

Pos	Race No	Fav	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	TOD
1	571		Michael Waddington	11:13:41	01:13:17	Senior	1	Male	1	WARE JOGGERS	11:13:41
2	489		Tom Sawyer	11:18:05	01:17:41	Senior	2	Male	2	Tring RC	11:18:05
3	123		Ross Connor	11:18:20	01:17:57	Senior	3	Male	3	WATFORD HARRIERS	11:18:20
4	129		David Craddock	11:19:17	01:18:50	Senior	4	Male	4	HODDESDON TRI CLUB	11:19:17
5	302		Simon Jackson	11:20:00	01:19:37	M40	1	Male	5	Fairlands Valley Spartans RC	11:20:00
6	204		Steffan Ford	11:21:46	01:21:23	M40	2	Male	6	Fairlands Valley Spartans RC	11:21:46
7	598		Jon Williams	11:21:56	01:21:29	Senior	5	Male	7	WARE JOGGERS	11:21:56
8	11		Jason Anderson	11:22:02	01:21:38	Senior	6	Male	8	Fairlands Valley Spartans RC	11:22:02
9	469		Kate Rennie	11:22:36	01:22:12	W40	1	Female	1	Dacorum & Tring Athletics Club	11:22:36
10	88		Russell Casey	11:24:18	01:23:55	M40	3	Male	9	GARDEN CITY RUNNERS	11:24:18
11	269		Douglas Hobson	11:24:41	01:24:15	Senior	7	Male	10	St Albans Striders	11:24:41
12	360		Peter Males	11:25:44	01:25:03	Senior	8	Male	11	HUTCHINSON RUNNING CLUB	11:25:44
13	471		Sam Richardson	11:26:02	01:25:37	Senior	9	Male	12	Serpentine RC	11:26:02
14	363		Keir Mann	11:26:20	01:25:55	Senior	10	Male	13		11:26:20
15	73		Neil Bull	11:26:50	01:26:25	M40	4	Male	14	WARE JOGGERS	11:26:50
16	72		Tom Buckley	11:27:12	01:26:39	Senior	11	Male	15		11:27:12
17	43		Martin Blackburn	11:27:20	01:26:46	Senior	12	Male	16	Fairlands Valley Spartans RC	11:27:20
18	134		David Crout	11:27:53	01:27:26	M50	1	Male	17	Barnet & District AC	11:27:53
19	142		Mark Cyl	11:28:11	01:27:46	M40	5	Male	18	WARE JOGGERS	11:28:11
20	182		Alex Dunnett	11:29:04	01:28:29	Senior	13	Male	19	Fairlands Valley Spartans RC	11:29:04
21	90		Jason Champion	11:29:33	01:29:05	M40	6	Male	20	WARE JOGGERS	11:29:33
22	78		Adrian Busolini	11:29:56	01:29:19	Senior	14	Male	21	Fairlands Valley Spartans RC	11:29:56
23	233		Mike Green	11:30:03	01:29:24	Senior	15	Male	22	Fairlands Valley Spartans RC	11:30:03
24	263		Laura Hicks	11:31:23	01:30:53	Lady	1	Female	2	HARPENDEN ARROWS	11:31:23
25	434		lizzie parry	11:31:43	01:30:53	Lady	2	Female	3	HERTS PHOENIX AC	11:31:43
26	70		Jerry Bryan	11:31:45	01:31:16	M50	2	Male	23	Barnet & District AC	11:31:45
27	124		Jennifer Conway	11:32:02	01:31:33	Lady	3	Female	4		11:32:02
28	166		Cathy Donkin	11:32:19	01:31:46	W40	2	Female	5		11:32:19
29	490		Danny Scanlon	11:32:54	01:32:29	Senior	16	Male	24	Fairlands Valley Spartans RC	11:32:54
30	462		Grant Ramsay	11:32:56	01:32:30	M40	7	Male	25	Fairlands Valley Spartans RC	11:32:56

Pos	Race No	Fav	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	TOD
31	251		Suzy Hawkins	11:33:56	01:33:26	W40	3	Female	6	Fairlands Valley Spartans RC	11:33:56
32	484		Luke Rumming	11:34:41	01:34:12	Senior	17	Male	26		11:34:41
33	249		Adrian Harwood	11:34:50	01:34:18	M50	3	Male	27		11:34:50
34	155		Glen Day	11:36:02	01:34:57	M40	8	Male	28		11:36:02
35	86		Dean Carpenter	11:36:53	01:36:30	M40	9	Male	29	Fairlands Valley Spartans RC	11:36:53
36	390		Iain McMurray	11:36:57	01:36:32	Senior	18	Male	30	WARE JOGGERS	11:36:57
37	202		Duncan Flounders	11:37:45	01:37:07	M40	10	Male	31	Fairlands Valley Spartans RC	11:37:45
38	51		david bowker	11:37:51	01:37:25	M60	1	Male	32	Fairlands Valley Spartans RC	11:37:51
39	615		ELEANOR NEWTON	11:38:21	01:37:42	Lady	4	Female	7	GARDEN CITY RUNNERS	11:38:21
40	522		PRZEMYSŁAW SOKOLOWSKI	11:40:54	01:40:02	Senior	19	Male	33		11:40:54
41	116		Matthew Cole	11:40:54	01:40:03	Senior	20	Male	34	Bishops Stortford RC	11:40:54
42	596		James Williams	11:40:56	01:39:57	M40	11	Male	35		11:40:56
43	140		Glenn Cuzner	11:40:57	01:40:11	Senior	21	Male	36		11:40:57
44	503		Jo Sherman	11:41:30	01:40:29	W40	4	Female	8	Watford Joggers	11:41:30
45	430		Michael Paine	11:41:42	01:41:02	M50	4	Male	37	GARDEN CITY RUNNERS	11:41:42
46	25		Peter Baker	11:41:52	01:41:22	M50	5	Male	38	WARE JOGGERS	11:41:52
47	373		Stephen Mayfield	11:42:31	01:41:52	M50	6	Male	39	STEVENAGE & NORTH HERTS AC	11:42:31
48	421		Arran ObDonnell	11:42:37	01:41:53	Senior	22	Male	40		11:42:37
49	199		Chris Fleming	11:43:03	01:42:05	M50	7	Male	41	UKRUNCHAT	11:43:03
50	502		PAUL SHELLEY	11:43:08	01:42:19	M40	12	Male	42	Fairlands Valley Spartans RC	11:43:08
51	56		Paul Brennan	11:43:13	01:42:44	M50	8	Male	43	WARE JOGGERS	11:43:13
52	521		Paul Smith	11:43:13	01:42:46	M50	9	Male	44		11:43:13
53	101		Ian Clark	11:43:41	01:42:45	M40	13	Male	45		11:43:41
54	388		Michael McManus	11:43:48	01:43:15	M40	14	Male	46		11:43:48
55	48		Clare Bonnick	11:43:50	01:42:49	W50	1	Female	9	Watford Joggers	11:43:50
56	111		Stuart Cocks	11:44:37	01:43:58	M40	15	Male	47	NORTH HERTS ROAD RUNNERS	11:44:37
57	535		ALAN Taylor	11:44:51	01:44:20	M40	16	Male	48	WARE JOGGERS	11:44:51
58	395		Matt Metcalfe	11:45:04	01:44:14	M40	17	Male	49		11:45:04
59	26		Rebecca Barden	11:45:06	01:44:24	W50	2	Female	10	GARDEN CITY RUNNERS	11:45:06
60	22		Kane Bailey	11:45:07	01:43:50	Senior	23	Male	50	NANDOS	11:45:07

Pos	Race No	Fav	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	TOD
61	554		Mark Tikaram	11:45:08	01:44:20	M40	18	Male	51	Tring RC	11:45:08
62	252		Stuart Haycroft	11:45:57	01:45:09	M40	19	Male	52	Fairlands Valley Spartans RC	11:45:57
63	203		sean flynn	11:47:47	01:47:17	M60	2	Male	53	HARLOW RUNNING CLUB	11:47:47
64	612		JOHN HARRIS	11:47:56	01:46:53	Senior	24	Male	54		11:47:56
65	611		HOLLY TAYLOR	11:47:56	01:46:52	Lady	5	Female	11	Ardeley runners	11:47:56
66	66		Jim Brown	11:48:11	01:47:30	M60	3	Male	55	Fairlands Valley Spartans RC	11:48:11
67	391		Graeme McTait	11:48:11	01:47:20	M40	20	Male	56	UKNETRUNNER	11:48:11
68	517		Brad Smith	11:48:18	01:47:37	Senior	25	Male	57	GARDEN CITY RUNNERS	11:48:18
69	225		Darren Gorvett	11:49:03	01:47:48	M40	21	Male	58		11:49:03
70	314		Gary Jones	11:49:14	01:48:39	M40	22	Male	59	Bishops Stortford RC	11:49:14
71	9		Dale Allardyce	11:49:16	01:48:05	M40	23	Male	60		11:49:16
72	158		Robert Dilley	11:49:21	01:48:42	Senior	26	Male	61	GARDEN CITY RUNNERS	11:49:21
73	137		Andrew Cunningham	11:49:47	01:49:10	M40	24	Male	62		11:49:47
74	276		Chris Holland	11:49:47	01:49:13	Senior	27	Male	63	Fairlands Valley Spartans RC	11:49:47
75	432		alister parry	11:50:23	01:49:31	M50	10	Male	64	GARDEN CITY RUNNERS	11:50:23
76	585		Portia Whiskin	11:50:34	01:49:53	Lady	6	Female	12		11:50:34
77	518		clive smith	11:51:43	01:50:59	M60	4	Male	65		11:51:43
78	181		Martin Dudley	11:51:51	01:50:41	M50	11	Male	66	Fairlands Valley Spartans RC	11:51:51
79	52		Greg Bradbury	11:52:33	01:51:47	Senior	28	Male	67	STEVENAGE STRIDERS	11:52:33
80	338		Mark Legate	11:52:37	01:51:26	M40	25	Male	68		11:52:37
81	605		ROBERT WRIGHT	11:52:43	01:51:51	Senior	29	Male	69	Fairlands Valley Spartans RC	11:52:43
82	512		Andrew Sims	11:52:47	01:52:05	M50	12	Male	70	WARE JOGGERS	11:52:47
83	497		Peter Sewell	11:52:54	01:51:33	M50	13	Male	71		11:52:54
84	362		Kimberley Mangelshot	11:53:22	01:52:43	W40	5	Female	13	MERIDIAN TRI CLUB	11:53:22
85	436		Craig Patterson	11:53:24	01:52:21	M40	26	Male	72		11:53:24
86	345		Natalie Lightman	11:53:24	01:52:10	Lady	7	Female	14	Watford Joggers	11:53:24
87	478		Tim Robinson	11:53:54	01:53:22	M40	27	Male	73	Fairlands Valley Spartans RC	11:53:54
88	343		John Lewis	11:54:23	01:53:26	M60	5	Male	74		11:54:23
89	265		Ian Hills	11:55:10	01:53:40	M40	28	Male	75		11:55:10
90	236		Matthew Gunning	11:56:07	01:54:53	Senior	30	Male	76		11:56:07

Pos	Race No	Fav	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	TOD
91	217		Joanne Gladding	11:57:05	01:55:55	Senior	1	Female	15	WARE JOGGERS	11:57:05
92	553		Sharon Threlfall	11:57:10	01:56:25	W40	6	Female	16	WARE JOGGERS	11:57:10
93	243		Richard Harding	11:57:18	01:56:00	Senior	31	Male	77		11:57:18
94	463		Anne Ramsden	11:57:37	01:57:06	W60	1	Female	17	WARE JOGGERS	11:57:37
95	50		Julia Booker	11:58:04	01:57:16	W40	7	Female	18	WARE JOGGERS	11:58:04
96	148		Richard Darley	11:58:34	01:57:31	M50	14	Male	78	GARDEN CITY RUNNERS	11:58:34
97	259		Rod Hewson	11:59:04	01:57:42	M70	1	Male	79	Watford Joggers	11:59:04
98	28		Caroline Barter	11:59:21	01:58:46	W40	8	Female	19	Fairlands Valley Spartans RC	11:59:21
99	440		Alexander Phillips	11:59:53	01:59:22	Senior	32	Male	80		11:59:53
100	13		Rachel Andrews	12:00:10	01:59:13	Senior	2	Female	20	old hatfield ladies running club	12:00:10
101	89		Esperanza Castro	12:00:17	01:59:31	W50	3	Female	21	STEVENAGE STRIDERS	12:00:17
102	156		Philip Deaves	12:00:17	01:59:30	M50	15	Male	81	STEVENAGE STRIDERS	12:00:17
103	578		Martin Webb	12:00:26	01:59:19	M60	6	Male	82		12:00:26
104	340		Frances Levy	12:00:48	02:00:00	W60	2	Female	22	STEVENAGE STRIDERS	12:00:48
105	256		katie herrington	12:00:52	01:59:54	Lady	8	Female	23	SANDHURST JOGGERS	12:00:52
106	207		David Foxen	12:01:20	01:59:47	Senior	33	Male	83		12:01:20
107	132		Michelle Cross	12:01:36	02:01:05	W50	4	Female	24	WARE JOGGERS	12:01:36
108	429		helen Paine	12:01:42	02:00:49	W40	9	Female	25	GARDEN CITY RUNNERS	12:01:42
109	191		Domenic Esposito	12:01:47	02:01:04	Senior	34	Male	84	WARE JOGGERS	12:01:47
110	257		Paul Heuvelmans	12:01:59	02:01:15	M40	29	Male	85	WARE JOGGERS	12:01:59
111	474		Sarah Roberts	12:02:00	02:01:20	Lady	9	Female	26		12:02:00
112	468		Carol Reid	12:02:34	02:01:38	W50	5	Female	27	GARDEN CITY RUNNERS	12:02:34
113	547		WENDY THARANI	12:02:53	02:01:50	W40	10	Female	28		12:02:53
114	359		Andy Males	12:03:55	02:02:40	M40	30	Male	86		12:03:55
115	397		Jonathan Milne	12:04:10	02:03:22	M40	31	Male	87	St Albans Striders	12:04:10
116	206		Matthew Fowler	12:04:20	02:03:33	Senior	35	Male	88		12:04:20
117	277		Stu Hollick	12:04:37	02:03:24	M40	32	Male	89		12:04:37
118	458		Marcia Quinn	12:04:45	02:03:41	W50	6	Female	29	Watford Joggers	12:04:45
119	36		Ailbhe Bennett	12:05:30	02:03:55	Lady	10	Female	30	NANDOS	12:05:30
120	542		MEGAN TAYLOR	12:06:12	02:05:22	W40	11	Female	31	Fairlands Valley Spartans RC	12:06:12

Pos	Race No	Fav	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	TOD
121	8		Samantha Allan	12:07:01	02:05:58	W50	7	Female	32	Watford Joggers	12:07:01
122	234		Philippa Griffin	12:07:01	02:05:57	W40	12	Female	33	Watford Joggers	12:07:01
123	315		jonathan jones	12:07:50	02:07:17	M50	16	Male	90	Fairlands Valley Spartans RC	12:07:50
124	319		Simon Joyce	12:08:16	02:07:04	W50	8	Female	34	WARE JOGGERS	12:08:16
125	109		Andrew Coates	12:08:20	02:06:48	Senior	36	Male	91		12:08:20
126	603		Lee Wood	12:08:25	02:07:26	M40	33	Male	92		12:08:25
127	365		Julie Manson	12:08:42	02:07:15	W40	13	Female	35	St Albans Striders	12:08:42
128	184		Natasha Eagling	12:08:48	02:07:40	W40	14	Female	36	Vegan Runners	12:08:48
129	213		Sophocles Georgiou	12:09:25	02:08:46	M60	7	Male	93	Fairlands Valley Spartans RC	12:09:25
130	453		Chris Prince	12:11:26	02:10:18	M40	34	Male	94		12:11:26
131	529		Fiona Sutherland	12:11:29	02:10:02	W60	3	Female	37	Bishops Stortford RC	12:11:29
132	528		Janice Stone	12:13:49	02:12:23	W50	9	Female	38	SLACKERS	12:13:49
133	283		Bob Hopcraft	12:13:59	02:12:39	M60	8	Male	95		12:13:59
134	433		anne parry	12:14:43	02:13:50	W50	10	Female	39	GARDEN CITY RUNNERS	12:14:43
135	19		Mike Astley	12:14:52	02:13:41	M50	17	Male	96		12:14:52
136	495		David Selwood	12:15:28	02:13:50	M60	9	Male	97	Welwyn Runners	12:15:28
137	57		Tracy Brennan	12:15:39	02:14:26	W40	15	Female	40	WARE JOGGERS	12:15:39
138	543		SUE Taylor	12:15:52	02:14:34	W40	16	Female	41	WARE JOGGERS	12:15:52
139	506		Karl Shreeve	12:15:54	02:14:39	M50	18	Male	98	Fairlands Valley Spartans RC	12:15:54
140	10		Jenny Amery	12:16:22	02:14:48	W60	4	Female	42		12:16:22
141	426		Frank O'Shea	12:16:32	02:15:56	M60	10	Male	99	WARE JOGGERS	12:16:32
142	569		Margaret Waddingham	12:16:42	02:15:27	W70	1	Female	43	WARE JOGGERS	12:16:42
143	443		Mark Pinney	12:17:04	02:16:21	M40	35	Male	100	STEVENAGE & NORTH HERTS AC	12:17:04
144	210		David Galpin	12:18:56	02:17:51	M40	36	Male	101		12:18:56
145	525		Andrew Steddy	12:20:27	02:19:17	M40	37	Male	102		12:20:27
146	275		Paul Holgate	12:20:39	02:19:20	M60	11	Male	103	Fairlands Valley Spartans RC	12:20:39
147	153		Claire Davis	12:20:44	02:19:33	W40	17	Female	44		12:20:44
148	325		Angie Keeling	12:21:26	02:19:47	Senior	3	Female	45	Fairlands Valley Spartans RC	12:21:26
149	570		Robert Waddingham	12:21:26	02:20:37	M60	12	Male	104	WARE JOGGERS	12:21:26
150	592		Annalisa Williams	12:23:23	02:22:45	Lady	11	Female	46	WARE JOGGERS	12:23:23

Pos	Race No	Fav	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	TOD
151	383		Paul McGough	12:24:36	02:23:16	Senior	37	Male	105		12:24:36
152	212		SIMON GARSTIN	12:26:05	02:24:06	M50	19	Male	106		12:26:05
153	481		Vanessa Rolfe	12:26:45	02:25:09	W60	5	Female	47	NORTH HERTS ROAD RUNNERS	12:26:45
154	350		Ka Ho Lok	12:29:15	02:27:36	Senior	38	Male	107		12:29:15
155	449		Simon Potts	12:30:11	02:28:29	Senior	39	Male	108		12:30:11
156	548		TAHER THARANI	12:38:50	02:37:46	M40	38	Male	109	Fairlands Valley Spartans RC	12:38:50
157	448		Wendy Potter	12:39:53	02:38:41	W50	11	Female	48		12:39:53
158	296		Maureen Hurt	12:40:20	02:39:02	W40	18	Female	49	WARE JOGGERS	12:40:20
159	163		john dodd	12:40:53	02:32:07	M60	13	Male	110		12:40:53
160	491		Paul Scanlon	12:44:49	02:44:03	M40	39	Male	111		12:44:49
161	87		Louise Carpenter	12:44:50	02:44:06	Lady	12	Female	50		12:44:50
162	60		Karen Broom	12:46:09	02:45:12	W50	12	Female	51	Fairlands Valley Spartans RC	12:46:09
163	61		Trevor Broom	12:46:09	02:45:10	M50	20	Male	112	Fairlands Valley Spartans RC	12:46:09
164	195		Stephen Feguson	12:47:24	02:45:43	M40	40	Male	113	St Neots Riverside Runners	12:47:24
165	200		Gillian Flint	12:58:40	02:57:07	Senior	4	Female	52		12:58:40
166	289		Jonathan Housley	13:06:29	03:04:56	M40	41	Male	114		13:06:29
999999	311		Alex Johnston	Started	Started	Senior	999999	Male	999999	St Albans Striders	
999999	423		Peter Offord	Started	Started	M40	999999	Male	999999	WARE JOGGERS	