

**CHILTERN HARRIERS AC**  
**PEDNOR 5**  
**MONDAY 7th MAY 2018**

POS	MEN	WOMEN	COMPETITOR	CLUB / TEAM	CATEGORY	TIME	AWARDS
1	1		STEWART, Allan	Chiltern Harriers AC	Senior Men	26:55	1 <sup>st</sup> Man
2	2		BENNETT, Matthew	Southampton AC	Senior Men	27:10	2 <sup>nd</sup> Man
3	3		MAY, Charlie	Vale Of Aylesbury AC	Senior Men	27:37	3 <sup>rd</sup> Man
4	4		REPPER, James	Chiltern Harriers AC	M40	27:58	M40
5	5		DELL, Thomas	Vale Of Aylesbury AC	Senior Men	28:02	
6	6		DAVIDSON, Aran	Chiltern Harriers AC	Senior Men	28:28	
7	7		VAUGHAN, Mark	North Herts RR	M40	28:49	
8	8		BULL, Chris		Senior Men	29:18	
9	9		ADCOCK, Matthew	Watford Harriers	M50	29:23	M50
10	10		O'SULLIVAN, David	Watford Joggers	M40	29:26	
11	11		STEEL, Nick	Ealing, Southall & Middlesex	Senior Men	29:27	
12	12		GRIFFITHS, Alex	Dacorum & Tring	Senior Men	29:34	
13	13		MARLOW, Jamie	Dacorum & Tring	Senior Men	29:41	
14	14		NORRIS, Stephen	Thames Valley Harriers	M40	29:48	
15	15		SUMMERFIELD, Martyn	Vale Of Aylesbury AC	M50	29:57	
16	16		JONES, Nathan	Vale Of Aylesbury AC	Junior Men	30:05	Junior Man
17	17		DIXON, Thomas	Chiltern Harriers AC	Senior Men	30:08	
18	18		MARTIN, Dermot	Bearbrook RC	M40	30:09	
19	19		BUSBY, Liam	Burnham Joggers	Senior Men	30:15	
20	20		CARPENTER, Mike	Dacorum & Tring	Senior Men	30:22	
21	21		MARTIN, Michael	St Albans Striders	Senior Men	30:34	
22	22		KING, Jim	St Albans Striders	M40	30:39	
23	23		REDDAWAY, Paul	Broxbourne Runners	M50	30:40	
24	24		DELL, Jeremy	Vale Of Aylesbury AC	Senior Men	30:42	
25	25		CHILDS, Dean	Burnham Joggers	Senior Men	30:44	
26	26		KENCROFT, Mark	Ealing, Southall & Middlesex	M50	31:00	
27	27		TAYLOR, Nathan	Chiltern Harriers AC	M40	31:02	
28	28		SULLIVAN, Nigel	Burnham Joggers	M40	31:02	
29	29		CONNOR, Ross	Watford Harriers	Senior Men	31:04	
30	30		ALEXANDER, Ben		Senior Men	31:10	
31	31		JONES, Tim	Vale Of Aylesbury AC	M60	31:15	M60
32	32		TURNEY, Michael	Chiltern Harriers AC	M50	31:19	
33	33		HARRIS, Nick	Watford Harriers	M40	31:26	
34	34		HAMILTON, Matt	Dacorum & Tring	Senior Men	31:30	
35	35		PARRIS, Sebastian	Ilford AC	Senior Men	31:34	
36		1	O'ROURKE, Mairead	Chiltern Harriers AC	F35	31:49	1 <sup>st</sup> Women
37	36		MORRIS, Gareth	Wycombe Phoenix Harriers	Senior Men	31:57	
38	37		HUMPHREY, Andrew	Burnham Joggers	Senior Men	32:33	
39	38		GOODMAN, Adam	Ealing, Southall & Middlesex	Senior Men	32:43	
40	39		ASTON, Nigel	St Albans Striders	M50	32:48	
41	40		WILLCOX, Anthony	Gade Valley Harriers	Senior Men	32:55	
42	41		HETHERINGTON, Ben		Senior Men	33:02	
43	42		ROONEY, Sean	Burnham Joggers	M40	33:08	
44	43		LLOYD, Gary		M50	33:21	
45	44		HOWELLS, David	Chiltern Harriers AC	Senior Men	33:35	
46	45		WALKER, Peter	Burnham Joggers	M50	33:37	
47		2	FRY, Louise	Chiltern Harriers AC	Senior Women	33:48	2 <sup>nd</sup> Woman
48	46		COUTTS, Edwin	Trent Park RC	M40	33:50	
49	47		FRY, Shaun	Chiltern Harriers AC	Senior Men	33:54	
50	48		ROWE, Sebastian	St Albans Striders	M40	34:01	
51		3	ADCOCK, Angela	Watford Harriers	F35	34:10	3 <sup>rd</sup> Woman
52	49		MOORE, Mark	Burnham Joggers	M50	34:10	
53		4	FERGUSON, Katie	Clapham Chasers	Senior Women	34:13	
54		5	CONWAY, Jennifer	St Albans Striders	Senior Women	34:16	
55	50		BUXTON, Paul		M40	34:17	
56	51		WALKER, Derek	Watford Harriers	M50	34:20	
57	52		RENTON, John	Watford Harriers	M40	34:23	
58	53		AHERN, Patrick	Chiltern Harriers AC	M50	34:31	
59		6	HALLAS, Natalie	Chiltern Harriers AC	F35	34:32	F35
60		7	GERRIE, Sarah	Ealing, Southall & Middlesex	F35	34:35	
61	54		WORSFOLD, Mike	Chiltern Harriers AC	M40	34:43	
62	55		STODDERN, Jonathan		Senior Men	34:45	
63	56		LLOYD, Joshua		Junior Men	34:45	
64		8	HEMBURY, Lynda	Tring RC	F55	34:47	F55
65	57		EVANS, Mark	Burnham Joggers	M40	34:53	

POS	MEN	WOMEN	COMPETITOR	CLUB / TEAM	CATEGORY	TIME	AWARDS
66	58		YORK, Philip	South West Veterans AC	M50	34:57	
67	59		HARWOOD, Adrian	Watford Harriers	M50	35:00	
68	60		BROOMHALL, Matthew		M40	35:01	
69	61		HORNIBROOK, Alan	Chiltern Harriers AC	M60	35:05	
70	62		SCOTT, Robert	Barnet & District AC	M40	35:06	
71	63		BRYAN, Jerry	Barnet & District AC	M50	35:13	
72		9	GLASSON, Leonie	Vale Of Aylesbury AC	Junior Women	35:25	Junior Woman
73	64		COHEN, Clive	Tring RC	M60	35:31	
74		10	HOLMES, Bev	Burnham Joggers	F35	35:32	
75	65		BRAYBROOK, Colin	St Albans Striders	M50	35:35	
76	66		EDWARDS, Marcus	Watford Joggers	M50	35:40	
77	67		MARTIN, Glen	Chiltern Harriers AC	M40	35:43	
78	68		KORINEK, Mark		M40	36:01	
79	69		WRIGHT, Tom	Chiltern Harriers AC	Senior Men	36:03	
80		11	AUKSTIEJUTE, Jurate		Senior Women	36:22	
81		12	MCCALL, Rebecca		F35	36:26	
82	70		LINDO, Hilton		M40	36:33	
83	71		DAOUD, Martin	Ealing, Southall & Middlesex	M50	36:34	
84	72		WHITAKER, Grant	Chiltern Harriers AC	M50	36:40	
85	73		WATSON, Tony	Sudbury Court RC	M60	36:42	
86		13	DOBBS, Zoe	Hillingdon AC	F45	36:54	F45
87	74		BATES, Neil	Chiltern Harriers AC	Senior Men	37:02	
88	75		SHARMAN, Richard		M40	37:03	
89	76		OWEN, Steve		M40	37:04	
90	77		STUDDART, Mark	Watford Joggers	M50	37:08	
91	78		BUCKINGHAM, Daniel	Chiltern Harriers AC	M40	37:09	
92		14	ALEXANDER, Martina		F35	37:15	
93		15	GOSS, Amy	Tring RC	F35	37:16	
94	79		WATSON, Giles	Chiltern Harriers AC	M50	37:17	
95	80		BAILEY, Michael		M40	37:27	
96	81		KRETSCHMER, Luke		Senior Men	37:36	
97	82		CHAPMAN, Ian	Chiltern Harriers AC	M50	37:44	
98	83		REILLY, Paul	Gade Valley Harriers	M40	37:48	
99	84		MCCARTHY, Paul		M40	37:52	
100	85		DYER, Paul		M40	37:54	
101	86		BLOOM, Richard	Herts Phoenix	M70	38:03	
102		16	FRYER, Anna	Bearbrook RC	F35	38:08	
103		17	EMMERSON, Claire	Fairlands Valley Spartans	F45	38:16	
104	87		COUTTS, Jonathan	Chiltern Harriers AC	M40	38:24	
105		18	LANG, Beth	Chiltern Harriers AC	F35	38:25	
106	88		DAWSON, Timothy	Chiltern Harriers AC	M40	38:26	
107	89		FIRMAN, Chris	Burnham Joggers	M40	38:32	
108		19	ILES, Naomi	Gade Valley Harriers	Senior Women	38:37	
109		20	BONNICK, Clare	Watford Joggers	F55	38:39	
110	90		FRANKLIN, Kevin		Senior Men	38:42	
111	91		MARTIN, Richard		M40	38:47	
112		21	ALIAJ, Julia	Chiltern Harriers AC	F35	38:48	
113	92		GRANT, James		Senior Men	38:50	
114		22	COLEMAN, Amy		F35	38:55	
115	93		BATES, Andy	Burnham Joggers	M40	38:56	
116		23	EVANS, Rachel	Southampton AC	Senior Women	38:59	
117	94		CHAN, Robin		M40	39:10	
118		24	JONES, Carol	Ealing, Southall & Middlesex	F55	39:15	
119	95		TURRELL, Simon	Ealing, Southall & Middlesex	M50	39:19	
120		25	KALSI, Nin		Senior Women	39:24	
121		26	GRAY-CAUVIN, Iwona	Hillingdon AC	F35	39:32	
122		27	DE BOOM, Annemarie		F45	39:41	
123	96		SALT, Rob	Dacorum & Tring	M50	40:04	
124		28	MISTRY, Claire	Tring RC	F35	40:13	
125	97		BOSCH, Aleksandr		Senior Men	40:15	
126	98		CHATER, Andrew	Watford Joggers	M60	40:24	
127		29	SAMMES, Rachel	Burnham Joggers	F45	40:29	
128	99		ROBERTSON, William		Senior Men	40:49	
129		30	ALEKNA, Amie		F35	40:55	
130	100		GETLEY, Scott		M40	41:09	
131	101		WILSON, Martin	Ealing, Southall & Middlesex	M60	41:24	
132	102		HILL, Greg	Watford Joggers	M60	41:24	
133		31	MELLOR, Lyn	Chiltern Harriers AC	F55	41:25	
134		32	THOMAS, Patricia	Ealing, Southall & Middlesex	F45	41:31	
135		33	FICKLING, Mandie	Vale Of Aylesbury AC	F45	41:40	
136	103		STEARNS, Matthew	Dacorum & Tring	M60	41:43	

POS	MEN	WOMEN	COMPETITOR	CLUB / TEAM	CATEGORY	TIME	AWARDS
137	104		HAWORTH, John		M50	41:43	
138	105		SAUL, David	Chiltern Harriers AC	M50	41:44	
139		34	PACKWOOD, Beverley	Ealing, Southall & Middlesex	F45	41:47	
140	106		DIGBY, Mark	Burnham Joggers	M40	41:48	
141		35	AIRD, Linda	North Herts RR	F55	41:53	
142	107		CLISH, Tony	Burnham Joggers	M50	41:56	
143	108		DRIZEN, Alex	Watford Joggers	M40	41:58	
144		36	CHAN, Lindsay	Burnham Joggers	F35	42:15	
145		37	CREPINEAU, Julia	Burnham Joggers	F45	42:17	
146		38	PAXTON, Kate	Chiltern Harriers AC	Senior Women	42:18	
147	109		CLARKE, Jonathan	Chiltern Harriers AC	M40	42:35	
148		39	BOLDEN, Lucie		Junior Women	42:40	
149		40	PRIMETT, Claire	Burnham Joggers	F45	42:45	
150	110		EVANS, Brian	Tring RC	M50	42:53	
151		41	DEARMAN, Christine	Watford Harriers	F45	42:57	
152	111		FLEMING, Rupert		Senior Men	43:11	
153		42	NEVIN, Katherine		F35	43:13	
154	112		KEENE, Oliver	Burnham Joggers	M60	43:14	
155		43	JONES, Nicola	Watford Harriers	F45	43:27	
156	113		JONES, Nicholas	Watford Harriers	M50	43:29	
157	114		TALBOT, Nick		M40	43:30	
158		44	STYLIANOOU, Sophia	Watford Joggers	F35	43:31	
159		45	GOODMAN, Kylie	Ealing, Southall & Middlesex	Senior Women	43:32	
160		46	QUINN, Marcia	Watford Joggers	F45	43:34	
161	115		WHITE, Richard	Tring RC	M60	43:36	
162		47	GRIFFIN, Philippa	Watford Joggers	F35	43:37	
163		48	RICE, Julie	Watford Joggers	F45	43:44	
164		49	KEMPSON, Miriam	Chiltern Harriers AC	F45	43:54	
165		50	DAY, Katherine	Chiltern Harriers AC	F45	43:56	
166		51	DOWNES, Ursula		F55	44:01	
167	116		BAKER, Simon		Senior Men	44:03	
168		52	MARTIN, Clare		F35	44:06	
169	117		KING, Doug		M60	44:18	
170		53	DUNCAN, Lucy	Hillingdon AC	F35	44:27	
171	118		BREW, Sean	Chorleywood Harriers	M50	44:45	
172	119		KAVANAGH, John	South West Road Runners	M50	44:48	
173		54	KEEN, Amanda	Burnham Joggers	Senior Women	45:01	
174		55	TURNLEY, Jayne	Watford Harriers	F45	45:12	
175		56	LEMON, Harriet	Chiltern Harriers AC	F45	45:15	
176		57	NASH, Emma	Gade Valley Harriers	F35	45:25	
177		58	MANNERING, Rachel		F35	45:26	
178	120		BOYDEN-WILSON, Steve	Chiltern Harriers AC	M50	45:31	
179	121		BONNICK, Ian	Watford Joggers	M60	45:36	
180	122		BRYANT, Nick		Senior Men	45:37	
181	123		STASIUK, Stefan	Burnham Joggers	M60	45:57	
182		59	DEFOE, Susan	Watford Joggers	F55	46:00	
183		60	MARSHALL, Joanne	Watford Harriers	F35	46:03	
184		61	CASEY, Phaedra	Burnham Joggers	F35	46:18	
185	124		JENNER, John	Burnham Joggers	M70	46:19	
186	125		BOSCH, Leon	Tring RC	M50	46:28	
187		62	DAVENPORT, Rosemary		Senior Women	46:29	
188	126		SIBLEY, Patrick		M60	46:35	
189		63	GLACKIN, Melissa		F35	46:43	
190		64	FINCH, Tamsin	Chiltern Harriers AC	F35	46:45	
191		65	VAUGHAN, Sue	North Herts RR	F45	46:50	
192		66	BENJAMIN, Christina	Hillingdon AC	Senior Women	46:52	
193	127		TORRANCE, Andy	Hillingdon AC	M60	46:52	
194	128		PHELPS, Tim		M40	46:54	
195	129		YEARLEY, Paul		M50	46:56	
196		67	COADY, Emma	Gade Valley Harriers	Senior Women	46:57	
197	130		DAVIDSON, George	Ealing, Southall & Middlesex	M50	47:14	
198	131		O'FARRELL, Andy		M50	47:18	
199	132		MAUFE, Sebastian	Burnham Joggers	NDB	47:20	
200		68	BATES, Kim	Burnham Joggers	F55	47:33	
201	133		MCINTYRE, Rob		M50	47:51	
202		69	BISHOP, Fiona	Woking AC	F55	47:57	
203		70	COOK, Paula	Gade Valley Harriers	F45	48:13	
204	134		VAN DER SLUIJS, Peter		M50	48:21	
205	135		WARREN, Pete	Ranelagh Harriers	M70	48:52	
206		71	PACE, Loredana	Watford Joggers	F35	49:03	
207	136		PAUL, Jason		M40	49:06	

POS	MEN	WOMEN	COMPETITOR	CLUB / TEAM	CATEGORY	TIME	AWARDS
208	137		ZAREMBA, Chris		M60	49:08	
209		72	BENNET, Jenny		F45	49:30	
210		73	WELSFORD, Louise	Burnham Joggers	F55	49:33	
211	138		BAXTER, George	Chiltern Harriers AC	M40	49:35	
212		74	DAVIS, Mary	Vegetarian Cycling & AC	F45	50:02	
213	139		PAGET, Neil		M60	50:02	
214		75	BARKER, Karen		F45	50:06	
215		76	KEOGH, Angela	Watford Joggers	F35	50:11	
216		77	BIRD, Emily		F35	50:29	
217		78	REDDAWAY, Wendy		F55	50:30	
218		79	EDWARDS, Angela	Watford Joggers	F55	50:40	
219	140		FORD, David	Burnham Joggers	M60	50:44	
220	141		HUGHES, Howard		M40	50:49	
221	142		HILL, Stan		M50	51:22	
222	143		RICHARDSON, Paul		M50	51:41	
223	144		WILKINS, Derek	Burnham Joggers	M60	51:45	
224	145		HILTON, Gary	Watford Joggers	M40	52:01	
225		80	CALDER, Fiona	Chiltern Harriers AC	F35	52:12	
226		81	LORD, Mary	Burnham Joggers	F55	52:36	
227	146		PETERS, Jeff	Watford Joggers	M40	52:40	
228	147		LINTON-SMITH, Yestin		M50	52:48	
229		82	MARDELL, Zoe	Burnham Joggers	NDB	52:51	
230	148		WALKER, Philip		M50	53:16	
231		83	KAPLAN, Zoe		F55	53:25	
232		84	SMART, Jude		F45	53:25	
233		85	SEARLE, Tina	Gade Valley Harriers	F55	53:35	
234		86	REYNOLDS, Charlotte		F45	53:39	
235	149		BONE, Jake		Senior Men	53:47	
236		87	MUNDEN, Christine	Thames Valley Harriers	F45	54:23	
237	150		ALBERTS, Philip		M60	54:56	
238		88	DONOHOE, Clare		F45	55:04	
239		89	DUNCAN, Angela	Hillingdon AC	F75	55:54	
240		90	GROOME, Lynda		F65	55:56	
241	151		WATSON, Alan	Burnham Joggers	M70	57:06	

### **FULL TEAM RESULTS**

	MEN'S TEAM	POINTS	WOMEN'S TEAM	POINTS
1	Chiltern Harriers	28	Chiltern Harriers	9
2	Vale of Aylesbury	39	Tring RC	51
3	Dacorum & Tring	79	Ealing, Southall & Middlesex	63
4	Burnham Joggers	109	Burnham Joggers	75
5	Watford Harriers	122	Watford Harriers	87
6	St Albans Striders	130	Hillingdon	92
7	Ealing, Southall & Middlesex	146	Watford Joggers	110
8	Watford Joggers	251	Gade Valley Harriers	143
9	Tring RC	414		

## HERTFORDSHIRE CHAMPIONSHIP VETEREN MEN'S RACE

POSN	COMPETITOR	CLUB / TEAM	CATEGORY	TIME
1	VAUGHAN, Mark	North Herts RR	M40	28:49
2	ADCOCK, Matthew	Watford Harriers	M50	29:23
3	O'SULLIVAN, David	Watford Joggers	M40	29:26
4	KING, Jim	St Albans Striders	M40	30:39
5	REDDAWAY, Paul	Broxbourne Runners	M50	30:40
6	HARRIS, Nick	Watford Harriers	M40	31:26
7	ASTON, Nigel	St Albans Striders	M50	32:48
8	ROWE, Sebastian	St Albans Striders	M40	34:01
9	WALKER, Derek	Watford Harriers	M50	34:20
10	RENTON, John	Watford Harriers	M40	34:23
11	HARWOOD, Adrian	Watford Harriers	M50	35:00
12	SCOTT, Robert	Barnet & District AC	M40	35:06
13	BRYAN, Jerry	Barnet & District AC	M50	35:13
14	COHEN, Clive	Tring RC	M60	35:31
15	BRAYBROOK, Colin	St Albans Striders	M50	35:35
16	EDWARDS, Marcus	Watford Joggers	M50	35:40
17	STUDDART, Mark	Watford Joggers	M50	37:08
18	REILLY, Paul	Gade Valley Harriers	M40	37:48
19	BLOOM, Richard	Herts Phoenix	M70	38:03
20	SALT, Rob	Dacorum & Tring	M50	40:04
21	CHATER, Andrew	Watford Joggers	M60	40:24
22	STEARNS, Matthew	Dacorum & Tring	M60	41:43
23	JONES, Nicholas	Watford Harriers	M50	43:29
24	BONNICK, Ian	Watford Joggers	M60	45:36
25	HILTON, Gary	Watford Joggers	M40	52:01
26	PETERS, Jeff	Watford Joggers	M40	52:40

## HERTFORDSHIRE CHAMPIONSHIP VETERAN WOMEN'S RACE

POSN	COMPETITOR	CLUB / TEAM	CATEGORY	TIME
1	ADCOCK, Angela	Watford Harriers	F35	34:10
2	HEMBURY, Lynda	Tring RC	F55	34:47
3	EMMERSON, Claire	Fairlands Valley Spartans	F45	38:16
4	BONNICK, Clare	Watford Joggers	F55	38:39
5	MISTRY, Claire	Tring RC	F35	40:13
6	AIRD, Linda	North Herts RR	F55	41:53
7	DEARMAN, Christine	Watford Harriers	F45	42:57
8	JONES, Nicola	Watford Harriers	F45	43:27
9	STYLIANOU, Sophia	Watford Joggers	F35	43:31
10	QUINN, Marcia	Watford Joggers	F45	43:34
11	GRIFFIN, Philippa	Watford Joggers	F35	43:37
12	RICE, Julie	Watford Joggers	F45	43:44
13	TURNLEY, Jayne	Watford Harriers	F45	45:12
14	DEFOE, Susan	Watford Joggers	F55	46:00
15	MARSHALL, Joanne	Watford Harriers	F35	46:03
16	VAUGHAN, Sue	North Herts RR	F45	46:50
17	COOK, Paula	Gade Valley Harriers	F45	48:13
18	PACE, Loredana	Watford Joggers	F35	49:03
19	KEOGH, Angela	Watford Joggers	F35	50:11
20	REDDAWAY, Wendy		F55	50:30
21	EDWARDS, Angela	Watford Joggers	F55	50:40

## HERTFORDSHIRE CHAMPIONSHIP VETERAN TEAM RESULTS

	MEN'S TEAM	POINTS	WOMEN'S TEAM	POINTS
1	Watford Harriers	27	Watford Harriers	16
2	St Albans Striders	34	Watford Joggers 'A'	23
3	Watford Joggers	57	Watford Joggers 'B'	37