

FVS 3K RELAYS : THURSDAY 26th JULY 2018 - LADIES TEAM RE

Pos	Vet	Co.	No.	Team		Time
1		1	242	NHRR	A	35:28
2		2	200	Herts Phoenix AC	A	35:46
3		3	249	Barnet & District AC	A	35:53
4	1	1	253	Barnet & District AC	B	35:55
5	2	2	255	St Albans Striders	A	35:57
6		4	218	Fairlands Valley Spartans	A	36:10
7		5	257	Royston Runners	A	37:31
8		6	203	Garden City Runners	A	37:44
9	3	3	248	NHRR	B	37:46
10		7	247	Watford Harriers	A	38:01
11		1	236	Amphill & Flitwick Flyers	A	38:42
12		8	246	NHRR	C	39:53
13	4	1	223	Stopsley Striders	A	40:06
14	5	4	204	Garden City Runners	B	40:49
15	6	5	214	Stevenage Striders	A	40:54
16	7	2	228	Dunstable Road Runners	A	41:04
17	8	6	260	St Albans Striders	B	41:44
18	9	7	245	NHRR	D	42:46
19		2	237	Amphill & Flitwick Flyers	B	43:35
20		3	227	Dunstable Road Runners	B	43:56
21	10	8	217	Fairlands Valley Spartans	B	43:57
22		9	213	Stevenage & North Herts AC	A	44:04
23	11	3	232	Dunstable Road Runners	C	44:21
24	12	9	262	St Albans Striders	C	45:20
25		10	256	Freedom Tri	A	45:25
26	13	10	215	Stevenage Striders	B	45:59
27	14	11	201	Ware Joggers	A	46:14
28	15	12	205	Garden City Runners	C	46:24
29		4	220	Bedford Harriers	A	46:43
30	16	13	210	Garden City Runners	D	47:45

31	17	14	206	Garden City Runners	E	48:10
32	18	15	258	Broxbourne Running Club	A	48:14
33	19	4	238	Amphill & Flitwick Flyers	C	48:24
34	20	16	243	NHRR	E	48:57
35	21	5	241	Amphill & Flitwick Flyers	D	49:02
36	22	6	225	Stopsley Striders	B	49:07
37		11	219	Fairlands Valley Spartans	C	49:10
38		12	216	Stevenage Striders	C	49:14
39		13	202	Ware Joggers	B	49:19
40	23	7	230	Dunstable Road Runners	D	49:28
41		5	221	Dunstable Road Runners	E	49:44
42		14	244	NHRR	F	49:49
43	24	8	224	Stopsley Striders	C	49:58
44	25	9	229	Dunstable Road Runners	F	50:32
45	26	10	235	Dunstable Road Runners	G	51:17
46	27	17	263	St Albans Striders	D	51:44
47	28		252	NHRR	G	52:04
48	29	18	259	Royston Runners	B	52:32
49		15	212	Garden City Runners	F	52:36
50		16	208	Garden City Runners	G	53:19
51		17	209	Garden City Runners	H	53:55
52	30	11	239	Amphill & Flitwick Flyers	E	54:14
53	31	19	207	Garden City Runners	I	54:20
54	32	20	250	NHRR	H	54:35
55	33	21	251	NHRR	I	54:40
56		6	233	Dunstable Road Runners	H	55:32
57	34	12	240	Amphill & Flitwick Flyers	F	55:49
58	35	13	234	Dunstable Road Runners	I	56:44
59	36	14	231	Dunstable Road Runners	J	56:50
60	37		226	Stopsley Striders	D	57:31
61	38	22	211	Garden City Runners	J	1:06:28
			222	Stopsley Striders	E	-

			254	St Albans Striders	E	-
			261	St Albans Striders	F	-
			264	St Albans Striders	G	-

FVS 3K RELAYS : THURSDAY 26th JULY 2018 - MIXED TEAM RE

Pos	Vet	Co.	No.	Team		Time
1			300	Ware Joggers	A	43:03
2			310	St Albans Striders	A	45:56
3			306	Fairlands Valley Spartans	A	51:39
4			311	Barnet & District AC	A	53:29
5			308	Fairlands Valley Spartans	B	53:37
6			313	Royston Runners	A	53:56
7			301	Ware Joggers	B	53:59
8			309	Fairlands Valley Spartans	C	57:49
9			302	Stevenage & North Herts AC	A	1:00:05
10			307	Bedford Harriers	A	1:01:12
11			305	Stevenage Striders	A	1:02:59
12			304	Stevenage Striders	B	1:07:11
13			303	Stevenage Striders	C	1:18:05
			312	Freedom Tri		-

FVS 3K RELAYS : THURSDAY 26th JULY 2018 - MENS TEAM RES

Pos	Vet	Co.	No.	Team		Time
1		1	136	Barnet & District AC	A	47:57
2		2	130	NHRR	A	48:45
3			129	Hitchin Running Club	A	50:09
4		3	149	Royston Runners	A	52:23
5		4	118	Garden City Runners	A	52:24
6		5	101	Ware Joggers	A	53:02
7	1	1	140	St Albans Striders	A	53:08
8		6	132	Watford Harriers	A	53:34
9	2	2	131	NHRR	B	53:48

10	3	3	119	Garden City Runners	B	54:48
11	4	1	116	Bedford Harriers	A	55:47
12		2	106	Dunstable Road Runners	A	55:47
13	5	4	113	Fairlands Valley Spartans	A	55:56
14	6	5	120	Garden City Runners	C	56:14
15		7	111	Stevenage Striders	A	56:19
16	7	1	105	Dunstable Road Runners	B	56:21
17	8	6	135	Barnet & District AC	B	56:40
18		8	147	Royston Runners	B	57:27
19		3	126	Stopsley Striders	A	57:27
20		9	133	NHRR	C	57:55
21		10	114	Fairlands Valley Spartans	B	57:58
22		11	110	Stevenage & North Herts AC	A	58:18
23	9	7	109	Stevenage & North Herts AC	B	58:38
24		12	141	St Albans Striders	B	58:43
25		13	142	St Albans Striders	C	58:43
26		14	100	Herts Phoenix AC	A	58:52
27		15	122	Garden City Runners	D	58:56
28		16	150	Royston Runners	C	59:08
29		17	102	Ware Joggers	B	59:49
30	10	8	138	Broxbourne Running Club	A	1:00:32
31		18	146	Freedom Tri	B	1:01:05
32		19	108	Stevenage & North Herts AC	C	1:01:35
33	11	2	127	Stopsley Striders	B	1:02:17
34		20	145	Freedom Tri	A	1:02:22
35			125	Garden City Runners	E	1:02:25
36		4	104	Dunstable Road Runners	C	1:02:31
37		5	103	Amphill & Flitwick Flyers	A	1:02:48
38		6	117	Bedford Harriers	B	1:03:11
39	12	3	128	Stopsley Striders	C	1:06:05
40		21	112	Stevenage Striders	B	1:06:11
41		22	148	Royston Runners	D	1:06:17

42		23	134	NHRR	D	1:06:50
43		24	137	NHRR	E	1:07:33
44	13	9	121	Garden City Runners	F	1:07:42
45	14	10	143	St Albans Striders	D	1:08:48
46		7	144	Amphill & Flitwick Flyers	B	1:10:24
47		25	139	Fairlands Valley Spartans	C	1:11:10
48	15	11	115	Fairlands Valley Spartans	D	1:11:17
49	16	12	123	Garden City Runners	G	1:13:07
50		8	107	Dunstable Road Runners	D	1:14:09
51		26	124	Garden City Runners	H	1:17:50

FVS 3K RELAYS : THURSDAY 26th JULY 2018 - LADIES

Pos	Vet	Co.	Name	Surname	Time
1			North Herts Road Runners 'A' (242)		
2			Astrid	McKeown	11:13
4			Helen	Cairns	12:29
1	1		Sarah	Mitcherson	11:46
					35:28
2			Herts Phoenix AC 'A' (200)		
1			Lottie	Rowedder	10:46
2			Alicia	Found	12:52
2	2		Isabel	Found	12:08
					35:46
3			Barnet & District AC 'A' (249)		
7			Danielle	Stapleton	12:03
3			Nina	Atherton	11:37
3	3		Charlotte	Kennedy	12:13
					35:53
4			Barnet & District AC 'B' (253)		
4			Jo	Kent	11:31
1			Kath	March	11:49
4	1	1	Sarah	Boxer	12:35
					35:55
5			St Albans Striders 'A' (255)		
6			Wendy	Walsh	11:57
5			Helen	Cartlidge	11:59
5	2	2	Jenny	Maddocks	12:01
					35:57
6			Fairlands Valley Spartans 'A' (218)		
8			Suzy	Hawkins	12:08
7			Michelle	Reeves	12:16
6	4		Ashley	Schoenwetter	11:46
					36:10

7		Royston Runners 'A' (257)			
11		Lorna	Castle	12:31	
11		Kayleigh	Williams	12:45	
7	5	Lauren	Davison	12:15	
				37:31	
8		Garden City Runners 'A' (203)			
9		Hannah	Frank	12:22	
6		Becca	Hayden	11:45	
8	6	Charlotte	Chapman	13:37	
				37:44	
9		North Herts Road Runners 'B' (248)			
14		Kat	Burr	12:51	
10		Paula	Holm	12:16	
9	3	3	Jane	Clarke	12:39
				37:46	
10		Watford Harriers 'A' (247)			
5		Chloe	Dearman	11:36	
9		Robyn	Lower	13:28	
10	7	Alison	Putko	12:57	
				38:01	
11		Ampthill & Flitwick Flyers 'A' (236)			
15		Lisa	Wells	13:27	
13		Hattie	King	12:29	
11	1	Jess	Anstee	12:46	
				38:42	
12		North Herts Road Runners 'C' (246)			
12		Rhia	Botha	12:42	
12		Ellie	Webb	13:12	
12	8	Hannah	Keeble	13:59	
				39:53	
13		Stopsley Striders 'A' (223)			
3		Christine	Lathwell	11:16	

8			Miriam	Linforth	13:16
13	4	1	Vicki	Crowston	15:34
					40:06
14			Garden City Runners 'B' (204)		
13			Rebecca	Barden	12:45
16			Yvonne	Jones	15:05
14	5	4	Veronica	Shadbolt	12:59
					40:49
15			Stevenage Striders 'A' (214)		
19			Victoria	Mclver	13:51
14			Jenny	Ingram-Tedd	13:09
15	6	5	Claire	Wing	13:54
					40:54
16			Dunstable Road Runners 'A' (228)		
10			Emily	Prejac	12:23
15			Joanna	Jeffs	14:59
16	7	2	Sue	McAvock	13:42
					41:04
17			St Albans Striders 'B' (260)		
25			Rachel	Aldridge	14:45
20			Fleur	Harvey-Keenan	13:36
17	8	6	Donna	Irwin	13:23
					41:44
18			North Herts Road Runners 'D' (245)		
27			Linda	Aird	14:51
19			Carline	Thrussell	13:30
18	9	7	Lucy	O'Connor	14:25
					42:46
19			Ampthill & Flitwick Flyers 'B' (237)		
20			Louise	Clark	14:05
18			Kate	Cornelius	14:10
19		2	Rebecca	Fleckney	15:20

				43:35
20			Dunstable Road Runners 'B' (227)	
31		Lynn	Russell	15:27
23		Claire	Thomas	14:39
20	3	Poppy	Russell	13:50
				43:56
21			Fairlands Valley Spartans 'B' (217)	
16		Yuko	Gordon	13:30
21		Julie	Shadbolt	15:45
21	10	8 Jackie	Downes	14:42
				43:57
22			Stevenage & North Herts AC 'A' (213)	
18		Erin	Oliver	13:33
17		Charley	Duke	14:35
22	9	Hayley	Duke	15:56
				44:04
23			Dunstable Road Runners 'C' (232)	
26		Sharon	Hawkins	14:46
29		Alison	Hunt	16:06
23	11	3 Chippy	Murphy	13:29
				44:21
24			St Albans Striders 'C' (262)	
23		Magdalena	Detrus	14:24
31		Joanne	Tang	16:45
24	12	9 Kate	Burn	14:11
				45:20
25			Freedom Tri 'A' (256)	
37		Amanda	Maylin	16:14
32		Claire	Maylin	15:12
25	10	Emma	Clarke	13:59
				45:25
26			Stevenage Striders 'B' (215)	

21			Tracy	Bullot	14:14
22			Fran	Levy	15:26
26	13	10	Sarah	Cousins	16:19
					45:59
27			Ware Joggers 'A' (201)		
22			Michelle	Cross	14:20
26			Tracy	Brennan	16:12
27	14	11	Carla	Bell	15:42
					46:14
28			Garden City Runners 'C' (205)		
32			Nikki	Cowen	15:27
25			Helen	Paine	14:51
28	15	12	July	Kean	16:06
					46:24
29			Bedford Harriers 'A' (220)		
33			Vicky	Shaw	15:32
27			Danni	Noble	15:10
29		4	Caroline	Diggle	16:01
					46:43
30			Garden City Runners 'D' (210)		
42			Elaine	Giles	16:52
28			Anna	Bellingham	13:51
30	16	13	Melanie	King	17:02
					47:45
31			Garden City Runners 'E' (206)		
29			Carol	Reid	15:07
24			Hayley	Connolly	15:03
31	17	14	Kath	Evans	18:00
					48:10
32			Broxbourne Running Club 'A' (258)		
17			Siobhan	Flynn	13:31
30			Wendy	Reddaway	17:36

32	18	15	Olu	Gooden	17:07
					48:14
33			Ampthill & Flitwick Flyers 'C' (238)		
43			Sarah	Schofield	17:00
40			Louise	Wilkins	16:02
33	19	4	Christine	Sharman	15:22
					48:24
34			North Herts Road Runners 'E' (243)		
40			Lewina	Agius	16:18
42			Shiela	Leavy	16:46
34	20	16	Cara	Sutton	15:53
					48:57
35			Ampthill & Flitwick Flyers 'D' (241)		
41			Caroline	O'Mahoney	16:24
35			Laura	Johnston	15:40
35	21	5	Emma	White	16:58
					49:02
36			Stopsley Striders 'B' (225)		
47			Kulwinder	Assra	17:39
44			Kat	Tuloo	15:35
36	22	6	Katicia	Blanchard	15:53
					49:07
37			Fairlands Valley Spartans 'C' (219)		
34			Sarah	Pike	15:32
38			Sarah	Sapstead	17:19
37	11		Cathy	Craig	16:19
					49:10
38			Stevenage Striders 'C' (216)		
35			Esperanza	Castro	15:54
46			Molly	Davis	17:49
38	12		Anne	Miller	15:31
					49:14

39			Ware Joggers 'B' (202)		
49			Sarah	Berry	17:48
43			Gemma	Charville	15:24
39	13		Annalisa	Williams	16:07
					49:19
40			Dunstable Road Runners 'D' (230)		
44			Greer	Kidney	17:10
34			Jeanette	Walster	14:37
40	23	7	Ingrid	Bacon	17:41
					49:28
41			Dunstable Road Runners 'E' (221)		
45			Johanna	Hadley	17:14
45			Mel	Mwa-Sylvester	16:29
41	5		Tina	Kenyon	16:01
					49:44
42			North Herts Road Runners 'F' (244)		
58			Kelly	Hanlon	19:44
51			Gladys	Cheng	16:05
42	14		Ellie	Scott	14:00
					49:49
43			Stopsley Striders 'C' (224)		
39			Kerry	Dear	16:17
41			Dawn	Boon	16:46
43	24	8	Teresa	Abbott	16:55
					49:58
44			Dunstable Road Runners 'F' (229)		
28			Tara	Quinn	15:05
36			Tara	Pountney	17:23
44	25	9	Janicia	Thompson	18:04
					50:32
45			Dunstable Road Runners 'G' (235)		
54			Karen	Larrington	18:43

48			Sarah	Caswell	16:21
45	26	10	Hayley	Keeble	16:13
					51:17
46			St Albans Striders 'D' (263)		
51			Jean	Webb	18:10
52			Denise	Tinant	17:55
46	27	17	Eileen	Sindole	15:39
					51:44
47			North Herts Road Runners 'G' (252)		
63			Monica	Cullin	26:08
58			Astrid	McKeown (2)	12:04
47	28		Paula	Kolm	13:52
					52:04
48			Royston Runners 'B' (259)		
59			Kara	Eagling	20:20
53			Tina	Filby	15:54
48	29	18	Rachel	Morgan	16:18
					52:32
49			Garden City Runners 'F' (212)		
24			Jennifer	Hill	14:34
49			Amy	Slater	20:35
49	15		Joy	Allen	17:27
					52:36
50			Garden City Runners 'G' (208)		
55			Jane	Molloy	18:47
54			Caroline	Hughes	17:51
50	16		Jen	Denman	16:41
					53:19
51			Garden City Runners 'H' (209)		
52			Emily	Hammond	18:27
55			Holly	Casey-Smithson	19:07
51	17		Elizabeth	Dean	16:21

					53:55
52			Ampthill & Flitwick Flyers 'E' (239)		
46			Pat	Godfrey	17:31
47			Sam	Walters	17:08
52	30	11	Nicholle	Neatte	19:35
					54:14
53			Garden City Runners 'I' (207)		
56			Charlotte	Jones	19:25
50			Maggie	Orme	15:50
53	31	19	Angela	Woods	19:05
					54:20
54			North Herts Road Runners 'H' (250)		
30			Ali	Blunt	15:25
39			Lindsay	Cook	17:29
54	32	20	Jo	Sopala	21:41
					54:35
55			North Herts Road Runners 'I' (251)		
61			Hayley	Cocks	21:40
62			Helen	Marson-Smith	19:16
55	33	21	Jo	Summers	13:44
					54:40
56			Dunstable Road Runners 'H' (233)		
48			Clare	Bates	17:46
56			Claire	Lamond	19:48
56		6	Claire	Belmar	17:58
					55:32
57			Ampthill & Flitwick Flyers 'F' (240)		
50			Helen	Sattherwaite	17:57
59			Justine	Cullin	20:17
57	34	12	Claire	Jones	17:35
					55:49
58			Dunstable Road Runners 'I' (234)		

53			Emma	Caswell	18:32
57			Sarah	Cornell	19:09
58	35	13	Ursula	Hewson	19:03
					56:44
59			Dunstable Road Runners 'J' (231)		
57			Jeanette	Eames	19:36
60			Deb	Hooker	19:04
59	36	14	Shelah	Surgey	18:10
					56:50
60			Stopsley Striders 'D' (226)		
60			Liz	Evans	20:43
61			Amanda	Rankin	18:10
60	37		Donna	Wiggett	18:38
					57:31
61			Garden City Runners 'J' (211)		
62			Sue	Fletcher	22:41
63			Eleanor	Draper	23:36
61	38	22	Maureen	Steed	20:11
					6:28
			St Albans Striders 'E' (254)		
36			Carole	Jack	16:04
33			Denise	Morgan	15:27
			Linda	Cassidy	
			Stopsley Striders 'E' (222)		
38			Amanda	Scott	16:15
37			Siobhan	Jenkins	16:26
			Carly	Eaves	
			St Albans Striders 'F' (261)		
			Ruth	Kent	
			Caroline	Bailes	
			Magda	Boben	
			St Albans Striders 'G' (264)		

		Denise	Morgan	
		Carole	Jack	
		Jenny	Maddocks	

FVS 3K RELAYS : THURSDAY 26th JULY 2018 - MIXED

Pos	Vet	Co.	Name	Surname	Time
1			Ware Joggers 'A' (300)		
2			Lindsay	Russell-Smith	11:47
2			Harriet	Scales	12:02
1			Oscar	Bell	9:48
1			Michael	Waddington	9:26
					43:03
2			St Albans Striders 'A' (310)		
1			Joe	Dunn	10:10
1			Magda	Bobon	13:12
2			Gareth	Bealis	11:39
2			Jen	Conway	10:55
					45:56
3			Fairlands Valley Spartans 'A' (306)		
5			Danny	Sutton	12:44
3			Verity	Fisher	13:49
3			Chris	Holland	12:48
3			Suzy	Hawkins	12:18
					51:39
4			Barnet & District AC 'A' (311)		
6			Julian	St George	13:13
7			Lucy	Neatham	15:15
5			Danny	Digweed	11:23
4			Annabelle	Lee	13:38
					53:29
5			Fairlands Valley Spartans 'B' (308)		
4			Marie	Colucci	12:37
4			Jo	Bowdery	13:58
6			Vishal	Shah	14:42
5			Tim	Saban	12:20
					53:37

6		Royston Runners 'A' (313)		
8		Ruth	MacLeod	13:25
6		Robin	Wells	13:39
7		Claire	Littlewood	14:30
6		Neil	Feeder	12:22
				53:56
7		Ware Joggers 'B' (301)		
3		Daniel	Kirby	12:18
5		Sharon	Threlfall	14:27
4		Kerri	Whitelegg	13:01
7		Martin	Guy	14:13
				53:59
8		Fairlands Valley Spartans 'C' (309)		
9		Lee	Pickersgill	13:36
10		Callie	Chapman	16:19
10		Jenny	Garrett	14:45
8		Darren	Emmerson	13:09
				57:49
9		Stevenage & North Herts AC 'A' (302)		
11		Katie	Thompson	14:04
9		Bob	Whitten	15:13
9		Graham	Spicer	15:18
9		Lisa	Barber	15:30
				1:00:05
10		Bedford Harriers 'A' (307)		
12		Noel	Jones	15:03
12		Angie	Finch	16:34
12		Chris	Fadden	14:54
10		Lauvnene	Lee	14:41
				1:01:12
11		Stevenage Striders 'A' (305)		
7		James	French	13:24

11		Linda	Howell	17:05
11		Peter	Monk	15:28
11		Sandra	Howes	17:02
				1:02:59
12		Stevenage Striders 'B' (304)		
14		Mark	Blease	15:39
13		Sarah	Allen	16:01
13		Dave	Mendonca	18:18
12		Lynsey	Mendonca	17:13
				1:07:11
13		Stevenage Striders 'C' (303)		
13		Tony	Castro	15:37
14		Chrissie	Parry	21:57
14		Gary	East	20:32
13		Brenda	Smith	19:59
				1:18:05
		Freedom Tri 'A' (312)		
10		Anna	Weller	13:59
8		Jodie	Wilkes	14:40
8		Rob	Clarke	15:18
		James	Parsons	

FVS 3K RELAYS : THURSDAY 26th JULY 2018 - MENS T

Pos	Vet	Co.	Name	Surname	Time
1			Barnet & District AC 'A' (136)		
2			Chris	Price	9:16
1			Alex	Lepetre	8:50
1			Gary	Pelosi	9:47
1			Alex	Horton	9:55
1		1	Mark	Cottle	10:09
					47:57
2			North Herts Road Runners 'A' (130)		
3			Mark	Vaughan	9:44
2			Adam	Bowler	9:49
2			Stewart	Overton	9:56
2			Darren	Sunter	9:45
2		2	Tom	Webb	9:31
					48:45
3			Hitchin Running Club 'A' (129)		
1			Oliver	Saville	9:10
3			Richard	Passey	10:40
3			Peter	Males	10:26
3			Wayne	Bell	9:48
3			Stuart	Hansell	10:05
					50:09
4			Royston Runners 'A' (149)		
9			Tom	Beach	10:14
5			Matt	Cottiss	10:22
5			Dean	Reilly	10:27
5			Matthew	Kay	10:41
4		3	Ben	Sewell	10:39
10			Tom	Wackett	10:28

4		Craig	Brown	9:55	
4		James	Huish	9:58	
4		Danny	Figg	10:12	
5	4	Ryan	Keane	11:51	
				52:24	
6		Ware Joggers 'A' (101)			
7		Mark	Ford	10:01	
6		Jonny	Nicholls	10:42	
6		Tom	Porter	11:00	
6		Jon	Williams	10:20	
6	5	Jamie	Higgs	10:59	
				53:02	
7		St Albans Striders 'A' (140)			
11		Gary	Warren	10:31	
7		Jim	King	10:41	
7		Nigel	King	11:14	
7		Stephen	Hosty	10:49	
7	1	1	Jon	Scott	9:53
				53:08	
8		Watford Harriers 'A' (132)			
14		Simeon	Beckford-Tonys	10:36	
9		Stuart	Ingham	10:42	
8		Paul	Ruttley	11:27	
9		Nick	Harris	10:58	
8	6	Ross	Connor	9:51	
				53:34	
9		North Herts Road Runners 'B' (131)			
21		Lee	Hayes	11:05	
13		Nick	Malpeli	10:38	
9		James	Walsh	11:18	
8		Darren	Matussa	10:40	
9	2	2	Ryan	Smith	10:07

				53:48
10			Garden City Runners 'B' (119)	
15			Russell Casey	10:37
12			Rob Casserley	11:00
16			Nigel Cavill	12:15
15			Neil Brittain	11:08
10	3	3	Neil Hume	9:48
				54:48
11			Bedford Harriers 'A' (116)	
12			Adam Hills	10:32
15			Gary Butler	11:26
11			Tony Barnes	11:24
10			Gary Finch	10:54
11	4	1	Alastair Fadden	11:31
				55:47
12			Dunstable Road Runners 'A' (106)	
16			Lee Murphy	10:40
17			Stuart Lamond	11:32
17			Liam Deller	11:40
12			James Young	10:55
12		2	Liam Hoare	11:00
				55:47
13			Fairlands Valley Spartans 'A' (113)	
6			Simon Jackson	10:00
14			Tim Saban	11:45
14			Barry Osborne	11:55
18			Thomas Sauka	11:38
13	5	4	Stuart Haycroft	10:38
				55:56
14			Garden City Runners 'C' (120)	
22			Richard Somerset	11:05
16			Darren Riley	11:04

12			Justin	Hill	11:15
13			Mike	Russell	11:25
14	6	5	Sean	Bowen	11:25
					56:14
15			Stevenage Striders 'A' (111)		
24			David	Stafford	11:08
18			Steve	Wells	11:08
19			Tom	Schlanders	11:41
17			Mark	Dunn	11:15
15	7		Ollie	Garbas	11:07
					56:19
16			Dunstable Road Runners 'B' (105)		
17			Darren	Wilson	10:43
10			Winston	Woodward	10:43
10			Mark	Russell	11:54
14			Neil	Current	11:31
16	7	1	Mark	Peddar	11:30
					56:21
17			Barnet & District AC 'B' (135)		
19			Costa	Michael	10:47
20			Rob	Scott	11:42
20			Andy	Neatham	11:40
11			Adrian	Mason	10:33
17	8	6	Des	Michael	11:58
					56:40
18			Royston Runners 'B' (147)		
13			Tim	Jones	10:35
33			Liam	Butler	14:29
29			Paul	Harris	10:43
24			Tom	Beach (2)	10:46
18	8		Matt	Cottiss (2)	10:54
					57:27

19		Stopsley Striders 'A' (126)		
4		Rob	Barnes	9:55
11		Philip	Davies	11:41
24		Thom	Darby	13:16
21		Tom	Rankin	11:16
19	3	Ahmed	Berrah	11:19
				57:27
20		North Herts Road Runners 'C' (133)		
27		John	Auld	11:18
24		Vincent	Wright	11:44
28		Stuart	Cocks	12:37
25		Daniel	Martin	11:00
20	9	David	Weston	11:16
				57:55
21		Fairlands Valley Spartans 'B' (114)		
23		James	Kay	11:07
21		Todd	Gray	11:28
18		Stuart	Archer	11:19
16		Chris	Tillbrook	11:11
21	10	Pete	Smith	12:53
				57:58
22		Stevenage & North Herts AC 'A' (110)		
33		James	Beddall	11:54
27		Charlie	Major	11:41
23		Jack	Gladman	11:09
19		Paul	Spicer	11:01
22	11	Harry	Major	12:33
				58:18
23		Stevenage & North Herts AC 'B' (109)		
5		Chris	Westcott	9:58
8		Richard	Bruce	11:16
15		Trevor	Mason	12:32

20			Steve	Mayfield	12:15
23	9	7	Mark	Grayson	12:37
					58:38
24			St Albans Striders 'B' (141)		
31			Chris	Burr	11:34
26			Richard	Evans	11:37
26			Calum	Latham	12:17
26			Jon	White	11:31
24	12		Howard	Bull	11:44
					58:43
25			St Albans Striders 'C' (142)		
18			Ian	Horth	10:43
23			Colin	Braybrook	12:07
22			Errol	Maginley	11:38
22			Stu	Middleton	11:51
25	13		Marcus	Hooper	12:24
					58:43
26			Herts Phoenix AC 'A' (100)		
8			George	Rowedder	10:13
28			Richard	Bloom	13:34
27			Bernie	Barnaby	11:51
29			George	Rowedder (2)	12:04
26	14		Lottie	Rowedder (2)	11:10
					58:52
27			Garden City Runners 'D' (122)		
26			Rob	Hughes	11:16
22			Steve	Ellerd-Elliott	11:32
13			Simon	Bostock	10:46
23			Michael	Paine	12:47
27	15		Steve	Edwards	12:35
					58:56
28			Royston Runners 'C' (150)		

25		William	Law	11:08	
25		Robin	Chapple	11:58	
25		Phil	Martin	11:55	
28		David	Rootes	12:23	
28	16	Paul	Haynes	11:44	
				59:08	
29		Ware Joggers 'B' (102)			
29		Larry	Mangelshot	11:25	
19		Neil	Bull	10:57	
21		Jack	Whitelegg	11:53	
27		Adam	Guest	12:53	
29	17	Paul	Brennan	12:41	
				59:49	
30		Broxbourne Running Club 'A' (138)			
28		Jason	Champion	11:20	
39		Mark	Coultrup	14:54	
33		Ian	Roberts	11:36	
32		Rory	Lambert	12:05	
30	10	8	Darren	Treadway	10:37
				1:00:32	
31		Freedom Tri 'A' (146)			
37		James	Parsons	12:30	
40		James	Knight	13:57	
32		Chris	Clark	11:06	
30		Greg	Cairns	11:31	
31	18	Steve	Carrod	12:01	
				1:01:05	
32		Stevenage & North Herts AC 'C' (108)			
20		Harry	Hatton	10:57	
30		Tony	Carolan	13:24	
34		Paul	Pickard	13:30	
36		Asil	Loudiyi	13:18	

32		19	Chris	Westcott (2)	10:26
					1:01:35
33			Stopsley Striders 'B' (127)		
30			Gez	Fallon	11:31
29			Martin	Reed	12:32
31			Paul	Keech	13:15
31			Pat	Blessing	12:12
33	11	2	Christian	Bredenkamp	12:47
					1:02:17
34			Freedom Tri 'B' (145)		
45			Rob	Clarke	13:58
34			Ryan	Nichol	11:32
35			Rob	Evans	13:00
33			Rob	Sedgwick	12:07
34		20	Ross	Black	11:45
					1:02:22
35			Garden City Runners 'E' (125)		
46			Tom	Rogers	14:30
50			Mick	Wise	14:51
43			Tom	Wackett (2)	11:24
38			Russell	Casey (2)	11:04
35			Craig	Brown (2)	10:36
					1:02:25
36			Dunstable Road Runners 'C' (104)		
35			Mick	Courtney	11:59
32			Lee	Harper	12:44
30			Craig	Sweet	12:24
34			Dean	Bugler	13:40
36		4	Scott	Riddell	11:44
					1:02:31
37			Amphill & Flitwick Flyers 'A' (103)		
39			Paul	Owen	12:50

35		Jonny	Oakley	12:51
36		Mark	Billington	12:59
35		Chris	Newnham	12:26
37	5	Phil	Mead	11:42
				1:02:48
38		Bedford Harriers 'B' (117)		
32		Shaun	Andrew-Busby	11:49
31		Mike	Brewer	12:39
37		Tony	Jones	14:22
37		Adam	Foster	12:21
38	6	David	Frampton	12:00
				1:03:11
39		Stopsley Striders 'C' (128)		
38		Ian	Pitkin	12:39
37		Andy	Durrant	13:19
39		Ian	Curry	13:35
39		Charles	Nelis	12:57
39	12	3 Phil	Nitchen	13:35
				1:06:05
40		Stevenage Striders 'B' (112)		
40		Ben	Parry	12:55
41		Greg	Bradbury	14:00
38		James	Palmer	12:14
41		Phil	Deaves	14:39
40	21	Aston	Reeves	12:23
				1:06:11
41		Royston Runners 'D' (148)		
36		Stephen	Blackaby	12:20
36		Paul	Norris	13:28
41		Malcolm	Hall	14:39
40		Francis	Noone	13:12
41	22	Tom	Elton	12:38

				1:06:17
42			North Herts Road Runners 'D' (134)	
49		Alan	Hazelhurst	14:47
43		Scott	Perrin	12:25
42		Chris	Poole	13:19
42		Alex	Simon	13:26
42	23	Andrew	Underhill	12:53
				1:06:50
43			North Herts Road Runners 'E' (137)	
47		Russ	Hagan	14:33
45		Adam	Wilson	14:14
45		Colin	Calcutt	13:02
45		Andrew	Robson	13:00
43	24	Christian	Allen	12:44
				1:07:33
44			Garden City Runners 'F' (121)	
34		Dave	Desborough	11:55
38		Steve	Button	14:15
40		Steve	Williams	13:35
44		Richard	Brown	14:36
44	13	9 Ali	Eroglu	13:21
				1:07:42
45			St Albans Striders 'D' (143)	
48		Jaimi	Wallin	14:42
49		Richard	Derrick	14:21
46		Anthony	Bunker	13:06
46		Roger	Smy	13:13
45	14	10 Michael	Jack	13:26
				1:08:48
46			Ampthill & Flitwick Flyers 'B' (144)	
44		Joe	Waters	13:37
42		Jonathon	Walker	13:24

44			Terry	McHugh	13:56
43			Richard	Jones	13:01
46		7	Brendon	O'Mahoney	16:26
					1:10:24
47			Fairlands Valley Spartans 'C' (139)		
41			Reece	McCullagh	12:58
46			Sophocles	Georgiou	15:57
50			Michael	O'Keefe	15:44
48			Paul	Jennings	12:34
47		25	Reece	McCullagh (2)	13:57
					1:11:10
48			Fairlands Valley Spartans 'D' (115)		
42			Mark	Goodwin	13:05
44			Paul	Holgate	15:38
47			Martin	Dudley	13:39
47			Simon	Sypula	14:12
48	15	11	Jim	Brown	14:43
					1:11:17
49			Garden City Runners 'G' (123)		
43			Tom	Weatherhead	13:17
47			Wayne	Aylott	15:38
48			Paul	Gatens	14:22
49			Dai	Selwood	15:06
49	16	12	Craig	Stephenson	14:44
					1:13:07
50			Dunstable Road Runners 'D' (107)		
51			Robert	Lee	15:15
48			Martin	Kidney	13:42
49			Ian	Byford	14:27
50			Martin	Cowley	18:00
50		8	Peter	Keane	12:45
					1:14:09

51		Garden City Runners 'H' (124)		
50		Justin	Keane	14:58
51		Thomas	Parmley	15:59
51		Rob	Cartwright	15:49
51		Tim	Cooke	15:14
51	26	Owen	Gallagher	15:50
				1:17:50

FVS 3K RELAYS : THURSDAY 26th JULY 2018 - INDIVIDUAL TIMES								
Pos	F	Name	Surname	Team	M/F	Time	2017	comp
1		Alex	Lepetre	Barnet & District AC	M	8:50	9:08	18s
2		Oliver	Saville	Hitchin Running Club	M	9:10	10:12	n 2s 10n
3		Chris	Price	Barnet & District AC	M	9:16		
4		Michael	Waddington	Ware Joggers	M	9:26		
5		Tom	Webb	North Herts Road Runners	M	9:31		
6		Mark	Vaughan	North Herts Road Runners	M	9:44	9:35	9s
7		Darren	Sunter	North Herts Road Runners	M	9:45	9:49	4s
8		Gary	Pelosi	Barnet & District AC	M	9:47	9:58	11s
9		Neil	Hume	Garden City Runners	M	9:48	9:47	1s
10		Oscar	Bell	Ware Joggers	M	9:48		
11		Wayne	Bell	Hitchin Running Club	M	9:48		
12		Adam	Bowller	North Herts Road Runners	M	9:49	9:53	4s
13		Ross	Connor	Watford Harriers	M	9:51	9:46	5s
14		Jon	Scott	St Albans Striders	M	9:53	10:01	3s 990m
15		Alex	Horton	Barnet & District AC	M	9:55	10:01	5s 990m
16		Craig	Brown	Garden City Runners	M	9:55		
17		Rob	Barnes	Stopsley Striders	M	9:55		
18		Stewart	Overton	North Herts Road Runners	M	9:56	10:07	11s
19		James	Huish	Garden City Runners	M	9:58	10:21	23s
20		Chris	Westcott	Stevenage & North Herts AC	M	9:58		
21		Simon	Jackson	Fairlands Valley Spartans	M	10:00	9:50	10s
22		Mark	Ford	Ware Joggers	M	10:01	10:15	14s
23		Stuart	Hansell	Hitchin Running Club	M	10:05		
24		Ryan	Smith	North Herts Road Runners	M	10:07		
25		Mark	Cottle	Barnet & District AC	M	10:09		
26		Joe	Dunn	St Albans Striders	M	10:10	10:08	2s
27		Danny	Figg	Garden City Runners	M	10:12		
28		George	Rowedder	Herts Phoenix AC	M	10:13		
29		Tom	Beach	Royston Runners	M	10:14		
30		Jon	Williams	Ware Joggers	M	10:20	10:05	15s

31		Matt	Cottiss	Royston Runners	M	10:22	10:04	18s
32		Peter	Males	Hitchin Running Club	M	10:26		
33		Chris	Westcott (2)	Stevenage & North Herts AC	M	10:26		
34		Dean	Reilly	Royston Runners	M	10:27	10:31	4s
35		Tom	Wackett	Garden City Runners	M	10:28	10:31	3s
36		Gary	Warren	St Albans Striders	M	10:31	10:51	20s
37		Adam	Hills	Bedford Harriers	M	10:32	10:37	5s
38		Adrian	Mason	Barnet & District AC	M	10:33	10:43	10s
39		Tim	Jones	Royston Runners	M	10:35		
40		Craig	Brown (2)	Garden City Runners	M	10:36		
41		Simeon	Beckford-Tonys	Watford Harriers	M	10:36		
42		Darren	Treadway	Broxbourne Running Club	M	10:37		
43		Russell	Casey	Garden City Runners	M	10:37	10:40	3s 10ms
44		Nick	Malpeli	North Herts Road Runners	M	10:38		
45		Stuart	Haycroft	Fairlands Valley Spartans	M	10:38		
46		Ben	Sewell	Royston Runners	M	10:39	10:25	14s
47		Lee	Murphy	Dunstable Road Runners	M	10:40	10:16	24s
48		Richard	Passey	Hitchin Running Club	M	10:40		
49		Darren	Matussa	North Herts Road Runners	M	10:40		
50		Matthew	Kay	Royston Runners	M	10:41		
51		Jim	King	St Albans Striders	M	10:41		
52		Jonny	Nicholls	Ware Joggers	M	10:42	10:58	16s
53		Stuart	Ingham	Watford Harriers	M	10:42		
54		Paul	Harris	Royston Runners	M	10:43	10:37	6s
55		Darren	Wilson	Dunstable Road Runners	M	10:43	11:14	31s
56		Ian	Horth	St Albans Striders	M	10:43		
57		Winston	Woodward	Dunstable Road Runners	M	10:43	10:48	5s
58		Tom	Beach (2)	Royston Runners	M	10:46		
59	1	Lottie	Rowedder	Herts Phoenix AC	F	10:46		
60		Simon	Bostock	Garden City Runners	M	10:46		
61		Costa	Michael	Barnet & District AC	M	10:47	10:47	990ms
62		Stephen	Hosty	St Albans Striders	M	10:49		

63		Gary	Finch	Bedford Harriers	M	10:54	11:01	7s
64		Matt	Cottiss (2)	Royston Runners	M	10:54		
65		James	Young	Dunstable Road Runners	M	10:55	10:41	14s
66	2	Jen	Conway	St Albans Striders	F	10:55		
67		Neil	Bull	Ware Joggers	M	10:57		
68		Harry	Hatton	Stevenage & North Herts AC	M	10:57		
69		Nick	Harris	Watford Harriers	M	10:58	10:52	6s
70		Jamie	Higgs	Ware Joggers	M	10:59	10:56	3s
71		Daniel	Martin	North Herts Road Runners	M	11:00		
72		Tom	Porter	Ware Joggers	M	11:00		
73		Rob	Casserley	Garden City Runners	M	11:00	10:39	20s 10m
74		Liam	Hoare	Dunstable Road Runners	M	11:00		
75		Paul	Spicer	Stevenage & North Herts AC	M	11:01	11:11	10s
76		Darren	Riley	Garden City Runners	M	11:04	11:12	8s
77		Russell	Casey (2)	Garden City Runners	M	11:04		
78		Lee	Hayes	North Herts Road Runners	M	11:05		
79		Richard	Somerset	Garden City Runners	M	11:05	10:53	12s
80		Chris	Clark	Freedom Tri	M	11:06	10:51	15s
81		Ollie	Garbas	Stevenage Striders	M	11:07		
82		James	Kay	Fairlands Valley Spartans	M	11:07		
83		Neil	Brittain	Garden City Runners	M	11:08		
84		David	Stafford	Stevenage Striders	M	11:08		
85		Steve	Wells	Stevenage Striders	M	11:08		
86		William	Law	Royston Runners	M	11:08		
87		Jack	Gladman	Stevenage & North Herts AC	M	11:09		
88	3	Lottie	Rowedder (2)	Herts Phoenix AC	F	11:10		
89		Chris	Tillbrook	Fairlands Valley Spartans	M	11:11	10:51	20s
90	4	Astrid	McKeown	North Herts Road Runners	F	11:13	11:11	2s
91		Nigel	King	St Albans Striders	M	11:14		
92		Justin	Hill	Garden City Runners	M	11:15		
93		Mark	Dunn	Stevenage Striders	M	11:15	11:24	9s 990m
94		Tom	Rankin	Stopsley Striders	M	11:16	10:40	36s

95		David	Weston	North Herts Road Runners	M	11:16		
96		Richard	Bruce	Stevenage & North Herts AC	M	11:16	10:28	48s
97		Rob	Hughes	Garden City Runners	M	11:16	11:13	3s
98	5	Christine	Lathwell	Stopsley Striders	F	11:16	11:59	43s
99		James	Walsh	North Herts Road Runners	M	11:18		
100		John	Auld	North Herts Road Runners	M	11:18	10:07	1m 11s
101		Ahmed	Berrah	Stopsley Striders	M	11:19		
102		Stuart	Archer	Fairlands Valley Spartans	M	11:19		
103		Jason	Champion	Broxbourne Running Club	M	11:20	11:30	10s 10m
104		Danny	Digweed	Barnet & District AC	M	11:23	10:43	40s
105		Tony	Barnes	Bedford Harriers	M	11:24	11:25	1s
106		Tom	Wackett (2)	Garden City Runners	M	11:24		
107		Larry	Mangelshot	Ware Joggers	M	11:25		
108		Mike	Russell	Garden City Runners	M	11:25		
109		Sean	Bowen	Garden City Runners	M	11:25	11:19	6s
110		Gary	Butler	Bedford Harriers	M	11:26		
111		Paul	Ruttley	Watford Harriers	M	11:27	10:47	40s
112		Todd	Gray	Fairlands Valley Spartans	M	11:28	10:57	31s
113		Mark	Peddar	Dunstable Road Runners	M	11:30	10:54	36s
114		Jon	White	St Albans Striders	M	11:31	11:20	11s
115		Greg	Cairns	Freedom Tri	M	11:31		
116		Neil	Current	Dunstable Road Runners	M	11:31		
117		Gez	Fallon	Stopsley Striders	M	11:31	11:21	10s
118	6	Jo	Kent	Barnet & District AC	F	11:31		
119		Alastair	Fadden	Bedford Harriers	M	11:31	11:08	23s
120		Stuart	Lamond	Dunstable Road Runners	M	11:32	10:49	2s 990m
121		Steve	Ellerd-Elliott	Garden City Runners	M	11:32		
122		Ryan	Nichol	Freedom Tri	M	11:32		
123		Chris	Burr	St Albans Striders	M	11:34		
124		Ian	Roberts	Broxbourne Running Club	M	11:36	12:02	26s
125	7	Chloe	Dearman	Watford Harriers	F	11:36		
126	8	Nina	Atherton	Barnet & District AC	F	11:37		

127		Richard	Evans	St Albans Striders	M	11:37	10:51	46s
128		Thomas	Sauka	Fairlands Valley Spartans	M	11:38		
129		Errol	Maginley	St Albans Striders	M	11:38	11:29	9s
130		Gareth	Bealis	St Albans Striders	M	11:39		
131		Andy	Neatham	Barnet & District AC	M	11:40		
132		Liam	Deller	Dunstable Road Runners	M	11:40		
133		Tom	Schlanders	Stevenage Striders	M	11:41		
134		Philip	Davies	Stopsley Striders	M	11:41	11:31	10s
135		Charlie	Major	Stevenage & North Herts AC	M	11:41	11:36	5s
136		Rob	Scott	Barnet & District AC	M	11:42	13:17	1m 35s
137		Phil	Mead	Amphill & Flitwick Flyers	M	11:42		
138		Vincent	Wright	North Herts Road Runners	M	11:44		
139	9	Paul	Haynes	Royston Runners	F	11:44	12:46	1m 2s
140		Scott	Riddell	Dunstable Road Runners	M	11:44		
141		Howard	Bull	St Albans Striders	M	11:44	11:43	1s
142		Ross	Black	Freedom Tri	M	11:45		
143		Tim	Saban	Fairlands Valley Spartans	M	11:45	11:41	4s
144	10	Becca	Hayden	Garden City Runners	F	11:45		
145	11	Sarah	Mitcherson	North Herts Road Runners	F	11:46		
146	12	Ashley	Schoenwetter	Fairlands Valley Spartans	F	11:46		
147	13	Lindsay	Russell-Smith	Ware Joggers	F	11:47	11:44	3s
148		Shaun	Andrew-Busby	Bedford Harriers	M	11:49		
149	14	Kath	March	Barnet & District AC	F	11:49	11:37	11s 10m
150		Stu	Middleton	St Albans Striders	M	11:51	11:53	2s
151		Ryan	Keane	Garden City Runners	M	11:51		
152		Bernie	Barnaby	Herts Phoenix AC	M	11:51		
153		Jack	Whitelegg	Ware Joggers	M	11:53		
154		Mark	Russell	Dunstable Road Runners	M	11:54	11:52	2s
155		James	Beddall	Stevenage & North Herts AC	M	11:54	11:01	2s 990m
156		Barry	Osborne	Fairlands Valley Spartans	M	11:55		
157		Phil	Martin	Royston Runners	M	11:55		
158		Dave	Desborough	Garden City Runners	M	11:55		

159	15	Wendy	Walsh	St Albans Striders	F	11:57	11:49	8s
160		Robin	Chapple	Royston Runners	M	11:58		
161		Des	Michael	Barnet & District AC	M	11:58		
162	16	Helen	Cartlidge	St Albans Striders	F	11:59	12:12	13s
163		Mick	Courtney	Dunstable Road Runners	M	11:59		
164		David	Frampton	Bedford Harriers	M	12:00	12:16	6s 990m
165	17	Jenny	Maddocks	St Albans Striders	F	12:01	12:00	1s
166		Steve	Carrod	Freedom Tri	M	12:01		
167	18	Harriet	Scales	Ware Joggers	F	12:02		
168	19	Danielle	Stapleton	Barnet & District AC	F	12:03		
169		George	Rowedder (2)	Herts Phoenix AC	M	12:04		
170	20	Astrid	McKeown (2)	North Herts Road Runners	F	12:04		
171		Rory	Lambert	Broxbourne Running Club	M	12:05		
172		Colin	Braybrook	St Albans Striders	M	12:07	11:55	12s
173		Rob	Sedgwick	Freedom Tri	M	12:07	11:53	14s
174	21	Suzy	Hawkins	Fairlands Valley Spartans	F	12:08		
175	22	Isabel	Found	Herts Phoenix AC	F	12:08		
176		Pat	Blessing	Stopsley Striders	M	12:12		
177	23	Charlotte	Kennedy	Barnet & District AC	F	12:13		
178		James	Palmer	Stevenage Striders	M	12:14		
179		Steve	Mayfield	Stevenage & North Herts AC	M	12:15		
180	24	Lauren	Davison	Royston Runners	F	12:15		
181		Nigel	Cavill	Garden City Runners	M	12:15		
182	25	Michelle	Reeves	Fairlands Valley Spartans	F	12:16		
183	26	Paula	Holm	North Herts Road Runners	F	12:16		
184		Calum	Latham	St Albans Striders	M	12:17		
185	27	Suzy	Hawkins	Fairlands Valley Spartans	F	12:18		
186		Daniel	Kirby	Ware Joggers	M	12:18		
187		Stephen	Blackaby	Royston Runners	M	12:20		
188		Tim	Saban	Fairlands Valley Spartans	M	12:20		
189		Adam	Foster	Bedford Harriers	M	12:21		
190	28	Hannah	Frank	Garden City Runners	F	12:22		

191		Neil	Feeder	Royston Runners	M	12:22		
192		Aston	Reeves	Stevenage Striders	M	12:23		
193	29	Emily	Prejac	Dunstable Road Runners	F	12:23		
194		David	Rootes	Royston Runners	M	12:23	12:26	3s
195		Craig	Sweet	Dunstable Road Runners	M	12:24		
196		Marcus	Hooper	St Albans Striders	M	12:24		
197		Scott	Perrin	North Herts Road Runners	M	12:25		
198		Chris	Newnham	Amphill & Flitwick Flyers	M	12:26		
199	30	Helen	Cairns	North Herts Road Runners	F	12:29	12:27	2s
200	31	Hattie	King	Amphill & Flitwick Flyers	F	12:29		
201		James	Parsons	Freedom Tri	M	12:30	10:38	1m 52s
202	32	Lorna	Castle	Royston Runners	F	12:31		
203		Trevor	Mason	Stevenage & North Herts AC	M	12:32	12:37	5s
204		Martin	Reed	Stopsley Striders	M	12:32	12:38	6s
205		Harry	Major	Stevenage & North Herts AC	M	12:33	12:35	2s
206		Peter	Jennings	Fairlands Valley Spartans	M	12:34		
207		Steve	Edwards	Garden City Runners	M	12:35		
208	33	Sarah	Boxer	Barnet & District AC	F	12:35		
209	34	Marie	Colucci	Fairlands Valley Spartans	F	12:37		
210		Stuart	Cocks	North Herts Road Runners	M	12:37		
211		Mark	Grayson	Stevenage & North Herts AC	M	12:37	11:42	55s
212		Tom	Elton	Royston Runners	M	12:38		
213		Mike	Brewer	Bedford Harriers	M	12:39		
214		Ian	Pitkin	Stopsley Striders	M	12:39	12:41	2s
215	35	Jane	Clarke	North Herts Road Runners	F	12:39		
216		Paul	Brennan	Ware Joggers	M	12:41	14:33	1m 52s
217	36	Rhia	Botha	North Herts Road Runners	F	12:42		
218		Christian	Allen	North Herts Road Runners	M	12:44		
219		Lee	Harper	Dunstable Road Runners	M	12:44	12:07	37s
220		Danny	Sutton	Fairlands Valley Spartans	M	12:44		
221		Peter	Keane	Dunstable Road Runners	M	12:45	12:17	28s
222	37	Kayleigh	Williams	Royston Runners	F	12:45		

223	38	Rebecca	Barden	Garden City Runners	F	12:45	12:52	7s
224	39	Jess	Anstee	Ampthill & Flitwick Flyers	F	12:46		
225		Michael	Paine	Garden City Runners	M	12:47	12:53	6s
226		Christian	Bredenkamp	Stopsley Striders	M	12:47	12:02	45s
227		Chris	Holland	Fairlands Valley Spartans	M	12:48		
228		Paul	Owen	Ampthill & Flitwick Flyers	M	12:50		
229		Jonny	Oakley	Ampthill & Flitwick Flyers	M	12:51		
230	40	Kat	Burr	North Herts Road Runners	F	12:51		
231	41	Alicia	Found	Herts Phoenix AC	F	12:52		
232		Pete	Smith	Fairlands Valley Spartans	M	12:53	12:24	29s
233		Andrew	Underhill	North Herts Road Runners	M	12:53		
234		Adam	Guest	Ware Joggers	M	12:53		
235		Ben	Parry	Stevenage Striders	M	12:55	12:18	37s
236		Charles	Nelis	Stopsley Striders	M	12:57		
237	42	Alison	Putko	Watford Harriers	F	12:57	13:04	7s
238		Reece	McCullagh	Fairlands Valley Spartans	M	12:58		
239		Mark	Billington	Ampthill & Flitwick Flyers	M	12:59		
240	43	Veronica	Shadbolt	Garden City Runners	F	12:59	13:36	37s
241		Rob	Evans	Freedom Tri	M	13:00		
242		Andrew	Robson	North Herts Road Runners	M	13:00		
243		Richard	Jones	Ampthill & Flitwick Flyers	M	13:01		
244	44	Kerri	Whitelegg	Ware Joggers	F	13:01		
245		Colin	Calcutt	North Herts Road Runners	M	13:02		
246		Mark	Goodwin	Fairlands Valley Spartans	M	13:05	12:40	25s
247		Anthony	Bunker	St Albans Striders	M	13:06		
248	45	Jenny	Ingram-Tedd	Stevenage Striders	F	13:09	13:25	16s
249		Darren	Emmerson	Fairlands Valley Spartans	M	13:09	12:31	38s
250	46	Magda	Bobon	St Albans Striders	F	13:12	13:36	24s
251	47	Ellie	Webb	North Herts Road Runners	F	13:12		
252		Francis	Noone	Royston Runners	M	13:12		
253		Julian	St George	Barnet & District AC	M	13:13		
254		Roger	Smy	St Albans Striders	M	13:13		

255		Paul	Keech	Stopsley Striders	M	13:15		
256		Thom	Darby	Stopsley Striders	M	13:16		
257	48	Miriam	Linforth	Stopsley Striders	F	13:16		
258		Tom	Weatherhead	Garden City Runners	M	13:17		
259		Asil	Loudiyi	Stevenage & North Herts AC	M	13:18		
260		Chris	Poole	North Herts Road Runners	M	13:19		
261		Andy	Durrant	Stopsley Striders	M	13:19	13:12	7s
262		Ali	Eroglu	Garden City Runners	M	13:21		
263	49	Donna	Irwin	St Albans Striders	F	13:23	13:15	8s
264		Jonathon	Walker	Amphill & Flitwick Flyers	M	13:24		
265		James	French	Stevenage Striders	M	13:24	12:40	44s
266		Tony	Carolan	Stevenage & North Herts AC	M	13:24	13:20	4s
267	50	Ruth	MacLeod	Royston Runners	F	13:25		
268		Michael	Jack	St Albans Striders	M	13:26		
269		Alex	Simon	North Herts Road Runners	M	13:26		
270	51	Lisa	Wells	Amphill & Flitwick Flyers	F	13:27		
271		Paul	Norris	Royston Runners	M	13:28		
272	52	Robyn	Lower	Watford Harriers	F	13:28		
273	53	Chippy	Murphy	Dunstable Road Runners	F	13:29		
274		Paul	Pickard	Stevenage & North Herts AC	M	13:30	13:10	20s
275	54	Carline	Thrussell	North Herts Road Runners	F	13:30		
276	55	Yuko	Gordon	Fairlands Valley Spartans	F	13:30	13:30	10ms
277	56	Siobhan	Flynn	Broxbourne Running Club	F	13:31		
278	57	Erin	Oliver	Stevenage & North Herts AC	F	13:33		
279		Richard	Bloom	Herts Phoenix AC	M	13:34	13:27	6s 990m
280		Phil	Nitchen	Stopsley Striders	M	13:35	13:57	22s
281		Ian	Curry	Stopsley Striders	M	13:35	14:22	47s
282		Steve	Williams	Garden City Runners	M	13:35	13:25	10s
283		Lee	Pickersgill	Fairlands Valley Spartans	M	13:36	14:14	38s
284	58	Fleur	Harvey-Keenan	St Albans Striders	F	13:36		
285	59	Charlotte	Chapman	Garden City Runners	F	13:37		
286		Joe	Waters	Amphill & Flitwick Flyers	M	13:37		

287	60	Annabelle	Lee	Barnet & District AC	F	13:38		
288		Martin	Dudley	Fairlands Valley Spartans	M	13:39	13:14	25s
289		Robin	Wells	Royston Runners	M	13:39	11:17	2m 22s
290		Dean	Bugler	Dunstable Road Runners	M	13:40	13:09	0s 990m
291		Martin	Kidney	Dunstable Road Runners	M	13:42		
292	61	Sue	McAvock	Dunstable Road Runners	F	13:42		
293	62	Jo	Summers	North Herts Road Runners	F	13:44	13:20	24s
294	63	Verity	Fisher	Fairlands Valley Spartans	F	13:49		
295	64	Poppy	Russell	Dunstable Road Runners	F	13:50		
296	65	Anna	Bellingham	Garden City Runners	F	13:51		
297	66	Victoria	McIver	Stevenage Striders	F	13:51		
298	67	Paula	Kolm	North Herts Road Runners	F	13:52		
299	68	Claire	Wing	Stevenage Striders	F	13:54		
300		Terry	McHugh	Amphill & Flitwick Flyers	M	13:56		
301		James	Knight	Freedom Tri	M	13:57	13:50	7s
302		Reece	McCullagh (2)	Fairlands Valley Spartans	M	13:57		
303	69	Jo	Bowdery	Fairlands Valley Spartans	F	13:58	13:05	53s
304		Rob	Clarke	Freedom Tri	M	13:58		
305	70	Anna	Weller	Freedom Tri	F	13:59		
306	71	Hannah	Keeble	North Herts Road Runners	F	13:59		
307	72	Emma	Clarke	Freedom Tri	F	13:59	17:22	3m 23s
308		Greg	Bradbury	Stevenage Striders	M	14:00		
309	73	Ellie	Scott	North Herts Road Runners	F	14:00		
310	74	Katie	Thompson	Stevenage & North Herts AC	F	14:04		
311	75	Louise	Clark	Amphill & Flitwick Flyers	F	14:05		
312	76	Kate	Cornelius	Amphill & Flitwick Flyers	F	14:10		
313	77	Kate	Burn	St Albans Striders	F	14:11	13:27	44s
314		Simon	Sypula	Fairlands Valley Spartans	M	14:12		
315		Martin	Guy	Ware Joggers	M	14:13	10:11	4m 2s
316		Adam	Wilson	North Herts Road Runners	M	14:14	13:45	29s
317	78	Tracy	Bullot	Stevenage Striders	F	14:14		
318		Steve	Button	Garden City Runners	M	14:15		

319	79	Michelle	Cross	Ware Joggers	F	14:20	14:43	23s
320		Richard	Derrick	St Albans Striders	M	14:21		
321		Tony	Jones	Bedford Harriers	M	14:22		
322		Paul	Gatens	Garden City Runners	M	14:22		
323	80	Magdalena	Detrus	St Albans Striders	F	14:24		
324	81	Lucy	O'Connor	North Herts Road Runners	F	14:25	14:27	2s 990m
325		Ian	Byford	Dunstable Road Runners	M	14:27		
326	82	Sharon	Threlfall	Ware Joggers	F	14:27	13:38	49s
327		Liam	Butler	Royston Runners	M	14:29		
328	83	Claire	Littlewood	Royston Runners	F	14:30	14:14	16s
329		Tom	Rogers	Garden City Runners	M	14:30		
330		Russ	Hagan	North Herts Road Runners	M	14:33		
331	84	Jennifer	Hill	Garden City Runners	F	14:34		
332	85	Charley	Duke	Stevenage & North Herts AC	F	14:35	13:31	1m 4s
333		Richard	Brown	Garden City Runners	M	14:36		
334	86	Jeanette	Walster	Dunstable Road Runners	F	14:37		
335		Phil	Deaves	Stevenage Striders	M	14:39		
336		Malcolm	Hall	Royston Runners	M	14:39		
337	87	Claire	Thomas	Dunstable Road Runners	F	14:39	15:20	41s
338	88	Jodie	Wilkes	Freedom Tri	F	14:40		
339	89	Lauvnene	Lee	Bedford Harriers	F	14:41		
340		Jaimi	Wallin	St Albans Striders	M	14:42		
341	90	Jackie	Downes	Fairlands Valley Spartans	F	14:42		
342		Vishal	Shah	Fairlands Valley Spartans	M	14:42	13:48	54s
343		Jim	Brown	Fairlands Valley Spartans	M	14:43	14:42	1s
344		Craig	Stephenson	Garden City Runners	M	14:44		
345	91	Jenny	Garrett	Fairlands Valley Spartans	F	14:45		
346	92	Rachel	Aldridge	St Albans Striders	F	14:45		
347	93	Sharon	Hawkins	Dunstable Road Runners	F	14:46	15:01	15s
348		Alan	Hazelhurst	North Herts Road Runners	M	14:47	14:27	20s
349		Mick	Wise	Garden City Runners	M	14:51	13:59	52s
350	94	Linda	Aird	North Herts Road Runners	F	14:51	14:40	11s

351	95	Helen	Paine	Garden City Runners	F	14:51	14:37	14s
352		Chris	Fadden	Bedford Harriers	M	14:54	13:50	1m 4s
353		Mark	Coultrup	Broxbourne Running Club	M	14:54		
354		Justin	Keane	Garden City Runners	M	14:58		
355	96	Joanna	Jeffs	Dunstable Road Runners	F	14:59		
356	97	Hayley	Connolly	Garden City Runners	F	15:03		
357		Noel	Jones	Bedford Harriers	M	15:03		
358	98	Yvonne	Jones	Garden City Runners	F	15:05		
359	99	Tara	Quinn	Dunstable Road Runners	F	15:05	13:43	1m 22s
360		Dai	Selwood	Garden City Runners	M	15:06		
361	100	Carol	Reid	Garden City Runners	F	15:07		
362	101	Danni	Noble	Bedford Harriers	F	15:10		
363	102	Claire	Maylin	Freedom Tri	F	15:12		
364		Bob	Whitten	Stevenage & North Herts AC	M	15:13		
365		Tim	Cooke	Garden City Runners	M	15:14	14:23	51s
366		Robert	Lee	Dunstable Road Runners	M	15:15		
367	103	Lucy	Neatham	Barnet & District AC	F	15:15		
368		Graham	Spicer	Stevenage & North Herts AC	M	15:18	15:35	17s
369		Rob	Clarke	Freedom Tri	M	15:18		
370	104	Rebecca	Fleckney	Amphill & Flitwick Flyers	F	15:20		
371	105	Christine	Sharman	Amphill & Flitwick Flyers	F	15:22		
372	106	Gemma	Charville	Ware Joggers	F	15:24		
373	107	Ali	Blunt	North Herts Road Runners	F	15:25	16:29	1m 4s
374	108	Fran	Levy	Stevenage Striders	F	15:26	14:29	56s 10m
375	109	Denise	Morgan	St Albans Striders	F	15:27		
376	110	Lynn	Russell	Dunstable Road Runners	F	15:27	14:50	37s
377	111	Nikki	Cowen	Garden City Runners	F	15:27	14:47	40s
378		Peter	Monk	Stevenage Striders	M	15:28		
379	112	Lisa	Barber	Stevenage & North Herts AC	F	15:30	14:19	1m 11s
380	113	Anne	Miller	Stevenage Striders	F	15:31	15:26	4s 10ms
381	114	Vicky	Shaw	Bedford Harriers	F	15:32		
382	115	Sarah	Pike	Fairlands Valley Spartans	F	15:32	14:36	56s

383	116	Vicki	Crowston	Stopsley Striders	F	15:34		
384	117	Kat	Tuloo	Stopsley Striders	F	15:35	15:49	14s
385		Tony	Castro	Stevenage Striders	M	15:37		
386		Paul	Holgate	Fairlands Valley Spartans	M	15:38	15:42	4s
387		Wayne	Aylott	Garden City Runners	M	15:38	15:34	4s
388	118	Eileen	Sindole	St Albans Striders	F	15:39		
389		Mark	Blease	Stevenage Striders	M	15:39		
390	119	Laura	Johnston	Amphill & Flitwick Flyers	F	15:40		
391	120	Carla	Bell	Ware Joggers	F	15:42		
392		Michael	O'Keefe	Fairlands Valley Spartans	M	15:44		
393	121	Julie	Shadbolt	Fairlands Valley Spartans	F	15:45	15:06	39s
394		Rob	Cartwright	Garden City Runners	M	15:49	16:43	54s
395		Owen	Gallagher	Garden City Runners	M	15:50		
396	122	Maggie	Orme	Garden City Runners	F	15:50		
397	123	Cara	Sutton	North Herts Road Runners	F	15:53		
398	124	Katicia	Blanchard	Stopsley Striders	F	15:53		
399	125	Esperanza	Castro	Stevenage Striders	F	15:54		
400	126	Tina	Filby	Royston Runners	F	15:54	15:11	43s
401	127	Hayley	Duke	Stevenage & North Herts AC	F	15:56	15:30	26s
402		Sophocles	Georgiou	Fairlands Valley Spartans	M	15:57		
403		Thomas	Parmley	Garden City Runners	M	15:59		
404	128	Caroline	Diggle	Bedford Harriers	F	16:01		
405	129	Tina	Kenyon	Dunstable Road Runners	F	16:01		
406	130	Sarah	Allen	Stevenage Striders	F	16:01		
407	131	Louise	Wilkins	Amphill & Flitwick Flyers	F	16:02		
408	132	Carole	Jack	St Albans Striders	F	16:04		
409	133	Gladys	Cheng	North Herts Road Runners	F	16:05		
410	134	July	Kean	Garden City Runners	F	16:06	15:38	28s
411	135	Alison	Hunt	Dunstable Road Runners	F	16:06		
412	136	Annalisa	Williams	Ware Joggers	F	16:07		
413	137	Tracy	Brennan	Ware Joggers	F	16:12	16:39	27s
414	138	Hayley	Keeble	Dunstable Road Runners	F	16:13		

415	139	Amanda	Maylin	Freedom Tri	F	16:14		
416	140	Amanda	Scott	Stopsley Striders	F	16:15		
417	141	Kerry	Dear	Stopsley Striders	F	16:17		
418	142	Rachel	Morgan	Royston Runners	F	16:18	14:42	1m 36s
419	143	Lewina	Agius	North Herts Road Runners	F	16:18		
420	144	Sarah	Cousins	Stevenage Striders	F	16:19		
421	145	Cathy	Craig	Fairlands Valley Spartans	F	16:19		
422	146	Callie	Chapman	Fairlands Valley Spartans	F	16:19		
423	147	Sarah	Caswell	Dunstable Road Runners	F	16:21		
424	148	Elizabeth	Dean	Garden City Runners	F	16:21		
425	149	Caroline	O'Mahoney	Amphill & Flitwick Flyers	F	16:24		
426	150	Siobhan	Jenkins	Stopsley Striders	F	16:26		
427		Brendon	O'Mahoney	Amphill & Flitwick Flyers	M	16:26		
428	151	Mel	Mwa-Sylvester	Dunstable Road Runners	F	16:29		
429	152	Angie	Finch	Bedford Harriers	F	16:34		
430	153	Jen	Denman	Garden City Runners	F	16:41		
431	154	Joanne	Tang	St Albans Striders	F	16:45		
432	155	Dawn	Boon	Stopsley Striders	F	16:46		
433	156	Shiela	Leavy	North Herts Road Runners	F	16:46		
434	157	Elaine	Giles	Garden City Runners	F	16:52	16:09	43s
435	158	Teresa	Abbott	Stopsley Striders	F	16:55		
436	159	Emma	White	Amphill & Flitwick Flyers	F	16:58		
437	160	Sarah	Schofield	Amphill & Flitwick Flyers	F	17:00		
438	161	Sandra	Howes	Stevenage Striders	F	17:02		
439	162	Melanie	King	Garden City Runners	F	17:02		
440	163	Linda	Howell	Stevenage Striders	F	17:05		
441	164	Olu	Gooden	Broxbourne Running Club	F	17:07		
442	165	Sam	Walters	Amphill & Flitwick Flyers	F	17:08		
443	166	Greer	Kidney	Dunstable Road Runners	F	17:10		
444	167	Lynsey	Mendonca	Stevenage Striders	F	17:13		
445	168	Johanna	Hadley	Dunstable Road Runners	F	17:14		
446	169	Sarah	Sapstead	Fairlands Valley Spartans	F	17:19		

447	170	Tara	Pountney	Dunstable Road Runners	F	17:23	14:44	2m 39s
448	171	Joy	Allen	Garden City Runners	F	17:27		
449	172	Lindsay	Cook	North Herts Road Runners	F	17:29		
450	173	Pat	Godfrey	Amphill & Flitwick Flyers	F	17:31		
451	174	Claire	Jones	Amphill & Flitwick Flyers	F	17:35		
452	175	Wendy	Reddaway	Broxbourne Running Club	F	17:36	16:55	41s
453	176	Kulwinder	Assra	Stopsley Striders	F	17:39	16:26	1m 13s
454	177	Ingrid	Bacon	Dunstable Road Runners	F	17:41		
455	178	Clare	Bates	Dunstable Road Runners	F	17:46		
456	179	Sarah	Berry	Ware Joggers	F	17:48	16:57	51s
457	180	Molly	Davis	Stevenage Striders	F	17:49	14:22	26s 990
458	181	Caroline	Hughes	Garden City Runners	F	17:51		
459	182	Denise	Tinant	St Albans Striders	F	17:55		
460	183	Helen	Sattherwaite	Amphill & Flitwick Flyers	F	17:57		
461	184	Claire	Belmar	Dunstable Road Runners	F	17:58	17:39	19s
462		Martin	Cowley	Dunstable Road Runners	M	18:00		
463	185	Kath	Evans	Garden City Runners	F	18:00		
464	186	Janicia	Thompson	Dunstable Road Runners	F	18:04	17:04	1m
465	187	Jean	Webb	St Albans Striders	F	18:10		
466	188	Shelah	Surgey	Dunstable Road Runners	F	18:10	18:21	11s
467	189	Amanda	Rankin	Stopsley Striders	F	18:10	17:07	1m 3s
468		Dave	Mendonca	Stevenage Striders	M	18:18		
469	190	Emily	Hammond	Garden City Runners	F	18:27	17:16	1m 11s
470	191	Emma	Caswell	Dunstable Road Runners	F	18:32		
471	192	Donna	Wiggett	Stopsley Striders	F	18:38		
472	193	Karen	Larrington	Dunstable Road Runners	F	18:43		
473	194	Jane	Molloy	Garden City Runners	F	18:47		
474	195	Ursula	Hewson	Dunstable Road Runners	F	19:03		
475	196	Deb	Hooker	Dunstable Road Runners	F	19:04		
476	197	Angela	Woods	Garden City Runners	F	19:05		
477	198	Holly	Casey-Smithson	Garden City Runners	F	19:07		
478	199	Sarah	Cornell	Dunstable Road Runners	F	19:09	18:40	8s 990m

479	200	Helen	Marson-Smith	North Herts Road Runners	F	19:16		
480	201	Charlotte	Jones	Garden City Runners	F	19:25	18:12	1m 13s
481	202	Nicholle	Neatte	Amphill & Flitwick Flyers	F	19:35		
482	203	Jeanette	Eames	Dunstable Road Runners	F	19:36		
483	204	Kelly	Hanlon	North Herts Road Runners	F	19:44	13:23	6m 21s
484	205	Claire	Lamond	Dunstable Road Runners	F	19:48		
485	206	Brenda	Smith	Stevenage Striders	F	19:59		
486	207	Maureen	Steed	Garden City Runners	F	20:11	21:34	1m 23s
487	208	Justine	Cullin	Amphill & Flitwick Flyers	F	20:17		
488	209	Kara	Eagling	Royston Runners	F	20:20		
489		Gary	East	Stevenage Striders	M	20:32		
490	210	Amy	Slater	Garden City Runners	F	20:35		
491	211	Liz	Evans	Stopsley Striders	F	20:43	18:00	2m 43s
492	212	Hayley	Cocks	North Herts Road Runners	F	21:40		
493	213	Jo	Sopala	North Herts Road Runners	F	21:41		
494	214	Chrissie	Parry	Stevenage Striders	F	21:57		
495	215	Sue	Fletcher	Garden City Runners	F	22:41	21:38	1m 3s
496	216	Eleanor	Draper	Garden City Runners	F	23:36	18:14	5m 22s
497	217	Monica	Cullin	North Herts Road Runners	F	26:08		