

5K Race 1 2018

Finisher List

Pos	Race No	Name	Cat	Club	Gun Time	Chip Time
5K Race 1						
1.	205	Afewerk ROSSOM	MS	Herts Phoenix	0:15:13	0:15:12
2.	248	Oliver SAVILLE	MS	Bedford & County AC	0:15:51	0:15:59
3.	124	Tom WEBB	MS	North Herts Road Runners	0:15:57	0:15:56
4.	88	Michael WADDINGTON	MS	Ware Joggers	0:16:09	0:16:08
5.	118	Kevin FRANCIS	MV40	Ware Joggers	0:16:51	0:16:49
6.	1	Oscar BELL	MS	Ware Joggers	0:16:53	0:16:50
7.	49	Matthew SAYERS	MV40	North Herts Road Runners	0:16:54	0:16:52
8.	186	Paul DAVIES	MS	Barnet & District AC	0:16:56	0:16:54
9.	153	Stewart OVERTON	MS	North Herts Road Runners	0:17:00	0:16:58
10.	156	Ross CONNOR	MS	Watford Harriers	0:17:08	0:17:06
11.	134	Charles MORRIS	MS	Affinity Water	0:17:11	0:17:18
12.	147	Paul GUY	MV40	Garden City Runners	0:17:12	0:17:11
13.	63	Alex ANSTEE	MS	Amphill & Flitwick Flyers Running	0:17:12	0:17:11
14.	138	Thomas WACKETT	MS	Garden City Runners	0:17:16	0:17:15
15.	154	Freddie	MS	Dacorum & Tring AC	0:17:20	0:17:18
16.	46	Ryan SMITH	MV40	North Herts Road Runners	0:17:20	0:17:18
17.	177	Mike LANCASTER	MS	St Albans Striders	0:17:21	0:17:19
18.	214	Grant RAMSAY	MV40	Fairlands Valley Spartans	0:17:22	0:17:22
19.	20	Peter MALES	MS	Hitchin Hares	0:17:28	0:17:25
20.	178	Stephen HOSTY	MV40	St Albans Striders	0:17:38	0:17:36
21.	10	Chris BAYNES	MS	Garden City Runners	0:17:40	0:17:39
22.	151	Paul GREAVES	MV50	Herts Phoenix	0:17:40	0:17:39
23.	192	Darren MATUSA	MV40	North Herts Road Runners	0:17:40	0:17:38
24.	73	Charlie GRAYSON	MS	Stevenage & North Herts AC	0:17:42	0:17:39
25.	136	Paul REDDAWAY	MV50	Ware Joggers	0:17:44	0:17:41
26.	183	Daniel FIGG	MS	Garden City Runners	0:17:50	0:17:47
27.	39	Nick MALPELI	MV50	North Herts Road Runners	0:17:53	0:17:50
28.	176	Michael MARTIN	MS	St Albans Striders	0:17:54	0:17:53
29.	209	Gareth BEAVIS	MS	St Albans Striders	0:17:55	0:17:53
30.	171	Oliver BRADY	MS	North Herts Road Runners	0:17:56	0:17:52
31.	184	Robert CASSERLEY	MV40	Garden City Runners	0:17:57	0:17:55
32.	218	Jack TANN	MS	Garden City Runners	0:17:58	0:17:55
33.	148	Kate RENNIE	FV35	Dacorum & Tring AC	0:18:05	0:18:03
34.	48	Paul MARTIN	MS	Ware Joggers	0:18:14	0:18:10
35.	21	Richard PASSEY	MV40	Hitchin Hares	0:18:21	0:18:17
36.	16	Kris WHITMORE	MV40	Hitchin Hares	0:18:24	0:18:19
37.	62	Jonathan HAYNES	MV60	Bishops Stortford Running Club	0:18:33	0:18:29
38.	223	Simon POOLE	MS	Alchester Running Club	0:18:36	0:18:33
39.	237	Kevin CARTER	MV40	Herts Phoenix	0:18:41	0:18:37
40.	142	Justin HILL	MV50	Garden City Runners	0:18:42	0:18:38
41.	45	John AULD	MS	North Herts Road Runners	0:18:47	0:18:43
42.	40	Steve WELLS	MV50	Stevenage Striders	0:18:48	0:18:45
43.	146	Jeremy WEIGHTMAN	MV50	Harpenden Arrows	0:18:50	0:18:44
44.	113	Jamie HIGGS	MS	Ware Joggers	0:18:54	0:18:48
45.	27	Rowland HUGHES	MV40	Harpenden Arrows	0:18:55	0:18:50
46.	89	David GREEN	MV50	Harpenden Arrows	0:18:57	0:18:50
47.	57	Astrid MCKEOWN	FV45	North Herts Road Runners	0:19:00	0:18:55
48.	216	Sai NIMALANATHAN	MS	Watford Harriers	0:19:03	0:18:58
49.	217	Martha HALL	FV35	Garden City Runners	0:19:04	0:19:02

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Pos	Race No	Name	Cat	Club	Gun Time	Chip Time
50.	174	James WALSH	MV40	North Herts Road Runners	0:19:07	0:19:03
51.	127	David RUSSELL	MV50	Harpenden Arrows	0:19:10	0:19:04
52.	188	Emily JEANES	FS	Trent Park Running Club	0:19:13	0:19:08
53.	14	Jake AMOS	MV40	Hitchin Hares	0:19:17	0:19:11
54.	13	Michael RUSSELL	MV50	Team Trident	0:19:19	0:19:16
55.	166	David WESTON	MS	North Herts Road Runners	0:19:20	0:19:16
56.	26	James GILL	MV40	Edmonton RC	0:19:24	0:19:18
57.	189	Adam WATSON	MS	Ware Joggers	0:19:31	0:19:27
58.	152	Ignacio VICENTE SANCHEZ	MV40	Harpenden Arrows	0:19:33	0:19:26
59.	187	Jennifer CONWAY	FS	St Albans Striders	0:19:36	0:19:32
60.	191	Lee HAYES	MV50	North Herts Road Runners	0:19:40	0:19:35
61.	83	Bernie BARNABY	MV60	Herts Phoenix	0:19:41	0:19:40
62.	161	Nigel CAVILL	MV40	Garden City Runners	0:19:44	0:19:41
63.	229	Chris KITCHENER	MV40	Dacorum & Tring AC	0:19:45	0:19:40
64.	220	Wendy WALSH	FV45	St Albans Striders	0:19:47	0:19:43
65.	180	Dave DESBOROUGH	MV60	Garden City Runners	0:19:58	0:19:53
66.	2	Harriet KEALY	FS	Ware Joggers	0:20:08	0:20:04
67.	8	Martyn ANNETTS	MV50	North Herts Road Runners	0:20:16	0:20:11
68.	235	Matthew COOKE	MS	Team Trident	0:20:21	0:20:10
69.	211	Taras HUZAR	MV40	Harpenden Arrows	0:20:23	0:20:16
70.	144	Ryan KEAN	MS	Garden City Runners	0:20:24	0:20:15
71.	7	David WHITE	MV40	Harpenden Arrows	0:20:31	0:20:24
72.	145	Michael TANDY	MS	Garden City Runners	0:20:44	0:20:35
73.	75	Sarah MITCHERSON	FV35	North Herts Road Runners	0:20:46	0:20:40
74.	114	Hannah BENNETT	FS	Dacorum & Tring AC	0:20:46	0:20:41
75.	202	Jane CLARKE	FV35	North Herts Road Runners	0:21:07	0:21:02
76.	150	Ben SCOTT	MS	St Albans Striders	0:21:08	0:20:58
77.	101	Peter SIBBETT	MV50	North Herts Road Runners	0:21:10	
78.	158	Mark SANZ	MV50	Unattached	0:21:19	0:21:15
79.	244	Veronica SHADBOLT	FV55	Garden City Runners	0:21:20	0:21:12
80.	141	Steve EDWARDS	MS	Garden City Runners	0:21:22	0:21:13
81.	173	Stuart COCKS	MV40	North Herts Road Runners	0:21:24	0:21:12
82.	86	Sarah LANGER	FV35	Tring Running Club	0:21:27	0:21:23
83.	240	Jason CHALK	MV40	Unattached	0:21:32	0:21:20
84.	233	Charlie WHITE	MS	Unattached	0:21:33	0:21:27
85.	234	Mark EDWARDS	MS	Unattached	0:21:35	0:21:23
86.	193	Michael PAINE	MV50	Garden City Runners	0:21:41	0:21:32
87.	96	John TENNANT	MV60	Harlow Running Club	0:21:41	0:21:35
88.	102	Chris POOLE	MS	North Herts Road Runners	0:21:45	0:21:34
89.	182	Rebecca FAWCETT	FS	Dacorum & Tring AC	0:21:50	0:21:43
90.	243	Brad SMITH	MS	Garden City Runners	0:21:54	0:21:44
91.	239	Peter JASKO	MV40	Garden City Runners	0:22:02	0:21:44
92.	169	Rob WOOD	MV60	Oxford City AC	0:22:03	0:21:57
93.	22	Ben THORN	MS	Tring Running Club	0:22:06	0:21:56
94.	168	Ellie WEBB	FS	North Herts Road Runners	0:22:07	0:21:57
95.	81	Paul BRENNAN	MV50	Ware Joggers	0:22:08	0:21:59
96.	198	Rhia BOTHA	FS	North Herts Road Runners	0:22:09	0:21:59
97.	157	Steve WILLIAMS	MV60	Garden City Runners	0:22:14	0:22:08
98.	53	Mark TINKLER	MV60	Bedford Harriers AC	0:22:14	0:22:06
99.	181	Richard BLOOM	MV70	Herts Phoenix	0:22:17	0:22:08

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Pos	Race No	Name	Cat	Club	Gun Time	Chip Time
100.	228	Michael HESSEY	MV50	Harpenden Arrows	0:22:21	0:22:08
101.	59	Yuko GORDON	FV65	Fairlands Valley Spartans	0:22:22	0:22:13
102.	170	Lucy O'CONNOR	FV55	North Herts Road Runners	0:22:23	0:22:12
103.	238	James JUKES	MS	Unattached	0:22:26	0:22:08
104.	241	Alex DRIZEN	MV40	Watford Joggers	0:22:28	0:22:12
105.	172	Louise FLOWER	FS	Dacorum & Tring AC	0:22:30	0:22:23
106.	204	Chloe LUCAS	FS	North Herts Road Runners	0:22:36	0:22:26
107.	219	Paul GREEN	MV60	Royston Runners	0:22:38	0:22:30
108.	95	Philip PUGH	MV60	Dacorum & Tring AC	0:22:39	0:22:32
109.	55	Felicity BEXTON	FS	Unattached	0:22:41	0:22:29
110.	50	Graham HARPER	MV60	Harpenden Arrows	0:22:45	0:22:36
111.	194	Daniel D'SOUZA	MS	Affinity Water	0:22:45	0:22:30
112.	128	Annabelle LEE	FS	Barnet & District AC	0:23:00	0:22:54
113.	231	Stuart BALLARD	MV50	Unattached	0:23:13	0:23:03
114.	190	Simon BARKER	MV40	Ware Joggers	0:23:20	0:23:14
115.	85	Hollie RYDER	FS	St Albans Striders	0:23:22	0:23:09
116.	117	Anthea FRANCIS	FV35	Ware Joggers	0:23:23	0:23:13
117.	203	Ian HARVEY	MS	Unattached	0:23:33	0:23:20
118.	210	Peter FORSYTHE	MV40	Edmonton RC	0:23:36	0:23:28
119.	208	Helen HARBON	FS	North Herts Road Runners	0:23:42	0:23:32
120.	78	Richard COFFEY	MV50	Ware Joggers	0:23:52	0:23:36
121.	226	Lisa ROBERTS	FV45	Ware Joggers	0:23:52	0:23:44
122.	37	Janet READITT	FV45	Ware Joggers	0:23:55	0:23:50
123.	41	Jim HOPKINS	MV40	St Albans Striders	0:23:55	0:23:42
124.	93	Esperanza CASTRO	FV55	Stevenage Striders	0:23:58	0:23:50
125.	112	Hazel SMITH	FV45	Fairlands Valley Spartans	0:24:14	0:23:56
126.	213	Danielle SAVVAS	FV35	Barnet & District AC	0:24:16	0:24:09
127.	3	Sharon THRELFALL	FV35	Ware Joggers	0:24:21	0:24:11
128.	74	Melissa MILEHAM	FV35	Old Hatfield Ladies RC	0:24:38	0:24:22
129.	230	Djerk GEURTS	MV40	Harpenden Arrows	0:24:40	0:24:26
130.	247	Louise MAIKOVSKY	FS	Harpenden Arrows	0:24:41	0:24:26
131.	155	Michelle GRUDZINSKI	FV35	North Herts Road Runners	0:24:42	0:24:30
132.	76	Linda AIRD	FV55	North Herts Road Runners	0:24:43	0:24:34
133.	232	Louise CROSBY	FV55	Harpenden Arrows	0:24:45	0:24:31
134.	35	Phil CUNNINGHAM	MV60	Ware Joggers	0:24:45	0:24:35
135.	130	David SCOTT	MV50	Barnet & District AC	0:25:03	0:24:53
136.	116	Teresa WEEDON	FV55	Ware Joggers	0:25:07	0:24:58
137.	94	Philip DEAVES	MV50	Stevenage Striders	0:25:13	0:25:04
138.	84	Anne RAMSDEN	FV65	Ware Joggers	0:25:13	0:25:05
139.	91	Jim BROWN	MV60	Fairlands Valley Spartans	0:25:15	0:25:06
140.	6	Jenny GARRETT	FV45	Fairlands Valley Spartans	0:25:16	0:24:59
141.	200	Geoffrey	MV60	North Herts Road Runners	0:25:17	0:25:05
142.	106	Roger PARTRIDGE	MV50	Ware Joggers	0:25:19	0:25:05
143.	103	Sally LAFLIN	FV35	Garden City Runners	0:25:20	0:25:06
144.	207	Matt ANKERS	MS	North Herts Road Runners	0:25:27	0:25:13
145.	120	Gemma CHARVILLE	FV35	Ware Joggers	0:25:37	0:25:21
146.	245	Andrew SHADBOLT	MV60	Garden City Runners	0:25:38	0:25:25
147.	149	Rachel ALDRIDGE	FV35	St Albans Striders	0:25:41	0:25:30
148.	222	John SHIRLEY	MV70	Barnet & District AC	0:25:42	0:25:32
149.	121	Richard BROWN	MV60	Garden City Runners	0:25:44	0:25:32

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Pos	Race No	Name	Cat	Club	Gun Time	Chip Time
150.	19	Martin GUY	MS	Ware Joggers	0:25:55	0:25:48
151.	132	Ian SUTCLIFFE	MV70	North Herts Road Runners	0:26:08	0:25:55
152.	185	Julian TOVEY	MV60	Barnet & District AC	0:26:10	0:25:55
153.	206	Alison NEWBERRY	FV45	Old Hatfield Ladies RC	0:26:13	0:25:58
154.	51	Erica GRAYSON	FV45	Fairlands Valley Spartans	0:26:29	0:26:11
155.	100	Karen DODSWORTH	FV55	North Herts Road Runners	0:26:36	0:26:24
156.	36	Mervyn GILHAM	MV60	Herts Phoenix	0:26:49	0:26:32
157.	107	Nicky TRACEY	FV35	North Herts Road Runners	0:26:57	0:26:44
158.	164	Bill HARDING	MV60	St Albans Striders	0:27:06	0:26:49
159.	227	Wayne. AYLOTT	MV50	Garden City Runners	0:27:21	0:27:07
160.	162	Jeanette COLLINS	FV55	Ware Joggers	0:27:31	0:27:14
161.	82	Tracy BRENNAN	FV45	Ware Joggers	0:27:36	0:27:19
162.	135	Steve CRANE	MV60	Bedford Harriers AC	0:27:48	0:27:29
163.	196	Sheila LEAVY	FV65	North Herts Road Runners	0:27:53	0:27:39
164.	23	Diane GODIN	FV55	Barnet & District AC	0:27:58	0:27:44
165.	12	Nick CHEAL	MV60	Ware Joggers	0:28:03	0:27:52
166.	249	Karen SAMUEL	FV55	Kent AC	0:28:07	0:27:48
167.	225	Rosamond DE LA	FV65	Barnet & District AC	0:28:40	0:28:25
168.	99	Callie CHAPMAN	FV35	Fairlands Valley Spartans	0:28:47	0:28:29
169.	137	Wendy REDDAWAY	FV55	Ware Joggers	0:28:48	0:28:37
170.	67	Terry NICHOLS	MV70	Ware Joggers	0:29:35	0:29:27
171.	236	Michael ANDREWS	MS	Fairlands Valley Spartans	0:30:10	0:29:54
172.	80	Aimee ANDREWS	FS	Unattached	0:30:11	0:29:54
173.	54	Tony HAMILTON	MV70	Barnet & District AC	0:30:15	0:29:58
174.	70	Margaret WADDINGHAM	FV65	Ware Joggers	0:30:21	0:30:03
175.	77	Roger BIGGS	MV70	Fairlands Valley Spartans	0:31:05	0:30:45
176.	139	Brian YATES	MV70	Harpenden Arrows	0:31:09	0:31:02
177.	224	Joy STROUD	FV65	North Herts Road Runners	0:31:15	0:31:00
178.	133	Lisa SLANEY	FV35	Affinity Water	0:31:16	0:30:56
179.	25	Sarah BERRY	FV35	Ware Joggers	0:31:22	0:31:04
180.	221	Maureen SHIRLEY	FV65	Barnet & District AC	0:31:39	0:31:23
181.	199	Jane MOLLOY	FV55	Garden City Runners	0:31:50	0:31:29
182.	195	Sharon HAMMOND	FV45	Affinity Water	0:32:16	0:31:56
183.	18	Georgie HAMILTON	FV75	Harpenden Arrows	0:32:16	0:32:02
184.	165	Tracy BREWER	FV45	Unattached	0:32:59	0:32:47
185.	115	Asta NEELY	FS	Ware Joggers	0:33:21	0:33:03
186.	123	Hayley COCKS	FV35	North Herts Road Runners	0:34:58	0:34:38
187.	110	Joanne SOPALA	FV35	North Herts Road Runners	0:35:28	0:35:09
188.	109	Lindsey LUCAS	FV55	North Herts Road Runners	0:35:28	0:35:09
189.	104	Monica CULLIN	FV65	North Herts Road Runners	0:44:14	0:43:53
190.	68	Sarah DOE	FV35	Ware Joggers	0:45:13	0:45:01
191.	119	Megan BLACKER	FS	Ware Joggers	0:45:14	0:45:02
192.	72	Esther BOUMA	FV45	Ware Joggers	0:58:00	0:57:39

Number of records: 192