

**CHILTERN HARRIERS AC  
PEDNOR 5  
MONDAY 4th MAY 2015**

**MEN'S RACE**

<b>POSN (MEN)</b>	<b>RACE POSN</b>	<b>COMPETITOR</b>	<b>CLUB/TEAM</b>	<b>CATEGORY</b>	<b>TIME</b>	<b>AWARDS</b>
1	1	MILLER, Alex	Belgrave Harriers	Senior	26:51	1 <sup>st</sup>
2	2	COOPER, Jim	Harrow AC	Veteran 40	27:26	2 <sup>nd</sup>
3	3	CLAY, Jordan	Leighton Buzzard AC	Junior	27:45	3 <sup>rd</sup>
4	4	STEWART, Allan	Chiltern Harriers AC	Senior	28:07	
5	5	SMITH, Graham	St Albans Striders	Veteran 40	28:27	1 <sup>st</sup> V40
6	6	HUGHES, Nick	Chiltern Harriers AC	Veteran 40	28:34	
7	7	CURSONS, Mark	Harrow AC	Veteran 50	28:52	1 <sup>st</sup> V50
8	8	HUME, Neil	Garden City Runners	Veteran 40	29:22	
9	9	KYTE, Jon	Harrow AC	Senior	29:40	
10	11	SULLIVAN, Nigel	Burnham Joggers	Veteran 40	30:18	
11	12	NORRIS, Peter	Harrow AC	Senior	30:21	
12	13	LAWLER, John	Gade Valley Harriers	Senior	30:25	
13	14	JONES, Tim	Vale Of Aylesbury AC	Veteran 50	30:28	
14	15	MACKAY, Nick	Swansea Harriers	Senior	30:31	
15	16	HILL, Adam		Senior	30:37	
16	17	FOSTER, Graham	St Albans Striders	Veteran 50	30:52	
17	18	CARDWELL, Joshua	Burnham Joggers	Senior	31:08	
18	19	KENCROFT, Mark	Ealing, Southall & Middlesex	Veteran 40	31:11	
19	20	HAYNES, Jonathan	Bishops Stortford RC	Veteran 60	31:26	1 <sup>st</sup> V60
20	21	RUMBLE, Paul	Gade Valley Harriers	Veteran 40	31:46	
21	22	SCHIFFER-HARTE, Ben	Burnham Joggers	Senior	31:52	
22	25	ROSE, Chris	Burnham Joggers	Veteran 50	32:10	
23	26	BROOMHALL, Matt	Burnham Joggers	Senior	32:12	
24	27	KABEL, Jason	Harrow AC	Veteran 40	32:19	
25	28	THOMAS, Hywel	Chiltern Harriers AC	Veteran 40	32:20	
26	30	FULLER, Bob		Veteran 50	32:32	
27	31	BRADLEY, Mikk	Watford Harriers	Veteran 50	32:47	
28	32	THOMAS, David		Junior	32:48	1 <sup>st</sup> Junior
29	33	MARTIN, Michael	St Albans Striders	Senior	33:06	
30	35	HARDING, Kevin	Tring RC	Veteran 50	33:13	
31	36	HICKMAN, Andy	Chiltern Harriers AC	Veteran 40	33:14	
32	37	GROVER, Marc	Burnham Joggers	Senior	33:20	
33	38	VOCKINS, Richard		Senior	33:25	
34	39	JAMES, Brian	Watford Joggers	Veteran 60	33:29	
35	40	ROONEY, Sean	Burnham Joggers	Veteran 40	33:40	
36	42	O'GRADY, John		Veteran 40	33:42	
37	43	MACLELLAN, Sean Patrick	Thrift Green Trotters	Veteran 40	33:44	
38	44	MELDRUM, Sam	Chiltern Harriers AC	Veteran 40	33:47	
39	45	BRYAN, Jerry	Barnet & District AC	Veteran 50	33:48	
40	46	VERRINDER, Matt	Chiltern Tri	Veteran 40	33:52	
41	47	WHITAKER, Grant	Chiltern Harriers AC	Veteran 50	33:56	
42	48	JOHNSON, Darren	Burnham Joggers	Veteran 40	34:03	
43	49	STEWART, Andrew	Chiltern Harriers AC	Veteran 50	34:12	
44	50	ASHBY, Matthew	Gade Valley Harriers	Junior	34:15	
45	52	SABAN, Tim	Fairlands Valley Spartans	Veteran 40	34:23	
46	53	SCOTT, Rob	Barnet & District AC	Veteran 40	34:35	
47	55	LAMBERT, Ross		Senior	34:44	
48	56	HALFORD, Darren	Ealing, Southall & Middlesex	Veteran 40	34:48	
49	57	HOLMES, Ash	Chiltern Harriers AC	Senior	34:52	
50	58	YOUNG, Darren		Veteran 40	34:53	
51	59	PALMER, Richard		Senior	34:53	
52	62	BLOOM, Richard	Herts Phoenix	Veteran 70	35:18	
53	64	GOMES, Joe	Barnet & District AC	Veteran 50	35:23	
54	65	COOPER, Neil	Chiltern Harriers AC	Veteran 50	35:23	
55	67	BRADLEY, Julian		Veteran 40	35:29	
56	69	SAYER, John	Dunstable RR	Veteran 40	35:49	
57	70	CUNNINGHAM, Fergal		Veteran 40	35:56	
58	71	MYHILL, Matthew		Senior	36:03	
59	73	VALLIS, Keith	Overton Harriers & AC	Veteran 40	36:08	
60	75	ROBERTS, Alan	Vale Of Aylesbury AC	Veteran 50	36:18	
61	78	SALMON, John	Thames Hare & Hounds	Veteran 50	36:29	
62	79	DUTFIELD, Tim	Chiltern Harriers AC	Veteran 50	36:30	
63	80	KLIKIS, Pani	Chiltern Harriers AC	Veteran 50	36:39	
64	81	WATSON, Giles		Veteran 50	36:52	

65	85	TALBOT, Rob	Burnham Joggers	Senior	37:08
66	86	FISHER, Aaron		Senior	37:10
67	87	DYER, Paul	Ley Hill Leggers	Veteran 40	37:12
68	89	PARRY, Alister	Garden City Runners	Veteran 50	37:20
69	90	MARTIN, Ben	Chiltern Harriers AC	Veteran 40	37:21
70	94	FERGUSON, Bruce		Veteran 50	37:58
71	95	DRIVER, Mick	Burnham Joggers	Veteran 50	38:04
72	96	HOWELLS, David	Chiltern Harriers AC	Senior	38:09
73	99	WATKINSON, David		Veteran 50	38:50
74	100	SMITH, John		Veteran 70	39:04
75	101	TURNER, David	Chiltern Harriers AC	Veteran 40	39:09
76	102	JOHNSON, Guy		Veteran 50	39:13
77	103	KENNETT, Roland	English Triathlon	Veteran 50	39:19
78	104	FREW, Max		Senior	39:28
79	105	WILLIAMS, David	Chiltern Harriers AC	Senior	39:31
80	107	RICKMAN, John	Maidenhead AC	Veteran 60	39:51
81	109	COOPER, Neil		Veteran 50	40:00
82	110	MANSON, Iain		Veteran 50	40:02
83	111	PASSEY, Duncan		Senior	40:11
84	112	YEARLEY, Paul		Veteran 50	40:14
85	113	HENKE, John	Watford Joggers	Veteran 50	40:17
86	114	MCCARTHY, Paul		Senior	40:17
87	116	SIBLEY, Patrick		Veteran 60	40:42
88	117	BROWN, Jim	Fairlands Valley Spartans	Veteran 60	41:02
89	118	BOSCH, Leon	Tring RC	Veteran 50	41:13
90	119	FRY, Mark	Chiltern Harriers AC	Veteran 50	41:22
91	122	CROFT, Russell		Senior	41:52
92	124	STACK, Paul	Dunstable RR	Veteran 50	42:10
93	125	BURTON, David		Veteran 40	42:21
94	126	BURKE, Chris		Veteran 50	42:21
95	127	CLISH, Tony	Burnham Joggers	Veteran 50	42:41
96	128	CHANNER, Matt	Chiltern Harriers AC	Senior	42:57
97	129	STASIUK, Stefan	Burnham Joggers	Veteran 60	43:13
98	131	CANVIN, Graham		Veteran 40	43:31
99	132	PRICE, Kevin		Veteran 50	43:45
100	133	KEENE, Oliver	Burnham Joggers	Veteran 50	43:46
101	135	KING, Doug	Chiltern Harriers AC	Veteran 60	43:54
102	138	HUMAN, Ian		Veteran 40	44:10
103	139	WARREN, Pete	Ranelagh Harriers	Veteran 70	44:18
104	141	HALLIDAY, Andy		Veteran 50	45:02
105	143	VAN DER SLUIJS, Peter		Veteran 50	45:29
106	144	SHEDD, Ed		Veteran 40	45:35
107	146	CONNAUGHTON, Aidan		Veteran 50	46:01
108	147	WESSON, David		Veteran 50	46:14
109	148	CAMPION, Kieron		Veteran 40	46:32
110	149	BRAWN, Trevor	Chiltern Harriers AC	Veteran 60	46:38
111	150	WILKINS, Derek	Burnham Joggers	Veteran 50	46:50
112	151	LLOYD, Richard	Chiltern Harriers AC	Veteran 50	47:06
113	154	GILBERT, Andrew	Burnham Joggers	Veteran 40	47:25
114	155	WATSON, Alan	Burnham Joggers	Veteran 60	47:43
115	157	HEASMAN, Matthew		Veteran 40	48:49
116	161	RALPH, John	Enfield & Haringey AC	Veteran 50	49:33
117	168	ROSER, Geoffrey	Tring RC	Veteran 60	54:13

## WOMEN'S RACE

<b>POSN (WOMEN)</b>	<b>RACE POSN</b>	<b>COMPETITOR</b>	<b>CLUB/TEAM</b>	<b>CATEGORY</b>	<b>TIME</b>	<b>AWARDS</b>
1	10	AMEND, Samantha	Belgrave Harriers	Veteran 35	29:59	1 <sup>st</sup>
2	23	NEALE, Tamsin	Burnham Joggers	Veteran 35	32:00	2 <sup>nd</sup>
3	24	GRAY, Jess	Watford Joggers	Senior	32:05	3 <sup>rd</sup>
4	29	WALSH, Wendy	St Albans Striders	Veteran 45	32:31	1 <sup>st</sup> V35
5	34	LEWYCKY, Nadine	Marshall Milton Keynes	Senior	33:07	
6	41	CONWAY, Jennifer	St Albans Striders	Senior	33:40	
7	51	AUSTIN, Julia	Vale Of Aylesbury AC	Veteran 45	34:21	1 <sup>st</sup> V45
8	54	LIVINGSTONE, Helen		Veteran 35	34:39	
9	60	KENNEDY, Fiona	Ealing, Southall & Middlesex	Veteran 55	34:54	1 <sup>st</sup> V55
10	61	HOLMES, Bev	Burnham Joggers	Veteran 35	34:57	
11	63	PARRY, Lizzie	Herts Phoenix	Junior	35:22	1 <sup>st</sup> Junior
12	66	LAST, Anna		Senior	35:26	
13	68	MARTIN, Lucy	St Albans Striders	Senior	35:38	
14	72	HARDING, Alison	Tring RC	Veteran 55	36:05	
15	74	MARINI, Graziella	Burnham Joggers	Veteran 45	36:09	
16	76	PICKARD, Kate	Watford Joggers	Veteran 35	36:19	
17	77	JONES, Carol	Ealing, Southall & Middlesex	Veteran 55	36:28	
18	82	NOAD, Joy	Purple Patch Runners	Veteran 55	36:53	
19	83	CHOLAWO, Helen	Chiltern Harriers AC	Senior	36:55	
20	84	BRADLEY, Karen	Barnet & District AC	Veteran 45	37:01	
21	88	ISTREFT, Yllka	Fairlands Valley Spartans	Veteran 35	37:15	
22	91	FERGUSON, Katie	Clapham Chasers	Senior	37:26	
23	92	HEMBURY, Lynda		Veteran 55	37:46	
24	93	PASSEY, Tessa	Chiltern Harriers AC	Veteran 35	37:54	
25	97	RALPH, Barbara	Chiltern Harriers AC	Veteran 55	38:14	
26	98	DAVIDSON, Sharon	Purple Patch Runners	Veteran 35	38:46	
27	106	SHARMAN, Sarah	Watford Joggers	Veteran 45	39:36	
28	108	BONNICK, Clare	Watford Joggers	Veteran 45	40:00	
29	115	KEENE, Patricia	Burnham Joggers	Veteran 55	40:35	
30	120	DOWNS, Ursula		Veteran 55	41:24	
31	121	BAKER, Natalie	Chiltern Harriers AC	Veteran 35	41:50	
32	123	WALSH, Kasia	Chiltern Harriers AC	Veteran 35	42:04	
33	130	COURT, Cathy	Tring RC	Veteran 45	43:30	
34	134	FERGUSON, Sue	Tring RC	Veteran 45	43:48	
35	136	BOLDEN, Melanie		Veteran 45	44:04	
36	137	ZAREMBA, Jenny	Burnham Joggers	Veteran 35	44:06	
37	140	DAVIDSON, Ann	Purple Patch Runners	Veteran 55	44:45	
38	142	HOLFORD, Nora	Kidlington RC	Veteran 45	45:14	
39	145	RUSSELL, Kylie		Senior	45:52	
40	152	GERMAIN, Claire		Veteran 35	47:19	
41	153	THOMPSON, Martine	Burnham Joggers	Senior	47:22	
42	156	BOUTLE, Clare	Barnet & District AC	Veteran 45	47:58	
43	158	LORD, Mary	Burnham Joggers	Veteran 55	48:59	
44	159	LEMON, Harriet	Parkfit	Veteran 45	49:12	
45	160	KEMPSON, Miriam		Veteran 45	49:13	
46	162	HUNTER, Christine	Stopsley Striders	Veteran 55	50:04	
47	163	RANKIN, Amanda	Stopsley Striders	Veteran 45	50:04	
48	164	BENNET, Jennifer		Veteran 45	50:30	
49	165	WILLIAMS, Laura	Burnham Joggers	Veteran 35	51:08	
50	166	ATTWOOD, Elspeth		Veteran 55	51:18	
51	167	YEARLEY, Carole		Veteran 45	52:46	
52	169	BUCK, Suzie	Burnham Joggers	Senior	57:28	
53	170	SUCKSMITH, Helen	Burnham Joggers	Veteran 35	57:34	
54	171	MAW, Nora		Veteran 55	60:37	

## FULL TEAM RESULTS

	<b>MEN'S TEAM</b>	<b>PTS</b>	<b>SCORERS</b>	<b>POS</b>		<b>WOMEN'S TEAM</b>	<b>PTS</b>	<b>SCORERS</b>	<b>POS</b>
<b>1</b>	Harrow AC	29	J Cooper	2	<b>1</b>	St Albans Striders	23	W Walsh	4
			M Cursons	7				J Conway	6
			L Kyte	9				L Martin	13
			P Norris	11					
					<b>2</b>	Burnham Joggers	27	T Neale	2
<b>2</b>	Chiltern Harriers AC	66	A Stewart	4				B Holmes	10
			N Hughes	6				G Marini	15
			H Thomas	25					
			A Hickman	31	<b>3</b>	Watford Joggers	46	J Gray	3
								K Pickard	16
<b>3</b>	Burnham Joggers	70	N Sullivan	10				S Sharman	27
			J Cardwell	17					
			B Schiffer-Harte	21	<b>4</b>	Chiltern Harriers AC	68	H Cholawo	19
			C Rose	22				T Passey	24
								B Ralph	25
					<b>5</b>	Tring Running Club	81	A Harding	14
								C Court	33
								S Ferguson	34
					<b>6</b>	Purple Patch Runners	81	J Noad	18
								S Davidson	26
								A Davidson	37

## BUCKINGHAMSHIRE CHAMPIONSHIP MEN'S RACE

<b>POSN (MEN)</b>	<b>RACE POSN</b>	<b>COMPETITOR</b>	<b>CLUB/TEAM</b>	<b>CATEGORY</b>	<b>TIME</b>	<b>AWARDS</b>
1	1	MILLER, Alex	Belgrave Harriers	Senior	26:51	1 <sup>st</sup>
2	4	STEWART, Allan	Chiltern Harriers AC	Senior	28:07	2 <sup>nd</sup>
3	6	HUGHES, Nick	Chiltern Harriers AC	Veteran 40	28:34	3 <sup>rd</sup> & 1 <sup>st</sup> Vet
4	11	SULLIVAN, Nigel	Burnham Joggers	Veteran 40	30:18	2 <sup>nd</sup> Vet
5	12	NORRIS, Peter	Harrow AC	Senior	30:21	
6	14	JONES, Tim	Vale Of Aylesbury AC	Veteran 50	30:28	3 <sup>rd</sup> Vet
7	22	SCHIFFER-HARTE, Ben	Burnham Joggers	Senior	31:52	
8	31	BRADLEY, Mikk	Watford Harriers	Veteran 50	32:47	
9	36	HICKMAN, Andy	Chiltern Harriers AC	Veteran 40	33:14	
10	44	MELDRUM, Sam	Chiltern Harriers AC	Veteran 40	33:47	
11	46	VERRINDER, Matt	Chiltern Tri	Veteran 40	33:52	
12	48	JOHNSON, Darren	Burnham Joggers	Veteran 40	34:03	
13	49	STEWART, Andrew	Chiltern Harriers AC	Veteran 50	34:12	
14	69	SAYER, John	Dunstable RR	Veteran 40	35:49	
15	75	ROBERTS, Alan	Vale Of Aylesbury AC	Veteran 50	36:18	
16	81	WATSON, Giles		Veteran 50	36:52	
17	90	MARTIN, Ben	Chiltern Harriers AC	Veteran 40	37:21	
18	96	HOWELLS, David	Chiltern Harriers AC	Senior	38:09	
19	129	STASIUK, Stefan	Burnham Joggers	Veteran 60	43:13	
20	135	KING, Doug	Chiltern Harriers AC	Veteran 60	43:54	
21	138	HUMAN, Ian		Veteran 40	44:10	
22	149	BRAWN, Trevor	Chiltern Harriers AC	Veteran 60	46:38	

## BUCKINGHAMSHIRE CHAMPIONSHIP WOMEN'S RACE

<b>POSN (WOMEN)</b>	<b>RACE POSN</b>	<b>COMPETITOR</b>	<b>CLUB/TEAM</b>	<b>CATEGORY</b>	<b>TIME</b>	<b>AWARDS</b>
1	10	AMEND, Samantha	Belgrave Harriers	Veteran 35	29:59	1 <sup>st</sup> & 1 <sup>st</sup> Vet
2	23	NEALE, Tamsin	Burnham Joggers	Veteran 35	32:00	2 <sup>nd</sup> & 2 <sup>nd</sup> Vet
3	34	LEWYCKY, Nadine	Marshall Milton Keynes	Senior	33:07	3 <sup>rd</sup>
4	51	AUSTIN, Julia	Vale Of Aylesbury AC	Veteran 45	34:21	3 <sup>rd</sup> Vet
5	61	HOLMES, Bev	Burnham Joggers	Veteran 35	34:57	
6	82	NOAD, Joy	Purple Patch Runners	Veteran 55	36:53	
7	97	RALPH, Barbara	Chiltern Harriers AC	Veteran 55	38:14	
8	115	KEENE, Patricia	Burnham Joggers	Veteran 55	40:35	

## HERTFORDSHIRE CHAMPIONSHIP MEN'S RACE

POSN (MEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	AWARDS
1	5	SMITH, Graham	St Albans Striders	Veteran 40	28:27	1 <sup>st</sup>
2	8	HUME, Neil	Garden City Runners	Veteran 40	29:22	2 <sup>nd</sup>
3	13	LAWLER, John	Gade Valley Harriers	Senior	30:25	3 <sup>rd</sup>
4	17	FOSTER, Graham	St Albans Striders	Veteran 50	30:52	
5	20	HAYNES, Jonathan	Bishops Stortford RC	Veteran 60	31:26	
6	25	ROSE, Chris	Burnham Joggers	Veteran 50	32:10	
7	33	MARTIN, Michael	St Albans Striders	Senior	33:06	
8	35	HARDING, Kevin	Tring RC	Veteran 50	33:13	
9	45	BRYAN, Jerry	Barnet & District AC	Veteran 50	33:48	
10	50	ASHBY, Matthew	Gade Valley Harriers	Junior	34:15	
11	52	SABAN, Tim	Fairlands Valley Spartans	Veteran 40	34:23	
12	53	SCOTT, Rob	Barnet & District AC	Veteran 40	34:35	
13	62	BLOOM, Richard	Herts Phoenix	Veteran 70	35:18	
14	64	GOMES, Joe	Barnet & District AC	Veteran 50	35:23	
15	78	SALMON, John	Thames Hare & Hounds	Veteran 50	36:29	
16	86	FISHER, Aaron		Senior	37:10	
17	89	PARRY, Alister	Garden City Runners	Veteran 50	37:20	
18	113	HENKE, John	Watford Joggers	Veteran 50	40:17	
19	117	BROWN, Jim	Fairlands Valley Spartans	Veteran 60	41:02	
20	148	CAMPION, Kieron		Veteran 40	46:32	

## HERTFORDSHIRE CHAMPIONSHIP WOMEN'S RACE

POSN (WOMEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	AWARDS
1	24	GRAY, Jess	Watford Joggers	Senior	32:05	1 <sup>st</sup>
2	29	WALSH, Wendy	St Albans Striders	Veteran 45	32:31	2 <sup>nd</sup>
3	41	CONWAY, Jennifer	St Albans Striders	Senior	33:40	3 <sup>rd</sup>
4	63	PARRY, Lizzie	Herts Phoenix	Junior	35:22	
5	68	MARTIN, Lucy	St Albans Striders	Senior	35:38	
6	72	HARDING, Alison	Tring RC	Veteran 55	36:05	
7	76	PICKARD, Kate	Watford Joggers	Veteran 35	36:19	
8	84	BRADLEY, Karen	Barnet & District AC	Veteran 45	37:01	
9	91	FERGUSON, Katie	Clapham Chasers	Senior	37:26	
10	106	SHARMAN, Sarah	Watford Joggers	Veteran 45	39:36	
11	108	BONNICK, Clare	Watford Joggers	Veteran 45	40:00	
12	156	BOUTLE, Clare	Barnet & District AC	Veteran 45	47:58	

## HERTFORDSHIRE CHAMPIONSHIP TEAM RESULTS

No complete men's teams finished

	WOMEN'S TEAM	PTS	SCORERS	POS
1	St Albans Striders	10	W Walsh	2
			J Conway	3
			L Martin	5
2	Watford Joggers	18	J Gray	1
			K Pickard	7
			S Sharman	10