

FAIRLANDS VALLEY 3K RELAYS - 22nd JULY 2008

Race	Positions		Herts		Beds		Team	Name	M/F	S/V	Co.	Score	Leg	Team	Name	Surname	Ind Time	Cum Time
	Scoring	Vets	Open	Vet	Open	Vet												
FEMALE RESULTS																		
1	1		1				Garden City Runners	A	F	S	H	Y	A	23	Jenny	Grey	10:47	10:47
									F				B	23	Katherine	Philp	11:08	21:55
									F				C	23	Martha	Hall	11:01	32:56
2	2		2				St Albans Striders	A	F	S	H	Y	A	7	Anna	Ward	11:06	11:06
									F				B	7	Lucy	Waterlow	11:05	22:11
									F				C	7	Liz	McKie	11:33	33:44
3	3		3				Barnet & District A.C.	A	F	S	H	Y	A	19	Jo	Kent	10:55	10:55
									F				B	19	Nicola	Froud	11:58	22:53
									F				C	19	Kath	March	11:06	33:59
4	4		4				North Herts Road Runners		F	S	H	Y	A	128	Paula	Adams	11:20	11:20
									F				B	128	Natasha	Pitman	12:19	23:39
									F				C	128	Melissa	Winters	11:26	35:05
5	5		5				Herts Phoenix A.C.		F	S	H	Y	A	30	Natasha	Taylor	11:32	11:32
									F				B	30	Laura	Whitehead	12:12	23:44
									F				C	30	Julie	Simmons	12:12	35:56
6	6		6				Ware Joggers	A	F	S	H	Y	A	10	Claire	Farley	12:08	12:08
									F				B	10	Claire	Kerr	12:32	24:40
									F				C	10	Annette	Hardman	12:17	36:57
7	7		7				Royston Runners	A	F	S	H	Y	A	110	Felicity	Shaw	12:49	12:49
									F				B	110	Libby	Watson	12:27	25:16
									F				C	110	Wendy	Jones	11:45	37:01
8	8			1			Luton A.C.	A	F	S	B	Y	A	38	Grace	Keane	12:09	12:09
									F				B	38	Reeve	Nolan	11:52	24:01
									F				C	38	Lorraine	English	13:03	37:04
9	9			2			Luton A.C.	B	F	S	B	Y	A	37	Ellie	Hudson	12:10	12:10
									F				B	37	Sophie	Ellington	12:44	24:54
									F				C	37	Ellie	Still	12:13	37:07
10	10						FVS TRI	A	F	S		Y	A	27	Gemma	Sargent	12:15	12:15
									F				B	27	Chris	Yuill	12:30	24:45
									F				C	27	Suzy	Hawkins	12:27	37:12
11	11		8				Broxbourne Runners		F	S	H	Y	A	16	Sharon	Rider	12:43	12:43
									F				B	16	Teresa	English	12:14	24:57
									F				C	16	Sian	Reeves	12:32	37:29
12	12	1					Fairlands Valley Spartans	Vets	F	V		Y	A	0	Tracy	Pez	12:55	12:55
									F				B	0	Annette	Bell	12:01	24:56
									F				C	0	Chris	Feely	12:47	37:43
13	13	2					FVS TRI	Vets	F	V		Y	A	28	Sam	Tophill	12:41	12:41
									F				B	28	Lesley	Dutton	12:55	25:36
									F				C	28	Jackie	Perry	12:42	38:18

14	14	3	3	1	Stopsley Striders	Vet A	F	V	B	Y	A	44	Alison	Sugars	12:51	12:51
							F				B	44	Elaine	Harriers	14:14	27:05
							F				C	44	Louise	Peters	11:14	38:19
15	15	9			Stevenage & North Herts A.C.	Jun	F	S	H	Y	A	134	Sarah	Pike	13:09	13:09
							F				B	134	Claire	Ward	12:30	25:39
							F				C	134	Alex	Gates	12:57	38:36
16	16	10			Stevenage & North Herts A.C.	Jun	F	S	H	Y	A	132	Julia	White	13:15	13:15
							F				B	132	Charlotte	Baird	13:26	26:41
							F				C	132	Hannah	Dewhurst	11:57	38:38
17	17	11			Royston Runners	B	F	S	H	Y	A	107	Sophie	Jones	12:28	12:28
							F				B	107	Rebecca	O'Sullivan	13:26	25:54
							F				C	107	Danielle	Calvert	12:46	38:40
18	18	12			St Albans Striders	B	F	S	H	Y	A	137	Carole	Mooney	13:56	13:56
							F				B	137	Sally	Onn	13:40	27:36
							F				C	137	Vicky	Curlett	11:41	39:17
19	19				Harlow Running Club		F	S			A	17	Vicky	Steadman	13:24	13:24
							F				B	17	Katie	Harrington	13:26	26:50
							F				C	17	Sharon	Gilbey	12:34	39:24
20	20	13			Ware Joggers	E	F	S	H	Y	A	40	Jenni	Viner	12:03	12:03
							F				B	40	Sara	Carter	14:09	26:12
							F				C	40	Nikki	King	13:21	39:33
21	21	14			Ware Joggers	C	F	S	H	Y	A	12	Sue	Duffy	13:11	13:11
							F				B	12	Jo	Hart	13:22	26:33
							F				C	12	Louise	Hart	13:01	39:34
22	22	15			Watford Harriers		F	S	H	Y	A	1	Jayne	Turnley	12:54	12:54
							F				B	1	Helen	Duffy	13:38	26:32
							F				C	1	Catherine	Higgins-Tovey	13:06	39:38
23	23		4		Boxfit Tri		F	S	B	Y	A	35	Jo	Holloway	13:18	13:18
							F				B	35	Elaine	Wheeler	13:52	27:10
							F				C	35	Sara	Deed	13:13	40:23
24	24	16			Stevenage & North Herts A.C.	Jun	F	S	H	Y	A	135	Louise	O'Connell	14:07	14:07
							F				B	135	Frankie	Whitney	13:04	27:11
							F				C	135	Amy	Pring	13:20	40:31
25					Boxfit Tri		F	S	B	N	A	34	Sara	Deed	12:53	12:53
							F				B	34	Pat	Thomas	14:17	27:10
							F				C	34	Jo	Holloway	13:29	40:39
26	25		5		Dunstable Road Runners	A	F	S			A	8	Sarah	Shynn	13:07	13:07
							F				B	8	Mel	Wilson	14:02	27:09
							F				C	8	Margaret	De Winter	13:49	40:58
27	26	4	17	1	North Herts Road Runners	AKR	F	V	H	Y	A	126	Anna	Priestley	13:51	13:51
							F				B	126	Karen	Dodsworth	12:41	26:32
							F				C	126	Rachel	Annetts	14:27	40:59

28	27	5	6	2	Dunstable Road Runners	B	F	V		A	9	Margaret	De Winter	13:27	13:27	
							F			B	9	Sue	Hartridge	14:48	28:15	
							F			C	9	Sarah	Shynn	13:13	41:28	
29	28	18			Fairlands Valley Spartans	B	F	S	H	Y	A	4	Monica	Brown	14:05	14:05
							F			B	4	Ruth	Bradford	14:04	28:09	
							F			C	4	Marie	Colucci	13:23	41:32	
30	29	19			Stevenage & North Herts A.C.	Jun	F	S	H	Y	A	133	Tilly	Scheuber	12:58	12:58
							F			B	133	Jess	Barber	15:00	27:58	
							F			C	133	Tilly	Scheuber	14:01	41:59	
31	30		7		Leighton A.C.		F	S	B	Y	A	42	Alexandra	Ridout	14:58	14:58
							F			B	42	Louise	Flack	13:58	28:56	
							F			C	42	Fiona	Towell	13:05	42:01	
32	31	20			Royston Runners		F	S	H	Y	A	109	Di	Shaw	14:05	14:05
							F			B	109	Teresa	Sewell	13:57	28:02	
							F			C	109	Lynne	Hays	14:07	42:09	
33	32	21			Ware Joggers	B	F	S	H	Y	A	11	Lyn	Nicholls	15:09	15:09
							F			B	11	Chrissie	Richards	12:42	27:51	
							F			C	11	Joy	Stock	14:22	42:13	
34	33				FVS TRI	B	F	S		Y	A	29	Lynn	Allen	14:04	14:04
							F			B	29	Nina	Pitcairn	13:52	27:56	
							F			C	29	Vicki	Goulding	14:23	42:19	
35	34	22			Garden City Runners		F	S	H	Y	A	24	Caroline	Hale	11:45	11:45
							F			B	24	Kerry	Henderson	14:10	25:55	
							F			C	24	Cath	Shephard	16:51	42:46	
36	35	23			Garden City Runners		F	S	H	Y	A	31	Helen	Spark	12:24	12:24
							F			B	31	Helen	Stafford	14:28	26:52	
							F			C	31	Mel	Edwards	16:21	43:13	
37	36	24			Royston Runners	E	F	S	H	Y	A	108	Jane	Landon	14:05	14:05
							F			B	108	Isabel	Marriage	14:41	28:46	
							F			C	108	Catherine	Brown	14:33	43:19	
38					FVS TRI	C	F	S		N	A	36	Meli	Fletcher	15:45	15:45
							F			B	36	Alyson	Sprawson	14:55	30:40	
							F			C	36	Sam	Tophill	12:44	43:24	
39	37	25			Garden City Runners		F	S	H	Y	A	33	Joy	Allen	13:43	13:43
							F			B	33	Maureen	Steed	12:47	26:30	
							F			C	33	Olivia	Johnson	17:21	43:51	
40	38				Barnet & District A.C.	B	F	S		Y	A	20	Cath	Perry	14:41	14:41
							F			B	20	Cat	Daniels	14:25	29:06	
							F			C	20	Karen	Bradley	15:06	44:12	
41	39	6	26	2	Royston Runners	C	F	V	H	Y	A	106	Ann	Tyler	13:27	13:27
							F			B	106	Iris	Hornsey	15:46	29:13	
							F			C	106	Sarah	Ashworth	15:06	44:19	

42	40	7	27	3	Garden City Runners		F	V	H	Y	A	32	Mandy	Livingstone	10:47	10:47	
							F				B	32	Eleanor	Draper	16:13	27:00	
							F				C	32	Sue	Coveney	17:47	44:47	
43	41			8	Stopsley Striders	B	F	S	B	Y	A	55	Marie	Bacon	15:22	15:22	
							F				B	55	Kate	Linhart	15:10	30:32	
							F				C	55	Becky	Hinksman	14:34	45:06	
44	42	8			Ware Joggers	D	F	V		Y	A	13	Margaret	French	14:25	14:25	
							F				B	13	Maria	Page	15:04	29:29	
							F				C	13	Sue	Canelli	15:42	45:11	
45	43	9		9	3	Stopsley Striders	Vet D	F	V	B	Y	A	54	Joan	Molahan	18:18	18:18
								F				B	54	Karen	Ashby	14:03	32:21
								F				C	54	Alsion	Sugars	13:06	45:27
46	44			10	Stopsley Striders	A	F	S	B	Y	A	25	Sharon	White	16:00	16:00	
							F				B	25	Vanessa	Burt	15:06	31:06	
							F				C	25	Melanie	Strachan	14:57	46:03	
47	45			11	Dunstable Road Runners	C	F	S	B	Y	A	46	Nicky	Trew	14:42	14:42	
							F				B	46	Wendy	Cope	16:21	31:03	
							F				C	46	Erica	Darby	15:21	46:24	
48	46			12	Stopsley Striders	C	F	S	B	Y	A	43	Hayley	Bewley	18:14	18:14	
							F				B	43	Christina	Parrett	14:18	32:32	
							F				C	43	Kim	Fenn	14:43	47:15	
49	47	10		13	4	Stopsley Striders	Vet B	F	V	B	Y	A	41	Tania	Titley	16:13	16:13
								F				B	41	Greer	Kidney	15:50	32:03
								F				C	41	Ingrid	Bacon	15:27	47:30
50	48		28	4	North Herts Road Runners	LKC	F	S	H	Y	A	127	Lindsay	Cook	14:56	14:56	
							F				B	127	Karen	Otway	16:35	31:31	
							F				C	127	Christine	Sharp	16:38	48:09	
51	49	11	29		Ware Joggers	F	F	V	H		A	15	Jude	Meuser	15:59	15:59	
							F				B	15	Margaret	Waddingham	16:55	32:54	
							F				C	15	Rita	Williams	17:24	50:18	
52	50	12		14	5	Stopsley Striders	C	F	V	B	Y	A	45	Gill	McLaren	18:30	18:30
								F				B	45	Helen	Morrison	20:03	38:33
								F				C	45	Pam	Abbitt	15:44	54:17
53	51		30		Royston Runners	D	F	S	H	Y	A	111	Karen	Anderson	-	-	
							F				D	111	Katherine	Pearson	?	51:12	
							F				E	111	Di	Shaw	15:46	6:58	

MALE RESULTS

Herts Phoenix A.C.

1	1	1				A	M	S	H	Y	A	70	Mike	Tarpey	9:09	9:09
							M				B	70	Matt	Carlisle	9:04	18:13
							M				C	70	Lee	Reynolds	9:02	27:15
							M				D	70	Andrew	Benson	9:34	36:49
							M				E	70	Chris	Saville	9:41	46:30
2	2	2				A	M	S	H	Y	A	92	Mark	Dickinson	9:10	9:10
							M				B	92	David	Vaughan	9:37	18:47
							M				C	92	Graham	Robinson	9:28	28:15
							M				D	92	Simon	Mace	9:43	37:58
							M				E	92	Patrick	Pearce	9:54	47:52
3	3	3				A	M	S	H	Y	A	78	Blake	Vivian	9:45	9:45
							M				B	78	Paul	Adams	9:08	18:53
							M				C	78	Andy	Auld	10:12	29:05
							M				D	78	Steve	Buckle	9:48	38:53
							M				E	78	Danny	Digweed	10:05	48:58
4	4		1			A	M	S	B	Y	A	57	John	McDowell	9:04	9:04
							M				B	57	Daniel	Woodgate	9:58	19:02
							M				C	57	Tom	Mead	9:49	28:51
							M				D	57	Sean	Still	9:50	38:41
							M				E	57	Daniel	Johnson	10:20	49:01
5						B	M	S	H	N	A	71	Richard	Tarpey	9:49	9:49
							M				B	71	Bryn	Reynolds	10:14	20:03
							M				C	71	Mike	Tarpey	10:10	30:13
							M				D	71	Matt	Carlisle	9:44	39:57
							M				E	71	Lee	Reynolds	10:12	50:09
6	5	1	2	1		Vet	M	V	B	Y	A	62	Chris	Riley	9:41	9:41
							M				B	62	Jim	McMahon	9:38	19:19
							M				C	62	Richard	Powell	9:18	28:37
							M				D	62	Robert	Payne	10:52	39:29
							M				E	62	Paul	Westrope	11:07	50:36
7						Juniors	M	S	H	N	A	72	John	Kinahan	10:16	10:16
							M				B	72	David	Wilson	10:30	20:46
							M				C	72	Vasudev	Zaver	10:03	30:49
							M				D	72	Richard	Tarpey	10:03	40:52
							M				E	72	Edward	Shepherd	9:50	50:42
8	6	4				A	M	S	H	Y	A	88	Karl	Cable	10:00	10:00
							M				B	88	Richard	Harrison	10:28	20:28
							M				C	88	Graham	Hill	10:23	30:51
							M				D	88	Toby	Staines	10:47	41:38
							M				E	88	Richard	Lowden	9:58	51:36
9	7	5				A	M	S	H	Y	A	81	John	Clarke	9:29	9:29
							M				B	81	Adam	Frith	10:16	19:45
							M				C	81	Tony	Ryan	10:46	30:31
							M				D	81	Dave	Pomeroy	10:41	41:12
							M				E	81	Tom	Pickering	10:29	51:41

10					FVS TRI	A	M	S			A	63	Mark	Robertson	9:55	9:55				
							M				B	63	Jon	Gillham	11:10	21:05				
							M				C	63	Tim	Gilbert	10:31	31:36				
							M				D	63	Dil	Wetherill	10:54	42:30				
							M				E	63	Steve	Morrison	9:34	52:04				
11	8	6			Stevenage & North Herts A.C.		M	S	H	Y	A	76	Dan	Poulton	9:24	9:24				
							M					B	76	Sean	Pollen	11:00	20:24			
								M					C	76	Sam	Poulton	10:22	30:46		
								M					D	76	Callum	McKechnie	10:47	41:33		
								M					E	76	Jeremy	Radman	10:39	52:12		
12	9	7			St Albans Striders	B	M	S	H	Y	A	79	Alan	Wilson	10:18	10:18				
							M					B	79	Jon	Ockenden	10:35	20:53			
								M					C	79	Colin	Braybrook	10:42	31:35		
								M					D	79	Karl	Hayer	10:41	42:16		
								M					E	79	Paul	Adams	9:58	52:14		
13	10	2			FVS TRI	Vet A	M	V		Y	A	64	Simon	Hall	9:55	9:55				
							M					B	64	Brian	White	10:21	20:16			
								M					C	64	Gavin	May	10:25	30:41		
								M					D	64	James	Bedford	11:00	41:41		
								M					E	64	James	Grierson	10:37	52:18		
14	11	8			North Herts Road Runners	Blue	M	S	H	Y	A	59	Gary	Cook	10:13	10:13				
							M					B	59	Peter	Scrowther	10:44	20:57			
								M					C	59	James	Atkins	10:07	31:04		
								M					D	59	Tim	Street	10:47	41:51		
								M					E	59	Nick	Beresford	10:28	52:19		
15	12	3	9	1		Garden City Runners	Vet A	M	V	H	Y	A	68	Steve	Livingstone	9:56	9:56			
									M					B	68	Keith	McLellan	10:16	20:12	
										M					C	68	Mark	Pickerill	11:02	31:14
										M					D	68	Dave	Desborough	10:59	42:13
										M					E	68	Steve	Kemble	10:11	52:24
16	13	10			Fairlands Valley Spartans	A	M	S	H	Y	A	99	Richard	Bate	9:58	9:58				
							M					B	99	Todd	Gray	10:59	20:57			
								M					C	99	Ben	Harris	11:09	32:06		
								M					D	99	Simon	Jackson	10:10	42:16		
								M					E	99	Andy	Patterson	10:17	52:33		
17	14	11			Garden City Runners	B	M	S	H	Y	A	67	Laurence	Pidcock	10:06	10:06				
							M					B	67	Neill	Hughes	10:21	20:27			
								M					C	67	Mike	Utton	10:55	31:22		
								M					D	67	Mark	Landy	10:08	41:30		
								M					E	67	Sean	Bowen	11:25	52:55		
18	15	3			Boxfit Tri		M	S	B	Y	A	65	Darren	Farr	10:35	10:35				
							M					B	65	Adi	Wordsworth	10:16	20:51			
								M					C	65	Dave	Coard	10:46	31:37		
								M					D	65	Paul	Halford	10:31	42:08		
								M					E	65	Richard	Hoare	11:01	53:09		

19	16		4	Dunstable Road Runners	A	M	S	B		A	75	Rob	Connors	10:10	10:10
						M				B	75	Mark	Ellingham	11:04	21:14
						M				C	75	Lee	Murphy	10:51	32:05
						M				D	75	Phil	MacLean	10:57	43:02
						M				E	75	Michael	Hand	10:49	53:51
20	17		5	Stopsley Striders	A	M	S	B	Y	A	94	Graham	Campbell	10:43	10:43
						M				B	94	Stuart	Harries	11:17	22:00
						M				C	94	Mark	Sains	10:52	32:52
						M				D	94	Chris	Green	10:38	43:30
						M				E	94	Aidrian	Copp	10:29	53:59
21	18		6	Luton A.C.	B	M	S	B	Y	A	58	Stuart	Still	10:12	10:12
						M				B	58	Liam	McNabola	10:44	20:56
						M				C	58	Paul	Jacob	12:16	33:12
						M				D	58	Daniel	Bianchi	10:33	43:45
						M				E	58	Alan	Daglish	10:50	54:35
22	19	4	2	Broxbourne Runners	Vet A	M	V	H	Y	A	85	Andy	Tant	11:01	11:01
						M				B	85	John	Eccleston	10:58	21:59
						M				C	85	Mark	Fone	11:02	33:01
						M				D	85	Andy	Hyland	10:55	43:56
						M				E	85	Derek	Dutchburn	11:50	55:46
23	20			FVS TRI	B	M	S		Y	A	61	Mark	Grayson	10:57	10:57
						M				B	61	Pete	Ryan	11:22	22:19
						M				C	61	Ed	Manson	11:09	33:28
						M				D	61	Mike	Russell	10:56	44:24
						M				E	61	John	Rose	11:26	55:50
24	21	12		Garden City Runners	C	M	S	H	Y	A	69	Rob	Casserley	11:04	11:04
						M				B	69	Pat	Gallagher	11:11	22:15
						M				C	69	Wayne	Ayllott	12:17	34:32
						M				D	69	Martyn	Perkins	10:33	45:05
						M				E	69	Gary	Warren	10:55	56:00
25	22			Harlow Running Club		M	S		Y	A	86	Andy	Terrell	11:10	11:10
						M				B	86	John	Evans	11:12	22:22
						M				C	86	Dave	Ayling	11:08	33:30
						M				D	86	Jon	Steadman	11:50	45:20
						M				E	86	Alan	Wise	10:49	56:09
26	23		7	Leighton A.C.		M	S	B	Y	A	53	Simon	Coombs	9:27	9:27
						M				B	53	Craig	Nelson	11:12	20:39
						M				C	53	Mike	Bryant	12:14	32:53
						M				D	53	Tom	Luchley	10:41	43:34
						M				E	53	Fred	Watts	12:36	56:10
27	24	13		Watford Harriers		M	S	H	Y	A	73	Nick	Harris	10:22	10:22
						M				B	73	Rick	Holland	10:26	20:48
						M				C	73	Andy	Kelly	10:51	31:39
						M				D	73	Simon	Wallace	12:16	43:55
						M				E	73	Eamon	Twomey	12:23	56:18

28					Stevenage & North Herts A.C.	Jun	M	S	H	N	A	131	Aaron Reynolds	10:37	10:37	
							M				B	131	David O'Connell	11:16	21:53	
							M				C	131	Luke Langley	11:01	32:54	
							M				D	131	Warren Herridge	11:28	44:22	
							M				E	131	David Pickett	12:00	56:22	
29	25	5	14	3	Herts Phoenix A.C.	Vet	M	V	H	Y	A	102	Peter Williams	11:15	11:15	
							M				B	102	Richard Melvern	11:09	22:24	
							M				C	102	Peter Fitzpatrick	11:26	33:50	
							M				D	102	Robin Baynham	11:34	45:24	
							M				E	102	Joe Avery	11:09	56:33	
30	26	15		North Herts Road Runners	Yellow	M	S	H	Y	A	125	Pete Northover	10:34	10:34		
						M				B	125	Oliver Saville	10:34	21:08		
						M				C	125	Chris Priestley	12:16	33:24		
						M				D	125	Mike Moralee	11:38	45:02		
						M				E	125	Mike Mello	12:20	57:22		
31	27					Bedford Harriers	M	S		Y	A	91	Matt Burgin	10:39	10:39	
							M				B	91	Adam Hills	10:41	21:20	
							M				C	91	Noel Jones	12:51	34:11	
							M				D	91	Bob Wells	11:33	45:44	
							M				E	91	Graham Short	11:45	57:29	
32	28	6	16	4	North Herts Road Runners	Green	M	V	H	Y	A	100	Stewart Bryant	11:09	11:09	
							M				B	100	John Franklin	11:28	22:37	
							M				C	100	Martyn Annetts	11:36	34:13	
							M				D	100	Paul Kelly	11:40	45:53	
							M				E	100	Stewart Smither	11:46	57:39	
33					Biggleswade A.C.	Juniors	M	S		N	A	89	Ryan Thomas	11:55	11:55	
							M				B	89	James Thomas	11:57	23:52	
							M				C	89	James Cornish	11:51	35:43	
							M				D	89	Adam Welham	10:58	46:41	
							M				E	89	Adam Murphy	11:10	57:51	
34	29					Royston Runners	C	M	S		Y	A	47	Paul Haynes	10:39	10:39
								M				B	47	John Smith	11:46	22:25
								M				C	47	Bob Ellis	11:33	33:58
								M				D	47	Mick Woods	11:02	45:00
								M				E	47	Dave Bedford	12:55	57:55
35	30	7	17	5	Watford Harriers		V	H	Y	A	74	Paul Illing	11:46	11:46		
						M				B	74	John Wray	13:13	24:59		
						M				C	74	Tom Birkett	11:14	36:13		
						M				D	74	Graham Mayoh	11:24	47:37		
						M				E	74	Mikk Bradley	10:46	58:23		
36	31	8	18	6	Fairlands Valley Spartans	B	M	V	H	Y	A	98	Steve Smithson	11:44	11:44	
							M				B	98	Graham Blackburn	11:01	22:45	
							M				C	98	Jim Brown	12:23	35:08	
							M				D	98	Les Betts	11:47	46:55	
							M				E	98	Mark Collins	11:44	58:39	

37	32	9	8	2	Stopsley Striders	Vet A	M	V	B	Y	A	105	Dave	Hall	11:11	11:11
							M				B	105	Martin	Kidney	11:28	22:39
							M				C	105	Bill	Barrett	11:59	34:38
							M				D	105	Lance	Richardson	12:41	47:19
							M				E	105	Paul	Abbitt	11:28	58:47
38					Boxfit Tri		M	S		N	A	66	Martin	Beane	12:22	12:22
							M				B	66	Nigel	Pinney	13:13	25:35
							M				C	66	Darren	Farr	11:08	36:43
							M				D	66	Adi	Wordsworth	10:50	47:33
							M				E	66	Dave	Coard	11:21	58:54
39	33		9		Bedford & County A.C.		M	S	B	Y	A	77	Robert	Lands	11:17	11:17
							M				B	77	Malcolm	Cowley	11:25	22:42
							M				C	77	Gavin	Reynolds	10:25	33:07
							M				D	77	Bob	Thompson	12:51	45:58
							M				E	77	Dave	Stubbins	13:02	59:00
40	34	19			Garden City Runners	D	M	S	H	Y	A	129	Dave	Mostrop	12:36	12:36
							M				B	129	Steve	Williams	11:17	23:53
							M				C	129	Alan	Currell	12:14	36:07
							M				D	129	Nick	Davis	11:17	47:24
							M				E	129	Rob	Hughes	11:39	59:03
41	35	10	20	7	Ware Joggers	Vet A	M	V	H	Y	A	83	John	Rumbold	11:19	11:19
							M				B	83	Richard	Coffen	11:20	22:39
							M				C	83	David	R-S	11:01	33:40
							M				D	83	Les	Taylor	12:55	46:35
							M				E	83	Martin	Sallers	12:36	59:11
42	36		10		Dunstable Road Runners	B	M	S	B		A	50	Steve	Paull	11:52	11:52
							M				B	50	Mark	Cornell	11:41	23:33
							M				C	50	Bill	Crane	12:25	35:58
							M				D	50	Adrian	Shotbolt	12:45	48:43
							M				E	50	Rob	Connors	10:37	59:20
43	37	11			Harlow Running Club	Vet A	M	V		Y	A	87	Graham	Thomas	11:41	11:41
							M				B	87	Steve	Ambrose	11:34	23:15
							M				C	87	Matt	Jones	12:36	35:51
							M				D	87	Roy	Steven	11:10	47:01
							M				E	87	Graham	Pugh	12:50	59:51
44					FVS TRI	C	M	S		N	A	52	Simon	Douglas	12:49	12:49
							M				B	52	Paul	Dutton	13:42	26:31
							M				C	52	Matt	Kirkman	12:01	38:32
							M				D	52	Brian	White	11:01	49:33
							M				E	52	Simon	Hall	10:26	59:59
45	38				Royston Runners	Crows	M	S		Y	A	48	Bruce	Harrison	11:36	11:36
							M				B	48	Joe	Maude	11:55	23:31
							M				C	48	Gus	Rees	11:36	35:07
							M				D	48	Toby	Hone	13:07	48:14
							M				E	48	Peter	Allen	12:20	0:34

46					FVS TRI	Vet B	M	V			A	60	Chris	Baxter	11:02	11:02	
							M				B	60	Keith	Perry	12:09	23:11	
							M				C	60	Richard	Thomas	12:35	35:46	
							M				D	60	Tim	Smith	13:23	49:09	
							M				E	60	Darren	Woodhall	11:30	0:39	
47	39	12	21	8	Broxbourne Runners	Two	M	V	H	Y	A	51	Andy	Tant	11:57	11:57	
							M				B	51	John	Nugent	15:59	27:56	
							M				C	51	Derek	Dutchburn	11:21	39:17	
							M				D	51	Mike	East	12:01	51:18	
							M				E	51	Russell	Smithson	11:13	2:31	
48	40	13			FVS TRI	Vet B	M	V		Y	A	56	Richard	Allen	11:18	11:18	
							M				B	56	Tony	Shortland	12:43	24:01	
							M				C	56	Drew	Lowrie	12:47	36:48	
							M				D	56	David	Parsley	14:14	51:02	
							M				E	56	Shawn	Reader	11:55	2:57	
49	41	14		11	3	Stopsley Striders	Vet B	M	V	B	Y	A	104	Rob	Cresswell	14:22	14:22
							M				B	104	Alan	Taylor	12:40	27:02	
							M				C	104	Graham	White	13:05	40:07	
							M				D	104	Dave	Hall	11:22	51:29	
							M				E	104	Bill	Barrett	12:11	3:40	
50	42		22		Fairlands Valley Spartans	C	M	S	H	Y	A	96	Sean	Thompson	11:59	11:59	
							M				B	96	Paul	Holgate	14:17	26:16	
							M				C	96	Ben	Collier	13:43	39:59	
							M				D	96	Tony	Bradford	11:47	51:46	
							M				E	96	Dave	Stephenson	12:19	4:05	
51	43		23		Ware Joggers	B	M	S	H	Y	A	82	Ross	Partridge	12:50	12:50	
							M				B	82	Dan	Pickering	12:05	24:55	
							M				C	82	Pascal	McMahon	12:55	37:50	
							M				D	82	Rob	Saunders	14:33	52:23	
							M				E	82	Steve	Johnson	14:02	6:25	
52	44		24		Fairlands Valley Spartans	D	M	S	H	Y	A	97	Mark	Drummond	14:39	14:39	
							M				B	97	Julian	De Villez	13:42	28:21	
							M				C	97	Mike	King	12:03	40:24	
							M				D	97	Rob	Shaw	13:46	54:10	
							M				E	97	Rob	Evans	12:36	6:46	
53	45				Royston Runners	B	M	S		Y	A	49	Malcolm	Hall	12:46	12:46	
							M				B	49	Geoff	Dayus	15:25	28:11	
							M				C	49	Don	Lay	13:50	42:01	
							M				D	49	Karl	Howard	12:59	55:00	
							M				E	49	Dave	Marriage	12:06	7:06	
54	46	15	25	9	Herts Phoenix A.C.		M	V	H	Y	A	101	Dave	Beasley	16:09	16:09	
							M				B	101	Mike	Dixon	13:31	29:40	
							M				C	101	Richard	Bloom	12:09	41:49	
							M				D	101	Stuart	Mann	11:50	53:39	
							M				E	101	John	Steed	14:28	8:07	

55	47	16	26	10	North Herts Road Runners	Black	M	V	H	Y	A	114	Russell	Smyth	13:32	13:32
							M				B	114	Paul	Bowal	13:19	26:51
							M				C	114	Ian	Sutcliffe	15:15	42:06
							M				D	114	Kodi	?????	14:10	56:16
							M				E	114	Colin	Calcutt	12:29	8:45
56	48	17	27	11	Garden City Runners	Supervets	M	V	H	Y	A	93	Tom	Casserley	13:21	13:21
							M				B	93	Mick	Wise	13:34	26:55
							M				C	93	Peter	Westlake	13:50	40:45
							M				D	93	Dennis	Draper	15:21	56:06
							M				E	93	George	Woods	16:00	12:06
57					Fairlands Valley Spartans	Mixed	F			N	A	95	Lina	Porecha	17:53	17:53
							M				B	95	Jimi	Laleye	16:29	34:22
							M				C	95	Marcus	McKechnie	10:26	44:48
							M				D	95	Graham	Blackburn	15:23	0:11
							F				E	95	Tessa	Stephenson	12:33	12:44
58					North Herts Road Runners	DKD	M	V	H	N	A	112	Duncan	Hooker	12:20	12:20
							M				B	112	Kevin	Kirk	13:37	25:57
							M				C	112	Don	Powell	14:39	40:36
							M				D	112				
							M				E	112				
59					Ware Joggers	Vet B	M	V	H	Y	A	84	John	Little	13:47	13:47
							M				B	84	Rob	Waddington	15:04	28:51
							M				C	84	John	Butcher	18:07	46:58
							M				D	84	Ian	Simpkins		
							M				E	84	Tim	Bouder		
60					St Albans Striders	C	M				A	80	Karl	Hayer	11:37	11:37
							M				B	80	Richard	Derrick	12:29	24:06
							M				C	80				
							M				D	80				
							M				E	80				
61					Herts Phoenix A.C.		M	V	H	N	A	103	Jim	Davis	13:10	13:10
							M				B	103	Joe	Clare	16:34	29:44
							M				C	103				
							M				D	103				
							M				E	103				