

FAIRLANDS VALLEY SPARTANS 3K RELAYS - Wednesday 21st July 2009

RESULTS
TEAM SUMMARY

MEN

| Race | Pos | Sc. | V. | Co | Sen | Co | Vet | Club | Time |
|------|-----|-----|----|----|-----|----|-----|-------------------------------|---------|
| | | | | H | B | H | B | | |
| 1 | 1 | | | 1 | | | | Herts Phoenix 'A' | 46:05 |
| 2 | 2 | | | 2 | | | | St Albans Striders 'A' | 48:12 |
| 3 | 3 | | | | 1 | | | Luton AC 'A' | 48:25 |
| 4 | | | | | | | | Herts Phoenix 'B' | 49:24 |
| 5 | 4 | 1 | 3 | | | 1 | | Barnet & District 'A' | 50:51 |
| 6 | 5 | 2 | 4 | | | 2 | | Garden City Runners 'A' | 50:52 |
| 7 | 6 | | 5 | | | | | North Herts Road Runners 'A' | 50:53 |
| 8 | 7 | | 6 | | | | | Stevenage & North Herts 'A' | 51:34 |
| 9 | 8 | | | | 2 | | | Dunstable Road Runners | 51:49 |
| 10 | 9 | | 7 | | | | | Garden City Runners 'B' | 52:40 |
| 11 | 10 | | | | 3 | | | Leighton Buzzard AC 'A' | 52:42 |
| 12 | | | | | | | | Bedford & County 'A' | 52:49 |
| 13 | 11 | 3 | | 4 | | 1 | | Bedford & County 'B' | 52:53 |
| 14 | 12 | | 8 | | | | | Barnet & District 'B' | 52:54 |
| 15 | 13 | | | | 5 | | | Stopsley Striders 'A' | 52:55 |
| 16 | 14 | 4 | 9 | | | 3 | | North Herts Road Runners 'B' | 53:12 |
| 17 | 15 | | | | | | | Fairlands Valley Spartans 'A' | 53:23 |
| 18 | 16 | | | | | | | FVS TRI 'A' | 53:48 |
| 19 | 17 | 5 | | | | | | FVS TRI 'B' | 53:50 |
| 20 | 18 | | 10 | | | | | Stevenage & North Herts 'B' | 54:14 |
| 21 | 19 | | 11 | | | | | Royston Runners 'A' | 54:44 |
| 22 | 20 | 6 | 12 | | | 4 | | St Albans Striders 'B' | 55:08 |
| 23 | 21 | 7 | | | | | | Harlow Running Club 'A' | 55:25 |
| 24 | 22 | | 13 | | | | | St Albans Striders 'C' | 55:25 |
| 25 | 23 | 8 | 14 | | | 5 | | Broxbourne Runners 'A' | 56:52 |
| 26 | 24 | 9 | 15 | | | 6 | | North Herts Road Runners 'C' | 57:03 |
| 27 | 25 | | 16 | | | | | St Albans Striders 'D' | 57:37 |
| 28 | 26 | | | | | | | Harlow Running Club 'B' | 58:21 |
| 29 | 27 | 10 | | | | | | FVS TRI 'C' | 58:34 |
| 30 | 28 | | | | | | | Royston Runners 'B' | 59:37 |
| 31 | | | | | | | | FVS TRI 'D' | 59:42 |
| 32 | 29 | 11 | 17 | | | 7 | | Fairlands Valley Spartans 'B' | 59:43 |
| 33 | | | | | | | | Biggleswade AC 'A' | 59:46 |
| 34 | | | | | | | | Royston Runners 'C' | 1:00:19 |
| 35 | 30 | 12 | | | | | | Harlow Running Club 'C' | 1:00:32 |
| 36 | | | | | | | | Biggleswade AC 'B' | 1:00:41 |
| 37 | | | | | | | | Herts Phoenix 'C' | 1:00:49 |
| 38 | | | | | | | | FVS TRI 'E' | 1:01:05 |
| 39 | 31 | 13 | 18 | | | 8 | | North Herts Road Runners 'D' | 1:01:13 |
| 40 | | | | | | | | FVS TRI 'F' | 1:01:29 |
| 41 | 32 | 14 | 19 | | | 9 | | Barnet & District 'C' | 1:01:46 |
| 42 | 33 | 15 | 20 | | | 10 | | Herts Phoenix 'D' | 1:02:01 |
| 43 | | | | | | | | Royston Runners 'D' | 1:02:16 |
| 44 | 34 | 16 | | | | | | FVS TRI 'G' | 1:02:48 |
| 45 | | | | | | | | Biggleswade AC 'C' | 1:02:57 |
| 46 | 35 | 17 | 21 | | | 11 | | Broxbourne Runners 'B' | 1:03:16 |
| 47 | 36 | | 22 | | | | | Stevenage & North Herts 'C' | 1:03:25 |
| 48 | 37 | | | | 6 | | | Leighton Buzzard AC 'B' | 1:03:31 |
| 49 | 38 | 18 | | 7 | | 2 | | Stopsley Striders 'B' | 1:05:30 |
| 50 | 39 | 19 | 23 | | | 12 | | Garden City Runners 'C' | 1:06:39 |
| 51 | 40 | | 24 | | | | | Barnet & District 'D' | 1:07:16 |
| 52 | 41 | 20 | 25 | | | 13 | | Fairlands Valley Spartans 'C' | 1:10:27 |
| 53 | 42 | | 26 | | | | | Fairlands Valley Spartans 'D' | 1:10:53 |
| 54 | 43 | | 27 | | | | | North Herts Road Runners 'E' | 1:11:54 |
| 55 | 44 | | 28 | | | | | Fairlands Valley Spartans 'E' | 1:14:38 |
| | | | | | | | | Luton AC 'B' | dnf |
| | | | | | | | | Stopsley Striders 'C' | dnf |

WOMEN

| Race | Pos | Sc. | V. | Co Sen | | Co Vet | | Club | Time |
|------|-----|-----|----|--------|---|--------|---|-------------------------------|---------|
| | | | | H | B | H | B | | |
| 1 | 1 | | 1 | | | | | North Herts Road Runners 'A' | 33:04 |
| 2 | 2 | | 2 | | | | | St Albans Striders 'A' | 34:07 |
| 3 | 3 | | | | | | | Orion Harriers | 34:10 |
| 4 | 4 | | | | | | | FVS TRI 'A' | 34:14 |
| 5 | 5 | | | | 1 | | | Luton AC | 34:57 |
| 6 | | | | | | | | Herts Phoenix | 34:59 |
| 7 | 6 | 1 | 3 | | | 1 | | Barnet & District 'A' | 35:55 |
| 8 | 7 | 2 | 4 | | | 2 | | North Herts Road Runners 'B' | 37:33 |
| 9 | 8 | | 5 | | | | | Barnet & District 'B' | 37:35 |
| 10 | 9 | | | | 2 | | | Leighton Buzzard AC 'A' | 37:50 |
| 11 | 10 | 3 | | | | | | FVS TRI 'B' | 37:59 |
| 12 | 11 | | 6 | | | | | Stevenage & North Herts 'B' | 38:09 |
| 13 | 12 | 4 | 7 | | | 3 | | Fairlands Valley Spartans 'A' | 38:17 |
| 14 | 13 | | 8 | | | | | Fairlands Valley Spartans 'B' | 38:22 |
| 15 | 14 | | | | | | | FVS TRI 'C' | 38:42 |
| 16 | 15 | 5 | 9 | | | 4 | | St Albans Striders 'B' | 38:44 |
| 17 | 16 | 6 | | | | | | FVS TRI 'D' | 39:00 |
| 18 | 17 | | 10 | | | | | North Herts Road Runners 'C' | 39:39 |
| 19 | 18 | | 11 | | | | | Stevenage & North Herts 'C' | 39:40 |
| 20 | 19 | | | | 3 | | | Stopsley Striders 'A' | 40:16 |
| 21 | 20 | | 12 | | | | | St Albans Striders 'C' | 40:23 |
| 22 | 21 | 7 | 13 | | | 5 | | Broxbourne Runners | 40:26 |
| 23 | 22 | 8 | 14 | | | 6 | | Garden City Runners 'A' | 41:09 |
| 24 | 23 | | | | | | | Harlow Running Club | 41:13 |
| 25 | 24 | | | | | | | Royston Runners 'A' | 42:19 |
| 26 | | | | | | | | FVS TRI 'E' | 42:29 |
| 27 | | | | | | | | FVS TRI 'F' | 42:37 |
| 28 | 25 | 9 | 15 | | | 7 | | North Herts Road Runners 'D' | 42:45 |
| 29 | 26 | | 16 | | | | | Fairlands Valley Spartans 'C' | 43:35 |
| 30 | 27 | 10 | 17 | | | 8 | | Barnet & District 'C' | 44:05 |
| 31 | 28 | 11 | | | 4 | | 1 | Stopsley Striders 'B' | 44:11 |
| 32 | 29 | | 18 | | | | | North Herts Road Runners 'E' | 44:14 |
| 33 | 30 | 12 | 19 | | | 9 | | Barnet & District 'D' | 44:21 |
| 34 | 31 | | | | | | | Royston Runners 'B' | 44:53 |
| 35 | 32 | | | | 5 | | | Leighton Buzzard AC 'B' | 45:56 |
| 36 | 33 | | 20 | | | | | Fairlands Valley Spartans 'D' | 46:02 |
| 37 | 34 | 13 | 21 | | | 10 | | Garden City Runners 'B' | 46:10 |
| 38 | 35 | 14 | 22 | | | 11 | | Fairlands Valley Spartans 'E' | 46:36 |
| 39 | 36 | 15 | | | 6 | | 2 | Stopsley Striders 'C' | 46:57 |
| 40 | 37 | | 23 | | | | | Stevenage & North Herts 'A' | 48:40 |
| 41 | 38 | 16 | | | 7 | | 3 | Stopsley Striders 'D' | 48:50 |
| 42 | 39 | | 24 | | | | | Fairlands Valley Spartans 'F' | 51:18 |
| 43 | 40 | | 25 | | | | | Fairlands Valley Spartans 'G' | 51:21 |
| 44 | 41 | | 26 | | | | | North Herts Road Runners 'F' | 51:50 |
| 45 | 42 | 17 | 27 | | | 12 | | Fairlands Valley Spartans 'H' | 52:30 |
| 46 | 43 | | 28 | | | | | Fairlands Valley Spartans 'I' | 53:02 |
| 47 | 44 | | 29 | | | | | Fairlands Valley Spartans 'J' | 54:27 |
| 48 | 45 | | 30 | | | | | Fairlands Valley Spartans 'K' | 55:13 |
| 49 | 46 | 18 | | | 8 | | 4 | Stopsley Striders 'E' | 55:24 |
| 50 | 47 | | 31 | | | | | Fairlands Valley Spartans 'L' | 1:03:09 |
| 51 | 48 | 19 | 32 | | | 13 | | Fairlands Valley Spartans 'M' | 1:06:48 |

FAIRLANDS VALLEY SPARTANS 3K RELAYS - Wednesday 21st July 2009

RESULTS

TEAM RESULTS

| | | |
|--|--------------|-------------|
| | Herts County | Beds County |
| | Senior Vets | Senior Vets |

MEN

| | | |
|---------------------------------------|----------|----------|
| 1 Herts Phoenix 'A' | 1 | |
| Edward Shepherd 9:51 | | |
| Mike Tarpey 9:12 | | |
| Lee Reynolds 8:45 | | |
| Paul Greaves 9:29 | | |
| Matt Carlisle 8:48 | | |
| Total Time 46:05 | | |
| 2 St Albans Striders 'A' | 2 | |
| Steve Buckle 9:45 | | |
| Paul Adams 9:09 | | |
| Ed Blake 9:42 | | |
| Blake Vivian 9:43 | | |
| Danny Digweed 9:53 | | |
| Total Time 48:12 | | |
| 3 Luton AC 'A' | | 1 |
| Liam McNabola 9:37 | | |
| Daniel Bianchi 10:07 | | |
| Tom Mead 9:55 | | |
| Daniel Woodgate 9:22 | | |
| Pete Benedickter 9:24 | | |
| Total Time 48:25 | | |
| 4 Herts Phoenix 'B' | | |
| David Wilson 9:48 | | |
| Vasudev Zaver 10:00 | | |
| Alex Cloona 10:10 | | |
| Edward Shepherd 10:12 | | |
| Lee Reynolds 9:14 | | |
| Total Time 49:24 | | |
| 5 Barnet & District 'A' | 3 | 1 |
| Andy Kelleher 9:53 | | |
| Mel Parker 10:03 | | |
| Des Michael 10:42 | | |
| Pete Ellis 10:21 | | |
| Adrian Mason 9:52 | | |
| Total Time 50:51 | | |
| 6 Garden City Runners 'A' | 4 | 2 |
| Keith McLellan 10:11 | | |
| Steve Kemble 9:54 | | |
| Bruce Judge 9:42 | | |
| Neill Hughes 10:30 | | |
| Pat Gallagher 10:35 | | |
| Total Time 50:52 | | |
| 7 North Herts Road Runners 'A' | 5 | |
| James Atkins 9:50 | | |
| Gary Cook 10:28 | | |
| Neil Tillott 9:56 | | |
| Tim Street 10:42 | | |
| Mark Robertson 9:57 | | |
| Total Time 50:53 | | |

| | | |
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| 8 Stevenage & North Herts 'A' | 6 | |
| Adam Searle | 9:28 | |
| Josh Moss | 10:03 | |
| Callum McKechnie | 10:45 | |
| Sam Poulton | 10:29 | |
| Aaron Reynolds | 10:49 | |
| Total Time | 51:34 | |
| 9 Dunstable Road Runners | 2 | |
| Craig Palmer | 9:35 | |
| Robert Connors | 10:17 | |
| Ciaran Goswell | 10:26 | |
| Mark Cornell | 11:25 | |
| Michael Hand | 10:06 | |
| Total Time | 51:49 | |
| 10 Garden City Runners 'B' | 7 | |
| Alex McIntosh | 9:15 | |
| Simon Mace | 9:57 | |
| Robert Casserley | 10:54 | |
| Mark Green | 10:46 | |
| Dave Edwards | 11:48 | |
| Total Time | 52:40 | |
| 11 Leighton Buzzard AC 'A' | 3 | |
| Simon Coombes | 9:20 | |
| Peter Mackrell | 10:13 | |
| Tom May | 10:30 | |
| Joe Hurley | 11:25 | |
| Andy Inchley | 11:14 | |
| Total Time | 52:42 | |
| 12 Bedford & County 'A' | | |
| Luke Humphreys | 9:22 | |
| Gavin Reynolds | 10:24 | |
| Paul Beedie | 10:58 | |
| Pete Dancer | 12:43 | |
| Luke Humphreys | 9:22 | |
| Total Time | 52:49 | |
| 13 Bedford & County 'B' | 4 | 1 |
| Jim McMahon | 9:36 | |
| Dave Cheshire | 10:52 | |
| Andy Boast | 10:39 | |
| Robert Payne | 11:11 | |
| Paul Gooding | 10:35 | |
| Total Time | 52:53 | |
| 14 Barnet & District 'B' | 8 | |
| James Taylor | 9:43 | |
| Paul Carter | 11:02 | |
| Jamie March | 10:57 | |
| Costa Michael | 10:36 | |
| Yitzhak Ben-Aroya | 10:36 | |
| Total Time | 52:54 | |
| 15 Stopsley Striders 'A' | 5 | |
| Adrian Copp | 9:52 | |
| Stuart Harries | 11:15 | |
| Chris Green | 10:51 | |
| Mark Sains | 10:40 | |
| Tim Davies | 10:17 | |
| Total Time | 52:55 | |

| | | |
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| 16 North Herts Road Runners 'B' | 9 | 3 |
| Pete | Scrowther | 10:10 |
| Nick | Malpel | 10:59 |
| James | Walsh | 10:59 |
| Adrian | Sherwood | 10:44 |
| Peter | Sibbett | 10:20 |
| Total Time | | 53:12 |
| 17 Fairlands Valley Spartans 'A' | | |
| Richard | Bate | 9:54 |
| Simon | Bell | 10:14 |
| Andrew | Patterson | 10:04 |
| Ben | Harris | 11:10 |
| Sean | Thompson | 12:01 |
| Total Time | | 53:23 |
| 18 FVS TRI 'A' | | |
| Steve | Harrison | 9:12 |
| James | Foy | 10:14 |
| Ed | Manson | 11:33 |
| Mark | Grayson | 11:07 |
| Dave | Welch | 11:42 |
| Total Time | | 53:48 |
| 19 FVS TRI 'B' | | |
| Brian | White | 10:57 |
| Dil | Wetherill | 10:41 |
| Chris | Baxter | 11:02 |
| James | Grierson | 10:36 |
| Mike | Russell | 10:34 |
| Total Time | | 53:50 |
| 20 Stevenage & North Herts 'B' | 10 | |
| Greg | Evans | 10:23 |
| David | O'Connell | 10:07 |
| Luke | Langley | 10:40 |
| Warren | Heridge | 11:26 |
| David | Pickett | 11:38 |
| Total Time | | 54:14 |
| 21 Royston Runners 'A' | 11 | |
| Toby | Staines | 10:52 |
| Toby | Hone | 10:41 |
| Richard | Harrison | 11:13 |
| Paul | Martin | 10:38 |
| Vince | Long | 11:20 |
| Total Time | | 54:44 |
| 22 St Albans Striders 'B' | 12 | 4 |
| Gary | Warren | 10:15 |
| Peter | Blackaller | 12:36 |
| David | Perry | 11:27 |
| Colin | Braybrook | 10:29 |
| John | Jones | 10:21 |
| Total Time | | 55:08 |
| 23 Harlow Running Club 'A' | | |
| John | Tennant | 11:09 |
| Jamie | Jephcott | 10:44 |
| Rick | Ricketts | 11:19 |
| Steve | McKenzie | 11:13 |
| Roy | Steven | 11:00 |
| Total Time | | 55:25 |

| | | | | |
|----|--------------------------------------|-----------|--------------|---|
| 24 | St Albans Striders 'C' | | 13 | |
| | David | Upjohn | 11:07 | |
| | Kevin | Brammer | 11:31 | |
| | Greg | Simpson | 11:22 | |
| | Jonathan | Redshaw | 10:56 | |
| | John | Ockenden | 10:29 | |
| | Total Time | | 55:25 | |
| 25 | Broxbourne Runners 'A' | | 14 | 5 |
| | Andy | Hyland | 10:26 | |
| | Graeme | Armstrong | 11:43 | |
| | Ian | Brinkley | 11:48 | |
| | Andy | Tant | 12:11 | |
| | Dave | Sullivan | 10:44 | |
| | Total Time | | 56:52 | |
| 26 | North Herts Road Runners 'C' | | 15 | 6 |
| | Stewart | Bryant | 11:05 | |
| | Martyn | Annetts | 11:36 | |
| | Paul | Kelly | 11:14 | |
| | Mark | Young | 11:56 | |
| | Johnny | Spinks | 11:12 | |
| | Total Time | | 57:03 | |
| 27 | St Albans Striders 'D' | | 16 | |
| | Adrian | Bentley | 12:08 | |
| | Martin | Halling | 11:46 | |
| | Gladstone | Thompson | 10:54 | |
| | Mark | Stevens | 11:57 | |
| | Alan | Wilson | 10:52 | |
| | Total Time | | 57:37 | |
| 28 | Harlow Running Club 'B' | | | |
| | Roger | Forlan | 12:28 | |
| | Dave | Ayling | 12:03 | |
| | Dave | Croly | 11:46 | |
| | Jon | Steadman | 11:31 | |
| | Sven | Meinen | 10:33 | |
| | Total Time | | 58:21 | |
| 29 | FVS TRI 'C' | | | |
| | Mick | Humphris | 11:19 | |
| | Gerry | Corrance | 11:41 | |
| | Gary | Shanahan | 12:48 | |
| | Greg | Evans | 11:42 | |
| | Richard | Allen | 11:04 | |
| | Total Time | | 58:34 | |
| 30 | Royston Runners 'B' | | | |
| | Bruce | Harrison | 11:06 | |
| | Malcolm | Hall | 12:35 | |
| | Mark | Norman | 11:07 | |
| | Paul | Green | 11:29 | |
| | Paul | Haynes | 13:20 | |
| | Total Time | | 59:37 | |
| 31 | FVS TRI 'D' | | | |
| | Matt | Hickman | 12:18 | |
| | Max | Lepuutre | 12:14 | |
| | Darren | Woodhall | 12:05 | |
| | Brian | White | 11:21 | |
| | Mick | Humphris | 11:44 | |
| | Total Time | | 59:42 | |
| 32 | Fairlands Valley Spartans 'B' | | 17 | 7 |

| | | |
|-------------------|-----------|--------------|
| Steve | Smithson | 11:17 |
| Mark | Beasley | 12:12 |
| Graham | Blackburn | 11:40 |
| Steve | Mayfield | 12:17 |
| Jim | Brown | 12:17 |
| Total Time | | 59:43 |

33 **Biggleswade AC 'A'**

| | | |
|-------------------|------------|--------------|
| Sam | Smith | 11:30 |
| Hannah | Hutchinson | 12:58 |
| Adam | Welham | 11:43 |
| James | Thomas | 12:07 |
| Mike | Smith | 11:28 |
| Total Time | | 59:46 |

34 **Royston Runners 'C'**

| | | |
|-------------------|----------|----------------|
| Richard | Harrison | 10:32 |
| Vince | Long | 10:37 |
| Libby | Mitchell | 14:30 |
| Malcolm | Hall | 12:36 |
| Mark | Norman | 12:04 |
| Total Time | | 1:00:19 |

35 **Harlow Running Club 'C'**

| | | |
|-------------------|--------|----------------|
| Adrian | Fell | 11:24 |
| Ron | Newton | 13:14 |
| Grahame | Thomas | 12:03 |
| John | Bull | 12:13 |
| Matt | Jones | 11:38 |
| Total Time | | 1:00:32 |

36 **Biggleswade AC 'B'**

| | | |
|-------------------|----------|----------------|
| Ryan | Thomas | 12:07 |
| Lee | Welham | 11:07 |
| Ieuan | Evans | 12:50 |
| Tom | Richards | 13:18 |
| Clive | Thomas | 11:19 |
| Total Time | | 1:00:41 |

37 **Herts Phoenix 'C'**

| | | |
|-------------------|----------|----------------|
| David | Beasley | 13:41 |
| David | Wilson | 12:37 |
| Vasudev | Zaver | 10:22 |
| Julie | Simmonds | 13:00 |
| Alex | Cloona | 11:09 |
| Total Time | | 1:00:49 |

38 **FVS TRI 'E'**

| | | |
|-------------------|-----------|----------------|
| Mark | Malone | 12:46 |
| Ryan | Johnson | 13:04 |
| Steve | Harrison | 9:32 |
| Tony | Shortland | 13:56 |
| Gerry | Corrance | 11:47 |
| Total Time | | 1:01:05 |

39 **North Herts Road Runners 'D'**

| | | |
|-------------------|-----------|----------------|
| Duncan | Hooker | 13:09 |
| Norman | Leslie | 11:55 |
| Colin | Calcutt | 12:34 |
| John | Russell | 11:43 |
| Chris | Priestley | 11:52 |
| Total Time | | 1:01:13 |

18 8

40 **FVS TRI 'F'**

| | | |
|-------|---------|-------|
| Simon | Douglas | 12:42 |
| Ian | Hobbs | 12:11 |

| | | |
|-------------------|----------|----------------|
| Paul | Dutton | 14:20 |
| Tim | Smith | 12:50 |
| Steve | Harrison | 9:26 |
| Total Time | | 1:01:29 |

41 **Barnet & District 'C'** 19 9

| | | |
|-------------------|----------|----------------|
| Dave | Byrne | 12:32 |
| Dave | Sheridan | 12:57 |
| Ty | Holden | 12:16 |
| Andy | Welsh | 12:51 |
| Michael | Martin | 11:10 |
| Total Time | | 1:01:46 |

42 **Herts Phoenix 'D'** 20 10

| | | |
|-------------------|---------|----------------|
| R | Melvern | 11:10 |
| M | Dixon | 12:21 |
| J | Steed | 14:12 |
| Stuart | Mann | 11:56 |
| Richard | Bloom | 12:22 |
| Total Time | | 1:02:01 |

43 **Royston Runners 'D'**

| | | |
|-------------------|----------|----------------|
| Karl | Howard | 14:11 |
| Don | Lay | 13:40 |
| Bruce | Harrison | 11:38 |
| Toby | Staines | 10:47 |
| Toby | Hone | 12:00 |
| Total Time | | 1:02:16 |

44 **FVS TRI 'G'**

| | | |
|-------------------|-----------|----------------|
| Kevin | Armstrong | 12:15 |
| Kevin | Bradley | 12:45 |
| Steve | Mussett | 13:23 |
| Steve | Moakes | 12:14 |
| Will | Long | 12:11 |
| Total Time | | 1:02:48 |

45 **Biggleswade AC 'C'**

| | | |
|-------------------|-------------|----------------|
| Adam | Murphy | 11:20 |
| Connor | ??? | 11:39 |
| Daniel | Peppler-Jon | 13:37 |
| Amelia | Wood | 13:26 |
| Adam | Murphy | 12:55 |
| Total Time | | 1:02:57 |

46 **Broxbourne Runners 'B'** 21 11

| | | |
|-------------------|-----------|----------------|
| Paul | Reddaway | 10:14 |
| Andy | Panteli | 11:20 |
| Jack | Reddaway | 13:35 |
| John | Nugent | 16:28 |
| Derek | Dutchburn | 11:39 |
| Total Time | | 1:03:16 |

47 **Stevenage & North Herts 'C'** 22

| | | |
|-------------------|---------|----------------|
| Lewis | Keeble | 10:31 |
| Chris | Hilton | 10:51 |
| Steve | Pickett | 13:06 |
| Paul | Gaitley | 13:27 |
| Dave | Hazell | 15:30 |
| Total Time | | 1:03:25 |

48 **Leighton Buzzard AC 'B'**

| | | |
|---------|---------|-------|
| Paul | Tew | 10:22 |
| Mike | Bryant | 11:53 |
| Fred | Watt | 11:57 |
| Richard | Inchley | 14:11 |

| | | |
|-------------------|------|----------------|
| John | Adam | 15:08 |
| Total Time | | 1:03:31 |

49 **Stopsley Striders 'B'**

7 2

| | | |
|-------------------|-------------|----------------|
| Ian | Cousins | 14:34 |
| Lance | Richardson | 13:06 |
| Derek | Christopher | 12:28 |
| Chris | Hardwicke | 14:10 |
| Paul | Abbott | 11:12 |
| Total Time | | 1:05:30 |

50 **Garden City Runners 'C'**

23 12

| | | |
|-------------------|----------|----------------|
| Wayne | Aylott | 13:08 |
| Peter | Westlake | 14:03 |
| John | Fogarty | 16:16 |
| Sean | Bowen | 11:31 |
| Patrick | Bird | 11:41 |
| Total Time | | 1:06:39 |

51 **Barnet & District 'D'**

24

| | | |
|-------------------|---------|----------------|
| John | Shirley | 12:31 |
| Daryl | Bowler | 13:21 |
| John | Clarke | 13:43 |
| John | Murphy | 12:34 |
| Bob | Taylor | 15:07 |
| Total Time | | 1:07:16 |

52 **Fairlands Valley Spartans 'C'**

25 13

| | | |
|-------------------|------------|----------------|
| Alan | Goodwin | 14:57 |
| Paul | Holgate | 13:50 |
| Tony | Osborne | 15:22 |
| Ian | Larman | 14:22 |
| Dave | Stephenson | 11:56 |
| Total Time | | 1:10:27 |

53 **Fairlands Valley Spartans 'D'**

26

| | | |
|-------------------|----------|----------------|
| Andy | Jay | 12:52 |
| Bert | Brown | 12:18 |
| Darren | Wilby | 12:29 |
| Christopher | Bwalya | 19:18 |
| Andrew | Sheridan | 13:56 |
| Total Time | | 1:10:53 |

54 **North Herts Road Runners 'E'**

27

| | | |
|-------------------|---------|----------------|
| Derek | Myall | 12:30 |
| Pat | Norris | 15:38 |
| Robert | Riggall | 13:24 |
| Tom | Young | 12:05 |
| Nanda | Kodi | 18:17 |
| Total Time | | 1:11:54 |

55 **Fairlands Valley Spartans 'E'**

28

| | | |
|-------------------|-----------|----------------|
| Liam | Herbert | 12:13 |
| Clea | Onojequoe | 20:06 |
| Bill | Tuck | 14:17 |
| Mark | Drummond | 15:24 |
| Mike | King | 12:38 |
| Total Time | | 1:14:38 |

Luton AC 'B'

| | | |
|-------------------|------------|------------|
| Daniel | Johnson | 10:18 |
| Jack | Benedicter | 11:24 |
| Pete | Benedicter | 11:17 |
| Reg | Brett | 15:04 |
| Total Time | | dnf |

Stopsley Striders 'C'

| | | |
|--------|-------|-------|
| Thom | Darby | 11:58 |
| Andrew | Green | 11:54 |
| Tony | Green | - |

| | |
|-------------------|------------|
| Total Time | dnf |
|-------------------|------------|

WOMEN**1 North Herts Road Runners 'A'** 1

| | | |
|-------------------|--------------|-------|
| Melissa | Winters | 11:08 |
| Natasha | Pitman | 11:31 |
| Rachel | Gibbs | 10:25 |
| Total Time | 33:04 | |

2 St Albans Striders 'A' 2

| | | |
|-------------------|--------------|-------|
| Sally | Onn | 11:15 |
| Lucy | Waterlow | 11:22 |
| Gill | Jubb | 11:30 |
| Total Time | 34:07 | |

3 Orion Harriers

| | | |
|-------------------|--------------|-------|
| Lauren | MacGregor | 11:11 |
| Jay | Andrews | 11:33 |
| Clare | Thurgood | 11:26 |
| Total Time | 34:10 | |

4 FVS TRI 'A'

| | | |
|-------------------|--------------|-------|
| Gemma | Sargent | 11:32 |
| Katy | Jinks | 12:06 |
| Sarah | Stimpson | 10:36 |
| Total Time | 34:14 | |

5 Luton AC 1

| | | |
|-------------------|--------------|-------|
| Rosie | Keane | 11:57 |
| Revee | Walcott Nolk | 10:56 |
| Grace | Keane | 12:04 |
| Total Time | 34:57 | |

6 Herts Phoenix

| | | |
|-------------------|--------------|-------|
| Natasha | Taylor | 10:54 |
| Julie | Simmons | 12:38 |
| Natasha | Taylor | 11:27 |
| Total Time | 34:59 | |

7 Barnet & District 'A' 3 1

| | | |
|-------------------|--------------|-------|
| Nicola | Froud | 11:14 |
| Heather | Dawson | 12:34 |
| Pauline | Michael | 12:07 |
| Total Time | 35:55 | |

| | | | |
|----|--|----|---|
| 8 | North Herts Road Runners 'B' | 4 | 2 |
| | Jane Chapell 11:34 | | |
| | Jo Summers 12:53 | | |
| | Karen Dodsworth 13:06 | | |
| | Total Time 37:33 | | |
| 9 | Barnet & District 'B' | 5 | |
| | Cath Perry 12:29 | | |
| | Philipa Horlon 12:55 | | |
| | Hannah Sheridan 12:11 | | |
| | Total Time 37:35 | | |
| 10 | Leighton Buzzard AC 'A' | | 2 |
| | Gail Duckworth 11:16 | | |
| | Jilly Richardson 12:58 | | |
| | Amy Inchley 13:36 | | |
| | Total Time 37:50 | | |
| 11 | FVS TRI 'B' | | |
| | Sam Tophill 12:56 | | |
| | Rachel Armstrong 12:04 | | |
| | Tracy Kennedy 12:59 | | |
| | Total Time 37:59 | | |
| 12 | Stevenage & North Herts 'B' | 6 | |
| | Sarah Pike 13:02 | | |
| | Amy Pring 13:27 | | |
| | Hannah Dewhurst 11:40 | | |
| | Total Time 38:09 | | |
| 13 | Fairlands Valley Spartans 'A' | 7 | 3 |
| | Tracy Pez 12:48 | | |
| | Chris Feely 13:25 | | |
| | Kerry James 12:04 | | |
| | Total Time 38:17 | | |
| 14 | Fairlands Valley Spartans 'B' | 8 | |
| | Sam Pretty 12:04 | | |
| | Lydia Clarkson 14:11 | | |
| | Amanda Brook 12:07 | | |
| | Total Time 38:22 | | |
| 15 | FVS TRI 'C' | | |
| | Suzy Hawkins 12:20 | | |
| | Kate Turner 12:22 | | |
| | Naomi Woodland 14:00 | | |
| | Total Time 38:42 | | |
| 16 | St Albans Striders 'B' | 9 | 4 |
| | Carole Mooney 13:47 | | |
| | Mandy Attree 13:22 | | |
| | Elizabeth McKie 11:35 | | |
| | Total Time 38:44 | | |
| 17 | FVS TRI 'D' | | |
| | Helen Shulver 12:34 | | |
| | Elodie Irving 13:28 | | |
| | Les Dutton 12:58 | | |
| | Total Time 39:00 | | |
| 18 | North Herts Road Runners 'C' | 10 | |
| | Lucy Sparkes 12:57 | | |
| | Suzy Trott 14:21 | | |
| | Aimee Baker 12:21 | | |
| | Total Time 39:39 | | |

| | | | | |
|----|--|------------|--------------|---|
| 19 | Stevenage & North Herts 'C' | | 11 | |
| | Tilly | Scheuber | 12:57 | |
| | Julia | White | 13:32 | |
| | Nikki | Andrews | 13:11 | |
| | Total Time | | 39:40 | |
| 20 | Stopsley Striders 'A' | | | 3 |
| | Christina | Parratt | 13:56 | |
| | Marie | Bacon | 14:24 | |
| | Kirsty | Edwards | 11:56 | |
| | Total Time | | 40:16 | |
| 21 | St Albans Striders 'C' | | 12 | |
| | Vicky | Wright | 13:34 | |
| | Ruth | Upjohn | 12:54 | |
| | Helen | Durance | 13:55 | |
| | Total Time | | 40:23 | |
| 22 | Broxbourne Runners | | 13 | 5 |
| | Teresa | English | 12:32 | |
| | Sharon | Rider | 14:06 | |
| | Sophi | Sancler | 13:48 | |
| | Total Time | | 40:26 | |
| 23 | Garden City Runners 'A' | | 14 | 6 |
| | Andrea | Mann | 12:05 | |
| | Eleanor | Draper | 16:29 | |
| | Virginia | Bird | 12:35 | |
| | Total Time | | 41:09 | |
| 24 | Harlow Running Club | | | |
| | Vicky | Steadman | 13:20 | |
| | Linda | Selby | 14:51 | |
| | Katie | Herrington | 13:02 | |
| | Total Time | | 41:13 | |
| 25 | Royston Runners 'A' | | | |
| | Mel | Hill | 14:20 | |
| | Catherine | Brown | 13:52 | |
| | Teresa | Sell | 14:07 | |
| | Total Time | | 42:19 | |
| 26 | FVS TRI 'E' | | | |
| | Meline | Fletcher | 17:01 | |
| | Gemma | Sargent | 12:08 | |
| | Sam | Tophill | 13:20 | |
| | Total Time | | 42:29 | |
| 27 | FVS TRI 'F' | | | |
| | Sue | Gipson | 14:48 | |
| | Lynn | Allen | 15:20 | |
| | Suzy | Hawkins | 12:29 | |
| | Total Time | | 42:37 | |
| 28 | North Herts Road Runners 'D' | | 15 | 7 |
| | Jo | Harbon | 14:13 | |
| | Anna | Priestley | 14:07 | |
| | Rachel | Annetts | 14:25 | |
| | Total Time | | 42:45 | |
| 29 | Fairlands Valley Spartans 'C' | | 16 | |
| | Jo | Bowdery | 14:03 | |
| | Sarah | Kearsey | 14:15 | |
| | Becky | Platt | 15:17 | |
| | Total Time | | 43:35 | |

| | | | |
|----|--|----|----|
| 30 | Barnet & District 'C' | 17 | 8 |
| | Mary Brown 15:00 | | |
| | Clare Harrington 15:10 | | |
| | Nicola Maggs 13:55 | | |
| | Total Time 44:05 | | |
| 31 | Stopsley Striders 'B' | 4 | 1 |
| | Alison Sugars 12:09 | | |
| | Bev Green 16:43 | | |
| | Alison Anstee 15:19 | | |
| | Total Time 44:11 | | |
| 32 | North Herts Road Runners 'E' | 18 | |
| | Helen Cairns 15:09 | | |
| | Helen Harbon 14:36 | | |
| | Nicky Kemp 14:29 | | |
| | Total Time 44:14 | | |
| 33 | Barnet & District 'D' | 19 | 9 |
| | Kirsty Johnstone 13:32 | | |
| | Pauline Lygo 15:31 | | |
| | Maureen Shirley 15:18 | | |
| | Total Time 44:21 | | |
| 34 | Royston Runners 'B' | | |
| | Di Glynn 13:11 | | |
| | Maureen Miller 17:58 | | |
| | Di Shaw 13:44 | | |
| | Total Time 44:53 | | |
| 35 | Leighton Buzzard AC 'B' | 5 | |
| | Jane Saur 14:06 | | |
| | Fiona Towell 14:42 | | |
| | Anna Nelson 17:08 | | |
| | Total Time 45:56 | | |
| 36 | Fairlands Valley Spartans 'D' | 20 | |
| | Monica Brown 14:20 | | |
| | Rena Dudhia 15:15 | | |
| | Iris Hornsey 16:27 | | |
| | Total Time 46:02 | | |
| 37 | Garden City Runners 'B' | 21 | 10 |
| | Cath Shephard 17:49 | | |
| | Maureen Steadman 15:49 | | |
| | Celia Pardoe 12:32 | | |
| | Total Time 46:10 | | |
| 38 | Fairlands Valley Spartans 'E' | 22 | 11 |
| | Christine Sharman 15:17 | | |
| | Nikki Tout 16:08 | | |
| | Mandy Bullock 15:11 | | |
| | Total Time 46:36 | | |
| 39 | Stopsley Striders 'C' | 6 | 2 |
| | Kim Fenn 14:37 | | |
| | Greer Kidney 15:58 | | |
| | Sharon White 16:22 | | |
| | Total Time 46:57 | | |
| 40 | Stevenage & North Herts 'A' | 23 | |
| | Nicky Dewhurst 15:36 | | |
| | Charlotte Beard 14:12 | | |
| | Jackie Murphy 18:52 | | |
| | Total Time 48:40 | | |

| | | | | |
|----|--------------------------------------|------------|----------------|----|
| 41 | Stopsley Striders 'D' | | 7 | 3 |
| | Ingrid | Bacon | 16:30 | |
| | Fiona | Edwards | 16:28 | |
| | Desi | Gardner | 15:52 | |
| | Total Time | | 48:50 | |
| 42 | Fairlands Valley Spartans 'F' | | 24 | |
| | Angela | Moore | 19:42 | |
| | Jill | Leigh | 18:10 | |
| | Lucy | Eaton | 13:26 | |
| | Total Time | | 51:18 | |
| 43 | Fairlands Valley Spartans 'G' | | 25 | |
| | Rachael | Stanton | 16:00 | |
| | Val | Little | 17:59 | |
| | Gemma | Parris | 17:22 | |
| | Total Time | | 51:21 | |
| 44 | North Herts Road Runners 'F' | | 26 | |
| | Anne | Kirby | 18:45 | |
| | Christine | Sharp | 16:36 | |
| | Sally | Harkins | 16:29 | |
| | Total Time | | 51:50 | |
| 45 | Fairlands Valley Spartans 'H' | | 27 | 12 |
| | Helen | Broughton | 16:50 | |
| | Maria | Rushton | 18:20 | |
| | Lisa | Jerrom | 17:20 | |
| | Total Time | | 52:30 | |
| 46 | Fairlands Valley Spartans 'I' | | 28 | |
| | Laura | Stafford | 18:41 | |
| | Helen | O'Sullivan | 18:06 | |
| | Anna | O'Sullivan | 16:15 | |
| | Total Time | | 53:02 | |
| 47 | Fairlands Valley Spartans 'J' | | 29 | |
| | Sarah | O'Bryan | 14:56 | |
| | Terri | Barker | 19:10 | |
| | Anita | Ramirez | 20:21 | |
| | Total Time | | 54:27 | |
| 48 | Fairlands Valley Spartans 'K' | | 30 | |
| | Michelle | Long | 17:29 | |
| | Theresa | Shearing | 20:18 | |
| | Annika | Carroll | 17:26 | |
| | Total Time | | 55:13 | |
| 49 | Stopsley Striders 'E' | | 8 | 4 |
| | Gill | McLaren | 18:33 | |
| | Helen | Morris | 21:00 | |
| | Pam | Abbitt | 15:51 | |
| | Total Time | | 55:24 | |
| 50 | Fairlands Valley Spartans 'L' | | 31 | |
| | Lisa | Potter | 20:27 | |
| | Kaylee | Potter | 22:48 | |
| | Alison | Lewis | 19:54 | |
| | Total Time | | 1:03:09 | |
| 51 | Fairlands Valley Spartans 'M' | | 32 | 13 |
| | Stephanie | Larman | 21:31 | |
| | Amanda | Wright | 23:15 | |
| | Bernadette | Millward | 22:02 | |
| | Total Time | | 1:06:48 | |

FAIRLANDS VALLEY SPARTANS 3K RELAYS - Wednesday 21st July 2009

**RESULTS
INDIVIDUALS TIMES**

| Pos | Time | M/F | Name | Surname | Club | Time |
|------------|-------------|------------|-------------|-----------------|-----------------------------|-------------|
| 1 | 1 | | Lee | Reynolds | M Herts Phoenix | 8:45 |
| 2 | 2 | | Matt | Carlisle | M Herts Phoenix | 8:48 |
| 3 | 3 | | Paul | Adams | M St Albans Striders | 9:09 |
| 4 | 4 | | Mike | Tarpey | M Herts Phoenix | 9:12 |
| | 4 | | Steve | Harrison | M FVS TRI | 9:12 |
| 6 | 6 | | Lee | Reynolds | M Herts Phoenix | 9:14 |
| 7 | 7 | | Alex | McIntosh | M Garden City Runners | 9:15 |
| 8 | 8 | | Simon | Coombes | M Leighton Buzzard AC | 9:20 |
| 9 | 9 | | Luke | Humphreys | M Bedford & County | 9:22 |
| | 9 | | Daniel | Woodgate | M Luton AC | 9:22 |
| 11 | 9 | | Luke | Humphreys | M Bedford & County | 9:22 |
| 12 | 12 | | Pete | Benedickter (J) | M Luton AC | 9:24 |
| 13 | 13 | | Steve | Harrison | M FVS TRI | 9:26 |
| 14 | 14 | | Adam | Searle | M Stevenage & North Herts | 9:28 |
| 15 | 15 | | Paul | Greaves | M Herts Phoenix | 9:29 |
| 16 | 16 | | Steve | Harrison | M FVS TRI | 9:32 |
| 17 | 17 | | Craig | Palmer | M Dunstable Road Runners | 9:35 |
| 18 | 18 | | Jim | McMahon | M Bedford & County | 9:36 |
| 19 | 19 | | Liam | McNabola | M Luton AC | 9:37 |
| 20 | 20 | | Ed | Blake | M St Albans Striders | 9:42 |
| | 20 | | Bruce | Judge | M Garden City Runners | 9:42 |
| 22 | 22 | | James | Taylor | M Barnet & District | 9:43 |
| | 22 | | Blake | Vivian | M St Albans Striders | 9:43 |
| 24 | 24 | | Steve | Buckle | M St Albans Striders | 9:45 |
| 25 | 25 | | David | Wilson | M Herts Phoenix | 9:48 |
| 26 | 26 | | James | Atkins | M North Herts Road Runners | 9:50 |
| 27 | 27 | | Edward | Shepherd | M Herts Phoenix | 9:51 |
| 28 | 28 | | Adrian | Copp | M Stopsley Striders | 9:52 |
| | 28 | | Adrian | Mason | M Barnet & District | 9:52 |
| 30 | 30 | | Danny | Digweed | M St Albans Striders | 9:53 |
| | 30 | | Andy | Kelleher | M Barnet & District | 9:53 |
| 32 | 32 | | Richard | Bate | M Fairlands Valley Spartans | 9:54 |
| | 32 | | Steve | Kemble | M Garden City Runners | 9:54 |
| 34 | 34 | | Tom | Mead | M Luton AC | 9:55 |
| 35 | 35 | | Neil | Tillott | M North Herts Road Runners | 9:56 |
| 36 | 36 | | Simon | Mace | M Garden City Runners | 9:57 |
| | 36 | | Mark | Robertson | M North Herts Road Runners | 9:57 |
| 38 | 38 | | Vasudev | Zaver | M Herts Phoenix | 10:00 |
| 39 | 39 | | Mel | Parker | M Barnet & District | 10:03 |
| | 39 | | Josh | Moss | M Stevenage & North Herts | 10:03 |
| 41 | 41 | | Andrew | Patterson | M Fairlands Valley Spartans | 10:04 |
| 42 | 42 | | Michael | Hand | M Dunstable Road Runners | 10:06 |
| 43 | 43 | | Daniel | Bianchi | M Luton AC | 10:07 |
| | 43 | | David | O'Connell | M Stevenage & North Herts | 10:07 |
| 45 | 45 | | Alex | Cloona | M Herts Phoenix | 10:10 |
| | 45 | | Pete | Scrowther | M North Herts Road Runners | 10:10 |
| 47 | 47 | | Keith | McLellan | M Garden City Runners | 10:11 |
| 48 | 48 | | Edward | Shepherd | M Herts Phoenix | 10:12 |
| 49 | 49 | | Peter | Mackrell | M Leighton Buzzard AC | 10:13 |
| 50 | 50 | | Simon | Bell | M Fairlands Valley Spartans | 10:14 |
| | 50 | | Paul | Reddaway | M Broxbourne Runners | 10:14 |
| | 50 | | James | Foy | M FVS TRI | 10:14 |
| 53 | 53 | | Gary | Warren | M St Albans Striders | 10:15 |
| 54 | 54 | | Tim | Davies | M Stopsley Striders | 10:17 |
| | 54 | | Robert | Connors | M Dunstable Road Runners | 10:17 |
| 56 | 56 | | Daniel | Johnson | M Luton AC | 10:18 |
| 57 | 57 | | Peter | Sibbett | M North Herts Road Runners | 10:20 |
| 58 | 58 | | Pete | Ellis | M Barnet & District | 10:21 |

| | | | | | |
|-----|-----|-----------|---------------|----------------------------|-------|
| | 58 | John | Jones | M St Albans Striders | 10:21 |
| 60 | 60 | Paul | Tew | M Leighton Buzzard AC | 10:22 |
| | 60 | Vasudev | Zaver | M Herts Phoenix | 10:22 |
| 62 | 62 | Greg | Evans | M Stevenage & North Herts | 10:23 |
| 63 | 63 | Gavin | Reynolds | M Bedford & County | 10:24 |
| 64 | 1 | Rachel | Gibbs | F North Herts Road Runners | 10:25 |
| 65 | 64 | Andy | Hyland | M Broxbourne Runners | 10:26 |
| | 64 | Ciaran | Goswell | M Dunstable Road Runners | 10:26 |
| 67 | 66 | Gary | Cook | M North Herts Road Runners | 10:28 |
| 68 | 67 | Colin | Braybrook | M St Albans Striders | 10:29 |
| | 67 | Sam | Poulton | M Stevenage & North Herts | 10:29 |
| | 67 | John | Ockenden | M St Albans Striders | 10:29 |
| 71 | 70 | Neill | Hughes | M Garden City Runners | 10:30 |
| | 70 | Tom | May | M Leighton Buzzard AC | 10:30 |
| 73 | 72 | Lewis | Keeble | M Stevenage & North Herts | 10:31 |
| 74 | 73 | Richard | Harrison | M Royston Runners | 10:32 |
| 75 | 74 | Sven | Meinen | M Harlow Running Club | 10:33 |
| 76 | 75 | Mike | Russell | M FVS TRI | 10:34 |
| 77 | 76 | Paul | Gooding | M Bedford & County | 10:35 |
| | 76 | Pat | Gallagher | M Garden City Runners | 10:35 |
| 79 | 78 | Yitzhak | Ben-Aroya | M Barnet & District | 10:36 |
| | 78 | James | Grierson | M FVS TRI | 10:36 |
| | 2 | Sarah | Stimpson | F FVS TRI | 10:36 |
| | 78 | Costa | Michael | M Barnet & District | 10:36 |
| 83 | 81 | Vince | Long | M Royston Runners | 10:37 |
| 84 | 82 | Paul | Martin | M Royston Runners | 10:38 |
| 85 | 83 | Andy | Boast | M Bedford & County | 10:39 |
| 86 | 84 | Luke | Langley | M Stevenage & North Herts | 10:40 |
| | 84 | Mark | Sains | M Stopsley Striders | 10:40 |
| 88 | 86 | Dil | Wetherill | M FVS TRI | 10:41 |
| | 86 | Toby | Hone | M Royston Runners | 10:41 |
| 90 | 88 | Tim | Street | M North Herts Road Runners | 10:42 |
| | 88 | Des | Michael | M Barnet & District | 10:42 |
| 92 | 90 | Jamie | Jephcott | M Harlow Running Club | 10:44 |
| | 90 | Adrian | Sherwood | M North Herts Road Runners | 10:44 |
| | 90 | Dave | Sullivan | M Broxbourne Runners | 10:44 |
| 95 | 93 | Callum | McKechnie | M Stevenage & North Herts | 10:45 |
| 96 | 94 | Mark | Green | M Garden City Runners | 10:46 |
| 97 | 95 | Toby | Staines | M Royston Runners | 10:47 |
| 98 | 96 | Aaron | Reynolds | M Stevenage & North Herts | 10:49 |
| 99 | 97 | Chris | Green | M Stopsley Striders | 10:51 |
| | 97 | Chris | Hilton | M Stevenage & North Herts | 10:51 |
| 101 | 99 | Dave | Cheshire | M Bedford & County | 10:52 |
| | 99 | Toby | Staines | M Royston Runners | 10:52 |
| | 99 | Alan | Wilson | M St Albans Striders | 10:52 |
| 104 | 102 | Robert | Casserley | M Garden City Runners | 10:54 |
| | 3 | Natasha | Taylor | F Herts Phoenix | 10:54 |
| | 102 | Gladstone | Thompson | M St Albans Striders | 10:54 |
| 107 | 104 | Jonathan | Redshaw | M St Albans Striders | 10:56 |
| | 4 | Revee | Walcott Nolan | F Luton AC | 10:56 |
| 109 | 105 | Jamie | March | M Barnet & District | 10:57 |
| | 105 | Brian | White | M FVS TRI | 10:57 |
| 111 | 107 | Paul | Beedie | M Bedford & County | 10:58 |
| 112 | 108 | James | Walsh | M North Herts Road Runners | 10:59 |
| | 108 | Nick | Malpel | M North Herts Road Runners | 10:59 |
| 114 | 110 | Roy | Steven | M Harlow Running Club | 11:00 |
| 115 | 111 | Paul | Carter | M Barnet & District | 11:02 |
| | 111 | Chris | Baxter | M FVS TRI | 11:02 |
| 117 | 113 | Richard | Allen | M FVS TRI | 11:04 |
| 118 | 114 | Stewart | Bryant | M North Herts Road Runners | 11:05 |
| 119 | 115 | Bruce | Harrison | M Royston Runners | 11:06 |
| 120 | 116 | Lee | Welham | M Biggleswade AC | 11:07 |
| | 116 | David | Upjohn | M St Albans Striders | 11:07 |

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|-----|-----|-----------|------------|---|---------------------------|-------|
| | 116 | Mark | Grayson | M | FVS TRI | 11:07 |
| | 116 | Mark | Norman | M | Royston Runners | 11:07 |
| 124 | 5 | Melissa | Winters | F | North Herts Road Runners | 11:08 |
| 125 | 120 | John | Tennant | M | Harlow Running Club | 11:09 |
| | 120 | Alex | Cloona | M | Herts Phoenix | 11:09 |
| 127 | 122 | Michael | Martin | M | Barnet & District | 11:10 |
| | 122 | Ben | Harris | M | Fairlands Valley Spartans | 11:10 |
| | 122 | R | Melvern | M | Herts Phoenix | 11:10 |
| 130 | 6 | Lauren | MacGregor | F | Orion Harriers | 11:11 |
| | 125 | Robert | Payne | M | Bedford & County | 11:11 |
| 132 | 126 | Johnny | Spinks | M | North Herts Road Runners | 11:12 |
| | 126 | Paul | Abbott | M | Stopsley Striders | 11:12 |
| 134 | 128 | Richard | Harrison | M | Royston Runners | 11:13 |
| | 128 | Steve | McKenzie | M | Harlow Running Club | 11:13 |
| 136 | 130 | Andy | Inchley | M | Leighton Buzzard AC | 11:14 |
| | 130 | Paul | Kelly | M | North Herts Road Runners | 11:14 |
| | 7 | Nicola | Froud | F | Barnet & District | 11:14 |
| 139 | 132 | Stuart | Harries | M | Stopsley Striders | 11:15 |
| | 8 | Sally | Onn | F | St Albans Striders | 11:15 |
| 141 | 9 | Gail | Duckworth | F | Leighton Buzzard AC | 11:16 |
| 142 | 133 | Steve | Smithson | M | Fairlands Valley Spartans | 11:17 |
| | 133 | Pete | Benedicter | M | Luton AC | 11:17 |
| 144 | 135 | Clive | Thomas | M | Biggleswade AC | 11:19 |
| | 135 | Mick | Humphris | M | FVS TRI | 11:19 |
| | 135 | Rick | Ricketts | M | Harlow Running Club | 11:19 |
| 147 | 138 | Vince | Long | M | Royston Runners | 11:20 |
| | 138 | Adam | Murphy | M | Biggleswade AC | 11:20 |
| | 138 | Andy | Panteli | M | Broxbourne Runners | 11:20 |
| 150 | 141 | Brian | White | M | FVS TRI | 11:21 |
| 151 | 142 | Greg | Simpson | M | St Albans Striders | 11:22 |
| | 10 | Lucy | Waterlow | F | St Albans Striders | 11:22 |
| 153 | 143 | Adrian | Fell | M | Harlow Running Club | 11:24 |
| | 143 | Jack | Benedicter | M | Luton AC | 11:24 |
| 155 | 145 | Mark | Cornell | M | Dunstable Road Runners | 11:25 |
| | 145 | Joe | Hurley | M | Leighton Buzzard AC | 11:25 |
| 157 | 11 | Clare | Thurgood | F | Orion Harriers | 11:26 |
| | 147 | Warren | Heridge | M | Stevenage & North Herts | 11:26 |
| 159 | 148 | David | Perry | M | St Albans Striders | 11:27 |
| | 12 | Natasha | Taylor | F | Herts Phoenix | 11:27 |
| 161 | 149 | Mike | Smith | M | Biggleswade AC | 11:28 |
| 162 | 150 | Paul | Green | M | Royston Runners | 11:29 |
| 163 | 13 | Gill | Jubb | F | St Albans Striders | 11:30 |
| | 151 | Sam | Smith | M | Biggleswade AC | 11:30 |
| 165 | 152 | Sean | Bowen | M | Garden City Runners | 11:31 |
| | 152 | Kevin | Brammer | M | St Albans Striders | 11:31 |
| | 14 | Natasha | Pitman | F | North Herts Road Runners | 11:31 |
| | 152 | Jon | Steadman | M | Harlow Running Club | 11:31 |
| 169 | 15 | Gemma | Sargent | F | FVS TRI | 11:32 |
| 170 | 16 | Jay | Andrews | F | Orion Harriers | 11:33 |
| | 155 | Ed | Manson | M | FVS TRI | 11:33 |
| 172 | 17 | Jane | Chapell | F | North Herts Road Runners | 11:34 |
| 173 | 18 | Elizabeth | McKie | F | St Albans Striders | 11:35 |
| 174 | 156 | Martyn | Annetts | M | North Herts Road Runners | 11:36 |
| 175 | 157 | Matt | Jones | M | Harlow Running Club | 11:38 |
| | 157 | David | Pickett | M | Stevenage & North Herts | 11:38 |
| | 157 | Bruce | Harrison | M | Royston Runners | 11:38 |
| 178 | 160 | Derek | Dutchburn | M | Broxbourne Runners | 11:39 |
| | 160 | Connor | ??? | M | Biggleswade AC | 11:39 |
| 180 | 19 | Hannah | Dewhurst | F | Stevenage & North Herts | 11:40 |
| | 162 | Graham | Blackburn | M | Fairlands Valley Spartans | 11:40 |
| 182 | 163 | Gerry | Corrance | M | FVS TRI | 11:41 |
| | 163 | Patrick | Bird | M | Garden City Runners | 11:41 |
| 184 | 165 | Greg | Evans | M | FVS TRI | 11:42 |

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|-----|-----|---------|-------------|-----------------------------|-------|
| | 165 | Dave | Welch | M FVS TRI | 11:42 |
| 186 | 167 | Graeme | Armstrong | M Broxbourne Runners | 11:43 |
| | 167 | John | Russell | M North Herts Road Runners | 11:43 |
| | 167 | Adam | Welham | M Biggleswade AC | 11:43 |
| 189 | 170 | Mick | Humphris | M FVS TRI | 11:44 |
| 190 | 171 | Dave | Croly | M Harlow Running Club | 11:46 |
| | 171 | Martin | Halling | M St Albans Striders | 11:46 |
| 192 | 173 | Gerry | Corrance | M FVS TRI | 11:47 |
| 193 | 174 | Ian | Brinkley | M Broxbourne Runners | 11:48 |
| | 174 | Dave | Edwards | M Garden City Runners | 11:48 |
| 195 | 176 | Chris | Priestley | M North Herts Road Runners | 11:52 |
| 196 | 177 | Mike | Bryant | M Leighton Buzzard AC | 11:53 |
| 197 | 178 | Andrew | Green | M Stopsley Striders | 11:54 |
| 198 | 179 | Norman | Leslie | M North Herts Road Runners | 11:55 |
| 199 | 20 | Kirsty | Edwards | F Stopsley Striders | 11:56 |
| | 180 | Stuart | Mann | M Herts Phoenix | 11:56 |
| | 180 | Dave | Stephenson | M Fairlands Valley Spartans | 11:56 |
| | 180 | Mark | Young | M North Herts Road Runners | 11:56 |
| 203 | 183 | Mark | Stevens | M St Albans Striders | 11:57 |
| | 21 | Rosie | Keane | F Luton AC | 11:57 |
| | 183 | Fred | Watt | M Leighton Buzzard AC | 11:57 |
| 206 | 185 | Thom | Darby | M Stopsley Striders | 11:58 |
| 207 | 186 | Toby | Hone | M Royston Runners | 12:00 |
| 208 | 187 | Sean | Thompson | M Fairlands Valley Spartans | 12:01 |
| 209 | 188 | Grahame | Thomas | M Harlow Running Club | 12:03 |
| | 188 | Dave | Ayling | M Harlow Running Club | 12:03 |
| 211 | 190 | Mark | Norman | M Royston Runners | 12:04 |
| | 22 | Grace | Keane | F Luton AC | 12:04 |
| | 22 | Sam | Pretty | F Fairlands Valley Spartans | 12:04 |
| | 22 | Kerry | James | F Fairlands Valley Spartans | 12:04 |
| | 22 | Rachel | Armstrong | F FVS TRI | 12:04 |
| 216 | 26 | Andrea | Mann | F Garden City Runners | 12:05 |
| | 191 | Darren | Woodhall | M FVS TRI | 12:05 |
| | 191 | Tom | Young | M North Herts Road Runners | 12:05 |
| 219 | 27 | Katy | Jinks | F FVS TRI | 12:06 |
| 220 | 193 | James | Thomas | M Biggleswade AC | 12:07 |
| | 193 | Ryan | Thomas | M Biggleswade AC | 12:07 |
| | 28 | Amanda | Brook | F Fairlands Valley Spartans | 12:07 |
| | 28 | Pauline | Michael | F Barnet & District | 12:07 |
| 224 | 195 | Adrian | Bentley | M St Albans Striders | 12:08 |
| | 30 | Gemma | Sargent | F FVS TRI | 12:08 |
| 226 | 31 | Alison | Sugars | F Stopsley Striders | 12:09 |
| 227 | 196 | Will | Long | M FVS TRI | 12:11 |
| | 32 | Hannah | Sheridan | F Barnet & District | 12:11 |
| | 196 | Ian | Hobbs | M FVS TRI | 12:11 |
| | 196 | Andy | Tant | M Broxbourne Runners | 12:11 |
| 231 | 199 | Mark | Beasley | M Fairlands Valley Spartans | 12:12 |
| 232 | 200 | John | Bull | M Harlow Running Club | 12:13 |
| | 200 | Liam | Herbert | M Fairlands Valley Spartans | 12:13 |
| 234 | 202 | Max | Lepuutre | M FVS TRI | 12:14 |
| | 202 | Steve | Moakes | M FVS TRI | 12:14 |
| 236 | 204 | Kevin | Armstrong | M FVS TRI | 12:15 |
| 237 | 205 | Ty | Holden | M Barnet & District | 12:16 |
| 238 | 206 | Jim | Brown | M Fairlands Valley Spartans | 12:17 |
| | 206 | Steve | Mayfield | M Fairlands Valley Spartans | 12:17 |
| 240 | 208 | Bert | Brown | M Fairlands Valley Spartans | 12:18 |
| | 208 | Matt | Hickman | M FVS TRI | 12:18 |
| 242 | 33 | Suzy | Hawkins | F FVS TRI | 12:20 |
| 243 | 210 | M | Dixon | M Herts Phoenix | 12:21 |
| | 34 | Aimee | Baker | F North Herts Road Runners | 12:21 |
| 245 | 35 | Kate | Turner | F FVS TRI | 12:22 |
| | 211 | Richard | Bloom | M Herts Phoenix | 12:22 |
| 247 | 212 | Derek | Christopher | M Stopsley Striders | 12:28 |

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| | 212 | Roger | Forlan | M Harlow Running Club | 12:28 |
| 249 | 36 | Cath | Perry | F Barnet & District | 12:29 |
| | 36 | Suzy | Hawkins | F FVS TRI | 12:29 |
| | 214 | Darren | Wilby | M Fairlands Valley Spartans | 12:29 |
| 252 | 215 | Derek | Myall | M North Herts Road Runners | 12:30 |
| 253 | 216 | John | Shirley | M Barnet & District | 12:31 |
| 254 | 217 | Dave | Byrne | M Barnet & District | 12:32 |
| | 38 | Celia | Pardoe | F Garden City Runners | 12:32 |
| | 38 | Teresa | English | F Broxbourne Runners | 12:32 |
| 257 | 40 | Heather | Dawson | F Barnet & District | 12:34 |
| | 218 | John | Murphy | M Barnet & District | 12:34 |
| | 218 | Colin | Calcutt | M North Herts Road Runners | 12:34 |
| | 40 | Helen | Shulver | F FVS TRI | 12:34 |
| 261 | 42 | Virginia | Bird | F Garden City Runners | 12:35 |
| | 220 | Malcolm | Hall | M Royston Runners | 12:35 |
| 263 | 221 | Peter | Blackaller | M St Albans Striders | 12:36 |
| | 221 | Malcolm | Hall | M Royston Runners | 12:36 |
| 265 | 223 | David | Wilson | M Herts Phoenix | 12:37 |
| 266 | 224 | Mike | King | M Fairlands Valley Spartans | 12:38 |
| | 43 | Julie | Simmonds | F Herts Phoenix | 12:38 |
| 268 | 225 | Simon | Douglas | M FVS TRI | 12:42 |
| 269 | 226 | Pete | Dancer | M Bedford & County | 12:43 |
| 270 | 227 | Kevin | Bradley | M FVS TRI | 12:45 |
| 271 | 228 | Mark | Malone | M FVS TRI | 12:46 |
| 272 | 44 | Tracy | Pez | F Fairlands Valley Spartans | 12:48 |
| | 229 | Gary | Shanahan | M FVS TRI | 12:48 |
| 274 | 230 | Tim | Smith | M FVS TRI | 12:50 |
| | 230 | Ieuan | Evans | M Biggleswade AC | 12:50 |
| 276 | 232 | Andy | Welsh | M Barnet & District | 12:51 |
| 277 | 233 | Andy | Jay | M Fairlands Valley Spartans | 12:52 |
| 278 | 45 | Jo | Summers | F North Herts Road Runners | 12:53 |
| 279 | 46 | Ruth | Upjohn | F St Albans Striders | 12:54 |
| 280 | 234 | Adam | Murphy | M Biggleswade AC | 12:55 |
| | 47 | Philippa | Horlon | F Barnet & District | 12:55 |
| 282 | 48 | Sam | Tophill | F FVS TRI | 12:56 |
| 283 | 235 | Dave | Sheridan | M Barnet & District | 12:57 |
| | 49 | Lucy | Sparkes | F North Herts Road Runners | 12:57 |
| | 49 | Tilly | Scheuber | F Stevenage & North Herts | 12:57 |
| 286 | 51 | Hannah | Hutchinson | F Biggleswade AC | 12:58 |
| | 51 | Jilly | Richardson | F Leighton Buzzard AC | 12:58 |
| | 51 | Les | Dutton | F FVS TRI | 12:58 |
| 289 | 54 | Tracy | Kennedy | F FVS TRI | 12:59 |
| 290 | 55 | Julie | Simmonds | F Herts Phoenix | 13:00 |
| 291 | 56 | Katie | Herrington | F Harlow Running Club | 13:02 |
| | 56 | Sarah | Pike | F Stevenage & North Herts | 13:02 |
| 293 | 236 | Ryan | Johnson | M FVS TRI | 13:04 |
| 294 | 58 | Karen | Dodsworth | F North Herts Road Runners | 13:06 |
| | 237 | Steve | Pickett | M Stevenage & North Herts | 13:06 |
| | 237 | Lance | Richardson | M Stopsley Striders | 13:06 |
| 297 | 239 | Wayne | Aylott | M Garden City Runners | 13:08 |
| 298 | 240 | Duncan | Hooker | M North Herts Road Runners | 13:09 |
| 299 | 59 | Di | Glynn | F Royston Runners | 13:11 |
| | 59 | Nikki | Andrews | F Stevenage & North Herts | 13:11 |
| 301 | 241 | Ron | Newton | M Harlow Running Club | 13:14 |
| 302 | 242 | Tom | Richards | M Biggleswade AC | 13:18 |
| 303 | 61 | Vicky | Steadman | F Harlow Running Club | 13:20 |
| | 61 | Sam | Tophill | F FVS TRI | 13:20 |
| | 243 | Paul | Haynes | M Royston Runners | 13:20 |
| 306 | 244 | Daryl | Bowler | M Barnet & District | 13:21 |
| 307 | 63 | Mandy | Attree | F St Albans Striders | 13:22 |
| 308 | 245 | Steve | Mussett | M FVS TRI | 13:23 |
| 309 | 246 | Robert | Riggall | M North Herts Road Runners | 13:24 |
| 310 | 64 | Chris | Feely | F Fairlands Valley Spartans | 13:25 |

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| 311 | 65 | Lucy | Eaton | F | Fairlands Valley Spartans | 13:26 |
| | 65 | Amelia | Wood | F | Biggleswade AC | 13:26 |
| 313 | 247 | Paul | Gaitley | M | Stevenage & North Herts | 13:27 |
| | 67 | Amy | Pring | F | Stevenage & North Herts | 13:27 |
| 315 | 68 | Elodie | Irving | F | FVS TRI | 13:28 |
| 316 | 69 | Julia | White | F | Stevenage & North Herts | 13:32 |
| | 69 | Kirsty | Johnstone | F | Barnet & District | 13:32 |
| 318 | 71 | Vicky | Wright | F | St Albans Striders | 13:34 |
| 319 | 248 | Jack | Reddaway | M | Broxbourne Runners | 13:35 |
| 320 | 72 | Amy | Inchley | F | Leighton Buzzard AC | 13:36 |
| 321 | 249 | Daniel | Peppler-Jones | M | Biggleswade AC | 13:37 |
| 322 | 250 | Don | Lay | M | Royston Runners | 13:40 |
| 323 | 251 | David | Beasley | M | Herts Phoenix | 13:41 |
| 324 | 252 | John | Clarke | M | Barnet & District | 13:43 |
| 325 | 73 | Di | Shaw | F | Royston Runners | 13:44 |
| 326 | 74 | Carole | Mooney | F | St Albans Striders | 13:47 |
| 327 | 75 | Sophi | Sancler | F | Broxbourne Runners | 13:48 |
| 328 | 253 | Paul | Holgate | M | Fairlands Valley Spartans | 13:50 |
| 329 | 76 | Catherine | Brown | F | Royston Runners | 13:52 |
| 330 | 77 | Helen | Durance | F | St Albans Striders | 13:55 |
| | 77 | Nicola | Maggs | F | Barnet & District | 13:55 |
| 332 | 254 | Tony | Shortland | M | FVS TRI | 13:56 |
| | 79 | Christina | Parratt | F | Stopsley Striders | 13:56 |
| | 254 | Andrew | Sheridan | M | Fairlands Valley Spartans | 13:56 |
| 335 | 80 | Naomi | Woodland | F | FVS TRI | 14:00 |
| 336 | 81 | Jo | Bowdery | F | Fairlands Valley Spartans | 14:03 |
| | 256 | Peter | Westlake | M | Garden City Runners | 14:03 |
| 338 | 82 | Sharon | Rider | F | Broxbourne Runners | 14:06 |
| | 83 | Jane | Saur | F | Leighton Buzzard AC | 14:06 |
| 340 | 84 | Teresa | Sell | F | Royston Runners | 14:07 |
| | 84 | Anna | Priestley | F | North Herts Road Runners | 14:07 |
| 342 | 257 | Chris | Hardwicke | M | Stopsley Striders | 14:10 |
| 343 | 86 | Lydia | Clarkson | F | Fairlands Valley Spartans | 14:11 |
| | 258 | Karl | Howard | M | Royston Runners | 14:11 |
| | 258 | Richard | Inchley | M | Leighton Buzzard AC | 14:11 |
| 346 | 260 | J | Steed | M | Herts Phoenix | 14:12 |
| | 87 | Charlotte | Beard | F | Stevenage & North Herts | 14:12 |
| 348 | 88 | Jo | Harbon | F | North Herts Road Runners | 14:13 |
| 349 | 89 | Sarah | Kearsey | F | Fairlands Valley Spartans | 14:15 |
| 350 | 261 | Bill | Tuck | M | Fairlands Valley Spartans | 14:17 |
| 351 | 90 | Monica | Brown | F | Fairlands Valley Spartans | 14:20 |
| | 262 | Paul | Dutton | M | FVS TRI | 14:20 |
| | 90 | Mel | Hill | F | Royston Runners | 14:20 |
| 354 | 92 | Suzy | Trott | F | North Herts Road Runners | 14:21 |
| 355 | 263 | Ian | Larman | M | Fairlands Valley Spartans | 14:22 |
| 356 | 93 | Marie | Bacon | F | Stopsley Striders | 14:24 |
| 357 | 94 | Rachel | Annetts | F | North Herts Road Runners | 14:25 |
| 358 | 95 | Nicky | Kemp | F | North Herts Road Runners | 14:29 |
| 359 | 96 | Libby | Mitchell | F | Royston Runners | 14:30 |
| 360 | 264 | Ian | Cousins | M | Stopsley Striders | 14:34 |
| 361 | 97 | Helen | Harbon | F | North Herts Road Runners | 14:36 |
| 362 | 98 | Kim | Fenn | F | Stopsley Striders | 14:37 |
| 363 | 99 | Fiona | Towell | F | Leighton Buzzard AC | 14:42 |
| 364 | 100 | Sue | Gipson | F | FVS TRI | 14:48 |
| 365 | 101 | Linda | Selby | F | Harlow Running Club | 14:51 |
| 366 | 102 | Sarah | O'Bryan | F | Fairlands Valley Spartans | 14:56 |
| 367 | 265 | Alan | Goodwin | M | Fairlands Valley Spartans | 14:57 |
| 368 | 103 | Mary | Brown | F | Barnet & District | 15:00 |
| 369 | 266 | Reg | Brett | M | Luton AC | 15:04 |
| 370 | 267 | Bob | Taylor | M | Barnet & District | 15:07 |
| 371 | 268 | John | Adam | M | Leighton Buzzard AC | 15:08 |
| 372 | 104 | Helen | Cairns | F | North Herts Road Runners | 15:09 |
| 373 | 105 | Clare | Harrington | F | Barnet & District | 15:10 |

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| 374 | 106 | Mandy | Bullock | F | Fairlands Valley Spartans | 15:11 |
| 375 | 107 | Rena | Dudhia | F | Fairlands Valley Spartans | 15:15 |
| 376 | 108 | Christine | Sharman | F | Fairlands Valley Spartans | 15:17 |
| | 108 | Becky | Platt | F | Fairlands Valley Spartans | 15:17 |
| 378 | 110 | Maureen | Shirley | F | Barnet & District | 15:18 |
| 379 | 111 | Alison | Anstee | F | Stopsley Striders | 15:19 |
| 380 | 112 | Lynn | Allen | F | FVS TRI | 15:20 |
| 381 | 269 | Tony | Osborne | M | Fairlands Valley Spartans | 15:22 |
| 382 | 270 | Mark | Drummond | M | Fairlands Valley Spartans | 15:24 |
| 383 | 271 | Dave | Hazell | M | Stevenage & North Herts | 15:30 |
| 384 | 113 | Pauline | Lygo | F | Barnet & District | 15:31 |
| 385 | 114 | Nicky | Dewhurst | F | Stevenage & North Herts | 15:36 |
| 386 | 272 | Pat | Norris | M | North Herts Road Runners | 15:38 |
| 387 | 115 | Maureen | Steadman | F | Garden City Runners | 15:49 |
| 388 | 116 | Pam | Abbitt | F | Stopsley Striders | 15:51 |
| 389 | 117 | Desi | Gardner | F | Stopsley Striders | 15:52 |
| 390 | 118 | Greer | Kidney | F | Stopsley Striders | 15:58 |
| 391 | 119 | Rachael | Stanton | F | Fairlands Valley Spartans | 16:00 |
| 392 | 120 | Nikki | Tout | F | Fairlands Valley Spartans | 16:08 |
| 393 | 121 | Anna | O'Sullivan | F | Fairlands Valley Spartans | 16:15 |
| 394 | 273 | John | Fogarty | M | Garden City Runners | 16:16 |
| 395 | 122 | Sharon | White | F | Stopsley Striders | 16:22 |
| 396 | 123 | Iris | Hornsey | F | Fairlands Valley Spartans | 16:27 |
| 397 | 274 | John | Nugent | M | Broxbourne Runners | 16:28 |
| | 124 | Fiona | Edwards | F | Stopsley Striders | 16:28 |
| 399 | 125 | Sally | Harkins | F | North Herts Road Runners | 16:29 |
| | 125 | Eleanor | Draper | F | Garden City Runners | 16:29 |
| 401 | 127 | Ingrid | Bacon | F | Stopsley Striders | 16:30 |
| 402 | 128 | Christine | Sharp | F | North Herts Road Runners | 16:36 |
| 403 | 129 | Bev | Green | F | Stopsley Striders | 16:43 |
| 404 | 130 | Helen | Broughton | F | Fairlands Valley Spartans | 16:50 |
| 405 | 131 | Meline | Fletcher | F | FVS TRI | 17:01 |
| 406 | 132 | Anna | Nelson | F | Leighton Buzzard AC | 17:08 |
| 407 | 133 | Lisa | Jerrom | F | Fairlands Valley Spartans | 17:20 |
| 408 | 134 | Gemma | Parris | F | Fairlands Valley Spartans | 17:22 |
| 409 | 135 | Annika | Carroll | F | Fairlands Valley Spartans | 17:26 |
| 410 | 136 | Michelle | Long | F | Fairlands Valley Spartans | 17:29 |
| 411 | 137 | Cath | Shephard | F | Garden City Runners | 17:49 |
| 412 | 138 | Maureen | Miller | F | Royston Runners | 17:58 |
| 413 | 139 | Val | Little | F | Fairlands Valley Spartans | 17:59 |
| 414 | 140 | Helen | O'Sullivan | F | Fairlands Valley Spartans | 18:06 |
| 415 | 141 | Jill | Leigh | F | Fairlands Valley Spartans | 18:10 |
| 416 | 275 | Nanda | Kodi | M | North Herts Road Runners | 18:17 |
| 417 | 142 | Maria | Rushton | F | Fairlands Valley Spartans | 18:20 |
| 418 | 143 | Gill | McLaren | F | Stopsley Striders | 18:33 |
| 419 | 144 | Laura | Stafford | F | Fairlands Valley Spartans | 18:41 |
| 420 | 145 | Anne | Kirby | F | North Herts Road Runners | 18:45 |
| 421 | 146 | Jackie | Murphy | F | Stevenage & North Herts | 18:52 |
| 422 | 147 | Terri | Barker | F | Fairlands Valley Spartans | 19:10 |
| 423 | 276 | Chistopher | Bwalya | M | Fairlands Valley Spartans | 19:18 |
| 424 | 148 | Angela | Moore | F | Fairlands Valley Spartans | 19:42 |
| 425 | 149 | Alison | Lewis | F | Fairlands Valley Spartans | 19:54 |
| 426 | 277 | Clea | Onojequoe | M | Fairlands Valley Spartans | 20:06 |
| 427 | 150 | Theresa | Shearing | F | Fairlands Valley Spartans | 20:18 |
| 428 | 151 | Anita | Ramirez | F | Fairlands Valley Spartans | 20:21 |
| 429 | 152 | Lisa | Potter | F | Fairlands Valley Spartans | 20:27 |
| 430 | 153 | Helen | Morris | F | Stopsley Striders | 21:00 |
| 431 | 154 | Stephanie | Larman | F | Fairlands Valley Spartans | 21:31 |
| 432 | 155 | Bernadette | Millward | F | Fairlands Valley Spartans | 22:02 |
| 433 | 156 | Kaylee | Potter | F | Fairlands Valley Spartans | 22:48 |
| 434 | 157 | Amanda | Wright | F | Fairlands Valley Spartans | 23:15 |