

Pos	Name	Category	Gender	Club	Time	Net Time	Time Behind Categ	Time Behind Winner	GenderPos	CategPos
1	MARK INNOCENTI	Senior	Male		01:16:12	01:16:12	00:00:00	00:00:00	1	1
2	JUAN CARLOS CASAL PEREZ	M40	Male	London Heathside	01:16:36	01:16:32	00:00:00	00:00:24	2	1
3	RICHARD COLES	M40	Male	Gade Valley Harriers	01:17:54	01:17:50	00:01:18	00:01:42	3	2
4	REECE BARCLAY	Senior	Male	HODDESDON TRI CLUB	01:18:28	01:18:25	00:02:16	00:02:16	4	2
5	SIMON FRASER	Senior	Male	St Albans Striders	01:18:48	01:18:43	00:02:36	00:02:36	5	3
6	ROBERT MAHEN	Senior	Male	Cambridge and Coleridge	01:18:53	01:18:50	00:02:41	00:02:41	6	4
7	IAN BRYSON	M40	Male	HARPENDEN ARROWS	01:18:56	01:18:54	00:02:20	00:02:44	7	3
8	NICOLAS BESSON	Senior	Male		01:19:08	01:18:57	00:02:56	00:02:56	8	5
9	JASON ANDERSON	Senior	Male	Fairlands Valley Spartans	01:19:56	01:19:53	00:03:44	00:03:44	9	6
10	PHILLIP ODDY	Senior	Male	DACORUM & TRING AC	01:20:07	01:20:00	00:03:55	00:03:55	10	7
11	ALEX WEBB	Senior	Male	BRACKNELL FOREST RUNNERS	01:20:38	01:20:34	00:04:26	00:04:26	11	8
12	ALISTAIR HOLLAND	Senior	Male		01:21:36	01:21:29	00:05:24	00:05:24	12	9
13	JAMES CHASEN	Senior	Male	HARPENDEN ARROWS	01:22:04	01:21:54	00:05:52	00:05:52	13	10
14	CHRISTOPHER JONES	M40	Male	GARDEN CITY RUNNERS	01:22:11	01:22:08	00:05:35	00:05:59	14	4
15	JAMES TURNER	Senior	Male		01:22:16	01:21:42	00:06:04	00:06:04	15	11
16	PAUL SCOFIELD	M40	Male	Bishops Stortford RC	01:22:43	01:22:35	00:06:07	00:06:31	16	5
17	PAUL DAVIES	Senior	Male	GARDEN CITY RUNNERS	01:22:56	01:22:47	00:06:44	00:06:44	17	12
18	JAMES CHARLTON	M40	Male		01:22:58	01:22:50	00:06:22	00:06:46	18	6
19	MARK ANDERSON	Senior	Male	London Heathside	01:23:24	01:23:20	00:07:12	00:07:12	19	13
20	ANDREW THOMAS	Senior	Male		01:23:27	01:23:22	00:07:15	00:07:15	20	14
21	AARON CLEMENT	Senior	Male		01:23:45	01:23:35	00:07:33	00:07:33	21	15
22	JOANNE KENT	W45	Female	Barnet & District AC	01:23:58	01:23:54	00:00:00	00:00:00	1	1
23	JAMES BIRNIE	M40	Male	Gade Valley Harriers	01:24:09	01:24:05	00:07:33	00:07:57	22	7
24	RICHARD PORTESS	Senior	Male		01:24:47	01:24:40	00:08:35	00:08:35	23	16
25	CHRIS ELAND	M40	Male	GARDEN CITY RUNNERS	01:24:53	01:24:49	00:08:17	00:08:41	24	8
26	PABLO PLAZA LASTRAS	Senior	Male	St Albans Striders	01:24:58	01:24:48	00:08:46	00:08:46	25	17
27	JULIAN SMITH	Senior	Male	Gade Valley Harriers	01:25:11	01:25:02	00:08:59	00:08:59	26	18
28	LEE MCIVOR	M40	Male	St Albans Striders	01:25:12	01:25:08	00:08:36	00:09:00	27	9
29	ADRIAN SHERWOOD	M50	Male	NORTH HERTS ROAD RUNNERS	01:25:23	01:25:18	00:00:00	00:09:11	28	1
30	MARK REDMOND	M40	Male	HERTS PHOENIX AC	01:25:34	01:25:09	00:08:58	00:09:22	29	10
31	KAREN MURPHY	W45	Female	Barnet & District AC	01:25:45	01:25:41	00:01:47	00:01:47	2	2

32	LUCY CHARLES	Lady	Female	HODDESDON TRI CLUB	01:25:59	01:25:57	00:00:00	00:02:01	3	1
33	RUSSELL CASEY	M40	Male	GARDEN CITY RUNNERS	01:26:05	01:26:01	00:09:29	00:09:53	30	11
34	JAMES PICKETT	Senior	Male	HARPENDEN ARROWS	01:26:22	01:26:17	00:10:10	00:10:10	31	19
35	PATRICK MCGUINNESS	M50	Male	HARPENDEN ARROWS	01:26:26	01:26:19	00:01:03	00:10:14	32	2
36	BILL HAWES	M50	Male	Gade Valley Harriers	01:26:40	01:26:32	00:01:17	00:10:28	33	3
37	NICK BARBER	Senior	Male	Barnet & District AC	01:26:51	01:26:41	00:10:39	00:10:39	34	20
38	TIMOTHY MILLS	Senior	Male		01:26:54	01:26:16	00:10:42	00:10:42	35	21
39	DUNCAN HAMILTON	Senior	Male	DACORUM & TRING AC	01:27:15	01:27:00	00:11:03	00:11:03	36	22
40	CLAIRE KREMER	W35	Female	St Albans Striders	01:27:27	01:27:23	00:00:00	00:03:29	4	1
41	MARK HADLAND	M40	Male		01:27:51	01:27:46	00:11:15	00:11:39	37	12
42	THOMAS WACKETT	Senior	Male	GARDEN CITY RUNNERS	01:28:00	01:27:52	00:11:48	00:11:48	38	23
43	OLIVER THORNE	Senior	Male	HODDESDON TRI CLUB	01:28:06	01:28:02	00:11:54	00:11:54	39	24
44	ROBIN FORDER	M40	Male	ST RADEGUND RDC	01:28:18	01:28:12	00:11:42	00:12:06	40	13
45	GUY DAUNCEY	M40	Male		01:28:29	01:28:23	00:11:53	00:12:17	41	14
46	ROLAND KEMP	Senior	Male	KempFitness	01:28:50	01:28:41	00:12:38	00:12:38	42	25
47	ANDY BALL	Senior	Male	Highgate Harriers	01:30:00	01:29:51	00:13:48	00:13:48	43	26
48	BRIAN WHITE	M60	Male	Fairlands Valley Spartans	01:30:15	01:30:13	00:00:00	00:14:03	44	1
49	BENEDICT GOOLD	Senior	Male		01:30:29	01:30:03	00:14:17	00:14:17	45	27
50	JAMES BINGHAM	Senior	Male		01:31:02	01:30:48	00:14:50	00:14:50	46	28
51	MATTHEW SAPTE	M40	Male		01:31:12	01:30:35	00:14:36	00:15:00	47	15
52	DANIELLE STAPLETON	Lady	Female	Barnet & District AC	01:31:25	01:31:17	00:05:26	00:07:27	5	2
53	HOWARD CLARK	M40	Male	Tring RC	01:31:29	01:31:16	00:14:53	00:15:17	48	16
54	ALEX JOHNSTON	Senior	Male	Queens Park Harriers	01:31:47	01:31:30	00:15:35	00:15:35	49	29
55	MARK ROBERTSON	Senior	Male		01:32:17	01:31:09	00:16:05	00:16:05	50	30
56	NICK LAVAN	Senior	Male		01:32:47	01:32:32	00:16:35	00:16:35	51	31
57	NINA ATHERTON	Lady	Female		01:32:59	01:32:50	00:07:00	00:09:01	6	3
58	CRAIG FISHER	M40	Male		01:33:14	01:33:03	00:16:38	00:17:02	52	17
59	BEN SCOTT	Senior	Male	St Albans Striders	01:33:14	01:32:59	00:17:02	00:17:02	53	32
60	PAUL SOWTER	Senior	Male	St Albans Striders	01:33:15	01:33:02	00:17:03	00:17:03	54	33
61	CHRIS GALLAGHER	Senior	Male		01:33:16	01:32:21	00:17:04	00:17:04	55	34
62	PHILIP MCNAMARA	M40	Male		01:33:18	01:33:10	00:16:42	00:17:06	56	18
63	ALAN YAN	Senior	Male	One track	01:33:23	01:33:11	00:17:11	00:17:11	57	35

64	WENDY WALSH	W45	Female	St Albans Striders	01:33:30	01:33:27	00:09:32	00:09:32	7	3
65	RACHEL BROWN	Lady	Female		01:33:40	01:33:10	00:07:41	00:09:42	8	4
66	JOSEPH PRICE	Senior	Male	GARDEN CITY RUNNERS	01:33:54	01:33:20	00:17:42	00:17:42	58	36
67	MARTIN LOUGHNANE	M50	Male		01:34:03	01:33:52	00:08:40	00:17:51	59	4
68	GORDON RAY	M40	Male	HARPENDEN ARROWS	01:34:04	01:33:49	00:17:28	00:17:52	60	19
69	CAROLINE GREENAWAY	W35	Female	Hillingdon Triathletes	01:34:13	01:34:06	00:06:46	00:10:15	9	2
70	LAURA HICKS	Lady	Female	HARPENDEN ARROWS	01:34:13	01:34:06	00:08:14	00:10:15	10	5
71	BEN WALSH	Senior	Male		01:34:15	01:33:55	00:18:03	00:18:03	61	37
72	JAMIE MAY	M40	Male		01:34:34	01:34:11	00:17:58	00:18:22	62	20
73	ROGER WAGLAND	M50	Male	London Heathside	01:34:48	01:34:37	00:09:25	00:18:36	63	5
74	MARK JOHNSON	Senior	Male		01:35:11	01:34:59	00:18:59	00:18:59	64	38
75	SEAN DAVIES	Senior	Male	GARDEN CITY RUNNERS	01:35:26	01:35:18	00:19:14	00:19:14	65	39
76	STEPHEN HAGUE	M40	Male	HITCHIN RUNNING CLUB	01:35:27	01:35:13	00:18:51	00:19:15	66	21
77	GWYNFOR TYLEY	M40	Male	St Albans Striders	01:35:46	01:35:28	00:19:10	00:19:34	67	22
78	JAMIE NELSON	M40	Male		01:35:50	01:35:39	00:19:14	00:19:38	68	23
79	KELLY DU BUISSON	Lady	Female	DACORUM & TRING AC	01:36:00	01:35:54	00:10:01	00:12:02	11	6
80	BRADLEY WILLIAMS	Senior	Male	Chiltern Harriers	01:36:01	01:35:44	00:19:49	00:19:49	69	40
81	TONY STEWART	M50	Male		01:36:06	01:35:42	00:10:43	00:19:54	70	6
82	STEVEN BLAKE	Senior	Male		01:36:12	01:35:50	00:20:00	00:20:00	71	41
83	TAYLOR DEWAR	M40	Male		01:36:41	01:36:25	00:20:05	00:20:29	72	24
84	ROBERT BLOCK	M50	Male		01:36:56	01:36:40	00:11:33	00:20:44	73	7
85	CAROLINE HEMINSLEY	W35	Female		01:36:57	01:36:42	00:09:30	00:12:59	12	3
86	ANDY BELL	M40	Male	HANDY CROSS RUNNERS	01:36:58	01:36:46	00:20:22	00:20:46	74	25
87	MARCUS HOOPER	M40	Male	St Albans Striders	01:37:02	01:36:50	00:20:26	00:20:50	75	26
88	THOMAS HUKOWSKI	Senior	Male		01:37:07	01:36:43	00:20:55	00:20:55	76	42
89	ADRIAN MCARA	M40	Male	Serpentine	01:37:16	01:36:53	00:20:40	00:21:04	77	27
90	DAVID BARR	M40	Male	HARPENDEN ARROWS	01:37:26	01:37:11	00:20:50	00:21:14	78	28
91	LYNDA HEMBURY	W55	Female	Tring RC	01:37:37	01:37:13	00:00:00	00:13:39	13	1
92	JAMES BENTALL	M40	Male	HARPENDEN ARROWS	01:37:41	01:37:02	00:21:05	00:21:29	79	29
93	ANDY ROBY	M50	Male	St Marys Runners	01:37:41	01:36:58	00:12:18	00:21:29	80	8
94	RICHARD STANLEY	M50	Male	Amphill & Flitwick Flyers RC	01:37:50	01:37:05	00:12:27	00:21:38	81	9
95	MATT QUINN	M40	Male	Redway Runners	01:37:55	01:37:34	00:21:19	00:21:43	82	30

96	STUART FOGARTY	M50	Male		01:37:57	01:37:46	00:12:34	00:21:45	83	10
97	ROBERT HENAGHAN	M40	Male		01:38:14	01:37:47	00:21:38	00:22:02	84	31
98	ANDREW JORDAN	M40	Male	Fairlands Valley Spartans	01:38:35	01:38:17	00:21:59	00:22:23	85	32
99	DAN PRUETT	Senior	Male	Herts Police Tri Club	01:38:39	01:38:22	00:22:27	00:22:27	86	43
100	RICHARD SOMERSET	M40	Male	GARDEN CITY RUNNERS	01:38:42	01:38:01	00:22:06	00:22:30	87	33
101	MARK GOSLING	Senior	Male		01:38:45	01:38:12	00:22:33	00:22:33	88	44
102	BEN BREWER	Senior	Male		01:38:48	01:37:52	00:22:36	00:22:36	89	45
103	ANDREW COOK	M50	Male	Gade Valley Harriers	01:38:48	01:38:30	00:13:25	00:22:36	90	11
104	RICHARD JONES	Senior	Male		01:38:50	01:38:17	00:22:38	00:22:38	91	46
105	AMY GOSS	W35	Female	Tring RC	01:38:53	01:38:30	00:11:26	00:14:55	14	4
106	RICHARD FORREST	M40	Male		01:39:05	01:38:33	00:22:29	00:22:53	92	34
107	RUPESH PUROHIT	M40	Male	W2PR	01:39:09	01:36:55	00:22:33	00:22:57	93	35
108	ALEX THORNTON	M40	Male		01:39:10	01:38:40	00:22:34	00:22:58	94	36
109	YUKO GORDON	W65	Female	NORTH HERTS ROAD RUNNERS	01:39:12	01:39:02	00:00:00	00:15:14	15	1
110	CHRIS DAVIES	M50	Male	St Albans Striders	01:39:20	01:39:01	00:13:57	00:23:08	95	12
111	JONATHAN CREEDY	Senior	Male		01:39:21	01:38:39	00:23:09	00:23:09	96	47
112	OWEN HAIGH	Senior	Male	HARLOW RUNNING CLUB	01:39:27	01:39:02	00:23:15	00:23:15	97	48
113	ROB POTTON	M40	Male	Gade Valley Harriers	01:39:27	01:39:12	00:22:51	00:23:15	98	37
114	TREVOR NORMOYLE	Senior	Male	MET POLICE AC	01:39:29	01:39:01	00:23:17	00:23:17	99	49
115	CHRISTOPHER MATHER	M40	Male		01:39:32	01:39:04	00:22:56	00:23:20	100	38
116	ROBERT BOWLER	M50	Male	Gade Valley Harriers	01:39:38	01:39:23	00:14:15	00:23:26	101	13
117	DEIRDRE HEYDECKER	W55	Female	St Albans Striders	01:39:39	01:39:28	00:02:02	00:15:41	16	2
118	ALISTAIR BALDERSON	M40	Male	Watford Joggers	01:40:14	01:39:24	00:23:38	00:24:02	102	39
119	MARK STUDDART	M40	Male	Watford Joggers	01:40:27	01:40:09	00:23:51	00:24:15	103	40
120	ROB HUMPHREYS	Senior	Male	Gade Valley Harriers	01:40:28	01:40:28	00:24:16	00:24:16	104	50
121	DAVID GOODMAN	M40	Male	Gade Valley Harriers	01:40:33	01:40:05	00:23:57	00:24:21	105	41
122	RICHARD BIRD	M40	Male	Watford Joggers	01:40:38	01:39:54	00:24:02	00:24:26	106	42
123	CHRIS HARBRON	M40	Male	GARDEN CITY RUNNERS	01:40:52	01:40:22	00:24:16	00:24:40	107	43
124	JOHN WELLER	M40	Male		01:41:13	01:40:38	00:24:37	00:25:01	108	44
125	IAN WHITEHEAD	M50	Male		01:41:44	01:41:11	00:16:21	00:25:32	109	14
126	HUW HAMER	M40	Male	Watford Joggers	01:41:51	01:41:28	00:25:15	00:25:39	110	45
127	WESLEY BALL	Senior	Male		01:42:13	01:41:49	00:26:01	00:26:01	111	51

128	TRACEY COTTON	W35	Female	Gade Valley Harriers	01:42:16	01:41:58	00:14:49	00:18:18	17	5
129	RICHARD OLNEY	M40	Male	St Albans Striders	01:42:28	01:41:53	00:25:52	00:26:16	112	46
130	MARK WONG	Senior	Male		01:42:30	01:41:48	00:26:18	00:26:18	113	52
131	ALASTAIR GREEN	M50	Male	St Albans Striders	01:42:45	01:42:15	00:17:22	00:26:33	114	15
132	PAUL REILLY	M40	Male	Gade Valley Harriers	01:42:47	01:42:24	00:26:11	00:26:35	115	47
133	IAN TURP	M40	Male		01:42:49	01:42:17	00:26:13	00:26:37	116	48
134	ANTHONY BUNKER	M40	Male	St Albans Striders	01:42:54	01:42:23	00:26:18	00:26:42	117	49
135	SCOTT REYNOLDS	M40	Male		01:43:11	01:42:47	00:26:35	00:26:59	118	50
136	RICHARD TODD	M50	Male	St Albans Striders	01:43:18	01:42:47	00:17:55	00:27:06	119	16
137	CHARLES HENDERSON	M40	Male	Watford Joggers	01:43:30	01:43:04	00:26:54	00:27:18	120	51
138	KEVIN BADDELEY	Senior	Male		01:43:31	01:42:44	00:27:19	00:27:19	121	53
139	TOM PRICE	Senior	Male		01:43:43	01:43:09	00:27:31	00:27:31	122	54
140	ROBERT DILLEY	Senior	Male	GARDEN CITY RUNNERS	01:43:44	01:43:03	00:27:32	00:27:32	123	55
141	GEOFF RUSSELL	M60	Male		01:43:45	01:43:00	00:13:30	00:27:33	124	2
142	ROBYN DELIVETT	Lady	Female	WATFORD HARRIERS	01:43:50	01:42:46	00:17:51	00:19:52	18	7
143	STEVE HODGE	M40	Male		01:43:56	01:43:24	00:27:20	00:27:44	125	52
144	RACHAEL MASSINGHAM	W35	Female	St Albans Striders	01:44:07	01:43:23	00:16:40	00:20:09	19	6
145	MARK ROSE	Senior	Male		01:44:15	01:43:49	00:28:03	00:28:03	126	56
146	STEVEN HOWLETT	M40	Male		01:44:26	01:43:29	00:27:50	00:28:14	127	53
147	REBECCA BARDEN	W45	Female	GARDEN CITY RUNNERS	01:44:32	01:43:56	00:20:34	00:20:34	20	4
148	MIKE TROTMAN	M40	Male		01:44:45	01:44:04	00:28:09	00:28:33	128	54
149	VLADIMIR PRIGANC	Senior	Male		01:45:01	01:44:37	00:28:49	00:28:49	129	57
150	PETER BIGGS	M40	Male	HODDESDON TRI CLUB	01:45:12	01:44:45	00:28:36	00:29:00	130	55
151	ROBIN NEWBY	M40	Male	St Albans Striders	01:45:18	01:44:28	00:28:42	00:29:06	131	56
152	TOBY ECCLESHALL	Senior	Male		01:45:38	01:45:01	00:29:26	00:29:26	132	58
153	MATTHEW TOON	M40	Male		01:45:46	01:44:59	00:29:10	00:29:34	133	57
154	MARTIN HILL	M50	Male		01:45:56	01:45:29	00:20:33	00:29:44	134	17
155	ANDREW WATT	M40	Male	Gade Valley Harriers	01:46:06	01:45:52	00:29:30	00:29:54	135	58
156	QUENTIN MACPHERSON	M50	Male		01:46:21	01:46:03	00:20:58	00:30:09	136	18
157	GARY AYRES	Senior	Male		01:46:47	01:45:51	00:30:35	00:30:35	137	59
158	MARK TRAVERS	M50	Male	St Albans Striders	01:46:53	01:46:21	00:21:30	00:30:41	138	19
159	BARBARA SAYERS	W35	Female	NORTH HERTS ROAD RUNNERS	01:47:03	01:46:52	00:19:36	00:23:05	21	7

160	ROB PAYNE	M40	Male		01:47:09	01:46:23	00:30:33	00:30:57	139	59
161	JOHN BUCK	M50	Male	HARPENDEN ARROWS	01:47:13	01:46:21	00:21:50	00:31:01	140	20
162	MICHAEL HESSEY	M50	Male	HARPENDEN ARROWS	01:47:14	01:46:24	00:21:51	00:31:02	141	21
163	PHILIP BEIGHTON	Senior	Male	HITCHIN RUNNING CLUB	01:47:24	01:47:14	00:31:12	00:31:12	142	60
164	JAMIE ROBERTSON	Senior	Male		01:47:29	01:46:52	00:31:17	00:31:17	143	61
165	MARK SIMMONS	M40	Male		01:47:39	01:46:47	00:31:03	00:31:27	144	60
166	STUART GOWER	M40	Male		01:47:41	01:46:58	00:31:05	00:31:29	145	61
167	HEIDI HADLAND	W45	Female		01:48:00	01:47:22	00:24:02	00:24:02	22	5
168	GERRY DALY	M40	Male		01:48:44	01:48:29	00:32:08	00:32:32	146	62
169	ANNA TEMS	Lady	Female		01:49:03	01:48:27	00:23:04	00:25:05	23	8
170	SIMON LAVER	M40	Male		01:49:08	01:48:22	00:32:32	00:32:56	147	63
171	ADRIAN STJOHN	M40	Male		01:49:16	01:48:36	00:32:40	00:33:04	148	64
172	BEVERLEY GIBBS	W45	Female		01:49:25	01:48:28	00:25:27	00:25:27	24	6
173	JIM BROWN	M60	Male	Fairlands Valley Spartans	01:49:38	01:49:09	00:19:23	00:33:26	149	3
174	VICTORIA CRAWLEY-WISE	W35	Female	Gade Valley Harriers	01:49:44	01:48:50	00:22:17	00:25:46	25	8
175	KEVIN CLARK	M50	Male		01:49:50	01:49:27	00:24:27	00:33:38	150	22
176	SHUSANAH PILLINGER	W35	Female	St Albans Striders	01:49:54	01:48:52	00:22:27	00:25:56	26	9
177	ANTHONY HORNBY	Senior	Male	MAIDENHEAD AC	01:49:59	01:49:36	00:33:47	00:33:47	151	62
178	BEN HUNT	Senior	Male		01:50:03	01:49:18	00:33:51	00:33:51	152	63
179	JOHN OWEN	M70	Male	Barnet & District AC	01:50:07	01:48:29	00:00:00	00:33:55	153	1
180	MATT CANNON	M50	Male		01:50:26	01:49:29	00:25:03	00:34:14	154	23
181	BEN SPARROW	M40	Male		01:50:51	01:50:21	00:34:15	00:34:39	155	65
182	VICTORIA COLEMAN	Lady	Female		01:50:53	01:49:55	00:24:54	00:26:55	27	9
183	ANDY NORMILE	M40	Male	St Albans Striders	01:50:59	01:50:09	00:34:23	00:34:47	156	66
184	STEVE PALMER	M40	Male		01:50:59	01:50:18	00:34:23	00:34:47	157	67
185	PHILIP PUGH	M60	Male	DACORUM & TRING AC	01:51:19	01:50:32	00:21:04	00:35:07	158	4
186	TIM BEESTON	M50	Male		01:51:24	01:50:36	00:26:01	00:35:12	159	24
187	MOLLY PEPPER	Lady	Female		01:51:25	01:49:54	00:25:26	00:27:27	28	10
188	ROGER ATTARD	M60	Male	St Albans Striders	01:51:49	01:51:00	00:21:34	00:35:37	160	5
189	LEE WATSON	M40	Male		01:52:15	01:51:41	00:35:39	00:36:03	161	68
190	CRAIG HENLEY	M50	Male		01:52:17	01:51:39	00:26:54	00:36:05	162	25
191	RICHARD HUTTON	M40	Male	Gade Valley Harriers	01:52:30	01:52:08	00:35:54	00:36:18	163	69

192	KAI PARKER	M40	Male		01:52:58	01:52:03	00:36:22	00:36:46	164	70
193	RICHARD PYE	M40	Male		01:53:12	01:52:39	00:36:36	00:37:00	165	71
194	RICHARD MURPHY	M50	Male	Tring RC	01:53:15	01:52:03	00:27:52	00:37:03	166	26
195	CHLOE BASSETT	Lady	Female		01:53:16	01:52:24	00:27:17	00:29:18	29	11
196	SOONG KONG AU YEONG	Senior	Male	St Albans Striders	01:53:20	01:52:46	00:37:08	00:37:08	167	64
197	DANIELLE SIMS	W45	Female	Bishops Stortford RC	01:53:25	01:52:15	00:29:27	00:29:27	30	7
198	MORRIS LANE	M60	Male	LRRC	01:53:47	01:53:16	00:23:32	00:37:35	168	6
199	GREG BAMFORD	M40	Male	St Albans Striders	01:53:50	01:53:13	00:37:14	00:37:38	169	72
200	JACKIE PERRY	W55	Female	Team Trident	01:53:59	01:53:18	00:16:22	00:30:01	31	3
201	JOHN STEVENS	M50	Male	DACORUM & TRING AC	01:54:01	01:52:37	00:28:38	00:37:49	170	27
202	HILARY NEEDLEMAN	W55	Female	Tring RC	01:54:05	01:52:55	00:16:28	00:30:07	32	4
203	DAVID STANLEY	M60	Male	Amphill & Flitwick Flyers RC	01:54:08	01:53:41	00:23:53	00:37:56	171	7
204	PAUL HESKIN	M40	Male		01:54:38	01:53:41	00:38:02	00:38:26	172	73
205	DAVID CLAMP	M50	Male		01:54:39	01:53:46	00:29:16	00:38:27	173	28
206	JULIE GETTINGS	W35	Female	Tring RC	01:54:57	01:53:48	00:27:30	00:30:59	33	10
207	IAN CATHCART	M40	Male		01:54:58	01:54:24	00:38:22	00:38:46	174	74
208	VICTOR TSUI	Senior	Male	SUDBURY COURT RC	01:55:16	01:53:43	00:39:04	00:39:04	175	65
209	SOPHIE COOKE	Lady	Female		01:55:38	01:54:35	00:29:39	00:31:40	34	12
210	PAUL EARNSHAW	M50	Male	St Albans Striders	01:55:38	01:55:01	00:30:15	00:39:26	176	29
211	ALEX IRVINE	Senior	Male		01:55:52	01:55:26	00:39:40	00:39:40	177	66
212	ANDY MCBEAN	M50	Male	Oxhey Wanderers	01:55:56	01:54:51	00:30:33	00:39:44	178	30
213	GRACE CLEARY	Lady	Female		01:56:10	01:55:21	00:30:11	00:32:12	35	13
214	HANNAH AHMET	Lady	Female		01:56:48	01:55:35	00:30:49	00:32:50	36	14
215	TERENCE RITCHIE	M40	Male		01:57:04	01:56:01	00:40:28	00:40:52	179	75
216	ANDY MITCHELL	M50	Male	DACORUM & TRING AC	01:57:09	01:55:40	00:31:46	00:40:57	180	31
217	PAULINE JORDAN-CAWS	W35	Female	St Albans Striders	01:57:32	01:56:37	00:30:05	00:33:34	37	11
218	STEPHEN ROSE	M60	Male	DAVID LLOYD REDWAY RUNNERS	01:57:44	01:55:21	00:27:29	00:41:32	181	8
219	DANNY COOPER	Senior	Male		01:58:01	01:57:07	00:41:49	00:41:49	182	67
220	SARAH HYAMS	Lady	Female		01:58:05	01:56:39	00:32:06	00:34:07	38	15
221	PATRICK BRENNAN	M50	Male	Queens Park Harriers	01:58:09	01:56:07	00:32:46	00:41:57	183	32
222	SARAH ANTAR	W35	Female	Wheathampstead Warriors	01:58:17	01:56:57	00:30:50	00:34:19	39	12
223	KATHRYN ALFORD	W35	Female	GARDEN CITY RUNNERS	01:58:27	01:57:15	00:31:00	00:34:29	40	13

224	JAQUI SAMPSON	W35	Female	Gade Valley Harriers	01:58:40	01:57:16	00:31:13	00:34:42	41	14
225	HEATHER WRIGHT	Lady	Female	St Albans Striders	01:58:41	01:57:22	00:32:42	00:34:43	42	16
226	JOANNA EVANS	W45	Female		01:58:51	01:57:40	00:34:53	00:34:53	43	8
227	FERGAL MOANE	M40	Male		01:58:53	01:57:52	00:42:17	00:42:41	184	76
228	SAMANTHA CHAPMAN	W35	Female	London Heathside	01:58:58	01:57:53	00:31:31	00:35:00	44	15
229	HELEN PAGE	W45	Female	Tring RC	01:59:08	01:57:52	00:35:10	00:35:10	45	9
230	IGOR VAZQUEZ	M40	Male		01:59:12	01:57:31	00:42:36	00:43:00	185	77
231	JAMES CLARE	Senior	Male		01:59:20	01:58:27	00:43:08	00:43:08	186	68
232	PETER TAYLOR	M50	Male		01:59:22	01:57:04	00:33:59	00:43:10	187	33
233	MARK DOLLARD	M50	Male		01:59:34	01:58:13	00:34:11	00:43:22	188	34
234	STEPHEN GREEN	M40	Male		02:00:33	01:59:21	00:43:57	00:44:21	189	78
235	NEIL WILLEY	M40	Male		02:00:33	01:59:22	00:43:57	00:44:21	190	79
236	JOSEFINE ERIKSSON	Lady	Female	Junsele IF	02:00:44	01:58:36	00:34:45	00:36:46	46	17
237	JAIMI WALLIN	Senior	Male	St Albans Striders	02:00:48	02:00:05	00:44:36	00:44:36	191	69
238	MAURICE LISLEY	M50	Male	St Marys Runners	02:01:12	01:59:29	00:35:49	00:45:00	192	35
239	KERI WITHERS	W45	Female	Amphill & Flitwick Flyers RC	02:02:01	02:01:30	00:38:03	00:38:03	47	10
240	ATTILA KOVACS	M50	Male	Vegan Runners	02:02:03	02:00:55	00:36:40	00:45:51	193	36
241	DANNY WELLS	Senior	Male	DACORUM & TRING AC	02:02:12	02:00:22	00:46:00	00:46:00	194	70
242	RACHEL HAMILTON	Lady	Female	DACORUM & TRING AC	02:02:44	02:00:53	00:36:45	00:38:46	48	18
243	PETE ORD	M40	Male		02:02:49	02:01:33	00:46:13	00:46:37	195	80
244	SIMON EVANS	Senior	Male	DACORUM & TRING AC	02:02:53	02:01:04	00:46:41	00:46:41	196	71
245	MICHELLE ASHWELL	W45	Female	DACORUM & TRING AC	02:02:58	02:01:07	00:39:00	00:39:00	49	11
246	NIALL O'REILLY	Senior	Male		02:02:58	02:02:58	00:46:46	00:46:46	197	72
247	SEAN MEYLER	Senior	Male		02:03:04	02:02:20	00:46:52	00:46:52	198	73
248	JEREMY SMITH	M50	Male		02:03:07	02:01:53	00:37:44	00:46:55	199	37
249	ADAM MELLOR	M40	Male	St Albans Striders	02:03:12	02:01:50	00:46:36	00:47:00	200	81
250	CAROL RANSOM	W45	Female	St Albans Striders	02:03:12	02:01:49	00:39:14	00:39:14	50	12
251	JOHN MALONEY	M50	Male		02:03:17	02:02:03	00:37:54	00:47:05	201	38
252	JOANNE BAXTER	W45	Female	Tring RC	02:03:49	02:01:53	00:39:51	00:39:51	51	13
253	JOHN WILDEN	M40	Male		02:04:14	02:01:51	00:47:38	00:48:02	202	82
254	ZOE CARR	W35	Female		02:04:16	02:02:48	00:36:49	00:40:18	52	16
255	KEVIN KEEGAN	M50	Male		02:04:39	02:02:51	00:39:16	00:48:27	203	39

256	RICHARD RUFFELL	M50	Male	Shires Triers	02:05:22	02:03:27	00:39:59	00:49:10	204	40
257	CHRISTINE FERGUSON	W55	Female	HARPENDEN ARROWS	02:05:54	02:04:59	00:28:17	00:41:56	53	5
258	BARRY FITZGERALD	M40	Male		02:06:04	02:04:47	00:49:28	00:49:52	205	83
259	RACHEL VIALOU-CLARK	W45	Female		02:06:05	02:05:10	00:42:07	00:42:07	54	14
260	ALEX YATES	W45	Female	GARDEN CITY RUNNERS	02:06:22	02:04:30	00:42:24	00:42:24	55	15
261	ERICA KLEIN	Lady	Female	DACORUM & TRING AC	02:06:48	02:04:58	00:40:49	00:42:50	56	19
262	NEIL PAGET	M50	Male		02:07:04	02:05:50	00:41:41	00:50:52	206	41
263	SANJAY PASHINE	M40	Male	Dunstable Runners Club	02:07:08	02:06:08	00:50:32	00:50:56	207	84
264	RICHARD WHITE	M60	Male	Tring RC	02:07:11	02:05:28	00:36:56	00:50:59	208	9
265	JANE TOON	W35	Female	Watford Joggers	02:07:17	02:05:44	00:39:50	00:43:19	57	17
266	STEVE GROUNDSELL	M50	Male	Hanburys	02:07:23	02:06:26	00:42:00	00:51:11	209	42
267	SIAN MITCHELL	W35	Female	GARDEN CITY RUNNERS	02:07:23	02:06:02	00:39:56	00:43:25	58	18
268	ROD HEWSON	M70	Male	Watford Joggers	02:07:30	02:05:58	00:17:23	00:51:18	210	2
269	ELLIOT WALLIS	Senior	Male		02:07:37	02:06:48	00:51:25	00:51:25	211	74
270	JUSTIN PATTEN	M40	Male	HARLOW RUNNING CLUB	02:07:51	02:06:32	00:51:15	00:51:39	212	85
271	ELIZABETH DANIEL	W45	Female	Tring RC	02:07:56	02:06:20	00:43:58	00:43:58	59	16
272	YVONNE WALKER	W55	Female	SUDBURY COURT RC	02:08:26	02:06:09	00:30:49	00:44:28	60	6
273	BECKY PLATT	W35	Female		02:08:30	02:07:13	00:41:03	00:44:32	61	19
274	JASON FIRESTONE	M40	Male		02:09:13	02:07:14	00:52:37	00:53:01	213	86
275	SAMANTHA ALLAN	W45	Female	Watford Joggers	02:09:24	02:07:56	00:45:26	00:45:26	62	17
276	JOANNE DUGGAN	W45	Female	Watford Joggers	02:09:24	02:07:56	00:45:26	00:45:26	63	18
277	SIAN CHERRINGTON	Lady	Female	St Albans Striders	02:09:37	02:07:13	00:43:38	00:45:39	64	20
278	CLIVE BUGEJA	M50	Male	St Albans Striders	02:09:55	02:07:56	00:44:32	00:53:43	214	43
279	IAN KNIGHT	M50	Male	Jeststream Tri Club	02:09:59	02:08:15	00:44:36	00:53:47	215	44
280	WAYNE AYLOTT	M50	Male	GARDEN CITY RUNNERS	02:10:02	02:08:53	00:44:39	00:53:50	216	45
281	TIM BYWATER-LEES	M50	Male		02:10:04	02:07:42	00:44:41	00:53:52	217	46
282	CHRIS LLOYD	M50	Male	Green Team	02:10:57	02:09:03	00:45:34	00:54:45	218	47
283	LUKE WALLER	Senior	Male	DACORUM & TRING AC	02:11:02	02:09:39	00:54:50	00:54:50	219	75
284	KATE WEBB	W35	Female	St Albans Striders	02:11:48	02:09:52	00:44:21	00:47:50	65	20
285	CAROLINE CROFT	W45	Female	Fairlands Valley Spartans	02:11:57	02:09:32	00:47:59	00:47:59	66	19
286	KATE LONGHURST	W35	Female	WOOTTON ROAD RUNNERS	02:12:33	02:10:58	00:45:06	00:48:35	67	21
287	NICK SCHRAMM	M60	Male		02:12:47	02:10:53	00:42:32	00:56:35	220	10

288	NAZIB MOHAMMED	M40	Male		02:13:08	02:11:26	00:56:32	00:56:56	221	87
289	PAUL FOSTER	M40	Male		02:13:32	02:12:29	00:56:56	00:57:20	222	88
290	ELAINE GILES	W45	Female	GARDEN CITY RUNNERS	02:13:47	02:12:00	00:49:49	00:49:49	68	20
291	CLAIRE CASSELTON	W35	Female	Hillingdon Triathletes	02:14:08	02:11:59	00:46:41	00:50:10	69	22
292	EMMA HICKS	Lady	Female		02:14:12	02:13:23	00:48:13	00:50:14	70	21
293	CLAIRE PERRY	W35	Female		02:15:36	02:13:44	00:48:09	00:51:38	71	23
294	STUART TOWER	Senior	Male		02:15:52	02:15:05	00:59:40	00:59:40	223	76
295	TANUJ GHOSH	Senior	Male		02:16:12	02:15:23	01:00:00	01:00:00	224	77
296	CHARLES COSTIN	Senior	Male	Gade Valley Harriers	02:17:41	02:16:41	01:01:29	01:01:29	225	78
297	EMMA QUEALLY	W35	Female		02:18:59	02:16:35	00:51:32	00:55:01	72	24
298	TINA SEARLE	W55	Female	Gade Valley Harriers	02:19:01	02:17:45	00:41:24	00:55:03	73	7
299	KATH EVANS	W45	Female		02:19:06	02:17:12	00:55:08	00:55:08	74	21
300	ANNABEL FOLEY	W45	Female		02:19:15	02:17:37	00:55:17	00:55:17	75	22
301	TIM FOLEY	M50	Male		02:19:16	02:17:38	00:53:53	01:03:04	226	48
302	JOANNE TANG	W45	Female	St Albans Striders	02:19:47	02:18:18	00:55:49	00:55:49	76	23
303	JULIE PERIS	W35	Female	HARROW AC	02:19:50	02:17:53	00:52:23	00:55:52	77	25
304	VICKI HONOUR	W35	Female		02:20:45	02:19:09	00:53:18	00:56:47	78	26
305	SHARON CROWLEY	W55	Female	Fairlands Valley Spartans	02:21:27	02:19:01	00:43:50	00:57:29	79	8
306	RAYMOND HAYES	M40	Male		02:21:58	02:20:00	01:05:22	01:05:46	227	89
307	SEREN HALIL	M50	Male		02:24:34	02:23:30	00:59:11	01:08:22	228	49
308	RACHEL ANDREWS	W35	Female	old hatfield ladies running club	02:26:36	02:24:14	00:59:09	01:02:38	80	27
309	DAWN ROBSON	W55	Female		02:26:55	02:25:37	00:49:18	01:02:57	81	9
310	ANTHONY ARCHER	M60	Male		02:27:30	02:25:27	00:57:15	01:11:18	229	11
311	EMMA DEMPSTER	W35	Female	GARDEN CITY RUNNERS	02:31:39	02:29:46	01:04:12	01:07:41	82	28
312	SARAVANAN SIVAKUMAR	Senior	Male	Watford Joggers	02:33:23	02:30:57	01:17:11	01:17:11	230	79
313	CONNOR BURKE	Senior	Male		02:34:00	02:31:39	01:17:48	01:17:48	231	80
314	WAI MENG AU-YEONG	Lady	Female	St Albans Striders	02:40:02	02:37:59	01:14:03	01:16:04	83	22
315	ERIN RYAN	Lady	Female		02:45:08	02:42:57	01:19:09	01:21:10	84	23
316	JENNIFER DOYLE	Lady	Female		02:49:11	02:47:02	01:23:12	01:25:13	85	24
317	ASHLEY TROWE	M40	Male		02:49:29	02:48:55	01:32:53	01:33:17	232	90
318	BARBARA JAMES	W45	Female		03:00:02	02:57:31	01:36:04	01:36:04	86	24
319	SANCHITA GHOSH	W35	Female		03:22:11	03:21:24	01:54:44	01:58:13	87	29