

**Provisional Race Summary**

**All Competitors**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:55:14	CUNNINGHAM, Jeff	Herne Hill Harriers	Senior Men	477	1
2	0:56:10	RAMSAY, Grant	Barnet & District AC	Senior Men	197	2
3	0:56:47	VIVIAN, Blake	St Albans Striders	Senior Men	454	3
4	0:57:27	KEMBLE, Stephen	Garden City Runners	Vet Men 50-59	315	4
5	0:57:45	ALLEN, Paul	Tring RC	Vet Men 40-49	221	5
6	0:57:49	WATTS, Robert	Dulwich Runners	Senior Men	334	6
7	0:58:10	ADDISON, Jim	Beckenham RC	Senior Men	433	7
8	0:58:20	BETHELL, Jared	Harlow Running Club	Senior Men	420	8
9	0:58:21	BATE, Richard	Fairlands Valley Spartans	Senior Men	415	9
10	0:58:32	STARVIS, Stephen	Striders of Croydon	Senior Men	196	10

**Vet Men 40-49**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:57:45	ALLEN, Paul	Tring RC	Vet Men 40-49	221	5
2	0:59:00	MASON, Adrian	Barnet & District AC	Vet Men 40-49	266	11
3	1:01:09	BRAYBROOK, Colin	St Albans Striders	Vet Men 40-49	365	15
4	1:02:24	MILLS, Shaun	Campus 7	Vet Men 40-49	57	20
5	1:02:26	LIGHTFOOT, Alan		Vet Men 40-49	439	22
6	1:02:41	ELLERBY, Vince	Gade Valley Harriers	Vet Men 40-49	390	24

**Vet Men 50-59**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:57:27	KEMBLE, Stephen	Garden City Runners	Vet Men 50-59	315	4
2	1:03:31	RUSSELL, Mike	FVSTri	Vet Men 50-59	328	29
3	1:03:58	BOWES, Christopher		Vet Men 50-59	139	31
4	1:04:33	TENNANT, John	Harlow Running Club	Vet Men 50-59	230	37
5	1:04:35	TREMAINE, Robin	London Heathside	Vet Men 50-59	118	39
6	1:08:49	JONES, Alan	North Herts Road Runners	Vet Men 50-59	210	69

**Vet Men 60-69**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:09:24	BINGHAM, Nicholas	Barnet & District AC	Vet Men 60-69	94	76
2	1:12:04	DEVITT, Russell	Shaftesbury Barnet Harriers AC	Vet Men 60-69	245	98
3	1:13:17	HAMLET, Colin	Watford Harriers	Vet Men 60-69	95	113
4	1:13:33	MANN, Stuart	Herts Phoenix	Vet Men 60-69	307	119
5	1:14:03	SHIRLEY, John	Barnet & District AC	Vet Men 60-69	263	126
6	1:17:17	HAMILTON, Anthony	Barnet & District AC	Vet Men 60-69	145	155

**Vet Men 70+**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:15:03	CASSERLEY, Tom	Garden City Runners	Vet Men 70+	259	138
2	1:29:07	BILLINGTON, William	Bedford Harriers	Vet Men 70+	225	292
3	1:31:26	MACNIVEN, Philip		Vet Men 70+	261	314
4	1:32:05	HUGHES, Peter	Watford Harriers	Vet Men 70+	369	319
5	1:35:29	GLOVER, Brian	Barnet & District AC	Vet Men 70+	310	354
6	1:39:02	BLACKLER, Ernest	Barnet & District AC	Vet Men 70+	227	375

**Provisional Race Summary****Vet Ladies 35-44**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:01:38	SWINHOE, Sarah	London Heathside	Vet Ladies 35-44	324	16
2	1:07:27	GAWLEY, Sue		Vet Ladies 35-44	336	60
3	1:07:35	FROUD, Nicola	Barnet & District AC	Vet Ladies 35-44	153	61
4	1:09:35	STUDD, Jane	Trent Park Running Club	Vet Ladies 35-44	371	78
5	1:10:19	DREW, Jackie	Watford Joggers	Vet Ladies 35-44	226	84
6	1:10:54	MANN, Andrea	Garden City Runners	Vet Ladies 35-44	370	89

**Vet Ladies 45-54**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:12:49	FINDLAY, Celia	David Lloyd Pacers	Vet Ladies 45-54	201	106
2	1:14:42	BIRD, Virginia	Garden City Runners	Vet Ladies 45-54	385	133
3	1:19:26	JONES, Lynn	Trent Park Running Club	Vet Ladies 45-54	155	173
4	1:22:59	STATON, Nicola	Barnet & District AC	Vet Ladies 45-54	429	213
5	1:24:08	CROSS, Sue		Vet Ladies 45-54	321	231
6	1:28:26	PETERS, Lindsey		Vet Ladies 45-54	316	287

**Vet Ladies 55-64**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	1:24:35	IND, Katherine	Elmbridge Road Runners	Vet Ladies 55-64	180	238
2	1:30:28	LYDON, Carole	Amphill & Flitwick Flyers	Vet Ladies 55-64	68	303
3	1:31:59	DODSWORTH, Elizabeth		Vet Ladies 55-64	215	318
4	1:34:12	DE LA BERTAUCHE, Rosamond		Vet Ladies 55-64	408	342
5	1:36:57	SHIRLEY, Maureen	Barnet & District AC	Vet Ladies 55-64	262	364

**Senior Men**

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**Senior Ladies**

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1	1:05:49	STEVENS, Amy		Senior Ladies	164	47
2	1:10:00	PRETTY, Samantha	Fairlands Valley Spartans	Senior Ladies	499	79
3	1:10:05	ENGLISH, Teresa	Broxbourne Runners	Senior Ladies	175	80
4	1:10:35	BLAMIRE-BROWN, Heather	St Albans Striders	Senior Ladies	421	86
5	1:12:01	CRAWLEY, Victoria	Gade Valley Harriers	Senior Ladies	479	97
6	1:13:46	HERRINGTON, Katie	Harlow Running Club	Senior Ladies	352	122

**All Ladies**

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