

# RESULTS OF PEDNOR 5 EVENTS

## 2nd May 2005

### PEDNOR 5 ROAD RACE

*(see below for Race Walk)*

#### MEN'S RACE

Place	Time	Name	Team	Race Age Category	Prize Winners
1	26.09	Owain Jones	Chiltern Harriers (NS)	Senior Men	1st Man
2	26.41	Alaster Stewart	Redhill Road Runners	Senior Men	2nd Man
3	27.02	Richard Taylor	Vale Of Aylesbury	Junior Men	3rd Man
4	27.42	James Drinkwater	Luton Athletic	Junior Men	1st Junior
5	27.46	Jiri Folvarcek	Chiltern Harriers AC	Senior Men	
6	27.49	Andrew Rolt	Vale Of Aylesbury	Senior Men	
7	27.57	Matthew Adcock	Watford Harriers	Senior Men	
8	28.04	Chris Drinkwater	Luton Athletic	Junior Men	
9	28.06	Tim Jones	Vale Of Aylesbury	Veteran Men 40	1st Vet 40
10	28.08	Gordon Tyler	Harrow	Senior Men	
11	28.10	Chris Wood	Watford Harriers	Veteran Men 40	
12	28.22	Nick Taylor	Vale Of Aylesbury	Veteran Men 40	
13	28.27	Stuart Ellerby	Chiltern Harriers AC	Junior Men	
14	28.31	Andy Magnall	Shaftesbury Barnet	Veteran Men 40	
15	28.37	Nick Harris	Watford Harriers	Senior Men	
16	28.38	Andy Miles	Hillingdon AC	Veteran Men 50	1st Vet 50
17	28.52	Tom Beedell	Chiltern Harriers AC	Junior Men	
18	29.03	Henry Edwardes-Evans	Vale Of Aylesbury	Senior Men	
19	29.17	Kevin Harding	Tring RC	Veteran Men 40	
20	29.20	Leon Harris	Burnham Joggers	Senior Men	
21	29.50	Guy Wollett	Gade Valley Harriers	Senior Men	
22	29.52	Robert Burton	Chiltern Harriers AC	Veteran Men 40	
23	29.55	Rick Ansell	Tring RC	Veteran Men 40	
24	30.09	Martyn Summerfield	Vale Of Aylesbury	Senior Men	
25	30.35	Alan Whelan	Tring RC	Senior Men	
26	30.39	Graham Mayoh	Watford Harriers	Senior Men	
27	30.47	Neil Thubron	Chiltern Harriers AC	Senior Men	
28	30.54	Philip Magnall	Vale Of Aylesbury	Senior Men	
29	31.21	Vincent Ellerby	Gade Valley Harriers	Veteran Men 40	
30	31.22	Bob Fuller	Windsor Slough Eton & Hounslow	Veteran Men 40	
31	31.23	Terry Hedge	Watford Harriers	Veteran Men 40	
32	31.26	Mark Legge	Topnotch	Senior Men	
33	31.33	Darren Johnson	Burnham Joggers	Senior Men	
34	31.35	Ed How		Senior Men	
35	31.39	Brendon Gilbert	Leighton Fun Runners	Senior Men	
36	31.41	Paul Illing	Watford Harriers	Senior Men	
37	31.46	Michael Turney	Chiltern Harriers AC	Veteran Men 40	
38	32.02	Tony Barrows	Bearbrook Joggers	Veteran Men 50	
39	32.04	Danny Fox	Handy Cross Runners	Junior Men	
40	32.07	Shaun Tuffnell	Burnham Joggers	Senior Men	
41	32.13	John O'Grady	Chiltern Harriers AC	Senior Men	

42	32.24	Adrian Twissell	Bearbrook Joggers	Senior Men	
43	32.38	Andrew Brown	Burnham Joggers	Senior Men	
44	32.47	Michael Donovan	St Albans Striders	Veteran Men 50	
45	32.51	Martin Grimsdale	Watford Harriers	Veteran Men 50	
46	32.51	David Appleby	Burnham Joggers	Veteran Men 40	
47	32.58	Allan Matthews	Burnham Joggers	Veteran Men 50	
48	33.05	Mark Fallaize	Vale Of Aylesbury	Junior Men	
49	33.11	Martin Gabriel	Ripon Runers	Veteran Men 40	
50	33.21	Sam Watts		Junior Men	
51	33.27	Rod Ainsworth	Vale Of Aylesbury	Veteran Men 40	
52	33.30	Steve Field	Chiltern Harriers AC	Veteran Men 50	
53	33.42	Ian Hodgson	Tring RC	Senior Men	
54	33.46	Elliot Mocharrafie	Dr Challoners Grammar School	Junior Men	
55	33.48	John Manning	Tring RC	Veteran Men 50	
56	33.50	Richard Dobby		Senior Men	1st Local Unattached
57	33.55	Ian Davison	Bearbrook Joggers	Senior Men	
58	33.58	Colin Hamlet	Watford Harriers	Veteran Men 50	
59	33.59	Tony Ruberry	Tring RC	Veteran Men 40	
60	34.11	Keith Scudamore	Burnham Joggers	Veteran Men 60	
61	34.26	Philip Wilton	Tring RC	Veteran Men 40	
62	34.27	Jim Binks	Bearbrook Joggers	Veteran Men 60	
63	34.31	Paul Cowan	Tring RC	Veteran Men 40	
64	34.35	Mike Thick	Burnham Joggers	Veteran Men 40	
65	34.52	Scott Clarke	Chiltern Harriers AC	Senior Men	
66	35.09	Colin Bennett	Burnham Joggers	Veteran Men 40	
67	35.17	Patrick Clarke	Bearbrook Joggers	Veteran Men 40	
68	35.19	Alex Wilkinson		Junior Men	
69	35.34	Greg Hill	Watford Joggers	Veteran Men 50	
70	35.48	Phillip Williams	Chiltern Harriers AC	Veteran Men 40	
71	35.51	Rod Palmer	Chiltern Harriers AC	Veteran Men 60	
72	35.56	Graham Wilson	Burnham Joggers	Veteran Men 40	
73	36.06	Jonathan Drinkwater	Luton Athletic	Junior Men	
74	36.07	Peter Edington	Handy Cross Runners	Veteran Men 40	
75	36.09	Melvyn Folkard	Chiltern Harriers AC	Veteran Men 40	
76	36.14	Michael Garland	Wycombe Phoenix Harriers	Veteran Men 40	
77	36.16	Peter Astles	Handy Cross Runners	Veteran Men 40	
78	36.20	John Worth	Headington Road Runners	Veteran Men 40	
79	36.21	Tim Dutfield	Chiltern Harriers AC	Veteran Men 40	
80	36.22	Clive Fallaize	Vale Of Aylesbury	Veteran Men 40	
81	36.29	Alex Pepper	Chiltern Harriers AC	Veteran Men 40	
82	36.44	Tony Molesworth	Chiltern Harriers AC	Veteran Men 60	
83	36.54	Tim Chapman	Bearbrook Joggers	Veteran Men 40	
84	36.56	Jonnie Wray	Watford Harriers	Veteran Men 40	
85	37.03	Martin Stubbings	Chiltern Harriers AC	Veteran Men 40	
86	37.04	Nigel Mann	Hillingdon AC	Veteran Men 40	
87	37.19	Dave Jones	Tring RC	Veteran Men 40	
88	37.25	Steve Spittles	Chiltern Harriers AC	Senior Men	
89	37.39	Scott Baillie	Vegetarian Cycling & AC	Veteran Men 40	
90	37.43	Laurence Fromberg		Veteran Men 40	
91	37.46	Brian Nicholson	Tring RC	Veteran Men 50	

92	37.49	John Ralph	Chiltern Harriers AC	Veteran Men 40
93	37.54	Adrian McCormack	Highgate Harriers	Veteran Men 40
94	38.00	Tom Staines		Senior Men
95	38.05	Roman Lach	Burnham Joggers	Veteran Men 40
96	38.11	John Sheperd		Senior Men
97	38.12	Neil Edwards	Bearbrook Joggers	Veteran Men 40
98	38.22	David Walker	Chiltern Harriers AC	Veteran Men 50
99	38.24	Peter Riley	Burnham Joggers	Veteran Men 50
100	38.29	Alan Roberts	Vale Of Aylesbury	Veteran Men 40
101	38.30	Michael Hickman	Handy Cross Runners	Veteran Men 50
102	38.34	David Heron	Tring RC	Veteran Men 50
103	38.54	Phil Woodage	Bearbrook Joggers	Veteran Men 50
104	39.16	Mark Holloway		Veteran Men 40
105	39.33	Alastair Paton		Veteran Men 40
106	39.36	Adrian Heywood		Senior Men
107	39.43	Matthew Thomas		Senior Men
108	39.43	Neil Cooper	Chiltern Harriers AC	Veteran Men 40
109	40.15	Charles Allen	Burnham Joggers	Veteran Men 40
110	40.16	Patrick Shaw		Veteran Men 40
111	40.58	Barry Gilbert	Tadley Runners	Veteran Men 50
112	41.12	Dennis Adcock	Chiltern Harriers AC	Veteran Men 60
113	41.15	Stefan Stasiuk	Burnham Joggers	Veteran Men 50
114	41.16	Trevor Brawn	Chiltern Harriers AC	Veteran Men 50
115	41.25	Bob Ford	Tring RC	Veteran Men 40
116	41.43	David Price		Senior Men
117	42.10	Cliff Davies		Veteran Men 40
118	42.28	Tim Shackleton		Senior Men
119	42.47	Mark Fry		Veteran Men 40
120	42.53	Dave Thomas	Burnham Joggers	Veteran Men 40
121	42.55	Mike Morgan	Burnham Joggers	Veteran Men 60
122	43.17	John Highmore		Senior Men
123	43.21	Martin Brewster	Handy Cross Runners	Veteran Men 40
124	46.59	Peter Graham	100 Marathon Club	Senior Men
125	48.26	Nicholas Gabriel		Veteran Men 40
126	48.31	Martyn Cartwright	Chiltern Harriers AC	Veteran Men 60
127	48.37	John Shelton	Tring RC	Veteran Men 50
128	51.21	Andrew Harris		Veteran Men 50
129	52.31	Michael Middleton	Croydon Harriers	Veteran Men 70
130	54.39	Patrick Ferguson	Vale Of Aylesbury	Veteran Men 60
131	56.24	Raymond Hoyle	Watford Harriers	Veteran Men 60
132	56.48	Peter Morris	Reading Road Runners	Veteran Men 40

**LADIES RACE**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Race Age Category</b>	<b>Prize Winners</b>
1	30.18	Beth Anderson	London Heathside	Senior Women	1st Lady
2	30.34	Claire Pusey	Burnham Joggers	Veteran Women 35	2nd Lady
3	31.48	Laura Butt	Chiltern Harriers AC	Senior Women	3rd Lady
4	33.28	Debbie Wenman	Chiltern Harriers AC	Veteran Women 35	1st Vet 35
5	34.00	Tamsin Neale	Burnham Joggers	Senior Women	
6	34.14	Cath Brighton	Burnham Joggers	Veteran Women 45	1st Vet 45
7	34.47	Judith Orr	Chiltern Harriers AC	Veteran Women 35	
8	34.59	Barbara Ralph	Chiltern Harriers AC	Veteran Women 45	
9	35.06	Alison Harding	Tring RC	Veteran Women 45	
10	35.33	Louise Barnett		Senior Women	1st Local Unattached
11	37.03	Claire Stubbings	Chiltern Harriers AC	Veteran Women 35	
12	37.06	Margaret Moody	Handy Cross Runners	Veteran Women 55	
13	37.10	Jill Owen	Watford Harriers	Veteran Women 35	
14	38.08	Heather Fallaize	Vale Of Aylesbury	Veteran Women 45	
15	38.09	Paula Robinson	Bearbrook Joggers	Veteran Women 35	
16	38.11	Lynne Harris		Veteran Women 45	
17	38.49	Isabelle Winter	Chiltern Harriers AC	Veteran Women 35	
18	38.51	Jane Peel	Chiltern Harriers AC	Veteran Women 35	
19	39.09	Patricia Malliff		Veteran Women 35	
20	39.14	Jean Piggott		Veteran Women 35	
21	40.24	Kate Loach	Chiltern Harriers AC	Veteran Women 35	
22	40.41	Melanie Bolden		Veteran Women 35	
23	41.16	Fiona Calder	Chiltern Harriers AC	Senior Women	
24	42.36	Mandy Royds		Veteran Women 45	
25	43.22	Ruth O'Donnell		Senior Women	
26	43.56	Rebecca Stubbings	Chiltern Harriers AC	Junior Women	1st Junior
27	44.47	Gill Heron	Tring RC	Veteran Women 45	
28	44.50	Anne Lee	Ley Hill Cricket Club	Veteran Women 35	
29	45.01	Christine James	Watford Harriers	Veteran Women 45	
30	45.40	Jayne Mylchreest	Bearbrook Joggers	Veteran Women 45	
31	45.29	Elspeth Attwood		Veteran Women 45	
32	46.46	Heidi Yorke		Senior Women	
33	47.48	Bryony Johnson		Junior Women	
34	47.56	Lyn Johnson		Veteran Women 35	
35	49.42	Deborah Harris	Handy Cross Runners	Veteran Women 45	
36	49.49	Elaine Brewster	Handy Cross Runners	Veteran Women 35	
37	50.28	Mary Lord	Burnham Joggers	Veteran Women 45	
38	52.20	Vivien White	Handy Cross Runners	Veteran Women 45	
39	52.56	Margie Knight		Veteran Women 45	

## TEAMS

### Men

1. Vale Of Aylesbury	30 pts (3,6,9,12)
2. Chiltern Harriers AC	57 pts (5,13,17,22)
3. Watford Harriers	59 pts (7,11,15,26)
4. Tring RC	120 pts (19,23,25,53)
5. Burnham Joggers	136 pts (20,33,40,43)
6. Bearbrook Joggers	199 pts (46,47,60,64)
7. Handy Cross Runners	291 pts (39,74,77,101)

### Women

1. Burnham Joggers	13 pts (2,5,6)
2. Chiltern Harriers AC	14 pts (3,4,7)
3. Handy Cross Runners	83 pts (12,35,36)

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## PEDNOR 5 RACE WALK

Incorporated Buckinghamshire AA Road Walk Championships

### MEN'S RACE

Place	Time	Name	Team	Race Age Category	Bucks
1	45.39	Phil Williams	Chiltern Harriers AC	V40	
2	45.46	Carl Lawton	Belgrave Harriers	V55	
3	46.35	Mark Wall	Leicester W.C./E. Vets.	V45	Bucks
4	46.39	Peter Cassidy	Loughton AC	V65	
5	46.43	John Ralph	Chiltern Harriers AC	V45	Bucks
6	49.53	Ted Holmquist	Chiltern Harriers AC	V60	
7	49.59	Les Scrivens	Worcester AC	V60	
8	54.13	Alan Roberts	Vale of Aylesbury	V40	Bucks
9	56.09	Martyn Cartwright	Chiltern Harriers AC	V60	Bucks
10	58.12	Trevor Brawn	Chiltern Harriers AC	V55	Bucks
11	60.03	Ken Livermore	Enfield & Harringey AC	V70	
12	70.20	Alan Flavell	Birchfield Harriers	V70	
13	94.55	William Ingram	Unattached	V60	

### LADIES RACE

1	41.40	Estle Viljoen	Hercules Wimbledon	SW	
2	50.07	Maureen Noel	Belgrave Harriers	V40	
3	55.44	Jo Mills	Hillingdon AC	V45	
4	60.19	Elsbeth Attwood	Unattached	V45	
5	69.40	Sue Rey	Midlands Vets AC	V45	
6	76.50	Rachael Pepper	Unattached	V35	
7	76.53	Chris Cartwright	Unattached	V40	
8=	80.28	Michelle Paton	Unattached	V35	
8=	80.28	Jeanette Oliver	Unattached	V40	
10=	94.55	Joan Ingram	Unattached	V55	
10=	94.55	Rachel Ingram	Unattached	Under 20	
10=	94.55	Nancy Neville	Unattached	V45	

### BOYS 2 MILE RACE

1	23.18	Daniel Loach	Chiltern Harriers AC	U13	
2	26.04	Daniel Oliver	Unattached	U13	
3	26.14	Byron Williams	Unattached	U15	

### GIRLS 2 MILE RACE

1	23.24	Gabriella Rauchwerger	Chiltern Harriers AC	U13	
2	23.47	Anastasia Lennon	Chiltern Harriers AC	U13	
3	24.05	Laura Cocker	Chiltern Harriers AC	U13	
4	27.19	Grace Oliver	Unattached	U11	

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## PEDNOR 5 CHALLENGE

The combined times for competitors in both the Pednor 5 Road Race and Road Walk

<b>Posn</b>	<b>Total Time</b>	<b>Name</b>	<b>Club</b>	<b>Walk Time</b>	<b>Run Time</b>
<b><u>MEN</u></b>					
1	81.27	Phillip Williams	Chiltern Harriers AC	45.39	35.48
2	84.32	John Ralph	Chiltern Harriers AC	46.43	37.49
3	92.42	Alan Roberts	Vale of Aylesbury AC	54.13	38.29
4	99.28	Trevor Brawn	Chiltern Harriers AC	58.12	41.16
5	104.40	Martyn Cartwright	Chiltern Harriers AC	56.09	48.31
<b><u>LADIES</u></b>					
1	105.48	Elsbeth Attwood	Unattached	60.19	45.29