

# Welwyn 10K

## Finisher List

| Rank              | Bib | Name             | Cat  | Club                           | Gun Time | Chip Time |
|-------------------|-----|------------------|------|--------------------------------|----------|-----------|
| <b>Welwyn 10K</b> |     |                  |      |                                |          |           |
| 1                 | 614 | Luke HUMPHREYS   | MS   | Bedford & County Athletic Club | 0:32:52  | 0:32:50   |
| 2                 | 622 | Jamie MARLOW     | MS   | Dacorum & Tring AC             | 0:35:15  | 0:35:12   |
| 3                 | 620 | Craig HALSEY     | MS   | Fairlands Valley Spartans      | 0:35:22  | 0:35:20   |
| 4                 | 441 | Daniel DAVIES    | MS   | Barnet & District AC           | 0:35:49  | 0:35:46   |
| 5                 | 312 | Craig BROWN      | MS   | Biggleswade AC                 | 0:36:10  | 0:36:08   |
| 6                 | 345 | Rhys ROWLANDS    | MS   | Dacorum & Tring AC             | 0:36:59  | 0:36:56   |
| 7                 | 460 | Alex GILBERT     | MS   | Unattached                     | 0:37:32  | 0:37:29   |
| 8                 | 560 | Joe DAVIS        | MS   | Unattached                     | 0:37:42  | 0:37:39   |
| 9                 | 515 | Peter HARVEY     | MV40 | Garden City Runners            | 0:38:17  | 0:38:15   |
| 10                | 277 | Justin HILL      | MV50 | Ware Joggers                   | 0:38:40  | 0:38:37   |
| 11                | 627 | Paul GUY         | MV40 | Garden City Runners            | 0:38:44  | 0:38:42   |
| 12                | 469 | Jamie HIGGS      | MS   | Ware Joggers                   | 0:38:57  | 0:38:53   |
| 13                | 297 | Shaun MILLS      | MV40 | Unattached                     | 0:39:09  | 0:39:04   |
| 14                | 151 | Graham SMITH     | MV40 | St Albans Striders             | 0:39:21  | 0:39:19   |
| 15                | 303 | Mark CYL         | MV40 | Ware Joggers                   | 0:39:22  | 0:39:22   |
| 16                | 539 | Paul DAVIES      | MS   | Garden City Runners            | 0:39:23  | 0:39:21   |
| 17                | 417 | Garth MORRIS     | MV50 | Ware Joggers                   | 0:39:31  | 0:39:27   |
| 18                | 374 | Stuart CHANDLER  | MS   | Ware Joggers                   | 0:40:10  | 0:40:04   |
| 19                | 548 | Nicholas DOYLE   | MS   | Herts Phoenix                  | 0:40:31  | 0:40:29   |
| 20                | 468 | Joey HARRISON    | BU17 | Unattached                     | 0:40:33  | 0:40:28   |
| 21                | 507 | Mark PERKINS     | MS   | Unattached                     | 0:40:41  | 0:40:36   |
| 22                | 451 | Andrew GREEN     | MS   | North Herts Road Runners       | 0:41:01  | 0:40:49   |
| 23                | 298 | Timothy BRIGNALL | MS   | Ware Joggers                   | 0:41:24  | 0:41:22   |
| 24                | 235 | Neil BULL        | MS   | Unattached                     | 0:41:36  | 0:41:30   |
| 25                | 391 | Thomas GEE       | MV40 | Ware Joggers                   | 0:41:37  | 0:41:33   |
| 26                | 589 | Conrad WILD      | MV40 | St Albans Striders             | 0:41:38  | 0:41:32   |
| 27                | 621 | Chris MARRIOTT   | MS   | Dacorum & Tring AC             | 0:41:52  | 0:41:48   |
| 28                | 500 | Nick BARBER      | MS   | Barnet & District AC           | 0:42:17  | 0:42:12   |
| 29                | 556 | Marcus HOOPER    | MV40 | St Albans Striders             | 0:42:28  | 0:42:22   |
| 30                | 307 | Andy TAIT        | MS   | Ware Joggers                   | 0:42:33  | 0:42:28   |
| 31                | 442 | Tom DENBIGH      | MS   | Unattached                     | 0:42:40  | 0:42:31   |
| 32                | 240 | Craig SPARKES    | MS   | London Heathside Runners AC    | 0:43:26  | 0:43:22   |
| 33                | 590 | BEN SCOTT        | MS   | St Albans Striders             | 0:43:36  | 0:43:31   |
| 34                | 535 | Sean DAVIES      | MS   | Unattached                     | 0:43:48  | 0:43:44   |
| 35                | 476 | Peter BAKER      | MV50 | Ware Joggers                   | 0:44:23  | 0:44:19   |
| 36                | 119 | Philip BACON     | MV40 | Unattached                     | 0:44:26  | 0:44:12   |
| 37                | 435 | Mark HUGHES      | MS   | Unattached                     | 0:44:31  | 0:43:53   |
| 38                | 141 | Adam REID        | MS   | Unattached                     | 0:44:38  | 0:44:00   |
| 39                | 403 | Richard BLAXILL  | MV50 | Dacorum & Tring AC             | 0:44:54  | 0:44:37   |
| 40                | 313 | Kenny BLYTH      | MV60 | Ware Joggers                   | 0:45:08  | 0:45:03   |
| 41                | 579 | Gavin PLUMB      | MS   | Unattached                     | 0:45:22  | 0:45:06   |
| 42                | 608 | Bruce WEIR       | MV40 | Unattached                     | 0:45:26  | 0:45:11   |
| 43                | 118 | Richard STEVENS  | MV40 | Dacorum & Tring AC             | 0:45:47  | 0:45:28   |
| 44                | 493 | Harry NEALE      | MS   | Unattached                     | 0:46:04  | 0:45:30   |
| 45                | 346 | Fergus DALTON    | MV50 | Unattached                     | 0:46:13  | 0:45:41   |
| 46                | 592 | Spencer GRANT    | MV40 | St Albans Striders             | 0:46:20  | 0:46:07   |
| 47                | 440 | Jonathan COLLINS | MS   | Unattached                     | 0:46:35  | 0:46:25   |
| 48                | 267 | Mark JOBSON      | MV40 | Unattached                     | 0:46:40  | 0:46:19   |
| 49                | 302 | Karl HUDSON      | MS   | Stevenage Striders             | 0:46:52  | 0:46:33   |

# Welwyn 10K

## Finisher List

| Rank | Bib | Name             | Cat  | Club                           | Gun Time | Chip Time |
|------|-----|------------------|------|--------------------------------|----------|-----------|
| 50   | 595 | Tomasz ROSINSKI  | MS   | Unattached                     | 0:47:23  | 0:46:53   |
| 51   | 155 | Mark GOODWIN     | MV50 | Fairlands Valley Spartans      | 0:47:36  | 0:47:15   |
| 52   | 554 | James AITCHISON  | MV50 | Unattached                     | 0:47:47  | 0:47:20   |
| 53   | 409 | Rasmi NANDA      | MV40 | Dacorum & Tring AC             | 0:48:11  | 0:47:52   |
| 54   | 607 | Mike KING        | MV50 | Unattached                     | 0:48:16  | 0:47:54   |
| 55   | 404 | Robert DAVIES    | MV40 | Dacorum & Tring AC             | 0:48:23  | 0:48:06   |
| 56   | 376 | David CLAYTON    | MS   | Unattached                     | 0:48:54  | 0:48:12   |
| 57   | 194 | Ben LAMAISON     | MS   | Unattached                     | 0:48:58  | 0:48:37   |
| 58   | 394 | Tony REEVE       | MV50 | Dacorum & Tring AC             | 0:49:07  | 0:48:48   |
| 59   | 292 | Adam GUEST       | MS   | Ware Joggers                   | 0:50:00  | 0:49:51   |
| 60   | 604 | Tim COOKE        | MV50 | Garden City Runners            | 0:50:17  | 0:49:56   |
| 61   | 149 | Will WESTWICK    | MS   | Unattached                     | 0:50:25  | 0:50:19   |
| 62   | 531 | Simon UTTERIDGE  | MV50 | Unattached                     | 0:50:26  | 0:49:54   |
| 63   | 599 | Wayne GREET      | MV40 | Bishops Stortford Running Club | 0:50:27  | 0:50:14   |
| 64   | 250 | Dave LLEWELLYN   | MV50 | Unattached                     | 0:51:32  | 0:51:04   |
| 65   | 457 | Alan RANDALL     | MV50 | Ware Joggers                   | 0:51:41  | 0:51:31   |
| 66   | 208 | Marc HAGLAND     | MS   | Stevenage Striders             | 0:52:04  | 0:51:36   |
| 67   | 555 | Dermott MORAN    | MV40 | Unattached                     | 0:52:08  | 0:51:27   |
| 68   | 96  | Russell DEVITT   | MV60 | Shaftesbury Barnet Harriers    | 0:52:24  | 0:52:12   |
| 69   | 495 | David THOMPSON   | MV50 | Unattached                     | 0:52:36  | 0:52:04   |
| 70   | 206 | James MUNNS      | MV40 | Unattached                     | 0:52:36  | 0:52:00   |
| 71   | 564 | Ian KING         | MS   | Unattached                     | 0:52:38  | 0:51:58   |
| 72   | 126 | Trace ALLEN      | MV70 | Garden City Runners            | 0:52:45  | 0:52:10   |
| 73   | 283 | Ian CHESTNUTT    | MV40 | Unattached                     | 0:52:55  | 0:52:07   |
| 74   | 18  | Ken JUDE         | MV50 | Fairlands Valley Spartans      | 0:52:56  | 0:52:33   |
| 75   | 393 | Karl RAYNER      | MV40 | Unattached                     | 0:53:11  | 0:52:33   |
| 76   | 541 | Jim BROWN        | MV60 | Fairlands Valley Spartans      | 0:53:25  | 0:52:59   |
| 77   | 311 | Mark HOPKIN      | MS   | Unattached                     | 0:53:52  | 0:52:34   |
| 78   | 36  | Michael BIRKETT  | MV40 | Unattached                     | 0:53:52  | 0:53:30   |
| 79   | 370 | Bill HARDING     | MV60 | St Albans Striders             | 0:54:00  | 0:53:46   |
| 80   | 270 | Chris HOLLAND    | MS   | Fairlands Valley Spartans      | 0:54:03  | 0:53:40   |
| 81   | 179 | Tom ROGERS       | MV50 | Garden City Runners            | 0:54:10  | 0:53:50   |
| 82   | 624 | Duncan INGRAM    | MS   | Unattached                     | 0:54:27  | 0:54:18   |
| 83   | 588 | Mark INGRAM      | MV50 | Unattached                     | 0:54:27  | 0:54:18   |
| 84   | 361 | Chris SALTER     | MS   | Unattached                     | 0:54:31  | 0:53:52   |
| 85   | 501 | Simon EVANS      | MS   | Dacorum & Tring AC             | 0:54:58  | 0:54:41   |
| 86   | 631 | Martin STICKLAND | MS   | Unattached                     | 0:55:22  | 0:54:12   |
| 87   | 353 | John BRETTELL    | MV60 | North Shields Poly Club        | 0:55:27  | 0:54:44   |
| 88   | 92  | Paul COTTRELL    | MV50 | Unattached                     | 0:55:27  | 0:54:48   |
| 89   | 406 | Roger PARTRIDGE  | MV50 | Ware Joggers                   | 0:55:40  | 0:55:18   |
| 90   | 396 | Kamil BUDROWSKI  | MS   | Unattached                     | 0:55:41  | 0:55:10   |
| 91   | 145 | Gavin SHARP      | MV40 | Unattached                     | 0:55:44  | 0:55:24   |
| 92   | 158 | Lee PICKERSGILL  | MS   | Fairlands Valley Spartans      | 0:55:59  | 0:55:32   |
| 93   | 234 | TONY MAKOWSKI    | MV40 | Unattached                     | 0:56:52  | 0:56:35   |
| 94   | 456 | Andy SHADBOLT    | MV60 | Garden City Runners            | 0:57:02  | 0:56:27   |
| 95   | 229 | Eddie GEORGE     | MS   | Unattached                     | 0:57:04  | 0:56:31   |
| 96   | 309 | Joe REYNOLDS     | BU17 | Unattached                     | 0:57:32  | 0:56:35   |
| 97   | 350 | Mark DRAPER      | MV50 | Unattached                     | 0:57:43  | 0:56:54   |
| 98   | 69  | Anthony HAMILTON | MV70 | Barnet & District AC           | 0:57:53  | 0:57:39   |
| 99   | 559 | David SELLS      | MV40 | Unattached                     | 0:58:06  | 0:57:35   |

# Welwyn 10K

## Finisher List

| Rank | Bib | Name              | Cat  | Club                      | Gun Time | Chip Time |
|------|-----|-------------------|------|---------------------------|----------|-----------|
| 100  | 150 | Andrew TOMLINSON  | BU17 | Unattached                | 0:58:08  | 0:57:19   |
| 101  | 175 | Edward CURNOW     | MV40 | Unattached                | 0:58:23  | 0:57:03   |
| 102  | 552 | Stephen HOLMES    | MV50 | Unattached                | 0:58:57  | 0:58:34   |
| 103  | 574 | Justin CLARKE     | MV40 | Unattached                | 0:59:07  | 0:58:43   |
| 104  | 203 | Kristofor FRY     | MS   | Unattached                | 0:59:44  | 0:58:39   |
| 105  | 310 | Mike REYNOLDS     | MV50 | Unattached                | 1:00:04  | 0:59:05   |
| 106  | 266 | John MCCALL       | MV50 | Fairlands Valley Spartans | 1:00:16  | 0:59:52   |
| 107  | 136 | Alwyn CHALLACOMBE | MV60 | Unattached                | 1:00:41  | 1:00:18   |
| 108  | 157 | Wayne WARREN      | MV60 | Unattached                | 1:02:09  | 1:01:50   |
| 109  | 402 | Matthew HAMSHERE  | MV40 | Unattached                | 1:02:49  | 1:02:28   |
| 110  | 372 | Frank O'SHEA      | MV60 | Ware Joggers              | 1:03:46  | 1:02:51   |
| 111  | 459 | Ian MATHIESON     | MV40 | Unattached                | 1:04:01  | 1:02:56   |
| 112  | 174 | Brian YATES       | MV70 | Unattached                | 1:04:07  | 1:03:40   |
| 113  | 211 | Jason EAKETTS     | MV40 | Unattached                | 1:04:46  | 1:03:26   |
| 114  | 570 | Toby MAY          | MS   | Unattached                | 1:07:00  | 1:06:22   |
| 115  | 411 | Brian LORD        | MV60 | Unattached                | 1:07:05  | 1:06:06   |
| 116  | 160 | Darren MURLEY     | MV40 | Unattached                | 1:07:29  | 1:06:38   |
| 117  | 142 | Paul BEEDELL      | MV50 | Unattached                | 1:08:12  | 1:06:54   |
| 118  | 562 | Colin NAMAN       | MV60 | Ware Joggers              | 1:09:53  | 1:08:45   |
| 119  | 195 | Andy PETTIFORD    | MS   | Unattached                | 1:14:02  | 1:13:07   |
| 120  | 385 | Bob GREEN         | MV50 | Unattached                | 1:15:16  | 1:14:28   |
| 121  | 395 | John HEYWOOD      | MV80 | Ware Joggers              | 1:16:13  | 1:15:16   |
| 122  | 293 | Roy STRINGER      | MV80 | Ware Joggers              | 1:23:14  | 1:22:15   |

Number of records: 122