

**Fred Hughes 10****24 January 2010****Veteran Women**

<b>Posn</b>	<b>Number</b>	<b>FirstName</b>	<b>LastName</b>	<b>Club</b>	<b>Cat</b>	<b>Time</b>
52	106	Nicola	Froud	Barnet & District AC	W35-44	01:06:17
99	65	Nicki	Sawday	St Albans Striders	W45-54	01:10:35
114	281	Vikki	Harrison	David Lloyd Pacers	W45-54	01:11:49
148	752	Stacey	Harris		W45-54	01:14:39
156	53	Kerry	James	Fairlands Valley Spartans	W35-44	01:14:57
159	266	Celia	Findlay	David Lloyd Pacers	W45-54	01:15:09
184	364	Nicola	Henry	Dacorum & Tring AC	W45-54	01:16:16
195	54	Joanna	Conn	Serpentine	W35-44	01:16:52
198	296	Moira	Craft	David Lloyd Pacers	W35-44	01:16:54
205	34	Sharon	Edghill	Milton Keynes AC	W45-54	01:17:06
216	189	Karen	Murphy	Barnet & District AC	W35-44	01:17:56
224	23	Mandy	Attree	St Albans Striders	W35-44	01:18:20
246	181	Caroline	Bailes	St Albans Striders	W35-44	01:19:34
269	365	Clare	Murray	Dacorum & Tring AC	W35-44	01:21:02
319	329	Sue	Williams	David Lloyd Pacers	W45-54	01:24:11
371	779	Chris	Davies		W45-54	01:27:42
383	666	Kimberley	Mangelshot	Ware Joggers	W35-44	01:28:00
426	238	Susan	Kennedy	Serpentine	W45-54	01:30:23
470	117	Sarah	Mumford	St Albans Striders	W45-54	01:33:45
513	245	Beverley	Harlow	Fairlands Valley Spartans	W55+	01:36:24
514	136	Sharon	Crowley	Fairlands Valley Spartans	W45-54	01:36:28
537	671	Angela	Edwards	Watford Joggers	W45-54	01:39:08
583	460	Sarah	Coltman	Watford Joggers	W35-44	01:46:21
587	268	Liz	Morgan	Fairlands Valley Spartans	W55+	01:47:28
588	323	Susan	Connell	Fairlands Valley Spartans	W55+	01:47:46
607	148	Valerie	Stringer	Ware Joggers	W55+	01:54:11
616	421	Parul	Kaul-Green		W35-44	02:10:27

**Fred Hughes 10****24 January 2010****Veteran Men**

<b>Posn</b>	<b>Number</b>	<b>FirstName LastName</b>	<b>Club</b>	<b>Cat</b>	<b>Time</b>
2	190	Adam Mills	Bedford Harriers	M40-49	00:56:38
6	301	Simon Speirs	Harpenden Aro Runners	M40-49	00:58:37
13	536	Andrew Kelleher	Barnet & District AC	M40-49	01:00:29
17	552	Ian Harpur	Namban Rengo	M40-49	01:01:30
18	521	Desmond Michael	Barnet & District AC	M50-59	01:02:03
30	38	Alan Whelan	Tring Running Club	M40-49	01:03:53
35	374	David Bowker	Fairlands Valley Spartans	M50-59	01:04:14
39	606	Colin Taylor	Watford Joggers	M50-59	01:04:42
41	414	Lee Scott	Harpenden Aro Runners	M40-49	01:05:21
42	699	Steve Boyd	Gade Valley Harriers	M40-49	01:05:24
46	60	Sean Bowen	Garden City Runners	M40-49	01:05:48
49	607	Paul Carter	Barnet & District Ac	M50-59	01:06:10
50	3	Nicholas Malpeli	North Herts Road Runners	M40-49	01:06:12
68	33	Dennis Edghill	Milton Keynes AC	M50-59	01:08:13
69	672	Marcus Edwards	Watford Joggers	M50-59	01:08:24
71	725	Ian Needleman	Dacorum & Tring AC	M50-59	01:08:33
72	97	Paul Savage	Running Fource	M40-49	01:08:39
78	247	Marco Paganuzzi	Tri-Force	M40-49	01:09:32
79	516	Richard Smith		M40-49	01:09:36
97	55	Niall Mcintyre	JP Morgan RC	M40-49	01:10:29
102	681	Alan Routledge		M50-59	01:10:57
107	107	Hugh St John		M60+	01:11:22
110	439	Douglas Hamilton		M60+	01:11:33
117	551	Andrew Garrett	Fairlands Valley Spartans	M40-49	01:11:52
118	440	Ian Nichol	St Albans Striders	M40-49	01:11:54
122	392	Jim Brown	Fairlands Valley Spartans	M60+	01:12:39
132	379	Tim Odonovan		M50-59	01:13:35
141	242	Paul Castaldo	Trent Park RC	M40-49	01:14:12
143	610	Clive Lampard		M50-59	01:14:13
155	651	Rick Hole	Garden City Runners	M50-59	01:14:57
160	742	Stephen Kelly	St Albans Striders	M50-59	01:15:11
166	766	Paul Emery	Watford Joggers	M50-59	01:15:24
168	603	Bertie Miller	Queens Park Harriers	M50-59	01:15:28
175	52	Colin Hamlet	Watford Harriers	M60+	01:15:41
179	69	Richard Allen	Fairlands Valley Spartans	M40-49	01:15:59
188	662	John Coyle	Harpenden Aro Runners	M40-49	01:16:32
206	578	Angus Nicoll	St Albans Striders	M60+	01:17:08
209	472	David Greenfield	Kingston AC & Polytechnic H	M50-59	01:17:30
214	423	John Hope	St Albans Striders	M60+	01:17:43
225	361	Rik Edwards	Chiltern Harriers	M50-59	01:18:22
227	322	Michael Connell	Fairlands Valley Spartans	M60+	01:18:27
229	776	James Wright		M40-49	01:18:37
239	61	Stephen Green	Fairlands Valley Spartans	M40-49	01:19:14
265	155	Robert Shaw	Fairlands Valley Spartans	M60+	01:20:48
267	490	Roland Brown		M50-59	01:20:58
268	443	Andrew Van Heiningen	Serpentine	M40-49	01:20:59
271	741	Barney Gray		M40-49	01:21:11

282	707	Martin Storrie	Gade Valley Harriers	M50-59	01:21:59
290	45	Patrick Higgins	St Albans Striders	M50-59	01:22:28
293	611	Malcolm Salmons	Watford Joggers	M50-59	01:22:50
304	66	Nick Pierpoint	Tring Running Club	M50-59	01:23:36
347	597	Graham Edwards	St Albans Striders	M40-49	01:25:53
369	420	Paul Holgate	Fairlands Valley Spartans	M50-59	01:27:30
386	79	Trace Allen	Garden City Runners	M60+	01:28:10
422	63	Adrian Dudley	Garden City Runners	M40-49	01:30:05
425	715	Graham Cracknell	Dacorum & Tring AC	M60+	01:30:18
465	191	Richard Whiting	Herts Phoenix AC	M50-59	01:33:10
466	4	Howard Knight	Road Runners Club	M40-49	01:33:13
525	120	Kevin Lawlor	Fairlands Valley Spartans	M50-59	01:37:39
527	19	Michael Wise	Garden City Runners	M50-59	01:38:05
536	588	Derek Burchnell		M40-49	01:38:56
548	121	David Paul	Fairlands Valley Spartans	M40-49	01:40:32
571	316	Lawrence Klein	Vegan Runners	M50-59	01:43:12
591	149	Roy Stringer	Ware Joggers	M60+	01:48:16
594	773	Peter Hern	Herts Police	M60+	01:49:11