

SHARDELOES 10k – 19TH SEPTEMBER 2021

POS	MEN	WOMEN	No.	COMPETITOR	CLUB / TEAM	CAT.	TIME	AWARDS
1	1		6	HUMPHREY, Andrew	Burnham Joggers	SM	39:22	1 st Man
2	2		210	PAUL, Alex	Chiltern Harriers AC	SM	39:27	2 nd Man
3	3		103	PALMER, James	Chiltern Harriers AC	JM	39:39	3 rd Man*
4	4		74	DIXON, Thomas	Chiltern Harriers AC	M40	40:10	M40
5	5		90	MITCHELL, Andrew	Thames Valley Harriers	M50	40:39	M50
6	6		200	SHUTE, Adam	Chiltern Harriers AC	SM	41:37	
7	7		190	TURNER, Neil	Chiltern Harriers AC	M40	41:40	
8	8		107	TURNER, James	Chiltern Harriers AC	SM	42:10	
9	9		197	LALLY, James	Burnham Joggers	M40	42:35	
10	10		79	BUTLER, Patrick	Burnham Joggers	M40	43:03	
11	11		148	TURNEY, Michael	Chiltern Harriers AC	M50	43:07	
12		1	71	HUGHES, Maddie	Chiltern Harriers AC	JF	43:13	1 st Woman*
13	12		171	MAYO, Clive	Hazlemere Runners	M50	43:39	
14	13		86	SULLIVAN, Nigel	Burnham Joggers	M50	43:42	
15	14		213	THOMPSON, Alex		SM	43:51	
16	15		173	MELVILLE-SMITH, Alistair	Chiltern Harriers AC	M40	44:05	
17	16		208	HOLLOWAY, Cameron		SM	45:07	
18	17		221	HICKMAN, Andy	Chiltern Harriers AC	M50	45:18	
19	18		45	HUMPHREY, Derek	Burnham Joggers	M60	45:44	M60
20	19		174	BARNES, David	Burnham Joggers	SM	46:00	
21	20		66	MCCALL, Shane		M40	46:04	
22	21		189	DEWAR, Taylor	Tring RC	M40	46:17	
23	22		124	MOSS, Richard	Chiltern Harriers AC	M40	46:19	
24	23		113	KENCROFT, Mark	Ealing, Southall & Middlesex	M50	46:22	
25	24		82	HART, Simon	Wycombe Phoenix Harriers	M40	46:23	
26	25		85	DIGBY, Grant		M40	46:24	
27	26		209	KERRANE, James		M40	46:27	
28	27		143	SAMPSON, Ralph		M40	46:32	
29		2	160	CRIPPS, Fay		F40	46:41	2 nd Woman*
30	28		108	EVANS, Mark	Burnham Joggers	M50	46:48	
31	29		30	BUTTLEMAN, Jim	Leighton Fun Runners	M50	46:54	
32	30		41	MOORE, Mark	Burnham Joggers	M50	47:00	
33		3	5	PEARSON, Sarah	Burnham Joggers	F50	47:04	3 rd Woman*
34	31		159	WOLBER, Jan		M50	47:04	
35	32		9	HUMPHREY, Ben		SM	47:06	
36	33		67	REAL-SLAVICKY, Stuart	Chiltern Harriers AC	M40	47:12	
37	34		65	LAWSON, Ian	Chiltern Harriers AC	M50	47:40	
38	35		8	MCCARTHY, Paul	Chiltern Harriers AC	M40	47:40	
39	36		91	WALKER, Pete	Burnham Joggers	M50	48:03	
40		4	149	BATES, Ellie	Chiltern Harriers AC	SF	48:55	
41	37		75	ROONEY, Sean	Burnham Joggers	M50	49:04	
42	38		181	HOOPER, Marcus	St Albans Striders	M50	49:06	
43		5	99	QUANTRILL, Sarah	Chiltern Harriers AC	F40	49:07	F40
44	39		25	HANNEN, Ben		M40	49:07	
45		6	134	O'ROURKE, Mairead	Chiltern Harriers AC	F40	49:25	
46	40		60	WOOD, Jez		M50	49:28	
47	41		28	WORSFOLD, Mike	Chiltern Harriers AC	M40	49:39	
48	42		121	TIKARAM, Mark	Tring RC	M50	49:40	
49	43		54	REEVE, Tony	Dacorum & Tring	M60	49:44	
50	44		162	NEILL, Andy	Tring RC	M50	50:10	
51		7	195	EAVES, Sarah		F40	50:21	
52		8	205	HOLLOWAY, Catherine	Chiltern Harriers AC	F50	50:26	F50
53	45		178	CAIRNS, Allan	Ealing Eagles RC	M40	50:35	
54	46		152	THOMPSON, Mike	It'll Be A Miracle From Marlow / Marlow Striders	M60	50:45	
55	47		198	BUCKINGHAM, Daniel		M50	50:47	

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56	48		128	BAKER, Dan		M40	50:49	
57	49		166	SASADA, Paul	Burnham Joggers	M60	50:55	
58		9	157	ROYALS, Katie	Chiltern Harriers AC	SF	51:00	
59	50		59	KING, Philip		M60	51:08	
60	51		165	MALACRIDA, Richard		SM	51:26	
61	52		164	HEFFERNAN, David		M40	51:40	
62	53		177	WRIGHT, Ed	Chiltern Harriers AC	M40	51:45	
63		10	38	CRONIN, Sophie		SF	51:49	
64	54		96	LAWRENCE, Matthew	Old Queens / Chiltern Harriers AC	M40	52:00	
65		11	184	LIVINGSTONE, Helen		F40	52:14	
66	55		133	BENNETT, Steven		M50	52:34	
67	56		212	HOOPER, Greg		M50	52:35	
68	57		130	SUDHAN, Sahil		SM	52:45	
69	58		193	MARTIN, Glen	Chiltern Harriers AC	M40	52:56	
70	59		179	SALMON, Jon	Tring RC	M60	53:09	
71	60		219	BRADY, Daragh		M40	53:13	
72	61		185	MASSEY, Josh		JM	53:19	M20
73	62		76	BURLAND, Andrew	Burnham Joggers	M50	53:20	
74	63		201	WOOD, Simon	Old Queens	M40	53:21	
75	64		158	WESTLAKE, Hugh		SM	53:22	
76		12	125	MOSS, Sylvia	Chiltern Harriers AC	F40	53:23	
77	65		57	COUTTS, Jonathan	Chiltern Harriers AC	M50	53:25	
78	66		31	HORAN, Peter	Ealing, Southall & Middlesex	SM	53:30	
79	67		118	FERGUSON, Bruce		M60	53:49	
80	68		129	DIGBY, Mark	Burnham Joggers	M50	53:53	
81	69		163	ELLIOTT, Gary		M60	54:08	
82		13	182	MARKHAM, Lyndsay	It'll Be A Miracle From Marlow	SF	54:26	
83	70		122	BREWER, Ian	Welcome To Running	M50	54:33	
84	71		94	SPENCER, Ryan		M40	54:38	
85	72		27	EDWARDS, Rik	Chiltern Harriers AC	M60	54:45	
86	73		114	HULL, John	Old Queens	M40	55:12	
87	74		138	PARKES, James		SM	56:00	
88	75		70	BREWER, John		M50	56:23	
89		14	69	WARD, Alex	Welcome To Running	SF	56:27	
90	76		10	BLUNDELL, Mark		M50	56:49	
91		15	207	SAMMES, Rachel	Burnham Joggers	F40	56:51	
92		16	106	TURNER, Lindsay	Chiltern Harriers AC	SF	57:01	
93	77		104	WEST, Trevor	Burnham Joggers	M40	57:11	
94		17	196	COLEMAN, Amy		F40	57:15	
95	78		73	ENSOR, Jeremy		M50	57:20	
96		18	50	LUTY, Jo	Burnham Joggers	F40	57:26	
97		19	4	SILVEY, Amanda	Burnham Joggers	F40	57:38	
98	79		88	HOOPER, Peter	Bearbrook RC	M40	57:51	
99	80		206	PAGE, Bob	Arena 80 AC	M60	57:59	
100	81		61	HIGHMORE, John		M40	58:04	
101	82		183	SEARLE, Martin	Hillingdon AC	M60	58:40	
102		20	126	MARTIN, Clare		F40	58:46	
103	83		127	MARTIN, Richard		M40	58:47	
104		21	100	REID, Victoria		SF	59:18	
105	84		137	THOMAS, Tayzah-James		JM	59:29	
106	85		156	PROLE, Chris		SM	59:31	
107	86		92	KENDALL, Edmund		M40	59:36	
108	87		140	BRADLEY, Mikk		M60	59:45	
109		22	215	BELLWOOD, Brigitte		F40	59:51	
110	88		169	HILL, Greg	Watford Joggers	M60	59:55	
111	89		141	COPE, Simon	Vegetarian Cycling & AC	M50	59:58	
112	90		123	HOLLISTER, Richard		M50	1:00:00	
113		23	204	DICKINSON, Claire	Chiltern Harriers AC	F40	1:00:19	

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114	91		16	WARD, Mike	Welcome To Running	M50	1:00:29	
115	92		20	HYLTON, Ian		M50	1:00:32	
116	93		80	LLOYD, Richard	Chiltern Harriers AC	M50	1:00:35	
117	94		11	GRIMSON, Mark		M40	1:00:42	
118	95		19	BARROWS, Tony	Bearbrook RC	M60	1:00:54	
119		24	155	RIDDELL, Avril	Serpentine RC	F60	1:01:49	F60
120	96		78	BAXTER, Fred		M70	1:01:55	
121	97		48	PALMER, Tim		M60	1:02:02	
122		25	37	MAYOT, Lauren		SF	1:02:04	
123		26	64	COSTELLO, Louise		F40	1:02:12	
124	98		112	BRAWN, Trevor	Chiltern Harriers AC	M70	1:02:30	
125	99		218	O'KELLY, Emer		M60	1:02:40	
126	100		175	PARISH, Mark		M40	1:02:53	
127		27	84	DIGBY, Emma		F40	1:02:59	
128		28	36	CASEY, Phaedra	Burnham Joggers	F40	1:03:07	
129	101		40	CARROLL, John		M40	1:03:10	
130		29	168	BRADLEY, Anna		F40	1:03:11	
131		30	153	THOMPSON, Oonagh	Marlow Striders	F60	1:03:11	
132		31	116	PUGH, Joanna		F40	1:03:13	
133		32	145	MCCARTHY, Nicola		F50	1:03:15	
134		33	146	RICHARDSON, Sarah		F40	1:03:15	
135		34	15	REYNOLDS, Charlotte	Welcome To Running	F50	1:03:26	
136	102		81	KITCHEN, Chris		M60	1:03:35	
137		35	203	MELLOR, Lyn	Chiltern Harriers AC	F60	1:03:57	
138	103		217	MITCHELL, Robie		SM	1:04:10	
139	104		216	COLES, Andrew		M60	1:04:10	
140	105		136	MCMAHON, Brian		M40	1:04:21	
141	106		120	SOMERVILLE, Andrew	Burnham Joggers	M50	1:04:37	
142		36	119	FERGUSON, Sue		F60	1:04:38	
143	107		87	ALLPORT, John		M60	1:04:50	
144	108		202	BUTLER, Andy	Bearbrook RC	M50	1:04:52	
145	109		105	FENNER, Jonathan		M50	1:04:56	
146		37	17	KAHLER-AAGE, Anne	Welcome To Running	F50	1:05:00	
147		38	199	SHEPHERD, Rachel	Welcome To Running	F50	1:05:10	
148	110		187	MCLOUGHLIN, James		M50	1:05:45	
149	111		22	JENNER, John	Burnham Joggers	M70	1:06:11	
150		39	58	BROWN, Jenny	Burnham Joggers	F40	1:06:18	
151		40	3	WELSFORD, Louise	Burnham Joggers	F50	1:06:21	
152	112		2	BATES, Andy	Burnham Joggers	M40	1:06:21	
153	113		34	TACK, Kevin		M50	1:06:31	
154	114		83	STASIUK, Stefan	Burnham Joggers	M70	1:07:02	
155	115		132	HILL, Stan		M50	1:07:06	
156	116		21	HODGE, Hugo		M70	1:07:23	
157		41	150	DUNNE, Linda	Metros RC	F50	1:07:28	
158		42	135	MCMAHON, Lamin-Thaynt		F40	1:07:39	
159	117		194	HESKIN, Paul		M50	1:07:59	
160	118		186	MORAN, Dermott	UKRunChat RC	M40	1:07:59	
161	119		109	FIELD, Steve	Chiltern Harriers AC	M70	1:08:42	
162		43	52	KAESSER, Julie	Newbury AC	F40	1:08:42	
163		44	68	LAMBOURNE, Helen		SF	1:08:44	
164		45	147	MILLBERY, Claire		F40	1:08:56	
165		46	170	GORF, Becky		F40	1:09:21	
166		47	14	CANNON, Julia	Welcome To Running	F60	1:09:37	
167		48	18	KNIGHT, Jane	Welcome To Running	F60	1:09:37	
168		49	77	PARKER, Niki	Burnham Joggers	F50	1:10:37	
169	120		51	WATKINS, Glyn	Metros RC	M60	1:10:36	
170		50	93	ASHPOLE, Hannah		F40	1:10:49	
171		51	154	SANDERS-REECE, Andrea	Serpentine RC	F60	1:10:57	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB / TEAM	CAT.	TIME	AWARDS
172	121		53	BRAND, Peter		M70	1:11:31	
173		52	43	HERBERT, Rachel		F40	1:11:37	
174	122		44	HERBERT, Wayne		M50	1:11:37	
175		53	180	LORD, Mary	Burnham Joggers	F60	1:12:01	
176	123		7	SIBLEY, Patrick		M70	1:13:01	
177	124		176	PORTLAND, Keith		M60	1:13:13	
178		54	151	KEINAMMA, Mumbi		F50	1:14:34	
179		55	131	BAILES-COLLINS, Lorraine	Welcome To Running	F50	1:15:28	
180		56	220	RAMIREZ MATIAS, Brenda		F40	1:15:36	
181		57	188	FRASER, Emma		F50	1:15:54	
182		58	26	IVES, Saskia		F50	1:16:02	
183	125		12	LEWIS, Philip		M70	1:17:52	
184		59	35	TACK, Jocelyne		F50	1:18:35	
185		60	95	SPENCER, Tania		F40	1:19:19	
186		61	172	PARKER, Claire	It'll Be A Miracle From Marlow / Marlow Striders	F40	1:22:24	
187		62	98	ARMSTRONG, Elizabeth		SF	1:22:30	
188		63	97	O'BRIEN, Christine		SF	1:22:32	
189		64	115	GROOME, Lynda	Burnham Joggers	F70	1:25:29	
190		65	161	MARSH, Hannah		F40	1:28:30	
191	126		142	SPRUYTENBURG, Christopher	Welcome To Running	M70	1:46:47	

*Competitors are eligible for one individual prize only

Team Results (3 to score)

	MEN	Pts.	WOMEN	Pts.	FUN#	Pts
1st	Chiltern Harriers	9	Chiltern Harriers	10	Old Queens	224
2nd	Burnham Joggers	20	Burnham Joggers	36	Welcome to Running	286
3rd	Tring RC	107			It'll be a Miracle from Marlow	322
4th	Bearbrook RC	282				

#Fun Teams can be mixed gender and the points score is based on overall finish positions.