**Hertfordshire 5k Senior Road Race Championships**

*incorporated in the Hatfield 5k Series*

**Women’s Individual Results**

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| **Position** | **Name** | **Age Group** | **Club** | **Time** |
| 1 | Kate RENNIE | FV45 | Dacorum Athletic Club | 17:29 |
| 2 | Megan Zoe WALKER | FS | St Albans Striders | 17:44 |
| 3 | Martha HALL | FV45 | Garden City Runners | 19:13 |
| 4 | Wendy WALSH | FV45 | St Albans Striders | 20:03 |
| 5 | Susan MILLWARD | FV45 | Ware Joggers | 20:04 |
| 6 | Natasha PITMAN | FV45 | North Herts Road Runners | 20:08 |
| 7 | Rachel ARNOTT | FV45 | North Herts Road Runners | 20:10 |
| 8 | Tracy PITCAIRN | FV35 | North Herts Road Runners | 20:43 |
| 9 | Helen STAFFORD | FV35 | Garden City Runners | 21:44 |
| 10 | Alex FAULKNER | FS | Garden City Runners | 21:49 |
| 11 | Anthea FRANCIS | FV45 | Ware Joggers | 22:28 |
| 12 | Clair DRAGE | FV35 | St Albans Striders | 23:03 |
| 13 | Lisa ROBERTS | FV45 | Ware Joggers | 23:11 |
| 14 | Katharine FARRELL | FS | Garden City Runners | 23:13 |
| 15 | Jane CLARKE | FV35 | North Herts Road Runners | 23:15 |
| 16 | Aimee PEACOCK | FV35 | Dacorum Athletic Club | 23:18 |
| 17 | Paula DUNNE | FV35 | Fairlands Valley Spartans | 23:22 |
| 18 | Melanie BLACKABY | FV45 | Ware Joggers | 23:31 |
| 19 | Helen CAIRNS | FV45 | North Herts Road Runners | 23:34 |
| 20 | Sophie PACKMAN | FV45 | Garden City Runners | 23:44 |
| 21 | Pamela WILSON | FV65+ | Ware Joggers | 23:47 |
| 22 | Michelle CROSS | FV55 | Ware Joggers | 23:48 |
| 23 | Elaine MOORE | FV35 | Garden City Runners | 23:56 |
| 24 | Louise FLOWER | FS | Dacorum Athletic Club | 24:00 |
| 25 | Jill PATEL | FV45 | Ware Joggers | 24:35 |
| 26 | Sarah DENIS | FV35 | Unattached | 24:48 |
| 27 | Barbara KUBIS-LABIAK | FV45 | Garden City Runners | 24:51 |
| 28 | Janet READITT | FV55 | Ware Joggers | 25:01 |
| 29 | Ceri POLLARD | FS | Garden City Runners | 25:14 |
| 30 | Dani PRUETT | FV35 | Garden City Runners | 25:25 |
| 31 | Lucy ILES | FV35 | Garden City Runners | 25:37 |
| 32 | Mandy JACKSON | FV55 | Dacorum Athletic Club | 25:47 |
| 33 | Tamara CLARK | FV45 | Dacorum Athletic Club | 26:17 |
| 34 | Jessica ELLIS | FS | Garden City Runners | 26:19 |
| 35 | Rachel ALDRIDGE | FV35 | St Albans Striders | 26:25 |
| 36 | Carla BELL | FV55 | Ware Joggers | 26:29 |
| 37 | Tracey DEEKS | FV55 | Barnet & District AC | 26:34 |
| 38 | Jane BARNETT | FV45 | Dacorum Athletic Club | 26:34 |
| 39 | Samantha GOMM | FV45 | Dacorum Athletic Club | 26:41 |
| 40 | Louise CROSBY | FV55 | Harpenden Arrows | 26:43 |
| 41 | Andreea WEISL-SHAW | FV35 | North Herts Road Runners | 26:48 |
| 42 | Karen DODSWORTH | FV55 | North Herts Road Runners | 27:14 |
| 43 | Carol REID | FV55 | Garden City Runners | 27:41 |
| 44 | Andrea WESTCOTT | FV45 | Fairlands Valley Spartans | 27:46 |
| 45 | Rachel ANDREWS | FV35 | Oh Ladies Running Club | 27:59 |
| 46 | Alison MEADEN | FV55 | Garden City Runners | 29:24 |
| 47 | Nikki NATION | FV55 | Fairlands Valley Spartans | 29:52 |
| 48 | Joanne RICHARDS | FV45 | Harpenden Arrows | 29:54 |
| 49 | Sharon THRELFALL | FV45 | Ware Joggers | 30:08 |
| 50 | Valerie LEVISON | FV55 | Garden City Runners | 30:31 |
| 51 | Sharon CROWLEY | FV55 | Fairlands Valley Spartans | 30:41 |
| 52 | Jane WADEY | FV55 | Fairlands Valley Spartans | 31:36 |
| 53 | Jane MOLLOY | FV65+ | Garden City Runners | 34:34 |
| 54 | June ROWLANDS | FV65+ | Harpenden Arrows | 35:06 |

**Hertfordshire 5k Senior Road Race Championships**

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**Men’s Individual Results**

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| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age Group** | **Club** | **Time** |
| 1 | Adam EDGEWORTH | MS | Dacorum Athletic Club | 16:15 |
| 2 | Alex SMITH | MS | St Albans Striders | 16:19 |
| 3 | Vincent RIVIERE | MV40 | Ware Joggers | 16:21 |
| 4 | Jonathan PENNELL | MS | St Albans Striders | 16:28 |
| 5 | Simon JACKSON | MV40 | Fairlands Valley Spartans | 16:35 |
| 6 | Kevin FRANCIS | MV40 | Ware Joggers | 16:43 |
| 7 | Adam YORWERTH | MS | St Albans Striders | 16:51 |
| 8 | Christopher WESTCOTT | MV40 | Stevenage & North Herts AC | 16:53 |
| 9 | Barnaby WALKER | MS | St Albans Striders | 17:00 |
| 10 | Jamie MARLOW | MV40 | Dacorum Athletic Club | 17:23 |
| 11 | Thom BUZZARD | MS | Garden City Runners | 17:29 |
| 12 | Sam HAZELTON | MS | Unattached | 17:35 |
| 13 | Oluwatobi Kelvin BEYIOKU | MS | Fairlands Valley Spartans | 17:38 |
| 14 | Sean JELLEY | MS | Unattached | 17:43 |
| 15 | Russell BROWN | MV50 | Orion Harriers | 17:45 |
| 16 | Peter HARVEY | MV50 | Garden City Runners | 17:50 |
| 17 | Helder SOARES | MV50 | Stevenage Striders | 17:54 |
| 18 | Christian KUREK | MV40 | St Albans Striders | 17:55 |
| 19 | Chris ELAND | MV50 | Garden City Runners | 17:56 |
| 20 | Matt LEESE | MV40 | Dacorum Athletic Club | 18:01 |
| 21 | Andy GITTINS | MS | Garden City Runners | 18:04 |
| 22 | Robert CASSERLEY | MV50 | Garden City Runners | 18:15 |
| 23 | Simon BOSTOCK | MS | Garden City Runners | 18:20 |
| 24 | Ian DATLEN | MV50 | North Herts Road Runners | 18:22 |
| 25 | Richard BATE | MV40 | Fairlands Valley Spartans | 18:22 |
| 26 | Richard SOMERSET | MV50 | Garden City Runners | 18:23 |
| 27 | Simon TOWNSEND | MV50 | Dacorum Athletic Club | 18:35 |
| 28 | James IZZARD | MS | St Albans Striders | 18:37 |
| 29 | Adam WATSON | MS | Ware Joggers | 18:51 |
| 30 | Kris WHITMORE | MV40 | Hitchin Running Club | 18:54 |
| 31 | Max CAMPBELL | MV50 | St Albans Striders | 18:56 |
| 32 | Richard WILLCOX | MV40 | Garden City Runners | 18:57 |
| 33 | Jamie HIGGS | MV40 | Ware Joggers | 19:03 |
| 34 | Grant RAMSAY | MV50 | Fairlands Valley Spartans | 19:04 |
| 35 | Nigel ASTON | MV50 | St Albans Striders | 19:15 |
| 36 | Muiris O'CONNELL | MV40 | Harpenden Arrows | 19:26 |
| 37 | Jamie ROSE | MS | Garden City Runners | 19:27 |
| 38 | Michael RUSSELL | MV60 | Team Trident | 19:34 |
| 39 | John AULD | MV40 | North Herts Road Runners | 19:40 |
| 40 | David EDWARDS | MV40 | North Herts Road Runners | 19:55 |
| 41 | David GREEN | MV60 | Harpenden Arrows | 19:57 |
| 42 | Justin HILL | MV50 | Garden City Runners | 19:58 |
| 43 | John MCDOWALL | MV50 | Garden City Runners | 20:07 |
| 44 | Steve EDWARDS | MV40 | Garden City Runners | 20:23 |
| 45 | James WALSH | MV50 | North Herts Road Runners | 20:32 |
| 46 | Tony RANDFIELD | MV60 | Fairlands Valley Spartans | 20:34 |
| 47 | Howard CLARK | MV50 | Dacorum Athletic Club | 20:35 |
| 48 | Andrew WALLIS | MS | North Herts Road Runners | 20:55 |
| 49 | Mark SANZ | MV50 | Ware Joggers | 20:57 |
| 50 | Robert DAVIES | MV50 | Dacorum Athletic Club | 20:59 |
| 51 | Ian HARVEY | MV40 | North Herts Road Runners | 21:07 |
| 52 | Darren MATUSSA | MV40 | North Herts Road Runners | 21:21 |
| 53 | Robert DILLEY | MV40 | Garden City Runners | 21:37 |
| 54 | Nigel WIGGINS | MV50 | Dacorum Athletic Club | 21:53 |
| 55 | Daniel ASHCROFT | MS | Garden City Runners | 21:56 |
| 56 | William WYLIE | MV50 | Dacorum Athletic Club | 22:06 |
| 57 | Brian WHITE | MV60 | Fairlands Valley Spartans | 22:40 |
| 58 | Philip PUGH | MV60 | Dacorum Athletic Club | 22:55 |
| 59 | Mark GOODWIN | MV60 | Fairlands Valley Spartans | 23:03 |
| 60 | Matt EARL | MV40 | Ware Joggers | 23:09 |
| 61 | Chris POOLE | MS | Garden City Runners | 23:51 |
| 62 | Mark TINKLER | MV60 | Bedford Harriers AC | 24:21 |
| 63 | Nick KLEANTHOUS | MV60 | Fairlands Valley Spartans | 24:23 |
| 64 | Karl HUDSON | MV40 | Stevenage Striders | 24:26 |
| 65 | Richard BLOOM | MV70+ | Herts Phoenix AC | 25:23 |
| 66 | Jack POLLARD | MS | Garden City Runners | 25:45 |
| 67 | Richard BROWN | MV60 | Garden City Runners | 26:00 |
| 68 | Russ ANDREWS | MV60 | Stevenage Striders | 26:10 |
| 69 | Phil CUNNINGHAM | MV70+ | Ware Joggers | 26:13 |
| 70 | Marc HAGLAND | MV40 | Stevenage Striders | 26:16 |
| 71 | John ROWLANDS | MV60 | Harpenden Arrows | 26:26 |
| 72 | Neil MCKAY | MV50 | Bedford Harriers AC | 26:37 |
| 73 | David SELWOOD | MV60 | Garden City Runners | 27:09 |
| 74 | Jim BROWN | MV70+ | Fairlands Valley Spartans | 27:20 |
| 75 | Roger PARTRIDGE | MV60 | Ware Joggers | 28:10 |
| 76 | William BLOOMFIELD | MV50 | Ware Joggers | 28:21 |
| 77 | Ian SUTCLIFFE | MV70+ | North Herts Road Runners | 29:02 |
| 78 | Phil HUDSON | MV60 | Ware Joggers | 29:08 |
| 79 | Brian YATES | MV70+ | Harpenden Arrows | 32:54 |
| 80 | Roger BIGGS | MV70+ | Fairlands Valley Spartans | 43:57 |

**Hertfordshire 5k Senior Road Race Championships**

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**Women’s Team Results**

|  |  |  |
| --- | --- | --- |
| **1** | **St Albans Striders** |  |
| 2 | Megan Zoe WALKER | 17.44 |
| 4 | Wendy WALSH | 20.03 |
| 12 | Clair DRAGE | 23.03 |
| **18** | **Totals** | **01.00.50** |

|  |  |  |
| --- | --- | --- |
| **2** | **North Herts Road Runners (A)** |  |
| 6 | Natasha PITMAN | 20:08 |
| 7 | Rachel ARNOTT | 20:10 |
| 8 | Tracy PITCAIRN | 20:43 |
| **21** | **Totals** | **01.01.01** |

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| --- | --- | --- |
| **1** | **Garden City Runners (A)** |  |
| 3 | Martha HALL | 19.13 |
| 9 | Helen STAFFORD | 21:44 |
| 10 | Alex FAULKNER | 21:49 |
| **21** | **Totals** | **01.02.46** |

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| **4** | **Ware Joggers (A)** | 5, 11, 13 | **29** |
| **5** | **Dacorum AC (A)** | 1, 16, 24 | **41** |
| **6** | **Garden City Runners (B)** | 14, 20, 23 | **57** |
| **7** | **Ware Joggers (B)** | 18, 21, 22 | **61** |
| **8** | **North Herts Road Runners (B)** | 15, 19, 41 | **75** |
| **9** | **Garden City Runners (C)** | 27, 29, 30 | **86** |
| **10** | **Ware Joggers (C)** | 25, 28, 36 | **89** |
| **11** | **Dacorum AC (B)** | 32, 33, 38 | **103** |
| **12** | **Fairlands Valley Spartans** | 17, 44, 47 | **108** |
| **13** | **Garden City Runners (D)** | 31, 34, 43 | **108** |
| **14** | **Harpenden Arrows** | 40, 48, 54 | **142** |
| **15** | **Garden City Runners (E)**  | 46, 50, 53 | **149** |

**Hertfordshire 5k Senior Road Race Championships**

*incorporated in the Hatfield 5k Series*

**Men’s Team Results**

|  |  |  |
| --- | --- | --- |
| **1** | **St Albans Striders (A)** |  |
| 2 | Alex SMITH | 16.19 |
| 4 | Jonathan PENNELL | 16.28 |
| 7 | Adam YORWERTH | 16.51 |
| 9 | Barnaby WALKER | 17.00 |
| **22** | **Totals** | **01.06.38** |

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| --- | --- | --- |
| **2** | **Dacorum AC (A)** |  |
| 1 | Adam EDGEWORTH | 16.15 |
| 10 | Jamie MARLOW | 17.23 |
| 20 | Matt LEESE | 18.01 |
| 27 | Simon TOWNSEND | 18.51 |
| **58** | **Totals** | **01.10.30** |

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| **3** | **Garden City Runners (A)** |  |
| 11 | Thom BUZZARD | 17.29 |
| 16 | Peter HARVEY | 17.50 |
| 19 | Chris ELAND | 17.56 |
| 21 | Andy GITTINS | 18.04 |
| **67** | **Totals** | **01.11.49** |

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| **4** | **Ware Joggers (A)** | 3, 6, 29, 33 | **71** |
| **5** | **Fairlands Valley Spartans (A)** | 5, 13, 25, 34 | **77** |
| **6** | **Garden City Runners (B)** | 22, 23, 26, 32 | **103** |
| **7** | **St Albans Striders (B)** | 18, 28, 31, 35 | **112** |
| **8** | **North Herts Road Runners (A)** | 24, 39, 40, 45 | **148** |
| **9** | **Garden City Runners (C)** | 37, 42, 43, 44 | **166**  |
| **10** | **Dacorum AC (B)** | 47, 50, 54, 56 | **207** |
| **11** | **Stevenage Striders** | 17, 64, 68, 70 | **219** |
| **12** | **Fairlands Valley Spartans (B)** | 46, 57, 59, 63 | **225** |
| **13** | **Harpenden Arrows** | 36, 41, 71, 79 | **227**  |
| **14** | **North Herts Road Runners (B)** | 48, 51, 52, 77 | **228** |
| **15** | **Garden City Runners (E)**  | 53, 55, 61, 66 | **235** |
| **16** | **Ware Joggers (B)** | 49, 60, 75, 76 | **260** |

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