

Bib	FirstName	LastName	Club	Category	Sex	Gun start	Chip start	Finish
211	David	Lipscomb	Bedford & County AC	M	M	10:00:00	00:01.0	00:34:51.60
405	Evan	Mackenzie	Shaftesbury Barnet Harriers		M	10:00:00	00:04.8	00:35:47.30
99	JOSEPH	DUNN	St Albans Striders	M	M	10:00:00	00:02.9	00:37:46.20
154	Peter	Harvey	Garden City Runners	MV40	M	10:00:00	00:01.5	00:37:54.20
286	Jaime	Reed	Garden City Runners	M	M	10:00:00	00:01.8	00:38:00.30
329	Nick	Steel		M	M	10:00:00	00:03.7	00:38:40.40
126	Rebekah	Gardiner	Shaftesbury Barnet Harriers	F	F	10:00:00	00:01.1	00:38:48.20
57	Graham	Collett		M	M	10:00:00	00:01.2	00:38:52.45
233	Philip	McNamara		MV40	M	10:00:00	00:01.1	00:39:03.80
314	Nicholas	Shurmer	Leighton Fun Runners	M	M	10:00:00	00:01.1	00:39:57.05
34	DAVID	BOWKER	FAIRLAND VALLEY SPARTANS	MV50	M	10:00:00	00:01.9	00:40:01.10
212	daniel	little	BROXBOURNE RUNNERS	M	M	10:00:00	00:01.0	00:40:13.10
90	RICHARD	DEVEREUX	St Albans Striders	M	M	10:00:00	00:01.5	00:40:15.10
185	ANDY	JORDAN	HARPENDEN ARROWS	MV40	M	10:00:00	00:01.6	00:40:21.95
381	Alex	Wilson		M	M	10:00:00	00:18.8	00:40:31.30
299	ALAN	ROUTLEDGE	Garden City Runners	MV40	M	10:00:00	00:02.6	00:40:41.85
141	Edward	Grover		M	M	10:00:00	00:07.5	00:40:49.90
256	ANTHONY	NICOLSON	St Albans Striders	MV40	M	10:00:00	00:04.6	00:40:51.05
271	Simon	Pearson	Watford Harriers	M	M	10:00:00	00:05.3	00:40:59.65
352	ANDREW	VAUGHAN		MV40	M	10:00:00	00:03.8	00:41:06.60
78	Alastair	Davidson	St Albans Striders	MV50	M	10:00:00	00:04.8	00:41:12.90
248	Jamie	Nelson		MV40	M	10:00:00	00:06.7	00:41:26.35
345	Robin	Tremaine	Watford Joggers	MV50	M	10:00:00	00:02.9	00:41:33.95
313	David	Shukri		M	M	10:00:00	00:02.6	00:41:36.30
73	Simon	Cubley		M	M	10:00:00	00:13.2	00:41:52.85
373	MICHAEL	WHITWORTH		MV50	M	10:00:00	00:03.3	00:41:59.60
186	ANTHONY	JUDD		M	M	10:00:00	00:21.8	00:42:05.05
164	Douglas	Hobson	St. Albans striders	M	M	10:00:00	00:06.7	00:42:07.55
82	PAUL	DE KORT		MV50	M	10:00:00	00:04.5	00:42:12.90
129	PAUL	GARWOOD		MV40	M	10:00:00	00:02.0	00:42:16.40
404	Simon	Warner	St Albans Striders	M	M	10:00:00	00:02.9	00:42:17.90
51	STEPHEN	CHASTON		MV40	M	10:00:00	00:03.2	00:42:20.80

91	Robert	Dilley		M	M	10:00:00	00:06.6	00:42:21.90
208	mark	levy		MV50	M	10:00:00	00:13.1	00:42:26.75
284	JEREMY	READ	ULTRA MARATHON RC	MV40	M	10:00:00	00:08.3	00:42:28.05
300	Alejandro	Sacoto		M	M	10:00:00	00:04.8	00:42:34.95
136	Stephen	Graves		M	M	10:00:00	00:07.0	00:42:46.15
232	alec	mclaren		MV50	M	10:00:00	00:04.5	00:42:49.55
144	CAROLINE	HALE	Garden City Runners	FV35	F	10:00:00	00:05.3	00:42:50.05
47	david	casson		MV40	M	10:00:00	00:03.4	00:42:58.40
189	IAN	KELLY		MV40	M	10:00:00	00:01.8	00:43:01.45
225	michael	martin		M	M	10:00:00	00:06.3	00:43:16.20
115	simon	fellows		M	M	10:00:00	00:20.6	00:43:20.20
325	DANIELE	SOCCI	St Albans Striders	M	M	10:00:00	00:04.7	00:43:23.25
393	Andrew	Maher	St Albans Striders	M40	M	10:00:00	00:11.4	00:43:23.30
267	David	Patrick		MV40	M	10:00:00	00:07.1	00:43:24.15
16	Amanda	Avery	The Broxbourne Runners	FV45	F	10:00:00	00:03.4	00:43:27.40
50	JORDAN	CHASTON		M	M	10:00:00	00:02.8	00:43:36.05
356	Samuel	Walker	Lincoln Wellington	MV40	M	10:00:00	00:03.9	00:43:36.80
65	Moira	Craft	Watford harriers AC	FV35	F	10:00:00	00:05.1	00:43:38.35
163	CRAIG	HIGGINS		MV40	M	10:00:00	00:07.3	00:43:44.50
335	Mark	Studdart	Watford Joggers	MV40	M	10:00:00	00:03.1	00:43:44.85
148	Richard	Hands	Northbrook AC	MV40	M	10:00:00	00:01.9	00:43:46.90
27	Iain	Betson		MV40	M	10:00:00	00:03.5	00:43:51.60
167	PAUL	HOLMES	St Albans Striders	MV50	M	10:00:00	00:05.4	00:44:06.50
127	james	gardiner		MV50	M	10:00:00	00:00.9	00:44:08.30
174	David	Hughes		M	M	10:00:00	00:13.6	00:44:09.65
221	Helen	Mann	N/A	F	F	10:00:00	00:02.5	00:44:11.00
21	Ashley	Bava	RVC Running Club	F	F	10:00:00	00:05.1	00:44:14.80
2	Mark	Albon		MV40	M	10:00:00	00:13.2	00:44:23.20
407	John	Lasllo	St Albans Striders	M40	M	10:00:00	00:40.1	00:44:26.70
253	PAULA	NICOL	BOXFIT-TRI	F	F	10:00:00	00:08.9	00:44:27.00
291	SHARON	RIDER	BROXBOURNE RUNNERS	FV45	F	10:00:00	00:03.7	00:44:27.90
193	kerry	kitchener		FV35	F	10:00:00	00:08.6	00:44:30.55
101	derek	dutchburn	BROXBOURNE RUNNERS	MV50	M	10:00:00	00:02.8	00:44:41.15

316	NATASHA	SIMMONDS	FAIRLANDS VALLEY SPARTANS	F	F	10:00:00	00:10.5	00:44:46.15
24	PHILIP	BEATY		M	M	10:00:00	00:08.3	00:44:51.90
391	Nicholas	Chivers	St Albans Striders	M40	M	10:00:00	00:11.6	00:44:56.15
392	Andrew	Powell	St Albans Striders	M40	M	10:00:00	00:32.0	00:44:56.30
36	LEE	BRACE		M	M	10:00:00	00:19.8	00:44:58.95
160	Michael	Hessey	Harpenden Arrows Running Club	MV40	M	10:00:00	00:08.8	00:45:12.20
220	hamish	mackenzie		MV50	M	10:00:00	00:10.9	00:45:19.25
48	MICHAEL	CHANTLER		MV40	M	10:00:00	00:14.6	00:45:20.15
11	GRAEME	ARMSTRONG	BROXBOURNE RUNNERS	MV40	M	10:00:00	00:02.7	00:45:23.80
97	JAMIE	DOOLEY		M	M	10:00:00	00:06.3	00:45:25.05
334	Michael	Stone		MV40	M	10:00:00	00:03.7	00:45:28.20
165	ROBERT	HODGE		M	M	10:00:00	00:05.3	00:45:42.00
347	MARCIN	TROC	Garden City Runners	M	M	10:00:00	00:02.7	00:45:48.00
111	ruth	eykelbosch		FV45	F	10:00:00	00:05.7	00:45:48.25
402	Kags	Alexander-Kaghill	Victoria Park Harriers	M40	M	10:00:00	00:05.7	00:46:06.30
332	DAVID	STERN		MV40	M	10:00:00	00:06.7	00:46:10.05
169	JOHN	HOPE	St Albans Striders	MV60	M	10:00:00	00:04.8	00:46:17.70
379	Andrew	Williams-Gunn		MV40	M	10:00:00	00:19.7	00:46:18.60
168	EMILY	HOOPER	Harpenden Arrows Running Club	FV35	F	10:00:00	00:07.0	00:46:36.45
25	WESLEY	BEREZA		M	M	10:00:00	00:14.2	00:46:36.90
338	JULIAN	TAYLOR		MV40	M	10:00:00	00:10.2	00:46:42.55
118	Jan	Williams	DAVID LLOYD PACERS	FV45	F	10:00:00	00:04.6	00:46:43.25
198	EASON	KRISHNANANDAN		M	M	10:00:00	00:10.9	00:46:43.45
273	Philippa	Phillips		FV35	F	10:00:00	00:10.5	00:46:53.95
69	Paul	Cremins	St Albans Striders	MV40	M	10:00:00	00:13.4	00:46:54.95
20	NICK	BARNES		M	M	10:00:00	00:05.6	00:47:03.15
389	Phil	Yorke		M	M	10:00:00	00:16.8	00:47:05.15
30	Paul-James	Booth		M	M	10:00:00	00:02.9	00:47:26.00
382	JAMIE	WISE		M	M	10:00:00	00:11.1	00:47:26.65
341	JANE	THOMAS	DAVID LLOYD PACERS	FV45	F	10:00:00	00:04.3	00:47:28.90
261	TIM	ODONOVAN		MV50	M	10:00:00	00:01.6	00:47:29.25
29	Clare	Bonnick	Watford Joggers	FV45	F	10:00:00	00:15.4	00:47:32.80
117	Joseph	Ferraro	NA	MV40	M	10:00:00	00:21.0	00:47:36.80

406 Alan	Lambert		M40	M	10:00:00	00:09.8	00:47:40.85
394 Mark	Gosling			M	10:00:00	00:02.7	00:47:42.10
121 GARY	FOWLER	STOPSLEY STRIDERS	MV50	M	10:00:00	00:11.7	00:47:43.50
43 James	Burton		MV40	M	10:00:00	00:12.3	00:47:43.90
194 Simon	Kitchener	HARPENDEN ARROWS	MV60	M	10:00:00	00:06.3	00:47:46.35
176 jackie	jayawardena		FV35	F	10:00:00	00:09.9	00:47:46.70
203 COLIN	LEDGER		M	M	10:00:00	00:14.1	00:47:49.45
230 PAUL	MCDONAGH		MV40	M	10:00:00	00:10.5	00:47:51.15
240 DERMOTT	MORAN		MV40	M	10:00:00	00:13.7	00:47:56.15
173 Steve	Hudziak		M	M	10:00:00	00:08.6	00:48:06.85
362 bob	watson		MV50	M	10:00:00	00:15.1	00:48:10.75
323 Paul	Smith		MV40	M	10:00:00	00:14.2	00:48:16.95
8 karen	allworthy		FV55	F	10:00:00	00:03.7	00:48:17.95
245 Alex	Mowe		MV40	M	10:00:00	00:12.1	00:48:19.15
183 HUW	JONES		M	M	10:00:00	00:25.4	00:48:20.20
80 Jeff	Dawson		MV50	M	10:00:00	00:12.9	00:48:20.55
96 Chris	Done		MV40	M	10:00:00	00:12.7	00:48:21.60
17 Kate	Bailey	Tring Running Club	FV35	F	10:00:00	00:31.6	00:48:29.95
134 AMY	GOSS	Tring Running Club	F	F	10:00:00	00:06.6	00:48:38.45
318 Laura	Slack		F	F	10:00:00	00:33.5	00:48:39.80
184 STEVE	JONES		M	M	10:00:00	00:17.9	00:48:45.10
215 PENNY	LOWE		F	F	10:00:00	00:05.0	00:48:49.35
278 JOHAN	PREIS	Garden City Runners	MV40	M	10:00:00	00:05.1	00:48:52.20
293 CARL	ROBERTS		M	M	10:00:00	00:30.4	00:48:52.30
209 vicky	lewis		F	F	10:00:00	00:27.0	00:48:59.90
266 catherine	parsi	DAVID LLOYD PACERS	F	F	10:00:00	00:05.7	00:49:03.90
202 STEPHEN	LEADBETTER	RAF	MV50	M	10:00:00	00:05.8	00:49:12.45
138 Robert	Green		MV50	M	10:00:00	00:28.1	00:49:13.15
319 richard	smith		MV40	M	10:00:00	00:11.9	00:49:15.20
59 zoe	cook		F	F	10:00:00	00:07.4	00:49:17.70
368 Sarah	Westley	GCR	F	F	10:00:00	00:17.6	00:49:27.00
340 Edward	Thomas		M	M	10:00:00	00:29.7	00:49:31.20
9 Sallyann	Applegarth	St Albans Striders	FV35	F	10:00:00	00:21.5	00:49:40.40

31	JEAN-PIERRE	BOREL-SALADIN		MV40	M	10:00:00	00:06.7	00:49:45.45
199	SARAH	LAKER		F	F	10:00:00	00:10.2	00:49:45.65
260	FRANCES	O'REILLY	STRAGGLERS	FV35	F	10:00:00	00:17.8	00:49:51.95
272	graham	penn	Dunstable Runners	MV50	M	10:00:00	00:09.1	00:49:54.85
54	annabel	clarke		FV45	F	10:00:00	00:24.9	00:49:57.45
343	Derek	Todd		MV50	M	10:00:00	00:24.5	00:50:01.35
369	DARREN	WHINTEY		MV40	M	10:00:00	00:23.1	00:50:01.65
98	VINCE	DUFFY		MV50	M	10:00:00	00:24.9	00:50:06.40
277	Chris	Powell		M	M	10:00:00	00:31.6	00:50:06.75
218	KEITH	MACDOUGALL		MV50	M	10:00:00	00:25.1	00:50:07.60
333	Peter	Stirrup		M	M	10:00:00	00:06.7	00:50:08.35
339	Hannah	Thomas	RVC Running Club	F	F	10:00:00	00:07.1	00:50:17.70
191	Martin	King		M	M	10:00:00	00:01.0	00:50:18.10
224	IAN	MARTIN		MV40	M	10:00:00	00:10.3	00:50:18.65
23	Judith	Beard	St Albans Striders	FV45	F	10:00:00	00:22.7	00:50:21.05
55	lewis	clarke			M	10:00:00	00:25.5	00:50:28.95
282	JANE	RAE	DAVID LLOYD	FV45	F	10:00:00	00:08.0	00:50:34.20
294	GARY	ROBERTS		MV50	M	10:00:00	00:28.3	00:50:34.80
280	DARRAN	PURNELL		M	M	10:00:00	00:24.4	00:50:36.25
210	Sara	Linton		F35	M	10:00:00	00:08.0	00:50:36.80
119	SHARON	FITZGERALD	G C RUNNERS	FV45	F	10:00:00	00:18.2	00:50:44.00
180	Dan	Jones		M	M	10:00:00	00:29.6	00:50:45.25
276	RACHAEL	PORTER	St Albans Striders	FV35	F	10:00:00	00:04.7	00:50:48.50
258	MARK	NORTON	LEIGH ON SEA STRIDERS	MV40	M	10:00:00	00:12.5	00:50:50.05
94	Kate	Dixon		F	F	10:00:00	00:19.3	00:50:53.75
108	John	Elstub		MV40	M	10:00:00	00:08.6	00:51:01.90
309	Antonio	Scamardella		M	M	10:00:00	00:13.5	00:51:07.10
75	Adeline	Daly		F	F	10:00:00	00:16.0	00:51:07.35
358	Tanya	Wallman	St Albans Striders	FV35	F	10:00:00	00:15.9	00:51:13.80
287	Tony	Reeve		MV50	M	10:00:00	00:17.6	00:51:16.95
249	Rorie	Ness		M	M	10:00:00	00:09.3	00:51:17.05
377	Clare	Wildey		F	F	10:00:00	00:17.9	00:51:21.40
310	RUSSELL	SESSIONS	St Albans Striders	M	M	10:00:00	00:15.6	00:51:22.50

195 GRAEME	KITE		MV40	M	10:00:00	00:26.3	00:51:23.95
317 RAMESH	SINHA		M	M	10:00:00	00:31.0	00:51:28.65
223 CLAIRE	MARISCAL		F	F	10:00:00	00:22.6	00:51:30.60
146 TONY	HAMILTON	BARNET AND DISTRICT AC	MV70	M	10:00:00	00:17.1	00:51:31.60
52 Derek	chelley		MV50	M	10:00:00	00:23.5	00:51:44.75
177 Anna	Jex		FV35	F	10:00:00	00:13.6	00:51:49.65
196 Philip	Kojcinovic		MV50	M	10:00:00	00:19.3	00:51:54.45
171 Louisa	Hopper		FV35	F	10:00:00	00:31.0	00:51:58.15
107 TREVOR	ELLIOTT		MV50	M	10:00:00	00:25.1	00:52:03.85
162 GEOFF	HICKMER		MV60	M	10:00:00	00:04.6	00:52:05.00
109 David	English		M	M	10:00:00	00:18.2	00:52:08.30
397 Helen	Plumley		F45	F	10:00:00	00:17.8	00:52:09.20
228 MALCOLM	MCARTHUR		M	M	10:00:00	00:22.6	00:52:10.35
264 Glen	Palmer		MV40	M	10:00:00	00:19.3	00:52:13.60
204 Wai-Ming	Lee		MV40	M	10:00:00	00:25.8	00:52:15.10
151 Paul	Harding		MV40	M	10:00:00	00:20.3	00:52:21.75
378 RACHEL	WILLIAMS		FV35	F	10:00:00	00:10.5	00:52:27.30
285 David	Reavill		MV40	M	10:00:00	00:32.3	00:52:29.80
172 DANNY	HOWELL		M	M	10:00:00	00:31.9	00:52:30.60
128 HELENA	GARRICK		F	F	10:00:00	00:13.4	00:52:37.40
290 Jennifer	Riddle		FV35	F	10:00:00	00:16.5	00:52:38.85
331 Clare	Stephen	St Albans Striders	F	F	10:00:00	00:21.1	00:52:42.15
159 PAUL	HESKIN	GADE VALLEY HARRIERS	MV40	M	10:00:00	00:13.1	00:52:47.70
72 James	Crome		M	M	10:00:00	00:36.3	00:52:50.85
216 Tara	Macdonald		F	F	10:00:00	00:22.1	00:52:57.10
312 ADAM	SHERIDAN		M	M	10:00:00	00:06.6	00:53:02.10
155 JO	HARWOOD		FV35	F	10:00:00	00:16.9	00:53:02.75
281 STUART	RAE		MV50	M	10:00:00	00:09.5	00:53:04.75
114 PANOS	FELLAS		MV50	M	10:00:00	00:26.6	00:53:08.45
372 MARK	WHITTLE		M	M	10:00:00	00:20.4	00:53:09.05
348 Bryce	Tudball		M	M	10:00:00	00:33.4	00:53:12.55
400 Lisa	Laycock		F35	F	10:00:00	00:23.8	00:53:14.40
135 EMMA	GRAHAM		FV35	F	10:00:00	00:09.5	00:53:17.50

188	stephen	kelly		MV50	M	10:00:00	00:22.8	00:53:23.30
231	Fiona	Mckinnie		F	F	10:00:00	00:09.4	00:53:28.20
237	MIKE	MILNTHORPE		MV40	M	10:00:00	00:23.7	00:53:30.90
53	Lisa	Cherry		F	F	10:00:00	00:10.9	00:53:31.50
353	nancy	venables		F	F	10:00:00	00:27.5	00:53:35.00
3	Amol	Jadman	HARPENDEN ARROWS	M	M	10:00:00	00:30.1	00:53:37.90
67	LUCY	CRAFTS		F	F	10:00:00	00:21.8	00:53:40.10
86	RICHARD	DEMPSEY		MV40	M	10:00:00	00:15.4	00:53:44.70
244	STEVE	MOSS		M	M	10:00:00	00:33.7	00:53:50.85
365	jane	welch	Watford Joggers	FV55	F	10:00:00	00:15.4	00:53:51.75
235	Spencer	Millbery		M	M	10:00:00	00:12.5	00:53:54.15
87	Paul	Dempsey		MV50	M	10:00:00	00:11.8	00:54:13.30
370	Richard	Whiting	Herts Phoenix AC	MV60	M	10:00:00	00:39.6	00:54:21.50
197	Gina	Korchak		FV35	F	10:00:00	00:08.4	00:54:24.35
100	Chitra	Dunn	HARPENDEN ARROWS	MV50	M	10:00:00	00:09.4	00:54:24.40
201	Jacob	Lawson		M	M	10:00:00	00:14.5	00:55:13.50
161	FIONA	HEYGATE		FV35	F	10:00:00	00:09.9	00:55:18.05
102	Mary	Edwards		F	F	10:00:00	00:25.8	00:55:23.05
14	MANDY	ATKINS	St Albans Striders	FV45	F	10:00:00	00:08.9	00:55:29.60
32	Lauren	Bourke		F	F	10:00:00	00:14.3	00:55:31.10
219	alison	mackenzie		FV45	F	10:00:00	00:10.3	00:55:31.40
33	jim	bourke		MV40	M	10:00:00	00:14.8	00:55:31.65
229	KIERAN	MCCOOL		M	M	10:00:00	00:34.5	00:55:34.45
5	Fergus	Allan		M	M	10:00:00	00:10.1	00:55:35.20
79	Clare	Davies		FV35	F	10:00:00	00:09.6	00:55:35.70
113	KATERINA	FELLAS	Watford Joggers	FV35	F	10:00:00	00:26.5	00:55:37.90
247	Craig	Nelson		MV50	M	10:00:00	00:27.4	00:55:39.35
112	BRIAN	FELDMAN	HILLINGDON	MV60	M	10:00:00	00:14.7	00:55:42.25
175	SIMONE	ISHIKAWA		F	F	10:00:00	00:08.5	00:55:44.10
321	david	smith		MV60	M	10:00:00	00:29.7	00:55:55.95
360	KAREN	WALTERS		F	F	10:00:00	00:30.5	00:56:12.85
396	Gary	Allen	St. Albans striders	M60	M	10:00:00	00:14.3	00:56:14.10
207	julie	levy		FV45	F	10:00:00	00:15.8	00:56:15.70

292 DONNA	ROBERTS		FV45	F	10:00:00	00:30.8	00:56:15.85
366 Katharine	Wesley		FV35	F	10:00:00	00:15.1	00:56:25.10
190 Catherine	Kerr		FV45	F	10:00:00	00:13.8	00:56:33.80
106 Jenny	Eisen	St Albans Striders	F	F	10:00:00	00:22.4	00:56:38.35
305 GEMA	SANZ LOPEZ		FV45	F	10:00:00	00:32.2	00:56:55.25
153 PAUL	HART		MV40	M	10:00:00	00:32.5	00:56:55.30
257 Charles	Nissen		MV40	M	10:00:00	00:34.0	00:56:56.75
255 Robert	Nicolaou		MV40	M	10:00:00	00:34.0	00:56:56.90
296 mark	roe		MV40	M	10:00:00	00:00.8	00:57:10.30
58 Helen	Constable		FV35	F	10:00:00	00:21.6	00:57:17.00
74 Nick	Curtis		MV40	M	10:00:00	00:12.6	00:57:21.70
181 GWYN	JONES		M	M	10:00:00	00:26.4	00:57:23.25
246 Andrew	Murrell		M	M	10:00:00	00:33.6	00:57:30.20
178 CLAIRE	JOHN		F	F	10:00:00	00:08.3	00:57:36.10
152 DAVID	HARRISON		MV40	M	10:00:00	00:32.8	00:57:51.80
214 MATT	LITTLEFORD		M	M	10:00:00	00:32.8	00:57:52.25
213 LAURA	LITTLEFORD		F	F	10:00:00	00:32.6	00:57:52.30
269 Joy	Pearson		FV55	F	10:00:00	00:08.1	00:57:55.90
132 ARNOLD	GLICKMAN	PURPLE PATCH RUNNERS	MV60	M	10:00:00	00:23.4	00:57:58.25
120 JOAN	FITZPATRICK		FV45	F	10:00:00	00:16.2	00:58:02.50
371 TINA	WHITTLE		FV35	F	10:00:00	00:19.4	00:58:03.80
41 SANDRA	BROWN		FV55	F	10:00:00	00:07.5	00:58:06.00
380 Matthew	Wilson		M	M	10:00:00	00:33.0	00:58:06.15
398 Rachel	Lampe		F	F	10:00:00	00:07.3	00:58:12.50
150 Amanda	Harding		FV45	F	10:00:00	00:05.7	00:58:23.45
217 Claire	Macdougall		F	F	10:00:00	00:25.6	00:58:34.65
1 Christopher	Aikman		M	M	10:00:00	00:21.4	00:58:35.40
143 KATHERINE	HAINES		F	F	10:00:00	00:15.9	00:58:35.70
60 NICHOLAS	CORLETT		M	M	10:00:00	00:36.0	00:58:43.50
85 LAURA	DEKKER		FV35	F	10:00:00	00:29.1	00:58:51.25
259 KATE	O'CALLAGHAN		FV35	F	10:00:00	00:29.5	00:58:52.45
77 LEE	DAVID		FV35	F	10:00:00	00:26.1	00:58:54.20
234 JOANNA	MICHAELIDES		FV35	F	10:00:00	00:28.7	00:58:56.45

346 LAURA	TRIGWELL		FV35	F	10:00:00	00:26.6	00:58:59.25
337 David	Talbot		MV40	M	10:00:00	00:21.1	00:59:02.75
355 DONNA	WALKER		FV35	F	10:00:00	00:07.0	00:59:10.65
104 Terry	Edwards		MV50	M	10:00:00	00:25.4	00:59:11.25
187 john	keen		MV60	M	10:00:00	00:16.9	00:59:16.80
156 PHILIP	HAWLEY		MV40	M	10:00:00	00:11.2	00:59:19.60
63 Hannah	Coulter	St Albans Striders	FV35	F	10:00:00	00:22.9	00:59:20.65
35 LAUREN	BRACE		F	F	10:00:00	00:19.8	00:59:26.30
179 Helen	Johnson	Garden City Runners	FV45	F	10:00:00	00:16.6	00:59:35.35
241 Sharon	Morley		FV35	F	10:00:00	00:20.1	00:59:36.70
110 LISA	EVANS		FV35	F	10:00:00	00:19.8	00:59:37.15
401 Sophie	Hawkswork		F35	F	10:00:00	00:24.0	01:00:16.45
28 Simon	Birley		M	M	10:00:00	00:16.6	01:00:31.00
361 susan	watson		FV45	F	10:00:00	00:23.4	01:00:38.10
403 Caroline	Skyrme		F45	F	10:00:00	00:35.4	01:00:43.05
270 Jack	Pearson		M	M	10:00:00	00:21.3	01:00:46.05
386 KIMBERLEY	WYATT		F	F	10:00:00	00:18.4	01:00:46.70
326 Sofronis	Sofroniou		MV50	M	10:00:00	00:19.9	01:00:47.50
44 Bernadette	Byrne	Garden City Runners	FV55	F	10:00:00	00:18.4	01:00:48.50
268 Sarah	Pearson		F	F	10:00:00	00:09.8	01:01:04.00
133 PATRICIA	GORMLEY		FV45	F	10:00:00	00:38.6	01:01:22.45
388 brian	yates	HARPENDEN ARROWS	MV60	M	10:00:00	00:08.7	01:01:40.75
395 Celia	Heley		F55	F	10:00:00	00:14.8	01:02:14.85
123 karen	fream	TriZoo	FV45	F	10:00:00	00:21.9	01:02:25.55
200 SIMON	LAWRENCE		MV50	M	10:00:00	00:32.1	01:02:47.00
283 Clare	Ratnavira		FV35	F	10:00:00	00:16.9	01:02:53.90
206 Stephen	Lerman		MV60	M	10:00:00	00:27.2	01:02:54.90
205 Rebecca	Lerman		F	F	10:00:00	00:26.3	01:02:55.70
342 Penny	Thrale		F	F	10:00:00	00:12.2	01:03:13.25
363 jean	webb		FV55	F	10:00:00	00:22.1	01:03:14.50
62 JON	COTON		M	M	10:00:00	00:17.4	01:03:25.70
61 CLARE	COTON		FV35	F	10:00:00	00:17.5	01:03:27.25
93 Yvonne	Dixey		FV45	F	10:00:00	00:12.5	01:03:58.60

263 Robert	Owens		M	M	10:00:00	00:25.4	01:04:11.40
83 ELOISE	DEGALE		F	F	10:00:00	00:10.8	01:04:13.90
147 Angela	Hands	Northbrook AC	FV45	F	10:00:00	00:11.8	01:04:23.15
84 LEWIS	DEGALE		M	M	10:00:00	00:10.6	01:04:24.35
279 EMMA	PRICE		FV35	F	10:00:00	00:33.4	01:05:01.65
336 Oliver	Talbot		M	M	10:00:00	00:23.9	01:05:15.45
383 Karen	Wishart		FV45	F	10:00:00	00:28.3	01:05:23.65
387 CHRISTINE	WYATT		FV45	F	10:00:00	00:28.0	01:05:24.90
26 CLAIRE	BEST		FV45	F	10:00:00	00:20.9	01:05:53.10
95 Sandra	Dolan		FV45	F	10:00:00	00:20.5	01:05:56.95
105 PAUL	EDWARDS		MV50	M	10:00:00	00:36.9	01:06:12.20
349 Catherine	Turney	St Albans Striders	FV35	F	10:00:00	00:35.7	01:07:01.65
76 susan	darker		FV55	F	10:00:00	00:12.1	01:07:41.20
40 KATE	BROOKS	Tring Running Club	FV35	F	10:00:00	00:08.3	01:08:26.05
301 LISA	SALES	Tring Running Club	FV35	F	10:00:00	00:08.1	01:08:28.60
130 ALEXANDRA	GESS		F	F	10:00:00	00:37.3	01:08:53.20
315 Debra	Silver		F	F	10:00:00	00:36.9	01:08:54.40
239 CHRIS	MORAN		M	M	10:00:00	00:36.9	01:09:05.30
116 Geoff	Fellows		MV60	M	10:00:00	00:23.4	01:09:21.20
390 Stephen	Youngson		MV50	M	10:00:00	00:35.3	01:11:41.45
251 Felicity	Nichols		FV35	F	10:00:00	00:17.9	01:11:51.60
68 julie	craig		FV35	F	10:00:00	00:17.6	01:11:58.35
81 Amy	de Baat		F	F	10:00:00	00:37.7	01:12:40.50
182 Wes	Jones		M	M	10:00:00	00:38.1	01:12:40.75
262 Helen	Owens		FV35	F	10:00:00	00:24.4	01:15:06.10
238 MUNA	MOHAMMAD		FV35	F	10:00:00	00:28.7	01:24:12.85
303 ROZAINI	SAMAD		FV35	F	10:00:00	00:28.6	01:24:13.15
4 MICHAEL	ALLAN		M	M	10:00:00		DNS
6 EDWARD	ALLDAY		M	M	10:00:00		DNS
7 VERITY	ALLSOPP	LEIGHTON BUZZARD FUN RUNNERS	F	F	10:00:00		DNS
10 SOPHIE	ARCHER		F	F	10:00:00		DNS
12 DAVID	ARMSWORTH-MAW		MV40	M	10:00:00		DNS
13 Rob	Atkin	Bicester Tri	MV40	M	10:00:00	00:24.5	DNF

18	ANDREW	BAILEY		MV40	M	10:00:00	DNS
19	Alison	Baillie	St Albans Striders	FV45	F	10:00:00	DNS
37	NICK	BRADLEY	St Albans Striders	M	M	10:00:00	DNS
38	Lucy	Brew		M	M	10:00:00	DNS
39	John	Brew	St Albans Striders	M	M	10:00:00	DNS
42	LEE	BUNKER		MV40	M	10:00:00	DNS
45	michael	caddy		MV50	M	10:00:00	DNS
46	ROB	CASSIDY		M	M	10:00:00	DNS
49	PETER	CHARLES		M	M	10:00:00	DNS
56	Robert	Coldwell		M	M	10:00:00	DNS
64	vanda	cox	Thames Hare & Hounds	FV45	F	10:00:00	DNS
70	Gill	Cresswell		FV35	F	10:00:00	DNS
71	Ian	Croft		MV40	M	10:00:00	DNS
88	AMANDA	DERRICK	St Albans Striders	FV55	F	10:00:00	DNS
89	DAVE	DESBOROUGH	Garden City Runners	MV50	M	10:00:00	DNS
92	MARK	DIPPER	Ware Joggers	M	M	10:00:00	DNS
103	Nick	Edwards		MV40	M	10:00:00	DNS
122	Adam	Francis		M	M	10:00:00	DNS
124	Toby	Furnivall		M	M	10:00:00	DNS
125	Chris	Garcia		M	M	10:00:00	DNS
131	Nolan	Giblen		M	M	10:00:00	DNS
137	Will	Green	serpentine	M	M	10:00:00	DNS
140	HEIDI	GREENACRE		FV35	F	10:00:00	DNS
142	Anne	Gullick	None	FV35	F	10:00:00	DNS
145	CHRIS	HALL		MV40	M	10:00:00	DNS
149	Andy	Hardbattle		MV40	M	10:00:00	DNS
157	MICHAEL	HEANUE		MV50	M	10:00:00	DNS
158	Amy	Heap		F	F	10:00:00	DNS
166	richard	holdsworth		MV40	M	10:00:00	DNS
170	JOHN	HOPE	TEAM M K	MV60	M	10:00:00	DNS
192	JIM	KING		MV40	M	10:00:00	DNS
222	GARY	MARDLE		M	M	10:00:00	DNS
226	Chris	Martin		M	M	10:00:00	DNS

227	CHRIS	MASON		MV40	M	10:00:00	DNS
236	CHRIS	MILLS		M	M	10:00:00	DNS
242	Edward	Morley		MV50	M	10:00:00	DNS
243	Scott	Morton	St Albans Striders	M	M	10:00:00	DNS
250	Gail	Newman		FV35	F	10:00:00	DNS
265	MATT	PARFITT		MV40	M	10:00:00	DNS
274	MICHELE	POLLACK		FV45	F	10:00:00	DNS
275	JULIAN	POLNIK		MV40	M	10:00:00	DNS
288	Alison	Reynhart		FV45	F	10:00:00	DNS
289	Sandra	Richardson	Garden City Runners	FV55	F	10:00:00	DNS
295	MARK	ROBERTSON		M	M	10:00:00	DNS
302	CHRIS	SALMON		MV40	M	10:00:00	DNS
304	KRISHNA	SANJIVI		M	M	10:00:00	DNS
308	Mark	Saunders		M	M	10:00:00	DNS
311	NICHOLAS	SHEEHAN		MV40	M	10:00:00	DNS
322	Lyndsay	Smith		M	M	10:00:00	DNS
324	GRAHAM	SMITH		MV40	M	10:00:00	DNS
327	Denise	Spangler		F	F	10:00:00	DNS
328	GEORGE	STAFFORD		M	M	10:00:00	DNS
330	Richard	Steel		MV40	M	10:00:00	DNS
344	Rowan	Tominey	Best lads running club	M	M	10:00:00	DNS
350	andrew	vaughan		MV40	M	10:00:00	DNS
351	DANIEL	VAUGHAN		MV40	M	10:00:00	DNS
354	Matt	Wagg		M	M	10:00:00	DNS
357	Paul	Walker	N/A	M	M	10:00:00	DNS
359	Wendy	Walsh	St. Albans striders	FV35	F	10:00:00	DNS
364	Suzi	Wegenek		FV35	F	10:00:00	DNS
367	JEMMA	WESTERN		F	F	10:00:00	DNS
374	CHRIS	WIGGS		MV60	M	10:00:00	DNS
375	KATE	WIGGS		F	F	10:00:00	DNS
376	CAROLYN	WIGGS		FV45	F	10:00:00	DNS
384	MICHELLE	WOOLCOMBE		FV35	F	10:00:00	DNS
385	GARY	WOOLCOMBE		MV40	M	10:00:00	DNS