

RESULTS OF PEDNOR 5 EVENTS

1st May 2006

PEDNOR 5 ROAD RACE

(see below for Race Walk)

MEN'S RACE

Place	Time	Name	Team	Race Age Category	
1	26:42	Owain Jones	Chiltern Sparrows	Senior Men	1st Man
2	27:20	Paul Gregory	Vale Of Aylesbury	Veteran Men 50	2nd Man
3	27:25	Richard Taylor	Vale Of Aylesbury	Junior Men	3rd Man
4	28:07	Andrew Heyden	Watford Harriers	Senior Men	
5	28:08	Martyn Summerfield	Vale Of Aylesbury	Senior Men	
6	28:17	Patrick Wallace	Chiltern Harriers AC	Senior Men	
7	28:34	Mick Lane	Ranelagh Harriers	Veteran Men 40	1st Vet 40
8	28:54	Chris Drinkwater	Bedford & County AC	Junior Men	1st Junior
9	28:59	Phil Tottle	Vale Of Aylesbury	Veteran Men 40	
10	29:03	Thomas Stevens	Oxford University Cross Country Club	Senior Men	
11	29:06	Matthew Bennett	Chiltern Harriers AC	Junior Men	
12	29:16	Mark Fallowfield-Smith	Chiltern Harriers AC	Senior Men	
13	29:24	Nick Harris	Watford Harriers	Senior Men	
14	29:29	Neal Jeffs	Bracknell Forest Runners	Senior Men	
15	29:37	Nick Taylor	Vale Of Aylesbury	Veteran Men 40	
16	29:42	Kevin Cole	Bearbrook Joggers	Veteran Men 40	
17	29:44	Darren Johnson	Burnham Joggers	Senior Men	
18	29:47	Mikk Bradley	Watford Harriers	Veteran Men 40	
19	29:49	John Morton	Chiltern Harriers AC	Veteran Men 40	
20	29:55	Henry Edwardes-Evans	Vale Of Aylesbury	Veteran Men 40	
21	29:57	Pete Summers	Hillingdon Triathletes	Veteran Men 40	
22	30:00	Gordon Tyler	Harrow	Senior Men	
23	30:11	Justin Corcoran		Senior Men	1st Local Unattached
24	30:13	Tim Birkett	Watford Harriers	Senior Men	
25	30:16	Allan Simmonds	Bearbrook Joggers	Veteran Men 40	
26	30:23	David Newman	Hillingdon AC	Veteran Men 40	
27	30:49	Terry Hedge	Watford Harriers	Veteran Men 40	
28	30:55	Jabie Saunders		Junior Men	
29	30:59	Steven Page	Thurrock Harriers	Senior Men	
30	31:06	Graham Mayoh	Watford Harriers	Veteran Men 40	
31	31:15	Elliot Mocharrafie	Chiltern Harriers AC	Junior Men	
32	31:19	Roger Hill	Chiltern Harriers AC	Veteran Men 40	
33	31:21	Robert Brown	Tring RC	Veteran Men 40	
34	31:36	Chris Pusey	Burnham Joggers	Junior Men	
35	31:44	Edward How	Charterhouse Harriers	Senior Men	
36	31:59	Tony Ruberry	Tring RC	Veteran Men 40	
37	32:02	Brendon Gilbert	Leighton Fun Runners	Senior Men	
38	32:08	Paul Illing	Watford Harriers	Veteran Men 40	
39	32:12	Nigel Derby	Chiltern Harriers AC	Veteran Men 40	
40	32:16	Bob Fuller	Windsor Slough Eton & Hounslow	Veteran Men 40	

41	32:52	Matt Biglin	Burnham Joggers	Veteran Men 40	
42	32:53	Paul Emery	Watford Joggers	Veteran Men 40	
43	32:55	Roy Healy		Senior Men	
44	33:00	Richard Ruffell	British Airways	Veteran Men 40	
45	33:05	Neil Cooper	Chiltern Harriers AC	Veteran Men 40	
46	33:08	John Manning	Tring RC	Veteran Men 50	1st Vet 50
47	33:11	Stephen Worrall	Burnham Joggers	Senior Men	
48	33:17	Tim Woolridge	Watford Joggers	Veteran Men 40	
49	33:24	Michael Donovan	St Albans Striders	Veteran Men 50	
50	33:26	Shaun Tuffnell	Burnham Joggers	Senior Men	
51	33:29	Grant Whitaker	Chiltern Harriers AC	Veteran Men 40	
52	33:30	Richard Dobby		Senior Men	
53	33:35	Philip Willan		Veteran Men 40	
54	33:42	Paul Cowan	Tring RC	Veteran Men 40	
55	33:54	Andrew Angus	Watford Harriers	Veteran Men 40	
56	33:55	David Kidd	Chiltern Harriers AC	Senior Men	
57	34:00	Simon Webb	Tring RC	Senior Men	
58	34:10	Stuart James		Senior Men	
59	34:13	John Irwin	Burnham Joggers	Veteran Men 50	
60	34:23	Michael Turney	Chiltern Harriers AC	Veteran Men 40	
61	34:26	Steven Pyne		Senior Men	
62	34:37	Alex Pepper	Chiltern Harriers AC	Veteran Men 40	
63	34:39	Doug King	Chiltern Harriers AC	Veteran Men 50	
64	34:41	Alan Greenhalgh		Veteran Men 40	
65	34:47	Mick Dolling	Chiltern Harriers AC	Veteran Men 40	
66	34:49	Roger Ellerby	Chiltern Harriers AC	Veteran Men 40	
67	34:51	Tim Dutfield	Chiltern Harriers AC	Veteran Men 40	
68	35:03	Keith Scudamore	Burnham Joggers	Veteran Men 60	
69	35:07	Nigel Mann	Hillingdon AC	Veteran Men 40	
70	35:08	Jonathan Smith	Tring RC	Senior Men	
71	35:10	Graham Ellis	Topnotch	Veteran Men 40	
72	35:14	Colin Knight	Handy Cross Runners	Veteran Men 40	
73	35:15	Andy Harris		Veteran Men 50	
74	35:24	Ian Boardman		Veteran Men 40	
75	35:43	Steve Perkin	Chiltern Harriers AC	Veteran Men 40	
76	35:56	Giles Watson		Veteran Men 40	
77	35:58	Nigel Kippax	Tring RC	Veteran Men 40	
78	36:05	Robert Burton	Southern Counties Vets AC	Veteran Men 50	
79	36:11	Andrew Barrett		NDB	
80	36:13	Des Mannion	Handy Cross Runners	Veteran Men 40	
81	36:21	Michael Coates	Burnham Joggers	Veteran Men 60	
82	36:29	Mike Chatt		Senior Men	
83	36:33	Martin Grimsdale	Watford Harriers	Veteran Men 50	
84	36:43	John Ralph	Chiltern Harriers AC	Veteran Men 40	
85	36:46	Doug Saker		Veteran Men 40	
86	36:54	David Heron	Tring RC	Veteran Men 50	
87	36:56	Jan Simko		Senior Men	
88	37:11	Mike Blowing	Handy Cross Runners	Veteran Men 40	
89	37:12	Ken Mccord	Burnham Joggers	Veteran Men 40	
90	37:14	Michael Dixon	Herts Phoenix	Veteran Men 60	
91	37:18	Peter Astles	Handy Cross Runners	Veteran Men 40	
92	37:22	Phil Woodage	Bearbrook Joggers	Veteran Men 50	

93	37:27	Jim Binks	Bearbrook Joggers	Veteran Men 60
94	37:32	Philip Welch	Hillingdon AC	Veteran Men 50
95	37:37	Michael Hickman	Handy Cross Runners	Veteran Men 50
96	37:41	Dusan Drhlik		Senior Men
97	37:41	Adam Hill		Junior Men
98	37:44	Steve Benjamin	Vale Of Aylesbury	Veteran Men 40
99	38:07	Stefan Stasiuk	Burnham Joggers	Veteran Men 50
100	38:13	Adrian Heywood	Leighton Fun Runners	Senior Men
101	38:19	Tim Smallwood	Burnham Joggers	Veteran Men 50
102	38:26	Charles Allen	Burnham Joggers	Veteran Men 40
103	38:29	Pablo Diablo		Senior Men
104	38:37	Nick March		Senior Men
105	38:54	Alex Gibbs	Chiltern Harriers AC	Senior Men
106	39:26	Martin Quigley		Veteran Men 40
107	39:32	Daniel Colquhoun		Senior Men
108	39:38	Clive James		Veteran Men 40
109	39:39	John Shepherd		Senior Men
110	39:50	Stefan Barden		Veteran Men 40
111	40:07	Graham Simpson		Senior Men
112	40:10	David Walker	Chiltern Harriers AC	Veteran Men 60
113	40:10	John Walker		Senior Men
114	40:15	Patrick Shaw		Veteran Men 40
115	40:49	Howard Cave	Chiltern Harriers AC	Veteran Men 50
116	40:53	Nigel Lacey	Tring RC	Veteran Men 50
117	41:11	Derek Atkinson	Chiltern Harriers AC	Veteran Men 40
118	41:12	David Price		Senior Men
119	41:45	Tony Merritt	Burnham Joggers	Veteran Men 60
120	41:49	Ed Shedd		Senior Men
121	41:50	Bruce Archibald	The Monday Club	Veteran Men 40
122	41:56	Mike Morgan	Burnham Joggers	Veteran Men 60
123	42:42	Alastair Paton		Veteran Men 40
124	42:53	Chris Heath		Veteran Men 40
125	42:57	Richard Abraham	Chiltern Harriers AC	Veteran Men 50
126	43:35	Geoff Dennis	Tring RC	Veteran Men 60
127	44:04	Alan Williams	Tring RC	Veteran Men 60
128	44:05	Dave Thomas	Burnham Joggers	Veteran Men 40
129	44:12	Tim Shackleton		Veteran Men 40
130	44:45	Jazzy Hodgson	The Monday Club	Senior Men
131	45:04	Colin Iles		Senior Men
132	45:08	Peter Van Der Sluijs		Veteran Men 40
133	45:55	Geoffrey Roser	Tring RC	Veteran Men 50
134	46:09	Philip Davies		Veteran Men 40
135	47:40	Mervyn Iles		Veteran Men 50
136	47:51	Stephen Stokes	Vale Of Aylesbury	Senior Men
137	49:24	Michael Consden		Veteran Men 60
138	50:38	David Barnard	British Airways	Veteran Men 60
139	54:16	Simon Borns	Topnotch	Veteran Men 40

LADIES RACE

Place	Time	Name	Team	Race Age Category	Prize Winners
1	30:02	Claire Pusey	Burnham Joggers	Veteran Women 35	1st Lady
2	31:39	Sarah Fensome	Shaftesbury Barnet Harriers	Senior Women	2nd Lady
3	32:35	Laura Butt	Chiltern Harriers AC	Senior Women	3rd Lady
4	32:45	Tamsin Neale	Burnham Joggers	Senior Women	
5	34:56	Barbara Ralph	Chiltern Harriers AC	Veteran Women 45	1st Vet 45
6	35:54	Louise Barnett	Chiltern Harriers AC	Senior Women	
7	36:36	Margaret Moody	Handy Cross Runners	Veteran Women 55	
8	36:56	Louise Card	Vale Of Aylesbury	Junior Women	1st Junior
9	37:07	Sally Woolhouse		Senior Women	
10	37:20	Rachel Sammes	Burnham Joggers	Senior Women	
11	37:21	Jill Owen	Watford Harriers	Veteran Women 35	1st Vet 35
12	37:22	Mandy Bonthron	Tring RC	Veteran Women 35	
13	37:57	Liz Kissane	Watford Harriers	Veteran Women 35	
14	38:34	Lynne Harris		Veteran Women 45	
15	39:15	Deborah Ridout	Handy Cross Runners	Veteran Women 45	
16	39:34	Naomi Iles		Senior Women	1st Local Unattached
17	39:42	Debbie Manners		Veteran Women 35	
18	39:57	Ita Kelly	Burnham Joggers	Veteran Women 35	
19	40:33	Sharon Nettleton		Senior Women	
20	40:34	Patricia Malliff	Bearbrook Joggers	Veteran Women 35	
21	40:34	Sarah Watson		Veteran Women 35	
22	40:38	Melanie Bolden		Veteran Women 35	
23	41:14	Elizabeth Annetts	Burnham Joggers	Veteran Women 45	
24	43:34	Annelize Strydom		Senior Women	
25	43:41	Victoria Sims		Veteran Women 35	
26	43:56	Judy Saunders	Chiltern Harriers AC	Veteran Women 45	
27	44:02	Courtney Heyden	Watford Harriers	Senior Women	
28	44:03	Yolande Dillon	Hashhouse Harriers	Senior Women	
29	44:26	Alison Allen	Burnham Joggers	Veteran Women 45	
30	44:26	Pavla Metheringham	Burnham Joggers	Veteran Women 35	
31	45:06	Gill Heron	Tring RC	Veteran Women 45	
32	45:09	Rebecca Stubbings	Chiltern Harriers AC	Junior Women	
33	45:30	Anne Lee		Veteran Women 35	
34	45:35	Sandra Barren		Veteran Women 35	
35	47:16	Jennie Wood	Chiltern Harriers AC	Veteran Women 45	
36	47:28	Elsbeth Attwood		Veteran Women 45	
37	49:05	Lissa Gomm	Dragons Burnham	Senior Women	
38	49:07	Becky Allen	Dragons Burnham	Senior Women	
39	51:24	Jessica Lagan		Veteran Women 35	
40	51:24	Susannah Williams		Veteran Women 35	
41	52:52	Judy Consden		Veteran Women 55	
42	53:23	Mary Lord	Burnham Joggers	Veteran Women 45	
43	54:45	Anthea Watkins		Veteran Women 35	

TEAMS

Men

1. Vale Of Aylesbury	19 pts (2,3,5,9)
2. Chiltern Harriers AC	48 pts (6,11,12,19)
3. Watford Harriers	59 pts (4,13,18,24)
4. Burnham Joggers	139 pts (17,34,41,47)
5. Tring RC	169 pts (33,36,46,54)
6. Bearbrook Joggers	226 pts (16,25,92,93)
7. Handy Cross Runners	331 pts (72,80,88,91)

Women

1. Chiltern Harriers AC	14 pts (3,5,6)
2. Burnham Joggers	15 pts (1,4,10)
3. Watford Harriers	51 pts (11,13,27)

PEDNOR 5 RACE WALK

Incorporated Buckinghamshire AA Road Walk Championships

MEN'S RACE

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Place	Time	Name	Team	Race Age Category	Bucks
1	45:12	Phil Williams	Chiltern Harriers A.C.	v40	
2	45:27	Mark Wall	Leicester Walking Club	v45	
3	45:58	Carl Lawton	Belgrave Harriers	v55	
4	46:21	Andrew Cox	Hillingdon A.C.	v50	
5	47:18	John Ralph	Chiltern Harriers A.C.	v45	Bucks
6	50:13	Ted Holmquist	Chiltern Harriers A.C.	v60	
7	50:59	Peter Cassidy	Loughton A.C.	v65	
8	51:04	Les Scrivens	Worcester A.C.	v60	
9	52:54	Bob Austin	Marshall Milton Keynes A.C.	v55	Bucks
10	53:21	Brian Graves	Marshall Milton Keynes A.C.	v65	Bucks
11	55:44	Trevor Brawn	Chiltern Harriers A.C.	v55	Bucks
12	56:36	Martyn Cartwright	Chiltern Harriers A.C.	v65	Bucks
13	58:33	David Hoben	Surrey Walking Club	v50	
14	59:20	Ken Livermore	Enfield & Haringey A.C.	v70	
15	70:36	Gareth Cadwaller	Unattached	v40	

LADIES RACE

1	55:16	Jo Miles	Hillingdon A.C.	v50	
2	57:25	Sue Rey	Leicester Walking Club	v45	
3	59:00	Jackie Carver	Unattached	v35	
4	59:00	Isabel Winter	Chiltern Harriers A.C.	v35	Bucks
5	63:07	Elsbeth Attwood	Unattached	v45	
6=	67:37	Rachael Pepper	Unattached	v35	
6=	67:37	Angela Jellal	Unattached	v35	
8	70:36	Nancy Neville	Unattached	v40	

BOYS 2 MILE RACE

1	21.49	Daniel Loach	Chiltern Harriers A.C.	U13
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PEDNOR 5 CHALLENGE

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

Posn	Total Time	Name	Club	Walk Time	Run Time
<u>MEN</u>					
1	84.01	John Ralph	Chiltern Harriers A.C.	47.18	36.43
<u>LADIES</u>					
1	110.35	Elsbeth Attwood	Unattached	63.07	47.28