

## Ridgeway Run - Sunday 11th October 2015

### Ridgeway Run

#### Final Results

Position	Time	Name	Category	Club	Number
1	0:52:40	Fabian Downs	M	Chiltern Harriers AC	552
2	0:55:20	James Buis	M	Border Harriers	412
3	0:56:22	Thomas Grimes	M	East London Runners	557
4	0:56:39	Mark Crabtree	M	Gade Valley Harriers	98
5	0:57:12	Neil Chisholm	MV40	Thames Hare & Hounds	363
6	0:57:50	Gareth Leighton	M	Horsham Joggers	581
7	0:58:04	Peter Woodward	M	Forest of Dean AC	558
8	0:58:16	James Silvey	MV40		667
9	0:58:55	William Jones	M	Imperial College XC AC	446
10	0:58:58	Steven Upton	MV40	Amphill & Flitwick Flyers	548
11	0:59:28	Andrew Reeves	MV40	Serpentine RC	522
12	1:00:22	Richard Watkinson	MV40		231
13	1:00:48	Matthew Watt	M	Gade Valley Harriers	112
14	1:01:20	Kirk Clifford	MV60		67
15	1:01:24	John Lawler	M	Gade Valley Harriers	80
16	1:01:30	Tim Hogbin	MV40		290
17	1:01:32	Owen Byrne	MV50	Bearbrook RC	459
18	1:01:48	Paul Chamberlain	MV40		608
19	1:02:00	Anthony James	M	Gade Valley Harriers	286
20	1:02:18	Matthew Farmer	M		107
21	1:02:40	Steve Norris	M	Watford Joggers	657
22	1:02:55	Kate Rennie	FV35	Dacorum and Tring AC	291
23	1:02:56	Edward Price	MV40	Gade Valley Harriers	108
24	1:03:01	Stephen Rolfe	MV50	Norfolk Gazelles AC	118
25	1:03:39	Guy Woollett	MV40	Gade Valley Harriers	156
26	1:03:44	Wendy Webster	FV35	St Albans Striders	2
27	1:03:52	Damien Cesbron	MV40	Shenley Striders	142
28	1:04:00	James Leonard-Morgan	M		664
29	1:04:03	Steve Harrison	MV40	Leighton Fun Runners	170
30	1:04:08	Lee Murphy	M	Dunstable Road Runners	556
31	1:04:09	Graham Foster	MV50	St Albans Striders	631
32	1:04:12	Colin Braybrook	MV50	St Albans Striders	534
33	1:04:17	Andrew Kirschner	M	Shenley Striders	490
34	1:04:20	John M Murphy	MV40	Dunstable Road Runners	676
35	1:04:24	Kelly Barnett	F	Wellingborough & District AC	500
36	1:04:58	Guy Dauncey	MV40		136
37	1:05:05	Charles Henderson	MV40	Watford Joggers	188
38	1:05:11	Douglas Hobson	M	St Albans Striders	511
39	1:05:22	Shaun O'Gorman	MV40	Alchester RC	670
40	1:05:37	Colin Merritt	MV50		627
41	1:05:44	Nerys Jones	F	Taf Running & Orienteering	533

42	1:06:10	Jeff Ward	MV40	Team Milton Keynes	523
43	1:06:21	Jenny Copnall John	FV35		104
44	1:06:40	Jonathan Haynes	MV60	Bishop's Stortford RC	442
45	1:06:47	Simon Green	MV50		60
46	1:07:07	John O'Grady	MV40		235
47	1:07:14	Daniel Green	MV40	Leighton Fun Runners	27
48	1:07:27	Jim Buttleman	MV50	Leighton Fun Runners	248
49	1:07:47	Charles Pugh	MV40	Handy Cross Runners	354
50	1:07:52	Oliver Last	MV40	Bishop's Stortford RC	491
51	1:07:58	Vincente Bayliss	M	Alchester RC	506
52	1:08:00	James Clancy	MV40		598
53	1:08:08	Sarah Pemberton	F	Serpentine RC	521
54	1:08:16	Thomas North	MV40	Gade Valley Harriers	658
55	1:08:26	Anthony Cassidy	MV40	Sa Milana Alaro	458
56	1:08:36	Ania Gabb	F	Dacorum and Tring AC	569
57	1:08:57	Roland Kemp	M		597
58	1:08:58	Wendy Walsh	FV45	St Albans Striders	254
59	1:08:59	Helen Livingstone	F		510
60	1:08:59	Rob Ray	MV50		214
61	1:09:04	Stuart Fogarty	MV50		424
62	1:09:11	Anthony Low	MV50	MudCrew	437
63	1:09:21	Michael Cloy	M		86
64	1:09:31	Robert Fletcher	MV40		370
65	1:09:32	Steve Shaw	MV50	Dacorum and Tring AC	639
66	1:09:38	Vince Slade	M	Gade Valley Harriers	78
67	1:09:39	Daniel Clarke	MV40		139
68	1:09:40	Matthew Hilton	M	Army AA	665
69	1:09:46	Steven Oglesby	MV40	On The Run	292
70	1:09:52	Dermot Martin	M	Bearbrook RC	50
71	1:09:53	Nicholas Crowther	M	Gade Valley Harriers	203
72	1:09:54	Darren Roberts	MV40		668
73	1:09:56	Eleanor Johnstone	F	Imperial College XC AC	447
74	1:09:56	Simon Cook	MV40		300
75	1:10:10	Gemma Bitaraf	F	Gade Valley Harriers	288
76	1:10:14	Michael Birch	M	Gade Valley Harriers	79
77	1:10:14	Grant Whitaker	MV50	Chiltern Harriers AC	153
78	1:10:16	Claire Shelley	FV35		551
79	1:10:17	Alf Heggbrenna	M	Ealing Eagles RC	535
80	1:10:29	Paolo Santamaria	M		284
81	1:10:29	Vince Phillips	MV40		261
82	1:10:34	Mark Cornell	MV50	Dunstable Road Runners	530
83	1:10:43	David Green	MV60	Bracknell Forest Runners	279
84	1:10:46	Adrian Harwood	MV40	Watford Harriers AC	595
85	1:10:59	Dominic Worsley	MV40		515
86	1:11:00	Chris Tyson	M		674
87	1:11:01	Simon Stannard	M	Ealing Eagles RC	448
88	1:11:04	Stephen Newing	M	Gade Valley Harriers	399
89	1:11:09	John Oliver	MV60	Abingdon AC	422
90	1:11:18	Richard Barcock	MV40	Bearbrook RC	215
91	1:11:22	Kit-Yi Greene	FV35		611
92	1:11:53	Niamh Dempsey	F	Dacorum and Tring AC	652

93	1:12:00	Rachel Dench	F		475
94	1:12:11	Ian Mawdesley	M	Metropolitan Police AC	526
95	1:12:14	Harvey Bennett	MV40		289
96	1:12:20	Laura Sharma	F	Gade Valley Harriers	285
97	1:12:22	Jason Rabinowitz	MV40		677
98	1:12:24	Richard Stanley	MV50	Amphill & Flitwick Flyers	267
99	1:12:27	Andy Cook	MV50	Gade Valley Harriers	415
100	1:12:29	Michelle Morris	F	Amphill & Flitwick Flyers	549
101	1:12:34	Ian Taylor	MV40		572
102	1:12:46	David Burgess	M		191
103	1:12:49	Jennifer Watt	FV45	Ealing Eagles RC	452
104	1:12:53	John O'Keeffe	M		393
105	1:12:54	Kate Pickard	FV35	Watford Joggers	220
106	1:12:57	Laura Gush	F	CLC Striders	650
107	1:12:59	Cahal McConville	MV40	Dunstable Road Runners	307
108	1:13:00	Neil Robinson	M		593
109	1:13:01	Benjamin Gerstein	M		304
110	1:13:17	Derek Walker	MV50	Watford Harriers AC	538
111	1:13:22	Gary Sparkes	MV50	Bearbrook RC	584
112	1:13:24	Ben Cale	M	Ealing Eagles RC	587
113	1:13:25	David Whatton	MV50	Northampton Road Runners	241
114	1:13:27	Kelvin Smith	MV60	Marshall Milton Keynes AC	489
115	1:13:33	Marcelo Bustamante	FV35		669
116	1:13:42	Leslie Hill	MV50	Norfolk Gazelles AC	250
117	1:13:48	Ian Mulry	MV40	Leighton Fun Runners	155
118	1:13:52	Rob White	MV40	Olney Runners	342
119	1:13:58	Anthony Willcox	M	Gade Valley Harriers	596
120	1:13:59	Kate Loach	FV45	Chiltern Harriers AC	47
121	1:14:01	Robert Bowler	MV50	London Heathside	31
122	1:14:10	David Coker	MV50	Amphill & Flitwick Flyers	346
123	1:14:13	Mark Waterhouse	MV50		306
124	1:14:20	Claire McDonnell	FV45	Gade Valley Harriers	84
125	1:14:22	George Sibley	MV50		323
126	1:14:39	Philip Bacon	MV40		478
127	1:14:39	Anthony Stephenson	MV60		508
128	1:14:39	Matthew Johnson	M		41
129	1:14:53	Dan Forster	MV40		484
130	1:14:55	Nikki Crawley	F		571
131	1:14:59	Chris Leake	MV50		567
132	1:15:04	Richard Jackson	MV40		161
133	1:15:10	Michael Kelly	MV40		274
134	1:15:15	Pete Thompson	MV50	Norfolk Gazelles AC	119
135	1:15:23	Sandra Buckton	FV45	London Heathside	541
136	1:15:28	Tim Dutfield	MV50	Chiltern Harriers AC	353
137	1:15:30	Stephen Ellerton	M	Leighton Fun Runners	328
138	1:15:35	Stuart Wilkinson	M		226
139	1:15:40	John Preston	MV40	Leighton Fun Runners	337
140	1:15:42	Harriet Hill	FV35		471
141	1:15:43	Bill Davies	MV40		390
142	1:15:47	Daniel Kendall	M		212
143	1:15:47	Andy Sealey	M		455

144	1:15:47	Nathaniel Spurling	MV40		445
145	1:15:51	Peter Winfield	MV50		222
146	1:15:52	Sharon Kassemzadeh	FV55		357
147	1:15:58	Sarah Hill-Browne	FV35		661
148	1:16:06	John Nichol	MV40	Bishop's Stortford RC	356
149	1:16:13	Doug Hook	MV50		22
150	1:16:14	Marc Pearce	M		365
151	1:16:19	Jesper Lycke	MV40	London Heathside	405
152	1:16:20	Ciara Williams	F	Hillingdon AC	435
153	1:16:24	Mike Jackson	MV40	Dunstable Road Runners	654
154	1:16:27	Chris Herbert	MV50		330
155	1:16:33	Andrew Walker	MV40		146
156	1:16:37	Bernie Horabin	FV45		295
157	1:16:46	Mark Nicholls	MV40	Northampton Road Runners	375
158	1:16:51	Simon Grantham	MV50		575
159	1:16:58	Craig Sweet	MV40		663
160	1:16:58	Lee Sharp	M		547
161	1:17:03	Scott Grange	MV40		349
162	1:17:08	Oliver Osborne	M		563
163	1:17:08	Claire Wilkins	FV35		635
164	1:17:11	Jessica Grantham	F		457
165	1:17:14	Lynn Boddy	FV35	Leighton Buzzard AC	443
166	1:17:18	Paul Browne	M		662
167	1:17:18	Keith Moreman	MV60	Daventry Road Runners	461
168	1:17:24	David Demmery	MV50		115
169	1:17:24	James Cooper	M		387
170	1:17:28	Rob Owen	MV50		301
171	1:17:37	Patrick Jackson	M		501
172	1:17:38	Tamsyn Clark	FV35	St Albans Striders	586
173	1:17:38	Charlotte Osterman	F		198
174	1:17:39	Irene MacKenzie	FV35		634
175	1:17:56	Paul Chipperfield	MV40	Alchester RC	195
176	1:17:57	George Joseph	MV50		276
177	1:17:59	Sally King	FV35		3
178	1:18:00	Tim Symington	MV50		280
179	1:18:09	Tony Nolan	MV40	Bearbrook RC	43
180	1:18:10	Steve Austin	MV50	Shenley Striders	144
181	1:18:13	Mark Billington	MV50	Amphill & Flitwick Flyers	111
182	1:18:13	Paul Silverman	MV40	London Heathside	74
183	1:18:14	Catherine Pyefinch	FV45	Bearbrook RC	520
184	1:18:23	Dave Wise	MV40	Gade Valley Harriers	82
185	1:18:24	Mike Duff	MV40	Ealing Eagles RC	480
186	1:18:29	Keri Withers	FV45	Amphill & Flitwick Flyers	268
187	1:18:37	Deborah Hindmarch	FV55	Marshall Milton Keynes AC	433
188	1:18:42	Stuart Dean	MV40		329
189	1:18:44	Richard Osborne	MV40		562
190	1:18:48	Richard Hole	MV50	Garden City Runners	423
191	1:18:48	Trudy Stokes	FV35	Shenley Striders	145
192	1:18:51	Tracy Aldridge-Jones	FV35	Gade Valley Harriers	592
193	1:18:54	David Findel-Hawkins	MV60	Marshall Milton Keynes AC	232
194	1:18:55	Richard Burrige	M		186

195	1:19:00	Elizabeth Walls	FV55	St Albans Striders	199
196	1:19:03	Jonathan Darvell	M		348
197	1:19:05	Caroline White	FV55	London Heathside	138
198	1:19:06	Warwick Riley	MV50		529
199	1:19:10	John Sharp	MV40		157
200	1:19:13	Roger Taylor	MV40	Northampton Road Runners	230
201	1:19:16	Andrew Lawson	MV40		539
202	1:19:17	Philip Pugh	MV50		260
203	1:19:20	Patricia Keene	FV55	Burnham Joggers	407
204	1:19:20	Terry Hedge	MV50	Watford Harriers AC	132
205	1:19:21	Min Zhu	MV40		636
206	1:19:27	Olivia Underhill	F	Alchester RC	505
207	1:19:44	Deirdre Heydecker	FV55	St Albans Striders	65
208	1:19:45	Richard Friend	MV40		201
209	1:19:51	Darren Pierce	MV40		185
210	1:19:53	Simon Heap	MV50		453
211	1:19:56	James Hemlin	MV40		525
212	1:19:58	Adrian Sherriff	MV50	Bishop's Stortford RC	332
213	1:20:00	Dave Gray	MV40		427
214	1:20:04	Morris Lane	MV60		464
215	1:20:05	Darren Byfield	MV40	Northampton Road Runners	660
216	1:20:10	Tom Robinson	MV40		486
217	1:20:10	Andrew Terry	M	Gade Valley Harriers	219
218	1:20:10	Fraser Chapman	MV40		638
219	1:20:15	Tony Barrows	MV60	Bearbrook RC	216
220	1:20:18	Clare Buis	FV35		413
221	1:20:19	Jeremy Godfrey	M		659
222	1:20:28	Jools Jackson	MV50	Bearbrook RC	476
223	1:20:31	Jonathan Clarke	M	Chiltern Harriers AC	616
224	1:20:34	Christina Lawrence	F	Dunstable Road Runners	656
225	1:20:35	James Thomson	M	Gade Valley Harriers	83
226	1:20:35	Chris Fairthorne	M		369
227	1:20:50	Daniel Toms	MV40		623
228	1:20:57	Samantha Sullivan	FV35	Dacorum and Tring AC	591
229	1:20:59	Janet Readitt	FV45	Ware Joggers	554
230	1:21:04	Will Sheppard	MV40		579
231	1:21:06	Chris Tole	MV40		305
232	1:21:10	Tim Anderson	M		632
233	1:21:15	Tony Reeve	MV50		9
234	1:21:15	Deon Percival	M	Gade Valley Harriers	204
235	1:21:17	John Hope	MV60	St Albans Striders	240
236	1:21:17	Tosh Thomas	MV50		168
237	1:21:22	Les Thurston	MV60	Bishop's Stortford RC	333
238	1:21:24	Paul Campbell	MV50	Bracknell Forest Runners	164
239	1:21:24	Simon Zacharzewski	M		271
240	1:21:25	Alison MacMaster	FV35		147
241	1:21:27	Ruth Eykelbosch	FV45	Dacorum and Tring AC	454
242	1:21:29	Shirley Ball	FV55	Bishop's Stortford RC	494
243	1:21:30	Julia Fonnereau	FV45	Bishop's Stortford RC	622
244	1:21:30	Darren Grint	MV40		270
245	1:21:34	Rob Potton	MV40	Gade Valley Harriers	93

246	1:21:40	David Adams	MV60		262
247	1:21:57	Nicholas Forster	MV40	Bearbrook RC	15
248	1:21:59	Tim Brandwood	MV40		99
249	1:22:06	Jeff Cohen	MV60	Bracknell Forest Runners	166
250	1:22:09	Simone Payne	F		245
251	1:22:16	George Tuckwell	MV40		600
252	1:22:20	Emma Carter	FV35		618
253	1:22:23	Bryn Thomas	M	Dunstable Road Runners	309
254	1:22:23	Judy Marchant	FV55	Eton Manor AC	672
255	1:22:32	Edward Barnes	M		620
256	1:22:33	Steve Phillpot	MV50	Ampthill & Flitwick Flyers	202
257	1:22:36	Stephen Broom	M		599
258	1:22:45	Victoria Crawley Wise	FV35	Gade Valley Harriers	44
259	1:22:48	Rich Peters	MV40	Gade Valley Harriers	105
260	1:22:54	Richard Dunwoody	MV50		651
261	1:23:07	Ryan Spencer	MV40		474
262	1:23:12	Seth Batterby	M		467
263	1:23:13	Sarah Jackson	FV45		162
264	1:23:15	Stephen King	M		299
265	1:23:16	Ray Skinner	MV50		165
266	1:23:19	Sam Gerstein	M		298
267	1:23:22	Martin Dyson	MV40	Daventry Road Runners	504
268	1:23:22	Derek Wood	M	Fairlands Valley Spartans	615
269	1:23:32	John Brophy	MV60	Dunstable Road Runners	577
270	1:23:33	Amber Chatt	FV35	Redway Runners	89
271	1:23:34	Michael Reibschaid	MV40	St Albans Striders	71
272	1:23:51	Claire Sharp	FV45	St Albans Striders	10
273	1:23:55	James Priestley	MV50		314
274	1:23:59	Sam Lewis	M	Dunstable Road Runners	536
275	1:24:00	Charles Allen	MV50	Datchet Dashers	344
276	1:24:00	Dan Phillips	MV40		367
277	1:24:06	Juliet Smith	FV45	Bedford Harriers AC	570
278	1:24:07	Matt Plose	MV40		173
279	1:24:10	Ashleigh Taylor	F		213
280	1:24:11	Emma Mist	F	Shenley Striders	544
281	1:24:17	Richard Hutton	MV40	Gade Valley Harriers	81
282	1:24:18	Lewis Smith	M		196
283	1:24:18	Jo Evans	FV45		496
284	1:24:23	Lorraine Hurford	FV35	Tring RC	269
285	1:24:24	John Ingram	MV50		42
286	1:24:28	David Reynolds	MV40		553
287	1:24:33	Lloyd Clark	MV40		303
288	1:24:38	David Basham	MV70	Alchester RC	542
289	1:24:39	Bob Gould	MV70	London Heathside	675
290	1:24:54	Blazej Ziembaczewski	M	Tring RC	293
291	1:24:56	Patrick Symington	MV50	Basingstoke & Mid Hants AC	334
292	1:24:57	Stephen Brooks	MV50		103
293	1:24:58	Adam Woolmer	M		350
294	1:25:00	Jocelyn Granger	FV45	Northampton Road Runners	228
295	1:25:07	Gayle Willington	FV35	eRacers	589
296	1:25:08	Greg Simmonds	M		382

297	1:25:09	Suzie Hall	FV45	Redway Runners	373
298	1:25:10	Alison Allen	FV55	Burnham Joggers	345
299	1:25:15	Laura Whittingham-Jones	FV35		517
300	1:25:15	Laura Astley	FV45	St Albans Striders	33
301	1:25:15	Sam Downton	FV45	Redway Runners	372
302	1:25:30	Patricia Thomas	FV45	Ealing Southall and Middlesex AC	134
303	1:25:40	Alex Rothwell	MV50	Bedford Harriers AC	559
304	1:25:44	Leendert Van de Linde	MV40		53
305	1:25:46	Harry Bryant	M	Forest of Dean AC	327
306	1:25:48	Scott Ayres	M		502
307	1:25:48	Lisa Hoaran	FV55		628
308	1:25:50	Richard Frankis	M		88
309	1:25:55	Nick Henson	MV50	Purple Patch Runners	503
310	1:26:07	Jayne Shepherd	FV55	Bishop's Stortford RC	326
311	1:26:12	Peter Rogers	MV50	St Albans Striders	392
312	1:26:18	Lisa Langford	FV35	Dunstable Road Runners	479
313	1:26:24	Adam Tannian	M		187
314	1:26:24	Julie Bennett	FV45		516
315	1:26:30	Craig Smith	MV40		389
316	1:26:40	Alan Larman	MV40		381
317	1:26:41	Vicky Pudney	FV35		576
318	1:26:42	Orsolya Keri	F		197
319	1:26:46	Alex Laine	MV40		418
320	1:26:54	David Leybourne	MV40		361
321	1:26:56	Barry Saunders	MV40	South Derbyshire Road Runners	580
322	1:26:56	Richard Alcock	MV50	Trail Running Association	37
323	1:26:58	Peter York	MV50		512
324	1:27:00	Jill Owen	FV45	Watford Harriers AC	131
325	1:27:03	Kira King	F	Ealing Eagles RC	573
326	1:27:13	Rachel Cobb	FV35		338
327	1:27:22	Russell Bailey	MV50	Gade Valley Harriers	574
328	1:27:28	Richard Inchley	MV70	Leighton Buzzard AC	378
329	1:27:28	Annie Young	FV35		125
330	1:27:36	Claire Hobson	F	St Albans Striders	518
331	1:27:44	Dan Houghton	MV40	Ealing Eagles RC	540
332	1:27:45	Robert Button	M		626
333	1:27:47	Sarah Watson	FV45	Shires Triers	331
334	1:27:52	Adam Mellor	MV40	St Albans Striders	322
335	1:27:57	Adrian Shotbolt	MV40	Dunstable Road Runners	310
336	1:28:01	Robert Anderson	MV40	MK Lakeside Runners	296
337	1:28:02	Jennifer Scott	FV35		62
338	1:28:08	Alison Ray	FV45	Marshall Milton Keynes AC	189
339	1:28:11	Anne Ramsden	FV55	Ware Joggers	234
340	1:28:11	Georgi Preston	FV35	Leighton Fun Runners	336
341	1:28:16	Sally Dickinson	FV35	Leighton Fun Runners	87
342	1:28:18	Oliver Keene	MV50	Burnham Joggers	408
343	1:28:21	Neil Johnson	MV50		190
344	1:28:29	Peter Dovey	MV60	Bearbrook RC	364
345	1:28:29	Simon Chater	MV50		601
346	1:28:33	Janet Vakilpour	FV55		124
347	1:28:34	Julie Gettings	FV35		545

348	1:28:37	Martin Rutherford	M		472
349	1:28:53	Russell Sessions	M	St Albans Striders	612
350	1:28:53	Julianne Nightingale	FV45	St Albans Striders	606
351	1:28:54	Dean Bugler	M	Dunstable Road Runners	368
352	1:28:55	John Piggott	MV40		498
353	1:29:00	Carla Bell	FV55	Ware Joggers	492
354	1:29:01	James Taggart	MV60	London Heathside	126
355	1:29:07	Bill Crane	MV60	Dunstable Road Runners	609
356	1:29:18	Stephanie Dennis	F	Wellingborough & District AC	313
357	1:29:20	Jeanette Cheetham	FV45	Bedford Harriers AC	379
358	1:29:28	Melanie Golding	FV35	Datchet Dashers	72
359	1:29:28	Richard Golding	MV40	Datchet Dashers	73
360	1:29:31	Patrick Sibley	MV60		96
361	1:29:34	Stewart Read	MV40	Stopsley Striders	177
362	1:29:36	Paul Peasegood	M	Ealing Eagles RC	566
363	1:29:37	Richard Evans	MV60		206
364	1:29:42	Phillip Tubbs	MV50	Dunstable Road Runners	351
365	1:29:54	Alex Donnachie	F		129
366	1:30:02	Nick De La Bedoyere	MV50		507
367	1:30:02	Nick Tomkins	MV50	Shenley Striders	182
368	1:30:05	Donna Walker	FV35	Tring RC	397
369	1:30:07	Duncan Alison	M	St Albans Striders	217
370	1:30:09	Fraser Hutchinson	M		225
371	1:30:10	Warren Reid	MV40	Bearbrook RC	36
372	1:30:27	Claire Thomas	F	Dunstable Road Runners	362
373	1:30:29	Tony Jones	MV50	Bedford Harriers AC	509
374	1:30:35	Keith Phillips	MV60	Leighton Fun Runners	404
375	1:30:36	Samantha Polman	F	Dunstable Road Runners	318
376	1:30:36	Paul Carroll	MV50		451
377	1:30:38	Paul Heskin	MV40		266
378	1:30:41	Rick Baker	MV60	London Heathside	114
379	1:30:43	Paul Carolan	MV40		550
380	1:30:59	Ken Douglas	MV50	Tring RC	140
381	1:31:07	John Ryan	M		320
382	1:31:11	Lisa Thorn	FV35	Orion Harriers	121
383	1:31:11	Adam Austin	MV40		537
384	1:31:12	Michael Williams	M		210
385	1:31:15	Mark Bradshaw	MV50		251
386	1:31:16	Lene Manners	FV35		120
387	1:31:17	Tim Beeston	MV50		229
388	1:31:17	Barry Dackombe	MV50	Amphill & Flitwick Flyers	429
389	1:31:22	Erica Darby	FV45		578
390	1:31:32	Michael Veryard	MV40		568
391	1:31:33	David Streeton	MV40	Dunstable Road Runners	321
392	1:31:36	Carolyn Moss	FV55		258
393	1:31:40	Hannah Drake	F		359
394	1:31:40	Sam Whiffen	M		360
395	1:31:44	Judith Holstein	FV45		431
396	1:31:46	Gregory Neal	MV60	Watford Harriers AC	101
397	1:32:12	Stephen Moore	MV50	Leighton Fun Runners	605
398	1:32:16	Christine Doyle	F		625



399	1:32:23	Conny Andersson	MV40		211
400	1:32:27	Josh Mansfield	M	Transition Tri	617
401	1:32:36	Martin Medforth	MV50	St Albans Striders	26
402	1:32:38	Marc Gerstein	MV60		297
403	1:32:40	Val Thomas	FV45		169
404	1:32:51	Simon Foster	MV40		172
405	1:32:59	Rhiannon Rees	FV35		49
406	1:33:04	Julian Blackwell	MV40	Wellingborough & District AC	499
407	1:33:08	Richard Hepworth	MV70	Orion Harriers	671
408	1:33:11	Emma Nash	F	Gade Valley Harriers	85
409	1:33:19	Jeremy Lewis	MV40	Amphill & Flitwick Flyers	94
410	1:33:20	Claire Giblin	FV35		14
411	1:33:22	Teresa Watkins	FV35	Handy Cross Runners	77
412	1:33:38	Lucy Fern	FV35	Nimrod Runners	409
413	1:33:41	Arianna Pisetti	F	Marshall Milton Keynes AC	179
414	1:33:51	Stephen Ball	MV60		495
415	1:34:07	Sue Pearce	FV35		380
416	1:34:24	Kym Hudson	FV55	Orion Harriers	200
417	1:34:27	Ian Pitt	MV40		244
418	1:34:36	Martyn Brooks	MV40		253
419	1:34:38	Bill Goadsby	MV60	Daventry Road Runners	432
420	1:34:45	Maria Tole	FV45		528
421	1:34:58	Howard Bishop	MV50		396
422	1:35:00	Mark Fry	MV50	Chiltern Harriers AC	281
423	1:35:17	David Flatman	MV40	MK Lakeside Runners	416
424	1:35:19	Sara Turnbull	FV35	MK Lakeside Runners	391
425	1:35:41	Carole Lambert	FV35		127
426	1:35:41	David Worsley	MV60	Shenley Striders	171
427	1:35:56	Ursula Ghaleb	FV55	Marshall Milton Keynes AC	227
428	1:36:12	Alexandra Thomas	FV35		335
429	1:36:22	Dale Irish	MV50		588
430	1:36:26	Helen Brett	FV55	Shenley Striders	163
431	1:36:31	Leigh Bradbury	FV35		376
432	1:36:35	John Reade	MV70	Dunstable Road Runners	614
433	1:36:41	Iain Smith	MV60		102
434	1:36:46	Kathy Atkinson	FV45		57
435	1:36:47	David Gridley	MV40	Havering 90 Joggers	678
436	1:36:47	Colin Mills	MV40	MK Lakeside Runners	233
437	1:36:54	Sue Jarman	FV45		428
438	1:37:00	Matthew James	M		5
439	1:37:07	Katie Quaite	FV35	Tring RC	434
440	1:37:14	Christine Beaumont	FV45		61
441	1:37:15	Philippa Storr	FV35		117
442	1:37:20	Glyn Raymen	MV40	Leighton Fun Runners	673
443	1:37:20	Jason Herbert	MV40	Leighton Fun Runners	403
444	1:37:25	Mary Davis	FV45	Vegetarian Cycling & AC	236
445	1:37:25	Neil Paget	MV50		237
446	1:37:38	Georgie Zacharzewski	FV35		272
447	1:37:38	Sharon Mallon	FV35		312
448	1:37:38	Kirsty Corker	FV35	Ware Joggers	629
449	1:37:40	Matthew Corker	M		630

450	1:37:49	Kirsty Hewitt	F	Wellingborough & District AC	406
451	1:37:57	Andy Anthony	MV50		192
452	1:37:59	Victoria Alexander	F	Shenley Striders	141
453	1:37:59	Emma Kington	FV35	Shenley Striders	444
454	1:38:02	Becky Wallace	FV35	Shenley Striders	421
455	1:38:03	Ian Mann	MV50	Wellingborough & District AC	366
456	1:38:05	Claire Galvin	FV45		653
457	1:38:07	Carsten Holstein	MV50		430
458	1:38:12	Sally Hewitt	FV55	Wellingborough & District AC	519
459	1:38:16	Jodie Lewis	F		462
460	1:38:18	Kevin Ward	MV60		243
461	1:38:19	Claire Belmar	FV35	Dunstable Road Runners	311
462	1:38:20	Elizabeth Newton	FV35	MK Lakeside Runners	514
463	1:38:21	Jacki Eskdale	FV45	Gade Valley Harriers	565
464	1:38:22	Tom Hay	MV50		218
465	1:38:38	Mary Pearson	F	Wellingborough & District AC	466
466	1:38:39	Dan Storr	MV40		116
467	1:38:40	Stephen Wilson	MV50	Shenley Striders	460
468	1:38:45	Geoff Doyle	MV70		624
469	1:39:00	Julie Brett	FV45	Tring RC	546
470	1:39:02	Penny Wallduck	FV45		602
471	1:39:21	Chris Pike	MV40		287
472	1:39:31	Debbie Coolman	FV45	MK Lakeside Runners	513
473	1:39:32	Ruth Mercer	FV55	Orion Harriers	278
474	1:39:46	Nigel Lambert	MV70	Alchester RC	282
475	1:39:48	John Etherden	MV70	Bishop's Stortford RC	470
476	1:39:55	Tim Rial	M	Bearbrook RC	543
477	1:40:01	Louise Young	FV35		438
478	1:40:07	Lucilla O'Brien	FV35	Dunstable Road Runners	594
479	1:40:12	David Lonsdale	MV60		561
480	1:40:31	Rachel Dell	FV35		255
481	1:40:44	Steph Fisher	FV45	Alchester RC	426
482	1:40:45	Laura Johnston	FV45	Ampthill & Flitwick Flyers	493
483	1:40:46	Emma Johnson	FV35	Alchester RC	402
484	1:40:51	Annelie Whitfield	FV45	Chiltern Harriers AC	273
485	1:40:52	Liz Davies	FV45	Stopsley Striders	176
486	1:40:59	Alexandra Lord	FV35		419
487	1:40:59	Simon Fynamore	MV50		46
488	1:41:02	Sarah Humphreys	FV35	Dunstable Road Runners	524
489	1:41:30	Catherine Bownes	FV45	Redway Runners	90
490	1:41:49	Vanessa Stride	FV45	Marshall Milton Keynes AC	604
491	1:41:49	Karen Bugaj	FV55	Marshall Milton Keynes AC	603
492	1:42:28	Gordon Hill	MV70	Leighton Fun Runners	76
493	1:42:31	James Paradies	M		483
494	1:42:39	Tamsin Finch	FV35	Chiltern Harriers AC	481
495	1:42:40	Lynda Rowse	FV45	Wellingborough & District AC	473
496	1:42:40	Andy Johnson	MV60	Alchester RC	401
497	1:42:45	Diana Braverman	FV55	Cambridge and Coleridge AC	180
498	1:42:47	Amanda Coleman	FV45	Dunstable Road Runners	655
499	1:42:54	Wayne Warren	MV60	Road Runners Club	249
500	1:42:54	Catherine Lynch	FV45		340

501	1:42:54	Jo McCaul	FV45		339
502	1:43:15	Gareth Steele	M		371
503	1:43:22	Richard Gallivan	MV50	Bedford Harriers AC	395
504	1:43:35	Paul Williams	MV60		208
505	1:43:43	Carrie Tyas	FV35	Leighton Fun Runners	75
506	1:43:43	Clare Fernandes	F		420
507	1:43:52	Nick Watts	MV50		18
508	1:43:53	Guy Emmans	MV50	Wellingborough & District AC	425
509	1:43:53	Loreto Sheils	FV45	Wellingborough & District AC	463
510	1:45:04	Rachel MacDonald	FV35		264
511	1:45:15	Mark Vervaet	MV40	Bearbrook RC	55
512	1:45:15	Graham Sanders	MV60	Bearbrook RC	54
513	1:45:28	Alison Lyon	FV45		619
514	1:45:37	Melvyn Harris	MV60		30
515	1:46:17	Helen Bleazard	FV45		358
516	1:46:35	Alison Parker	FV45	Amphill & Flitwick Flyers	223
517	1:47:03	Joanna Westrope	FV35		497
518	1:47:05	Vicky Still	F		449
519	1:47:15	Danielle Babb-Joseph	F		277
520	1:47:23	Carl Mynott	M	Haverhill RC	560
521	1:47:23	Peter Russell	MV40		621
522	1:47:46	Karen Smith	FV35	MK Lakeside Runners	633
523	1:47:46	Rachel Toresen-Owuor	FV35	MK Lakeside Runners	439
524	1:48:17	Rachel Sheldrake	FV45	Notfast RC	441
525	1:48:52	Gerry Brookman	FV35	MK Lakeside Runners	152
526	1:48:52	Suzanna Walsh	FV35	Redway Runners	160
527	1:48:54	Susan Emmett	FV55		555
528	1:49:16	Carole Whatton	FV45	Northampton Road Runners	242
529	1:49:26	Ruth Fontaine	FV45	Orion Harriers	341
530	1:49:30	Deborah Bumfrey	FV45	Orion Harriers	175
531	1:49:30	Gill Hopkins	FV45	Orion Harriers	347
532	1:49:43	Hannah Ryan	F		637
533	1:50:14	Carole Jack	FV45	St Albans Striders	7
534	1:50:14	Christina Smith	FV35	St Albans Striders	482
535	1:50:14	Michael Jack	MV50	St Albans Striders	6
536	1:50:14	Lucy Stern	FV45	St Albans Striders	25
537	1:50:14	Carol Ransom	FV45	St Albans Striders	24
538	1:50:14	Mandy Attree	FV45	St Albans Striders	38
539	1:50:14	Joanne Tang	FV35	St Albans Striders	23
540	1:50:14	Luke Hart	MV40	St Albans Striders	8
541	1:50:14	Charlotte Holloway	FV35	St Albans Striders	436
542	1:50:14	Katie Chilton	FV45	St Albans Striders	583
543	1:50:14	Gladstone Thompson	MV50	St Albans Striders	582
544	1:51:01	Debbie Mannion	FV45		450
545	1:51:58	Helen Hindley	FV45	Redway Runners	532
546	1:51:58	Paul Hindley	MV40	Redway Runners	531
547	1:52:13	Julia Norman	FV55		610
548	1:53:30	Philip Kent	MV60		324
549	1:53:31	Stephen Kent	MV60		325
550	1:54:04	Stuart O'Brien	MV50	Police AA	485
551	1:54:26	Alison Clooney	FV55		607

552	1:55:56	Valerie Hall	FV65	MK Lakeside Runners	456
553	1:57:22	Terry Braverman	MV70	Haverhill RC	181
554	1:58:19	Matthew Donald	MV50		135
555	1:59:50	Samantha Lawrence	FV45		398
556	2:00:28	Amy Wagner	F		384
557	2:00:28	Chris Roos	M		385
558	2:02:17	Sarah Watts	FV45	Diss AC	17
559	2:03:38	Halina Krajczewska	FV45	Stopsley Striders	315
560	2:04:54	Miranda Bruton	FV35	Nimrod Runners	417
561	2:04:54	Candy Fern	F	Nimrod Runners	410
562	2:07:04	Angela Gallivan	FV55	Bedford Harriers AC	394
563	2:13:53	Quentin Keeling	MV60	St Albans Striders	51
564	2:14:50	Laurie Mills	FV45	MK Lakeside Runners	150