

LENNONS

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Chiltern Harriers AC Pednor 5 Monday 6th May 2019

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CATEGORY	TIME	AWARD
1	1		198	BOOTH, Chris	Cheltenham & County Harriers	Senior Men	26:56	1 st Man
2	2		270	MILLER, Alexander	Belgrave Harriers	Senior Men	27:20	2 nd Man
3	3		277	BUCKLE, Stephen	St Albans Striders	Senior Men	27:23	3 rd Man
4	4		291	ALEXANDER, Ben	Chiltern Harriers AC	Senior Men	27:36	
5	5		364	NORRIS, Stephen	Watford Joggers	Veteran Men 40	27:39	M40
6	6		154	JONES, Nathan	Vale of Aylesbury AC	Junior Men	27:51	Junior Man
7	7		6	DAVIDSON, Aran	Chiltern Harriers AC	Senior Men	28:02	
8	8		38	MARLOW, Jamie	Dacorum & Tring	Senior Men	28:03	
9	9		101	CHILDS, Dean	Wycombe Phoenix Harriers	Senior Men	28:40	
10	10		275	HOSTY, Stephen	St Albans Striders	Veteran Men 40	28:57	
11	11		175	ROWLANDS, Rhys	Dacorum & Tring	Junior Men	29:05	
12	12		98	BUSBY, Liam	Wycombe Phoenix Harriers	Senior Men	29:06	
13	13		233	WOLFF, Daniel	Epsom & Ewell Harriers	Senior Men	29:14	
14	14		273	MARTIN, Dermot	Bearbrook RC	Veteran Men 40	29:33	
15	15		12	SAUNDERS, Angus	Dacorum & Tring	Junior Men	29:41	
16	16		206	COLLUM, Sean	Watford Joggers	Senior Men	29:42	
17	17		252	MELVILLE-SMITH, Alistair	Chiltern Harriers AC	Veteran Men 40	29:51	
18	18		70	KENCROFT, Mark	Ealing, Southall & Middlesex	Veteran Men 50	29:53	M50
19	19		280	LLOYD, Derek	Marlow Striders	Veteran Men 40	29:56	
20		1	123	AMEND, Samantha	Belgrave Harriers	Veteran Women 35	29:57	1 st Woman
21	20		80	KING, Jim	St Albans Striders	Veteran Men 40	29:58	
22	21		92	STRATFORD, Ben	Dacorum & Tring	Senior Men	30:03	
23	22		240	CARPENTER, Mike	Dacorum & Tring	Senior Men	30:08	
24	23		149	CLARK, Richard	Chiltern Harriers AC	Senior Men	30:09	
25	24		220	REED, Dominic	Handy Cross Runners	Senior Men	30:09	
26	25		26	HETHERINGTON, Ben	Chiltern Harriers AC	Senior Men	30:11	
27	26		150	DAVIES, Steve	Watford Joggers	Veteran Men 40	30:28	
28		2	72	PATERSON, Catriona	Hillingdon AC	Senior Women	30:31	2 nd Woman
29	27		295	TURNER, Neil	Handy Cross Runners	Veteran Men 40	30:36	
30	28		236	EVANS, Richard	St Albans Striders	Senior Men	30:41	
31	29		188	WISEALL, Andrew	Chiltern Harriers AC	Senior Men	30:48	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CATEGORY	TIME	AWARD
32	30		193	STODDERN, Jonathan	Chiltern Harriers AC	Senior Men	30:59	
33	31		250	LANCASTER, Mike	St Albans Striders	Senior Men	31:00	
34		3	360	YOUNG, Ali	Chiltern Harriers AC	Veteran Women 45	31:01	3 rd Woman
35	32		375	OLIMA, David	Dacorum & Tring	Veteran Men 40	31:12	
36	33		352	HICKMAN, Andy	Chiltern Harriers AC	Veteran Men 50	31:14	
37	34		315	TURNEY, Michael	Chiltern Harriers AC	Veteran Men 50	31:18	
38	35		204	HOWELLS, David	Chiltern Harriers AC	Senior Men	31:28	
39	36		56	TAYLOR, Jonathan	Chiltern Harriers AC	Senior Men	31:29	
40	37		187	HULL, Benjamin	Burnham Joggers	Senior Men	31:33	
41	38		186	TAYLOR, Nathan	Chiltern Harriers AC	Veteran Men 40	31:38	
42	39		166	LIVING, Luke		Veteran Men 40	31:39	
43	40		97	MACK, Thomas	Dacorum & Tring	Senior Men	31:48	
44	41		194	HUNTLEY, Adrian	Vale of Aylesbury AC	Veteran Men 50	31:51	
45	42		282	LARNER, Derek		Veteran Men 50	31:53	
46	43		197	STOCKDALE, Tor		Veteran Men 40	31:56	
47	44		155	JONES, Tim	Vale of Aylesbury AC	Veteran Men 60	32:00	M60
48	45		286	PENNELL, Jonathan	Fairlands Valley Spartans	Senior Men	32:07	
49	46		117	CLARK, Gareth	Dacorum & Tring	Veteran Men 40	32:09	
50	47		225	TURNER, Michael	Dacorum & Tring	Senior Men	32:14	
51	48		87	ASTON, Nigel	St Albans Striders	Veteran Men 50	32:19	
52		4	247	CONWAY, Jennifer	St Albans Striders	Senior Women	32:21	
53	49		361	MARTIN, Michael	St Albans Striders	Senior Men	32:26	
54	50		297	GOODMAN, David	Gade Valley Harriers	Veteran Men 40	32:31	
55	51		162	WILLIAMS, David	Chiltern Harriers AC	Senior Men	32:32	
56	52		254	PAUL, Alex		Senior Men	32:36	
57	53		285	JONES, Alun	Handy Cross Runners	Veteran Men 60	32:37	
58		5	189	GERRIE, Sarah	Ealing, Southall & Middlesex	Veteran Women 35	32:43	F35
59		6	265	FERGUSON, Katie	Clapham Chasers	Senior Women	32:44	
60	54		124	HUMPHREY, Derek	Burnham Joggers	Veteran Men 50	32:45	
61	55		139	WHITTINGHAM, Michael	Chiltern Harriers AC	Senior Men	32:46	
62	56		11	PICKETT, Tom	Chiltern Harriers AC	Veteran Men 40	32:48	
63	57		281	SMITH, David	Hillingdon AC	Veteran Men 50	32:50	
64	58		168	WRIGHT, Tom	Chiltern Harriers AC	Senior Men	32:51	
65	59		234	BIRD, Richard	Watford Joggers	Veteran Men 40	32:53	
66	60		351	BARCOCK, Richard	Bearbrook RC	Veteran Men 50	33:00	
67	61		40	WORSFOLD, Mike	Chiltern Harriers AC	Veteran Men 40	33:05	
68	62		52	EDWARDS, Marcus	Watford Joggers	Veteran Men 50	33:09	
69	63		226	GOLDHAGEN, George		Senior Men	33:09	
70	64		182	DADSWELL, Ralph	Ealing Eagles RC	Veteran Men 50	33:20	
71	65		261	KENNY, Ben	Dacorum & Tring	Senior Men	33:23	
72	66		368	REDINGTON, Andrew		Veteran Men 40	33:27	
73	67		298	BULL, Howard	St Albans Striders	Senior Men	33:27	
74		7	102	COWPER, Shona	Ealing, Southall & Middlesex	Senior Women	33:28	
75	68		348	RUDGE, Jonathan	Bearbrook RC	Veteran Men 40	33:29	
76	69		172	TALBOT, Robert	Burnham Joggers	Senior Men	33:31	
77	70		27	MOORE, Mark	Burnham Joggers	Veteran Men 50	33:35	
78	71		183	DADSWELL, Henry	Ealing Eagles RC	Junior Men	33:41	
79	72		214	BATES, Neil	Chiltern Harriers AC	Senior Men	33:41	
80	73		140	BRYAN, Jerry	Barnet & District AC	Veteran Men 50	33:42	
81	74		74	MCCARTHY, Paul	Chiltern Harriers AC	Veteran Men 40	33:44	
82	75		36	ROONEY, Sean	Burnham Joggers	Veteran Men 50	33:49	
83	76		134	DINEEN, Paul	Handy Cross Runners	Veteran Men 50	34:01	
84	77		276	DOYLE, Frank	Ealing Eagles RC	Veteran Men 40	34:02	
85		8	127	HALLAS, Natalie	Chiltern Harriers AC	Veteran Women 35	34:09	
86	78		346	HATTON, Daniel	Vegetarian Cycling & AC	Senior Men	34:20	
87	79		104	WASS, Andrew	Dacorum & Tring	Veteran Men 40	34:23	
88	80		111	HOPCROFT, Martin	Tring RC	Veteran Men 50	34:26	
89	81		262	MIDDLETON, Stuart	St Albans Striders	Veteran Men 40	34:33	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CATEGORY	TIME	AWARD
90	82		114	MCCALL, Shane		Senior Men	34:38	
91	83		374	EVANS, Mark	Burnham Joggers	Veteran Men 40	34:42	
92	84		215	MCCALL, Richard		Veteran Men 40	34:44	
93	85		167	KORINEK, Mark		Veteran Men 40	34:46	
94	86		367	BETSON, Iain	Hillingdon AC	Veteran Men 40	34:48	
95	87		14	HORNIBROOK, Alan	Chiltern Harriers AC	Veteran Men 60	34:56	
96	88		278	RANSOM, Anatole	Watford Joggers	Veteran Men 40	34:58	
97	89		242	DALTON, James	Gade Valley Harriers	Veteran Men 40	35:25	
98	90		174	BUCKINGHAM, Daniel	Chiltern Harriers AC	Veteran Men 40	35:29	
99	91		195	MELDRUM, Samuel	Chiltern Harriers AC	Veteran Men 40	35:31	
100	92		251	BRAYBROOK, Colin	St Albans Striders	Veteran Men 50	35:33	
101	93		16	ROSE, Craig		Veteran Men 40	35:33	
102	94		110	LOVELL, Warren	Burnham Joggers	Veteran Men 40	35:35	
103		9	289	ROYALS, Katie	Chiltern Harriers AC	Senior Women	35:40	
104	95		196	DYER, Michael		Veteran Men 50	35:45	
105	96		211	TREMAINE, Robin	Watford Joggers	Veteran Men 60	35:48	
106	97		64	OWEN, Steve	Watford Joggers	Veteran Men 40	35:53	
107	98		161	GRANT, James	Chiltern Harriers AC	Senior Men	35:53	
108	99		120	KERR, Martin	Dacorum & Tring	Veteran Men 40	35:56	
109	100		264	DRIZEN, Alex	Watford Joggers	Veteran Men 40	35:58	
110	101		128	HAM, Julian	Leighton Fun Runners	Veteran Men 50	36:01	
111		10	51	ATTRIDGE, Michelle		Senior Women	36:07	
112		11	112	SHERMAN, Jo	Watford Joggers	Veteran Women 35	36:10	
113	102		200	BOLTON, Paul		Veteran Men 40	36:12	
114	103		57	MARTIN, James		Veteran Men 40	36:18	
115	104		284	BLAKE, John		Veteran Men 50	36:20	
116	105		165	JONES, William K		Veteran Men 40	36:21	
117	106		39	BLOOM, Richard	Herts Phoenix	Veteran Men 70	36:22	
118	107		136	CHAN, Robin		Veteran Men 40	36:22	
119	108		45	ROWLANDS, Tom		Senior Men	36:37	
120	109		105	HOXLEY, Harry		Senior Men	36:40	
121	110		148	KETLEY, Mike		Veteran Men 40	36:42	
122		12	232	ROBINSON, Paula		Veteran Women 45	36:47	F55
123		13	50	BURROUGHS, Christine	Chiltern Harriers AC	Veteran Women 45	36:49	
124	111		279	MARTIN, Glen	Chiltern Harriers AC	Veteran Men 40	36:53	
125		14	274	MORRIS, Claire	Ealing Eagles RC	Veteran Women 35	36:56	
126		15	268	FRYER, Anna	Bearbrook RC	Veteran Women 35	36:57	
127		16	43	ROWLANDS, Megan		Senior Women	37:07	
128	112		249	DYER, Paul		Veteran Men 40	37:11	
129	113		121	WRIGHT, Ed	Chiltern Harriers AC	Veteran Men 40	37:14	
130		17	299	BOLDEN, Lucie		Junior Women	37:17	Junior Woman
131	114		359	PHILLIPS, Ashley		Senior Men	37:20	
132	115		191	MILLS, Steven	Marlow Striders	Senior Men	37:22	
133	116		108	MAYES, Steve	Chiltern Harriers AC	Veteran Men 50	37:25	
134		18	100	CHOLAWO, Helen	Chiltern Harriers AC	Veteran Women 35	37:28	
135	117		235	NICHOLLS, Mark	Watford Joggers	Veteran Men 50	37:31	
136		19	81	LANG, Beth	Chiltern Harriers AC	Veteran Women 35	37:36	
137	118		65	WATSON, Tony	Sudbury Court RC	Veteran Men 60	37:38	
138	119		61	BELLAMY, Archie		Junior Men	37:42	
139		20	283	WILSON, Lynn	Ealing, Southall & Middlesex	Veteran Women 55	37:44	F55
140	120		185	RICHARDSON, Clive	Marlow Striders	Veteran Men 40	37:48	
141		21	37	EVANS, Jo		Veteran Women 45	37:49	
142	121		266	FERGUSON, Bruce		Veteran Men 50	37:49	
143		22	229	MARTIN, Deborah	Bearbrook RC	Veteran Women 35	37:51	
144		23	54	BONNICK, Clare	Watford Joggers	Veteran Women 55	37:57	
145	122		82	BURLAND, Andrew	Burnham Joggers	Veteran Men 50	37:59	
146		24	370	ELLIOTT, Sue	Chiltern Harriers AC	Veteran Women 45	38:01	
147		25	99	FLOWER, Louise	Dacorum & Tring	Senior Women	38:17	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CATEGORY	TIME	AWARD
148	123		30	O'FARRELL, Andy		Veteran Men 50	38:18	
149		26	85	ALIAJ, Julia	Chiltern Harriers AC	Veteran Women 35	38:23	
150		27	253	ATTREE, Mandy	St Albans Striders	Veteran Women 45	38:27	
151	124		199	ASHCROFT, Peter		Veteran Men 40	38:31	
152		28	90	LE, Tina	Dacorum & Tring	Veteran Women 35	38:34	
153		29	13	BUX, Soraya	Handy Cross Runners	Veteran Women 35	38:36	
154		30	23	STEAD, Emily	Chiltern Harriers AC	Senior Women	38:38	
155	125		24	REDMOND, Mark	Chiltern Harriers AC	Senior Men	38:38	
156	126		222	PASSEY, Duncan		Veteran Men 40	38:39	
157		31	209	WINTER, Gail	Watford Joggers	Veteran Women 45	38:53	
158	127		365	UNKNOWN,		NDB	38:56	
159	128		18	BREWER, Ian		Veteran Men 50	39:04	
160	129		147	TRAVERS, Mark	St Albans Striders	Veteran Men 50	39:06	
161	130		88	GRINNEY, Vincent	Burnham Joggers	Veteran Men 40	39:12	
162	131		362	MAUFE, Seb	Burnham Joggers	Senior Men	39:12	
163	132		296	LONSDALE, William	Ealing, Southall & Middlesex	Veteran Men 60	39:13	
164	133		63	SAUL, David	Chiltern Harriers AC	Veteran Men 50	39:16	
165	134		28	CLISH, Tony	Burnham Joggers	Veteran Men 50	39:17	
166	135		239	GETLEY, Scott	Serpentine RC	Veteran Men 40	39:18	
167		32	221	PASSEY, Tessa	Chiltern Harriers AC	Veteran Women 35	39:19	
168	136		207	KENISON, Robert	Watford Joggers	Veteran Men 60	39:24	
169		33	271	DRAGE, Clair	St Albans Striders	Senior Women	39:27	
170	137		138	BEDFORD, Matthew	St Albans Striders	Veteran Men 50	39:30	
171	138		371	GRINDLEY, Patrick	Marlow Striders	Veteran Men 40	39:33	
172	139		287	FALVEY, John	Ealing, Southall & Middlesex	Veteran Men 60	39:37	
173		34	205	BALDWIN, Diane	Marshall Milton Keynes	Veteran Women 55	39:39	
174		35	190	WILLIAMS, Victoria	Watford Joggers	Veteran Women 45	39:42	
175		36	106	FULCHER, Ellen	Handy Cross Runners	Veteran Women 45	39:57	
176		37	142	KEENE, Patricia	Burnham Joggers	Veteran Women 55	40:07	
177		38	125	SHARMAN, Sarah	Watford Joggers	Veteran Women 55	40:12	
178		39	135	CHAN, Lindsay	Burnham Joggers	Veteran Women 35	40:17	
179		40	369	STEPHENS, Caroline	Chiltern Harriers AC	Veteran Women 45	40:23	
180	140		208	KINGDON, Daniel		Veteran Men 40	40:35	
181		41	272	MANNERS, Debbie		Veteran Women 55	40:44	
182	141		181	FELLAS, Panos	Watford Joggers	Veteran Men 50	40:50	
183		42	290	HILL, Lorraine	Ealing Eagles RC	Veteran Women 45	41:05	
184	142		184	DADSWELL, Zak	Ealing Eagles RC	Junior Men	41:05	
185		43	170	GOLDHAGEN, Daisy	Tring RC	Senior Women	41:06	
186		44	218	DEFOE, Susan	Watford Joggers	Veteran Women 55	41:14	
187		45	294	HOUSTON, Hermione	Ealing Eagles RC	Veteran Women 45	41:15	
188	143		267	BOSS, Matt		Veteran Men 40	41:20	
189		46	180	FELLAS, Katerina	Watford Joggers	Veteran Women 45	41:35	
190	144		71	TORRANCE, Andy	Hillingdon AC	Veteran Men 60	41:41	
191	145		292	ROSE, Nigel	Marlow Striders	Veteran Men 60	41:44	
192	146		109	MOODY, Andy	Dacorum & Tring	Veteran Men 40	41:50	
193		47	363	PHILIP, Camilla		Veteran Women 35	41:51	
194	147		354	DOBBS, John	Hillingdon AC	Veteran Men 50	41:53	
195		48	107	DOBBS, Zoe	Hillingdon AC	Veteran Women 45	41:54	
196	148		372	TETRO, Giuseppe		Senior Men	41:57	
197	149		69	GILL, Robert	Chiltern Harriers AC	Veteran Men 70	41:58	
198		49	160	PAXTON, Kate	Chiltern Harriers AC	Senior Women	41:58	
199		50	192	MILLS, Emma	Marlow Striders	Veteran Women 35	41:59	
200		51	25	FINCH, Tamsin	Chiltern Harriers AC	Veteran Women 45	42:00	
201	150		96	BAKER, Simon		Senior Men	42:07	
202	151		132	YEARLEY, Paul		Veteran Men 60	42:11	
203	152		126	SHARMAN, William		Veteran Men 50	42:13	
204		52	41	BROOKES, Louise		Veteran Women 45	42:14	
205		53	79	MANNERING, Rachel		Veteran Women 35	42:18	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CATEGORY	TIME	AWARD
206		54	163	QUINN, Marcia	Watford Joggers	Veteran Women 45	42:18	
207	153		153	WARREN, Andrew		Veteran Men 50	42:19	
208		55	151	MILLS, Julia		Veteran Women 45	42:29	
209	154		77	FRY, Mark	Chiltern Harriers AC	Veteran Men 50	42:30	
210	155		257	KING, Doug		Veteran Men 60	42:33	
211	156		141	KEENE, Oliver	Burnham Joggers	Veteran Men 60	42:43	
212	157		223	HEWSON, Rod	Watford Joggers	Veteran Men 70	42:48	
213	158		119	SOMERVILLE, Andrew		Veteran Men 50	42:52	
214	159		349	LAWRENCE, Seb		Junior Men	42:56	
215	160		350	LAWRENCE, Matthew	Chiltern Harriers AC	Veteran Men 40	42:56	
216		56	228	RICE, Julie	Watford Joggers	Veteran Women 45	43:00	
217	161		46	BRAMELD, Derek		Senior Men	43:10	
218		57	115	MCCALL, Taryn		Veteran Women 35	43:15	
219	162		173	WILSON, Martin	Ealing, Southall & Middlesex	Veteran Men 60	43:19	
220	163		143	SLACK, John	Dacorum & Tring	Veteran Men 70	43:36	
221	164		212	RICHARDSON, Paul		Veteran Men 50	43:58	
222	165		366	UNKNOWN,		NDB	44:00	
223		58	144	HUNT, Diane	St Albans Striders	Veteran Women 55	44:08	
224	166		376	O'SULLIVAN, Andrew		Senior Men	44:24	
225		59	29	BIRD, Emily	Burnham Joggers	Veteran Women 35	44:29	
226		60	31	CASEY, Phaedra	Burnham Joggers	Veteran Women 35	44:38	
227		61	353	LALLY, Gurmeet	Ealing, Southall & Middlesex	Veteran Women 55	44:41	
228		62	347	WALLMAN, Tanya	St Albans Striders	Veteran Women 35	44:49	
229		63	59	MCIVER, Jessica	Marlow Striders	Senior Women	45:02	
230		64	118	CLARK, Tamara	Dacorum & Tring	Veteran Women 45	45:05	
231		65	122	GRIFFIN, Philippa	Watford Joggers	Veteran Women 35	45:15	
232		66	203	BATES, Claire		Veteran Women 35	45:19	
233		67	213	BOLDEN, Melanie		Veteran Women 45	45:30	
234	167		269	REEDER, Martin		Veteran Men 50	45:31	
235	168		55	BONNICK, Ian	Watford Joggers	Veteran Men 60	45:34	
236	169		224	MILSOM, Douglas	Hillingdon AC	Veteran Men 70	45:38	
237	170		210	BRAWN, Trevor	Chiltern Harriers AC	Veteran Men 60	45:41	
238		68	116	KEOGH, Angela	Watford Joggers	Veteran Women 35	45:49	
239		69	248	COUSIN, Kate		Veteran Women 45	45:54	
240	171		68	LINTON-SMITH, Yestin	Burnham Joggers	Veteran Men 50	45:59	
241	172		145	MAYALL, Chris		Senior Men	46:05	
242	173		48	HODGE, Hugo		Veteran Men 60	46:16	
243		70	217	MCQUAID, Linda	Watford Joggers	Veteran Women 55	46:27	
244		71	17	BREWER, Ann		Veteran Women 45	46:36	
245		72	15	CANNON, Julia		Veteran Women 55	46:37	
246	174		20	WARD, Mike		Veteran Men 50	46:37	
247		73	259	DOBSON, Kathryn	Vegan Runners UK	Veteran Women 35	46:38	
248	175		201	HARDING, Bill	Hillingdon AC	Veteran Men 60	46:50	
249		74	22	SHEPHERD, Rachel		Veteran Women 45	46:58	
250	176		231	MONTEIRO, Nic		Veteran Men 40	47:19	
251	177		230	MONTEIRO, Juju		Veteran Men 40	47:22	
252		75	356	COOK, Paula	Gade Valley Harriers	Veteran Women 55	47:42	
253		76	21	KAHLER-AAGE, Anne		Veteran Women 45	48:02	
254		77	263	TANG, Joanne	St Albans Striders	Veteran Women 45	48:06	
255		78	152	DOBINSON, Suzanne		Veteran Women 55	48:11	
256		79	238	DODD, Sharon		Veteran Women 35	48:13	
257		80	357	HEATHCOTE, Helen	Gade Valley Harriers	Veteran Women 45	48:24	
258	178		300	TYLER, Paul	Hazlemere Runners	Veteran Men 40	48:48	
259	179		373	DAWSON, Timothy	Chiltern Harriers AC	Veteran Men 40	48:49	
260		81	19	BOWLLER, Kate		Veteran Women 45	49:02	
261		82	169	DAVIS, Mary	Vegetarian Cycling & AC	Veteran Women 45	49:48	
262	180		178	PAGET, Neil	Lonely Goat RC	Veteran Men 60	49:48	
263		83	156	LANFEAR, Helen		Veteran Women 35	50:08	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CATEGORY	TIME	AWARD
264		84	73	CRAVEN, Karen		Veteran Women 45	50:11	
265		85	157	DONOHUE, Clare		Veteran Women 45	50:23	
266	181		95	CAREY, Dennis	Hillingdon AC	Veteran Men 50	50:24	
267		86	93	BENJAMIN, Christina	Hillingdon AC	Senior Women	50:29	
268		87	49	NORTON, Anne-Lucie		Veteran Women 65	50:34	
269		88	243	KAPLAN, Zoe		Veteran Women 55	50:39	
270		89	32	DUNNE, Felicity	Burnham Joggers	Veteran Women 35	51:06	
271		90	83	PARKER, Niki		Veteran Women 55	51:23	
272		91	34	BENNET, Jennifer		Veteran Women 45	51:28	
273		92	237	KALEY, Lucy		Veteran Women 35	51:51	
274	182		216	WARREN, Pete	Ranelagh Harriers	Veteran Men 70	51:56	
275	183		86	PETERS, Jeffrey	Watford Joggers	Veteran Men 40	52:00	
276		93	355	MELDRUM, Katie		Junior Women	52:08	
277	184		245	WALKER, Philip	Gade Valley Harriers	Veteran Men 50	52:15	
278		94	288	MUNDEN, Christine	Thames Valley Harriers	Veteran Women 45	53:04	
279		95	293	CALDER, Fiona	Chiltern Harriers AC	Veteran Women 35	53:19	
280		96	358	YOUPELL, Jasmin		Senior Women	53:24	
281		97	246	WALKER, Sarah		Veteran Women 55	53:53	
282		98	33	GROOME, Lynda	Burnham Joggers	Veteran Women 65	54:14	
283		99	244	WALKER, Megan		Senior Women	54:27	
284		100	164	VEALL, Sarah		Veteran Women 45	55:57	
285	185		258	ALBERTS, Philip		Veteran Men 60	58:05	
286		101	47	LEMON, Harriet	Chiltern Harriers AC	Veteran Women 45	60:06	
287	186		176	SINGH, Sukjit	Burnham Joggers	Veteran Men 50	60:12	
288		102	227	CLARK, Rachel		Veteran Women 45	81:12	
289		103	84	KEMPSON, Miriam	Chiltern Harriers AC	Veteran Women 55	81:12	

Full Team Results

	MEN'S TEAM	POINTS	WOMEN'S TEAM	POINTS
1	Chiltern Harriers	51	Chiltern Harriers	20
2	Dacorum & Tring	55	Ealing, Southall & Middlesex	32
3	St Albans Striders	61	St Albans Striders	64
4	Watford Joggers	106	Watford Joggers	65
5	Handy Cross Runners	180	Ealing Eagles RC	101
6	Burnham Joggers	230	Dacorum & Tring	117
7	Ealing Eagles RC	354	Burnham Joggers	135
8	Marlow Striders	392	Hillingdon AC	136
9	Hillingdon AC	434		
10	Ealing, Southall & Middlesex	451		

Hertfordshire Championship Men's Race

POSN	COMPETITOR	CLUB	CATEGORY	TIME
1	NORRIS, Stephen	Watford Joggers	Veteran Men 40	27:39
2	MARLOW, Jamie	Dacorum & Tring	Senior Men	28:03
3	HOSTY, Stephen	St Albans Striders	Veteran Men 40	28:57
4	ROWLANDS, Rhys	Dacorum & Tring	Junior Men	29:05
5	SAUNDERS, Angus	Dacorum & Tring	Junior Men	29:41
6	COLLUM, Sean	Watford Joggers	Senior Men	29:42
7	KING, Jim	St Albans Striders	Veteran Men 40	29:58
8	STRATFORD, Ben	Dacorum & Tring	Senior Men	30:03
9	CARPENTER, Mike	Dacorum & Tring	Senior Men	30:08
10	DAVIES, Steve	Watford Joggers	Veteran Men 40	30:28
11	EVANS, Richard	St Albans Striders	Senior Men	30:41
12	OLIMA, David	Dacorum & Tring	Veteran Men 40	31:12
13	MACK, Thomas	Dacorum & Tring	Senior Men	31:48
14	CLARK, Gareth	Dacorum & Tring	Veteran Men 40	32:09
15	TURNER, Michael	Dacorum & Tring	Senior Men	32:14
16	ASTON, Nigel	St Albans Striders	Veteran Men 50	32:19
17	MARTIN, Michael	St Albans Striders	Senior Men	32:26
18	GOODMAN, David	Gade Valley Harriers	Veteran Men 40	32:31
19	BIRD, Richard	Watford Joggers	Veteran Men 40	32:53
20	EDWARDS, Marcus	Watford Joggers	Veteran Men 50	33:09
21	KENNY, Ben	Dacorum & Tring	Senior Men	33:23
22	BULL, Howard	St Albans Striders	Senior Men	33:27
23	BRYAN, Jerry	Barnet & District AC	Veteran Men 50	33:42
24	WASS, Andrew	Dacorum & Tring	Veteran Men 40	34:23
25	RANSOM, Anatole	Watford Joggers	Veteran Men 40	34:58
26	DALTON, James	Gade Valley Harriers	Veteran Men 40	35:25
27	BRAYBROOK, Colin	St Albans Striders	Veteran Men 50	35:33
28	TREMAINE, Robin	Watford Joggers	Veteran Men 60	35:48
29	BLOOM, Richard	Herts Phoenix	Veteran Men 70	36:22
30	NICHOLLS, Mark	Watford Joggers	Veteran Men 50	37:31
31	TRAVERS, Mark	St Albans Striders	Veteran Men 50	39:06
32	GRINNEY, Vincent	Burnham Joggers	Veteran Men 40	39:12
33	KENISON, Robert	Watford Joggers	Veteran Men 60	39:24
34	FELLAS, Panos	Watford Joggers	Veteran Men 50	40:50
35	MOODY, Andy	Dacorum & Tring	Veteran Men 40	41:50
36	SHARMAN, William		Veteran Men 50	42:13
37	HEWSON, Rod	Watford Joggers	Veteran Men 70	42:48
38	SLACK, John	Dacorum & Tring	Veteran Men 70	43:36
39	BONNICK, Ian	Watford Joggers	Veteran Men 60	45:34

Hertfordshire Championship Women's Race

POSN	COMPETITOR	CLUB	CATEGORY	TIME
1	CONWAY, Jennifer	St Albans Striders	Senior Women	32:21
2	SHERMAN, Jo	Watford Joggers	Veteran Women 35	36:10
3	BONNICK, Clare	Watford Joggers	Veteran Women 55	37:57
4	FLOWER, Louise	Dacorum & Tring	Senior Women	38:17
5	ATTREE, Mandy	St Albans Striders	Veteran Women 45	38:27
6	LE, Tina	Dacorum & Tring	Veteran Women 35	38:34
7	WINTER, Gail	Watford Joggers	Veteran Women 45	38:53
8	DRAGE, Clair	St Albans Striders	Senior Women	39:27
9	WILLIAMS, Victoria	Watford Joggers	Veteran Women 45	39:42
10	SHARMAN, Sarah	Watford Joggers	Veteran Women 55	40:12
11	DEFOE, Susan	Watford Joggers	Veteran Women 55	41:14
12	FELLAS, Katerina	Watford Joggers	Veteran Women 45	41:35
13	RICE, Julie	Watford Joggers	Veteran Women 45	43:00
14	HUNT, Diane	St Albans Striders	Veteran Women 55	44:08
15	WALLMAN, Tanya	St Albans Striders	Veteran Women 35	44:49
16	MCIVER, Jessica	Marlow Striders	Senior Women	45:02
17	CLARK, Tamara	Dacorum & Tring	Veteran Women 45	45:05
18	GRIFFIN, Philippa	Watford Joggers	Veteran Women 35	45:15
19	KEOGH, Angela	Watford Joggers	Veteran Women 35	45:49
20	MCQUAID, Linda	Watford Joggers	Veteran Women 55	46:27
21	COOK, Paula	Gade Valley Harriers	Veteran Women 55	47:42
22	TANG, Joanne	St Albans Striders	Veteran Women 45	48:06
23	HEATHCOTE, Helen	Gade Valley Harriers	Veteran Women 45	48:24

Hertfordshire Championship Team Results

	MEN'S TEAM	POINTS	WOMEN'S TEAM	POINTS
1	Dacorum & Tring	19	Watford Joggers	12
2	Watford Joggers	36	St Albans Striders	14
3	St Albans Striders	37	Dacorum & Tring	27

Buckinghamshire Championship Men's Race

POSN	COMPETITOR	CLUB	CATEGORY	TIME
1	BOOTH, Chris	Cheltenham & County Harriers	Senior Men	26:56
2	BUCKLE, Stephen	St Albans Striders	Senior Men	27:23
3	ALEXANDER, Ben	Chiltern Harriers AC	Senior Men	27:36
4	MARTIN, Dermot	Bearbrook RC	Veteran Men 40	29:33
5	MELVILLE-SMITH, Alistair	Chiltern Harriers AC	Veteran Men 40	29:51
6	LLOYD, Derek	Marlow Striders	Veteran Men 40	29:56
7	REED, Dominic	Handy Cross Runners	Senior Men	30:09
8	TURNER, Neil	Handy Cross Runners	Veteran Men 40	30:36
9	TURNER, Michael	Chiltern Harriers AC	Veteran Men 50	31:18
10	HOWELLS, David	Chiltern Harriers AC	Senior Men	31:28
11	TAYLOR, Jonathan	Chiltern Harriers AC	Senior Men	31:29
12	HUNTLEY, Adrian	Vale of Aylesbury AC	Veteran Men 50	31:51
13	JONES, Alun	Handy Cross Runners	Veteran Men 60	32:37
14	HUMPHREY, Derek	Burnham Joggers	Veteran Men 50	32:45
15	PICKETT, Tom	Chiltern Harriers AC	Veteran Men 40	32:48
16	MOORE, Mark	Burnham Joggers	Veteran Men 50	33:35
17	ROONEY, Sean	Burnham Joggers	Veteran Men 50	33:49
18	MIDDLETON, Stuart	St Albans Striders	Veteran Men 40	34:33
19	MELDRUM, Samuel	Chiltern Harriers AC	Veteran Men 40	35:31
20	PASSEY, Duncan		Veteran Men 40	38:39
21	ROSE, Nigel	Marlow Striders	Veteran Men 60	41:44

Buckinghamshire Championship Women's Race

POSN	COMPETITOR	CLUB	CATEGORY	TIME
1	AMEND, Samantha	Belgrave Harriers	Veteran Women 35	29:57
2	FERGUSON, Katie	Clapham Chasers	Senior Women	32:44
3	ROYALS, Katie	Chiltern Harriers AC	Senior Women	35:40
4	FRYER, Anna	Bearbrook RC	Veteran Women 35	36:57
5	BOLDEN, Lucie		Junior Women	37:17
6	BUX, Soraya	Handy Cross Runners	Veteran Women 35	38:36
7	PASSEY, Tessa	Chiltern Harriers AC	Veteran Women 35	39:19
8	BALDWIN, Diane	Marshall Milton Keynes	Veteran Women 55	39:39
9	FULCHER, Ellen	Handy Cross Runners	Veteran Women 45	39:57
10	QUINN, Marcia	Watford Joggers	Veteran Women 45	42:18