

Pos	Name	Team	RaceNo	Cat	Time	CatPos	GPos	Herts	Local	RRC
1	Dave Mitchinson	NEWHAM & ESSEX BEAGLES	1	SM	00:51:39	1	1	Y		
2	Nigel Rackham	METROS	421	MV40	00:55:20	1	2			
3	Robert Wilson	Ealing Southall & Middlesex AC	65	SM	00:55:55	2	3			
4	Stephen Buckle	St Albans Striders	420	SM	00:56:32	3	4			
5	Adrian Mason	Barnet and District AC	128	MV40	00:57:40	2	5		Y	
6	Simon Fawcett	Bedford Harriers	140	SM	00:57:50	4	6			
7	Andy Holt	Garden City Runners	455	MV40	00:58:16	3	7	Y	Y	
8	Tony Dadd	Bedford Harriers	30	MV40	00:58:53	4	8			
9	Justin Hill	Ware Joggers	251	MV40	00:58:57	5	9			
10	Helen Decker	IPSWICH JAFFA RUNNING CLUB	192	SL	00:58:59	1	1			
11	Patrick Pearce		37	SM	00:59:29	5	10		Y	
12	Steven Prosser	Bishops Stortford	145	SM	00:59:46	6	11			
13	Rick Holland	Watford Harriers	268	SM	01:00:05	7	12			
14	Stephen Earley	Bedford Harriers	75	MV40	01:00:20	6	13			
15	George Dayantis	CHRISTCHURCH RUNNERS	114	MV40	01:01:08	7	14			Y
16	Dave Bullock	SHAFTESBURY HARRIERS	422	SM	01:02:06	8	15		Y	
17	John Jones	St Albans Striders	221	MV40	01:02:08	8	16		Y	
18	Christopher Ambrose	Road Runners Club	117	MV50	01:02:17	1	17			Y
19	Paul Reddaway	Broxbourne Runners	50	MV40	01:02:21	9	18	Y		
20	Christopher Lamont	STOPSLEY STRIDERS	232	MV50	01:02:25	2	19			
21	Sharon Gannon	Ware Joggers	110	FV35	01:02:27	1	2	Y		
22	Peter Adkins		412	SM	01:02:47	9	20			
23	John Ockenben	St Albans Striders	405	SM	01:03:33	10	21	y	y	
24	Partridge Ross	Ware Joggers	87	SM	01:03:39	11	22	Y		
25	Robert Casserley	Garden City Runners	426	SM	01:03:50	12	23	Y	Y	
26	Selina Staines	DACORUM AND TRING AC	159	SL	01:03:56	2	3			
27	Brendan Cottrell	Sandhurst Joggers	214	SM	01:04:04	13	24			
28	Stuart Berry		49	MV40	01:04:16	10	25		Y	
29	Christopher Bowes		52	MV50	01:04:52	3	26			
30	Jon Chestney	Garden City Runners	406	MV40	01:04:56	11	27	y	y	
31	Jerry Bryan	Barnet and District AC	129	MV40	01:05:05	12	28			
32	John Eccleston	Broxbourne Runners	48	MV40	01:05:16	13	29	Y		
33	Bob Wells	Bedford Harriers	138	MV60	01:05:41	1	30			
34	Nick Rabin		349	SM	01:05:47	14	31			
35	Peter Williams	Herts Phoenix AC	85	MV50	01:05:49	4	32	Y	Y	Y
36	Sandra Williams	Watford Harriers	269	SL	01:05:52	3	4			
37	Dan Hayes	HEADINGTON ROAD RUNNERS	186	SM	01:06:08	15	33			
38	Keith Murphy	TRENT PARK RC	106	MV50	01:06:10	5	34	Y		
39	Shaun Mills	CHILTERN HARRIERS	414	SM	01:06:26	16	35		Y	
40	James Cowan		429	SM	01:06:52	17	36			
41	Will Guy		458	SM	01:07:01	18	37		Y	
42	Tim Gilbert	FVS TRI	179	SM	01:07:03	19	38			
43	John Runbold	Ware Joggers	433	MV40	01:07:10	14	39	Y		
44	Neil Lovesey	Bedford Harriers	55	MV50	01:07:42	6	40			
45	Mark Beasley	Fairlands Valley Spartans	4	MV40	01:07:43	15	41	Y		
46	Todd Gray	Fairlands Valley Spartans	170	SM	01:07:47	20	42	Y		

47	Richard Allen	FVS TRI	178	MV40	01:07:59	16	43			
48	John Tennant	HARLOW RUNNING CLUB	183	MV50	01:08:07	7	44			
49	Gareth Faulks		328	SM	01:08:09	21	45	Y		
50	Barry Warne	Nene Valley Runners	467	MV40	01:08:10	17	46			
51	Karen Wyer	TRENT PARK RC	237	SL	01:08:16	4	5			
52	Martin Carmack		322	SM	01:08:30	22	47			
53	Paul Keech	STOPSLEY STRIDERS	233	MV40	01:08:36	18	48			
54	Andy Hyland	Broxbourne Runners	11	MV70	01:08:37	1	49	Y		Y
55	Michèle Venn		364	SL	01:08:37	5	6			
56	Jon Byford	SPRINGFIELD STRIDERS	219	SM	01:08:39	23	50			
57	Steven Jocelyn		113	MV40	01:08:40	19	51			
58	Richard Piron	Bedford Harriers	135	MV50	01:08:44	8	52			
59	Justin Openshaw	Bedford Harriers	99	MV40	01:08:45	20	53			
60	Jim Brown	Fairlands Valley Spartans	26	MV50	01:08:53	9	54	Y		
61	Stephen Paull	DUNSTABLE ROAD RUNNERS	164	MV50	01:09:00	10	55			
62	David Bell	Yaxley Runners	466	SM	01:09:01	24	56			
63	Leighton Ballett	TRI SPORT EPPING	240	MV40	01:09:18	21	57			
64	Michael East	Broxbourne Runners	90	MV50	01:09:22	11	58			
65	Thomas Pickering	Ware Joggers	17	SM	01:09:28	25	59	Y		
66	Edward Otto	Veterans AC	46	MV40	01:09:30	22	60		Y	
67	John Thomas	Road Runners Club	42	MV60	01:09:34	2	61			Y
68	John Flannery	TRENT PARK RC	238	SM	01:09:45	26	62			
69	David Breslin	Sandhurst Joggers	56	MV40	01:10:01	23	63			
70	Graham Clarke	St Albans Striders	7	MV60	01:10:14	3	64		Y	
71	Anna Litchfield	Bedford Harriers	63	FV35	01:10:21	2	7			
72	John Hattersley	St Albans Striders	74	MV50	01:10:26	12	65	Y		
73	Peter Allen	Bishops Stortford	143	MV50	01:10:41	13	66			
74	Vikki Harrison	DAVID LLOYD PACERS	162	FV35	01:10:42	3	8			
75	Stephen Dunn	ETON MANOR	167	SM	01:10:43	27	67			
76	Justin Doel		327	SM	01:10:48	28	68			
77	Richard Bloom	Herts Phoenix AC	94	MV60	01:11:14	4	69	Y	Y	
78	Jeremy Read		386	SM	01:11:25	29	70		Y	
79	Marion Murphy	TRENT PARK RC	107	FV45	01:11:26	1	9	Y		
80	Colin Grace	Ware Joggers	408	MV40	01:11:30	24	71			
81	Graham Statter	Bishops Stortford	147	MV50	01:11:34	14	72			
82	William Wagstaff		308	MV40	01:11:40	25	73			
83	Tony Baines	Bedford Harriers	97	MV40	01:11:44	26	74			
84	Leslie Betts	Fairlands Valley Spartans	176	MV40	01:11:44	27	75	Y		
85	Lynn Wilson	Ealing Southall & Middlesex AC	66	FV45	01:11:48	2	10			
86	Paul Illing	Watford Harriers	111	MV40	01:11:51	28	76	Y		
87	Al Vile	Bedford Harriers	141	SM	01:11:53	30	77			
88	Ian Blundell		274	SM	01:11:54	31	78		Y	
89	Mark Sanz	Ware Joggers	244	MV40	01:12:04	29	79			
90	Benjamin Malone		295	SM	01:12:09	32	80		Y	
91	Celia Findlay	DAVID LLOYD PACERS	161	FV45	01:12:11	3	11			
92	Kevin White	Bedford Harriers	134	MV40	01:12:24	30	81			
93	Justin Filby		504	SM	01:12:29	33	82			
94	Dennis Adams	Ware Joggers	438	MV50	01:12:33	15	83	Y		

95	John Shirley	Barnet and District AC	101	MV60	01:12:42	5	84	Y		
96	Iain Simmonds		388	MV40	01:12:51	31	85		Y	
97	David Sharman	Bedford Harriers	133	SM	01:12:53	34	86			
98	Teresa English	BROXBOURNE RUNNERS	153	SL	01:13:02	6	12			
99	Anthony Rose	Ware Joggers	254	MV40	01:13:05	32	87			
100	Alan Donald	Fairlands Valley Spartans	440	SM	01:13:08	35	88	Y		
101	Simon Safa-leathers		329	SM	01:13:09	36	89		Y	
102	Hideo Takano	Dorking and Mole Valley AC	13	MV40	01:13:18	33	90			Y
103	Thomas Casserley	Garden City Runners	121	MV60	01:13:18	6	91	Y		
104	Steve Sadler		313	MV40	01:13:40	34	92			
105	Adrian Sherriff	Bishops Stortford	146	MV40	01:13:51	35	93			
106	Ian Nichol	St Albans Striders	225	MV40	01:13:51	36	94		Y	
107	Shirish Gandhi		80	MV40	01:13:52	37	95			
108	Kevin Moore		342	SM	01:13:59	37	96			
109	Andre Ferreira	Ware Joggers	253	MV50	01:14:08	16	97			
110	Ray Clarabut	EDMONTON RUNNING CLUB	166	MV50	01:14:10	17	98			
111	Mark Hall		356	SM	01:14:17	38	99			
112	Jason Mentern	Ware Joggers	463	SM	01:14:18	39	100			
113	Rob Slade		320	SM	01:14:29	40	101			
114	Dean Capon	Harpenden Aro Runners	2	SM	01:14:33	41	102			
115	Barry Chisholm	SHAFTESBURY HARRIERS	409	MV40	01:14:35	38	103			
116	Lance Johns	St Albans Striders	424	MV40	01:14:46	39	104			
117	Nicola Barraclough	Ware Joggers	242	SL	01:14:50	7	13			
118	Peter Barnett		437	SM	01:14:56	42	105			
119	Brent Curless	DATCHET DASHERS	160	MV50	01:15:00	18	106			
120	Steven Weston		199	MV40	01:15:03	40	107			
121	Peter Smith	St Albans Striders	229	MV50	01:15:06	19	108		Y	
122	Andrew Coulson		383	MV40	01:15:13	41	109			
123	Robert Hill		446	SM	01:15:17	43	110		Y	
124	Colin Gauld-clark	Bishops Stortford	144	MV60	01:15:22	7	111			
125	Simon Dunk	CREWKERNE	158	MV50	01:15:45	20	112			
126	Mark Billdigton	Bedford Harriers	77	MV40	01:15:47	42	113			
127	Steve Mayfield	Fairlands Valley Spartans	174	MV40	01:15:49	43	114	Y		
128	Dave Faulkner		417	MV50	01:15:53	21	115	Y		
129	Kevin Davies		456	MV50	01:16:01	22	116			
130	Peter Snowball	ALLENBURYS	124	MV40	01:16:04	44	117		Y	
131	Daniel Coburn		35	SM	01:16:17	44	118			
132	Neil Smith	SHAFTESBURY HARRIERS	423	SM	01:16:19	45	119			
133	John Nichol	Bishops Stortford	149	SM	01:16:27	46	120			
134	Jonathan Little	Ware Joggers	264	MV50	01:16:27	23	121			
135	Dan Smith	Mornington Chasers	444	SM	01:16:27	47	122			
136	David Moscrop	Garden City Runners	416	MV50	01:16:30	24	123		Y	
137	Alison Cooper	Bedford Harriers	79	FV35	01:16:35	4	14	Y		
138	Antony Edwards		457	SM	01:16:43	48	124			
139	Christine Tanner	Bishops Stortford	148	FV35	01:16:44	5	15			
140	Tony Crook	Barnet and District AC	131	MV40	01:16:47	45	125			
141	Shannon Burke		338	SM	01:16:47	49	126			
142	Samantha Houston	READING JOGGERS	208	FV35	01:16:52	6	16			

143	Martin Wilson	Ealing Southall & Middlesex AC	427	MV50	01:17:10	25	127			
144	Kate Barnard	Bedford Harriers	136	FV35	01:17:19	7	17			
145	Jackie Brew	Warren Joggers	502	SL	01:17:30	8	18	Y		
146	Tim Woodall		392	MV40	01:17:32	46	128		Y	
147	Stuart Milne	Milton Keynes AC	104	SM	01:17:34	50	129			
148	Cliff Etherden	SADDLEWORTH RUNNERS	212	MV50	01:17:35	26	130			
149	Robert Shaw	Fairlands Valley Spartans	51	MV60	01:17:37	8	131	Y		Y
150	Nicky Brown		316	SL	01:17:43	9	19			
151	Alex Chenery		34	SM	01:18:03	51	132			
152	Peter Martin-flaven	JUST GLUE IT RC	193	MV40	01:18:04	47	133		Y	
153	Les Taylor	Ware Joggers	249	MV40	01:18:09	48	134			
154	Lee Radley	Ware Joggers	257	SM	01:18:11	52	135			
155	Richard Valentine		389	SM	01:18:11	53	136			
156	Jamie Keenan		357	MV40	01:18:17	49	137		Y	
157	Cliff Bonnett		367	MV40	01:18:17	50	138		Y	
158	Andrew Maher	St Albans Striders	230	SM	01:18:24	54	139			
159	Douglas Smith		368	MV60	01:18:27	9	140			
160	Helen Spark	Garden City Runners	36	SL	01:18:34	10	20		Y	
161	Joe Chambers	Harpenden Aro Runners	185	SM	01:18:35	55	141		Y	
162	Tim O'donovan		459	MV40	01:18:43	51	142			
163	Steve Platt	TRAIL RUNNERS ASSOC	236	MV50	01:18:45	27	143			
164	Caroline Bailes		68	FV35	01:18:46	8	21	Y	Y	
165	Stephen Faulkner	Herts Phoenix AC	45	MV50	01:18:53	28	144		Y	
166	Anthony Hamilton	Barnet and District AC	130	MV60	01:18:59	10	145			
167	Graham Harper	Harpenden Aro Runners	184	MV50	01:19:03	29	146		Y	
168	Heather Harris	DAVID LLOYD PACERS	163	FV35	01:19:05	8	22			
169	Colin Malone		344	MV50	01:19:06	30	147			
170	Nigel Mason		385	MV40	01:19:08	52	148		Y	
171	Tom Brownlee		335	MV40	01:19:29	53	149			
172	Sue Williams	DAVID LLOYD PACERS	430	FV45	01:19:35	4	23	Y		
173	Veronica Singleton	Bedford Harriers	450	FV45	01:19:40	5	24			
174	Howard Sherman		294	SM	01:19:46	56	150			
175	Martin Saggars	Ware Joggers	88	MV40	01:19:51	54	151	Y		Y
176	Cook Marion		57	FV45	01:19:52	6	25		Y	
177	Helen Plumley		441	FV35	01:19:55	9	26			
178	Clive Aitken	Broxbourne Runners	83	SM	01:20:01	57	152			
179	Mark Sherwin	STOPSLEY STRIDERS	231	MV40	01:20:04	55	153			
180	Angela Lendon		317	SL	01:20:06	12	27			
181	Amanda Friman	Bedford Harriers	137	FV45	01:20:11	7	28			
182	Stuart Ballard	Ware Joggers	428	MV40	01:20:11	56	154		Y	
183	Leo Downes		355	SM	01:20:32	58	155			
184	Emma Lindley		325	SL	01:20:33	13	29		Y	
185	Mark Goodwin	Fairlands Valley Spartans	171	MV50	01:20:40	31	156	Y	Y	
186	Gareth Burton		418	MV40	01:21:01	57	157			
187	Dawn Robson		122	FV45	01:21:03	8	30	Y	Y	
188	Dean Wheeler	SERPENTINE RUNNING CLUB	215	SM	01:21:05	59	158			
189	Lee Thorne		96	SM	01:21:08	60	159			
190	Andrew Whiting	Herts Phoenix AC	190	SM	01:21:14	61	160			

191	Steven Gregory		71	SM	01:21:23	62	161			
192	Peter Bayford		72	MV40	01:21:23	58	162			
193	Stephen Hannibal		415	MV40	01:21:29	59	163			
194	Sarah Warner		366	SL	01:21:46	14	31		Y	
195	Gladstone Thompson	St Albans Striders	91	MV40	01:21:48	60	164		Y	
196	Steve Boyd	GADE VALLEY HARRIERS	180	MV40	01:21:50	61	165			
197	Ian Gascoigne		387	MV50	01:21:55	32	166			
198	Penny Durance	SOUTHWELL RUNNING CLUB	218	FV45	01:21:59	9	32			
199	Yolanda Visscher		302	SL	01:22:05	15	33			
200	Heather Hobbs	Bedford Harriers	132	FV35	01:22:08	10	34			
201	Chris Walby	NHRR	205	MV40	01:22:08	62	167			
202	Peter Rogers		431	MV40	01:22:19	63	168		Y	
203	Alison Hopwood	Fairlands Valley Spartans	168	FV35	01:22:52	11	35	Y		
204	Lynn Allen	FVS TRI	177	FV35	01:23:03	12	36			
205	John Warren	St Albans Striders	29	MV60	01:23:04	11	169		Y	
206	Andrew Fletcher		40	MV40	01:23:08	64	170			
207	Terry Styles	Herts Phoenix AC	70	MV50	01:23:12	33	171			
208	Sharon Davidson	VEGETARIAN CYCLING & ATHLETIC CLUB	69	SL	01:23:23	16	37			
209	Richard Sharpe	THORNEY RUNNING CLUB	235	MV40	01:23:26	65	172			
210	David Reavill		301	SM	01:23:28	63	173		Y	
211	Adrian Axtell		378	MV40	01:23:35	66	174			
212	Martin Smith		445	SM	01:23:42	64	175			
213	Wayne Warren	Road Runners Club	425	SM	01:23:55	65	176			
214	Kevin Gilzean		341	MV40	01:24:04	67	177			
215	Peter Reynold		103	MV40	01:24:19	68	178		Y	
216	Janet Readitt	Ware Joggers	25	FV35	01:24:24	13	38			
217	Charles Naylor		32	MV50	01:24:28	34	179		Y	
218	Ian Cairns		346	SM	01:24:28	66	180		Y	
219	Paul Moston		31	MV40	01:24:33	69	181			
220	Hannah Markham		380	SL	01:24:36	17	39			
221	Richard Blackwell	St Albans Striders	220	MV40	01:24:46	70	182		Y	
222	Liz Gray	Ware Joggers	256	FV45	01:24:47	10	40			
223	Karen Payne	STOPSLEY STRIDERS	234	SL	01:24:48	18	41			
224	David Pratt	METROS	197	MV60	01:24:50	12	183			
225	Nick Joseph		396	MV40	01:24:58	71	184			
226	Paul Holgate	Fairlands Valley Spartans	119	MV50	01:25:12	35	185	Y		
227	Brian Aerial	Barnet and District AC	93	MV60	01:25:13	13	186			
228	Kimberley Mangelshot	Ware Joggers	255	SL	01:25:27	19	42			
229	Katie Chilton	St Albans Striders	92	FV45	01:25:31	11	43		Y	
230	Claudene Silverman		310	SL	01:25:39	20	44			
231	Sharon Wood	METROS	196	SL	01:25:45	21	45			
232	Richard Durance	SOUTHWELL RUNNING CLUB	217	MV50	01:25:49	36	187			
233	Paul Fox	Ware Joggers	62	MV50	01:25:54	37	188	Y		
234	Matt Richardson		443	SM	01:25:57	67	189			
235	Robert Waddingham	Ware Joggers	262	SM	01:26:13	68	190			
236	Elodie Irving		362	SL	01:26:22	22	46			
237	Steve Moakes		363	SM	01:26:22	69	191			
238	Lynne Greenard	Bedford Harriers	503	FV55	01:26:26	1	47			

239	Olie Waring		460	SM	01:26:28	70	192		Y	
240	Kevin Cundy	Barnet and District AC	452	MV40	01:26:39	72	193			
241	Kevin Lawlor	Fairlands Valley Spartans	172	MV50	01:26:40	38	194	Y		
242	Mary Scannell		400	SL	01:26:51	23	48			
243	Sharon Crowley	Fairlands Valley Spartans	434	FV45	01:26:52	12	49	Y		
244	Ann Taylor		337	SL	01:26:55	24	50			
245	Andrew Pearce	Garden City Runners	449	SM	01:26:55	71	195		Y	
246	Emma Coombs	MAIDENHEAD AC	194	SL	01:27:04	25	51			
247	Jane Percival		402	FV35	01:27:06	14	52			
248	Emma Nixon	Bishops Stortford	81	FV45	01:27:21	13	53			
249	Hugh Sprowson		354	SM	01:27:25	72	196		Y	
250	William Billington	Bedford Harriers	20	MV70	01:27:39	2	197			
251	Stephen Pocock	NEW YORK ROAD RUNNERS	204	SM	01:27:44	73	198			
252	Janet Bradshaw	SAFFRON STRIDERS	213	FV45	01:28:17	14	54			
253	Phil Hudson	Ware Joggers	19	MV50	01:28:32	39	199			
254	Christine Mccullough	Fairlands Valley Spartans	39	FV45	01:28:48	15	55	Y		
255	Michael ralph Glass		67	MV50	01:28:52	40	200		Y	
256	Richard Hole	Garden City Runners	182	MV50	01:28:53	41	201		Y	
257	Terry Nichols	Ware Joggers	259	MV60	01:29:08	14	202			
258	Claire Nichols	Ware Joggers	260	SL	01:29:08	26	56			
259	David Horner	Ware Joggers	265	MV50	01:29:09	42	203			
260	John Charles		347	MV40	01:29:21	73	204			
261	Philip Kojcinovic		472	MV40	01:29:27	74	205		Y	
262	John Grantham		381	MV50	01:29:28	43	206			
263	Matthew Jaffa		27	SM	01:29:42	74	207			
264	Hans Petri	St Albans Striders	226	MV50	01:29:43	44	208		Y	
265	David Williams	Barnet and District AC	447	MV60	01:29:44	15	209			
266	Christine Double		12	FV45	01:29:45	16	57			
267	Graham Barnett	Barnet and District AC	78	MV50	01:29:52	45	210			
268	Richard Whiting	Herts Phoenix AC	189	MV50	01:30:07	46	211			
269	Philip Macniven		38	MV70	01:30:08	3	212			
270	John Dodd		474	MV50	01:30:10	47	213			
271	Claire Hill		359	SL	01:30:12	27	58			
272	Stephen Chesterfield		403	MV40	01:30:16	75	214			
273	James Stripe		206	MV40	01:30:20	76	215			
274	Helen Durance	St Albans Striders	224	SL	01:30:21	28	59		Y	
275	Tim Williams	EDMONTON RUNNING CLUB	165	MV50	01:30:38	48	216			
276	Sally Otto		47	FV35	01:30:52	15	60		Y	
277	Stephen Sewell		309	SM	01:30:55	75	217			
278	Natalie Whitehead	Bishops Stortford	436	SL	01:30:55	29	61			
279	Beverley Aitken	Fairlands Valley Spartans	169	FV45	01:31:02	17	62	Y		
280	Gilly Holdsworth	Garden City Runners	404	FV45	01:31:07	18	63		Y	Y
281	Sue London		454	FV45	01:31:09	19	64			
282	Jacinta Moore	Belgrave Harriers	82	FV45	01:31:11	20	65			
283	Maureen Shirley	Barnet and District AC	100	FV55	01:31:15	2	66	Y		
284	Barry Plumley		442	MV40	01:31:25	77	218			
285	Bruno Calzettesubrien		453	SM	01:31:32	76	219		Y	
286	Anne Ramsden	Ware Joggers	43	FV55	01:31:34	3	67	Y		

287	Julian Tovey	Barnet and District AC	98	MV50	01:31:39	49	220			
288	Patrick Kavanagh	Herts Phoenix AC	188	MV50	01:31:44	50	221			
289	Linda Powell		285	FV35	01:31:44	16	68	Y		
290	Michael Ringe		369	MV40	01:32:10	78	222			
291	Jagjit Singh		410	MV40	01:32:17	79	223			
292	Alan Paterson		370	MV40	01:32:22	80	224	Y		
293	Louise Nimmo		469	SL	01:32:24	30	69	Y		
294	Nikki Nation	Fairlands Valley Spartans	175	FV35	01:32:40	17	70	Y		
295	Elizabeth anne Gauld-clark	Bishops Stortford	150	FV55	01:32:42	4	71			
296	Sally Beasley	Fairlands Valley Spartans	3	FV35	01:32:55	18	72	Y		
297	Howard Knight		200	SM	01:33:11	77	225			
298	Ron Cohen	Fairlands Valley Spartans	173	MV70	01:33:12	4	226	Y		
299	Steve Chambers	CHILTERN HARRIERS	156	SM	01:33:47	78	227			
300	James Kavanagh		348	SM	01:33:48	79	228			
301	Alison Groves		280	FV35	01:34:12	19	73			
302	Peter Groves		281	MV40	01:34:12	81	229			
303	Alistair gould Gould	Bedford Harriers	139	SM	01:34:14	80	230			
304	Amber Nicholls		448	FV35	01:34:20	20	74	Y		
305	Neil O'sullivan		323	SM	01:34:34	81	231			
306	Paul Carolan		439	SM	01:34:48	82	232	Y		
307	Peter Torre	SHAFTESBURY HARRIERS	407	MV60	01:34:53	16	233			
308	Adam Broughton		15	SM	01:34:58	83	234			
309	Tony Browne	Ware Joggers	248	MV50	01:35:32	51	235			
310	Dave Rutt		330	MV40	01:35:39	82	236			
311	Nick Drake		374	SM	01:35:41	84	237	Y		
312	Giedre Vabuolaite		375	SL	01:35:41	31	75	Y		
313	Sally Broughton		14	SL	01:35:57	32	76			
314	Colin Chenery		33	MV50	01:36:08	52	238			
315	Kika Watford	WATFORD JOGGERS	270	FV35	01:36:19	21	77			
316	Jeremy Lovell		395	SM	01:36:38	85	239	Y		
317	Belinda Titchmarsh		358	SL	01:36:51	33	78			
318	Simon Fletcher		471	MV40	01:37:13	83	240	y		
319	Susan Gordon		468	FV45	01:37:25	21	79			
320	Johanna Ennion	St Albans Striders	432	SL	01:37:31	34	80	Y		
321	Lizzie Jeans		339	SL	01:37:33	35	81			
322	Sarah O'connell		340	SL	01:37:33	36	82			
323	Jasvir singh Modaher	BRITISH AIRWAYS A.C	152	MV50	01:37:37	53	241			
324	Johanna Stewart	Ware Joggers	435	SL	01:37:46	37	83			
325	Joanne Davies		419	SL	01:37:46	38	84	Y		
326	Nick Gilroy		336	MV50	01:38:03	54	242	Y		
327	Huw Hamer		299	SM	01:38:04	86	243			
328	Stephen Rees		311	SM	01:38:10	87	244			
329	Joe Berritt		361	SM	01:38:10	88	245			
330	Sarah Ashworth	Royston Runners	211	FV35	01:38:18	22	85			
331	Craig Huckle		283	SM	01:38:19	89	246			
332	Susan Farr	harriers	475	FV55	01:38:37	5	86			
333	Gull Brunton	Bedford Harriers	473	FV45	01:38:37	22	87			
334	David Jones		501	MV50	01:38:56	55	247	y		

335	Jo-anne Ozmen	Bishops Stortford	151	FV35	01:39:04	23	88			
336	Marcia Boakye		332	SL	01:39:04	39	89			
337	Shantwell Naldy		108	SL	01:39:23	40	90			
338	Shirley Connor		109	FV45	01:39:24	23	91			
339	Sharon Trimnell	Garden City Runners	470	FV35	01:39:24	24	92	Y		
340	Rebecca Coulson		382	FV35	01:39:41	25	93			
341	Sarah Rogerson		23	SL	01:39:58	41	94			
342	Sharon Huckle		282	SL	01:40:04	42	95			
343	Rachel Busse-Reid		464	FV35	01:40:04	26	96	Y		
344	Brian Reid		465	SM	01:40:04	90	248	Y		
345	Sheryl Norman		318	FV35	01:40:08	27	97	Y		
346	Elaine Carter		397	SL	01:40:09	43	98	Y		
347	Emma Rosvak		461	SL	01:40:17	44	99	Y		
348	Adrian Ford		462	SM	01:40:18	91	249	Y		
349	Rita Williams	Ware Joggers	243	FV55	01:40:23	6	100			
350	Nikki King	Ware Joggers	267	SL	01:40:25	45	101			
351	John Vaites		279	MV40	01:41:13	84	250	Y		
352	Deborah Carter	Royston Runners	209	FV35	01:41:53	28	102			
353	Alison Etherden	St Albans Striders	222	SL	01:42:09	46	103	Y		
354	Amanda Watts		293	SL	01:42:34	47	104			
355	Wendy O'brien		411	SL	01:42:34	48	105			
356	Janet Malone		345	FV55	01:43:13	7	106			
357	Samantha Boyd		399	SL	01:43:29	49	107			
358	Helen Sansom		401	FV35	01:43:35	29	108			
359	Karen Smith		373	FV35	01:43:36	30	109			
360	Sarah Coltman	WATFORD JOGGERS	271	SL	01:43:55	50	110			
361	Hannah Twitchett		21	SL	01:44:48	51	111	Y		
362	Maria Ryan		207	FV35	01:45:13	31	112			
363	Sharon Slade		319	SL	01:45:21	52	113			
364	Norman Boulton	MOUNT PLEASANT POSTAL	198	MV40	01:45:41	85	251			
365	Richard Livings		394	SM	01:45:41	92	252			
366	Linda Ginty		201	FV45	01:45:58	24	114	Y		
367	John Ginty		202	MV40	01:45:59	86	253	Y		
368	Irene Paull	METROS	195	FV45	01:46:08	25	115			
369	Sarah Smith		303	SL	01:47:08	53	116			
370	Donald Williams	Garden City Runners	112	MV60	01:48:41	17	254	Y		
371	Ian Noble		5	MV40	01:48:53	87	255			
372	Claire Noble		6	FV45	01:48:53	26	117			
373	Lorayne Seaholme		390	FV45	01:49:19	27	118			
374	Emma Dobson		379	SL	01:49:57	54	119			
375	Stephanie Gold	Victoria Park Harriers	76	FV55	01:50:27	8	120			
376	David Carter		398	SM	01:52:28	93	256	Y		
377	Cynthia Anthony	Garden City Runners	53	FV45	02:03:28	28	121	Y		