

**CHILTERN HARRIERS AC
PEDNOR 5
MONDAY 4th MAY 2015**

See Race Walk Results Below
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MEN'S RACE

POSN (MEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	AWARDS
1	1	MILLER, Alex	Belgrave Harriers	Senior	26:51	1 st
2	2	COOPER, Jim	Harrow AC	Veteran 40	27:26	2 nd
3	3	CLAY, Jordan	Leighton Buzzard AC	Junior	27:45	3 rd
4	4	STEWART, Allan	Chiltern Harriers AC	Senior	28:07	
5	5	SMITH, Graham	St Albans Striders	Veteran 40	28:27	1 st V40
6	6	HUGHES, Nick	Chiltern Harriers AC	Veteran 40	28:34	
7	7	CURSONS, Mark	Harrow AC	Veteran 50	28:52	1 st V50
8	8	HUME, Neil	Garden City Runners	Veteran 40	29:22	
9	9	KYTE, Jon	Harrow AC	Senior	29:40	
10	11	SULLIVAN, Nigel	Burnham Joggers	Veteran 40	30:18	
11	12	NORRIS, Peter	Harrow AC	Senior	30:21	
12	13	LAWLER, John	Gade Valley Harriers	Senior	30:25	
13	14	JONES, Tim	Vale Of Aylesbury AC	Veteran 50	30:28	
14	15	MACKAY, Nick	Swansea Harriers	Senior	30:31	
15	16	HILL, Adam		Senior	30:37	
16	17	FOSTER, Graham	St Albans Striders	Veteran 50	30:52	
17	18	CARDWELL, Joshua	Burnham Joggers	Senior	31:08	
18	19	KENCROFT, Mark	Ealing, Southall & Middlesex	Veteran 40	31:11	
19	20	HAYNES, Jonathan	Bishops Stortford RC	Veteran 60	31:26	1 st V60
20	21	RUMBLE, Paul	Gade Valley Harriers	Veteran 40	31:46	
21	22	SCHIFFER-HARTE, Ben	Burnham Joggers	Senior	31:52	
22	25	ROSE, Chris	Burnham Joggers	Veteran 50	32:10	
23	26	BROOMHALL, Matt	Burnham Joggers	Senior	32:12	
24	27	KABEL, Jason	Harrow AC	Veteran 40	32:19	
25	28	THOMAS, Hywel	Chiltern Harriers AC	Veteran 40	32:20	
26	30	FULLER, Bob		Veteran 50	32:32	
27	31	BRADLEY, Mikk	Watford Harriers	Veteran 50	32:47	
28	32	THOMAS, David		Junior	32:48	1 st Junior
29	33	MARTIN, Michael	St Albans Striders	Senior	33:06	
30	35	HARDING, Kevin	Tring RC	Veteran 50	33:13	
31	36	HICKMAN, Andy	Chiltern Harriers AC	Veteran 40	33:14	
32	37	GROVER, Marc	Burnham Joggers	Senior	33:20	
33	38	VOCKINS, Richard		Senior	33:25	
34	39	JAMES, Brian	Watford Joggers	Veteran 60	33:29	
35	40	ROONEY, Sean	Burnham Joggers	Veteran 40	33:40	
36	42	O'GRADY, John		Veteran 40	33:42	
37	43	MACLELLAN, Sean Patrick	Thrift Green Trotters	Veteran 40	33:44	
38	44	MELDRUM, Sam	Chiltern Harriers AC	Veteran 40	33:47	
39	45	BRYAN, Jerry	Barnet & District AC	Veteran 50	33:48	
40	46	VERRINDER, Matt	Chiltern Tri	Veteran 40	33:52	
41	47	WHITAKER, Grant	Chiltern Harriers AC	Veteran 50	33:56	
42	48	JOHNSON, Darren	Burnham Joggers	Veteran 40	34:03	
43	49	STEWART, Andrew	Chiltern Harriers AC	Veteran 50	34:12	
44	50	ASHBY, Matthew	Gade Valley Harriers	Junior	34:15	
45	52	SABAN, Tim	Fairlands Valley Spartans	Veteran 40	34:23	
46	53	SCOTT, Rob	Barnet & District AC	Veteran 40	34:35	
47	55	LAMBERT, Ross		Senior	34:44	
48	56	HALFORD, Darren	Ealing, Southall & Middlesex	Veteran 40	34:48	
49	57	HOLMES, Ash	Chiltern Harriers AC	Senior	34:52	
50	58	YOUNG, Darren		Veteran 40	34:53	
51	59	PALMER, Richard		Senior	34:53	
52	62	BLOOM, Richard	Herts Phoenix	Veteran 70	35:18	
53	64	GOMES, Joe	Barnet & District AC	Veteran 50	35:23	
54	65	COOPER, Neil	Chiltern Harriers AC	Veteran 50	35:23	

55	67	BRADLEY, Julian		Veteran 40	35:29
56	69	SAYER, John	Dunstable RR	Veteran 40	35:49
57	70	CUNNINGHAM, Fergal		Veteran 40	35:56
58	71	MYHILL, Matthew		Senior	36:03
59	73	VALLIS, Keith	Overton Harriers & AC	Veteran 40	36:08
60	75	ROBERTS, Alan	Vale Of Aylesbury AC	Veteran 50	36:18
61	78	SALMON, John	Thames Hare & Hounds	Veteran 50	36:29
62	79	DUTFIELD, Tim	Chiltern Harriers AC	Veteran 50	36:30
63	80	KLIKIS, Pani	Chiltern Harriers AC	Veteran 50	36:39
64	81	WATSON, Giles		Veteran 50	36:52
65	85	TALBOT, Rob	Burnham Joggers	Senior	37:08
66	86	FISHER, Aaron		Senior	37:10
67	87	DYER, Paul	Ley Hill Leggers	Veteran 40	37:12
68	89	PARRY, Alister	Garden City Runners	Veteran 50	37:20
69	90	MARTIN, Ben	Chiltern Harriers AC	Veteran 40	37:21
70	94	FERGUSON, Bruce		Veteran 50	37:58
71	95	DRIVER, Mick	Burnham Joggers	Veteran 50	38:04
72	96	HOWELLS, David	Chiltern Harriers AC	Senior	38:09
73	99	WATKINSON, David		Veteran 50	38:50
74	100	SMITH, John		Veteran 70	39:04
75	101	TURNER, David	Chiltern Harriers AC	Veteran 40	39:09
76	102	JOHNSON, Guy		Veteran 50	39:13
77	103	KENNETT, Roland	English Triathlon	Veteran 50	39:19
78	104	FREW, Max		Senior	39:28
79	105	WILLIAMS, David	Chiltern Harriers AC	Senior	39:31
80	107	RICKMAN, John	Maidenhead AC	Veteran 60	39:51
81	109	COOPER, Neil		Veteran 50	40:00
82	110	MANSON, Iain		Veteran 50	40:02
83	111	PASSEY, Duncan		Senior	40:11
84	112	YEARLEY, Paul		Veteran 50	40:14
85	113	HENKE, John	Watford Joggers	Veteran 50	40:17
86	114	MCCARTHY, Paul		Senior	40:17
87	116	SIBLEY, Patrick		Veteran 60	40:42
88	117	BROWN, Jim	Fairlands Valley Spartans	Veteran 60	41:02
89	118	BOSCH, Leon	Tring RC	Veteran 50	41:13
90	119	FRY, Mark	Chiltern Harriers AC	Veteran 50	41:22
91	122	CROFT, Russell		Senior	41:52
92	124	STACK, Paul	Dunstable RR	Veteran 50	42:10
93	125	BURTON, David		Veteran 40	42:21
94	126	BURKE, Chris		Veteran 50	42:21
95	127	CLISH, Tony	Burnham Joggers	Veteran 50	42:41
96	128	CHANNER, Matt	Chiltern Harriers AC	Senior	42:57
97	129	STASIUK, Stefan	Burnham Joggers	Veteran 60	43:13
98	131	CANVIN, Graham		Veteran 40	43:31
99	132	PRICE, Kevin		Veteran 50	43:45
100	133	KEENE, Oliver	Burnham Joggers	Veteran 50	43:46
101	135	KING, Doug	Chiltern Harriers AC	Veteran 60	43:54
102	138	HUMAN, Ian		Veteran 40	44:10
103	139	WARREN, Pete	Ranelagh Harriers	Veteran 70	44:18
104	141	HALLIDAY, Andy		Veteran 50	45:02
105	143	VAN DER SLUIJS, Peter		Veteran 50	45:29
106	144	SHEDD, Ed		Veteran 40	45:35
107	146	CONNAUGHTON, Aidan		Veteran 50	46:01
108	147	WESSON, David		Veteran 50	46:14
109	148	CAMPION, Kieron		Veteran 40	46:32
110	149	BRAWN, Trevor	Chiltern Harriers AC	Veteran 60	46:38
111	150	WILKINS, Derek	Burnham Joggers	Veteran 50	46:50
112	151	LLOYD, Richard	Chiltern Harriers AC	Veteran 50	47:06
113	154	GILBERT, Andrew	Burnham Joggers	Veteran 40	47:25
114	155	WATSON, Alan	Burnham Joggers	Veteran 60	47:43
115	157	HEASMAN, Matthew		Veteran 40	48:49
116	161	RALPH, John	Enfield & Haringey AC	Veteran 50	49:33
117	168	ROSER, Geoffrey	Tring RC	Veteran 60	54:13

WOMEN'S RACE

POSN (WOMEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	AWARDS
1	10	AMEND, Samantha	Belgrave Harriers	Veteran 35	29:59	1 st
2	23	NEALE, Tamsin	Burnham Joggers	Veteran 35	32:00	2 nd
3	24	GRAY, Jess	Watford Joggers	Senior	32:05	3 rd
4	29	WALSH, Wendy	St Albans Striders	Veteran 45	32:31	1 st V35
5	34	LEWYCKY, Nadine	Marshall Milton Keynes	Senior	33:07	
6	41	CONWAY, Jennifer	St Albans Striders	Senior	33:40	
7	51	AUSTIN, Julia	Vale Of Aylesbury AC	Veteran 45	34:21	1 st V45
8	54	LIVINGSTONE, Helen		Veteran 35	34:39	
9	60	KENNEDY, Fiona	Ealing, Southall & Middlesex	Veteran 55	34:54	1 st V55
10	61	HOLMES, Bev	Burnham Joggers	Veteran 35	34:57	
11	63	PARRY, Lizzie	Herts Phoenix	Junior	35:22	1 st Junior
12	66	LAST, Anna		Senior	35:26	
13	68	MARTIN, Lucy	St Albans Striders	Senior	35:38	
14	72	HARDING, Alison	Tring RC	Veteran 55	36:05	
15	74	MARINI, Graziella	Burnham Joggers	Veteran 45	36:09	
16	76	PICKARD, Kate	Watford Joggers	Veteran 35	36:19	
17	77	JONES, Carol	Ealing, Southall & Middlesex	Veteran 55	36:28	
18	82	NOAD, Joy	Purple Patch Runners	Veteran 55	36:53	
19	83	CHOLAWO, Helen	Chiltern Harriers AC	Senior	36:55	
20	84	BRADLEY, Karen	Barnet & District AC	Veteran 45	37:01	
21	88	ISTREFI, Yllka	Fairlands Valley Spartans	Veteran 35	37:15	
22	91	FERGUSON, Katie	Clapham Chasers	Senior	37:26	
23	92	HEMBURY, Lynda		Veteran 55	37:46	
24	93	PASSEY, Tessa	Chiltern Harriers AC	Veteran 35	37:54	
25	97	RALPH, Barbara	Chiltern Harriers AC	Veteran 55	38:14	
26	98	DAVIDSON, Sharon	Purple Patch Runners	Veteran 35	38:46	
27	106	SHARMAN, Sarah	Watford Joggers	Veteran 45	39:36	
28	108	BONNICK, Clare	Watford Joggers	Veteran 45	40:00	
29	115	KEENE, Patricia	Burnham Joggers	Veteran 55	40:35	
30	120	DOWNS, Ursula		Veteran 55	41:24	
31	121	BAKER, Natalie	Chiltern Harriers AC	Veteran 35	41:50	
32	123	WALSH, Kasia	Chiltern Harriers AC	Veteran 35	42:04	
33	130	COURT, Cathy	Tring RC	Veteran 45	43:30	
34	134	FERGUSON, Sue	Tring RC	Veteran 45	43:48	
35	136	BOLDEN, Melanie		Veteran 45	44:04	
36	137	ZAREMBA, Jenny	Burnham Joggers	Veteran 35	44:06	
37	140	DAVIDSON, Ann	Purple Patch Runners	Veteran 55	44:45	
38	142	HOLFORD, Nora	Kidlington RC	Veteran 45	45:14	
39	145	RUSSELL, Kylie		Senior	45:52	
40	152	GERMAIN, Claire		Veteran 35	47:19	
41	153	THOMPSON, Martine	Burnham Joggers	Senior	47:22	
42	156	BOUTLE, Clare	Barnet & District AC	Veteran 45	47:58	
43	158	LORD, Mary	Burnham Joggers	Veteran 55	48:59	
44	159	LEMON, Harriet	Parkfit	Veteran 45	49:12	
45	160	KEMPSON, Miriam		Veteran 45	49:13	
46	162	HUNTER, Christine	Stopsley Striders	Veteran 55	50:04	
47	163	RANKIN, Amanda	Stopsley Striders	Veteran 45	50:04	
48	164	BENNET, Jennifer		Veteran 45	50:30	
49	165	WILLIAMS, Laura	Burnham Joggers	Veteran 35	51:08	
50	166	ATTWOOD, Elspeth		Veteran 55	51:18	
51	167	YEARLEY, Carole		Veteran 45	52:46	
52	169	BUCK, Suzie	Burnham Joggers	Senior	57:28	
53	170	SUCKSMITH, Helen	Burnham Joggers	Veteran 35	57:34	
54	171	MAW, Nora		Veteran 55	60:37	

FULL TEAM RESULTS

	MEN'S TEAM	PTS	SCORERS	POS		WOMEN'S TEAM	PTS	SCORERS	POS
1	Harrow AC	29	J Cooper	2		1 St Albans Striders	23	W Walsh	4
			M Cursons	7				J Conway	6
			L Kyte	9				L Martin	13
			P Norris	11					
						2 Burnham Joggers	27	T Neale	2
2	Chiltern Harriers AC	66	A Stewart	4				B Holmes	10
			N Hughes	6				G Marini	15
			H Thomas	25					
			A Hickman	31		3 Watford Joggers	46	J Gray	3
								K Pickard	16
3	Burnham Joggers	70	N Sullivan	10				S Sharman	27
			J Cardwell	17					
			B Schiffer-Harte	21		4 Chiltern Harriers AC	68	H Cholawo	19
			C Rose	22				T Passey	24
								B Ralph	25
						5 Tring Running Club	81	A Harding	14
								C Court	33
								S Ferguson	34
						6 Purple Patch Runners	81	J Noad	18
								S Davidson	26
								A Davidson	37

BUCKINGHAMSHIRE CHAMPIONSHIP MEN'S RACE

POSN (MEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	AWARDS
1	1	MILLER, Alex	Belgrave Harriers	Senior	26:51	1 st
2	4	STEWART, Allan	Chiltern Harriers AC	Senior	28:07	2 nd
3	6	HUGHES, Nick	Chiltern Harriers AC	Veteran 40	28:34	3 rd & 1 st Vet
4	11	SULLIVAN, Nigel	Burnham Joggers	Veteran 40	30:18	2 nd Vet
5	12	NORRIS, Peter	Harrow AC	Senior	30:21	
6	14	JONES, Tim	Vale Of Aylesbury AC	Veteran 50	30:28	3 rd Vet
7	22	SCHIFFER-HARTE, Ben	Burnham Joggers	Senior	31:52	
8	31	BRADLEY, Mikk	Watford Harriers	Veteran 50	32:47	
9	36	HICKMAN, Andy	Chiltern Harriers AC	Veteran 40	33:14	
10	44	MELDRUM, Sam	Chiltern Harriers AC	Veteran 40	33:47	
11	46	VERRINDER, Matt	Chiltern Tri	Veteran 40	33:52	
12	48	JOHNSON, Darren	Burnham Joggers	Veteran 40	34:03	
13	49	STEWART, Andrew	Chiltern Harriers AC	Veteran 50	34:12	
14	69	SAYER, John	Dunstable RR	Veteran 40	35:49	
15	75	ROBERTS, Alan	Vale Of Aylesbury AC	Veteran 50	36:18	
16	81	WATSON, Giles		Veteran 50	36:52	
17	90	MARTIN, Ben	Chiltern Harriers AC	Veteran 40	37:21	
18	96	HOWELLS, David	Chiltern Harriers AC	Senior	38:09	
19	129	STASIUK, Stefan	Burnham Joggers	Veteran 60	43:13	
20	135	KING, Doug	Chiltern Harriers AC	Veteran 60	43:54	
21	138	HUMAN, Ian		Veteran 40	44:10	
22	149	BRAWN, Trevor	Chiltern Harriers AC	Veteran 60	46:38	

BUCKINGHAMSHIRE CHAMPIONSHIP WOMEN'S RACE

POSN (WOMEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	AWARDS
1	10	AMEND, Samantha	Belgrave Harriers	Veteran 35	29:59	1 st & 1 st Vet
2	23	NEALE, Tamsin	Burnham Joggers	Veteran 35	32:00	2 nd & 2 nd Vet
3	34	LEWYCKY, Nadine	Marshall Milton Keynes	Senior	33:07	3 rd
4	51	AUSTIN, Julia	Vale Of Aylesbury AC	Veteran 45	34:21	3 rd Vet
5	61	HOLMES, Bev	Burnham Joggers	Veteran 35	34:57	
6	82	NOAD, Joy	Purple Patch Runners	Veteran 55	36:53	
7	97	RALPH, Barbara	Chiltern Harriers AC	Veteran 55	38:14	
8	115	KEENE, Patricia	Burnham Joggers	Veteran 55	40:35	

HERTFORDSHIRE CHAMPIONSHIP MEN'S RACE

POSN (MEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	AWARDS
1	5	SMITH, Graham	St Albans Striders	Veteran 40	28:27	1 st
2	8	HUME, Neil	Garden City Runners	Veteran 40	29:22	2 nd
3	13	LAWLER, John	Gade Valley Harriers	Senior	30:25	3 rd
4	17	FOSTER, Graham	St Albans Striders	Veteran 50	30:52	
5	20	HAYNES, Jonathan	Bishops Stortford RC	Veteran 60	31:26	
6	25	ROSE, Chris	Burnham Joggers	Veteran 50	32:10	
7	33	MARTIN, Michael	St Albans Striders	Senior	33:06	
8	35	HARDING, Kevin	Tring RC	Veteran 50	33:13	
9	45	BRYAN, Jerry	Barnet & District AC	Veteran 50	33:48	
10	50	ASHBY, Matthew	Gade Valley Harriers	Junior	34:15	
11	52	SABAN, Tim	Fairlands Valley Spartans	Veteran 40	34:23	
12	53	SCOTT, Rob	Barnet & District AC	Veteran 40	34:35	
13	62	BLOOM, Richard	Herts Phoenix	Veteran 70	35:18	
14	64	GOMES, Joe	Barnet & District AC	Veteran 50	35:23	
15	78	SALMON, John	Thames Hare & Hounds	Veteran 50	36:29	
16	86	FISHER, Aaron		Senior	37:10	
17	89	PARRY, Alister	Garden City Runners	Veteran 50	37:20	
18	113	HENKE, John	Watford Joggers	Veteran 50	40:17	
19	117	BROWN, Jim	Fairlands Valley Spartans	Veteran 60	41:02	
20	148	CAMPION, Kieron		Veteran 40	46:32	

HERTFORDSHIRE CHAMPIONSHIP WOMEN'S RACE

POSN (WOMEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	AWARDS
1	24	GRAY, Jess	Watford Joggers	Senior	32:05	1 st
2	29	WALSH, Wendy	St Albans Striders	Veteran 45	32:31	2 nd
3	41	CONWAY, Jennifer	St Albans Striders	Senior	33:40	3 rd
4	63	PARRY, Lizzie	Herts Phoenix	Junior	35:22	
5	68	MARTIN, Lucy	St Albans Striders	Senior	35:38	
6	72	HARDING, Alison	Tring RC	Veteran 55	36:05	
7	76	PICKARD, Kate	Watford Joggers	Veteran 35	36:19	
8	84	BRADLEY, Karen	Barnet & District AC	Veteran 45	37:01	
9	91	FERGUSON, Katie	Clapham Chasers	Senior	37:26	
10	106	SHARMAN, Sarah	Watford Joggers	Veteran 45	39:36	
11	108	BONNICK, Clare	Watford Joggers	Veteran 45	40:00	
12	156	BOUTLE, Clare	Barnet & District AC	Veteran 45	47:58	

HERTFORDSHIRE CHAMPIONSHIP TEAM RESULTS

No complete men's teams finished

	WOMEN'S TEAM	PTS	SCORERS	POS
1	St Albans Striders	10	W Walsh	2
			J Conway	3
			L Martin	5
2	Watford Joggers	18	J Gray	1
			K Pickard	7
			S Sharman	10

**Pednor 5 Race Walk
(Category B)**

Incorporating the Buckinghamshire AA Race Walk Championship

Men's Race

Posn	Time	Name	Club	Category	Bucks
1	42.44	Fabian Deuter	Hillingdon AC		
2	44.54	Steve Allen	Barnet & District AC	Vet 55	
3	45.59	John Hall	Belgrave Harriers	Vet 65	
4	46.29	Keith Vallis	Overton Harriers	Vet 45	
5	46.53	Steven Uttley	Ilford AC	Vet 55	
6	47.07	John Ralph	Enfield & Harringey AC	Vet 55	Bucks
7	49.24	Mark Culshaw	Belgrave Harriers	Vet 45	
8	50.23	Stuart Bennett	Ilford AC	Vet 55	
9	51.05	Dan Maskell	Surrey Walking Club	Vet 65	
10	51.18	Andrew Cox	Hillingdon AC	Vet 60	
11	52.20	Michael Harran	Surrey Walking Club	Vet 75	
12	52.38	Arthur Thomson	Enfield & Harringey AC	Vet 75	
13	52.58	David Kates	Ilford AC	Vet 65	
14	53.49	Christopher Flint	Surrey Walking Club	Vet 70	
15	54.20	Alan Roberts	Vale of Aylesbury	Vet 50	Bucks
16	55.43	John Borgars	Loughton AC	Vet 65	
17	56.24	Brian Boggenpoel	Ilford AC	Vet 55	
18	56.29	Russell Vroobel	Hillingdon AC	Vet 55	
19	56.37	David Hoben	Surrey Walking Club	Vet 60	
20	57.17	Ron Dowell	Enfield & Harringey AC	Vet 75	
21	57.24	Richard McKenzie	Hillingdon AC	Vet 45	
22	59.32	Trevor Brawn	Chiltern Harriers AC	Vet 65	Bucks
23	61.14	Terry Morris	Nuneaton Harriers	Vet 70	
24	62.50	Michael Barnbrook	Ilford AC	Vet 70	
25	63.26	Stephen Cartwright	Colchester & Tendring	Vet 55	
26	63.40	Martyn Cartwright	Chiltern Harriers AC	Vet 70	
27	65.46	Mike Morgan	Burnham Joggers	Vet 75	
28	70.09	David Ainsworth	Ilford AC	Vet 65	

Ladies Race

1	51.26	Helen Middleton	Enfield & Harringey AC	Vet 50	
2	56.35	Jo Miles	Hillingdon AC	Vet 55	
3	60.56	Jenny Middleton	Hillingdon AC	Vet 40	
4	61.58	Melanie Bolden	Unattached	Vet 45	
5	62.30	Jenny Zaremba	Burnham Joggers	Vet 40	
6	68.06	Elsbeth Attwood	Unattached	Vet 55	
7	72.10	Patricia Keene	Burnham Joggers	Vet 55	

Boys 2 Mile Race

1	24.07	George Bancroft	Hawridge & Cholesbury School	U 11
2	24.33	Alexander Stone	Chiltern Harriers AC	U 11

Girls 2 Mile Race

1	24.17	Talien van Kuijk	Chiltern Harriers AC	U 11
2	24.24	Rachel Stone	St Clement Danes School	U 15
3	24.29	Emily Bancroft	Dr Challoners High School	U 15
4	24.51	Rebecca Stone	Chiltern Harriers AC	U 13

PEDNOR 5 CHALLENGE

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

	Total Time	Name	Club	Walk Time	Run Time
Ladies					
1	106.02	Melanie Bolden	Unattached	61.58	44.04
2	106.36	Jenny Zaremba	Burnham Joggers	62.30	44.06
3	112.45	Patricia Keene	Burnham Joggers	72.10	40.35
4	119.24	Elspeth Attwood	Unattached	68.06	51.18
Men					
1	82.37	Keith Vallis	Overton Harriers	46.29	36.08
2	90.38	Alan Roberts	Vale of Aylesbury	54.20	36.18
3	96.40	John Ralph	Enfield & Harringey AC	47.07	49.33
4	106.10	Trevor Brawn	Chiltern Harriers AC	59.32	46.38