

# Welwyn 10K

## Finisher List

| Rank              | Bib  | Name                 | Cat  | Club                      | Gun Time | Chip Time |
|-------------------|------|----------------------|------|---------------------------|----------|-----------|
| <b>Welwyn 10K</b> |      |                      |      |                           |          |           |
| 1.                | 1295 | Stephen NORRIS       | MV40 | Watford Joggers           | 0:34:01  | 0:34:01   |
| 2.                | 1296 | Neil HUME            | MV40 | Garden City Runners       | 0:35:46  | 0:35:46   |
| 3.                | 100  | Mark AMES            | MV40 | Watford Joggers           | 0:35:57  | 0:35:56   |
| 4.                | 1281 | Paul DAVIES          | MS   | Barnet & District AC      | 0:36:25  | 0:36:24   |
| 5.                | 1279 | Simon FRICKE         | MS   | York Knavesmire Harriers  | 0:36:41  | 0:36:40   |
| 6.                | 1220 | Matthew WOODMAN      | MV40 | Orion Harriers            | 0:36:54  | 0:36:53   |
| 7.                | 226  | Paul REDDAWAY        | MV50 | Ware Joggers              | 0:37:08  | 0:37:06   |
| 8.                | 146  | Stephen HOSTY        | MV40 | St Albans Striders        | 0:37:14  | 0:37:13   |
| 9.                | 305  | Jim KING             | MV40 | St Albans Striders        | 0:37:18  | 0:37:17   |
| 10.               | 379  | Nick MALPELI         | MV50 | North Herts Road Runners  | 0:37:44  | 0:37:43   |
| 11.               | 188  | Simon BOSTOCK        | MS   | Garden City Runners       | 0:37:54  | 0:37:54   |
| 12.               | 476  | Jamie SAUNDERS       | MV40 | Dacorum & Tring AC        | 0:37:58  | 0:37:56   |
| 13.               | 401  | Ashley SMY           | MS   | Framlingham Flyers        | 0:38:17  | 0:38:16   |
| 14.               | 1233 | Chris MARRIOTT       | MS   | Dacorum & Tring AC        | 0:38:22  | 0:38:21   |
| 15.               | 1168 | David OLIMA          | MV40 | Dacorum & Tring AC        | 0:38:22  | 0:38:20   |
| 16.               | 423  | Gary WARREN          | MV50 | St Albans Striders        | 0:38:39  | 0:38:37   |
| 17.               | 1215 | Peter HARVEY         | MV50 | Garden City Runners       | 0:39:10  | 0:39:09   |
| 18.               | 119  | Helen MUSSEN         | FV35 | Watford Joggers           | 0:39:26  | 0:39:25   |
| 19.               | 352  | Peter CLARKE         | MS   | Unattached                | 0:39:31  | 0:39:29   |
| 20.               | 314  | James DUNMORE        | MS   | Garden City Runners       | 0:39:36  | 0:39:33   |
| 21.               | 11   | Gary CONNELL         | MS   | Unattached                | 0:39:41  | 0:39:38   |
| 22.               | 406  | Martyn HOLMAN        | MV40 | Unattached                | 0:39:53  | 0:39:51   |
| 23.               | 289  | Mariusz FALEK        | MV40 | Watford Joggers           | 0:40:31  | 0:40:26   |
| 24.               | 1294 | Mindaugas LEKAVECKAS | MS   | Unattached                | 0:40:42  | 0:40:40   |
| 25.               | 1206 | Steve ELLERD-ELLIOTT | MV40 | Garden City Runners       | 0:40:45  | 0:40:43   |
| 26.               | 1201 | Justin HILL          | MV50 | Garden City Runners       | 0:40:50  | 0:40:48   |
| 27.               | 286  | James BENFOLD        | MS   | Unattached                | 0:40:56  | 0:40:54   |
| 28.               | 397  | Barney SOUTHIN       | MV40 | Serpentine Running Club   | 0:40:57  | 0:40:54   |
| 29.               | 455  | Andy WHITFIELD       | MV40 | Unattached                | 0:41:09  | 0:40:56   |
| 30.               | 1288 | Richard POULTER      | MS   | Unattached                | 0:41:13  | 0:41:11   |
| 31.               | 1174 | Frankie WOOD         | MS   | Unattached                | 0:41:18  | 0:41:14   |
| 32.               | 259  | Jon WILLIAMS         | MS   | Ware Joggers              | 0:41:23  | 0:41:21   |
| 33.               | 413  | Philip DAVIES        | MS   | Stopsley Striders         | 0:41:26  | 0:41:23   |
| 34.               | 2    | Ben MEAKIN           | MS   | Unattached                | 0:41:35  | 0:41:33   |
| 35.               | 125  | Jamie HIGGS          | MS   | Ware Joggers              | 0:41:40  | 0:41:36   |
| 36.               | 497  | Howard CLARK         | MV50 | Dacorum & Tring AC        | 0:41:47  | 0:41:43   |
| 37.               | 292  | Andrew VAUGHAN       | MV40 | Fairlands Valley Spartans | 0:41:50  | 0:41:44   |
| 38.               | 206  | Ashley KING          | FS   | Fairlands Valley Spartans | 0:42:00  | 0:41:56   |
| 39.               | 1231 | Ben KENNY            | MS   | Dacorum & Tring AC        | 0:42:02  | 0:41:57   |
| 40.               | 448  | Gareth CLARK         | MV40 | Dacorum & Tring AC        | 0:42:21  | 0:42:18   |
| 41.               | 338  | Richard CLIFFORD     | MS   | Unattached                | 0:42:21  | 0:42:20   |
| 42.               | 1273 | Richard SLACK        | MV40 | Dacorum & Tring AC        | 0:42:32  | 0:42:30   |
| 43.               | 256  | Caroline HALE        | FV45 | Garden City Runners       | 0:42:47  | 0:42:44   |
| 44.               | 1139 | Colin BUNNER         | MV50 | Stopsley Striders         | 0:42:56  | 0:42:54   |
| 45.               | 268  | Ben TAYLOR           | MS   | Unattached                | 0:42:56  | 0:42:37   |
| 46.               | 360  | Simon TOWNSEND       | MV50 | Dacorum & Tring AC        | 0:43:04  | 0:43:00   |
| 47.               | 380  | Jamie CECIL          | MS   | Unattached                | 0:43:15  | 0:43:03   |
| 48.               | 441  | Vadims SUMENKOVS     | MS   | Dacorum & Tring AC        | 0:43:15  | 0:43:08   |
| 49.               | 3    | Glenn CUZNER         | MS   | Unattached                | 0:43:25  | 0:43:21   |

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|------|------|-------------------|------|--------------------------------|----------|-----------|
| 50.  | 464  | Marvin BROOKS     | MS   | Unattached                     | 0:43:25  | 0:43:22   |
| 51.  | 1283 | Zoe STEPHENS      | FV35 | Garden City Runners            | 0:43:28  | 0:43:26   |
| 52.  | 1272 | Stephen SHAW      | MV50 | Dacorum & Tring AC             | 0:43:43  | 0:43:37   |
| 53.  | 1255 | David WESTON      | MS   | North Herts Road Runners       | 0:43:54  | 0:43:53   |
| 54.  | 205  | Nick PORTALSKI    | MV40 | Unattached                     | 0:44:08  | 0:44:04   |
| 55.  | 396  | Chloe DEARMAN     | FS   | Watford Harriers               | 0:44:12  | 0:44:08   |
| 56.  | 1207 | Wendy WALSH       | FV45 | St Albans Striders             | 0:44:14  | 0:44:13   |
| 57.  | 103  | Marcus EDWARDS    | MV50 | Watford Joggers                | 0:44:16  | 0:44:14   |
| 58.  | 344  | Alexander BYRNE   | MS   | Unattached                     | 0:44:22  | 0:44:09   |
| 59.  | 1246 | Neil BRITAIN      | MV40 | Garden City Runners            | 0:44:28  | 0:44:23   |
| 60.  | 411  | Kerry ARDLEY      | FV35 | Dacorum & Tring AC             | 0:44:28  | 0:44:25   |
| 61.  | 485  | Edward MILLS      | MS   | St Albans Striders             | 0:44:32  | 0:44:23   |
| 62.  | 1221 | Nick SANSOM       | MV40 | Unattached                     | 0:44:33  | 0:44:27   |
| 63.  | 267  | Andy WILSON       | MS   | Unattached                     | 0:44:42  | 0:44:37   |
| 64.  | 34   | Ian WILSON        | MV40 | Unattached                     | 0:44:46  | 0:44:38   |
| 65.  | 472  | Cameron DONNET    | MS   | Unattached                     | 0:44:56  | 0:44:53   |
| 66.  | 176  | Jamie GIBSON      | MS   | Unattached                     | 0:45:02  | 0:44:49   |
| 67.  | 340  | Zac CANNON        | MS   | Tonbridge AC                   | 0:45:08  | 0:45:07   |
| 68.  | 4    | Stuart CUZNER     | MS   | Unattached                     | 0:45:23  | 0:45:19   |
| 69.  | 409  | Marc JONES        | MS   | Dacorum & Tring AC             | 0:45:40  | 0:45:34   |
| 70.  | 446  | David MC CABE     | MV40 | Garden City Runners            | 0:45:54  | 0:45:15   |
| 71.  | 41   | Antony ALVES      | MS   | Unattached                     | 0:45:58  | 0:45:50   |
| 72.  | 312  | Richard ROBINSON  | MS   | Garden City Runners            | 0:46:05  | 0:46:01   |
| 73.  | 351  | Matthew COLE      | MS   | Bishops Stortford Running Club | 0:46:07  | 0:45:45   |
| 74.  | 1146 | Jim FORRESTER     | MV60 | Unattached                     | 0:46:14  | 0:46:13   |
| 75.  | 151  | David BALL        | MV40 | Unattached                     | 0:46:18  | 0:46:10   |
| 76.  | 140  | Steven TEDDS      | MS   | Unattached                     | 0:46:25  | 0:46:20   |
| 77.  | 1240 | Andrea ZYFI       | MS   | Unattached                     | 0:46:32  | 0:46:03   |
| 78.  | 494  | Steven RUSSELL    | MV40 | Dacorum & Tring AC             | 0:46:33  | 0:46:27   |
| 79.  | 1278 | Rhys ROWLANDS     | MS   | Dacorum & Tring AC             | 0:46:35  | 0:46:35   |
| 80.  | 1244 | Keith DUNCAN      | MV50 | Bishops Stortford Running Club | 0:46:37  | 0:46:30   |
| 81.  | 1226 | Belinda YELDON    | FS   | Unattached                     | 0:46:39  | 0:46:35   |
| 82.  | 1259 | Celia FINDLAY     | FV55 | Dacorum & Tring AC             | 0:46:46  | 0:46:40   |
| 83.  | 1241 | Bethan DONAGHEY   | FS   | Unattached                     | 0:46:52  | 0:46:49   |
| 84.  | 1236 | Kerry KITCHENER   | FV45 | Unattached                     | 0:46:56  | 0:46:37   |
| 85.  | 194  | Christopher PAYNE | MS   | Unattached                     | 0:46:57  | 0:46:44   |
| 86.  | 105  | Michael GRANT     | MV40 | Unattached                     | 0:47:00  | 0:46:52   |
| 87.  | 295  | Robert DOBBS      | MV50 | Harpenden Arrows               | 0:47:03  | 0:46:50   |
| 88.  | 6    | Matt CLARK        | MS   | Unattached                     | 0:47:06  | 0:46:53   |
| 89.  | 1172 | Carl ALLDUS       | MV50 | Unattached                     | 0:47:07  | 0:46:47   |
| 90.  | 142  | Jim LUKE          | MS   | Unattached                     | 0:47:10  | 0:46:49   |
| 91.  | 378  | Simona CRISTEA    | FS   | Sudbury Court Running Club     | 0:47:17  | 0:47:14   |
| 92.  | 399  | Lawrence RAYNER   | MS   | Unattached                     | 0:47:19  | 0:47:16   |
| 93.  | 156  | Adam REID         | MS   | Unattached                     | 0:47:20  | 0:47:15   |
| 94.  | 311  | Rebecca BARDEN    | FV45 | Garden City Runners            | 0:47:21  | 0:47:13   |
| 95.  | 1225 | Samantha SULLIVAN | FV45 | Dacorum & Tring AC             | 0:47:24  | 0:47:18   |
| 96.  | 495  | Oliver JOEL       | MS   | Unattached                     | 0:47:24  | 0:47:22   |
| 97.  | 481  | Veronica SHADBOLT | FV55 | Garden City Runners            | 0:47:33  | 0:47:25   |
| 98.  | 326  | Iain BROTCHE      | MV40 | Unattached                     | 0:47:39  | 0:47:29   |
| 99.  | 233  | Emma CLAYTON      | FS   | Unattached                     | 0:47:41  | 0:47:38   |

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|------|------|-----------------------|-------|----------------------------|----------|-----------|
| 100. | 9    | Mark GOODWIN          | MV60  | Fairlands Valley Spartans  | 0:47:42  | 0:47:36   |
| 101. | 214  | Andrew SPILLING       | MV40  | Unattached                 | 0:47:50  | 0:47:16   |
| 102. | 1208 | Martin NICHOLLS       | MV40  | St Albans Athletic Club    | 0:47:50  | 0:47:34   |
| 103. | 143  | Steven PAULL-WILLS    | MS    | Unattached                 | 0:47:51  | 0:47:45   |
| 104. | 405  | Spencer GRANT         | MV40  | St Albans Striders         | 0:47:57  | 0:47:44   |
| 105. | 303  | Richard FIGARI        | MS    | Unattached                 | 0:47:59  | 0:47:56   |
| 106. | 70   | Mark FARMER           | MS    | Unattached                 | 0:47:59  | 0:47:54   |
| 107. | 1150 | David GALPIN          | MV40  | Unattached                 | 0:48:02  | 0:47:57   |
| 108. | 1277 | Aled EDWARDS          | MS    | Unattached                 | 0:48:05  | 0:47:01   |
| 109. | 1267 | Philip LEACH          | MV50  | St Albans Striders         | 0:48:14  | 0:48:05   |
| 110. | 288  | Christopher ROSS      | MS    | Unattached                 | 0:48:17  | 0:48:07   |
| 111. | 474  | Richard BLOOM         | MV70+ | Herts Phoenix              | 0:48:20  | 0:48:13   |
| 112. | 343  | Gary BYRNE            | MV50  | Unattached                 | 0:48:23  | 0:48:00   |
| 113. | 1243 | Alexandra GATES       | FS    | Stevenage & North Herts AC | 0:48:25  | 0:48:17   |
| 114. | 1192 | Nicki DONAGHEY        | FS    | Unattached                 | 0:48:25  | 0:48:22   |
| 115. | 260  | Kris PETER            | MS    | Unattached                 | 0:48:29  | 0:48:03   |
| 116. | 1214 | Mark WINTER           | MV40  | Unattached                 | 0:48:30  | 0:47:36   |
| 117. | 1157 | Fredric STEINBERG     | MV50  | Unattached                 | 0:48:32  | 0:47:57   |
| 118. | 1249 | Lawson CONROY         | MV40  | Unattached                 | 0:48:34  | 0:48:13   |
| 119. | 458  | Richard BLAXILL       | MV50  | Dacorum & Tring AC         | 0:48:35  | 0:48:27   |
| 120. | 57   | Grant HODGKINSON      | MV40  | Unattached                 | 0:48:39  | 0:48:33   |
| 121. | 489  | Rob PROCTER           | MV50  | Unattached                 | 0:48:48  | 0:48:44   |
| 122. | 84   | Emon MARTIN           | MV50  | Unattached                 | 0:48:51  | 0:48:41   |
| 123. | 173  | Clare BONNICK         | FV55  | Watford Joggers            | 0:48:52  | 0:48:47   |
| 124. | 1175 | Daniel MEAKIN         | MS    | Unattached                 | 0:48:56  | 0:48:37   |
| 125. | 1205 | Felicity BEXTON       | FS    | Unattached                 | 0:48:58  | 0:48:47   |
| 126. | 1239 | Kevin BEGAN           | MV40  | Unattached                 | 0:49:00  | 0:48:48   |
| 127. | 1258 | Ian MILLER            | MS    | Unattached                 | 0:49:02  | 0:48:43   |
| 128. | 79   | Neil MATTHEWS         | MV60  | Garden City Runners        | 0:49:04  | 0:48:38   |
| 129. | 274  | Michael BURTON        | MV50  | Unattached                 | 0:49:08  | 0:48:32   |
| 130. | 17   | Mark ROBSON           | MV50  | Unattached                 | 0:49:16  | 0:49:05   |
| 131. | 241  | Katie TAMBLIN         | FV35  | Unattached                 | 0:49:22  | 0:49:16   |
| 132. | 1204 | Nigel IRELAND         | MV40  | Unattached                 | 0:49:23  | 0:49:09   |
| 133. | 54   | Trevor DAVIES         | MV40  | Garden City Runners        | 0:49:30  | 0:49:09   |
| 134. | 255  | Charlie POND THOMPSON | MS    | Unattached                 | 0:49:30  | 0:49:11   |
| 135. | 15   | Christopher HURLEY    | MV40  | Unattached                 | 0:49:31  | 0:49:01   |
| 136. | 1284 | Andrew WAKELING       | MV50  | Unattached                 | 0:49:32  | 0:49:20   |
| 137. | 168  | Nik FRUHAUF           | MV40  | St Albans Striders         | 0:49:34  | 0:49:05   |
| 138. | 496  | Philip PUGH           | MV60  | Dacorum & Tring AC         | 0:49:38  | 0:49:33   |
| 139. | 435  | Carlos CARDOSO        | MV40  | Unattached                 | 0:49:40  | 0:49:14   |
| 140. | 73   | Stephen LEAHY         | MV40  | Unattached                 | 0:49:41  | 0:49:28   |
| 141. | 64   | Helen HOYLE           | FV45  | Barnet & District AC       | 0:49:44  | 0:49:36   |
| 142. | 479  | Dave LLEWELLYN        | MV50  | Unattached                 | 0:49:48  | 0:49:45   |
| 143. | 353  | Martyn PERRIN         | MV60  | Unattached                 | 0:49:50  | 0:49:35   |
| 144. | 347  | Linda THOMASSON       | FV55  | Unattached                 | 0:49:55  | 0:49:40   |
| 145. | 1144 | Lee CHAOMAN           | MS    | Unattached                 | 0:49:55  | 0:49:37   |
| 146. | 193  | Andrew FRANCOS        | MS    | Unattached                 | 0:50:00  | 0:49:26   |
| 147. | 491  | Peter BRIDGE          | MS    | Unattached                 | 0:50:04  | 0:49:35   |
| 148. | 1286 | Oliver KING           | MV40  | Unattached                 | 0:50:06  | 0:49:53   |
| 149. | 1264 | Liz SMY               | FV35  | Unattached                 | 0:50:07  | 0:49:56   |

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|------|------|-----------------------|------|---------------------------|----------|-----------|
| 150. | 130  | Sophie ROUTLEDGE      | FS   | Dacorum & Tring AC        | 0:50:08  | 0:50:01   |
| 151. | 1238 | Christian ALLEN       | MS   | North Herts Road Runners  | 0:50:17  | 0:50:04   |
| 152. | 68   | Gerhard VAN STADEN    | MV40 | Unattached                | 0:50:18  | 0:50:01   |
| 153. | 35   | Scott BILLINGS        | MV40 | Unattached                | 0:50:29  | 0:50:01   |
| 154. | 102  | Panos FELLAS          | MV50 | Watford Joggers           | 0:50:38  | 0:50:31   |
| 155. | 363  | Edwin BUCKETT         | MV50 | Unattached                | 0:50:41  | 0:50:21   |
| 156. | 213  | David SPILLING        | MV50 | Unattached                | 0:50:45  | 0:50:11   |
| 157. | 461  | Andy MITCHELL         | MV50 | Dacorum & Tring AC        | 0:50:52  | 0:50:36   |
| 158. | 447  | John STEVENS          | MV60 | Dacorum & Tring AC        | 0:50:56  | 0:50:40   |
| 159. | 345  | Nicky HODGKINS        | MV40 | Unattached                | 0:50:58  | 0:50:38   |
| 160. | 174  | Jim BROWN             | MV60 | Fairlands Valley Spartans | 0:51:01  | 0:50:46   |
| 161. | 1158 | Pippa MILLS           | FS   | Unattached                | 0:51:09  | 0:50:38   |
| 162. | 426  | Stephen WILDING       | MV40 | Unattached                | 0:51:11  | 0:50:57   |
| 163. | 190  | Mark HONESS           | MS   | Unattached                | 0:51:21  | 0:50:50   |
| 164. | 1191 | Christopher POOLE     | MS   | North Herts Road Runners  | 0:51:24  | 0:51:21   |
| 165. | 104  | Sarah SHARMAN         | FV55 | Watford Joggers           | 0:51:26  | 0:51:18   |
| 166. | 1271 | William WYLIE         | MV40 | Dacorum & Tring AC        | 0:51:30  | 0:51:22   |
| 167. | 1222 | Robert SALT           | MV50 | Dacorum & Tring AC        | 0:51:32  | 0:51:15   |
| 168. | 394  | Sandy BEALES          | MS   | Unattached                | 0:51:36  | 0:50:56   |
| 169. | 417  | Jos BARTLETT          | FV45 | Dacorum & Tring AC        | 0:51:40  | 0:51:32   |
| 170. | 1254 | Andrew DURRANT        | MV60 | Stopsley Striders         | 0:51:45  | 0:51:30   |
| 171. | 1173 | Francesca DUNHAM      | FS   | Unattached                | 0:51:53  | 0:51:41   |
| 172. | 228  | James TAMBLIN         | MS   | Unattached                | 0:51:55  | 0:51:49   |
| 173. | 381  | David SPRATT          | MS   | Unattached                | 0:51:55  | 0:51:10   |
| 174. | 416  | Kate WALKER           | FV35 | Garden City Runners       | 0:51:55  | 0:51:17   |
| 175. | 219  | Brett DAVIS           | MS   | Unattached                | 0:51:58  | 0:51:51   |
| 176. | 117  | Julie-Anne MOORS      | FV45 | Wheathampstead Warriors   | 0:51:59  | 0:51:46   |
| 177. | 1179 | Trevor CHINDUNDUNDU   | MS   | Unattached                | 0:52:05  | 0:51:50   |
| 178. | 342  | Susan MILLWARD        | FV35 | Ware Joggers              | 0:52:06  | 0:51:47   |
| 179. | 492  | Charlotte SMITH       | FS   | Unattached                | 0:52:07  | 0:51:52   |
| 180. | 430  | Will BUSHILL-MATTHEWS | MS   | Unattached                | 0:52:11  | 0:51:45   |
| 181. | 1210 | Ruben MORAL           | MV40 | Unattached                | 0:52:12  | 0:51:55   |
| 182. | 1186 | Michael DONNELLY      | MV40 | Unattached                | 0:52:15  | 0:51:55   |
| 183. | 355  | Toby GOLDING          | MS   | Unattached                | 0:52:18  | 0:52:08   |
| 184. | 328  | Keith COLLINS         | MV40 | Unattached                | 0:52:18  | 0:51:44   |
| 185. | 278  | Chris FORD            | MV40 | Unattached                | 0:52:23  | 0:52:13   |
| 186. | 279  | Stephen BARR          | MV40 | Unattached                | 0:52:23  | 0:52:13   |
| 187. | 138  | Eddie GEORGE          | MV40 | Unattached                | 0:52:23  | 0:52:13   |
| 188. | 236  | Jennifer BIRKIN       | FV45 | Unattached                | 0:52:26  | 0:52:03   |
| 189. | 49   | Matt SHONE            | MV40 | Unattached                | 0:52:28  | 0:52:01   |
| 190. | 50   | Manny ADOLPH          | MV50 | Unattached                | 0:52:33  | 0:52:20   |
| 191. | 207  | Lucy LANCASTER        | FS   | Unattached                | 0:52:34  | 0:51:52   |
| 192. | 407  | Steven DAVIS          | MV50 | Unattached                | 0:52:47  | 0:52:35   |
| 193. | 1181 | Emma WILSON           | FS   | Unattached                | 0:52:50  | 0:52:27   |
| 194. | 204  | Don PAPWORTH          | MV60 | Unattached                | 0:52:50  | 0:52:35   |
| 195. | 246  | Timothy OTTEWELL      | MS   | Unattached                | 0:52:53  | 0:52:38   |
| 196. | 468  | Katherine GOURD       | FS   | North Herts Road Runners  | 0:52:58  | 0:52:24   |
| 197. | 1269 | Jonathan POOLE        | MV50 | St Albans Striders        | 0:53:06  | 0:52:57   |
| 198. | 392  | Christine DEARMAN     | FV45 | Watford Harriers          | 0:53:10  | 0:53:00   |
| 199. | 332  | Nick PANTON           | MS   | Unattached                | 0:53:14  | 0:52:57   |

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|------|------|--------------------|------|-------------------------|----------|-----------|
| 200. | 141  | Rachel TEDDS       | FS   | Unattached              | 0:53:17  | 0:53:08   |
| 201. | 1209 | Ann NICHOLLS       | FV45 | St Albans Athletic Club | 0:53:20  | 0:53:03   |
| 202. | 220  | Matt WELLS         | MS   | Unattached              | 0:53:23  | 0:52:58   |
| 203. | 1223 | Lee SMALLWOOD      | MS   | Unattached              | 0:53:26  | 0:53:13   |
| 204. | 471  | Jim DONNET         | MV40 | Unattached              | 0:53:26  | 0:53:10   |
| 205. | 261  | Kerri-Louise ROOKE | FS   | Ware Joggers            | 0:53:27  | 0:53:07   |
| 206. | 309  | Jon GAVAGHAN       | MS   | Unattached              | 0:53:27  | 0:53:13   |
| 207. | 1190 | Richard LLOYD      | MV60 | Unattached              | 0:53:31  | 0:52:55   |
| 208. | 1151 | Lisa PERKS         | FV45 | Unattached              | 0:53:35  | 0:53:31   |
| 209. | 291  | David SMITH        | MV40 | Unattached              | 0:53:37  | 0:52:58   |
| 210. | 131  | Timothy COLE       | MV40 | Unattached              | 0:53:38  | 0:53:15   |
| 211. | 81   | Ali EROGLU         | MV60 | Garden City Runners     | 0:53:44  | 0:53:33   |
| 212. | 1261 | Marcus BIRCH       | MS   | Unattached              | 0:53:46  | 0:53:16   |
| 213. | 101  | William SHARMAN    | MV50 | Watford Joggers         | 0:53:47  | 0:53:39   |
| 214. | 1213 | Toby BROWN         | MS   | Unattached              | 0:53:59  | 0:53:35   |
| 215. | 36   | Joseph WHATNALL    | MS   | Unattached              | 0:54:06  | 0:53:40   |
| 216. | 251  | Lianne FAKES       | FS   | Unattached              | 0:54:10  | 0:53:52   |
| 217. | 63   | Martin POCOCK      | MV50 | Unattached              | 0:54:14  | 0:54:03   |
| 218. | 93   | Keith JOHNSON      | MV40 | Unattached              | 0:54:15  | 0:53:57   |
| 219. | 421  | Mark CHAPPELL      | MS   | Unattached              | 0:54:20  | 0:54:08   |
| 220. | 10   | Kelsey BILAN       | FS   | Unattached              | 0:54:25  | 0:54:21   |
| 221. | 388  | Anna LILLIE        | FV35 | Garden City Runners     | 0:54:26  | 0:54:06   |
| 222. | 45   | Gary CLARKE        | MV50 | Unattached              | 0:54:29  | 0:54:08   |
| 223. | 135  | Stuart WHITMORE    | MS   | Unattached              | 0:54:35  | 0:54:20   |
| 224. | 249  | Dom BACON          | MV40 | Unattached              | 0:54:37  | 0:54:04   |
| 225. | 490  | Carly PROCTER      | FV35 | Unattached              | 0:54:38  | 0:54:31   |
| 226. | 69   | Andrew WISEMAN     | MV40 | Unattached              | 0:54:41  | 0:54:32   |
| 227. | 387  | Martin VITTY       | MS   | Unattached              | 0:54:43  | 0:54:10   |
| 228. | 473  | Tom LATHOM         | MS   | Unattached              | 0:54:45  | 0:53:51   |
| 229. | 1268 | Andrew NEWBURY     | MV60 | Garden City Runners     | 0:54:47  | 0:54:39   |
| 230. | 325  | Julian COX         | MV50 | Unattached              | 0:54:49  | 0:54:24   |
| 231. | 129  | Lucy WALLDUCK      | FS   | Dacorum & Tring AC      | 0:54:55  | 0:54:36   |
| 232. | 1211 | Steven GOLDINGAY   | MV50 | Unattached              | 0:55:00  | 0:54:43   |
| 233. | 1260 | Susan BIRCH        | FV45 | Unattached              | 0:55:02  | 0:54:32   |
| 234. | 322  | Greg PURKISS       | MS   | Unattached              | 0:55:03  | 0:54:45   |
| 235. | 398  | Ashley WILLIAMS    | MV40 | Unattached              | 0:55:03  | 0:54:44   |
| 236. | 170  | Sadie THOMAS       | FV35 | Unattached              | 0:55:06  | 0:54:31   |
| 237. | 8    | William RIAL       | MV40 | Unattached              | 0:55:16  | 0:55:01   |
| 238. | 319  | John MATTHEWS      | MV40 | Unattached              | 0:55:16  | 0:54:42   |
| 239. | 1291 | Michael EDMOND     | MV50 | Harpenden Arrows        | 0:55:19  | 0:55:06   |
| 240. | 1200 | Jane LAWFORD       | FV45 | St Albans Striders      | 0:55:24  | 0:54:54   |
| 241. | 1280 | Claire SANDERS     | FV35 | Unattached              | 0:55:25  | 0:54:44   |
| 242. | 480  | Andy SHADBOLT      | MV60 | Garden City Runners     | 0:55:29  | 0:54:50   |
| 243. | 362  | Kevin CURNOW       | MV40 | Unattached              | 0:55:32  | 0:55:05   |
| 244. | 450  | Rory SAGGERS       | MS   | Unattached              | 0:55:35  | 0:54:54   |
| 245. | 373  | Aaron BLACKFORD    | MS   | Unattached              | 0:55:36  | 0:55:00   |
| 246. | 1229 | Adam TRIGG         | MV40 | Unattached              | 0:55:41  | 0:55:20   |
| 247. | 197  | Mario MACHERAS     | MV40 | Unattached              | 0:55:47  | 0:55:05   |
| 248. | 431  | Rachel STEWART     | FV35 | Unattached              | 0:55:48  | 0:55:07   |
| 249. | 163  | Pj Pat GALLAGHER   | MV40 | Unattached              | 0:55:49  | 0:55:34   |

# Welwyn 10K

## Finisher List

| Rank | Bib  | Name                 | Cat   | Club                           | Gun Time | Chip Time |
|------|------|----------------------|-------|--------------------------------|----------|-----------|
| 250. | 1165 | Penny WALLDUCK       | FV45  | Dacorum & Tring AC             | 0:55:51  | 0:55:32   |
| 251. | 59   | Barzin JAVANSHIRI    | MS    | Unattached                     | 0:55:52  | 0:55:46   |
| 252. | 266  | Kate WILSON          | FS    | Unattached                     | 0:55:52  | 0:55:46   |
| 253. | 1156 | Daniel SUTTON-FISHER | MS    | Fairlands Valley Spartans      | 0:55:52  | 0:55:43   |
| 254. | 195  | Vicki ROLSTON        | FV45  | Unattached                     | 0:55:57  | 0:55:15   |
| 255. | 357  | Laurence BROWN       | MV50  | Unattached                     | 0:56:00  | 0:55:35   |
| 256. | 1270 | Paul MURPHY          | MS    | Unattached                     | 0:56:01  | 0:55:11   |
| 257. | 301  | David GOODEN         | MV60  | Unattached                     | 0:56:02  | 0:55:38   |
| 258. | 400  | Sue DEFOE            | FV55  | Watford Joggers                | 0:56:02  | 0:55:51   |
| 259. | 1274 | Tim THURLOW          | MV50  | Unattached                     | 0:56:03  | 0:55:31   |
| 260. | 415  | Liz DAVIES           | FV55  | Stopsley Striders              | 0:56:07  | 0:55:58   |
| 261. | 335  | Nick HINTON          | MV60  | Unattached                     | 0:56:10  | 0:55:51   |
| 262. | 499  | Hannah PARTRIDGE     | FV35  | Unattached                     | 0:56:10  | 0:55:52   |
| 263. | 1171 | John SLACK           | MV70+ | Dacorum & Tring AC             | 0:56:11  | 0:55:55   |
| 264. | 375  | James NICHOLSON      | MS    | Unattached                     | 0:56:14  | 0:55:48   |
| 265. | 99   | Maggie WRIGHT        | FV45  | Garden City Runners            | 0:56:18  | 0:55:35   |
| 266. | 310  | Dermott MORAN        | MV40  | UK Run Chat                    | 0:56:21  | 0:55:24   |
| 267. | 1290 | Trevor OSBORNE       | MV40  | Unattached                     | 0:56:27  | 0:55:47   |
| 268. | 160  | Andy BUTLER          | MV50  | Bearbrook Joggers Running Club | 0:56:28  | 0:56:03   |
| 269. | 317  | Roy HERBERT          | MV60  | Unattached                     | 0:56:29  | 0:56:12   |
| 270. | 1285 | Stephen HOLMES       | MV50  | Unattached                     | 0:56:34  | 0:56:03   |
| 271. | 5    | Lesley CLARK         | FV35  | Unattached                     | 0:56:35  | 0:56:24   |
| 272. | 1163 | Paul DORMER          | MV50  | Unattached                     | 0:56:37  | 0:56:14   |
| 273. | 258  | Annalisa WILLIAMS    | FS    | Ware Joggers                   | 0:56:43  | 0:56:13   |
| 274. | 224  | Chris HOPSON         | MS    | Unattached                     | 0:56:44  | 0:55:40   |
| 275. | 126  | Callum TAYLOR        | MS    | Unattached                     | 0:56:49  | 0:56:22   |
| 276. | 223  | Mark HOPSON          | MS    | Unattached                     | 0:56:51  | 0:55:47   |
| 277. | 112  | Belinda HODGKINSON   | FV35  | Unattached                     | 0:56:53  | 0:56:47   |
| 278. | 169  | Zoe WILLIS           | FV35  | Unattached                     | 0:56:58  | 0:56:23   |
| 279. | 82   | Nick ATKINSON        | MV60  | Garden City Runners            | 0:57:10  | 0:56:38   |
| 280. | 44   | Darren CLARKE        | MV50  | Unattached                     | 0:57:11  | 0:56:50   |
| 281. | 1202 | Clare BOUTLE         | FV45  | Barnet & District AC           | 0:57:13  | 0:57:05   |
| 282. | 1237 | Alex TOMKINS         | MS    | Unattached                     | 0:57:14  | 0:56:36   |
| 283. | 457  | Ian WOLSTENCROFT     | MV60  | Dacorum & Tring AC             | 0:57:16  | 0:57:08   |
| 284. | 107  | Jo GRANT             | FV45  | Unattached                     | 0:57:17  | 0:56:43   |
| 285. | 1282 | James MACKONCHIE     | MS    | Unattached                     | 0:57:18  | 0:56:48   |
| 286. | 83   | Rachel ALDRIDGE      | FV35  | St Albans Striders             | 0:57:19  | 0:57:10   |
| 287. | 424  | Caroline BERNARD     | FV35  | Oh Ladies Running Club         | 0:57:19  | 0:56:27   |
| 288. | 196  | Paul ROLSTON         | MV40  | Unattached                     | 0:57:22  | 0:56:41   |
| 289. | 465  | Nick BLACK           | MV50  | Unattached                     | 0:57:24  | 0:56:40   |
| 290. | 436  | Debbie RANKIN        | FV35  | Red Star AC                    | 0:57:25  | 0:56:56   |
| 291. | 1169 | Andrew PORTER        | MV70+ | North Herts Road Runners       | 0:57:39  | 0:57:05   |
| 292. | 200  | Genevieve FARRELL    | FS    | Unattached                     | 0:57:39  | 0:56:56   |
| 293. | 149  | Joel GILL            | MS    | Unattached                     | 0:57:43  | 0:57:24   |
| 294. | 240  | Paul COCKLIN         | MV50  | Ware Joggers                   | 0:57:45  | 0:57:13   |
| 295. | 21   | Dan EARLEY           | MS    | Unattached                     | 0:57:47  | 0:57:04   |
| 296. | 20   | Rebecca HANNAN       | FS    | Unattached                     | 0:57:48  | 0:57:05   |
| 297. | 467  | James HALL           | MV40  | Unattached                     | 0:57:48  | 0:56:57   |
| 298. | 444  | Una STOKES           | FV35  | Unattached                     | 0:57:49  | 0:57:22   |
| 299. | 304  | Florin TUDORICA      | MS    | Unattached                     | 0:57:49  | 0:57:36   |

# Welwyn 10K

## Finisher List

| Rank | Bib  | Name                | Cat  | Club                      | Gun Time | Chip Time |
|------|------|---------------------|------|---------------------------|----------|-----------|
| 300. | 439  | Emily HUME          | FS   | Unattached                | 0:57:50  | 0:56:55   |
| 301. | 183  | Stephanie HUMPHREYS | FV35 | Unattached                | 0:57:53  | 0:57:43   |
| 302. | 1257 | William DOHERTY     | MS   | Unattached                | 0:57:59  | 0:57:08   |
| 303. | 1248 | Joe DOHERTY         | MV50 | Unattached                | 0:57:59  | 0:57:08   |
| 304. | 23   | Jonathan JONES      | MV50 | Fairlands Valley Spartans | 0:58:08  | 0:57:29   |
| 305. | 367  | Jimmy BEATON        | MS   | Unattached                | 0:58:11  | 0:57:21   |
| 306. | 132  | Cassandra KENNEDY   | FS   | Unattached                | 0:58:14  | 0:57:51   |
| 307. | 350  | Robert NICHOLLS     | MV40 | Unattached                | 0:58:19  | 0:57:46   |
| 308. | 211  | Tamara ANDERSON     | FV35 | Unattached                | 0:58:21  | 0:57:29   |
| 309. | 300  | Edward CURNOW       | MV40 | Unattached                | 0:58:23  | 0:57:56   |
| 310. | 493  | Gary STURDY         | MV50 | Dacorum & Tring AC        | 0:58:23  | 0:57:54   |
| 311. | 404  | Peter SHELDON       | MV40 | Unattached                | 0:58:28  | 0:57:35   |
| 312. | 106  | Thomas PARMLEY      | MS   | Garden City Runners       | 0:58:29  | 0:58:08   |
| 313. | 150  | David FOXEN         | MS   | Unattached                | 0:58:34  | 0:57:54   |
| 314. | 1234 | Martyn FARMER       | MV60 | Unattached                | 0:58:35  | 0:58:24   |
| 315. | 252  | Cheryl ARTHUR       | FV55 | Unattached                | 0:58:37  | 0:57:41   |
| 316. | 1164 | Sarah DORMER        | FV45 | Unattached                | 0:58:37  | 0:58:15   |
| 317. | 1245 | Rebecca SHAW        | FS   | Unattached                | 0:58:44  | 0:58:14   |
| 318. | 85   | Sian DARVILL        | FV45 | Watford Joggers           | 0:58:47  | 0:58:40   |
| 319. | 393  | Andrew GROOM        | MV40 | Unattached                | 0:58:50  | 0:58:06   |
| 320. | 339  | Gary NOAD           | MV60 | Unattached                | 0:58:52  | 0:58:31   |
| 321. | 1247 | Damon AUSTIN        | MV40 | Unattached                | 0:58:52  | 0:58:10   |
| 322. | 341  | Dawn LILLY          | FV35 | Unattached                | 0:59:00  | 0:58:38   |
| 323. | 1162 | Mike ASTLEY         | MV50 | Unattached                | 0:59:01  | 0:58:36   |
| 324. | 115  | Mark ASHWORTH       | MS   | Unattached                | 0:59:03  | 0:58:33   |
| 325. | 201  | Viktoria MAKRAI     | FS   | Unattached                | 0:59:04  | 0:58:33   |
| 326. | 463  | Nick BISHOP         | MV40 | Unattached                | 0:59:07  | 0:58:42   |
| 327. | 178  | Patrick LEE         | MS   | Unattached                | 0:59:11  | 0:58:17   |
| 328. | 222  | Margaret TOWNSEND   | FS   | Unattached                | 0:59:14  | 0:58:52   |
| 329. | 327  | Rosemary BROTCHE    | FV35 | Unattached                | 0:59:20  | 0:59:10   |
| 330. | 294  | Jayne DOBBS         | FV55 | Harpden Arrows            | 0:59:22  | 0:59:09   |
| 331. | 1195 | Andrew WOOD         | MV40 | Unattached                | 0:59:27  | 0:59:15   |
| 332. | 179  | Jamie CAREY         | MS   | Unattached                | 0:59:28  | 0:58:43   |
| 333. | 1136 | Nicola HEADLAND     | FV45 | Unattached                | 0:59:28  | 0:59:00   |
| 334. | 1250 | Giselle CHAUHAN     | FS   | Unattached                | 0:59:30  | 0:59:25   |
| 335. | 13   | Lisa MAKOWSKI       | FV35 | Unattached                | 0:59:34  | 0:59:16   |
| 336. | 12   | Vivienne ALLDAY     | FV35 | Unattached                | 0:59:34  | 0:59:15   |
| 337. | 272  | James PRICE         | MV40 | Unattached                | 0:59:39  | 0:58:51   |
| 338. | 484  | Catherine BURNHAM   | FS   | Unattached                | 0:59:40  | 0:59:09   |
| 339. | 282  | Melanie KING        | FV45 | Garden City Runners       | 0:59:40  | 0:58:57   |
| 340. | 162  | Pete DAWSON         | MV60 | Unattached                | 0:59:41  | 0:59:10   |
| 341. | 299  | Rhianne MARCHANT    | FS   | Unattached                | 0:59:42  | 0:59:15   |
| 342. | 324  | Katie MCAUSLAN      | FS   | Unattached                | 0:59:47  | 0:59:20   |
| 343. | 88   | Gary HILTON         | MV50 | Watford Joggers           | 0:59:57  | 0:59:50   |
| 344. | 1276 | David BROWN         | MV50 | Unattached                | 1:00:02  | 0:59:07   |
| 345. | 203  | Daniel D'SOUZA      | MS   | Unattached                | 1:00:03  | 0:59:39   |
| 346. | 488  | Luke WALLER         | MS   | Dacorum & Tring AC        | 1:00:04  | 0:59:29   |
| 347. | 19   | Katie RIST          | FV35 | Unattached                | 1:00:04  | 0:59:34   |
| 348. | 78   | John WILSON         | MV50 | Unattached                | 1:00:05  | 0:59:42   |
| 349. | 95   | Mark BOYCE          | MV50 | Garden City Runners       | 1:00:06  | 0:59:30   |

# Welwyn 10K

## Finisher List

| Rank | Bib  | Name              | Cat   | Club                        | Gun Time | Chip Time |
|------|------|-------------------|-------|-----------------------------|----------|-----------|
| 350. | 121  | Louise RICHARDSON | FV35  | Unattached                  | 1:00:07  | 0:59:21   |
| 351. | 1148 | Jody PLOWS        | FV35  | Unattached                  | 1:00:07  | 0:59:21   |
| 352. | 1263 | Matt RINGER       | MV40  | Unattached                  | 1:00:12  | 0:59:17   |
| 353. | 1266 | Matthew GREENWOOD | MV40  | Unattached                  | 1:00:14  | 0:59:31   |
| 354. | 76   | James DODDING     | MS    | Unattached                  | 1:00:15  | 0:59:50   |
| 355. | 361  | Miguel TRIGUEIRA  | MV40  | Unattached                  | 1:00:16  | 0:59:21   |
| 356. | 315  | Jane HURST        | FV35  | Unattached                  | 1:00:18  | 1:00:11   |
| 357. | 500  | Mike NORTHFIELD   | MV40  | Unattached                  | 1:00:33  | 1:00:08   |
| 358. | 210  | Robert OUTRAM     | MV40  | Unattached                  | 1:00:40  | 1:00:26   |
| 359. | 46   | Richard DEW       | MV40  | Unattached                  | 1:00:41  | 1:00:18   |
| 360. | 276  | Ian SUTCLIFFE     | MV70+ | North Herts Road Runners    | 1:00:43  | 1:00:09   |
| 361. | 1196 | Ritchie SLACK     | MS    | Unattached                  | 1:00:46  | 1:00:01   |
| 362. | 32   | Colin EGLETON     | MV70+ | St Albans Striders          | 1:00:47  | 1:00:23   |
| 363. | 154  | Robert SPINKS     | MV50  | Unattached                  | 1:00:48  | 1:00:07   |
| 364. | 185  | Sergio DELNEVO    | MS    | Unattached                  | 1:00:52  | 0:59:58   |
| 365. | 293  | Robert WALLACE    | MS    | Unattached                  | 1:00:54  | 1:00:13   |
| 366. | 456  | Darran PURNELL    | MS    | Unattached                  | 1:00:55  | 1:00:13   |
| 367. | 449  | Tamara CLARK      | FV45  | Dacorum & Tring AC          | 1:00:57  | 1:00:28   |
| 368. | 1203 | Lucinda WINNING   | FS    | Unattached                  | 1:00:59  | 1:00:35   |
| 369. | 1153 | Robert CARTWRIGHT | MV60  | Garden City Runners         | 1:01:02  | 1:00:12   |
| 370. | 1161 | Jerry GILBERT     | MV70+ | Garden City Runners         | 1:01:03  | 1:00:13   |
| 371. | 316  | Stephanie HERBERT | FV55  | Unattached                  | 1:01:05  | 1:00:47   |
| 372. | 209  | Philip SEDDON     | MV50  | Unattached                  | 1:01:22  | 1:00:46   |
| 373. | 369  | William SPELLER   | MS    | Unattached                  | 1:01:22  | 1:00:32   |
| 374. | 202  | Gabor MAKRAI      | MS    | Unattached                  | 1:01:23  | 1:00:52   |
| 375. | 302  | Rachel WILLIS     | FV35  | Unattached                  | 1:01:23  | 1:00:59   |
| 376. | 65   | Russell DEVITT    | MV70+ | Shaftesbury Barnet Harriers | 1:01:27  | 1:00:50   |
| 377. | 346  | Darren MURLEY     | MV40  | Unattached                  | 1:01:28  | 1:00:44   |
| 378. | 218  | Vicky BERRY       | FV55  | Biggleswade AC              | 1:01:32  | 1:01:07   |
| 379. | 52   | Mark ROSS         | MV50  | Unattached                  | 1:01:33  | 1:01:23   |
| 380. | 1242 | Matt BENDELL      | MS    | Unattached                  | 1:01:34  | 1:01:10   |
| 381. | 1182 | Michael SCUTT     | MV50  | Garden City Runners         | 1:01:35  | 1:01:10   |
| 382. | 158  | Simon MEAD        | MV50  | Unattached                  | 1:01:36  | 1:01:08   |
| 383. | 111  | Helen GUNTER      | FV45  | Unattached                  | 1:01:44  | 1:01:21   |
| 384. | 1253 | Mathew LUTKIN     | MS    | Unattached                  | 1:01:48  | 1:01:04   |
| 385. | 498  | Tracy POTTER      | FV45  | Garden City Runners         | 1:01:59  | 1:01:26   |
| 386. | 269  | Paul ROGERS       | MV50  | Unattached                  | 1:02:04  | 1:01:36   |
| 387. | 438  | Lisa WARD         | FV35  | Unattached                  | 1:02:06  | 1:01:32   |
| 388. | 383  | Angie PIETERSEN   | FV35  | Unattached                  | 1:02:09  | 1:01:49   |
| 389. | 1170 | Malcolm MACGREGOR | MV40  | Fairlands Valley Spartans   | 1:02:09  | 1:01:34   |
| 390. | 437  | Paul LYONS        | MV40  | Unattached                  | 1:02:10  | 1:01:36   |
| 391. | 7    | Sheryl HANN       | FV55  | Fairlands Valley Spartans   | 1:02:11  | 1:01:33   |
| 392. | 92   | Loredana PACE     | FV35  | Watford Joggers             | 1:02:19  | 1:02:01   |
| 393. | 137  | Vicky WILLSON     | FV45  | Unattached                  | 1:02:25  | 1:02:01   |
| 394. | 425  | Michael BEER      | MS    | Unattached                  | 1:02:29  | 1:01:52   |
| 395. | 1230 | Kristina HANN     | FS    | Unattached                  | 1:02:33  | 1:01:40   |
| 396. | 1142 | Poppy WILSON      | FV45  | Unattached                  | 1:02:36  | 1:02:08   |
| 397. | 1289 | Jamie LEECH       | MS    | Unattached                  | 1:02:39  | 1:02:09   |
| 398. | 148  | Laura CLARK       | FS    | Unattached                  | 1:02:42  | 1:02:05   |
| 399. | 147  | Gemma ROBERTSON   | FS    | Unattached                  | 1:02:42  | 1:02:05   |



# Welwyn 10K

## Finisher List

| Rank | Bib  | Name                 | Cat  | Club                      | Gun Time | Chip Time |
|------|------|----------------------|------|---------------------------|----------|-----------|
| 400. | 230  | Avril BULLOCK        | FS   | Unattached                | 1:02:44  | 1:01:58   |
| 401. | 443  | Sophocles GEORGIU    | MV60 | Fairlands Valley Spartans | 1:02:51  | 1:01:59   |
| 402. | 385  | Paul HESKIN          | MV40 | Unattached                | 1:02:54  | 1:01:57   |
| 403. | 116  | Rachael EVERARD      | FS   | Garden City Runners       | 1:02:55  | 1:02:26   |
| 404. | 245  | Natalie OTTEWELL     | FV35 | Unattached                | 1:02:55  | 1:02:21   |
| 405. | 290  | Laura WALLER         | FS   | Unattached                | 1:03:04  | 1:02:29   |
| 406. | 77   | Sarah WILSON         | FV55 | Unattached                | 1:03:09  | 1:02:45   |
| 407. | 110  | John HOWSON          | MV60 | Unattached                | 1:03:09  | 1:02:55   |
| 408. | 1198 | Bruce DALLAS         | MV40 | Unattached                | 1:03:11  | 1:03:00   |
| 409. | 1235 | Teresa BAILEY        | FV55 | Unattached                | 1:03:13  | 1:02:26   |
| 410. | 189  | Victoria COOTE       | FS   | Unattached                | 1:03:14  | 1:02:43   |
| 411. | 227  | Wendy REDDAWAY       | FV55 | Ware Joggers              | 1:03:14  | 1:02:50   |
| 412. | 187  | Joshua GILBERY       | MS   | Unattached                | 1:03:23  | 1:02:30   |
| 413. | 1140 | Paul MARKHAM-JAMES   | MV50 | Watford Joggers           | 1:03:28  | 1:03:18   |
| 414. | 1145 | Kennet ONEILL        | MS   | Unattached                | 1:03:30  | 1:02:36   |
| 415. | 186  | Matthew GILBERY      | MS   | Unattached                | 1:03:32  | 1:02:38   |
| 416. | 1143 | Matt WYATT           | MS   | Unattached                | 1:03:32  | 1:02:39   |
| 417. | 192  | Kelly BUTTERWORTH    | FV35 | Unattached                | 1:03:39  | 1:03:08   |
| 418. | 191  | James CHIVRALL       | MS   | Unattached                | 1:03:39  | 1:03:08   |
| 419. | 1166 | Ruth PRATT           | FV35 | Unattached                | 1:03:59  | 1:03:38   |
| 420. | 164  | Olivia SMITH         | FS   | Wheathampstead Warriors   | 1:04:06  | 1:03:24   |
| 421. | 1180 | Lee PIROTH           | MS   | Fairlands Valley Spartans | 1:04:09  | 1:03:33   |
| 422. | 376  | Nick BURNISTON       | MS   | Unattached                | 1:04:16  | 1:03:35   |
| 423. | 414  | Jade ADAMS           | FS   | Dacorum & Tring AC        | 1:04:17  | 1:03:49   |
| 424. | 422  | Robert PECHE         | MS   | Unattached                | 1:04:18  | 1:03:49   |
| 425. | 238  | Elizabeth DEAN       | FV45 | Garden City Runners       | 1:04:29  | 1:03:41   |
| 426. | 239  | Grant CARNEGIE BROWN | MV50 | Garden City Runners       | 1:04:29  | 1:03:41   |
| 427. | 98   | Naz GEZER-CLARKE     | FV45 | Garden City Runners       | 1:04:34  | 1:03:47   |
| 428. | 221  | Alistair ROSS        | MS   | Unattached                | 1:04:41  | 1:03:58   |
| 429. | 368  | Owen FRANCIS         | MS   | Unattached                | 1:04:42  | 1:03:52   |
| 430. | 113  | Wayne AYLOTT         | MV50 | Garden City Runners       | 1:04:48  | 1:04:08   |
| 431. | 384  | Steve LEWIS          | MS   | Unattached                | 1:04:51  | 1:04:24   |
| 432. | 466  | Jo IKHELEF           | FV35 | Unattached                | 1:05:13  | 1:04:45   |
| 433. | 1188 | Angela KEOGH         | FV35 | Watford Joggers           | 1:05:32  | 1:05:21   |
| 434. | 1197 | Pauline O'BRIEN      | FV55 | Unattached                | 1:05:35  | 1:05:09   |
| 435. | 482  | Nicholas COX         | MS   | Unattached                | 1:05:37  | 1:05:04   |
| 436. | 483  | Andrew ROBSON        | MS   | Unattached                | 1:05:37  | 1:05:04   |
| 437. | 1287 | Ayfer KARAKUS        | FV45 | Unattached                | 1:05:44  | 1:05:08   |
| 438. | 1141 | Dominic WEBSTER      | MV50 | Unattached                | 1:05:53  | 1:05:29   |
| 439. | 486  | Alida PREIS          | FV45 | Unattached                | 1:05:55  | 1:05:22   |
| 440. | 180  | Stanford RUSIKE      | MV40 | Herts Phoenix             | 1:06:08  | 1:05:35   |
| 441. | 198  | Bethany WREN         | FS   | Unattached                | 1:06:08  | 1:05:19   |
| 442. | 62   | Tara KAUL            | FS   | Unattached                | 1:06:18  | 1:05:43   |
| 443. | 372  | Gemma TEMPLE         | FV35 | Unattached                | 1:06:25  | 1:05:47   |
| 444. | 382  | Helen MCINTOSH       | FV35 | Unattached                | 1:06:27  | 1:05:49   |
| 445. | 18   | Peter LUUUZI         | MV50 | Unattached                | 1:06:34  | 1:06:23   |
| 446. | 225  | Ben MILLER           | MS   | Unattached                | 1:06:48  | 1:06:05   |
| 447. | 432  | Rose CLARIDGE        | FS   | Unattached                | 1:06:59  | 1:06:19   |
| 448. | 155  | Kath EVANS           | FV45 | Garden City Runners       | 1:06:59  | 1:06:10   |
| 449. | 229  | Stephen BULLOCK      | MV50 | Unattached                | 1:07:16  | 1:06:30   |

# Welwyn 10K

## Finisher List

| Rank | Bib  | Name                   | Cat   | Club                      | Gun Time | Chip Time |
|------|------|------------------------|-------|---------------------------|----------|-----------|
| 450. | 1189 | Lauren HOWE            | FS    | Unattached                | 1:07:22  | 1:06:38   |
| 451. | 395  | Ronan BERRY            | MV40  | Unattached                | 1:07:23  | 1:06:26   |
| 452. | 1138 | Marian MORLEY          | FV45  | Unattached                | 1:07:30  | 1:06:50   |
| 453. | 1137 | David MORLEY           | MV50  | Unattached                | 1:07:30  | 1:06:51   |
| 454. | 273  | Jago JACKSON           | MS    | Unattached                | 1:07:36  | 1:06:45   |
| 455. | 359  | Dzenana TOPIC          | FV45  | Fairlands Valley Spartans | 1:07:48  | 1:07:08   |
| 456. | 184  | Lucy DAVIS             | FV35  | Unattached                | 1:07:52  | 1:06:58   |
| 457. | 97   | Sarah SMITH            | FV35  | Ware Joggers              | 1:07:52  | 1:07:08   |
| 458. | 167  | Martyn WHITMORE        | MS    | Unattached                | 1:08:00  | 1:07:22   |
| 459. | 434  | Niki WARD              | FV35  | Rushcliffe Athletic Club  | 1:08:11  | 1:07:33   |
| 460. | 1227 | Sean WESTCOTT          | MV40  | Unattached                | 1:08:31  | 1:07:35   |
| 461. | 250  | Sally FAIRCLOUGH       | FV45  | Unattached                | 1:08:36  | 1:08:16   |
| 462. | 1147 | Judy EDEN              | FV35  | Garden City Runners       | 1:08:41  | 1:07:49   |
| 463. | 420  | Claire HYDE            | FV35  | Fairlands Valley Spartans | 1:08:46  | 1:08:11   |
| 464. | 487  | Yana WALLER            | FS    | Dacorum & Tring AC        | 1:08:47  | 1:08:12   |
| 465. | 28   | Hannah WARMAN          | FV35  | Unattached                | 1:09:07  | 1:08:20   |
| 466. | 280  | Susanna PRICE          | FV35  | Unattached                | 1:09:08  | 1:08:20   |
| 467. | 48   | Fiona MASON            | FV35  | Unattached                | 1:09:14  | 1:08:58   |
| 468. | 1212 | Mark TOOZE             | MV50  | Unattached                | 1:09:27  | 1:08:21   |
| 469. | 235  | Glen CARRINGTON        | MV40  | Unattached                | 1:09:29  | 1:08:50   |
| 470. | 1167 | Samantha PLUMMER       | FV45  | Unattached                | 1:09:31  | 1:08:55   |
| 471. | 199  | Naomi YOUNG            | FS    | Unattached                | 1:09:34  | 1:08:45   |
| 472. | 1262 | Louise CARNEY          | FS    | Unattached                | 1:09:35  | 1:09:14   |
| 473. | 330  | Kieren SCOTT           | MS    | Unattached                | 1:09:37  | 1:08:42   |
| 474. | 217  | Emma PERROTT           | FV35  | Unattached                | 1:09:41  | 1:08:49   |
| 475. | 470  | Stacey JACOBS          | FS    | Unattached                | 1:09:43  | 1:08:49   |
| 476. | 386  | Paul LUTON             | MV70+ | Ware Joggers              | 1:09:45  | 1:08:51   |
| 477. | 428  | John ROXBOROUGH        | MS    | Fairlands Valley Spartans | 1:09:54  | 1:09:22   |
| 478. | 429  | Sarah ROXBOROUGH       | FS    | Unattached                | 1:09:54  | 1:09:23   |
| 479. | 445  | Kevin WEAVER           | MV50  | Ware Joggers              | 1:10:10  | 1:09:17   |
| 480. | 237  | Christian NEWMAN       | MV40  | Unattached                | 1:10:39  | 1:10:38   |
| 481. | 208  | Susan HEATHCOTE        | FV55  | Unattached                | 1:10:43  | 1:10:01   |
| 482. | 1187 | Anwen DAVIES           | FV45  | Unattached                | 1:10:46  | 1:09:55   |
| 483. | 323  | Gemma KIRK             | FS    | Unattached                | 1:10:48  | 1:10:31   |
| 484. | 354  | Adam GOLDING           | MV40  | Unattached                | 1:10:56  | 1:10:06   |
| 485. | 356  | Maurice PENTLAND       | MV50  | Unattached                | 1:10:56  | 1:10:07   |
| 486. | 127  | Chris ROBERTS          | FV65+ | Watford Joggers           | 1:10:56  | 1:10:47   |
| 487. | 333  | Emma ROBINSON          | FS    | Unattached                | 1:10:59  | 1:10:34   |
| 488. | 216  | Melissa CHALK          | FS    | Unattached                | 1:11:26  | 1:11:00   |
| 489. | 215  | David CHALK            | MV60  | Unattached                | 1:11:27  | 1:11:00   |
| 490. | 454  | Laura WALKER           | FV45  | Unattached                | 1:11:48  | 1:11:26   |
| 491. | 365  | Carly DAVIES           | FV35  | Unattached                | 1:11:50  | 1:11:12   |
| 492. | 364  | Alexandra LACE         | FV35  | Unattached                | 1:11:50  | 1:11:12   |
| 493. | 165  | Marcus SIM             | MS    | Unattached                | 1:12:07  | 1:11:22   |
| 494. | 60   | Rohit KAUL             | MV40  | Unattached                | 1:12:10  | 1:11:33   |
| 495. | 318  | Charlotte JONES        | FV35  | Garden City Runners       | 1:12:12  | 1:11:24   |
| 496. | 283  | Laura VAN DEN BOGAERDE | FS    | Unattached                | 1:12:15  | 1:11:29   |
| 497. | 122  | Kim EDWARDS            | FV35  | Unattached                | 1:12:15  | 1:11:54   |
| 498. | 263  | Sally BAYLY-HILL       | FV45  | Unattached                | 1:12:20  | 1:11:27   |
| 499. | 440  | Terry TRISTRAM         | MV40  | Unattached                | 1:12:29  | 1:12:00   |

# Welwyn 10K

## Finisher List

| Rank | Bib  | Name               | Cat   | Club                      | Gun Time | Chip Time |
|------|------|--------------------|-------|---------------------------|----------|-----------|
| 500. | 247  | Katrina BELL       | FV35  | Unattached                | 1:12:36  | 1:12:26   |
| 501. | 136  | Tina LANE          | FV35  | Unattached                | 1:12:37  | 1:11:42   |
| 502. | 265  | Jo O'CONNOR        | FV35  | Unattached                | 1:12:47  | 1:12:37   |
| 503. | 1228 | Laura WILSON       | FS    | Unattached                | 1:12:54  | 1:11:56   |
| 504. | 1154 | Emily HAMMOND      | FS    | Garden City Runners       | 1:12:55  | 1:12:06   |
| 505. | 389  | John GREEN         | MV60  | Unattached                | 1:12:57  | 1:12:22   |
| 506. | 47   | Sarah DENBIGH      | FS    | Unattached                | 1:13:08  | 1:12:53   |
| 507. | 452  | Colette BRUCE      | FV35  | Unattached                | 1:13:09  | 1:12:41   |
| 508. | 128  | Tony RUMBOLD       | MV60  | Unattached                | 1:13:10  | 1:13:00   |
| 509. | 67   | Katherine HARLEY   | FV35  | Unattached                | 1:13:19  | 1:12:47   |
| 510. | 462  | Carol WOLSTENCROFT | FV55  | Dacorum & Tring AC        | 1:13:30  | 1:13:01   |
| 511. | 253  | Luke FULLER        | MS    | Unattached                | 1:13:35  | 1:12:40   |
| 512. | 349  | Angelica HAMBIS    | FS    | Unattached                | 1:13:46  | 1:13:27   |
| 513. | 1251 | Clare CHAUHAN      | FV55  | Unattached                | 1:13:52  | 1:13:25   |
| 514. | 91   | Michele PALOMAR    | FV45  | Unattached                | 1:13:55  | 1:13:32   |
| 515. | 123  | Celia WODCKE       | FV45  | Unattached                | 1:13:56  | 1:13:34   |
| 516. | 1193 | Willow GIBSON      | FV35  | Garden City Runners       | 1:13:59  | 1:13:10   |
| 517. | 297  | Lyn BOLLEN         | FV45  | Unattached                | 1:14:13  | 1:13:17   |
| 518. | 56   | Ruth TAUNTON       | FV45  | Unattached                | 1:14:47  | 1:14:02   |
| 519. | 159  | Neil QUINN         | MV50  | Unattached                | 1:15:18  | 1:14:40   |
| 520. | 336  | Charlene HOLLIDAY  | FV35  | Unattached                | 1:15:33  | 1:15:15   |
| 521. | 298  | Lisa GIBBONS       | FV35  | Unattached                | 1:15:33  | 1:15:15   |
| 522. | 337  | Elliot RYAN        | MS    | Unattached                | 1:15:33  | 1:15:16   |
| 523. | 371  | Lauren ANNIS       | FS    | Unattached                | 1:15:34  | 1:14:44   |
| 524. | 370  | Gabrielle JANES    | FS    | Unattached                | 1:15:35  | 1:14:44   |
| 525. | 61   | Anjali DHAR        | FV45  | Unattached                | 1:15:36  | 1:15:00   |
| 526. | 1265 | Sarah GREENWOOD    | FV35  | Unattached                | 1:15:38  | 1:14:55   |
| 527. | 366  | Alexandra BEATON   | FS    | Unattached                | 1:15:54  | 1:15:04   |
| 528. | 171  | Peter LAPTHORNE    | MV50  | Garden City Runners       | 1:15:56  | 1:15:07   |
| 529. | 1293 | Philippa HULME     | FS    | Unattached                | 1:16:53  | 1:16:42   |
| 530. | 1292 | Amy TUCKER         | FS    | Unattached                | 1:16:54  | 1:16:43   |
| 531. | 1155 | Rebecca LEWIS      | FS    | Unattached                | 1:17:03  | 1:16:14   |
| 532. | 89   | Anna CONDLIFFE     | FV45  | Unattached                | 1:18:10  | 1:17:48   |
| 533. | 275  | Kate BURTON        | FV45  | Unattached                | 1:18:23  | 1:17:47   |
| 534. | 234  | Tina CLARK         | FV35  | Ware Joggers              | 1:21:13  | 1:20:11   |
| 535. | 257  | Rebecca SHOTBOLT   | FV45  | Dunstable RRC             | 1:21:21  | 1:20:24   |
| 536. | 477  | Dawn REDWOOD       | FV55  | Garden City Runners       | 1:21:25  | 1:20:38   |
| 537. | 96   | Patricia KURJATA   | FV55  | Unattached                | 1:22:26  | 1:22:04   |
| 538. | 281  | Barbara MCMAHON    | FS    | Unattached                | 1:23:58  | 1:23:04   |
| 539. | 391  | Roger BIGGS        | MV70+ | Fairlands Valley Spartans | 1:25:25  | 1:24:43   |
| 540. | 1194 | Sue COVENEY        | FV55  | Unattached                | 1:29:37  | 1:29:15   |
| 541. | 86   | Rosie CARPENTER    | FV45  | Unattached                | 1:29:37  | 1:29:15   |
| 542. | 118  | Aoife MCMORROW     | FS    | Unattached                | 1:31:19  | 1:31:06   |
| 543. | 1252 | Lianne LEWIS       | FV35  | Unattached                | 1:31:49  | 1:31:01   |
| 544. | 75   | Clair EMMS         | FV45  | Unattached                | 1:31:49  | 1:31:01   |
| 545. | 377  | Rachel HALL        | FS    | Stevenage Striders        | 1:37:17  | 1:36:10   |
| 546. | 1177 | Esther BOUMA       | FV45  | Ware Joggers              | 2:12:48  |           |

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