

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	F45
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	DONOHOE, 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	YOUELL, 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

Pednor 5 Race Walk
(Category B)
Monday 6th May 2019
Incorporating the Buckinghamshire AA Race Walk Championship

Men's Race

Posn	Time	Name	Club	Category	Bucks
1	45.13	Neil Bates	Chiltern Harriers AC		Bucks
2	49.36	Steven Uttley	Ilford AC	Vet 60	
3	49.41	John Constandinou	Birchfield Harriers	Vet 45	
4	50.04	Stuart Bennett	Ilford AC	Vet 60	
5	50.31	Martin Culshaw	Ilford AC	Vet 60	
6	50.52	Simon Morgan	Ilford AC	Vet 50	
7	50.57	John Ralph	Enfield & Harringey AC	Vet 60	Bucks
8	54.37	David Kates	Ilford AC	Vet 60	
9	56.11	John Borgars	Herts Phoenix / Loughton AC	Vet 70	
10	56.15	Tom Casserley	Enfield & Harringey AC	Vet 80	
11	56.52	Stephen Cartwright	Colchester & Tendring AC	Vet 60	
12	58.03	Trevor Brawn	Chiltern Harriers AC	Vet 65	Bucks
13	58.12	David Hoben	Surrey Walking Club	Vet 65	
14	58.19	Arthur Thomson	Enfield & Harringey AC	Vet 80	
15	58.26	Paul Richardson	Unattached	Vet 55	
16	58.29	Christopher Flint	Surrey Walking Club	Vet 70	
17	59.06	Malcolm Blackwood	Trent Park Running Club	Vet 65	
18	59.43	Gary Smith	Enfield & Harringey AC	Vet 60	
19	59.59	Martin Reader	Unattached	Vet 55	
20	68.31	Martyn Cartwright	Chiltern Harriers AC	Vet 75	Bucks

Women's Race

Posn	Time	Name	Club	Category	Bucks
1	48.40	Melanie Peddle	Loughton AC	Vet 50	
2	49.14	Emma Dyos	Ilford AC	Vet 40	
3	50.24	Helen Middleton	Enfield & Harringey AC	Vet 55	
4	51.26	Diane Baldwin	Marshall Milton Keynes AC	Vet 60	Bucks
5	54.31	Rachel Lawless	Ilford AC	Vet 55	
6	56.47	Lesley Morris	Ilford AC	Vet 55	
7	59.02	Melanie Bolden	Unattached	Vet 50	
8	63.17	Louisa Rowlands	Unattached	Vet 45	
9	63.17	Debbie Shephard	Unattached	Vet 50	
10	68.31	Kate Cousin	Unattached	Vet 40	

Girls 2 Mile Race

1	25.41	Jasmine Richardson	St Bartholomew C of E School
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PEDNOR 5 CHALLENGE

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

Women	Total Time	Name	Club	Walk Time	Run Time
1	91.05	Diane Baldwin	Marshall Milton Keynes AC	51.26	39.39
2	104.32	Melanie Bolden	Unattached	59.02	45.30
3	114.25	Kate Cousin	Unattached	68.31	45.54

Men	Total Time	Name	Club	Walk Time	Run Time
1	78.54	Neil Bates	Chiltern Harriers AC	45.13	33.41
2	102.24	Paul Richardson	Unattached	58.26	43.58
3	103.44	Trevor Brawn	Chiltern Harriers AC	58.03	45.41
4	105.30	Martin Reader	Unattached	59.59	45.31