	Ed Shedd	M39	Lucky for Some	2:04:47	779	570	Sarah Sturt	F34		2:14:57
695	327	Stephen Lawson	M49	Havering 90 Jogger	2:04:53	780	611	Laurel Lichty	F32	Goodenough College	2:15:02
696	909	David Cuffley	M41		2:04:57	781	360	Helen Bazuaye	F33		2:15:10
697	27	Valerie Green	F32	Watford Joggers	2:04:59	782	976	Nick Cheal	M53	Ware Joggers	2:15:28
698	891	Daniel James	M30		2:05:05	783	81	Susan Cook	F38		2:15:33
699	549	Johnny Campbell	M35		2:05:07	784	199	Claire Fordham	F37		2:15:35
700	791	Martin Unerman	M42		2:05:08	785	11	Austen Lees	M31		2:15:39
701	797	Stuart Sampson	M37		2:05:09	786	799	Marc Bolton	M33		2:15:48
702	933	Joanna Franks	F32		2:05:17	787	1067	Kevin Allen	M50	RRC	2:16:00
703	934	Richard Franks	M35		2:05:18	788	114	Claire Balmforth	F38		2:16:13
704	437	Sarah Mosley	F27		2:05:22	789	788	Patrick Mulhall	M36	Bearbrook Joggers	2:16:16
705	703	John Hearn	M47		2:05:25	790	1054	Phil Arnold	M32	Watford Joggers	2:16:16
706	380	Kevin Cain	M44		2:05:29	791	651	Beverly Holloway	F36		2:16:22
707	1043	Geoff Doyle	M61		2:05:32	792	15	Mary Bristow	F41	Met Police AA	2:16:56
708	508	Darinka Reilly	F48	Handy Cross Run	2:05:45	793	144	Rebecca Palser	F30	Serpentine RC	2:17:29
709	539	Kim Mocharrafie	F49		2:06:00	794	919	Corra Corrigan	F51		2:18:12
710	353	Lara Korz	F32		2:06:03	795	979	Richard Palfreeman	M42		2:18:12
711	566	Jo Scott	F39		2:06:04	796	438	Claire Pearce	F27		2:18:29
712	486	Frances Fieldhouse	F32		2:06:05	797	953	Mary Coyne	F28		2:18:58
713	485	David Fieldhouse	M35		2:06:05	798	507	Philip Martin	M31		2:19:27
714	851	Janine Larson	F37		2:06:16	799	865	Alison Hales	F33		2:19:32
715	382	Vicki Snow	F31		2:06:24	800	808	Riccardo Watts	M19		2:19:55
716	74	Peter Heath	M47		2:06:26	801	598	Neal Fiske	M39		2:19:56
717	913	Kate Elbro	F36		2:06:30	802	1050	Kazuya Soejima	M38		2:20:05
718	817	Oliver Payne	M20		2:06:33	803	149	Pani Voskou	M30	Serpentine RC	2:20:29
719	1023	Helen Dunham	F29	Leighton Fun Run	2:06:33	804	906	Joanne Coleman	F39	D Lloyd Enfield	2:20:31
720	647	Sheila King	F37		2:06:41	805	381	Deborah Weston	F43		2:20:35
721	321	Russell Barker	M34		2:06:46	806	406	Johanna Harding	F31		2:20:35
722	926	Anthony Hinton	M50	Colchester Harr	2:06:49	807	625	Christine Robinson	F55	Bishop's Stortford	2:20:36
723	965	Pal Koncsik	M35		2:06:57	808	636	Jill Davies	F46		2:20:59
724	863	Simon Kiln	M40		2:07:04	809	284	Jane Manson	F42		2:21:07
725	286	Tom Craig	M38		2:07:09	810	108	Avril Hawley	F34		2:21:15
726	64	Rob Fisher	M35		2:07:39	811	125	Margie Knight	F53		2:21:16
727	92	John Wakefield	M0		2:07:43	812	707	Sue Moore	F40	St Albans Striders	2:21:46
728	112	Rob King	M28		2:07:46	813	927	Catherine Hinton	F52	Colchester Harr	2:21:54
729	602	Rob Wakely	M48		2:07:49	814	996	Alan Riddoch	M36		2:22:17
730	1	Jason Brimson	M32		2:07:56	815	677	Sian Weavers	F34		2:22:21
731	226	Arnold Glickman	M58		2:08:03	816	324	Tania Shillam	F38	Serpentine RC	2:22:26
732	168	Liza Croxford	F37	Staines Strollers	2:08:12	817	1065	Lesiba Mogotlane	M31		2:22:28
733	769	Jack Rivers	M49	Riverside Runners	2:08:16	818	773	Renelle Bailey	F34	Gade Valley Harr	2:22:39
734	359	Eleanor Simons	F33		2:08:18	819	203	Linda McQuaid	F50		2:23:35
735	715	Imogen Haddon	F31		2:08:20	820	597	Glen Matthews	M45		2:23:41
736	660	Nick Webb	M44		2:08:22	821	175	Francis Watters	M51		2:23:49
737	834	Lyndsey Gordon	F24	Serpentine RC	2:08:29	822	922	Philip Clarke	M42		2:24:35
738	562	Sara Bxrooks	F25	Goodenough College	2:08:33	823	716	Fiona Smart	F32		2:25:08
739	541	Andrew Morrice	M63		2:08:49	824	943	Mike Matfin	M58		2:25:26
740	937	Gary Mitchell	M30		2:08:55	825	427	John Norris	M0	RRC	2:25:38
741	515	Mike Keane	M33		2:08:55	826	466	Keith Barker	M62		2:27:39
742	938	Richard Keane	M32		2:08:56	827	796	Mary Porter	F31		2:27:48
743	150	Neil Ross	M44		2:09:15	828	109	Kate Waring	F25		2:28:31
744	930	Gemma Bolam	F24		2:09:48	829	1083	Diana Sancho	F34	Goodenough College	2:28:40
745	1077	Colin McPhail	M44		2:10:14	830	17	Steve Chambers	M28		2:29:23
746	560	Steve Harris	M43		2:10:24	831	619	Vincent O'Neill	M49		2:30:11
747	546	Rachel Reed	F44	The Reeds	2:10:50						

832	967	Sally Gardner	F30	2:30:46
833	193	Caroline Bolam	F36	2:31:03
834	914	Michael Babajide	M34	2:31:06
835	556	Michelle Williamson	F29	2:32:18
836	244	Mark Olsen	M51	2:33:46
837	731	Liz Kissane	F40 Watford Harriers	2:33:55
838	478	Peter Martin	M49	2:33:58
839	527	Andrew Appleton	M39	2:35:08
840	935	James Lawler	M41	2:38:16
841	1030	Allan Barley	M58 Essex Police	2:38:24
842	442	Maurice Copeland	M77 N Norfolk BR	2:39:03
843	448	Mary Lawler	F42	2:41:15
844	294	Kirsty Simon	F21 SUAS	2:42:27
845	10	Julie Vallier-Green	F39 RRC	3:01:35
846	604	Ruth Hawkins	F22	3:01:41
847	557	Kate O'Callaghan	F29	3:06:07

Team Results

1	Serpentine RC	Total :-	32
	:A191 - A Reeves 1:A392 - K Darcy 2:		
	:A389 - M Branco 10:A243 - R Tuddenham 19:		
2	St Albans Striders	Total :-	96
	:A656 - P Adams 7:A899 - G West 18:		
	:A870 - D Digweed 35:A1080 - R Harry 36:		
3	Chiltern Harriers	Total :-	142
	:A524 - T Sheldon 13:A807 - J Morton 33:		
	:A513 - N Thubron 42:A498 - M Turney 54:		
4	Tring RC	Total :-	220
	:A77 - M Burgess 16:A1078 - W Fanstone 55:		
	:A123 - S Barnett 63:A782 - T Ruberry 86:		
5	Bearbrook Joggers	Total :-	234
	:A376 - K Cole 11:A857 - A Simmonds 29:		
	:A357 - P Clarke 52:A846 - D Lukic 142:		
6	S'bury Barnet Harr	Total :-	278
	:A1076 - P Cunningham 27:A975 - R Devitt 67:		
	:A674 - K Wilson 91:A929 - B Chisholm 93:		
7	Ware Joggers	Total :-	287
	:A444 - J Hill 34:A205 - J Mentern 45:		
	:A439 - K Blythe 88:A468 - M Saggars 120:		
8	SUAS	Total :-	480
	:A814 - T Henderson 51:A374 - J Allan 111:		
	:A596 - S Merritt 131:A813 - A Bruce 187:		
9	Gade Valley Harr	Total :-	575
	:A296 - G Woollett 25:A432 - V Ellerby 37:		
	:A319 - A Newing 218:A994 - S Bright 295:		
10	Shires Triers	Total :-	694
	:A526 - P Hardy 96:A1041 - G Frewin 113:		
	:A217 - M Bond 154:A1046 - T Robinson 331:		
11	Stopsley Striders	Total :-	819
	:A727 - M Mitchell 82:A747 - G Busch 83:		
	:A778 - B Telling 320:A730 - D Thompson 334:		
12	Watford Joggers	Total :-	897
	:A267 - R Spencer 140:A673 - C Bonnick 239:		
	:A951 - G Jackson 255:A352 - P Christophorou 263:		
13	RRC	Total :-	934
	:A396 - C Brittain 156:A397 - Y Parker 234:		
	:A13 - R Chivers 254:A278 - M Bavington 290:		
14	Sudbury Court RC	Total :-	1176
	:A724 - A Basit 185:A723 - K Lee 240:		
	:A792 - N King 350:A297 - M Garrett 401:		
15	London Heathside	Total :-	1243
	:A47 - C Swan 181:A110 - C White 323:		
	:A661 - R Gray 327:A898 - T Oyre 412:		
16	British Airways AC	Total :-	1420
	:A679 - G Rushmer 24:A165 - T Plows 302:		
	:A130 - M Holman 503:A358 - R Hoffman 591:		
17	Thame Runners	Total :-	1463
	:A771 - L Orth 14:A1037 - B Orth 206:		
	:A1036 - D Orth 557:A333 - O Patchett 686:		
18	Lucky for Some	Total :-	1847
	:A896 - S Webb 143:A871 - D Manners 399:		
	:A986 - J Meres 612:A894 - V Sims 693:		
19	Trent Park RC	Total :-	2138
	:A310 - J Flannery 233:A164 - K Mangelshot 373:		
	:A1066 - M McGrath 759:A129 - J Atkins 773:		
20	Goodenough College	Total :-	2463
	:A402 - S Baird 403:A434 - E Theodosiou 542:		
	:A562 - S Brooks 738:A611 - L Lichy 780:		