

FAIRLANDS VALLEY SPARTANS 3K RELAYS - THURSDAY 21st JULY 2011

OFFICIAL TEAM RESULTS

Pos	Team	Surname	Time	Cat.	Co.	Positions					
						Race		County			
						Open	Vet	Herts	Vets	Beds	Vets
LADIES TEAMS											
1	108	Bedford Harriers 'A'	33:35	V	B	1				1	
2	106	Garden City Runners 'A'	33:43	O	H	2		1			
3	121	Barnet & District 'A'	33:49	V	H	3	1	2	1		
4	144	North Herts Road Runners 'A'	34:13	V	H	4	2	3	2		
5	114	Stopsley Striders 'A'	34:17	V	B	5	3			2	1
6	129	St Albans Striders 'A'	34:50	O	H	6		4			
7	120	Barnet & District 'B'	35:06	O	H	7		5			
8	142	North Herts Road Runners 'B'	36:30	O	H	8		6			
9	102	Luton AC 'A'	36:49	O	B	9				3	
10	134	Ware Joggers 'A'	37:25	O	H	10		7			
11	140	Leighton Buzzard 'A'	37:31	O	B	11				4	
12	109	Bedford Harriers 'B'	37:56	V	B	12	4			5	2
13	107	Garden City Runners 'B'	38:01	V	H	13	5	8	3		
14	122	Barnet & District 'C'	38:18	V	H	14	6	9	4		
15	130	St Albans Striders 'B'	39:00	V	H	15	7	10	5		
16	133	Dunstable RR 'A'	39:09	V	B	16	8			6	3
17	111	Biggleswade AC 'A'	39:53	V	-	17	9				
18	110	Bedford Harriers 'C'	40:04	V	B	18	10			7	4
19	146	Royston Runners 'A'	40:52	O	-	19					
20	116	Fairlands Valley Spartans 'A'	41:15	V	H	20	11	11	6		
21	123	Barnet & District 'D'	41:29	V	H	21	12	12	7		
22	124	Garden City Runners 'C'	41:34	O	H	22		13			
23	131	St Albans Striders 'C'	41:39	O	H	23		14			
24	145	North Herts Road Runners 'C'	41:56	V	H	24	13	15	8		
25	112	Stopsley Striders 'B'	42:44	O	B	25				8	
26	151	Fairlands Valley Spartans 'B'	42:51	V	H	26	14	16	9		
27	135	Ware Joggers 'B'	43:35	V	H	27	15	17	10		
28	138	Garden City Runners 'D'	43:59	O	H	28		18			
29	136	Ware Joggers 'C'	44:07	O	H	29					
30	149	Fairlands Valley Spartans 'C'	44:20	O	H	30		19			
31	126	Watford Harriers 'A'	44:54	O	H	31		20			
32	150	Fairlands Valley Spartans 'D'	44:56	V	H	32	16				
33	105	Garden City Runners 'E'	45:42	O	H	33		21			
34	127	North Herts Road Runners 'D'	45:53	V	H	34	17	22	11		
35	137	Ware Joggers 'D'	46:00	V	H	35	18	23	12		
36	152	Garden City Runners 'F'	46:11	O	H	36		24			
37	125	Biggleswade AC 'B'	46:54	V	B	37	19				
38	139	Leighton Buzzard 'B'	46:59	O	B	38				9	
39	147	Royston Runners 'B'	47:13	O	-	39					
40	119	Barnet & District 'E'	47:54	V	H	40	20	25	13		
41	104	Fairlands Valley Spartans 'E'	48:28	O	H	41		26			
42	132	North Herts Road Runners 'E'	48:45	V	H	42	21	27	14		
43	118	Barnet & District 'F'	49:08	B	H	43		28			
44	154	Biggleswade AC 'C'	49:10	V	B	44	22				
45	141	Garden City Runners 'G'	49:33	V	H	45	23	29	15		

46	101	Biggleswade AC 'D'	51:48	V	B	46	24			10	5
47	117	Fairlands Valley Spartans 'F'	51:54	V	H	47	25	30	16		
48	113	Stopsley Striders 'C'	52:14	O	B	48				11	
49	115	Stopsley Striders 'D'	53:10	V	B	49	26			12	6
50	153	Garden City Runners 'H'	54:07	O	H	50		31			
51	143	Garden City Runners 'I'	54:19	O	H	51		32			
52	128	Fairlands Valley Spartans 'G'	54:45	V	H	52	27	33	17		
53	103	Fairlands Valley Spartans 'H'		V	H	53	28	34	18		

MENS TEAMS

1	2	Luton AC 'A'	46:03	O	B	1				1	
2	1	Bedford & County 'A'	46:11	O	B	2				2	
3	20	St Albans Striders 'A'	47:31	O	H	3		1			
4	23	Herts Phoenix 'A'	49:11	O	H	4		2			
5	17	Barnet & District 'A'	50:37	O	-	5					
6	3	Luton AC 'B'	50:39	O	B	6				3	
7	18	Fairlands Valley Spartans 'A'	51:04	O	H	7		3			
8	30	Garden City Runners 'A'	51:24	V	H	8	1	4	1		
9	32	Garden City Runners 'B'	51:31	O	H	9		5			
10	19	Barnet & District 'B'	51:41	V	H	10	2	6	2		
11	29	Stevenage & North Herts AC 'A'	51:49	O	H	11		7			
12	43	Leighton Buzzard 'A'	52:12	O	B	12				4	
13	4	Luton AC 'C'	52:39	O	B	13					
14	8	Watford Harriers 'A'	53:30	O	-	14					
15	21	St Albans Striders 'B'	53:50	O	H	15		8			
16	10	Bedford Harriers 'A'	53:54	O	B	16				5	
17	35	Ware Joggers 'A'	54:06	O	H	17		9			
18	5	Bedford & County 'B'	54:20	V	B	18	3			6	1
19	48	Royston Runners 'A'	54:24	V	H	19	4	10	3		
20	34	Ware Joggers 'B'	54:25	V	-	20	5				
21	14	Stopsley Striders 'A'	54:50	O	-	21					
22	41	North Herts Road Runners 'A'	55:37	O	H	22		11			
23	37	Dunstable RR 'A'	56:00	O	B	23				7	
24	12	Bedford Harriers 'B'	56:02	V	B	24	6			8	2
25	25	Barnet & District 'C'	56:12	V	H	25	7	12	4		
26	40	North Herts Road Runners 'B'	56:18	V	H	26	8				
27	6	Bedford & County 'C'	56:22	O	-	27					
28	31	Garden City Runners 'C'	56:31	O	H	28		13			
29	53	Biggleswade AC 'C'	56:35	O	B	29				9	
30	42	Leighton Buzzard 'B'	58:45	O	B	30				10	
31	0	Biggleswade AC 'A'	58:59	V	B	31	9			11	3
32	13	Stopsley Striders 'B'	59:01	V	B	32	10			12	4
33	45	Fairlands Valley Spartans 'B'	59:04	V	H	33	11	14	5		
34	28	Broxbourne Runners 'A'	59:12	O	H	34		15			
35	38	Dunstable RR 'B'	59:30	O	B	35				13	
36	33	Harlow Running Club 'A'	59:40	V	-	36	12				
37	15	Fairlands Valley Spartans 'C'	59:43	O	H	37		16			
38	50	Royston Runners 'B'	1:00:21	O	-	38					
39	46	Fairlands Valley Spartans 'D'	1:00:56	O	H	39					

40	36	Ware Joggers 'C'	1:01:26	O	H	40		17		
41	9	Watford Harriers 'B'	1:01:29	O	-	41				
42	49	Royston Runners 'C'	1:02:21	O	-	42				
43	44	Garden City Runners 'D'	1:03:00	V	H	43	13	18	6	
44	51	Garden City Runners 'E'	1:03:05	O	H	44		19		
45	26	Barnet & District 'D'	1:04:55	V	-	45	14			
46	24	Herts Phoenix 'B'	1:05:50	V	H	46	15	20	7	
47	22	St Albans Striders 'C'	1:06:30	V	H	47	16	21	8	
48	52	North Herts Road Runners 'C'	1:07:02	O		48				
49	16	Fairlands Valley Spartans 'E'	1:07:26	V	H	49	17	22	9	
50	7	Bedford & County 'D'	1:07:42	V	B	50	18			14 5
51	47	North Herts Road Runners 'D'	1:08:14	O	H	51		23		
52	11	Bedford Harriers 'C'	1:08:23	V	B	52	19			15 6
53	39	Biggleswade AC 'B'	1:08:33	V	B	53	20			16 7
54	54	Garden City Runners 'F'	1:08:57	V	H	54	21	24	10	
55	55	Garden City Runners 'G'	1:10:32	O	H	55		25		
56	56	Challenge Central 'A'	1:13:12	O	H	56		26		
57	27	Fairlands Valley Spartans 'F'	1:15:21	O	H	57		27		

Ware Joggers 'A'			O	H	10	7		
16	Eibhlin	Leahy			12:55			
12	Annette	Hardman			12:10			
10	Chrissie	Richards			12:20			
					37:25			
Leighton Buzzard 'A'			O	B	11		4	
14	Laura	Smith			12:39			
11	Amy	Inchley			12:14			
11	Jane	Saver			12:38			
					37:31			
Bedford Harriers 'B'			V	B	12	4	5	2
15	Sally	Cartwright			12:43			
14	Carla	Jenkins			12:49			
12	Juliet	Smith			12:24			
					37:56			
Garden City Runners 'B'			V	H	13	5	8	3
13	Yvonne	Jones			12:34			
15	Jo	Matthews			13:16			
13	Andrea	Mann			12:11			
					38:01			
Barnet & District 'C'			V	H	14	6	9	4
12	Heather	Dawson			12:11			
13	Karen	Denham			13:08			
14	Karen	Bradley			12:59			
					38:18			
St Albans Striders 'B'			V	H	15	7	10	5
19	Mandy	Attree			13:10			
19	Chris	Smith			13:46			
15	Liz	McKie			12:04			
					39:00			
Dunstable RR 'A'			V	B	16	8	6	3
24	Margaret	De Winter			13:48			
18	Sarah	Thorn			13:06			
16	Sarah	Shynn			12:15			
					39:09			
Biggleswade AC 'A'			V	-	17	9		
29	Katy	Burns			14:10			
17	Fi	Wynde			12:43			
17	Zoe	Luscombe			13:00			
					39:53			
Bedford Harriers 'C'			V	B	18	10	7	4
33	Angie	Harris			14:40			
23	Caroline	Devine			13:07			
18	Julie	Wargent			12:17			
					40:04			
Royston Runners 'A'			O	-	19			
17	Felicity	Millns			12:59			
21	Sam	Wilson			14:00			
19	Ann	Tyler			13:53			
					40:52			

Fairlands Valley Spartans 'A'			V	H	20	11	11	6
8	Alison	Wood			11:11			
9	Katy	Jinks			12:48			
20	Iris	Hornsey			17:16			
					41:15			
Barnet & District 'D'			V	H	21	12	12	7
25	Sandra	O'Connor			13:56			
25	Linda	Dworowski			14:32			
21	Kirsty	Johnstone			13:01			
					41:29			
Garden City Runners 'C'			O	H	22		13	
21	Carol	Reid			13:37			
22	Maryam	Hulme			13:29			
22	Mel	Edwards			14:28			
					41:34			
St Albans Striders 'C'			O	H	23		14	
27	Linda	Powell			13:57			
16	Helen	Varley			12:55			
23	Sheryl	Norman			14:47			
					41:39			
North Herts Road Runners 'C'			V	H	24	13	15	8
23	Linda	Aird			13:44			
20	Jo	Summers			13:13			
24	Nicky	Kemp			14:59			
					41:56			
Stopsley Striders 'B'			O	B	25			8
10	Miriam	Tedder			11:52			
26	Tracey	Barrett			16:57			
25	Christina	Green			13:55			
					42:44			
Fairlands Valley Spartans 'B'			V	H	26	14	16	9
28	Alison	Hopwood			14:07			
27	Maria	Thorne			14:46			
26	Sara	O'Callaghan			13:58			
					42:51			
Ware Joggers 'B'			V	H	27	15	17	10
32	Anne	Ramsden			14:32			
30	Amanda	Hampton			14:54			
27	Sue	Duffy			14:09			
					43:35			
Garden City Runners 'D'			O	H	28		18	
22	Anna	Lillie			13:43			
29	Louise	Smith			15:31			
28	Vicky	Stevens			14:45			
					43:59			
Ware Joggers 'C'			O	H	29			
34	Debbie	Spicer			14:42			
31	Rachel	Symmonds			15:22			
29	Jude	Manser (2)			14:03			
					44:07			

Fairlands Valley Spartans 'C'			O	H	30	19		
35 Rachel	Payne	14:57						
28 Dawn	Easby	14:09						
30 Katie	Bradford	15:14						
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44:20								
Watford Harriers 'A'			O	H	31	20		
20 Alison	Putko	13:35						
33 Mia	Bradley	17:14						
31 Angela	Halford	14:05						
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44:54								
Fairlands Valley Spartans 'D'			V	H	32	16		
44 Iris	Hornsey (2)	16:23						
38 Tessa	Stephenson	15:23						
32 Alison	Wood (2)	13:10						
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44:56								
Garden City Runners 'E'			O	H	33	21		
31 Laura	Simmonds	14:22						
32 Lucy	Paul	16:11						
33 Jane	Henn	15:09						
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45:42								
North Herts Road Runners 'D'			V	H	34	17	22	11
43 Vanessa	Rolfe	16:15						
34 Rachel	Annetts	14:35						
34 Lisa	Hiemestra	15:03						
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45:53								
Ware Joggers 'D'			V	H	35	18	23	12
30 Jude	Manser	14:12						
35 Margaret	Waddington	16:45						
35 Sandra	Morris	15:03						
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46:00								
Garden City Runners 'F'			O	H	36	24		
45 Lynnette	Stewart	16:28						
43 Nicola	Stewart	16:26						
36 Virginia	Bird	13:17						
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46:11								
Biggleswade AC 'B'			V	B	37	19		
42 Dorothy	Elsy	16:10						
36 Jan	Blake	15:28						
37 Julia	McKay (2)	15:16						
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46:54								
Leighton Buzzard 'B'			O	B	38			9
18 Amelia	Wallace	13:04						
24 Fiona	Towell	14:51						
38 Helen	Crossland	19:04						
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46:59								
Royston Runners 'B'			O	-	39			
26 Libby	Mitchell	13:56						
41 Maryam	Phelan	18:35						
39 Maureen	Miller	14:42						
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47:13								

Barnet & District 'E'			V	H	40	20	25	13
38	Ros	De La Bertauche	15:36					
37	Pauline	Lygo	16:04					
40	Maureen	Shirley	16:14					
			47:54					
Fairlands Valley Spartans 'E'			O	H	41		26	
49	Jackie	Morrison	16:59					
44	Maria	Rushton	15:59					
41	Sarah	Hukin	15:30					
			48:28					
North Herts Road Runners 'E'			V	H	42	21	27	14
40	Cathy	Craig	15:45					
40	Christine	Sharp	16:23					
42	Miranda	Morgan	16:37					
			48:45					
Barnet & District 'F'			B	H	43		28	
37	Erica	Ikibiroglu	15:34					
39	Margaret	Butler	16:26					
43	Davika	Dedja	17:08					
			49:08					
Biggleswade AC 'C'			V	B	44	22		
36	Julia	McKay	15:14					
45	Mel	Wilkinson	17:50					
44	Helen	Hope	16:06					
			49:10					
Garden City Runners 'G'			V	H	45	23	29	15
39	Shena	Lancaster	15:36					
42	Eleanor	Draper	16:57					
45	Maureen	Steed	17:00					
			49:33					
Biggleswade AC 'D'			V	B	46	24		10 5
41	Elaine	Stead	16:07					
47	Rachel	Kenyon-Muir	17:46					
46	Lesley	Novis	17:55					
			51:48					
Fairlands Valley Spartans 'F'			V	H	47	25	30	16
46	Lena	Lousa	16:34					
48	Anne-Marie	Neatham	17:36					
47	Karen	Smith	17:44					
			51:54					
Stopsley Striders 'C'			O	B	48			11
52	Pam	Abbitt	18:05					
50	Cheryl	McLaren	17:51					
48	Gill	McLaren	16:18					
			52:14					
Stopsley Striders 'D'			V	B	49	26		12 6
51	Elaine	Harries	18:04					
53	Carla	Greer	18:37					
49	Christa	Jeffrey	16:29					
			53:10					

Garden City Runners 'H'			O	H	50			31
53	Beth	Casserley			18:51			
52	Anne	Harper			17:39			
50	Sian	Vivanti			17:37			
					54:07			
Garden City Runners 'I'			O	H	51			32
50	Jade	Davis			17:36			
49	Angela	Scholtzova			16:44			
51	Jenny	Burns			19:59			
					54:19			
Fairlands Valley Spartans 'G'			V	H	52	27	33	17
47	Karen	Reeves			16:44			
51	Julie	Renshaw			19:42			
52	Sarah	Russell			18:19			
					54:45			
Fairlands Valley Spartans 'H'			V	H	53	28	34	18
48	Kerry	Setterfield			16:46			
46	Tracy	Stiles			16:51			
	Hannah	Sypula						
					DNF			

Fairlands Valley Spartans 'A'			O	H	7		3	
8	Craig	Halsey			9:45			
11	Chris	Westcott			10:39			
13	Todd	Gray			10:55			
10	Simon	Jackson			10:03			
7	Grant	Ramsay			9:42			
					51:04			
Garden City Runners 'A'			V	H	8	1	4	1
14	Steve	Kemble			10:00			
15	Keith	McLellan			10:55			
11	Terry	Fowler			10:08			
9	Ian	Harpur			10:04			
8	Andy	Holt			10:17			
					51:24			
Garden City Runners 'B'			O	H	9		5	
13	Rob	Casserley			9:56			
13	Rob	Hughes			10:48			
15	Neil	Hulme			10:55			
12	Roy	Scott			10:30			
9	Dave	Edwards			9:22			
					51:31			
Barnet & District 'B'			V	H	10	2	6	2
10	Adrian	Mason			9:50			
12	Yitzhak	Ben-Aroya			10:44			
8	Richard	McCormick			9:44			
8	Peter	Ellis			10:47			
10	Dave	Wilcock			10:36			
					51:41			
Stevenage & North Herts AC 'A'			O	H	11		7	
11	Greg	Evans			9:51			
6	Chris	Hilton			9:51			
7	Warren	Herridge			10:33			
7	Jeremy	Rackham			10:45			
11	Tom	Sloan			10:49			
					51:49			
Leighton Buzzard 'A'			O	B	12			4
12	Andy	Inchley			9:54			
10	Peter	Mackrell			10:26			
9	Billy	Mead			10:39			
11	Chris	Norman			10:41			
12	Tom	May			10:32			
					52:12			
Luton AC 'C'			O	B	13			
15	Stuart	Baird			10:07			
51	Paul	Jacob			16:37			
17	Nathaniel	Quigley (2)			5:35			
14	Reg	Brett			10:09			
13	Stuart	Baird (2)			10:11			
					52:39			

Watford Harriers 'A'			O	-	14				
6	Julian	Critchlow	9:42						
14	Stuart	Dearman	11:09						
16	Nick	Harris	11:17						
15	Mike	Bradley	10:34						
14	Paul	Rutley	10:48						
			53:30						
St Albans Striders 'B'			O	H	15		8		
21	Gary	Warren	10:20						
16	Mark	Taplin	10:47						
14	John	Ockenden	10:24						
13	Colin	Braybrook	10:48						
15	Stuart	Middleton	11:31						
			53:50						
Bedford Harriers 'A'			O	B	16			5	
31	Adam	Hills	11:09						
19	Tim	Davis	10:05						
18	Andy	Palombella	11:13						
22	Peter	Mealing	11:42						
16	Adam	Mills	9:45						
			53:54						
Ware Joggers 'A'			O	H	17		9		
20	Kevin	Whelan	10:17						
17	Dave	Pomeroy	10:51						
22	Chris	Williams	11:58						
18	Jon	Williams	10:03						
17	Jamie	Higgs	10:57						
			54:06						
Bedford & County 'B'			V	B	18	3		6	1
16	Paul	Westrope	10:10						
9	Steve	Earley	10:08						
12	Rob	Payne	10:58						
17	Malcolm	Cowley	11:44						
18	Dave	Laynes	11:20						
			54:20						
Royston Runners 'A'			V	H	19	4	10	3	
18	Karl	Cable	10:17						
29	Paul	Green	12:03						
21	Richard	Harrison	10:36						
20	Graham	Hill	10:32						
19	Paul	Martin	10:56						
			54:24						
Ware Joggers 'B'			V	-	20	5			
23	Tom	Gee	10:45						
20	Garth	Morris	10:34						
24	Larry	Mangelshot	11:54						
19	Kenny	Blyth	9:59						
20	Nick	Kenyon-Muir	11:13						
			54:25						

Stopsley Striders 'A'			O	-	21				
34	Stuart	Harries	11:14						
22	Mark	Sains	10:35						
19	Chris	Green	10:54						
23	Dave	Hall (2)	11:31						
21	Mark	Sains (2)	10:36						
			54:50						
North Herts Road Runners 'A'			O	H	22		11		
7	Andy	Mutton	9:44						
8	Matt	Leach	10:25						
10	Dom	Buckle	10:52						
16	Phil	Goose	11:45						
22	James	Harley	12:51						
			55:37						
Dunstable RR 'A'			O	B	23			7	
27	Dave	Morgan	10:58						
26	Phil	McClean	11:12						
27	Mark	Cornell	11:36						
27	Peter	Keane	11:38						
23	Lee	Murphy	10:36						
			56:00						
Bedford Harriers 'B'			V	B	24	6		8	2
32	Dave	Hutchings	11:11						
23	Alastair	Faddon	10:44						
26	Graham	Short	11:46						
28	Rob	Miller	11:47						
24	Gary	Fitch	10:34						
			56:02						
Barnet & District 'C'			V	H	25	7	12	4	
33	Des	Michael	11:11						
31	Jerry	Bryan	11:19						
29	Rob	Scott	11:45						
30	Lawrence	Scheyvens	11:37						
25	Mel	Parker	10:20						
			56:12						
North Herts Road Runners 'B'			V	H	26	8			
24	Pete	Scrowther	10:53						
30	Martyn	Annetts	11:29						
25	Nick	Malpeli	11:11						
29	Colin	Calcutt (2)	11:59						
26	Pete	Sibbett	10:46						
			56:18						
Bedford & County 'C'			O	-	27				
28	Andy	Boast	11:02						
28	Gavin	Reynolds	11:13						
30	Emily	Boast	12:01						
25	Steve	Earley (2)	10:13						
27	Rob	Payne (2)	11:53						
			56:22						

Garden City Runners 'C'			O	H	28	13		
19	Dave	Desborough	10:17					
18	Jamie	Reed	10:56					
23	Dave	Moscrop	11:56					
24	Alan	Routledge	11:18					
28	Mike	Bridge	12:04					
			56:31					
Biggleswade AC 'C'			O	B	29		9	
30	David	Sabey	11:03					
25	Rob	Morgan	11:02					
28	Damien	Pitts	11:47					
21	Rich	Bevan	10:04					
29	Gary	B	12:39					
			56:35					
Leighton Buzzard 'B'			O	B	30		10	
29	Peter	Wiggins	11:02					
34	Chris	Williams	12:17					
33	Joe	Hurley	11:46					
34	Fred	Watt	12:17					
30	Mike	Bryant	11:23					
			58:45					
Biggleswade AC 'B'			V	B	31	9	11	3
22	Paul	Davies	10:29					
24	John	Haines	11:32					
31	Richard	Gray	12:35					
31	Rob	Hemming	12:08					
31	Andrew	Bruce	12:15					
			58:59					
Stopsley Striders 'B'			V	B	32	10	12	4
35	Paul	Abbott	11:28					
32	Dave	Hall	11:12					
36	Bill	Barrett	13:13					
35	Paul	Keech	12:03					
32	John	Chapman	11:05					
			59:01					
Fairlands Valley Spartans 'B'			V	H	33	11	14	5
37	Graham	Blackburn	11:36					
33	Darren	Stephenson	11:22					
38	Roger	Biggs	13:10					
33	Andy	Neatham	11:07					
33	Tony	Bradford	11:49					
			59:04					
Broxbourne Runners 'A'			O	H	34		15	
26	Graeme	Armstrong	10:56					
40	Nichola	Kay	13:17					
35	Howard	Sladen	11:17					
32	Paul	Reddaway	11:27					
34	Andrew	Panteli	12:15					
			59:12					

Dunstable RR 'B'			O	B	35		13
47	Ryan	McNabola			12:37		
35	Craig	Palmer			10:42		
41	Will	Walsh			13:57		
37	Winston	Woodward			11:13		
35	Dia	Morgan			11:01		
					<u>59:30</u>		
Harlow Running Club 'A'			V	-	36	12	
17	Rob	Lowe			10:14		
27	John	Tennant			11:57		
32	Martin	McColgan			12:38		
39	Colin	Moody			13:58		
36	Rob	Lowe (2)			10:53		
					<u>59:40</u>		
Fairlands Valley Spartans 'C'			O	H	37	16	
25	Liam	Herbert			10:53		
21	Jamie	Drackford			10:54		
20	Richard	Bate			10:57		
26	Sean	Thompson			12:33		
37	Ben	Travis			14:26		
					<u>59:43</u>		
Royston Runners 'B'			O	-	38		
41	Maurice	Hill			11:58		
37	Joe	Brown			11:31		
39	Glenn	Miller			12:49		
40	Chris	Fagan			12:49		
38	Don	Lay			11:14		
					<u>1:00:21</u>		
Fairlands Valley Spartans 'D'			O	H	39		
45	Davie	Stafford			12:21		
39	Ben	Snowden			11:45		
34	Adrian	Donnelly			11:23		
36	Davie	Stafford (2)			12:55		
39	Ben	Snowden (2)			12:32		
					<u>1:00:56</u>		
Ware Joggers 'C'			O	H	40	17	
38	Tony	O'Sullivan			11:51		
38	Mike	Bagnal			12:10		
40	Richard	Coffey			12:25		
38	Tony	Shoesmith			12:07		
40	Martin	Blacker			12:53		
					<u>1:01:26</u>		
Watford Harriers 'B'			O	-	41		
43	Paul	Illing			12:08		
43	Graham	Mayoh			12:52		
44	Vince	Wilson			12:40		
41	Tim	Birkett			11:32		
41	Mia	Bradley			12:17		
					<u>1:01:29</u>		

Royston Runners 'C'			O	-	42			
50 Paul	Haynes	12:52						
41 Peter	Allen	11:35						
45 Malcolm	Hall	13:20						
44 John	Bowyer	13:22						
42 Joe	Maude	11:12						
<hr/>								
1:02:21								
Garden City Runners 'D'			V	H	43	13	18	6
46 Andy	Newbury	12:35						
49 Wayne	Aycott	13:17						
43 Steve	Williams	11:41						
43 Ian	Munro	12:37						
43 Dave	Newman	12:50						
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1:03:00								
Garden City Runners 'E'			O	H	44		19	
49 Phil	Harrison	12:48						
42 Orville	Archer	12:11						
42 John	Preis	12:22						
42 John	Davis	12:37						
44 Perry	Gear	13:07						
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1:03:05								
Barnet & District 'D'			V	-	45	14		
44 Nick	Bingham	12:17						
44 John	Clarke	12:46						
46 John	Shirley	12:48						
47 Ted	Kimber	14:35						
45 Joe	Gomes	12:29						
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1:04:55								
Herts Phoenix 'B'			V	H	46	15	20	7
36 Peter	Williams	11:29						
36 Richard	Bloom	11:51						
37 Stuart	Mann	12:34						
45 John	Steed	15:19						
46 Dave	Beasley	14:37						
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1:05:50								
St Albans Striders 'C'			V	H	47	16	21	8
48 Richard	Derrick	12:41						
47 Pat	Higgins	12:58						
50 John	Warren	14:11						
50 Roger	Murray	13:19						
47 John	Hope	13:21						
<hr/>								
1:06:30								
North Herts Road Runners 'C'			O		48			
51 Colin	Calcutt	13:13						
55 Jane	Tyler	15:27						
55 A N	Other	14:35						
54 A N	Other	11:53						
48 A N	Other	11:54						
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1:07:02								

Fairlands Valley Spartans 'E'			V	H	49	17	22	9
52	Barry	King						
50	Ryan	Dunning						
52	Paul	Holgate						
51	Matt	Gill						
49	Gary	Dempsey						
			1:07:26					
Bedford & County 'D'			V	B	50	18		14 5
42	Mick	Russell						
45	Bob	Thompson						
48	Peter	Dancer						
49	Brian	Webb						
50	Dave	Stubbins						
			1:07:42					
North Herts Road Runners 'D'			O	H	51		23	
40	David	Frampton						
46	Joe	Hiemestra						
47	Paul	Bowal						
46	Mark	Draper						
51	Brian	Judkins						
			1:08:14					
Bedford Harriers 'C'			V	B	52	19		15 6
56	Steve	Crane						
52	Chris	Capps						
53	Chris	Faddon						
53	Carl	Furness						
52	David	Prior						
			1:08:23					
Biggleswade AC 'A'			V	B	53	20		16 7
39	David	Brown						
48	Nigel	Bush						
49	Steve	Atkins						
48	Robin	Wynde						
53	Colin	Harries						
			1:08:33					
Garden City Runners 'F'			V	H	54	21	24	10
54	Liam	Eplett						
54	Richard	Brown						
51	Colin	Ewin						
52	Peter	Robins						
54	Alan	Donovan						
			1:08:57					
Garden City Runners 'G'			O	H	55		25	
55	Steve	Button						
56	Kevin	Back						
54	Stephen	Taylor						
55	Dave	Brown						
55	Craig	Stephenson						
			1:10:32					

Challenge Central 'A'			O	H	56	26
53 Del	Wood	13:54				
53 Steve	Toy	14:08				
56 Jack	James	15:47				
57 Graham	Bake	15:45				
56 Chris	Chapman	13:38				
<u>1:13:12</u>						

Fairlands Valley Spartans 'F'			O	H	57	27
57 Nick	Witcombe	15:07				
57 Mark	Cheadle	14:50				
57 Vishal	Shah	13:59				
56 Andy	Prior	15:06				
57 Simon	Harris	16:19				
<u>1:15:21</u>						

FAIRLANDS VALLEY SPARTANS 3K RELAYS - THURSDAY 21st JULY 2011**OFFICIAL INDIVIDUAL RESULTS**

Race	M/F	Name	Surname	Time	Club	M/F
1	1	Matt	Bergin	8:41	Bedford & County 'A'	M
2	2	Nathaniel	Quigley	8:50	Luton AC 'A'	M
3	3	Jack	Goodwin	8:51	Bedford & County 'A'	M
4	4	Daniel	Woodgate	9:12	Luton AC 'A'	M
5	5	Robert	Palmer	9:14	Luton AC 'A'	M
6	6	Paul	Adams	9:19	St Albans Striders 'A'	M
7	7	Ed	Blake	9:21	St Albans Striders 'A'	M
8	8	Dave	Edwards	9:22	Garden City Runners 'B'	M
9	9	Tom	Crouch	9:23	St Albans Striders 'A'	M
10	10	Liam	McNabola	9:23	Luton AC 'A'	M
11	11	Simon	Riley	9:23	St Albans Striders 'A'	M
12	12	Tom	Mead	9:24	Luton AC 'A'	M
13	13	Edward	Shephers	9:25	Herts Phoenix 'A'	M
14	14	Patrick	Stuart	9:29	Bedford & County 'A'	M
15	15	Alan	Turnbull	9:34	Bedford & County 'A'	M
16	16	Sean	Still	9:34	Luton AC 'B'	M
17	17	Matt	Nicholson	9:36	Bedford & County 'A'	M
18	18	Alex	Horton	9:39	Barnet & District 'A'	M
19	19	Richard	Tarpey	9:41	Herts Phoenix 'A'	M
20	20	Grant	Ramsay	9:42	Fairlands Valley Spartans 'A'	M
21	21	Julian	Critchlow	9:42	Watford Harriers 'A'	M
22	22	Richard	McCormick	9:44	Barnet & District 'B'	M
23	23	Andy	Mutton	9:44	North Herts Road Runners 'A'	M
24	24	Craig	Halsey	9:45	Fairlands Valley Spartans 'A'	M
25	25	Adam	Mills	9:45	Bedford Harriers 'A'	M
26	26	Peter	Townsend	9:46	Herts Phoenix 'A'	M
27	27	Lee	Murphy	9:49	Luton AC 'B'	M
28	28	Alex	Cloona	9:49	Herts Phoenix 'A'	M
29	29	Adrian	Mason	9:50	Barnet & District 'B'	M
30	30	Chris	Hilton	9:51	Stevenage & North Herts AC 'A'	M
31	31	Greg	Evans	9:51	Stevenage & North Herts AC 'A'	M
32	32	Oliver	Saville	9:53	Luton AC 'B'	M
33	33	Andy	Inchley	9:54	Leighton Buzzard 'A'	M
34	34	Rob	Casserley	9:56	Garden City Runners 'B'	M
35	35	Kenny	Blyth	9:59	Ware Joggers 'B'	M
36	36	Steve	Kemble	10:00	Garden City Runners 'A'	M
37	37	Luke	Caliss	10:02	Barnet & District 'A'	M
38	38	Simon	Jackson	10:03	Fairlands Valley Spartans 'A'	M
39	39	Jon	Williams	10:03	Ware Joggers 'A'	M
40	40	Ian	Harpur	10:04	Garden City Runners 'A'	M
41	41	Rich	Bevan	10:04	Biggleswade AC 'C'	M
42	42	Tim	Davis	10:05	Bedford Harriers 'A'	M
43	43	Steve	Buckle	10:05	St Albans Striders 'A'	M
44	44	Stuart	Baird	10:07	Luton AC 'C'	M
45	45	Steve	Earley	10:08	Bedford & County 'B'	M
46	46	Terry	Fowler	10:08	Garden City Runners 'A'	M
47	47	Reg	Brett	10:09	Luton AC 'C'	M

48	48 Raj	Patel	10:09	Barnet & District 'A'	M
49	49 Paul	Westrope	10:10	Bedford & County 'B'	M
50	50 Stuart	Baird (2)	10:11	Luton AC 'C'	M
51	51 Steve	Earley (2)	10:13	Bedford & County 'C'	M
52	52 Stuart	Still	10:13	Luton AC 'B'	M
53	53 Rob	Lowe	10:14	Harlow Running Club 'A'	M
54	54 Chris	Birkinshaw	10:15	Barnet & District 'A'	M
55	55 Karl	Cable	10:17	Royston Runners 'A'	M
56	56 Andy	Holt	10:17	Garden City Runners 'A'	M
57	57 Dave	Desborough	10:17	Garden City Runners 'C'	M
58	58 Kevin	Whelan	10:17	Ware Joggers 'A'	M
59	59 Mel	Parker	10:20	Barnet & District 'C'	M
60	60 Gary	Warren	10:20	St Albans Striders 'B'	M
61	61 John	Ockenden	10:24	St Albans Striders 'B'	M
62	62 Matt	Leach	10:25	North Herts Road Runners 'A'	M
63	63 Peter	Mackrell	10:26	Leighton Buzzard 'A'	M
64	64 Paul	Davies	10:29	Biggleswade AC 'B'	M
65	65 Roy	Scott	10:30	Garden City Runners 'B'	M
66	66 David	Wilson	10:30	Herts Phoenix 'A'	M
67	1 Louise	Peters	10:30	Stopsley Striders 'A'	F
68	67 Ben	Smith	10:32	Barnet & District 'A'	M
69	68 Tom	May	10:32	Leighton Buzzard 'A'	M
70	69 Graham	Hill	10:32	Royston Runners 'A'	M
71	70 Warren	Herridge	10:33	Stevenage & North Herts AC 'A'	M
72	71 Mike	Bradley	10:34	Watford Harriers 'A'	M
73	72 Gary	Fitch	10:34	Bedford Harriers 'B'	M
74	73 Garth	Morris	10:34	Ware Joggers 'B'	M
75	74 Mark	Sains	10:35	Stopsley Striders 'A'	M
76	75 Richard	Harrison	10:36	Royston Runners 'A'	M
77	76 Dave	Wilcock	10:36	Barnet & District 'B'	M
78	77 Lee	Murphy	10:36	Dunstable RR 'A'	M
79	78 Mark	Sains (2)	10:36	Stopsley Striders 'A'	M
80	79 Chris	Westcott	10:39	Fairlands Valley Spartans 'A'	M
81	80 Billy	Mead	10:39	Leighton Buzzard 'A'	M
82	81 Chris	Norman	10:41	Leighton Buzzard 'A'	M
83	82 Craig	Palmer	10:42	Dunstable RR 'B'	M
84	83 Yitzhak	Ben-Aroya	10:44	Barnet & District 'B'	M
85	84 Alastair	Faddon	10:44	Bedford Harriers 'B'	M
86	2 Gill	Fullen	10:45	Bedford Harriers 'A'	F
87	85 Tom	Gee	10:45	Ware Joggers 'B'	M
88	86 Jeremy	Rackham	10:45	Stevenage & North Herts AC 'A'	M
89	87 Pete	Sibbett	10:46	North Herts Road Runners 'B'	M
90	88 Peter	Ellis	10:47	Barnet & District 'B'	M
91	89 Mark	Taplin	10:47	St Albans Striders 'B'	M
92	90 Rob	Hughes	10:48	Garden City Runners 'B'	M
93	3 Astrid	McKeown	10:48	North Herts Road Runners 'A'	F
94	91 Paul	Rutley	10:48	Watford Harriers 'A'	M
95	92 Colin	Braybrook	10:48	St Albans Striders 'B'	M
96	4 Martha	Hall	10:49	Garden City Runners 'A'	F
97	93 Tom	Sloan	10:49	Stevenage & North Herts AC 'A'	M

98	5	Rebecca	Newstead	10:49	North Herts Road Runners 'B'	F
99	94	Dave	Pomeroy	10:51	Ware Joggers 'A'	M
100	95	Dom	Buckle	10:52	North Herts Road Runners 'A'	M
101	96	Pete	Scrowther	10:53	North Herts Road Runners 'B'	M
102	97	Rob	Lowe (2)	10:53	Harlow Running Club 'A'	M
103	98	Liam	Herbert	10:53	Fairlands Valley Spartans 'C'	M
104	99	Jamie	Drackford	10:54	Fairlands Valley Spartans 'C'	M
105	100	Chris	Green	10:54	Stopsley Striders 'A'	M
106	101	Keith	McLellan	10:55	Garden City Runners 'A'	M
107	102	Todd	Gray	10:55	Fairlands Valley Spartans 'A'	M
108	103	Neil	Hulme	10:55	Garden City Runners 'B'	M
109	104	Jamie	Reed	10:56	Garden City Runners 'C'	M
110	6	Jo	Kent	10:56	Barnet & District 'A'	F
111	105	Paul	Martin	10:56	Royston Runners 'A'	M
112	106	Graeme	Armstrong	10:56	Broxbourne Runners 'A'	M
113	107	Jamie	Higgs	10:57	Ware Joggers 'A'	M
114	108	Richard	Bate	10:57	Fairlands Valley Spartans 'C'	M
115	109	Rob	Payne	10:58	Bedford & County 'B'	M
116	7	Christine	Lathwell	10:58	Luton AC 'A'	F
117	110	Dave	Morgan	10:58	Dunstable RR 'A'	M
118	8	Renee	Allen	11:00	Bedford Harriers 'A'	F
119	111	Dia	Morgan	11:01	Dunstable RR 'B'	M
120	112	Rob	Morgan	11:02	Biggleswade AC 'C'	M
121	113	Andy	Boast	11:02	Bedford & County 'C'	M
122	114	Mick	Russell	11:02	Bedford & County 'D'	M
123	115	Peter	Wiggins	11:02	Leighton Buzzard 'B'	M
124	116	David	Sabey	11:03	Biggleswade AC 'C'	M
125	117	John	Chapman	11:05	Stopsley Striders 'B'	M
126	118	Andy	Neatham	11:07	Fairlands Valley Spartans 'B'	M
127	119	Adam	Hills	11:09	Bedford Harriers 'A'	M
128	120	Stuart	Dearman	11:09	Watford Harriers 'A'	M
129	9	Hannah	Sheridan	11:09	Barnet & District 'B'	F
130	121	Tom	Reilly	11:10	Luton AC 'B'	M
131	10	Nicola	Froud	11:11	Barnet & District 'A'	F
132	122	Dave	Hutchings	11:11	Bedford Harriers 'B'	M
133	123	Nick	Malpeli	11:11	North Herts Road Runners 'B'	M
134	11	Alison	Wood	11:11	Fairlands Valley Spartans 'A'	F
135	124	Des	Michael	11:11	Barnet & District 'C'	M
136	125	Phil	McClellan	11:12	Dunstable RR 'A'	M
137	126	Dave	Hall	11:12	Stopsley Striders 'B'	M
138	127	Joe	Maude	11:12	Royston Runners 'C'	M
139	128	Nick	Kenyon-Muir	11:13	Ware Joggers 'B'	M
140	129	Gavin	Reynolds	11:13	Bedford & County 'C'	M
141	130	Andy	Palombella	11:13	Bedford Harriers 'A'	M
142	131	Winston	Woodward	11:13	Dunstable RR 'B'	M
143	132	Stuart	Harries	11:14	Stopsley Striders 'A'	M
144	133	Don	Lay	11:14	Royston Runners 'B'	M
145	12	Sally	Onn	11:15	St Albans Striders 'A'	F
146	134	Howard	Sladen	11:17	Broxbourne Runners 'A'	M
147	135	Nick	Harris	11:17	Watford Harriers 'A'	M

148	136	Alan	Routledge	11:18	Garden City Runners 'C'	M
149	137	Jerry	Bryan	11:19	Barnet & District 'C'	M
150	138	Dave	Laynes	11:20	Bedford & County 'B'	M
151	139	Darren	Stephenson	11:22	Fairlands Valley Spartans 'B'	M
152	140	Mike	Bryant	11:23	Leighton Buzzard 'B'	M
153	13	Lientjie	De Villiers	11:23	Garden City Runners 'A'	F
154	141	Adrian	Donnelly	11:23	Fairlands Valley Spartans 'D'	M
155	14	Natasha	Pitman	11:25	North Herts Road Runners 'A'	F
156	142	Paul	Reddaway	11:27	Broxbourne Runners 'A'	M
157	143	Paul	Abbott	11:28	Stopsley Striders 'B'	M
158	144	Peter	Williams	11:29	Herts Phoenix 'B'	M
159	145	Martyn	Annetts	11:29	North Herts Road Runners 'B'	M
160	15	Katherine	March	11:30	Barnet & District 'B'	F
161	146	Joe	Brown	11:31	Royston Runners 'B'	M
162	147	Dave	Hall (2)	11:31	Stopsley Striders 'A'	M
163	16	Caroline	Hale	11:31	Garden City Runners 'A'	F
164	148	Stuart	Middleton	11:31	St Albans Striders 'B'	M
165	149	John	Haines	11:32	Biggleswade AC 'B'	M
166	150	Tim	Birkett	11:32	Watford Harriers 'B'	M
167	151	Peter	Allen	11:35	Royston Runners 'C'	M
168	152	Mark	Cornell	11:36	Dunstable RR 'A'	M
169	153	Graham	Blackburn	11:36	Fairlands Valley Spartans 'B'	M
170	17	Gill	Jubb	11:36	St Albans Striders 'A'	F
171	154	Lawrence	Scheyvens	11:37	Barnet & District 'C'	M
172	155	Peter	Keane	11:38	Dunstable RR 'A'	M
173	156	Steve	Williams	11:41	Garden City Runners 'D'	M
174	157	Peter	Mealing	11:42	Bedford Harriers 'A'	M
175	18	Karen	Murphy	11:42	Barnet & District 'A'	F
176	19	Alison	Sugars	11:43	Stopsley Striders 'A'	F
177	158	Malcolm	Cowley	11:44	Bedford & County 'B'	M
178	159	Rob	Scott	11:45	Barnet & District 'C'	M
179	160	Ben	Snowden	11:45	Fairlands Valley Spartans 'D'	M
180	161	Phil	Goose	11:45	North Herts Road Runners 'A'	M
181	162	Graham	Short	11:46	Bedford Harriers 'B'	M
182	163	Joe	Hurley	11:46	Leighton Buzzard 'B'	M
183	164	Rob	Miller	11:47	Bedford Harriers 'B'	M
184	165	Damien	Pitts	11:47	Biggleswade AC 'C'	M
185	166	Tony	Bradford	11:49	Fairlands Valley Spartans 'B'	M
186	20	Mayanne	Williamson	11:50	Bedford Harriers 'A'	F
187	167	Richard	Bloom	11:51	Herts Phoenix 'B'	M
188	168	Tony	O'Sullivan	11:51	Ware Joggers 'C'	M
189	21	Miriam	Tedder	11:52	Stopsley Striders 'B'	F
190	169	David	Brown	11:52	Biggleswade AC 'A'	M
191	170	Rob	Payne (2)	11:53	Bedford & County 'C'	M
192	171	A N	Other	11:53	North Herts Road Runners 'C'	M
193	172	A N	Other	11:54	North Herts Road Runners 'C'	M
194	173	Larry	Mangelshot	11:54	Ware Joggers 'B'	M
195	174	David	Frampton	11:54	North Herts Road Runners 'D'	M
196	175	Stephen	Taylor	11:55	Garden City Runners 'G'	M
197	176	Dave	Moscrop	11:56	Garden City Runners 'C'	M

198	177	John	Tennant	11:57	Harlow Running Club 'A'	M
199	178	Maurice	Hill	11:58	Royston Runners 'B'	M
200	179	Chris	Williams	11:58	Ware Joggers 'A'	M
201	180	Colin	Calcutt (2)	11:59	North Herts Road Runners 'B'	M
202	22	Clare	Kremer	11:59	St Albans Striders 'A'	F
203	23	Paula	Adams	12:00	North Herts Road Runners 'A'	F
204	24	Emily	Boast	12:01	Bedford & County 'C'	F
205	181	Colin	Ewin	12:02	Garden City Runners 'F'	M
206	182	Paul	Keech	12:03	Stopsley Striders 'B'	M
207	183	Paul	Green	12:03	Royston Runners 'A'	M
208	184	Mike	Bridge	12:04	Garden City Runners 'C'	M
209	25	Liz	Rollinson	12:04	Stopsley Striders 'A'	F
210	26	Liz	McKie	12:04	St Albans Striders 'B'	F
211	185	Tony	Shoemith	12:07	Ware Joggers 'C'	M
212	186	Rob	Hemming	12:08	Biggleswade AC 'B'	M
213	187	Paul	Illing	12:08	Watford Harriers 'B'	M
214	188	Mike	Bagnal	12:10	Ware Joggers 'C'	M
215	27	Annette	Hardman	12:10	Ware Joggers 'A'	F
216	28	Heather	Dawson	12:11	Barnet & District 'C'	F
217	29	Andrea	Mann	12:11	Garden City Runners 'B'	F
218	189	Orville	Archer	12:11	Garden City Runners 'E'	M
219	30	Amy	Inchley	12:14	Leighton Buzzard 'A'	F
220	31	Sarah	Shynn	12:15	Dunstable RR 'A'	F
221	190	Andrew	Bruce	12:15	Biggleswade AC 'A'	M
222	191	Andrew	Panteli	12:15	Broxbourne Runners 'A'	M
223	192	Chris	Williams	12:17	Leighton Buzzard 'B'	M
224	193	Nick	Bingham	12:17	Barnet & District 'D'	M
225	32	Julie	Wargent	12:17	Bedford Harriers 'C'	F
226	194	Fred	Watt	12:17	Leighton Buzzard 'B'	M
227	33	Mia	Bradley	12:17	Watford Harriers 'B'	F
228	34	Chrissie	Richards	12:20	Ware Joggers 'A'	F
229	195	Davie	Stafford	12:21	Fairlands Valley Spartans 'D'	M
230	196	John	Preis	12:22	Garden City Runners 'E'	M
231	35	Juliet	Smith	12:24	Bedford Harriers 'B'	F
232	197	Richard	Coffey	12:25	Ware Joggers 'C'	M
233	36	Jessica	McCormick	12:27	Barnet & District 'B'	F
234	198	Joe	Gomes	12:29	Barnet & District 'D'	M
235	37	Helen	Cairns	12:31	North Herts Road Runners 'B'	F
236	199	Ben	Snowden (2)	12:32	Fairlands Valley Spartans 'D'	M
237	200	Sean	Thompson	12:33	Fairlands Valley Spartans 'C'	M
238	38	Yvonne	Jones	12:34	Garden City Runners 'B'	F
239	201	Stuart	Mann	12:34	Herts Phoenix 'B'	M
240	202	Richard	Gray	12:35	Biggleswade AC 'B'	M
241	203	Andy	Newbury	12:35	Garden City Runners 'D'	M
242	204	John	Davis	12:37	Garden City Runners 'E'	M
243	205	Ryan	McNabola	12:37	Dunstable RR 'B'	M
244	206	Ian	Munro	12:37	Garden City Runners 'D'	M
245	39	Jane	Saver	12:38	Leighton Buzzard 'A'	F
246	207	Martin	McColgan	12:38	Harlow Running Club 'A'	M
247	208	Gary	B	12:39	Biggleswade AC 'C'	M

248	40	Laura	Smith	12:39	Leighton Buzzard 'A'	F
249	209	Vince	Wilson	12:40	Watford Harriers 'B'	M
250	210	Richard	Derrick	12:41	St Albans Striders 'C'	M
251	41	Fi	Wynde	12:43	Biggleswade AC 'A'	F
252	42	Sally	Cartwright	12:43	Bedford Harriers 'B'	F
253	43	Ellie	Still	12:44	Luton AC 'A'	F
254	211	John	Clarke	12:46	Barnet & District 'D'	M
255	212	Mark	Draper	12:47	North Herts Road Runners 'D'	M
256	213	Carl	Furness	12:47	Bedford Harriers 'C'	M
257	44	Katy	Jinks	12:48	Fairlands Valley Spartans 'A'	F
258	214	John	Shirley	12:48	Barnet & District 'D'	M
259	215	Phil	Harrison	12:48	Garden City Runners 'E'	M
260	216	Chris	Fagan	12:49	Royston Runners 'B'	M
261	217	Matt	Gill	12:49	Fairlands Valley Spartans 'E'	M
262	218	Glenn	Miller	12:49	Royston Runners 'B'	M
263	45	Carla	Jenkins	12:49	Bedford Harriers 'B'	F
264	219	Dave	Newman	12:50	Garden City Runners 'D'	M
265	220	James	Harley	12:51	North Herts Road Runners 'A'	M
266	221	Paul	Haynes	12:52	Royston Runners 'C'	M
267	222	Graham	Mayoh	12:52	Watford Harriers 'B'	M
268	223	Martin	Blacker	12:53	Ware Joggers 'C'	M
269	46	Helen	Varley	12:55	St Albans Striders 'C'	F
270	47	Eibhlin	Leahy	12:55	Ware Joggers 'A'	F
271	224	Davie	Stafford (2)	12:55	Fairlands Valley Spartans 'D'	M
272	225	Ryan	Dunning	12:56	Fairlands Valley Spartans 'E'	M
273	226	Pat	Higgins	12:58	St Albans Striders 'C'	M
274	48	Karen	Bradley	12:59	Barnet & District 'C'	F
275	227	Paul	Bowal	12:59	North Herts Road Runners 'D'	M
276	49	Felicity	Millns	12:59	Royston Runners 'A'	F
277	50	Zoe	Luscombe	13:00	Biggleswade AC 'A'	F
278	51	Kirsty	Johnstone	13:01	Barnet & District 'D'	F
279	52	Amelia	Wallace	13:04	Leighton Buzzard 'B'	F
280	53	Sarah	Thorn	13:06	Dunstable RR 'A'	F
281	54	Caroline	Devine	13:07	Bedford Harriers 'C'	F
282	228	Perry	Gear	13:07	Garden City Runners 'E'	M
283	55	Lorraine	Daglish	13:07	Luton AC 'A'	F
284	56	Karen	Denham	13:08	Barnet & District 'C'	F
285	229	Peter	Dancer	13:09	Bedford & County 'D'	M
286	57	Alison	Wood (2)	13:10	Fairlands Valley Spartans 'D'	F
287	58	Mandy	Attree	13:10	St Albans Striders 'B'	F
288	230	Roger	Biggs	13:10	Fairlands Valley Spartans 'B'	M
289	59	Jen	Drury	13:10	North Herts Road Runners 'B'	F
290	60	Jo	Summers	13:13	North Herts Road Runners 'C'	F
291	231	Colin	Calcutt	13:13	North Herts Road Runners 'C'	M
292	232	Bill	Barrett	13:13	Stopsley Striders 'B'	M
293	61	Jo	Matthews	13:16	Garden City Runners 'B'	F
294	233	Nichola	Kay	13:17	Broxbourne Runners 'A'	M
295	62	Virginia	Bird	13:17	Garden City Runners 'F'	F
296	234	Wayne	Aycott	13:17	Garden City Runners 'D'	M
297	235	Roger	Murray	13:19	St Albans Striders 'C'	M

298	236	Barry King	13:20	Fairlands Valley Spartans 'E'	M
299	237	Malcolm Hall	13:20	Royston Runners 'C'	M
300	238	John Hope	13:21	St Albans Striders 'C'	M
301	239	Chris Capps	13:22	Bedford Harriers 'C'	M
302	240	Robin Wynde	13:22	Biggleswade AC 'A'	M
303	241	John Bowyer	13:22	Royston Runners 'C'	M
304	242	Steve Atkins	13:26	Biggleswade AC 'A'	M
305	63	Maryam Hulme	13:29	Garden City Runners 'C'	F
306	64	Alison Putko	13:35	Watford Harriers 'A'	F
307	243	Gary Dempsey	13:36	Fairlands Valley Spartans 'E'	M
308	244	Craig Stephenson	13:37	Garden City Runners 'G'	M
309	65	Carol Reid	13:37	Garden City Runners 'C'	F
310	245	Joe Hiemestra	13:38	North Herts Road Runners 'D'	M
311	246	Chris Chapman	13:38	Challenge Central 'A'	M
312	66	Anna Lillie	13:43	Garden City Runners 'D'	F
313	247	Chris Faddon	13:43	Bedford Harriers 'C'	M
314	67	Linda Aird	13:44	North Herts Road Runners 'C'	F
315	68	Chris Smith	13:46	St Albans Striders 'B'	F
316	69	Margaret De Winter	13:48	Dunstable RR 'A'	F
317	248	Peter Robins	13:49	Garden City Runners 'F'	M
318	70	Ann Tyler	13:53	Royston Runners 'A'	F
319	249	Del Wood	13:54	Challenge Central 'A'	M
320	71	Christina Green	13:55	Stopsley Striders 'B'	F
321	72	Sandra O'Connor	13:56	Barnet & District 'D'	F
322	73	Libby Mitchell	13:56	Royston Runners 'B'	F
323	250	Will Walsh	13:57	Dunstable RR 'B'	M
324	251	Nigel Bush	13:57	Biggleswade AC 'A'	M
325	252	Liam Eplett	13:57	Garden City Runners 'F'	M
326	74	Linda Powell	13:57	St Albans Striders 'C'	F
327	75	Sara O'Callaghan	13:58	Fairlands Valley Spartans 'B'	F
328	253	Colin Moody	13:58	Harlow Running Club 'A'	M
329	254	Vishal Shah	13:59	Fairlands Valley Spartans 'F'	M
330	76	Sam Wilson	14:00	Royston Runners 'A'	F
331	77	Jude Manser (2)	14:03	Ware Joggers 'C'	F
332	78	Angela Halford	14:05	Watford Harriers 'A'	F
333	79	Alison Hopwood	14:07	Fairlands Valley Spartans 'B'	F
334	255	Steve Toy	14:08	Challenge Central 'A'	M
335	80	Sue Duffy	14:09	Ware Joggers 'B'	F
336	81	Dawn Easby	14:09	Fairlands Valley Spartans 'C'	F
337	256	David Prior	14:09	Bedford Harriers 'C'	M
338	82	Katy Burns	14:10	Biggleswade AC 'A'	F
339	257	Brian Webb	14:11	Bedford & County 'D'	M
340	258	John Warren	14:11	St Albans Striders 'C'	M
341	83	Jude Manser	14:12	Ware Joggers 'D'	F
342	259	Steve Button	14:19	Garden City Runners 'G'	M
343	260	Richard Brown	14:20	Garden City Runners 'F'	M
344	261	Steve Crane	14:22	Bedford Harriers 'C'	M
345	84	Laura Simmonds	14:22	Garden City Runners 'E'	F
346	262	Ben Travis	14:26	Fairlands Valley Spartans 'C'	M
347	263	Bob Thompson	14:28	Bedford & County 'D'	M

348	85 Mel	Edwards	14:28	Garden City Runners 'C'	F
349	86 Anne	Ramsden	14:32	Ware Joggers 'B'	F
350	87 Linda	Dworowski	14:32	Barnet & District 'D'	F
351	88 Rachel	Annetts	14:35	North Herts Road Runners 'D'	F
352	264 Ted	Kimber	14:35	Barnet & District 'D'	M
353	265 A N	Other	14:35	North Herts Road Runners 'C'	M
354	266 Dave	Beasley	14:37	Herts Phoenix 'B'	M
355	89 Angie	Harris	14:40	Bedford Harriers 'C'	F
356	90 Maureen	Miller	14:42	Royston Runners 'B'	F
357	91 Debbie	Spicer	14:42	Ware Joggers 'C'	F
358	267 Paul	Holgate	14:45	Fairlands Valley Spartans 'E'	M
359	92 Vicky	Stevens	14:45	Garden City Runners 'D'	F
360	93 Maria	Thorne	14:46	Fairlands Valley Spartans 'B'	F
361	94 Sheryl	Norman	14:47	St Albans Striders 'C'	F
362	268 Alan	Donovan	14:49	Garden City Runners 'F'	M
363	269 Mark	Cheadle	14:50	Fairlands Valley Spartans 'F'	M
364	95 Fiona	Towell	14:51	Leighton Buzzard 'B'	F
365	270 Dave	Stubbins	14:52	Bedford & County 'D'	M
366	96 Amanda	Hampton	14:54	Ware Joggers 'B'	F
367	97 Rachel	Payne	14:57	Fairlands Valley Spartans 'C'	F
368	98 Nicky	Kemp	14:59	North Herts Road Runners 'C'	F
369	99 Sandra	Morris	15:03	Ware Joggers 'D'	F
370	100 Lisa	Hiemestra	15:03	North Herts Road Runners 'D'	F
371	271 Andy	Prior	15:06	Fairlands Valley Spartans 'F'	M
372	272 Nick	Witcombe	15:07	Fairlands Valley Spartans 'F'	M
373	101 Jane	Henn	15:09	Garden City Runners 'E'	F
374	102 Katie	Bradford	15:14	Fairlands Valley Spartans 'C'	F
375	103 Julia	McKay	15:14	Biggleswade AC 'C'	F
376	273 Kevin	Back	15:15	Garden City Runners 'G'	M
377	104 Julia	McKay (2)	15:16	Biggleswade AC 'B'	F
378	274 John	Steed	15:19	Herts Phoenix 'B'	M
379	105 Rachel	Symmonds	15:22	Ware Joggers 'C'	F
380	106 Tessa	Stephenson	15:23	Fairlands Valley Spartans 'D'	F
381	275 Dave	Brown	15:26	Garden City Runners 'G'	M
382	107 Jane	Tyler	15:27	North Herts Road Runners 'C'	F
383	108 Jan	Blake	15:28	Biggleswade AC 'B'	F
384	109 Sarah	Hukin	15:30	Fairlands Valley Spartans 'E'	F
385	110 Louise	Smith	15:31	Garden City Runners 'D'	F
386	111 Erica	Ikibiroglu	15:34	Barnet & District 'F'	F
387	112 Ros	De La Bertauche	15:36	Barnet & District 'E'	F
388	113 Shena	Lancaster	15:36	Garden City Runners 'G'	F
389	276 Graham	Bake	15:45	Challenge Central 'A'	M
390	114 Cathy	Craig	15:45	North Herts Road Runners 'E'	F
391	277 Jack	James	15:47	Challenge Central 'A'	M
392	278 Colin	Harries	15:56	Biggleswade AC 'B'	M
393	115 Maria	Rushton	15:59	Fairlands Valley Spartans 'E'	F
394	116 Pauline	Lygo	16:04	Barnet & District 'E'	F
395	117 Helen	Hope	16:06	Biggleswade AC 'C'	F
396	118 Elaine	Stead	16:07	Biggleswade AC 'D'	F
397	119 Dorothy	Elsey	16:10	Biggleswade AC 'B'	F

398	120	Lucy	Paul	16:11	Garden City Runners 'E'	F
399	121	Maureen	Shirley	16:14	Barnet & District 'E'	F
400	122	Vanessa	Rolfe	16:15	North Herts Road Runners 'D'	F
401	123	Gill	McLaren	16:18	Stopsley Striders 'C'	F
402	279	Simon	Harris	16:19	Fairlands Valley Spartans 'F'	M
403	124	Iris	Hornsey (2)	16:23	Fairlands Valley Spartans 'D'	F
404	125	Christine	Sharp	16:23	North Herts Road Runners 'E'	F
405	126	Margaret	Butler	16:26	Barnet & District 'F'	F
406	127	Nicola	Stewart	16:26	Garden City Runners 'F'	F
407	128	Lynnette	Stewart	16:28	Garden City Runners 'F'	F
408	129	Christa	Jeffrey	16:29	Stopsley Striders 'D'	F
409	130	Lena	Lousa	16:34	Fairlands Valley Spartans 'F'	F
410	131	Miranda	Morgan	16:37	North Herts Road Runners 'E'	F
411	132	Karen	Reeves	16:44	Fairlands Valley Spartans 'G'	F
412	133	Angela	Scholtzova	16:44	Garden City Runners 'I'	F
413	134	Margaret	Waddington	16:45	Ware Joggers 'D'	F
414	135	Kerry	Setterfield	16:46	Fairlands Valley Spartans 'H'	F
415	136	Tracy	Stiles	16:51	Fairlands Valley Spartans 'H'	F
416	280	Brian	Judkins	16:56	North Herts Road Runners 'D'	M
417	137	Eleanor	Draper	16:57	Garden City Runners 'G'	F
418	138	Tracey	Barrett	16:57	Stopsley Striders 'B'	F
419	139	Jackie	Morrison	16:59	Fairlands Valley Spartans 'E'	F
420	140	Maureen	Steed	17:00	Garden City Runners 'G'	F
421	141	Davika	Dedja	17:08	Barnet & District 'F'	F
422	142	Mia	Bradley	17:14	Watford Harriers 'A'	F
423	143	Iris	Hornsey	17:16	Fairlands Valley Spartans 'A'	F
424	144	Anne-Marie	Neatham	17:36	Fairlands Valley Spartans 'F'	F
425	145	Jade	Davis	17:36	Garden City Runners 'I'	F
426	146	Sian	Vivanti	17:37	Garden City Runners 'H'	F
427	147	Anne	Harper	17:39	Garden City Runners 'H'	F
428	148	Karen	Smith	17:44	Fairlands Valley Spartans 'F'	F
429	149	Rachel	Kenyon-Muir	17:46	Biggleswade AC 'D'	F
430	150	Mel	Wilkinson	17:50	Biggleswade AC 'C'	F
431	151	Cheryl	McLaren	17:51	Stopsley Striders 'C'	F
432	152	Lesley	Novis	17:55	Biggleswade AC 'D'	F
433	153	Elaine	Harries	18:04	Stopsley Striders 'D'	F
434	154	Pam	Abbitt	18:05	Stopsley Striders 'C'	F
435	155	Sarah	Russell	18:19	Fairlands Valley Spartans 'G'	F
436	156	Maryam	Phelan	18:35	Royston Runners 'B'	F
437	157	Carla	Greer	18:37	Stopsley Striders 'D'	F
438	158	Beth	Casserley	18:51	Garden City Runners 'H'	F
439	159	Helen	Crossland	19:04	Leighton Buzzard 'B'	F
440	160	Julie	Renshaw	19:42	Fairlands Valley Spartans 'G'	F
441	161	Jenny	Burns	19:59	Garden City Runners 'I'	F
		Nathaniel	Quigley (2)	5:35	Luton AC 'C'	M
		Paul	Jacob	16:37	Luton AC 'C'	M