**Pednor 5 – Monday 6 May 2024**

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

**Individual – Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Place** | **Time** | **Name** | **Team** | **Age Category** |
| 1 | 28:01 | BEECROFT, Ben | Dacorum AC | M40 |
| 2 | 28:12 | O'SULLIVAN, David | Watford Joggers | M40 |
| 3 | 28:52 | AMES, Mark | Watford Joggers | M40 |
| 4 | 29:15 | HEAD, Mark | Tring RC | M40 |
| 5 | 29:18 | RYAN, Frank | Watford Joggers | M50 |
| 6 | 29:47 | HORSLEY, Alex | Invicta East Kent | M40 |
| 7 | 31:01 | TOWNSEND, Simon | Dacorum AC | M50 |
| 8 | 31:10 | ROBERTS, Jonathan | Gade Valley Harriers | M50 |
| 9 | 32:04 | HOGAN, Paul | Watford Joggers | M50 |
| 10 | 32:55 | NEWING, Stephen | Gade Valley Harriers | M40 |
| 11 | 33:13 | MOSS, Richard | Chiltern Harriers AC | M40 |
| 12 | 34:09 | KENDALL, Roland | Gade Valley Harriers | M50 |
| 13 | 34:44 | HIGGS, Jamie | Ware Joggers | M40 |
| 14 | 34:57 | OWEN, Steve |  | M50 |
| 15 | 35:48 | HOPPER, John | Dacorum AC | M50 |
| 16 | 36:29 | EDWARDS, Marcus | Watford Joggers | M60 |
| 17 | 37:42 | ALEXANDER, Martin | Gade Valley Harriers | M60 |
| 18 | 38:28 | WILLIAMS, Colin | Watford Joggers | M60 |
| 19 | 38:51 | SALMON, Jon | Tring RC | M60 |
| 20 | 39:09 | PERRY, Wayne | Watford Joggers | M40 |
| 21 | 39:15 | MONTGOMERY, Jim | Watford Joggers | M40 |
| 22 | 39:28 | TREMAINE, Robin | Watford Joggers | M60 |
| 23 | 39:56 | MAURY, Nicolas | Barnet & District AC | M40 |
| 24 | 41:07 | HILL, Greg | Watford Joggers | M70 |
| 25 | 41:51 | BLOOM, Richard | Herts Phoenix | M70 |
| 26 | 45:10 | KENISON, Robert | Watford Joggers | M70 |
| 27 | 47:15 | STORRIE, Martin | Gade Valley Harriers | M60 |
| 28 | 52:20 | GREEN, Peter | Gade Valley Harriers | M60 |
| 29 | 52:33 | BONNICK, Ian | Watford Joggers | M60 |
| 30 | 53:55 | TAYLOR, Keith | Watford Joggers | M60 |

**Age Category Medallists**

**M40**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Place** | **Time** | **Name** | **Team** | **Age Category** |
| 1 | 28:01 | BEECROFT, Ben | Dacorum AC | M40 |
| 2 | 28:12 | O'SULLIVAN, David | Watford Joggers | M40 |
| 3 | 28:52 | AMES, Mark | Watford Joggers | M40 |

**M50**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 29:18 | RYAN, Frank | Watford Joggers | M50 |
| 2 | 31:01 | TOWNSEND, Simon | Dacorum AC | M50 |
| 3 | 31:10 | ROBERTS, Jonathan | Gade Valley Harriers | M50 |

**M60**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 36:29 | EDWARDS, Marcus | Watford Joggers | M60 |
| 2 | 37:42 | ALEXANDER, Martin | Gade Valley Harriers | M60 |
| 3 | 38:28 | WILLIAMS, Colin | Watford Joggers | M60 |

**M70**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 41:07 | HILL, Greg | Watford Joggers | M70 |
| 2 | 41:51 | BLOOM, Richard | Herts Phoenix | M70 |
| 3 | 45:10 | KENISON, Robert | Watford Joggers | M70 |

**Individual – Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Place** | **Time** | **Name** | **Team** | **Age Category** |
| 1 | 36:26 | MORGAN, Kim | Gade Valley Harriers | F45 |
| 2 | 38:01 | MOSS, Sylvia | Chiltern Harriers AC | F45 |
| 3 | 39:44 | ILES, Naomi | Gade Valley Harriers | F35 |
| 4 | 40:08 | WARNE, Lindsey |  | F45 |
| 5 | 40:29 | BONNICK, Clare | Watford Joggers | F55 |
| 6 | 40:47 | TULLIE, Helen | Tring RC | F45 |
| 7 | 41:00 | PERRY, Jo | Watford Joggers | F45 |
| 8 | 42:42 | SHARMAN, Sarah | Watford Joggers | F55 |
| 9 | 42:44 | ROBERTS, Sarah | Watford Joggers | F35 |
| 10 | 43:03 | COTTRILL, Angeline | Gade Valley Harriers | F45 |
| 11 | 43:11 | HAFFENDEN, Rachel | Gade Valley Harriers | F45 |
| 12 | 43:15 | JACKSON, Mandy | Dacorum AC | F65 |
| 13 | 43:55 | IVIN, Susie | Gade Valley Harriers | F45 |
| 14 | 44:08 | HEYDECKER, Deirdre | St Albans Striders | F65 |
| 15 | 46:53 | HUNT, Diane | St Albans Striders | F55 |
| 16 | 47:40 | DANIEL, Elizabeth | Tring RC | F55 |
| 17 | 48:47 | MUMFORD, Sarah | St Albans Striders | F55 |
| 18 | 49:14 | COLTMAN, Sarah | Watford Joggers | F45 |
| 19 | 49:24 | EDWARDS, Angela | Watford Joggers | F55 |

**Age Category Medallists**

**F35**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 39:44 | ILES, Naomi | Gade Valley Harriers | F35 |
| 2 | 42:44 | ROBERTS, Sarah | Watford Joggers | F35 |

**F45**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 36:26 | MORGAN, Kim | Gade Valley Harriers | F45 |
| 2 | 38:01 | MOSS, Sylvia | Chiltern Harriers AC | F45 |
| 3 | 40:08 | WARNE, Lindsey |  | F45 |

**F55**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 40:29 | BONNICK, Clare | Watford Joggers | F55 |
| 2 | 42:42 | SHARMAN, Sarah | Watford Joggers | F55 |
| 3 | 46:53 | HUNT, Diane | St Albans Striders | F55 |

**F65**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 43:15 | JACKSON, Mandy | Dacorum AC | F65 |
| 2 | 44:08 | HEYDECKER, Deirdre | St Albans Striders | F65 |

**Team – Men**

|  |  |
| --- | --- |
| **1** | **Watford Joggers ‘A’** |
| 2 | 28:12 | O’SULLIVAN, David | M40 |
| 3 | 28:52 | AMES, Mark | M40 |
| 5 | 29:18 | RYAN, Frank | M50 |
| 9 | 32:04 | HOGAN, Paul | M50 |
| **19** | **1:58:26** | **Totals** |
|  |
| **2** | **Gade Valley Harriers** |
| 8 | 31:10 | ROBERTS, Jonathan | M50 |
| 10 | 32:55 | NEWING, Stephen | M40 |
| 12 | 34:09 | KENDALL, Roland | M50 |
| 17 | 37:42 | ALEXANDER, Martin | M60 |
| **47** | **2:15:56** | **Totals** |
|  |  |  |
| **3** | **Watford Joggers ‘B’** |
| 16 | 36:29 | EDWARDS, Marcus | M60 |
| 18 | 38:28 | WILLIAMS, Colin | M60 |
| 20 | 39:09 | PERRY, Wayne | M40 |
| 21 | 39:15 | MONTGOMERY, Jim | M40 |
| **75** | **2:33:21** | **Totals** |
|  |
| **4** | **Watford Joggers ‘C’** |
| **22** | 39:28 | TREMAINE, Robert | M60 |
| **24** | 41:07 | HILL, Greg | M70 |
| **26** | 45:10 | KENISON, Robert | M70 |
| **29** | 52:33 | BONNICK, Ian | M60 |
| **101** | **2:58:18** | **Totals** |

**Team – Women**

|  |  |
| --- | --- |
| **1** | **Gade Valley Harriers** |
| 1 | 36:26 | MORGAN, Kim | F45 |
| 3 | 39:44 | ILES, Naomi | F35 |
| 10 | 43:03 | COTTRILL, Angeline | F45 |
| **14** | **1:59:13** | **Totals** |
|  |
| **2** | **Watford Joggers ‘A’** |
| 5 | 40:29 | BONNICK, Clare | F55 |
| 7 | 41:00 | PERRY, Jo | F45 |
| 8 | 42:42 | SHARMAN, Sarah | F55 |
| **20** | **2:04:11** | **Totals** |
|  |
| **3** | **St Albans Striders** |
| 14 | 44:08 | HEYDECKER, Deidre | F65 |
| 15 | 46:53 | HUNT, Diane | F55 |
| 17 | 48:47 | MUMFORD, Sarah | F55 |
| **46** | **2:19:48** | **Totals** |
|  |
| **4** | **Watford Joggers ‘B’** |
| 9 | 42:44 | ROBERTS, Sarah | F35 |
| 18 | 49:14 | COLTMAN, Sarah | F45 |
| 19 | 49:24 | EDWARDS, Angela | F55 |
| **46** | **2:21:22** | **Totals** |