

Result	Number	Name	Gender	Age	Club	Age Category	mins	seconds	Prize
1	141	DOUGLAS COLEMAN	M	37	DACORUM AC	S	28	19	S1
2	112	JAMES PALMER	M	18	CHILTERN HARRIERS	U23	28	45	S2
3	180	THOMAS GRIMES	M	42	EAST LONDON RUNNERS	V40	29	29	S3
4	196	SEAN COLLUM	M	38	DACORUM AC	S	29	29	
5	145	RHYS ROWLANDS	M	23	DACORUM AC	S	29	59	
6	164	MARK BANES	M	36	VALE OF AYLESBURY ATHLETICS CLUB	S	30	6	
7	120	TOM HEDGES	M	33	N/A	S	30	31	
8	211	JAMES FERGSON	M	32	N/A	S	30	42	
9	111	STEPHEN WILKES	M	50	BISHOPS STORTFORD RC	V50	30	46	V50M
10	190	MARK PATRICK KENNEBY	M	46	ST ALBANS STRIDERS	V40	30	50	V40M
11	178	SAM DEAR	M	36	LEIGHTON BUZZARD ATHLETICS CLUB	S	30	51	
12	128	ALISTAIR PALMER	M	32	WARGRAVE RUNNERS	S	31	6	
13	186	MARK HEAD	M	41	TRING RC	V40	31	10	
14	214	MARTIN KJOLLESDAL-CREASEY	M	28	N/A	S	31	19	
15	177	CRAIG FINESLALLIN	M	48	BEARBROOK	V40	32	6	
16	166	CHARLIE MAY	M	34	VALE OF AYLESBURY ATHLETICS CLUB	S	32	14	
17	204	PAUL GRIFFITHS	M	29	LEIGHTON BUZZARD ATHLETICS CLUB	S	32	23	
18	151	ROGER CLARKE	M	33	TRING RC	S	32	24	
19	118	ADAM BROOKS	M	35	CORBYS AC	S	32	28	
20	127	CHRISTAIN POULTON	M	56	CAMBRIDGE HARRIERS	V50	32	36	
21	222	JAMES QUINN	M	50	READING AC	V50	32	48	
22	173	BECKY RAFTERY	F	37	TRING RC	S	32	50	F1
23	172	GREG PEARCE	M	31	LEIGHTON BUZZARD ATHLETICS CLUB	S	32	53	
24	132	CARL DALKIN	M	47	N/A	V40	33	15	
25	185	SAM PEARLE	M	34	DORKING & MOLE VALLEY AC	S	33	30	
26	197	MICHAEL FURNESS	M	30	LEIGHTON BUZZARD ATHLETICS CLUB	S	33	42	
27	150	DERMOT MARTIN	M	45	BEARBROOK	V40	33	44	
28	188	JESS GRAY	F	40	DACORUM AC	V40	33	47	F2
29	209	KEITH RICHARD AXELL	M	40	WELLHEAD OLD BOYS	V40	33	51	
30	119	PAUL JEGGO	M	61	SPRINGFIELD STRIDERS	V60	34	17	V60M
31	146	JONO MARVAL	M	49	GADE VALLEY HARRIERS	V40	34	18	
32	208	CHRIS PETERS	M	35	RUNAWAY RACING	S	34	21	
33	206	ROBIN BARRETT	M	37	VALE OF AYLESBURY ATHLETICS CLUB	S	34	48	
34	210	ALISTAIR FINN	M	37	BEARBROOK	S	34	52	
35	161	DAVID HARRIS	M	48	N/A	V40	34	54	

Result	Number	Name	Gender	Age	Club	Age Category	mins	seconds	Prize
36	189	THEA GRAY	F	14	DACORUM AC	U16	34	55	F3
37	113	GRAHAM SMITH	M	50	ST ALBANS STRIDERS	V50	34	58	
38	201	RUTH MITCHELL	F	32	LEIGHTON BUZZARD ATHLETICS CLUB	S	35	4	
39	171	JASON CUDDY	M	40	N/A	V40	35	7	
40	123	GRHAM MAYNARD	M	59	CAMBRIDGE HARRIERS	V50	35	28	
41	225	JOSEPH BROWN	M	37	TRING RC	S	35	35	
42	183	STEWART CAMPBELL	M	54	N/A	V50	35	44	
43	148	MATT STYRKA	M	42	LEIGHTON BUZZARD ATHLETICS CLUB	V40	35	46	
44	200	TIM BROWN	M	49	BEARBROOK	V40	35	46	
45	163	SEAN ROONEY	M	53	BURNHAM JOGGERS	V50	36	1	
46	174	DAVID SMITH	M	57	HILLINGDON AC	V50	36	6	
47	115	KATHERINE REED	F	24	WELLHEAD OLD BOYS	S	36	17	
48	162	PETE WALKER	M	55	BURNHAM JOGGERS	V50	36	22	
49	179	JOHANNA SHARPRES	F	30	LEIGHTON BUZZARD ATHLETICS CLUB	S	36	35	
50	187	JIM BUTTLEMAN	M	58	LEIGHTON FUN RUNNERS	V50	36	41	
51	104	PAUL BAYLEY	M	44	TRING RC	V40	36	42	
52	121	IMANOL PEREZ ARRIBAS	M	28	N/A	S	36	47	
53	130	ADRIAN HEYWOOD	M	45	WATFORD JOGGERS	V40	37	9	
54	213	SALOME MAYBANKS	F	43	BEESTON AC	V40	37	11	V40F
55	101	KHAALID BASHIR	M	29	N/A	S	37	24	
56	129	KATE DUNSCOMBE	F	35	WATFORD JOGGERS	S	37	33	
57	139	NATHAN STEINER	M	31	LANE END RUNNERS	S	37	34	
58	109	JIM EMMINES	M	52	N/A	V50	38	8	
59	212	CLIVE COHEN	M	65	TRING RC	V60	38	35	
60	202	AMY FARNSHIELD	F	36	LEIGHTON BUZZARD ATHLETICS CLUB	S	38	40	
61	203	LEE MANSFIELD	M	52	GARDEN CITY RUNNERS	V50	38	46	
62	152	JAMES DALTON	M	46	N/A	V40	38	53	
63	140	HANNAH MARTIN	F	30	N/A	S	38	53	
64	124	CLEM DIXON	M	61	CAMBRIDGE HARRIERS	V60	39	10	
65	165	MARTIN FEE	M	35	N/A	S	39	11	
66	157	COLIN TAYLOR	M	63	WATFORD JOGGERS	V60	40	22	
67	170	RICHARD POPIEL	M	60	SILSON AC	V60	40	29	
68	216	THOMAS O'HARE	M	35	N/A	S	40	31	
69	143	ANDREW HEALE	M	56	LEIGHTON FUN RUNNERS	V50	40	40	
70	175	ALF BATCHELOR	M	52	LONELY GOAT RC	V50	40	46	
71	167	STEVE OWEN	M	51	WATFORD JOGGERS	V50	40	50	

Result	Number	Name	Gender	Age	Club	Age Category	mins	seconds	Prize
72	217	MATT FROST	M	50	N/A	V50	41	13	
73	147	MICHAEL ILLING	M	65	N/A	V60	41	18	
74	221	LAURENCE SMITH-DIXON	M	33	TRING RC	S	41	22	
75	223	MARTIN OBORUE	M	25	LEIGHTON FUN RUNNERS	S	41	23	
76	168	ALAN ROBERTS	M	58	VALE OF AYLESBURY ATHLETICS CLUB	V50	41	37	
77	136	RUTH DUNKIN	F	48	BEARBROOK	V40	41	56	
78	110	DAVID MORGAN	M	48	N/A	V40	42	32	
79	144	EMILY HEALE	F	20	N/A	U23	42	36	U23F
80	224	RICHARD BADDON	M	57	TRING RC	V50	42	42	
81	138	MARTIN KING	M	53	N/A	V50	42	44	
82	114	RORY REED	M	63	WELLHEAD OLD BOYS	V60	42	46	
83	169	RACHEL ANNE FORGHAM	F	59	N/A	V50	42	49	V50F
84	205	TESSA GRIFFITHS	F	29	N/A	S	43	1	
85	125	JOHN ROBERT GEORGE HIGHMORE	M	49	N/A	V40	43	3	
86	181	ZOE DOBBS	F	52	HILLINGDON AC	V50	43	31	
87	107	ALASTAIR MOIR	M	61	N/A	V60	43	31	
88	218	DREW CLARE	M	46	N/A	V40	43	32	
89	220	THOMAS FROST	M	21	N/A	U23	43	45	U23M
90	153	PHILIP PUGH	M	65	DACORUM AC	V60	43	57	
91	122	CHARLES TODD	M	68	N/A	V60	44	35	
92	226	MARTIN MCHE	M	35	N/A	S	44	35	
93	126	COLIN DAVID WILLIAMS	M	58	WATFORD JOGGERS	V50	45	12	
94	215	MATTHEW DAVID WILLIAMS	M	57	N/A	V50	45	20	
95	219	JONATHAN RUDHE	M	47	WELLHEAD OLD BOYS	V40	46	0	
96	198	PAUL LANDYMORE	M	55	N/A	V50	46	14	
97	149	DEBORAH MARTIN	F	43	BEARBROOK	V40	46	21	
98	137	JASON LAMBERT	M	51	BEARBROOK	V50	46	37	
99	154	JAMES MATTHEW ECCLES	M	58	N/A	V50	46	51	
100	155	MATTHEW JONES	M	54	N/A	V50	46	54	
101	182	WAYNE WALKER	M	46	LEIGHTON FUN RUNNERS	V40	46	59	
102	207	CHARLOTTE REYNOLDS	F	56	WELCOME 2 RUNNING	V50	47	39	
103	193	EMMA LUMB	F	50	N/A	V50	48	27	
104	158	KEITH TAYLOR	M	60	WATFORD JOGGERS	V60	49	30	
105	199	SHEILA LANDYMORE	F	53	N/A	V50	49	40	
106	135	GEORGE FIRTH	M	17	N/A	U18	49	42	U18M
107	194	KATE PACKHAM-SMITH	F	46	N/A	V40	49	58	

Result	Number	Name	Gender	Age	Club	Age Category	mins	seconds	Prize
108	192	ALISTAIR LUMB	M	49	N/A	V40	50	42	
109	159	REECE FRYER	M	55	BEARBROOK	V50	51	28	
110	108	NEVILLE BIRD	M	71	N/A	V70	51	47	V70M
111	195	NEIL LANDYMORE	M	57	N/A	V50	52	14	
112	105	STEVE OVERBURY	M	55	MAIDENHEAD AC	V50	52	27	
113	102	HAROUN AZEEZ	M	30	N/A	S	53	11	
114	117	PETER FRED LEACH	M	75	HARBOROUGH AC	V70	53	14	
115	160	HELEN LOW	F	58	N/A	V50	53	44	
116	133	MICHAEL BROOKE	M	71	FRA	V70	54	54	
117	116	LIN FARROW	F	67	NUNEATON HARRIERS	V60	55	49	V60F
118	184	JULIA BERRY	F	40	N/A	V40	56	23	
119	227	JULIA DOWNES	F	44	N/A	V40	57	18	
120	106	MARIKA KARAVAN	F	57	MAIDENHEAD AC	V50	57	22	
121	134	LOUISE RANLINGS	F	53	MAIDENHEAD AC	V50	57	22	
122	142	CHARLIE EDWARDS	M	24	HILLINGDON AC	S	57	32	
123	103	KHALIL MHIRI	M	25	N/A	S	59	28	
124	131	E MOGFORD	M	64	WELLHEAD OLD BOYS	V60	60	7	
125	156	LESLEY PYMM	F	69	BOURNVILLE HARRIERS	V60	73	10	
126	191	ANDREW STEHIEN WHITTLE	M	49	N/A	V40	82	41	