

# The 23rd HERBERT'S HOLE CHALLENGE

Sunday 15th November 2015

Organised by Chiltern Harriers

Sponsored by

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## RESULTS SUMMARY

### Individual Prize Winners

|                   |           |                  |                         |       |
|-------------------|-----------|------------------|-------------------------|-------|
| Senior Men        | 1st       | Simon Beedell    | Woodford Green AC       | 38:28 |
|                   | 2nd       | Thomas Beedell   | Woodford Green AC       | 38:30 |
|                   | 3rd (V40) | James Silvey     |                         | 39:07 |
| Veteran Men M40   | 1st Prize | Andrew Reeves    | Serpentine Running Club | 40:17 |
| Veteran Men M50   | 1st       | Paul Allen       | Tring Running Club      | 43:20 |
| Junior Men        | 1st       | Ben Mitchell     |                         | 51:38 |
| Veteran Men M60   | 1st       | Stuart McGowan   | Bike & Run              | 52:05 |
| Senior Women      | 1st       | Gemma Bitaraf    | Gade Valley Harriers    | 46:04 |
|                   | 2nd (V35) | Angela Trusser   | Watford Harriers        | 47:19 |
|                   | 3rd (V35) | Mairead O'Rourke | Mornington Chasers      | 47:46 |
| Veteran Women F35 | 1st Prize | Ali Young        | Chiltern Harriers AC    | 48:12 |
| Veteran Women F55 | 1st       | Lynda Hembury    | Tring Running Club      | 49:59 |
| Veteran Women F45 | 1st       | Claire McDonnell | Gade Valley Harriers    | 50:30 |

### Team Prizes

|       |                      |                                 |  |
|-------|----------------------|---------------------------------|--|
| Men   | Gade Valley Harriers | 5th<br>6th<br>8th<br>15th       | Richard Coles<br>Michael Ferris<br>Matthew Watt<br>Guy Woollett            |
| Women | Gade Valley Harriers | 1st<br>7th<br>9th<br>11th       | Gemma Bitaraf<br>Laura Sharma<br>Claire McDonnell<br>Kathleen Courtier     |
| Fun   | Ezy Runners          | 63rd<br>107th<br>216th<br>249th | Marcin Zmuda-Trzebiatowski<br>Chris Roff<br>Danveer Pindoria<br>Matt Laver |

### Other notable performances

First woman over 65      Pauline Dable      Kenilworth Runners      69:15  
First man over 70      John Smith           54:11

### Full Team Results

|     | MEN                  | Pts. | WOMEN                  | Pts. | FUN           | Pts |
|-----|----------------------|------|------------------------|------|---------------|-----|
| 1st | Gade Valley Harriers | 34   | Gade Valley Harriers   | 28   | Ezy Runners   | 635 |
| 2nd | Chiltern Harriers    | 52   | Chiltern Harriers      | 71   | The Away Team | 718 |
| 3rd | Bearbrook RC         | 208  | Tring RC               | 150  |               |     |
| 4th | Tring RC             | 219  | Marshall Milton Keynes | 171  |               |     |

**HERBERT'S HOLE CHALLENGE**  
**15TH NOVEMBER 2015**  
**MEN'S RACE**

| <b>POS</b> | <b>COMPETITOR</b>          | <b>CLUB / TEAM</b>           | <b>CATEGORY</b> | <b>TIME</b> | <b>RACE PLACE</b> |
|------------|----------------------------|------------------------------|-----------------|-------------|-------------------|
| 1          | BEEDELL, Simon             | Woodford Green AC            | Senior          | 38:28       | 1                 |
| 2          | BEEDELL, Thomas            | Woodford Green AC            | Senior          | 38:30       | 2                 |
| 3          | SILVEY, James              |                              | Veteran 40      | 39:07       | 3                 |
| 4          | REEVES, Andrew             | Serpentine RC                | Veteran 40      | 40:17       | 4                 |
| 5          | COLES, Richard             | Gade Valley Harriers         | Veteran 40      | 40:42       | 5                 |
| 6          | FERRIS, Michael            | Gade Valley Harriers         | Senior          | 41:50       | 6                 |
| 7          | MELVILLE-SMITH, Alistair   | Chiltern Harriers AC         | Veteran 40      | 41:52       | 7                 |
| 8          | WATT, Matthew              | Gade Valley Harriers         | Senior          | 41:58       | 8                 |
| 9          | DIXON, Thomas              | Chiltern Harriers AC         | Senior          | 42:13       | 9                 |
| 10         | MORGAN, James              | Lung Busters                 | Senior          | 42:22       | 10                |
| 11         | GILBERT, Brendon           | Handy Cross Runners          | Senior          | 42:32       | 11                |
| 12         | RYDER, Chris               |                              | Senior          | 42:38       | 12                |
| 13         | HOLMES, Ash                | Chiltern Harriers AC         | Senior          | 42:40       | 13                |
| 14         | GEORGE, Greg               |                              | Veteran 40      | 42:46       | 14                |
| 15         | WOOLLETT, Guy              | Gade Valley Harriers         | Veteran 40      | 42:51       | 15                |
| 16         | ROBERTS, Dave              | Fell Runners Association     | Veteran 40      | 42:58       | 16                |
| 17         | MURPHY, Joe                |                              | Senior          | 43:03       | 17                |
| 18         | BOYD, Steve                | Gade Valley Harriers         | Veteran 40      | 43:07       | 18                |
| 19         | ALLEN, Paul                | Tring RC                     | Veteran 50      | 43:20       | 19                |
| 20         | PRICE, Edward              | Gade Valley Harriers         | Veteran 40      | 43:22       | 20                |
| 21         | ROBERTS, Jonathan          | Gade Valley Harriers         | Veteran 40      | 43:29       | 21                |
| 22         | LAWLER, John               | Gade Valley Harriers         | Senior          | 43:33       | 22                |
| 23         | TAYLOR, Jonathan           | Chiltern Harriers AC         | Senior          | 43:34       | 23                |
| 24         | SAMPSON, Ben               |                              | Senior          | 43:41       | 24                |
| 25         | DODD, Andy                 | Ealing, Southall & Middlesex | Senior          | 43:56       | 25                |
| 26         | TURNERY, Michael           | Chiltern Harriers AC         | Veteran 50      | 44:28       | 26                |
| 27         | JAMES, Anthony             | Gade Valley Harriers         | Veteran 40      | 45:11       | 27                |
| 28         | O'GRADY, John              |                              | Veteran 40      | 45:13       | 28                |
| 29         | COLLETT, Graham            |                              | Veteran 40      | 45:16       | 29                |
| 30         | SMITH, Julian              |                              | Senior          | 45:19       | 30                |
| 31         | HARBER, Mark               |                              | Veteran 40      | 45:40       | 31                |
| 32         | ADORF, Julius              |                              | Senior          | 45:49       | 32                |
| 33         | SMITH, Graham              | Bearbrook RC                 | Veteran 50      | 46:11       | 34                |
| 34         | BUTTLEMAN, Jim             | Leighton Fun Runners         | Veteran 50      | 46:21       | 35                |
| 35         | MOFFAT, Mark               |                              | Veteran 40      | 47:00       | 36                |
| 36         | BEEDELL, Hugh              | Chiltern Harriers AC         | Senior          | 47:04       | 37                |
| 37         | POWELL, Thomas             | Chiltern Harriers AC         | Senior          | 47:06       | 38                |
| 38         | BIRCH, Michael             | Gade Valley Harriers         | Senior          | 47:12       | 39                |
| 39         | NORTON, Andrew             | Gade Valley Harriers         | Veteran 40      | 47:17       | 40                |
| 40         | NEWING, Stephen            | Gade Valley Harriers         | Senior          | 47:30       | 42                |
| 41         | SMITH, David               | Hillingdon AC                | Veteran 50      | 47:33       | 43                |
| 42         | GOWERS, Mark               | The Away Team                | Veteran 50      | 47:39       | 44                |
| 43         | BIRNIE, James              | Gade Valley Harriers         | Veteran 40      | 47:42       | 45                |
| 44         | WHITAKER, Grant            | Chiltern Harriers AC         | Veteran 50      | 47:45       | 46                |
| 45         | BARCOCK, Richard           | Bearbrook RC                 | Veteran 40      | 47:50       | 48                |
| 46         | PRESTON, John              | Leighton Fun Runners         | Veteran 40      | 48:40       | 51                |
| 47         | TREVILLION, David          | Chiltern Harriers AC         | Senior          | 48:42       | 52                |
| 48         | CHRISTIE, Paul             | Dacorum & Tring              | Senior          | 48:48       | 53                |
| 49         | SALMON, Jon                | Tring RC                     | Veteran 50      | 48:56       | 54                |
| 50         | NEILL, Andy                | Tring RC                     | Veteran 40      | 49:05       | 56                |
| 51         | WILLCOX, Anthony           | Gade Valley Harriers         | Senior          | 49:07       | 57                |
| 52         | BRADLEY, Mikk              | Watford Harriers             | Veteran 50      | 49:15       | 58                |
| 53         | EDWARDS, Neil              | Bearbrook RC                 | Veteran 50      | 49:27       | 60                |
| 54         | WILLIAMS, David            | Chiltern Harriers AC         | Senior          | 49:34       | 61                |
| 55         | BUCKINGHAM, Daniel         | Chiltern Harriers AC         | Veteran 40      | 49:38       | 62                |
| 56         | ZMUDA-TRZEBIATOWSK, Marcin | Ezy Runners                  | Senior          | 49:49       | 63                |
| 57         | PICKEN, John               |                              | Veteran 40      | 49:53       | 64                |
| 58         | COOK, Andy                 | Gade Valley Harriers         | Veteran 50      | 50:22       | 66                |
| 59         | SCOTT, Rob                 |                              | Veteran 40      | 50:27       | 67                |
| 60         | DYER, Paul                 |                              | Veteran 40      | 50:37       | 69                |
| 61         | WATSON, Giles              |                              | Veteran 50      | 50:38       | 70                |
| 62         | CONWAY, Simon              | Chiltern Harriers AC         | Senior          | 50:46       | 72                |
| 63         | RUDD, Jermaine             |                              | Senior          | 50:47       | 73                |
| 64         | LEWIS, James               |                              | Senior          | 50:47       | 74                |
| 65         | CUNNINGTON, Ian            | St Edmunds Pacers            | Veteran 50      | 50:49       | 75                |
| 66         | LOWANS, Daniel             |                              | Veteran 40      | 51:04       | 76                |
| 67         | HAWKINS, Chris             |                              | Senior          | 51:29       | 77                |
| 68         | MITCHELL, Ben              |                              | Junior          | 51:38       | 78                |
| 69         | SQUIRES, Matt              | Lung Busters                 | Veteran 40      | 51:40       | 79                |

| <b>POS</b> | <b>COMPETITOR</b> | <b>CLUB / TEAM</b>      | <b>CATEGORY</b> | <b>TIME</b> | <b>RACE PLACE</b> |
|------------|-------------------|-------------------------|-----------------|-------------|-------------------|
| 70         | ROBERTS, Alan     | Vale Of Aylesbury AC    | Veteran 50      | 51:41       | 80                |
| 71         | STEEL, Jason      | Hillingdon AC           | Veteran 40      | 51:52       | 82                |
| 72         | HOFF, Nigel       |                         | Veteran 50      | 51:55       | 83                |
| 73         | BISHOP, Andrew    | Gade Valley Harriers    | Senior          | 52:00       | 84                |
| 74         | MCGOWAN, Stuart   | Bike And Run            | Veteran 60      | 52:05       | 85                |
| 75         | WALKER, Philip    | Handy Cross Runners     | Senior          | 52:08       | 86                |
| 76         | BOWLER, Robert    | Gade Valley Harriers    | Veteran 50      | 52:17       | 89                |
| 77         | BARROWS, Tony     | Bearbrook RC            | Veteran 60      | 52:19       | 90                |
| 78         | MORGAN, David     |                         | Veteran 40      | 52:24       | 91                |
| 79         | ADDISON, Mark     |                         | Senior          | 52:26       | 92                |
| 80         | CLARK, Callum     |                         | Senior          | 52:40       | 93                |
| 81         | LIVESEY, Andrew   |                         | Veteran 50      | 52:47       | 95                |
| 82         | DAWSON, Tony      | Chiltern Harriers AC    | Veteran 50      | 52:49       | 96                |
| 83         | FOSKETT, Richard  | Herts Phoenix           | Veteran 60      | 52:53       | 97                |
| 84         | MCCORMACK, Ade    | Chiltern Harriers AC    | Veteran 50      | 53:05       | 98                |
| 85         | CHAPMAN, Fraser   | Chiltern Tri            | Veteran 40      | 53:16       | 99                |
| 86         | MCCARTHY, Paul    |                         | Veteran 40      | 53:17       | 100               |
| 87         | SAUL, David       |                         | Veteran 50      | 53:18       | 101               |
| 88         | CHURCH, Kevin     | Marshall Milton Keynes  | Veteran 50      | 53:19       | 102               |
| 89         | WALKER, John      | Chiltern Harriers AC    | Senior          | 53:19       | 103               |
| 90         | MARSH, Chris      | Brackley & District RC  | Senior          | 53:23       | 104               |
| 91         | POOLTON, Adrian   |                         | Veteran 40      | 53:25       | 105               |
| 92         | ALLEN, Clive      |                         | Veteran 40      | 53:28       | 106               |
| 93         | ROFF, Chris       | Ezy Runners             | Veteran 40      | 53:30       | 107               |
| 94         | PAGE, Bob         | Arena 80 AC             | Veteran 50      | 53:40       | 108               |
| 95         | LAWSON, Andrew    |                         | Veteran 40      | 53:46       | 109               |
| 96         | KENNETT, Roland   | Triathlon England       | Veteran 50      | 53:55       | 110               |
| 97         | SMITH, John       |                         | Veteran 70      | 54:11       | 111               |
| 98         | PARDOE, David     |                         | Veteran 40      | 54:27       | 114               |
| 99         | ALLEN, Simon      | Bearbrook RC            | Veteran 40      | 54:58       | 117               |
| 100        | BOSCH, Aleksandr  |                         | Senior          | 55:00       | 118               |
| 101        | KENT, Anthony     | Tring RC                | Veteran 40      | 55:10       | 120               |
| 102        | CLARKE, Jonathan  | Chiltern Harriers AC    | Senior          | 55:14       | 121               |
| 103        | BENTLEY, Giles    |                         | Veteran 50      | 55:15       | 122               |
| 104        | DAWSON, Tim       | Chiltern Harriers AC    | Veteran 40      | 55:18       | 123               |
| 105        | FRY, Mark         | Chiltern Harriers AC    | Veteran 50      | 55:22       | 125               |
| 106        | DURSTON, Jim      | South West Road Runners | Veteran 50      | 55:25       | 126               |
| 107        | THOMSON, James    | Gade Valley Harriers    | Senior          | 55:31       | 127               |
| 108        | NEWNHAM, Adam     |                         | Senior          | 55:43       | 128               |
| 109        | PEPPER, Alex      | Chiltern Harriers AC    | Veteran 50      | 55:49       | 129               |
| 110        | WILKINSON, James  | Ten-Point Blackfish     | Veteran 40      | 55:50       | 130               |
| 111        | HAWORTH, John     |                         | Veteran 50      | 55:51       | 131               |
| 112        | KENT, Paul        |                         | Senior          | 55:54       | 132               |
| 113        | LOWE, Ian         |                         | Veteran 50      | 56:23       | 133               |
| 114        | ROGERS, Peter     | St Albans Striders      | Veteran 50      | 56:26       | 134               |
| 115        | MITCHELL, Ian     |                         | Veteran 40      | 56:35       | 136               |
| 116        | PEACE, Tom        |                         | Veteran 40      | 56:39       | 137               |
| 117        | HARKER, Jonathan  |                         | Veteran 50      | 56:40       | 138               |
| 118        | FIELD, Steve      | Chiltern Harriers AC    | Veteran 60      | 56:45       | 139               |
| 119        | ROBERTSON, Iaiin  |                         | Veteran 40      | 56:55       | 140               |
| 120        | ADAMS, David      |                         | Veteran 60      | 57:01       | 142               |
| 121        | MILLER, Jim       | Marshall Milton Keynes  | Veteran 60      | 57:02       | 143               |
| 122        | SLAVIIN, Shan     |                         | Veteran 40      | 57:30       | 146               |
| 123        | MITCHELL, Greg    |                         | Veteran 50      | 57:38       | 148               |
| 124        | MARTIN, Ben       | Chiltern Harriers AC    | Veteran 40      | 57:44       | 149               |
| 125        | ELLERBY, Roger    | Chiltern Harriers AC    | Veteran 50      | 57:58       | 150               |
| 126        | PRIOR, Nicholas   |                         | Veteran 50      | 58:13       | 151               |
| 127        | LEVY, Robert      |                         | Veteran 60      | 58:18       | 152               |
| 128        | BISHOP, Howard    |                         | Veteran 50      | 58:36       | 153               |
| 129        | KAVANAGH, John    | South West Road Runners | Veteran 50      | 58:38       | 154               |
| 130        | GRITTON, Rob      |                         | Veteran 50      | 58:49       | 156               |
| 131        | BOSCH, Leon       | Tring RC                | Veteran 50      | 59:06       | 157               |
| 132        | HOLDEN, Tim       |                         | Veteran 50      | 59:08       | 158               |
| 133        | EDWARDS, Rik      | Chiltern Harriers AC    | Veteran 50      | 59:13       | 159               |
| 134        | HILL, Greg        | Watford Joggers         | Veteran 60      | 59:25       | 164               |
| 135        | CARMODY, Alan     | Ten-Point Blackfish     | Veteran 50      | 59:38       | 166               |
| 136        | SMITH, Mark       |                         | Veteran 50      | 59:41       | 167               |
| 137        | HILL, Roger       |                         | Veteran 50      | 59:47       | 168               |
| 138        | WEBSTER, Roger    |                         | Veteran 60      | 1:00:06     | 173               |
| 139        | DABLE, Thomas     | Kenilworth Runners      | Veteran 60      | 1:00:14     | 174               |
| 140        | HOLMES, David     | Chiltern Harriers AC    | Veteran 60      | 1:00:16     | 175               |
| 141        | CHANNER, Matt     | Chiltern Harriers AC    | Senior          | 1:00:29     | 177               |
| 142        | GOODMAN, Mick     |                         | Veteran 50      | 1:00:38     | 178               |

| <b>POS</b> | <b>COMPETITOR</b>            | <b>CLUB / TEAM</b>     | <b>CATEGORY</b> | <b>TIME</b> | <b>RACE PLACE</b> |
|------------|------------------------------|------------------------|-----------------|-------------|-------------------|
| 143        | ANDERSON, Robert             | MK Lakeside Runners    | Veteran 40      | 1:00:54     | 180               |
| 144        | GOADSBY, Bill                | Daventry RR            | Veteran 60      | 1:00:58     | 181               |
| 145        | NIXON, John                  |                        | Veteran 60      | 1:01:15     | 184               |
| 146        | HALL, Steve                  | Chiltern Harriers AC   | Veteran 40      | 1:01:35     | 187               |
| 147        | MAW, Richard                 | St Albans Striders     | Veteran 60      | 1:01:50     | 189               |
| 148        | GREGORY, Tom                 |                        | Senior          | 1:01:53     | 191               |
| 149        | TAYLOR, Chris                |                        | Senior          | 1:01:53     | 192               |
| 150        | GRANT, James                 |                        | Senior          | 1:01:57     | 194               |
| 151        | WICKENS, Paul                |                        | Veteran 50      | 1:03:00     | 197               |
| 152        | CLARK, Andrew                |                        | Senior          | 1:03:09     | 198               |
| 153        | WEST, Matthew                |                        | Veteran 40      | 1:03:22     | 200               |
| 154        | PYPER, North                 |                        | Veteran 50      | 1:03:58     | 202               |
| 155        | IMRIE, Gavin                 | Sudbury Court RC       | Veteran 40      | 1:04:09     | 203               |
| 156        | BOYDEN-WILSON, Steve         | Chiltern Harriers AC   | Veteran 50      | 1:04:16     | 204               |
| 157        | HALEY, Peter                 |                        | Veteran 60      | 1:04:25     | 205               |
| 158        | LAWRENCE, William            |                        | Veteran 40      | 1:04:34     | 206               |
| 159        | SHEDD, Ed                    |                        | Veteran 40      | 1:05:06     | 209               |
| 160        | KOPELMAN, Barry              |                        | Veteran 50      | 1:05:16     | 210               |
| 161        | DAVIES, Philip               | Jolly Runners          | Veteran 50      | 1:05:19     | 211               |
| 162        | TREGIDGO, Tony               |                        | Veteran 40      | 1:05:25     | 213               |
| 163        | KING, Doug                   | Chiltern Harriers AC   | Veteran 60      | 1:05:42     | 214               |
| 164        | PINDORIA, Danveer            | Ezy Runners            | Senior          | 1:05:46     | 216               |
| 165        | MCSKIMMING, Aaron            |                        | Veteran 40      | 1:05:48     | 217               |
| 166        | BOYLE, Steven                |                        | Senior          | 1:06:15     | 218               |
| 167        | KIDBY, Malcolm               | Marshall Milton Keynes | Veteran 40      | 1:06:22     | 220               |
| 168        | KOJCINOVIC, Philip           |                        | Veteran 50      | 1:06:40     | 221               |
| 169        | HICKMER, Geoff               |                        | Veteran 60      | 1:06:49     | 223               |
| 170        | PRICE, Kevin                 |                        | Veteran 50      | 1:06:50     | 224               |
| 171        | FORSYTHE, Peter              | Broxbourne Runners     | Veteran 40      | 1:06:57     | 225               |
| 172        | MITTERHUBER, Paul            | Chiltern Harriers AC   | Veteran 50      | 1:07:02     | 226               |
| 173        | FARNES, Mel                  |                        | Senior          | 1:07:07     | 227               |
| 174        | KHATTAK, Umair               |                        | Senior          | 1:07:14     | 228               |
| 175        | HARRIS, Frank                | Chiltern Harriers AC   | Veteran 60      | 1:08:07     | 232               |
| 176        | CHEETHAM, Jonny              |                        | Veteran 50      | 1:08:07     | 233               |
| 177        | WARREN, Wayne                | Road Runners Club      | Veteran 60      | 1:09:30     | 240               |
| 178        | LACEY, Mark                  | Redway Runners         | Veteran 40      | 1:10:11     | 245               |
| 179        | CHARLEY, Jason               | Leighton Fun Runners   | Veteran 40      | 1:11:13     | 247               |
| 180        | MERCER, Phil                 | Gade Valley Harriers   | Senior          | 1:11:41     | 248               |
| 181        | LAVER, Matt                  | Ezy Runners            | Veteran 40      | 1:11:52     | 249               |
| 182        | RADFORD, Andrew              |                        | Senior          | 1:12:46     | 251               |
| 183        | COLLIER, Justin              |                        | Veteran 40      | 1:12:49     | 252               |
| 184        | CROMPTON, Nick               |                        | Veteran 40      | 1:14:35     | 256               |
| 185        | WALKER, David                | Chiltern Harriers AC   | Veteran 70      | 1:14:54     | 257               |
| 186        | KENT, Philip                 |                        | Veteran 60      | 1:14:58     | 258               |
| 187        | KENT, Stephen                |                        | Veteran 60      | 1:15:06     | 259               |
| 188        | VOS, Ashley                  | Watford Joggers        | Veteran 50      | 1:16:25     | 261               |
| 189        | HILLS SANDS-POTTER, Nicholas |                        | Senior          | 1:20:01     | 263               |
| 190        | READ, Michael                |                        | Veteran 70      | 1:26:32     | 267               |
| 191        | KEELING, Quentin             | St Albans Striders     | Veteran 60      | 1:26:54     | 268               |

**HERBERT'S HOLE CHALLENGE**  
**15TH NOVEMBER 2015**  
**WOMEN'S RACE**

| <b>POS</b> | <b>COMPETITOR</b>      | <b>CLUB / TEAM</b>           | <b>CATEGORY</b> | <b>TIME</b> | <b>RACE PLACE</b> |
|------------|------------------------|------------------------------|-----------------|-------------|-------------------|
| 1          | BITARAF, Gemma         | Gade Valley Harriers         | Senior          | 46:04       | 33                |
| 2          | TRUSSER, Angela        | Watford Harriers             | Veteran 35      | 47:19       | 41                |
| 3          | O'ROURKE, Mairead      | Mornington Chasers           | Veteran 35      | 47:46       | 47                |
| 4          | YOUNG, Ali             | Chiltern Harriers AC         | Veteran 35      | 48:12       | 49                |
| 5          | JARMAN, Susan          |                              | Veteran 35      | 48:28       | 50                |
| 6          | HOPKINS, Alison        | Ealing, Southall & Middlesex | Veteran 35      | 48:57       | 55                |
| 7          | SHARMA, Laura          | Gade Valley Harriers         | Senior          | 49:17       | 59                |
| 8          | HEMBURY, Lynda         | Tring RC                     | Veteran 55      | 49:59       | 65                |
| 9          | MCDONNELL, Claire      | Gade Valley Harriers         | Veteran 45      | 50:30       | 68                |
| 10         | HUGHES, Jenny          | Arena 80 AC                  | Veteran 55      | 50:44       | 71                |
| 11         | COURTIER, Kathleen     | Gade Valley Harriers         | Senior          | 51:48       | 81                |
| 12         | ASH, Rebecca           |                              | Senior          | 52:10       | 87                |
| 13         | SHARPLEY, Faye         | Thame Runners                | Senior          | 52:14       | 88                |
| 14         | ALDRIDGE-JONES, Tracy  | Gade Valley Harriers         | Veteran 35      | 52:46       | 94                |
| 15         | MEE, Rossiana          | Gade Valley Harriers         | Senior          | 54:16       | 112               |
| 16         | LOACH, Kate            | Chiltern Harriers AC         | Veteran 45      | 54:23       | 113               |
| 17         | HEYDECKER, Deirdre     | St Albans Striders           | Veteran 55      | 54:37       | 115               |
| 18         | BUTCHER, Emma          |                              | Senior          | 54:46       | 116               |
| 19         | HINDMARCH, Deborah     | Marshall Milton Keynes       | Veteran 55      | 55:06       | 119               |
| 20         | CRAWLEY-WISE, Victoria | Gade Valley Harriers         | Veteran 35      | 55:21       | 124               |
| 21         | GOLDSACK, Sandra       |                              | Veteran 45      | 56:34       | 135               |
| 22         | TAYLOR, Ashleigh       | St Albans Striders           | Senior          | 56:57       | 141               |
| 23         | TULLIE, Helen          |                              | Veteran 35      | 57:07       | 144               |
| 24         | TRIMMER, Carolynn      | Chiltern Harriers AC         | Veteran 35      | 57:19       | 145               |
| 25         | EVANS, Jo              |                              | Veteran 45      | 57:31       | 147               |
| 26         | MAYOT, Lauren          |                              | Senior          | 58:49       | 155               |
| 27         | PAWLIK, Teresa         | Chiltern Harriers AC         | Veteran 35      | 59:14       | 160               |
| 28         | WEST, Jo               | Chiltern Harriers AC         | Veteran 35      | 59:15       | 161               |
| 29         | CLARK, Lucy            |                              | Veteran 35      | 59:16       | 162               |
| 30         | MELLOR, Lyn            |                              | Veteran 55      | 59:23       | 163               |
| 31         | HINDLE, Donna          | The Away Team                | Veteran 45      | 59:35       | 165               |
| 32         | BAKER, Natalie         | Chiltern Harriers AC         | Veteran 35      | 59:49       | 169               |
| 33         | BOLDEN, Melanie        |                              | Veteran 45      | 1:00:02     | 170               |
| 34         | COLEMAN, Amy           |                              | Veteran 35      | 1:00:03     | 171               |
| 35         | JONES, Pippa           | Ealing Eagles RC             | Senior          | 1:00:05     | 172               |
| 36         | HURFORD, Lorraine      | Tring RC                     | Veteran 35      | 1:00:18     | 176               |
| 37         | GLACKIN, Melissa       | SCC                          | Veteran 35      | 1:00:50     | 179               |
| 38         | ALIAJ, Julia           | Chiltern Harriers AC         | Senior          | 1:01:03     | 182               |
| 39         | PAGE, Helen            | Tring RC                     | Veteran 45      | 1:01:10     | 183               |
| 40         | PISETTI, Arianna       | Marshall Milton Keynes       | Senior          | 1:01:29     | 185               |
| 41         | MAMMADT, Nika          |                              | Veteran 35      | 1:01:31     | 186               |
| 42         | PRESTON, Georgi        | Leighton Fun Runners         | Veteran 35      | 1:01:44     | 188               |
| 43         | TANK, Debbie           | Chiltern Harriers AC         | Veteran 35      | 1:01:52     | 190               |
| 44         | PAXTON, Kate           |                              | Senior          | 1:01:57     | 193               |
| 45         | MOSS, Carolyn          |                              | Veteran 55      | 1:02:55     | 195               |
| 46         | RILEY, Isobel          |                              | Senior          | 1:03:00     | 196               |
| 47         | HARRIS, Phillippa      | Chiltern Harriers AC         | Senior          | 1:03:12     | 199               |
| 48         | BUSTIN, Samantha       |                              | Veteran 35      | 1:03:22     | 201               |
| 49         | KENT, Julia            |                              | Veteran 45      | 1:04:48     | 207               |
| 50         | ESKDALE, Jacki         | Gade Valley Harriers         | Veteran 45      | 1:04:56     | 208               |
| 51         | LEMON, Harriet         |                              | Veteran 45      | 1:05:23     | 212               |
| 52         | FULTON, Carol          |                              | Veteran 55      | 1:05:44     | 215               |
| 53         | STRIDE, Vanessa        | Marshall Milton Keynes       | Veteran 45      | 1:06:22     | 219               |
| 54         | KEMPSON, Miriam        | Park Fit                     | Veteran 45      | 1:06:47     | 222               |
| 55         | GAME, Janice           |                              | Veteran 35      | 1:07:23     | 229               |
| 56         | HARRISON, Heidi        |                              | Veteran 35      | 1:07:23     | 230               |
| 57         | PUDDEPHATT, Hajni      |                              | Senior          | 1:07:38     | 231               |
| 58         | HIGGINS, Katie         |                              | Senior          | 1:08:09     | 234               |
| 59         | BUGAJ, Karen           | Marshall Milton Keynes       | Veteran 55      | 1:08:13     | 235               |
| 60         | BACON, Joanna          |                              | Senior          | 1:08:24     | 236               |
| 61         | BACON, Katharine       |                              | Senior          | 1:08:24     | 237               |
| 62         | BACON, Sarah           |                              | Senior          | 1:08:24     | 238               |
| 63         | DABLE, Pauline         | Kenilworth Runners           | Veteran 65      | 1:09:15     | 239               |
| 64         | SILVERTON, Karen       |                              | Veteran 35      | 1:10:02     | 241               |
| 65         | THOMAS, Karis          | Gade Valley Harriers         | Senior          | 1:10:03     | 242               |
| 66         | COCKERILL, Hazel       | Marshall Milton Keynes       | Veteran 45      | 1:10:06     | 243               |
| 67         | MACDONALD, Carol       | Tring RC                     | Veteran 35      | 1:10:07     | 244               |
| 68         | BLACKBURN, Tracy       | On The Run                   | Veteran 45      | 1:10:33     | 246               |
| 69         | MCLEAN, Helen          |                              | Veteran 45      | 1:12:39     | 250               |

| <b>POS</b> | <b>COMPETITOR</b> | <b>CLUB / TEAM</b> | <b>CATEGORY</b> | <b>TIME</b> | <b>RACE PLACE</b> |
|------------|-------------------|--------------------|-----------------|-------------|-------------------|
| 70         | LAMBOURNE, Helen  |                    | Senior          | 1:13:45     | 253               |
| 71         | WILLETT, Christy  | The Away Team      | Veteran 55      | 1:14:02     | 254               |
| 72         | GOWERS, Jane      | The Away Team      | Veteran 45      | 1:14:02     | 255               |
| 73         | TAYLOR, Tia       |                    | Veteran 35      | 1:16:01     | 260               |
| 74         | MOFFAT, Sue       |                    | Veteran 55      | 1:17:22     | 262               |
| 75         | NORMAN, Julia     |                    | Veteran 55      | 1:21:33     | 264               |
| 76         | MENDEZ, Dalia     | Redway Runners     | Veteran 45      | 1:23:17     | 265               |
| 77         | CLARK, Rebecca    |                    | Veteran 45      | 1:23:56     | 266               |