**Results of Hertfordshire 10 mile Road Race Masters’ Championships**

***incorporated in the Buntingford 10***

**Overall Women**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Posn** | **First name** | **Last name** | **Club** | **Vets Cat** | **Net time** | **Gun time** |
| 1 | Victoria | Knight | Cambridge & Coleridge AC | FV45 | 58:24:00 | 58:27:00 |
| 2 | Hannah | Turner | Dacorum Athletic Club | FV45 | 01:05:20 | 01:05:24 |
| 4 | Natasha | Pitman | North Herts Road Runners | FV45 | 01:08:18 | 01:08:28 |
| 5 | Rachel | Arnott | North Herts Road Runners | FV45 | 01:09:58 | 01:10:08 |
| 6 | Astrid | McKeown | North Herts Road Runners | FV45 | 01:10:12 | 01:10:21 |
| 7 | Kari | Mack | Bognor Regis Tone Zone Runners | FV45 | 01:10:39 | 01:10:44 |
| 8 | Paula | Holm | North Herts Road Runners | FV35 | 01:10:49 | 01:11:00 |
| 9 | Katrina | Dobson | Ware Joggers | FV35 | 01:11:19 | 01:11:30 |
| 10 | Julie | Lund | Grange Farm & Dunmow Runners | FV45 | 01:11:29 | 01:11:37 |
| 11 | Vicky | Simpson | Bishops Stortford RC | FV45 | 01:11:56 | 01:12:01 |
| 12 | Lynda | Hembury | Tring RC | FV65 | 01:13:06 | 01:13:13 |
| 13 | Tracy | Pitcairn | North Herts Road Runners | FV35 | 01:13:53 | 01:14:12 |
| 14 | Katherine | Burr | North Herts Road Runners | FV35 | 01:14:10 | 01:14:25 |
| 15 | Joanne | Gladding | Hoddesdon Tri Club | FV35 | 01:15:35 | 01:15:51 |
| 16 | Fleur | Harvey-Keenan | St Albans Striders | FV45 | 01:16:02 | 01:16:11 |
| 17 | Tracey | Donovan |  | FV45 | 01:16:06 | 01:16:25 |
| 18 | Yuko | Gordon | Fairlands Valley Spartans | FV65 | 01:18:00 | 01:18:06 |
| 19 | Caroline | Thrussell | North Herts Road Runners | FV55 | 01:18:06 | 01:18:21 |
| 20 | Celia | Findlay | Dacorum Athletic Club | FV55 | 01:18:13 | 01:18:21 |
| 21 | Karen | Sheard | St Albans Striders | FV45 | 01:18:27 | 01:18:36 |
| 22 | Elaine | Charles |  | FV45 | 01:18:26 | 01:18:48 |
| 23 | Dervla | Downing | North Herts Road Runners | FV45 | 01:20:53 | 01:21:07 |
| 24 | Anna | Silkstone | St Albans Striders | FV35 | 01:21:21 | 01:21:30 |
| 25 | Pamela | Wilson | Ware Joggers | FV65 | 01:22:09 | 01:22:22 |
| 26 | Teresa | Weedon | Ware Joggers | FV55 | 01:22:51 | 01:23:03 |
| 27 | Tracy | Pez | Fairlands Valley Spartans | FV45 | 01:23:26 | 01:23:40 |
| 28 | Linda | Helm-Manley | Harlow Running & Tri Club | FV55 | 01:23:16 | 01:23:45 |
| 29 | Davina | Gutteridge | Barnet & District AC | FV45 | 01:23:33 | 01:23:54 |
| 30 | Emma | Mead | Stevenage Phoenix | FV45 | 01:25:45 | 01:26:24 |
| 31 | Louise | Crosby | Harpenden Arrows | FV55 | 01:26:19 | 01:26:37 |
| 32 | Colette | Cooper |  | FV35 | 01:26:31 | 01:27:10 |
| 33 | Judy | Willits | St Albans Striders | FV55 | 01:27:23 | 01:27:35 |
| 34 | Marie | Hockley | Bishops Stortford RC | FV55 | 01:27:28 | 01:27:48 |
| 35 | Sam | Rowe | Ware Joggers | FV55 | 01:27:36 | 01:27:53 |
| 36 | Louise | Oliver | Ware Joggers | FV45 | 01:28:16 | 01:28:33 |
| 37 | Becky | Last | Broxbourne Runners | FV35 | 01:31:38 | 01:31:56 |
| 38 | Shusanah | Pillinger |  | FV45 | 01:31:49 | 01:32:03 |
| 39 | Linda | Dworowski | Barnet & District AC | FV65 | 01:31:53 | 01:32:15 |
| 40 | Wendy | Tharani | Fairlands Valley Spartans | FV45 | 01:31:58 | 01:32:22 |
| 41 | Ann | Tryssesoone | Fairlands Valley Spartans | FV55 | 01:32:41 | 01:33:06 |
| 42 | Elizabeth | Nolan |  | FV45 | 01:32:41 | 01:33:13 |
| 43 | Tracey | Deeks | Barnet & District AC | FV55 | 01:34:47 | 01:35:10 |
| 44 | Linda | Aird | North Herts Road Runners | FV65 | 01:37:33 | 01:37:52 |
| 45 | Tracey | Hay |  | FV55 | 01:37:54 | 01:38:21 |
| 46 | Michelle | Cross | Ware Joggers | FV55 | 01:38:11 | 01:38:48 |
| 47 | Lynsay | Evans | Ware Joggers | FV55 | 01:38:13 | 01:38:49 |
| 48 | Christel | Ainge | Ware Joggers | FV45 | 01:38:13 | 01:38:49 |
| 49 | Lisa | Liversidge | Stevenage Phoenix | FV55 | 01:38:28 | 01:39:07 |
| 50 | Karen | Liddle | Fairlands Valley Spartans | FV65 | 01:39:50 | 01:40:14 |
| 51 | Michelle | Harrison |  | FV45 | 01:43:23 | 01:43:47 |
| 52 | Tracy | Brennan | Ware Joggers | FV45 | 01:43:46 | 01:44:20 |
| 53 | Sarah | Smith | Bishops Stortford RC | FV45 | 01:45:59 | 01:46:23 |
| 54 | Jacqueline | Armstrong | Watford Joggers | FV55 | 01:48:30 | 01:48:55 |
| 55 | Rachel | Andrews | Oh Ladies Running Club | FV35 | 01:51:40 | 01:52:21 |
| 56 | Lisa | Abbott |  | FV55 | 01:52:23 | 01:53:01 |
| 57 | Louise | Grierson |  | FV55 | 01:53:25 | 01:54:04 |
| 58 | Caroline | O'Dwyer | Garden City Runners | FV55 | 01:54:33 | 01:55:07 |
| 59 | Claire | Watson | Ware Joggers | FV45 | 01:56:15 | 01:56:49 |
| 60 | Lana | McMaster | Watford Joggers | FV45 | 02:07:39 | 02:08:07 |

**Overall Men**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Posn** | **First name** | **Last name** | **Club** | **Vets Cat** | **Net time** | **Gun time** |
| 1 | Steven | Prosser | Herts Phoenix AC | MV40 | 57:21:00 | 57:22:00 |
| 2 | Lee | Jackson |  | MV40 | 58:02:00 | 58:02:00 |
| 3 | Kevin | Sambridge | Ware Joggers | MV50 | 58:16:00 | 58:18:00 |
| 4 | Matthew | Sayers | North Herts Road Runners | MV40 | 58:38:00 | 58:39:00 |
| 5 | Nathan | Pask | North Herts Road Runners | MV40 | 59:27:00 | 59:29:00 |
| 6 | David | Harris-Cherguit | Fairlands Valley Spartans | MV40 | 59:38:00 | 59:46:00 |
| 7 | Stewart | Overton | North Herts Road Runners | MV40 | 01:00:23 | 01:00:25 |
| 8 | Peter | Harvey | Garden City Runners | MV50 | 01:00:53 | 01:00:55 |
| 9 | Craig | Dyce | Saffron Striders RC | MV50 | 01:00:58 | 01:00:59 |
| 10 | Paskell | Blackwell | Harlow Running & Tri Club | MV40 | 01:01:34 | 01:01:36 |
| 11 | Rob | Harris | North Herts Road Runners | MV40 | 01:01:44 | 01:01:49 |
| 12 | Boon | Wu | Barnet & District AC | MV40 | 01:03:04 | 01:03:09 |
| 13 | Neil | Hume | Garden City Runners | MV40 | 01:03:47 | 01:03:50 |
| 14 | Neil | Bull | Ware Joggers | MV40 | 01:04:53 | 01:04:58 |
| 15 | Ian | Datlen | North Herts Road Runners | MV50 | 01:04:51 | 01:05:01 |
| 16 | Jonathan | Haynes | Bishops Stortford RC | MV60 | 01:05:12 | 01:05:16 |
| 17 | Stuart | Archer | Fairlands Valley Spartans | MV40 | 01:05:08 | 01:05:17 |
| 18 | Graham | Hill | Royston Runners | MV50 | 01:05:17 | 01:05:23 |
| 19 | Nick | Kenyon-Muir | Ware Joggers | MV50 | 01:07:37 | 01:07:43 |
| 20 | Paul | Bassa | Barnet & District AC | MV60 | 01:08:10 | 01:08:16 |
| 21 | Mick | O’Sullivan | Trent Park Running Club | MV60 | 01:08:30 | 01:08:44 |
| 22 | Jamie | Higgs | Ware Joggers | MV40 | 01:08:57 | 01:09:03 |
| 23 | John | Cooper | St Albans Striders | MV60 | 01:09:04 | 01:09:11 |
| 24 | Duncan | Welberry |  | MV50 | 01:09:13 | 01:09:21 |
| 25 | Peter | Sibbett | North Herts Road Runners | MV60 | 01:09:30 | 01:09:41 |
| 26 | John | Rose | Trent Park Running Club | MV50 | 01:10:42 | 01:10:47 |
| 27 | Paul | Newton | Bishops Stortford RC | MV40 | 01:11:07 | 01:11:13 |
| 28 | Joel | Denning | Ilford AC | MV40 | 01:11:24 | 01:11:29 |
| 29 | Dominic | Mason | Bishops Stortford RC | MV50 | 01:11:38 | 01:11:45 |
| 30 | Steve | McKeown | North Herts Road Runners | MV50 | 01:11:36 | 01:11:46 |
| 31 | Brian | Jones | Royston Runners | MV60 | 01:11:46 | 01:11:49 |
| 32 | David | Green | Harpenden Arrows | MV60 | 01:11:56 | 01:12:02 |
| 33 | John | Harris | Fairlands Valley Spartans | MV60 | 01:12:02 | 01:12:07 |
| 34 | David | Raymen | Hoddesdon TRI Club | MV40 | 01:12:34 | 01:12:59 |
| 35 | Marco | Paganuzzi | St Albans Striders | MV50 | 01:12:55 | 01:13:04 |
| 36 | Alan | Taylor | Ware Joggers | MV50 | 01:13:06 | 01:13:16 |
| 37 | Gary | Jones | Bishops Stortford RC | MV50 | 01:13:24 | 01:13:39 |
| 38 | Craig | Ivison |  | MV40 | 01:14:18 | 01:14:27 |
| 39 | Jacob | West | Royston Runners | MV40 | 01:15:00 | 01:15:16 |
| 40 | James | Dalton | North Herts Road Runners | MV40 | 01:15:20 | 01:15:31 |
| 41 | Ian | Wells |  | MV60 | 01:15:24 | 01:15:33 |
| 42 | Stuart | Cocks | North Herts Road Runners | MV40 | 01:15:36 | 01:15:54 |
| 43 | John | Auld | North Herts Road Runners | MV40 | 01:16:11 | 01:16:30 |
| 44 | Alex | Bartlett |  | MV40 | 01:16:06 | 01:16:32 |
| 45 | Jonathan | Hall | Ware Joggers | MV40 | 01:16:47 | 01:17:01 |
| 46 | Mark | Sanz | Ware Joggers | MV50 | 01:16:58 | 01:17:11 |
| 47 | Peter | Biggs |  | MV50 | 01:18:16 | 01:18:41 |
| 48 | Brian | Lallaway | Barnet & District AC | MV40 | 01:18:36 | 01:18:59 |
| 49 | Steve | Tracey | North Herts Road Runners | MV50 | 01:19:02 | 01:19:15 |
| 50 | Paul | Brennan | Ware Joggers | MV50 | 01:19:20 | 01:19:35 |
| 51 | Danny | Scanlon | Fairlands Valley Spartans | MV40 | 01:19:38 | 01:19:49 |
| 52 | Wayne | Greet | Bishops Stortford RC | MV50 | 01:20:21 | 01:20:41 |
| 53 | Adam | Wallace | Ware Joggers | MV40 | 01:20:59 | 01:21:13 |
| 54 | David | Weston | North Herts Road Runners | MV40 | 01:21:08 | 01:21:26 |
| 55 | Matthew | Roberts | North Herts Road Runners | MV40 | 01:21:30 | 01:21:52 |
| 56 | Matthew | Potter | Royston Runners | MV40 | 01:21:49 | 01:22:00 |
| 57 | Richard | Bloom | Herts Phoenix AC | MV70 | 01:22:19 | 01:22:29 |
| 58 | Chris | Harbron | Garden City Runners | MV50 | 01:23:58 | 01:24:18 |
| 59 | James | Nelson | St Albans Striders | MV50 | 01:24:24 | 01:24:32 |
| 60 | Chris | Whitehead |  | MV40 | 01:24:14 | 01:24:33 |
| 61 | James | Connaughton |  | MV40 | 01:25:28 | 01:26:01 |
| 62 | Neal | Groves | Bishops Stortford RC | MV40 | 01:27:25 | 01:27:43 |
| 63 | Kenny | Blyth |  | MV70 | 01:27:28 | 01:27:45 |
| 64 | Graham | Harper | Harpenden Arrows | MV60 | 01:27:46 | 01:28:03 |
| 65 | David | Byrne | Barnet & District AC | MV60 | 01:28:55 | 01:29:19 |
| 66 | Jim | Brown | Fairlands Valley Spartans | MV70 | 01:31:43 | 01:32:04 |
| 67 | James | Farthing |  | MV40 | 01:31:42 | 01:32:08 |
| 68 | Stuart | Greenaway |  | MV40 | 01:32:52 | 01:33:10 |
| 69 | Phillip | Mansfield | Bishops Stortford RC | MV50 | 01:32:52 | 01:33:22 |
| 70 | Andrew | Dexter |  | MV50 | 01:33:13 | 01:33:30 |
| 71 | Darryl | Marusic |  | MV50 | 01:34:25 | 01:34:51 |
| 72 | Paul | Heuvelmans | Ware Joggers | MV40 | 01:36:08 | 01:36:45 |
| 73 | James | Eyre |  | MV50 | 01:37:22 | 01:37:48 |
| 74 | Andrew | Jay | Fairlands Valley Spartans | MV50 | 01:39:13 | 01:39:34 |
| 75 | Ian | McClymont | Bishops Stortford RC | MV70 | 01:42:09 | 01:42:29 |
| 76 | Alan | Hazlehurst | North Herts Road Runners | MV50 | 01:43:54 | 01:44:27 |
| 77 | Peter | Wenzel | Bishops Stortford RC | MV70 | 01:44:56 | 01:45:16 |
| 78 | Andrew | Porter | North Herts Road Runners | MV70 | 01:47:36 | 01:48:00 |

**AGE CATEGORY MEDALLISTS**

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| --- | --- | --- | --- | --- |
| **Pos** | **Name** | **Cat** | **Club** | **Net / Gun Time** |
| **FV35** | | | | |
| 1 | Paula HOLM | FV35 | North Herts Road Runners | 1:10:49 / 1:11:00 |
| 2 | Katrina DOBSON | FV35 | Ware Joggers | 1:11:19 / 1:11:30 |
| 3 | Tracey PITCAIRN | FV35 | North Herts Road Runners | 1:13:53 / 1:14:12 |
| **FV45** | | | | |
| 1 | Victoria KNIGHT | FV45 | Cambridge & Coleridge AC | 0:58:24 / 0:58:27 |
| 2 | Hannah TURNER | FV45 | Dacorum Athletic Club | 1:05:20 / 1:05:24 |
| 3 | Penny HABBICK | FV45 | St Albans Striders | 1:05:53 / 1:05:58 |
| **FV55** | | | | |
| 1 | Caroline THRUSSELL | FV55 | North Herts Road Runners | 1:18:06 / 1:18:21 |
| 2 | Celia FINDLAY | FV55 | Dacorum AC | 1:18:13 / 1:18:21 |
| 3 | Teresa WEEDON | FV55 | Ware Joggers | 1:22:51 / 1:23:03 |
| **FV65+** | | | | |
| 1 | Lynda HEMBURY | FV65+ | Tring RC | 1:13:06 / 1:13:13 |
| 2 | Yuko GORDON | FV65+ | Fairlands Valley Spartans | 1:18:00 / 1:18:06 |
| 3 | Pamela WILSON | FV65+ | Ware Joggers | 1:22:09 / 1:22:22 |
| **MV40** | | | | |
| 1 | Steven PROSSER | MV40 | Herts Phoenix AC | 0:57:21 / 0:57:22 |
| 2 | Lee JACKSON | MV40 |  | 0:58:02 / 0:58:02 |
| 3 | Matthew SAYERS | MV40 | North Herts Road Runners | 0:58:38 / 0:58:39 |
| **MV50** | | | | |
| 1 | Kevin SAMBRIDGE | MV50 | Orion Harriers | 0:58:16 / 0:58:18 |
| 2 | Peter HARVEY | MV50 | Garden City Runners | 1:00:53 / 1:00:55 |
| 3 | Craig DYCE | MV50 | Saffron Striders RC | 1:00:58 / 1:00:59 |
| **MV60** | | | | |
| 1 | Jonathan HAYNES | MV60 | Bishops Stortford RC | 1:05:12 / 1:05:16 |
| 2 | Paul BASSA | MV60 | Barnet & District AC | 1:08:10 / 1:08:16 |
| 3 | Mick O’SULLIVAN | MV60 | Trent Park Running Club | 1:08:30 / 1:09:11 |
| **MV70+** | | | | |
| 1 | Richard BLOOM | MV70+ | Herts Phoenix AC | 1:22:19 / 1:22:29 |
| 2 | Kenny BLYTH | MV70+ |  | 1:27:28 / 1:27:45 |
| 3 | Jim BROWN | MV70+ | Fairlands Valley Spartans | 1:31:43 / 1:32:04 |

**TEAM MEDALLISTS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Pos** | **Name** | **Cat** | **Club** | **Net / Gun Time** |
| **Ist WOMEN’S TEAM** | | | | | |
| 4 | Natasha PITMAN | FV45 | North Herts Road Runners | 1:08:18 / 1:08:28 |
| 5 | Rachel ARNOTT | FV45 | North Herts Road Runners | 1:09:58 / 1:10:08 |
| 6 | Astrid McKEOWN | FV45 | North Herts Road Runners | 1:10:12 / 1:10:21 |
| **15** |  |  |  |  |
| **2nd WOMEN’S TEAM** | | | | | |
| **8** | Paula HOLM | FV35 | North Herts Road Runners ‘B’ | 1:10:49 / 1:11:00 |
| 13 | Tracy PITCAIRN | FV35 | North Herts Road Runners ‘B’ | 1:13:53 / 1:14:12 |
| 14 | Katherine BURR | FV35 | North Herts Road Runners ‘B’ | 1:14:10 / 1:14:25 |
| **35** |  |  |  |  |
| **3rd WOMEN’S TEAM** | | | | | |
| 3 | Penny HABBICK | FV45 | St Albans Striders | 1:05:53 / 1:05:58 |
| 16 | Fleur HARVEY-KEENAN | FV45 | St Albans Striders | 1:16:02 / 1:16:11 |
| 21 | Karen SHEARD | FV45 | St Albans Striders | 1:18:27 / 1:18:36 |
| **40** |  |  |  |  |
|  | | | | | |
| **1st MEN’S TEAM** | | | | | |
| 4 | Matthew SAYERS | MV40 | North Herts Road Runners | 0:58:38 / 0:58:39 |
| 6 | Nathan PASK | MV40 | North Herts Road Runners | 0:59:27 / 0:59:29 |
| 9 | Stewart OVERTON | MV40 | North Herts Road Runners | 1:00:23 / 1:00:25 |
| 13 | Rob HARRIS | MV40 | North Herts Road Runners | 1:01:44 / 1:01:49 |
| **32** |  |  |  |  |
| **2nd MEN’S TEAM** | | | | | |
| 3 | Kevin SAMBRIDGE | MV50 | Ware Joggers | 0:58:16 / 0:58:18 |
| 16 | Neil BULL | MV40 | Ware Joggers | 1:04:53 / 1:04:58 |
| 21 | Nick KENYON-MUIR | MV50 | Ware Joggers | 1:07:37 / 1:07:43 |
| 24 | Jamie HIGGS | MV40 | Ware Joggers | 1:08:57 / 1:09:03 |
| **64** |  |  |  |  |
| **3rd MEN’S TEAM** | | | | | |
| 7 | David HARRIS-CHERGUIT | MV40 | Fairlands Valley Spartans | 0:59:38 / 0:59:46 |
| 18 | Stuart ARCHER | MV40 | Fairlands Valley Spartans | 1:05:08 / 1:05:17 |
| 34 | John HARRIS | MV60 | Fairlands Valley Spartans | 1:12:02 / 1:12:07 |
| 53 | Danny SCANLON | MV40 | Fairlands Valley Spartans | 1:19:38 / 1:19:49 |
| **112** |  |  |  |  |

**OTHER TEAM POSITIONS**

|  |  |  |  |
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|  | **Club** | **Positions** | **Total** |
| 4th | Ware Joggers | 9, 25, 26 | 60 |
| 5th | Fairlands Valley Spartans | 18, 27, 40 | 85 |
| 6th | North Herts Road Runners ‘C’ | 19, 23, 44 | 86 |
| 7th | Barnet & District AC | 29, 39, 43 | 111 |
| 8th | Ware Joggers ‘B’ | 35, 36, 46 | 117 |
| 9th | Ware Joggers ‘C’ | 47, 48, 52 | 147 |
|  | | | | |
| **MEN’S TEAMS** | | | | |
| 4th | Fairlands Valley Spartans | 1, 5, 37, 56 | 99 |
| 5th | North Herts Road Runners ‘B’ | 15, 25, 30, 40 | 110 |
| 6th | Royston Runners | 18, 27, 31, 39 | 115 |
| 7th | Bishops Stortford RC | 16, 29, 37, 52 | 135 |
| 8th | Barnet & District AC | 12, 20, 48, 65 | 145 |
| 9th | Ware Joggers ‘B’ | 36, 45, 46, 50 | 177 |
| 10th | North Herts Road Runners ‘C’ | 42, 43, 49, 54 | 188 |
| 11th | Bishops Stortford ‘B’ | 62, 69, 75, 77 | 283 |