1. 15004 Kate RENNIE FV45 Dacorum Athletic Club 17:29
2. 15028 Megan Zoe WALKER FS St Albans Striders 17:44
3. 15057 Martha HALL FV45 Garden City Runners 19:13
4. 15130 Wendy WALSH FV45 St Albans Striders 20:03
5. 15149 Susan MILLWARD FV45 Ware Joggers 20:04
6. 15068 Natasha PITMAN FV45 North Herts Road Runners 20:08
7. 15170 Rachel ARNOTT FV45 North Herts Road Runners 20:10
8. 15112 Tracy PITCAIRN FV35 North Herts Road Runners 20:43
9. 15156 Helen STAFFORD FV35 Garden City Runners 21:44
10. 15070 Alex FAULKNER FS Garden City Runners 21:49
11. 15051 Anthea FRANCIS FV45 Ware Joggers 22:28
12. 15016 Clair DRAGE FV35 St Albans Striders 23:03
13. 15036 Lisa ROBERTS FV45 Ware Joggers 23:11
14. 15069 Katharine FARRELL FS Garden City Runners 23:13
15. 15074 Jane CLARKE FV35 North Herts Road Runners 23:15
16. 15085 Aimee PEACOCK FV35 Dacorum Athletic Club 23:18
17. 15107 Paula DUNNE FV35 Fairlands Valley Spartans 23:22
18. 15157 Melanie BLACKABY FV45 Ware Joggers 23:31
19. 15151 Helen CAIRNS FV45 North Herts Road Runners 23:34
20. 15072 Sophie PACKMAN FV45 Garden City Runners 23:44
21. 15039 Pamela WILSON FV65+ Ware Joggers 23:47
22. 15158 Michelle CROSS FV55 Ware Joggers 23:48
23. 15116 Elaine MOORE FV35 Garden City Runners 23:56
24. 15169 Louise FLOWER FS Dacorum Athletic Club 24:00
25. 15035 Jill PATEL FV45 Ware Joggers 24:35
26. 15080 Sarah DENIS FV35 Unattached 24:48
27. 15097 Barbara KUBIS-LABIAK FV45 Garden City Runners 24:51
28. 15024 Janet READITT FV55 Ware Joggers 25:01
29. 15114 Ceri POLLARD FS Garden City Runners 25:14
30. 15018 Dani PRUETT FV35 Garden City Runners 25:25
31. 15075 Lucy ILES FV35 Garden City Runners 25:37
32. 15002 Mandy JACKSON FV55 Dacorum Athletic Club 25:47
33. 15061 Tamara CLARK FV45 Dacorum Athletic Club 26:17
34. 15073 Jessica ELLIS FS Garden City Runners 26:19
35. 15110 Rachel ALDRIDGE FV35 St Albans Striders 26:25
36. 15037 Carla BELL FV55 Ware Joggers 26:29
37. 15048 Tracey DEEKS FV55 Barnet & District AC 26:34
38. 15046 Jane BARNETT FV45 Dacorum Athletic Club 26:34
39. 15135 Samantha GOMM FV45 Dacorum Athletic Club 26:41
40. 15092 Louise CROSBY FV55 Harpenden Arrows 26:43
41. 15054 Andreea WEISL-SHAW FV35 North Herts Road Runners 26:48
42. 15053 Karen DODSWORTH FV55 North Herts Road Runners 27:14
43. 15145 Carol REID FV55 Garden City Runners 27:41

44 15003 Andrea WESTCOTT FV45 Fairlands Valley Spartans 27:46

1. 15060 Rachel ANDREWS FV35 Oh Ladies Running Club 27:59
2. 15064 Alison MEADEN FV55 Garden City Runners 29:24
3. 15118 Nikki NATION FV55 Fairlands Valley Spartans 29:52
4. 15106 Joanne RICHARDS FV45 Harpenden Arrows 29:54
5. 15153 Sharon THRELFALL FV45 Ware Joggers 30:08
6. 15134 Valerie LEVISON FV55 Garden City Runners 30:31
7. 15086 Sharon CROWLEY FV55 Fairlands Valley Spartans 30:41
8. 15113 Jane WADEY FV55 Fairlands Valley Spartans 31:36
9. 15105 Jane MOLLOY FV65+ Garden City Runners 34:34
10. 15102 June ROWLANDS FV65+ Harpenden Arrows 35:06