

**Provisional Race Summary**
**All Competitors**

<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	0:51:55	LAWLER, James	BEDFORD & COUNTY AC	Senior Men	696	1
2	0:55:08	DORAN, Tim	OWLS AC LEICESTER	Senior Men	955	2
3	0:55:41	SYMONDS, Andrew	SHAFTESBURY BARNET HARRIERS	Senior Men	989	3
4	0:56:03	SHEPHERD, Mark	TEAM KENNET	Senior Men	787	4
5	0:56:22	TORRY, Hugh	SERPENTINE RC	Senior Men	310	5
6	0:57:05	TORRY, Nicholas	SERPENTINE RC	Senior Men	807	6
7	0:57:28	GREAVES, Paul	HERTS PHOENIX AC	Men 40-49	331	7
8	0:57:40	ATTWOOLL, Jolyon	SERPENTINE RC	Senior Men	994	8
9	0:58:35	EARLEY, Stephen	BEDFORD HARRIERS	Men 40-49	141	9
10	0:58:51	AIKEN, Scott	TRENT PARK RC	Senior Men	981	10
11	0:58:53	ROBBINS, Andrew	SERPENTINE RC	Senior Men	926	11
12	0:58:56	ALLEN, Paul	TRING RC	Men 40-49	536	12
13	0:59:04	HORTON, Alex	BARNET & DISTRICT A.C.	Senior Men	617	13
14	0:59:10	KELLEHER, Andrew	BARNET & DISTRICT A.C.	Men 40-49	173	14
15	0:59:16	BATE, Richard	FAIRLANDS VALLEY SPARTANS	Senior Men	318	15
16	0:59:24	MASON, Adrian	BARNET & DISTRICT A.C.	Men 40-49	808	16
17	0:59:27	JACKSON, Simon	FAIRLANDS VALLEY SPARTANS	Senior Men	1001	17
18	0:59:32	TURNER, Keith	BARNET & DISTRICT A.C.	Men 40-49	916	18
19	0:59:43	BELL, Simon	FAIRLANDS VALLEY SPARTANS	Men 40-49	55	19
20	0:59:44	CABLE, Karl	ROYSTON RUNNERS	Men 40-49	151	20

**Senior Men**

<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	0:51:55	LAWLER, James	BEDFORD & COUNTY AC	Senior Men	696	1
2	0:55:08	DORAN, Tim	OWLS AC LEICESTER	Senior Men	955	2
3	0:55:41	SYMONDS, Andrew	SHAFTESBURY BARNET HARRIERS	Senior Men	989	3
4	0:56:03	SHEPHERD, Mark	TEAM KENNET	Senior Men	787	4
5	0:56:22	TORRY, Hugh	SERPENTINE RC	Senior Men	310	5

**Men 40-49**

<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	0:57:28	GREAVES, Paul	HERTS PHOENIX AC	Men 40-49	331	7
2	0:58:35	EARLEY, Stephen	BEDFORD HARRIERS	Men 40-49	141	9
3	0:58:56	ALLEN, Paul	TRING RC	Men 40-49	536	12
4	0:59:10	KELLEHER, Andrew	BARNET & DISTRICT A.C.	Men 40-49	173	14
5	0:59:24	MASON, Adrian	BARNET & DISTRICT A.C.	Men 40-49	808	16

**Men 50-59**

<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	1:01:33	McLELLAN, Keith	GARDEN CITY RUNNERS	Men 50-59	137	25
2	1:03:15	MICHAEL, Desmond	BARNET & DISTRICT A.C.	Men 50-59	680	38
3	1:03:26	BRADLEY, Mikk	WATFORD HARRIERS	Men 50-59	814	40
4	1:03:28	BOWKER, David	FAIRLANDS VALLEY SPARTANS	Men 50-59	427	41
5	1:04:04	DELLAR, Peter	DUNSTABLE ROAD RUNNERS	Men 50-59	199	44

**Men 60+**

<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	1:10:29	SMITHER, Stewart	NORTH HERTS ROAD RUNNERS	Men 60+	620	132
2	1:10:29	BINGHAM, Nicholas	BARNET & DISTRICT A.C.	Men 60+	652	134
3	1:12:39	RUSSELL, Geoff	ROYSTON RUNNERS	Men 60+	447	174
4	1:13:20	THOMAS, John	CORBY ATHLETIC CLUB	Men 60+	148	191
5	1:13:54	MANN, Stuart	HERTS PHOENIX AC	Men 60+	959	198

**Provisional Race Summary****Junior Men**

<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	1:05:05	MILNE, Alex	ENFIELD & HARINGEY AC	Junior Men	574	51
2	1:10:54	SHERIDAN, David	BARNET & DISTRICT A.C.	Junior Men	706	139
3	1:10:57	CHAMBERS, Peter	SERPENTINE RC	Junior Men	334	141
4	1:12:17	JOINER, Robert	METROS RC	Junior Men	102	164
5	1:15:22	KATES, Mark	WATFORD JOGGERS	Junior Men	426	233

**Senior Ladies**

<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	1:01:14	COWLEY, Laura	HERTS PHOENIX AC	Senior Ladies	92	23
2	1:02:35	ELLIOTT, Rachael	TEAM KENNET	Senior Ladies	786	36
3	1:07:06	GUDGEON, Thea	WATFORD HARRIERS	Senior Ladies	411	76
4	1:07:52	ONN, Sally	ST ALBANS STRIDERS	Senior Ladies	394	88
5	1:08:12	HARDWICK, Jacqueline	TRENT PARK RC	Senior Ladies	623	93

**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	1:01:18	KENT, Joanne	BARNET & DISTRICT A.C.	Ladies 35-44	773	24
2	1:02:43	PREEN, Jane	MILTON KEYNES	Ladies 35-44	347	37
3	1:06:13	LIVINGSTONE, Mandy	GARDEN CITY RUNNERS	Ladies 35-44	719	65
4	1:06:56	HALE, Caroline	GARDEN CITY RUNNERS	Ladies 35-44	601	72
5	1:07:17	WENMAN, Debbie	CHILTERN HARRIERS	Ladies 35-44	299	81

**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	1:11:07	JONES, Yvonne	GARDEN CITY RUNNERS	Ladies 45-54	780	146
2	1:11:54	MORGAN, Gillian	EALING SOUTHALL & MIDDX AC	Ladies 45-54	79	158
3	1:12:14	SHADBOLT, Veronica	GARDEN CITY RUNNERS	Ladies 45-54	476	163
4	1:12:50	EDWARDS, Penny	NORWICH ROAD RUNNERS	Ladies 45-54	226	180
5	1:12:56	FINDLAY, Celia	DAVID LLOYD PACERS	Ladies 45-54	313	183

**Ladies 55+**

<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	1:21:24	PORTER, Gertrud	METROS RC	Ladies 55+	491	372
2	1:21:33	DEWINTER, Margaret	DUNSTABLE ROAD RUNNERS	Ladies 55+	641	377
3	1:25:45	LYGO, Pauline	BARNET & DISTRICT A.C.	Ladies 55+	661	469
4	1:25:47	GREENARD, Lynne	BEDFORD HARRIERS	Ladies 55+	118	471
5	1:34:15	SHIRLEY, Maureen	BARNET & DISTRICT A.C.	Ladies 55+	265	643

**CC Senior Men**

<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	0:51:55	LAWLER, James	BEDFORD & COUNTY AC	Senior Men	696	1
2	0:55:41	SYMONDS, Andrew	SHAFTESBURY BARNET HARRIERS	Senior Men	989	3
3	0:59:04	HORTON, Alex	BARNET & DISTRICT A.C.	Senior Men	617	13
4	0:59:27	JACKSON, Simon	FAIRLANDS VALLEY SPARTANS	Senior Men	1001	17
5	1:01:01	COOK, Gary	NORTH HERTS ROAD RUNNERS	Senior Men	561	21

**CC Men 40-49**

<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	0:57:28	GREAVES, Paul	HERTS PHOENIX AC	Men 40-49	331	7
2	0:58:56	ALLEN, Paul	TRING RC	Men 40-49	536	12
3	0:59:24	MASON, Adrian	BARNET & DISTRICT A.C.	Men 40-49	808	16
4	0:59:44	CABLE, Karl	ROYSTON RUNNERS	Men 40-49	151	20
5	1:01:37	SCROWTHER, Peter	NORTH HERTS ROAD RUNNERS	Men 40-49	516	27

**Provisional Race Summary****CC Men 50-59**

<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	1:01:33	McLELLAN, Keith	GARDEN CITY RUNNERS	Men 50-59	137	25
2	1:03:15	MICHAEL, Desmond	BARNET & DISTRICT A.C.	Men 50-59	680	38
3	1:03:26	BRADLEY, Mikk	WATFORD HARRIERS	Men 50-59	814	40
4	1:03:28	BOWKER, David	FAIRLANDS VALLEY SPARTANS	Men 50-59	427	41
5	1:04:24	TAYLOR, Colin	WATFORD JOGGERS	Men 50-59	767	47

**CC Men 60+**

<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	1:10:29	SMITHER, Stewart	NORTH HERTS ROAD RUNNERS	Men 60+	620	132
2	1:13:54	MANN, Stuart	HERTS PHOENIX AC	Men 60+	959	198
3	1:14:29	HAMLET, Colin	WATFORD HARRIERS	Men 60+	672	205
4	1:15:59	HOPE, John	ST ALBANS STRIDERS	Men 60+	422	252
5	1:33:46	ALLEN, Trace	GARDEN CITY RUNNERS	Men 60+	284	635

**CC Senior Ladies**

<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	1:01:14	COWLEY, Laura	HERTS PHOENIX AC	Senior Ladies	92	23
2	1:07:06	GUDGEON, Thea	WATFORD HARRIERS	Senior Ladies	411	76
3	1:07:52	ONN, Sally	ST ALBANS STRIDERS	Senior Ladies	394	88
4	1:13:09	TURNER, Kate	FVS TRI	Senior Ladies	200	188
5	1:16:35	GABB, Ania		Senior Ladies	896	262

**CC 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	1:01:18	KENT, Joanne	BARNET & DISTRICT A.C.	Ladies 35-44	773	24
2	1:06:13	LIVINGSTONE, Mandy	GARDEN CITY RUNNERS	Ladies 35-44	719	65
3	1:06:56	HALE, Caroline	GARDEN CITY RUNNERS	Ladies 35-44	601	72
4	1:10:06	COLWELL, Michaela	TRING RC	Ladies 35-44	709	127
5	1:11:00	HARRISON, Vikki	DAVID LLOYD PACERS	Ladies 35-44	352	144

**CC 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	1:19:11	BONNICK, Clare	WATFORD JOGGERS	Ladies 45-54	969	318
2	1:19:57	ROBSON, Dawn	STAGGERS	Ladies 45-54	67	333
3	1:20:15	ROCHESTER, Amanda	BARNET & DISTRICT A.C.	Ladies 45-54	419	337
4	1:21:28	WILLIAMS, Susan	DAVID LLOYD PACERS	Ladies 45-54	728	375
5	1:22:18	DODSWORTH, Karen	NORTH HERTS ROAD RUNNERS	Ladies 45-54	344	397

**CC Ladies 55+**

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1	1:21:33	DEWINTER, Margaret	DUNSTABLE ROAD RUNNERS	Ladies 55+	641	377
2	1:34:15	SHIRLEY, Maureen	BARNET & DISTRICT A.C.	Ladies 55+	265	643
3	1:38:13	WILLIAMS, Rita	WARE JOGGERS	Ladies 55+	22	698
4	1:46:13	MANZE, Marilyn	EDMONTON RUNNING CLUB	Ladies 55+	712	774
5	1:46:55	ALEXANDER, Mary	WOMENS RUNNING NETWORK	Ladies 55+	577	781

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6	1:06:56	HALE, Caroline	GARDEN CITY RUNNERS	Ladies 35-44	601	72
7	1:07:06	GUDGEON, Thea	WATFORD HARRIERS	Senior Ladies	411	76
8	1:07:17	WENMAN, Debbie	CHILTERN HARRIERS	Ladies 35-44	299	81
9	1:07:39	HUEPFL, Emma		Ladies 35-44	364	84
10	1:07:52	ONN, Sally	ST ALBANS STRIDERS	Senior Ladies	394	88

**All Men**

<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>
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