

Tring Running Club

Ridgeway Run Results 2000

Position	First name	Surname	Club	Time	Cat
1	Justin	Fowler	Vale of Aylesbury	55.55	M
2	Sam	Pullan	St Albans Striders	56.56	M
3	David	Randall	Cheltenham & County	57.47	M
4	Matthew	Adcock	Watford Harriers	57.55	M
5	Paul	Gregory	Vale of Aylesbury	58.30	MV40
6	Steve	Tooke	Watford Joggers	58.34	M
7	Peter	Sibbett	North Herts Road Run	58.39	M
8	Ian	Hobdell	Hounslow	59.37	M
9	Mark	Draper	Hounslow	59.38	M
10	Phil	Tottle	VOAAC	59.39	M
11	Paul	Allen	Dacorum & Tring AC	60.30	M
12	Christopher	Steptoe	Vale of Aylesbury	60.51	M
13	Simon	Claridge	St Albans Striders	60.57	M
14	Nick	Taylor	Vale of Aylesbury	61.10	MV40
15	Steve	Lowe	Shaftesbury Barnet H	61.24	MV40
16	Matt	Long	North Herts Road Run	61.52	M
17	Stuart	Guest	St Albans Striders	62.10	M
18	Colin	Steptoe	Vale of Aylesbury	62.19	MV50
19	Tony	Spencer	Wycombe Pheonix	62.38	M
20	Martin	Arnold	Dacorum & Tring AC	62.46	M
21	Gary	Walford	Chiltern Harriers	62.52	M
22	Ian	Roberts	Leighton Buzzard AC	63.20	M
23	Amanda	Yorwerth	St Albans Striders	63.30	F
24	John	Collie	Watford Joggers	64.00	M
25	Nicola	Nealon	Huncote Harriers AC	64.05	F
26	Tony	Sheldon	Chiltern Harriers	64.09	MV40
27	Michael	Kelly	Leighton Fun Runners	64.13	M
28	Tom	Knowles	Vale of Aylesbury	64.29	M
29	Terry	Hedge	Watford Harriers	64.32	MV40
30	Colin	Baker	Burnham Joggers	64.34	MV40
31	Nicola	Scales	St Albans Striders	64.40	F
32	Neil	Edwards	UN	64.45	M
33	Stephen	Plested	Ealing Southall Middx	64.47	MV40
34	Graham	Adcock	Barnet & District AC	65.08	M
35	Darren	Murfitt	Burnham Joggers	65.23	M
36	Simon	Green	Springfield Striders	65.53	MV40
37	Alan	Simmonds	Vale of Aylesbury	65.55	MV40
38	Neil	Richards	Thame Runners	66.16	MV40
39	Stephen	Waite	North Herts Road Run	66.28	M
40	Peter	Leicester	Marlow Striders	66.44	M
41	Roderick	Lavers	Thame Runners	66.50	MV40
42	Ian	Owens	North Herts Road Run	67.02	M
43	Andrew	Hobdell	Hounslow	67.13	M
44	Andrew	Stiles	Milton Keynes AC	67.17	M
45	Tony	McDaid	UN	67.34	MV40

46	Terry	Martin	Harlow Running Club	67.43	MV40
47	Roger	Seldon	Leighton Buzzard AC	67.49	MV40
48	Steven	Walsh	Burnham Joggers	68.06	MV50
49	Paul	Dimmock	Leighton Buzzard AC	68.11	MV50
50	Dave	Sanderson	Finch Coasters	68.14	MV40
51	William	Quinn	UN	68.25	MV50
52	Colin	Eggleton	St Albans Striders	68.32	MV50
53	James	Lakner	UN	68.38	M
54	Peter	White	Thame Runners	68.38	MV40
55	Edward	Margetts	UN	68.51	M
56	Richard	Harbow	North Herts RR	69.04	M
57	John	Hattersley	St Albans Striders	69.06	MV40
58	Mike	Skinner	Garden City Joggers	69.11	MV40
59	Terry	Scott	Trent Park	69.36	MV40
60	Jon	Salmon	Thames Hare & Houn	69.45	MV40
61	Reg	Brett	Vauxhall AC	69.49	MV50
62	Adrian	Fox	Cambridge Univ H & H	69.52	M
63	Mark	Letsome	Marlow Striders	69.54	M
64	Jonathan	Venning	Dunstable RR	70.00	MV40
65	Nick	Nealon	Huncote Harriers AC	70.02	MV40
66	John	Thomas	Neath Harriers	70.04	M
67	Jeremy	Robinson	Marlow Striders	70.05	MV50
68	Paul	Dove	Flitwick Flyers	70.06	MV40
69	Stephen	Wickham	Bearbrook Joggers	70.09	MV40
70	Rick	Jeffreys	UN	70.12	MV40
71	Malcolm	Shutt	Watford Joggers	70.36	M
72	Michael	Donovan	St Albans Striders	70.45	MV40
73	Ken	Perry	Dacorum & Tring AC	70.46	MV50
74	Shaun	Mitchell	Dunstable RR	70.47	MV40
75	Veronica	Shadbolt	Garden City Joggers	70.57	FV35
76	Andrew	Newbury	Garden City Joggers	70.58	MV40
77	Paul K	Emery	Watford Joggers	71.24	M
78	William	Crane	Dunstable RR	71.30	MV40
79	Simon	Death	Bedford Harriers	71.41	M
80	Alan	Roberts	Vale of Aylesbury	71.46	M
81	Will	Connolly	UN	71.48	MV40
82	Ken	McCord	Burnham Joggers	71.51	M
83	Walter	McCarthy	UN	71.56	MV40
84	Michael	Baldock	Datchet Dashers	71.59	MV40
85	Paul	Cook	Gade Valley Harriers	72.02	MV50
86	Steven	Kitchener	Leighton Fun Runners	72.20	M
87	David	Leighton	Handy Cross	72.28	M
88	Roger	Martin	UN	72.31	MV40
89	Reg	Koster	Thame Runners	72.38	MV40
90	Eddie	Clark	UN	72.42	MV40
91	David	French	Wycombe Pheonix	72.50	MV40
92	Peter	Duthie	Silson	72.51	MV40
93	Keith	Maddox	Watford Joggers	72.55	M
94	Andrew	Lucking	Hillingdon AC	72.56	M
95	Peter	Miller	UN	73.00	MV50
96	Julian	Shaw	UN	73.01	M

97	Julie	Johnson	Datchet Dashers	73.03	F
98	Jeff	Dowsett	Luton United	73.11	MV40
99	Ross	Maxwell	Watford Joggers	73.14	MV40
100	Chris	Reed	Garden City Joggers	73.25	M
101	Andrew	Monro	UN	73.27	M
102	George	Chalstrey	Watford Joggers	73.31	MV50
103	David	Seymour	London Heathside	73.35	MV40
104	Vince	Davies	Alchester RC	73.39	M
105	Derek	Walker	UN	73.41	MV40
106	Richard	Foskett	Verlea	73.45	MV40
107	Robert	Wallace	Watford Joggers	73.46	MV50
108	Gary	Byrne	Fairlands Valley Spartans	73.49	M
109	Robert	Block	UN	73.56	M
110	John	Ahern	UN	73.59	MV40
111	Mark	Emmett	Thame Runners	74.00	M
112	Philip	Cullimore	UN	74.15	M
113	Stuart	Brown	Amphill & Flitwick Flyers	74.17	MV40
114	David	Dawson	Bearbrook Joggers	74.19	M
115	Stephen	Fox	UN	74.25	M
116	Peter John	Game	Garden City Joggers	74.26	MV50
117	Paul	Clapham	Royal Air Force	74.41	M
118	Philip	McClellan	Dunstable RR	74.45	MV40
119	Simon	Taylor	Eynsham RR	74.47	MV50
120	Ian	Sharp	North Herts RR	74.50	MV40
121	Kate	Wiggins	Amphill & Flitwick Flyers	74.54	FV35
122	Michael	Hickman	Handy Cross	74.55	MV50
123	David	Sedgley	Amphill & Flitwick Flyers	74.56	MV50
124	Martin	Walker	Leighton Fun Runners	74.57	MV40
125	Richard	Hardy	Luton United	75.01	MV40
126	Richard	Evans	Marlow Striders	75.06	M
127	Robin	Malduca	UN	75.09	MV40
128	Steve	Rooney	Vale of Aylesbury	75.10	M
129	Belinda	Livesey	St Albans Striders	75.11	F
130	Glenis	Driscoll	Dunstable RR	75.15	FV35
131	Matt	Rogan	UN	75.18	M
132	Paula	Tilling	North Herts RR	75.23	F
133	Philip	Roberts	Chiltern Harriers	75.30	MV50
134	Warwick	Riley	UN	75.38	MV40
135	Patrick	Sibley	UN	75.40	MV50
136	David	Atkins	UN	75.43	MV40
137	Roy	Bowdery	Fairlands Valley Spartans	75.45	MV40
138	Roger	Ellerby	Chiltern Harriers	75.47	MV40
139	Sarah	Brown	UN	75.48	F
140	Charlotte	Steptoe	Vale of Aylesbury	76.03	F
141	Rob	Parsons	Latton Runners	76.07	MV50
142	Graham	Wilson	Burnham Joggers	76.16	MV40
143	Bruce	Humphries	Datchet Dashers	76.23	M
144	James	Dennis	UN	76.33	M
145	John	Hopper	UN	76.39	M
146	Andy	McKenzie	UN	76.46	M
147	Adrienne	Garton	Burnham Joggers	76.47	FV35

148	Hugh	Doherty	Massey Ferguson RC	76.49	MV50
149	G	Turner	Thame Runners	76.51	MV40
150	Craig	Kimberley	Barnet & District AC	76.52	M
151	Colin	Jackson	UN	76.54	MV40
152	Keith	Seldon	Hillingdon AC	76.57	MV40
153	Phillippa	Jones	Headington Road Run	76.59	F
154	Guy	Woollett	Gade Valley Harriers	77.02	M
155	Ron	Adams	Bearbrook Joggers	77.04	MV50
156	Robert	Dunham	Leighton Fun Runners	77.07	MV40
157	Andy	Foster	UN	77.10	M
158	Jim	Miller	St Albans Striders	77.16	MV50
159	Steve	Barrow	Chiltern Harriers	77.28	MV50
160	Chris	Jordan	PACTRAC	77.29	MV40
161	Faith	Suter	St Albans Striders	77.34	FV45
162	David	Atkins	Luton United	77.38	MV40
163	Becky	Jones	Dunstable RR	77.39	F
164	Colin	Larkins	Leighton Fun Runners	77.47	MV40
165	Clive	Fallaize	Vale of Aylesbury	77.51	MV40
166	Jon	Court	Dacorum & Tring AC	77.58	MV40
167	Malcolm	Pollock	St Albans Striders	78.13	MV40
168	Andrew	Shadbout	Garden City Joggers	78.24	MV40
169	Martin	Wells	Latton Runners	78.35	MV50
170	Andrew	Harper	Vegetarian Cycling &	78.37	M
171	Peter	Stevens	North Herts RR	78.38	MV40
172	Michael	Hunt	UN	78.40	M
173	Vivien	Kilgour	Bedford Harriers	78.42	F
174	Colin	Bennetts	Bedford Harriers	78.43	M
175	Alan	Keegan	UN	78.44	M
176	Keith	Hylands	UN	78.53	M
177	Sue	Barnes	UN	78.58	FV45
178	Philip	Rizza	UN	79.00	MV40
179	Peter	Alford	UN	79.03	MV40
180	Graham	Thomas	UN	79.18	M
181	Douglas	Ramsay	UN	79.23	MV40
182	Ricky	Jennings	Amphill & Flitwick Flyers	79.30	MV50
183	Fabian	Mills	Dacorum & Tring AC	79.32	MV50
184	Dean Alan	Sewell	Mercia FRC	79.38	M
185	Sally	Howard	Headington Road Run	79.41	F
186	Geoff	Medlicott	Handy Cross	79.49	MV40
187	Linda	Skinner	Garden City Joggers	79.54	FV45
188	Trevor	Allen	Marlow Striders	79.56	MV40
189	Madeleine	Brodie	Bedford & County AC	79.57	F
190	Paul	Burnsnall	Burnham Joggers	80.03	MV50
191	Neil	Mitchell	Vegetarian Cycling &	80.07	MV40
192	Sandra	Wolanski	Oxford City AC	80.08	FV35
193	John	Cheetham	Biggleswade AC	80.12	MV50
194	Heong	Chong	Chris Lane Cruisers	80.17	M
195	Stuart	Temple	UN	80.27	M
196	Brian	Page	Alchester RC	80.28	MV50
197	Andrew	Bayley	Amphill & Flitwick Flyers	80.49	MV50
198	Raymond	Rowe	UN	80.53	MV60

199	Nikki	Hayward	Thame Runners	81.04	FV35
200	Ted	Holmquist	Chiltern Harriers	81.08	MV50
201	David	Woolley	Verco Joggers	81.13	MV50
202	Kevin	Morris	St Albans Striders	81.16	M
203	Christine	Knight	Burnham Joggers	81.17	FV35
204	William	Billington	Bedford Harriers	81.19	MV60
205	Paul	Marriott	UN	81.20	MV40
206	Ian	Harris	UN	81.21	M
207	Arthur	Airey	Thame Runners	81.36	MV50
208	Richard	Hilson	Watford Joggers	81.39	MV40
209	Colin	Cook	St Albans Striders	81.45	MV50
210	Ian	Tansley	UN	81.54	M
211	Andrew	Menhennet	UN	81.57	MV40
212	Ian	Chivers	UN	81.58	MV40
213	Steve	Powell	UN	82.00	M
214	Jim	Bryan	Milton Keynes AC	82.01	M
215	Phil	Coates	St Albans Striders	82.03	MV40
216	Julian	Bower	UN	82.04	MV40
217	Simon	Earles	UN	82.05	M
218	Wayne	Warren	RRC	82.08	MV50
219	Dave	Nichols	UN	82.18	M
220	Tim	Dutfield	UN	82.25	M
221	M	Wallis	UN	82.33	M
222	Terry	Vine	North Herts RR	82.40	M
223	Robert	Riggall	North Herts RR	82.41	MV50
224	Rodney	Allen	Vale of Aylesbury	82.43	MV50
225	Ron	Holland	UN	82.45	MV50
226	Peter	Childs	UN	82.46	MV40
227	Geoff	Heyes	Marlow Striders	82.48	MV40
228	Ian	Brixey	Sudbury Court	82.49	MV50
229	David	Eliston	UN	82.50	M
230	Sean	Flynn	UN	82.51	MV40
231	Fred	Cox	Enfield Harriers	83.10	MV50
232	Kathleen	Begen	Bearbrook Joggers	83.12	FV35
233	Ian	Gauntlett	Watford Joggers	83.22	MV40
234	Roger	Sparkman	UN	83.26	MV50
235	Andy	Green	UN	83.29	MV40
236	Steven	Kenny	UN	83.30	M
237	Andrew	Conway	London Heathside	83.38	M
238	Chris	Tole	UN	83.41	M
239	Lena	Gazzani	Bearbrook Joggers	83.47	FV45
240	Susan	Short	UN	84.01	FV35
241	James	Taylor	Leighton Fun Runners	84.06	MV50
242	Paula	Blizard	Bedford & County AC	84.08	FV35
243	Andrew	Samuels	UN	84.09	M
244	John	Bent	UN	84.12	MV50
245	David	Crowley	Wycombe Phoenix	84.14	MV40
246	Alice	Banks	Marlow Striders	84.16	FV35
247	Hans-Marti	Jensen	UN	84.18	M
248	Pauline	Farrow	UN	84.20	F
249	Jill	Owen	Watford Harriers	84.30	FV35

250	Martin	Rogan	Metros	84.40	MV50
251	Jonathan	Philip	UN	84.45	M
252	Dave	Thomas	Burnham Joggers	84.51	MV40
253	Mark	Jaffe	UN	84.53	M
254	Kathie	Allen	UN	85.02	FV45
255	Richard	Bonfield	UN	85.09	M
256	Sandy	Ridgway	Bearbrook Joggers	85.10	FV35
257	Collette	Heffernan	UN	85.17	FV35
258	Liz	Kempster	Victoria Park Harriers	85.29	FV35
259	Rachel	Lee	Dacorum & Tring AC	85.30	F
260	Melvyn	Folkard	UN	85.31	MV40
261	Quentin	Keeling	St Albans Striders	85.32	MV50
262	Ray	Marum	UN	85.35	MV40
263	David	Cooper	Leighton Fun Runners	85.37	MV50
264	Jon	Moore	Headington RR	85.38	M
265	Richard	Miller	Dacorum & Tring AC	85.45	MV40
266	Simone	Kimberley	Barnet & District AC	85.55	FV35
267	Anthony	Doherty	Burnham Joggers	85.56	MV40
268	Kathy	Newsome	UN	85.58	FV35
269	Clive	Girling	Handy Cross	85.59	M
270	Roger	Smith	Wycombe Phoenix	86.00	MV50
271	Stephanie	Massey	UN	86.01	FV35
272	Margaret	Bradburn	St Albans Striders	86.02	FV45
273	Carole	Mooney	St Albans Striders	86.03	F
274	Andrew	Woodcraft	Redhill AC	86.09	MV50
275	John	Farman	North Herts RR	86.13	MV60
276	Andrew	Patchett	Thame Runners	86.16	MV50
277	Lynne	Weston	UN	86.34	FV35
278	Debbie	Wenman	UN	86.35	F
279	John	Marsh	Dunstable RR	86.37	M
280	Hilary	O'Shea	Abingdon Amblers	86.38	FV45
281	Andrew	Hastings	UN	86.41	M
282	Ann	Bowles	Marlow Striders	86.42	FV45
283	Pauline	Dable	Sphinx AC	86.47	FV45
284	Chris	Hale	RRC	86.50	MV40
285	Nicholas	Tarling	UN	86.57	M
286	Susan	Foot	North Herts RR	87.00	FV45
287	Mark	Pocock	UN	87.02	M
288	John	Rickman	Maidenhead AC	87.20	MV50
289	Linda	Huxley	Vale of Aylesbury	87.23	FV45
290	Steph	Lloyd	Bearbrook Joggers	87.28	FV35
291	Henry	Allen	UN	87.40	MV50
292	Tony	Napper	UN	87.42	MV40
293	David	Gardner	Dacorum & Tring AC	87.50	MV40
294	Graham	Leitch	UN	87.52	MV40
295	Heather	Fallaize	Vale of Aylesbury	87.54	FV35
296	Peter	Pharoah	UN	87.58	M
297	Diane	Aldridge	Marlow Striders	88.00	FV35
298	Peter	Johnson	UN	88.19	MV40
299	Martin	Hopcroft	UN	88.21	MV40
300	Timothy	Hollingswo	UN	88.30	M

301	Stephen	Gathercole	UN	88.37	MV50
302	David	Waites	St Albans Striders	88.42	MV50
303	Patrick	Longland	UN	88.51	M
304	Lesley	Pymm	Birchfield Harriers	88.59	FV45
305	Clive	Adams	UN	89.01	F
306	Linda	Selby	Harlow Running Club	89.05	FV45
307	Mike	Allen	Dunstable RR	89.09	M
308	Frank John	Harris	UN	89.23	M
309	Alan	Critch	UN	89.29	M
310	David	Holmes	Chiltern Harriers	89.54	MV40
311	Sue	Evans	Bearbrook Joggers	90.01	FV35
312	David	Howse	Alchester RC	90.07	MV50
313	Andrew	Hodge	UN	90.17	MV50
314	Brian	Heeler	Northern Veterans AC	90.21	MV60
315	Eugene	Weatherle	Dunstable RR	90.29	MV50
316	Mark	Hermsen	Handy Cross	90.31	M
317	Christophe	O'Gorman	UN	90.34	MV40
318	Michelle	Young	North Herts Road Run	90.56	F
319	Ronald	Bramley	UN	90.59	MV40
320	Claire	Marchand	MR Ballistic UK	91.00	F
321	Geoff	Pettengell	North Herts Road Run	91.02	MV50
322	Alan	Keith	Farnham Triathlon Clu	91.11	MV60
323	Barry	Hawkins	Bearbrook Joggers	91.21	MV50
324	Ian	Budd	UN	91.29	MV40
325	Elizabeth	Martin	Harlow Running Club	91.32	FV45
326	Neal	Parry	UN	91.36	MV40
327	Doug	Singer	Metros	91.39	MV60
328	Anthony	Stephenson	UN	91.44	MV40
329	Jane	Fruen	Marlow Striders	91.45	FV35
330	Paul	Longman	Chiltern Harriers	91.53	MV50
331	Olive	Patchett	Thame Runners	92.12	FV45
332	Carol	Plater	Thame Runners	92.19	FV35
333	Anita	Wickham	Bearbrook Joggers	92.21	FV45
334	Dina	Ollington	UN	92.22	FV35
335	Royle	Murphy	UN	92.23	MV40
336	Kevin	Fish	UN	92.28	MV40
337	Ian	Miller	UN	92.34	M
338	Nick	Rooker	UN	92.56	M
339	Mark	Harrison	UN	92.56	M
340	Richard	Whiting	Hertford & Ware AC	93.15	MV40
341	Richard	Bailey	Watford Joggers	93.16	MV50
342	Valerie	Bruce	Bearbrook Joggers	93.17	FV45
343	David	Vine	UN	93.35	M
344	Lawrance	Proctor	Stopsley Striders	93.38	MV40
345	Jane	Balding	UN	94.01	F
346	Robert	Balding	FRA	94.02	MV50
347	David	Kent	UN	94.04	MV40
348	Christine	Sharp	North Herts Road Run	94.08	FV35
349	Sarah	Mumford	St Albans Striders	94.11	FV35
350	Jamie	Bruce	UN	94.14	MV40
351	John	Holland	Metros	94.18	MV50

352	Gillian	Cross	Bicester Athletic Club	94.25	F
353	Alan	Bore	Harlow Running Club	94.26	MV50
354	Eliose	Edmondso	RAF High Wycombe	94.37	F
355	Alice	Margetts	UN	94.50	F
356	Val	Holland	Bearbrook Joggers	94.51	FV45
357	John	Sargent	UN	94.52	MV40
358	Lindsay	Deakin	North Herts Road Run	94.59	F
359	Ash	Mussai	Marlow Striders	95.01	MV50
360	Bill	Clare	Vegetarian Cycling &	95.16	MV60
361	Geraldine	Dunnings	Dacorum & Tring AC	95.18	FV35
362	Deborah	Ridout	Handy Cross	95.23	FV35
363	Jane	Williams	Harlow Running Club	95.36	FV35
364	Andrew	Johnson	Alchester RC	95.46	MV50
365	Chrisopher	Burgon	Watford Joggers	96.01	MV50
366	Liz	Davey	Handy Cross	96.11	FV35
367	Shaun	Bryant	Handy Cross	96.12	M
368	Catherine	Dunlea	Harlow Running Club	96.16	FV45
369	Martin	Hayden	UN	96.19	MV40
370	Rachel	Beynon	Neath Harriers	96.34	F
371	Kevin	Ward	UN	96.44	MV50
372	Janet	Connolly	Thames Valley Police	96.48	FV35
373	Dominique	Masson	UN	96.50	FV35
374	John	Cosby	Bearbrook Joggers	97.02	MV40
375	Michael	Davies	UN	97.05	MV40
376	Daniel	Day	UN	97.15	M
377	Francis	Josephs	Headington RR	97.30	MV50
378	Martyn	Mear	UN	97.49	M
379	Richard	Barnes	UN	97.51	M
380	Andy	Leach	Trail Running Club	98.02	M
381	Maria	Breslin	UN	98.21	FV45
382	Penelope	Herbert	UN	98.51	F
383	Diane	Kynaston	Bearbrook Joggers	98.54	FV35
384	Jeanne	Crabtree	Bearbrook Joggers	98.55	FV45
385	Mandy	De'Ath	UN	99.03	F
386	Meena	Jeffreys	UN	99.04	FV45
387	Ian	Barnes	Gade Valley Harriers	99.38	MV50
388	Marion	Rogan	Metros	99.43	FV45
389	Seymour	Izzard	Watford Harriers	100.06	MV60
390	Beryl	Sillitoe	Leighton Fun Runners	100.08	FV45
391	Paul	Munford	UN	100.25	M
392	Adam	Abbas	UN	100.27	M
393	Elaine	Heeler	Northern Veterans AC	100.28	FV35
394	Sandra	Thomson	UN	100.39	FV45
395	Brian	Cornwell	Bedford Harriers	100.40	MV60
396	Daniel	Hill	UN	100.58	M
397	Heidi	Folkard	UN	100.59	F
398	Jonathon	Sharrock	UN	101.11	M
399	WA	Heron	UN	101.14	M
400	Kate	Cooper-W	Harpers RC (UN)	101.15	FV35
401	Stanley	Simkus	Dunstable RR	101.17	MV50
402	David	Nelson	UN	101.45	MV50

403	Tommy	Raafat	UN	101.47	MV50
404	Freda	Potgieter	North Herts RR	101.53	FV35
405	Jeanette	Cheetham	Bedford Harriers	101.59	FV35
406	Jacinta	Horne	Bedford Harriers	102.00	FV35
407	Lesley	Yearley	Bearbrook Joggers	102.17	FV35
408	Katy	Jackson	UN	102.19	FV35
409	Mike	Hardy	UN	102.21	MV40
410	Deirdre	Burnsnall	Burnham Joggers	102.45	FV45
411	Alan	O'Neill	UN	102.54	MV50
412	Helen	O'Neill	UN	102.55	F
413	John	Napper	Trail Running Club	103.08	M
414	Catherine	Crawley	BP Lunch Runners	104.25	FV35
415	Pamela	Irvine	Bearbrook Joggers	104.28	FV45
416	Robert	Dixon	UN	104.32	MV40
417	Lisa	Bonfield	UN	105.23	F
418	Rupert	Lawrence	UN	105.24	M
419	Angela	Cosby	Bearbrook Joggers	106.01	FV35
420	Wendy	Stevens	Harlow Running Club	106.05	FV45
421	Karen	Kear	UN	106.18	FV35
422	Sally	Connelly	UN	106.19	FV45
423	Ralph	Whitlock	St Albans Striders	107.05	MV50
424	Madeleine	Bland	Bearbrook Joggers	107.26	FV45
425	Ann	Marsden	Metros	107.35	FV45
426	Marilyn	Pickford	Metros	107.36	FV45
427	Jeremy	Pontin	UN	108.20	M
428	Paul	Sabini	UN	108.21	MV40
429	Pene	French	UN	109.07	FV35
430	Suchard	Panakitsu	UN	109.09	MV50
431	Paul	Kemp	UN	109.52	MV40
432	Rich	Peters	UN	112.40	M
433	Sara	Hirst	UN	112.41	F
434	Helen	Dunham	Leighton Fun Runners	113.30	F
435	Miriam	Richie	Leighton Fun Runners	113.31	F
436	Jennie	Vine	UN	113.55	FV45
437	Caroline H	Morgan	Bedford Harriers	113.57	F
438	Michael	Murphy	UN	114.21	MV60
439	Janice	Bentley-P	Brentwood	114.22	FV35
440	Peter	Newstead	Leighton Fun Runners	114.56	MV50
441	Elizabeth	Newman	Metros	115.27	FV35
442	Roger	Saunders	UN	115.59	MV50
443	Diana Luc	Sabini	UN	119.25	FV45
444	Maria	Miller	Metros	120.44	FV45
445	Jill	Girling	Metros	125.01	FV45
446	Allana	Clare	Vegetarian Cycling & AC	132.20	FV45