**Pednor 5 – Monday 1 May 2023**

**Results of the Hertfordshire Masters’ 5 mile Road Racing Championships 2023**

**Individual – Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Place** | **Time** | **Name** | **Team** | **Age Category** |
| 1 | 27:57 | EVANS, Phillip | St Albans Striders | M40 |
| 2 | 29:30 | KING, Jim | St Albans Striders | M50 |
| 3 | 29:39 | HEAD, Mark | Tring RC | M40 |
| 4 | 30:04 | TOWNSEND, Simon | Dacorum AC | M50 |
| 5 | 30:13 | LINDEN, Michael | Gade Valley Harriers | M40 |
| 6 | 30:24 | ROBERTS, Jonathan | Gade Valley Harriers | M50 |
| 7 | 30:37 | HOSTY, Stephen | St Albans Striders | M40 |
| 8 | 32:03 | TUCKER, Gareth | Gade Valley Harriers | M40 |
| 9 | 32:37 | WILLCOX, Anthony | Gade Valley Harriers | M40 |
| 10 | 32:54 | RUSSELL, Michael | Team Trident | M60 |
| 11 | 33:44 | NEWING, Stephen | Gade Valley Harriers | M40 |
| 12 | 34:09 | O'GRADY, John | Unattached | M50 |
| 13 | 34:53 | DOBINSON, Andrew | St Albans Striders | M60 |
| 14 | 35:35 | ALLAN, Merlin | Gade Valley Harriers | M60 |
| 15 | 36:35 | EDWARDS, Marcus | Watford Joggers | M60 |
| 16 | 37:30 | MONTGOMERY, Jim |  | M40 |
| 17 | 38:04 | SALMON, Jon | Tring RC | M60 |
| 18 | 38:10 | FASTI, Mauro | Watford Joggers | M50 |
| 19 | 38:25 | MARTIN, James | Watford Joggers | M50 |
| 20 | 38:54 | WIGGINS, Nigel | Dacorum AC | M50 |
| 21 | 39:00 | TAYLOR, Colin | Watford Joggers | M60 |
| 22 | 39:25 | BLOOM, Richard | Herts Phoenix | M70 |
| 23 | 40:15 | PERRY, Wayne | Unattached | M40 |
| 24 | 40:36 | BUTT, Steve | Dacorum AC | M40 |
| 25 | 42:24 | EDWARDS, Rik | Chiltern Harriers AC | M60 |
| 26 | 49:17 | STORRIE, Martin | Gade Valley Harriers | M60 |
| 27 | 51:04 | TAYLOR, Keith | Watford Joggers | M60 |
| 28 | 59:41 | HEWSON, Rod | Watford Joggers | M70 |

**Age Category Medallists**

**M40**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Place** | **Time** | **Name** | **Team** | **Age Category** |
| 1 | 27:57 | EVANS, Phillip | St Albans Striders | M40 |
| 2 | 29:39 | HEAD, Mark | Tring RC | M40 |
| 3 | 30:13 | LINDEN, Michael | Gade Valley Harriers | M40 |

**M50**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 29:30 | KING, Jim | St Albans Striders | M50 |
| 2 | 30:04 | TOWNSEND, Simon | Dacorum AC | M50 |
| 3 | 30:24 | ROBERTS, Jonathan | Gade Valley Harriers | M50 |

**M60**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 32:54 | RUSSELL, Michael | Team Trident | M60 |
| 2 | 34:53 | DOBINSON, Andrew | St Albans Striders | M60 |
| 3 | 35:35 | ALLAN, Merlin | Gade Valley Harriers | M60 |

**M70**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 39:25 | BLOOM, Richard | Herts Phoenix | M70 |
| 2 | 59:41 | HEWSON, Rod | Watford Joggers | M70 |

**Individual – Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Place** | **Time** | **Name** | **Team** | **Age Category** |
| **1** | **35:25** | **HEMBURY, Lynda** | **Tring RC** | **F65** |
| 2 | 35:47 | DUNSCOMBE, Kate | Watford Joggers | F35 |
| 3 | 37:23 | MOSS, Sylvia | Chiltern Harriers AC | F45 |
| 4 | 37:43 | FINDLAY, Celia | Dacorum AC | F55 |
| 5 | 38:18 | MISTRY, Claire | Unattached | F45 |
| 6 | 39:26 | LE, Tina | Dacorum AC | F45 |
| 7 | 39:51 | BONNICK, Clare | Watford Joggers | F55 |
| 8 | 41:39 | TULLIE, Helen | Tring RC | F45 |
| 9 | 41:56 | PERRY, Jo | Watford Joggers | F35 |
| 10 | 42:04 | SHERMAN, Jo | Watford Joggers | F35 |
| 11 | 42:09 | JACKSON, Mandy | Dacorum AC | F65 |
| 12 | 42:42 | COOK, Helen | Gade Valley Harriers | F55 |
| 13 | 43:06 | SHARMAN, Sarah | Watford Joggers | F55 |
| 14 | 43:27 | HAFFENDEN, Rachel | Gade Valley Harriers | F45 |
| 15 | 44:47 | AIRD, Linda | North Herts RR | F55 |
| 16 | 44:57 | HEYDECKER, Deirdre | St Albans Striders | F65 |
| 17 | 45:19 | COTTRILL, Angeline | Gade Valley Harriers | F45 |
| 18 | 45:27 | TUCKER, Gemma | Gade Valley Harriers | F35 |
| 19 | 45:42 | HUNT, Diane | St Albans Striders | F55 |
| 20 | 48:50 | GOMM, Samantha | Dacorum AC | F45 |
| 21 | 48:55 | TANG, Joanne | Dacorum AC | F45 |
| 22 | 48:57 | COLTMAN, Sarah | Watford Joggers | F45 |
| 23 | 50:54 | MORGAN, Miranda | North Herts RR | F65 |
| 24 | 52:43 | MCQUAID, Linda | Watford Joggers | F65 |
| 25 | 53:10 | EDWARDS, Angela | Watford Joggers | F55 |

**Age Category Medallists**

**F35**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 35:47 | DUNSCOMBE, Kate | Watford Joggers | F35 |
| 2 | 41:56 | PERRY, Jo | Watford Joggers | F35 |
| 3 | 42:04 | SHERMAN, Jo | Watford Joggers | F35 |

**F45**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 37:23 | MOSS, Sylvia | Chiltern Harriers AC | F45 |
| 2 | 38:18 | MISTRY, Claire | Unattached | F45 |
| 3 | 39:26 | LE, Tina | Dacorum AC | F45 |

**F55**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 37:43 | FINDLAY, Celia | Dacorum AC | F55 |
| 2 | 39:51 | BONNICK, Clare | Watford Joggers | F55 |
| 3 | 42:42 | COOK, Helen | Gade Valley Harriers | F55 |

**F65**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1** | **35:25** | **HEMBURY, Lynda** | **Tring RC** | **F65** |
| 2 | 42:09 | JACKSON, Mandy | Dacorum AC | F65 |
| 3 | 44:57 | HEYDECKER, Deirdre | St Albans Striders | F65 |

**Team – Men**

|  |  |
| --- | --- |
| **1** | **St Albans Striders** |
| 1 | 27:57 | EVANS, Philip | M40 |
| 2 | 29:30 | KING, Jim | M50 |
| 7 | 30:37 | HOSTY, Stephen | M40 |
| 13 | 34:53 | DOBINSON, Andrew | M60 |
| **23** | **2:02:57** | **Totals** |
|  |
| **2** | **Gade Valley Harriers** |
| 5 | 30:13 | LINDEN, Michael | M40 |
| 6 | 30:24 | ROBERTS, Jonathan | M50 |
| 8 | 32:03 | TUCKER, Gareth | M40 |
| 9 | 32:37 | WILLCOX, Anthony | M40 |
| **28** | **2:05:17** | **Totals** |
|  |
| **3** | **Watford Joggers** |
| 15 | 36:35 | EDWARDS, Marcus | M60 |
| 18 | 38:10 | FASTI, Mauro | M50 |
| 19 | 38:22 | MARTIN, James | M50 |
| 21 | 38:54 | TAYLOR, Colin | M60 |
| **73** | **2:32:01** | **Totals** |
|  |  |  |

**Team – Women**

|  |  |
| --- | --- |
| **1** | **Watford Joggers** |
| 2 | 35:47 | DUNSCOMBE, Kate | F35 |
| 7 | 39:51 | BONNICK, Clare | F55 |
| 9 | 39:27 | PERRY, Jo | F35 |
| **18** | **1:55:05** | **Totals** |
|  |
| **2** | **Dacorum AC** |
| 4 | 37:43 | FINDLAY, Celia | F55 |
| 6 | 39:26 | LE, Tina | F45 |
| 11 | 42:09 | JACKSON, Mandy | F65 |
| **21** | **1:59:18** | **Totals** |
|  |
| **3** | **Gade Valley Harriers** |
| 12 | 42:42 | COOK, Helen | F55 |
| 14 | 43:27 | HAFFENDEN, Rachel | F45 |
| 17 | 45:17 | COTTRILL, Angeline | F45 |
| **43** | **2:11:26** | **Totals** |
|  |
| **4** | **Watford Joggers (2)** |
| 10 | 42:04 | SHERMAN, Jo | F35 |
| 13 | 43:06 | SHARMAN, Sarah | F55 |
| 22 | 48:57 | COLTMAN, Sarah | F45 |
| **45** | **2:14:07** | **Totals** |