

Ridgeway Run - Sunday 9th October 2016

Team

Final Results

Place	Name	Team	Number	Overall
1	Stephen Buckle	St Albans Striders	636	1
5	Michele Besio	St Albans Striders	573	5
9	Simon Fraser	St Albans Striders	552	9
14	Jim King	St Albans Striders	536	14
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29				
2	Mark Crabtree	Gade Valley Harriers	164	2
7	Richard Coles	Gade Valley Harriers	615	7
10	Anthony James	Gade Valley Harriers	246	10
27	Guy Woollett	Gade Valley Harriers	256	28
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46				
4	Rob Michaelson-Yeates	Bearbrook RC	449	4
15	Dermot Martin	Bearbrook RC	36	15
26	Owen Byrne	Bearbrook RC	459	26
43	Liam Dawson	Bearbrook RC	453	47
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88				
17	Esa Valtanen	London Heathside	619	17
19	Jonathan Litchfield	London Heathside	273	19
21	Nick Haward	London Heathside	399	21
77	Marco Maserati	London Heathside	214	84
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134				
22	Steve Harrison	Leighton Fun Runners	554	22
31	Daniel Green	Leighton Fun Runners	3	32
50	Jim Buttleman	Leighton Fun Runners	374	54
51	Mark Beesley	Leighton Fun Runners	584	55
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154				
32	Mike Lancaster	St Albans Striders (2)	597	33
34	Daniel Langton	St Albans Striders (2)	40	36
41	Douglas Hobson	St Albans Striders (2)	240	45
70	Colin Braybrook	St Albans Striders (2)	470	77
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177				
42	Chris Rose	Burnham Joggers	357	46
63	Nigel Sullivan	Burnham Joggers	546	68
85	Robert Talbot	Burnham Joggers	394	92
92	Colin Baker	Burnham Joggers	442	102
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282				
35	Jonathan Taylor	Chiltern Harriers AC	438	38
61	Thomas Powell	Chiltern Harriers AC	639	66
100	Grant Whitaker	Chiltern Harriers AC	170	111
171	Dave Bellamy	Chiltern Harriers AC	354	210

367

71	Jake Stanley	Ampthill & Flitwick Flyers	445	78
93	Richard Stanley	Ampthill & Flitwick Flyers	443	103
103	Warwick Browning	Ampthill & Flitwick Flyers	296	114
110	Jeremy Godfrey	Ampthill & Flitwick Flyers	421	123

377

83	Richard Barcock	Bearbrook RC (2)	355	90
96	Neil Edwards	Bearbrook RC (2)	26	106
129	Tony Nolan	Bearbrook RC (2)	71	146
163	Nicholas Forster	Bearbrook RC (2)	10	198

471

59	Mark Sweeney	Leighton Buzzard Triathlon Club	614	64
114	Jez Pugh	Leighton Buzzard Triathlon Club	587	127
134	Robert Owen	Leighton Buzzard Triathlon Club	418	151
199	William Jones	Leighton Buzzard Triathlon Club	434	244

506

55	Nick Clay	Leighton Buzzard AC	505	60
88	David Killick	Leighton Buzzard AC	503	97
140	Gareth Bird	Leighton Buzzard AC	523	158
238	Richard Inchley	Leighton Buzzard AC	250	300

521

36	Richard Mason	Watford Joggers	578	39
49	Brian James	Watford Joggers	599	53
207	Greg Hill	Watford Joggers	429	258
278	Andrew Button	Watford Joggers	511	362

570

69	Danny Kelly	Stopsley Striders	328	76
108	Philip Davies	Stopsley Striders	509	121
214	Graham Busch	Stopsley Striders	241	267
216	Ian Pitkin	Stopsley Striders	306	270

607

67	Russell Jones	Marshall Milton Keynes AC	302	74
102	Paul Mason	Marshall Milton Keynes AC	579	113
218	Kevin Church	Marshall Milton Keynes AC	493	272
226	Jim Miller	Marshall Milton Keynes AC	458	280

613

62	Oliver Last	Bishop's Stortford RC	193	67
154	John Nichol	Bishop's Stortford RC	235	183
197	Adrian Sherriff	Bishop's Stortford RC	242	242
209	Ian McClymont	Bishop's Stortford RC	230	260

622

72	Robert Curtis	Dunstable Road Runners	575	79
149	Gordon Reeves	Dunstable Road Runners	632	174
212	Scott Ayres	Dunstable Road Runners	425	265
224	Paul Eggleton	Dunstable Road Runners	471	278

657

130	Chris Newnham	Amphill & Flitwick Flyers (2)	551	147
175	Stephen Phillpot	Amphill & Flitwick Flyers (2)	140	215
193	David Stanley	Amphill & Flitwick Flyers (2)	347	238
203	Mark Billington	Amphill & Flitwick Flyers (2)	66	252
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701				
16	Ed Laver	Tring RC	338	16
182	Keith Stonestreet	Tring RC	56	223
248	Nick De La Bedoyere	Tring RC	417	315
257	Dan Treloar	Tring RC	481	328
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703				
147	Matt Hallissey	Dacorum and Tring AC	608	172
174	Stephen Broom	Dacorum and Tring AC	586	214
189	Philip Pugh	Dacorum and Tring AC	57	232
204	Michael Lamb	Dacorum and Tring AC	270	254
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714				
117	Andy Sewell	Bedford Harriers AC	277	130
155	Tom Beach	Bedford Harriers AC	618	185
177	Keith Gray	Bedford Harriers AC	646	217
289	Ian Soaft	Bedford Harriers AC	232	389
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738				
122	Nick Dodd	London Heathside (2)	545	138
185	Nilesh Goswami	London Heathside (2)	484	227
221	Paul Silverman	London Heathside (2)	498	275
236	Andrew Conway	London Heathside (2)	79	295
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764				
111	Jason Rabinowitz	St Albans Striders (3)	622	124
246	Richard Maw	St Albans Striders (3)	190	313
279	Peter Rogers	St Albans Striders (3)	2	369
315	Bob Watson	St Albans Striders (3)	563	430
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951				
247	Dean Bugler	Dunstable Road Runners (2)	236	314
251	John Brophy	Dunstable Road Runners (2)	487	319
301	Ian Byford	Dunstable Road Runners (2)	419	409
312	Paul Stack	Dunstable Road Runners (2)	439	427
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241	Keith Wishart	Dacorum and Tring AC (2)	594	303
262	Rasmi Nanda	Dacorum and Tring AC (2)	436	334
266	Tony Reeve	Dacorum and Tring AC (2)	38	338
348	Alan Grover	Dacorum and Tring AC (2)	477	497
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1117				
264	Paul Hepworth	MK Lakeside Runners	247	336
285	Robert Anderson	MK Lakeside Runners	233	384
304	Richard Litwinczuk	MK Lakeside Runners	271	414
332	Richard Tearle	MK Lakeside Runners	172	464
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1185				
352	Luke Hart	St Albans Striders (4)	457	508
353	Michael Jack	St Albans Striders (4)	115	509

354	Gladstone Thompson	St Albans Striders (4)	373	511
355	Michael Reibscheid	St Albans Striders (4)	237	513
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