

**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 st Man
2	2		BENNETT, Matthew	Southampton AC	Senior Men	27:10	2 nd Man
3	3		MAY, Charlie	Vale Of Aylesbury AC	Senior Men	27:37	3 rd 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		TURNERY, 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 st 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 nd 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 rd 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	STYLIANOU, 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	DOWNS, 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	DONOHUE, 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

**Pednor 5 Race Walk
(Category B)
Monday 7th May 2018
Incorporating the Buckinghamshire AA Race Walk Championship**

Men's Race

Posn	Time	Name	Club	Category	Bucks
1	39.46	Sebastian Parris	Ilford AC		
2	44.54	Neil Bates	Chiltern Harriers AC		Bucks
3	50.13	John Hall	Belgrave Harriers	Vet 65	
4	52.40	Stuart Bennett	Ilford AC	Vet 55	
5	52.41	Steven Uttley	Ilford AC	Vet 60	
6	52.59	Steve Allen	Barnet & District AC	Vet 60	
7	54.17	David Kates	Ilford AC	Vet 65	
8	54.35	John Borgars	Loughton AC	Vet 70	
9	54.45	John Ralph	Enfield & Harringey AC	Vet 60	Bucks
10	56.51	Stephen Cartwright	Colchester & Tendring AC	Vet 60	
11	57.56	Gary Smith	Enfield & Harringey AC	Vet 60	
12	59.04	Christopher Flint	Surrey Walking Club	Vet 70	
13	60.15	Tom Casserley	Enfield & Harringey AC	Vet 75	
14	61.16	Paul Richardson	Unattached	Vet 55	
15	61.18	Michael Harran	Surrey Walking Club	Vet 75	
16	61.39	Sean Pender	Enfield & Harringey AC	Vet 60	
17	65.13	Martyn Cartwright	Chiltern Harriers AC	Vet 75	Bucks
18	66.44	Trevor Brawn	Chiltern Harriers AC	Vet 65	Bucks
19	71.05	Terry Morris	Nuneaton Harriers	Vet 70	
20	72.59	Dan Cameron	Unattached	Vet 40	
21	73.26	Mike Morgan	Burnham Joggers	Vet 75	Bucks
22	75.50	Benjamin Garrett	Unattached	Under 20	

John Constandinou (Birchfield Harriers - Vet 45) started late - finished in 52:30 (course time)

Ladies' Race

Posn	Time	Name	Club	Category	Bucks
1	49.41	Helen Middleton	Enfield & Harringey AC	Vet 55	
2	53.39	Melanie Peddle	Loughton AC	Vet 45	
3	54.33	Fiona Bishop	Enfield & Harringey AC	Vet 55	
4	55.08	Noel Blatchford	Abingdon AC	Vet 70	
5	56.16	Sarah Trundle	Nuneaton Harriers	Vet 45	
6	74.55	Elsbeth Attwood	Unattached	Vet 60	
7	75.50	Amanda Garrett	Unattached	Vet 45	

PEDNOR 5 CHALLENGE

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

Ladies	Total Time	Name	Club	Walk Time	Run Time
1	102.30	Fiona Bishop	Woking AC	54.33	47.57

Men	Total Time	Name	Club	Walk Time	Run Time
1	71.20	Sebastian Parris	Ilford AC	39.46	31.34
2	81.56	Neil Bates	Chiltern Harriers AC	44.54	37.02
3	113.05	Paul Richardson	Unattached	61.16	51.49