

Tring Running Club

Ridgeway Run Results 2003

Pos	Hr	Min	Sec	Fname	Sname	M/F	Club
1	0	57	0	Greg	Dell	M	Woodstock Harriers
2	0	58	0	Ewoud	Grobber	M	Un
3	0	58	59	Rob	Palmer	M	Luton AC
4	0	59	15	Peter	George	M	Woodstock Harriers
5	0	59	21	Jamie	Parsons	M	Latton Runners
6	0	59	47	Dave	Brown	M	Ampthill & Flitwick Flyers
7	1	0	17	Stephen	Earley	M	Un
8	1	0	49	Colin	Braybrook	M	St Albans Striders
9	1	1	0	Simon	Partridge	M	Un
10	1	1	38	Owen	Byrne	M	Bearbrook Joggers
11	1	2	20	David	Chalfen	M	London Heathside
12	1	2	29	Bill	Hawes	M	Un
13	1	2	39	Mikk	Bradley	M	Watford Harriers
14	1	3	34	Dick	Kearn	M	Compton Harriers
15	1	3	25	Adrian	Twissell	M	Bearbrook Joggers
16	1	3	42	Ian	Lambert	M	Eton Manor
17	1	4	9	Vincent	Ellerby	M	Gade Valley Harriers
18	1	4	29	Martin	Fray	M	Compton Harriers
19	1	4	57	Paul	Cates	M	Eton Manor
20	1	5	36	Martin	Arnold	M	Gade Valley Harriers
21	1	6	20	Ian	Owens	M	North Herts Road Runners
22	1	6	59	Allan	Currell	M	Stevenage
23	1	7	11	Kevin	Ash	M	Un
24	1	7	14	Thomas	Dixon	M	Dacorum & Tring
25	1	7	16	Roger	Seed	M	Un
26	1	7	17	Graham	Baker	M	Road Runner
27	1	7	18	David	Hard	M	Ampthill & Flitwick Flyers
28	1	7	21	James	Buttleman	M	Un
29	1	7	25	William	Arbury	M	Epsom & Ewell Harriers
30	1	7	29	Simon	Allen	M	Bearbrook Joggers
31	1	7	41	Brendan	Gilbert	M	Un
32	1	7	44	John	Ford	M	Stopsley Striders
33	1	7	46	Phillip	Feist	M	Milton Keynes AC
34	1	7	55	Simon	Collins	M	Ramsey Road Runners
35	1	8	3	Zoe	Lowe	F	St Albans Striders Northampton Road Running
36	1	8	9	David	Whatton	M	Club
37	1	8	13	Steven	Adams	M	Eton Manor
38	1	8	13	Michael	Donovan	M	St Albans Striders
39	1	8	16	Tony	Barrows	M	Bearbrook Joggers
40	1	8	29	Steve	James	M	Flitwick Flyers

41	1	8	33	Hywel	Davies	M	St Albans Striders
42	1	8	34	Steve	Rice	M	MKAC
43	1	8	35	Rick	Jefferys	M	Un
44	1	8	42	Richard	Thomason	M	Un
45	1	8	49	Stuart	Clarke	M	St Albans Striders
46	1	8	53	Peter	Mitchell	M	Un
47	1	9	16	Guy	Woolett	M	Gade Valley Harriers
48	1	9	18	Trevor	Clements	M	St Albans Striders
49	1	9	22	Michael	Turney	M	Chiltern Harriers
50	1	9	25	Stephen	Fox	M	Un
51	1	9	27	Chris	Reed	M	North Herts Road Runners
52	1	9	28	paul	Kayley	M	St Albans Striders
53	1	9	29	Todd	Strehlow	M	Dulwich Runners
54	1	9	40	Henry	Edwardes-Evans	M	VOAAC
55	1	9	42	David	Cooper	M	Un
56	1	9	44	Martin	Truran	M	Trent Park RC
57	1	9	46	Kevin	King	M	Un
58	1	9	47	John	Simmonds	M	Hardly Runners
59	1	9	48	Greg	Hill	M	Watford Joggers
60	1	9	52	Simon	Barnett	M	Un
61	1	9	55	Veronica	Shadbolt	F	Garden City Runners
62	1	10	18	Chris	Daws	M	Un
63	1	10	37	Bob	Wallace	M	Watford Joggers
64	1	10	40	Tam	Quinn	M	Leighton Funrunners
65	1	10	42	Glenis	Driscoll	F	Dunstable Road Runners
66	1	11	5	John	Chamberlain	M	VAC
67	1	11	14	Keith	Garthwite	M	Un
68	1	11	17	Chris	Helmers	M	Latton Runners
69	1	11	21	Rupert	Lawrence	M	Farnham Tri
70	1	11	27	Lisa	Cook	F	Milton Keynes AC
71	1	11	36	Ross	Maxwell	M	Watford Joggers
72	1	11	37	Andrew	Smith	M	Un
73	1	11	44	Kenneth	Baksh	M	Beckenham Running Club
74	1	11	54	Rodger	Thmostone	M	Barnet & District AC
75	1	11	59	Colin	Jackson	M	Un
76	1	12	3	Rob	Norton	M	Un
77	1	12	4	Deborah	Steer	F	St Albans Striders
78	1	12	9	Michael	Cates	M	Eton Manor
79	1	12	12	David	Dobbie	M	St Albans Striders
80	1	12	20	Tom	Chalk	M	Un
81	1	12	23	Jeff	Dowsett	M	Stopsley Striders
82	1	12	28	David	Seymour	M	Un
83	1	12	29	Peter	Cairnie	M	Bearbrook Joggers
84	1	12	30	Jon	Salmon	M	Thames Hare & Hounds
85	1	12	33	Ken	McCord	M	Burnham Joggers
86	1	12	34	Robert	Ray	M	Un
87	1	12	39	David	Williams	M	Un

88	1	12	47	Stephen	Allen	M	Barnet & District AC
89	1	12	55	Richard	Mainwaring	M	East London Runners
90	1	12	58	Ian	Davison	M	Bearbrook Joggers
91	1	13	0	Elizabeth	Walls	F	St Albans Striders
92	1	13	6	Michael	Coates	M	Burnham Joggers
93	1	13	10	Andrew	Conway	M	London Heathside
94	1	13	22	Andrew	Van Heiuingen	M	Serpentine Running Club
95	1	13	24	David	Newman	M	Garden City Runners
96	1	13	25	Mike	Taylor	M	Un
97	1	13	29	Laura	Butt	F	Chiltern Harriers
98	1	13	31	Michael	Miller	M	Harlow Running Club
99	1	13	39	Duncan	McLaren	M	Un
100	1	13	40	David	Atkins	M	Un
101	1	13	54	Gregory	Souster	M	Un
102	1	13	55	Walter	McCarthy	M	Un
103	1	13	57	Paul	Clapham	M	Witney
104	1	14	3	Phil	Speight	M	Un
105	1	14	4	David	Earley	M	Wellingborough & District
106	1	14	8	Paul	Bridewell	M	Un
107	1	14	11	Robert	Callaghan	M	Leighton Funrunners
108	1	14	12	Clive	Daniels	M	Leighton Funrunners
109	1	14	12	Patrick	Sibley	M	Un
110	1	14	15	david	Malatynski	M	Leighton Fun runners
111	1	14	21	Brian	Layton	M	Amptill & Flitwick Flyers
112	1	14	26	Mike	Scofield	M	Herne Hill Harriers
113	1	14	28	Mick	North	M	Un
114	1	14	33	Sue	Barnes	F	Vale of Aylesbury
115	1	14	37	Heong	Chong	M	Cruisers RC
116	1	14	39	Gordon	Earley	M	Road Runner
117	1	14	43	Peter	Alford	M	Un
118	1	15	1	Chris	Burwood	M	Road Runner
119	1	15	4	Graham	Asher	M	Tring Running Club
120	1	15	11	Nigel	Derby	M	Chiltern Harriers
121	1	15	20	Tim	Gall	M	Leighton Funrunners
122	1	15	21	Sophie	Green	F	Un
123	1	15	29	Ross	Nugent	M	St Albans Striders
124	1	15	46	Sarah	Angus	F	Un
125	1	15	47	Martin	Waddoups	M	Cherwell Runners & Joggers
126	1	15	49	Simon	Heap	M	Un
127	1	15	50	Martin	Wells	M	Latton Runners
128	1	15	52	Keith	Crook	M	Milton Keynes AC
129	1	15	54		0 Pearce	M	Un
130	1	15	56	Warwick	Riley	M	Un
131	1	15	58	Graham	Andrew	M	Un
132	1	15	59	Simon	Birks	M	Un
133	1	16	0	Richard John	Hardy	M	Luton Unitted
134	1	16	1	Stephen	Keepence	M	Luton AC

135	1	16	5	Chris	Herbert	M	St Edmunds Pacers
136	1	16	6	Charles	Swan	M	London Heathside
137	1	16	8	Kevin	Morris	M	St Albans Striders
138	1	16	9	Ade	Gibbon	M	Vegetarian C & AC
139	1	16	14	Derek	Peverill	M	Vale of Aylesbury
140	1	16	18	Desmond	Brown	M	Serpentine AC
141	1	16	24	Stuart	Brown	M	Flitwick Flyers
142	1	16	28	Ben	Moss	M	Un
143	1	16	33	Sharon	Kassemzadeh	F	Watford Joggers
144	1	16	34	John	Davies	M	Garden City Runners
145	1	16	46	Alan	Cutler	M	Un
146	1	16	50	Michael	Dixon	M	Herts Phoenix
147	1	16	52	Rosalind	Knopp	F	White horse Harriers
148	1	16	58	Melyvn	Folkard	M	Chiltern Harriers
149	1	17	6	Jim	Bryan	M	Un
150	1	17	9	Robert	Parsons	M	Latton Runners
151	1	17	12	Graham	Taylor	M	Un
152	1	17	18	Maarten	Van Dem Belt	M	Un
153	1	17	19	Iain	Simmonds	M	Un
154	1	17	28	Celia	Pardoe	F	Garden City Runners
155	1	17	38	Helen	Turley	F	Headington Road Runners
156	1	17	42	James	Armstrong	M	Un
157	1	17	43	Duncan	Payne	M	
158	1	17	46	David	Beal	M	Un
159	1	17	50	Michael	Barrowman	M	St Albans Striders
160	1	17	52	Tom	Howard	M	Un
161	1	17	55	Colin	Larkins	M	Leighton Funrunners
162	1	17	56	Rosin	Lord	M	BP Running Oak
163	1	17	56	John	Hopper	M	Un
164	1	17	59	Rachel	Lee	F	Dacorum & Tring
165	1	17	59	Jeff	Slater	M	Peugeot AC
166	1	17	59	Trevor	Barton	M	Un
167	1	18	1	Chris	Mahon	M	Milton Keynes AC
168	1	18	3	Diana	Knight	F	Milton Keynes AC
169	1	18	11	Paul	Gascoyne	M	Shire Triers
170	1	18	16	Joanne	Plumb	F	Un
171	1	18	17	Stephen	Ind	M	Garden City Runners
172	1	18	18	Robin	Malduca	M	Un
173	1	18	19	Mick	Piper	M	Un
174	1	18	19	Bill	Swindon	M	Southern Counties Vets AC
175	1	18	21	Mark	Jaffe	M	Un
176	1	18	22	Gareth	Parsons	M	Un
177	1	18	30	Caroline	White	F	London Heathside
178	1	18	31	John	Robinson	M	Un
179	1	18	38	Ken	Knight	M	Un
180	1	18	51	Kathy	Horsman	F	Bedford & County
181	1	18	57	Colin	Bradley	M	Ellesborough

182	1	18	58	Paul	Taylor	M	Vegetarian C & AC
183	1	18	58	Ian	Topman	M	Un
184	1	19	6	Robert	Clark	M	Bearbrook Joggers
185	1	19	13	Phillip	Coates	M	St Albans Striders
186	1	19	21	Carole	Mooney	F	St Albans Striders
187	1	19	23	Alvin	Verney	M	Un
188	1	19	34	Richard	Levicki	M	Un
189	1	19	35	Diane	Gill	F	Milton Keynes AC
190	1	19	36	Sean	Flynn	M	Un
191	1	19	46	Richard	Hilson	M	Watford Joggers
192	1	19	48	Ron	Holland	M	Un
193	1	19	51	Peter	Simpson	M	Vegetarian C & AC
194	1	19	52	Andy	Willerton	M	Watford Joggers
195	1	19	52	Bob	Balding	M	Fell Runners Assoc
196	1	19	52	Andrew	Shadbolt	M	Garden City Runners
197	1	19	55	Steve	Panell	M	Dunstable Road Runners
198	1	19	56	Sanjeev	Vigh	M	Un
199	1	19	59	Jeff	Heppel	M	Tring Running Club
200	1	20	12	Alan	Greenhalgh	M	Un
201	1	20	14	Linda	Skinner	F	Garden City Runners
202	1	20	14	Michael	Skinner	M	Garden City Runners
203	1	20	15	Kevin	Skinner	M	Garden City Runners
204	1	20	21	Lucy	Mayer	F	Bearbrook Joggers
205	1	20	22	graham	Palser	M	Chiltern Harriers
206	1	20	29	Will	Carnwath	M	Un
207	1	20	30	William	Green	M	Un
208	1	20	32	Simone	Kimberley	F	Barnet & District AC
209	1	20	35	Ian	Bonnick	M	Watford Joggers
210	1	20	42	Jim	Orr	M	Un
211	1	20	50	Mike	Capper	M	Nene Valley Harriers
212	1	20	52	Fabian	Mills	M	Dacorum & Tring
213	1	20	56	Martin	Dinnage	M	Un
214	1	20	58	Zoe	Woodward	F	Eton Manor
215	1	21	5	Ian	Cousins	F	Stopsley Striders
216	1	21	6	Alice	Carlin	F	Leighton Funrunners
217	1	21	7	Clare	Gransby	F	Watford Joggers
218	1	21	14	Collette	Convery	F	Un
219	1	21	16	Amanda	Stubbins	F	Un
220	1	21	18	David	Stubbins	M	Bedford & County
221	1	21	21	David	Walker	M	Chiltern Harriers
222	1	21	22	Margaret	Chew	F	Stopsley Striders
223	1	21	28	Colin	Barnett	M	Milton Keynes AC
224	1	21	32	Stefan	Stasivk	M	Burnham Joggers
225	1	21	36	Richard	Lloyd	M	Garden City Runners
226	1	21	51	Jim	Miller	M	Milton Keynes AC
227	1	21	52	David	Horsley	F	RAF
228	1	21	57	Daniel	McMillan	M	Un

229	1	21	58	Chris	Tole	M	Un
230	1	21	58	Ian	Gauntlet	M	Un
231	1	22	3	Richard	Inchley	M	Leighton Buzzard AC
232	1	22	11	Chris	Collyer	M	Kent Police
233	1	22	15	Jim	Miller	M	St Albans Striders
234	1	22	21	Jonathan	Bradley	M	Un
235	1	22	28	Alison	Ratcliffe	F	Milton Keynes AC
236	1	22	38	Conor	Kilbane	M	Un
237	1	22	58	Stephen	Cooper	M	Un
238	1	22	58	John	Noonan	M	Un
239	1	23	0	Mark	Molyneux	M	Un
240	1	23	5	Paul	Belcher	M	Chiltern Harriers
241	1	23	7	Fergus	Michie	M	Bearbrook Joggers
242	1	23	9	Tim	Beeston	M	Un
243	1	23	9	Jenny	Wills	F	Un
244	1	23	15	Jane	Edwardson	F	Shenley Striders
245	1	23	18	Andrew	Monro	M	Un
246	1	23	21	Andrew	Woodcraft	M	Un
247	1	23	28	Leslie	Gearing	F	Un
248	1	23	29	Katherine	Ind	F	Garden City Runners
249	1	23	30	William	Jones	M	Trail Running Association
250	1	23	30	Terry	Mulroy	M	Bearbrook Joggers
251	1	23	30	Lorna	Collins	F	Un
252	1	23	31	Victoria	Adams	F	Ampthill & Flitwick Flyers
253	1	23	38	Trefor	Morgan	M	Shaftsbury Barnet
254	1	23	46	John	Ahern	M	Un
255	1	23	52	John	Roxborough	M	SNHAC
256	1	23	55	Julia	Cooke Simmons	F	Wellingborough & District AC
257	1	24	7	Mike	Turner	M	Liverpool Harriers
258	1	24	13	Robert	Boss	M	North Herts Road Runners
259	1	24	15	Gavin	Ewan	M	Un
260	1	24	22	Ali	Macmaster	F	Un
261	1	24	22	Steve	Richards	M	Un
262	1	24	25	David	Synnott	M	Un
263	1	24	26	Phillip	Rance	M	Bearbrook Joggers
264	1	24	31	Stephen	Gathercole	M	Un
265	1	24	35	Paul	Lyman	M	Nrth & Rugby AC
266	1	24	36	Jackie	Edwards	F	Un
267	1	24	38	Brian	Palmer	M	Un
268	1	24	47	Nicky	de la Bedoyere	M	Un
269	1	24	51	Anne	Belchambers	F	Hillingdon AC
270	1	24	58	Nick	Westoby	M	Un
271	1	25	6	Michael	Chance	M	Milton Keynes AC
272	1	25	7	Steve	Ashford	M	Un
273	1	25	10	Peter	Mason	M	Bearbrook Joggers
274	1	25	15	Maurice	Bond	M	Un
275	1	25	18	Angela	Kerr	F	Un

276	1	25	20	Paul	Brooks	M	Road Runner
277	1	25	21	David	Howse	M	Alchester RC
278	1	25	23	William	Billington	M	Bedford Harriers
279	1	25	26	Frederick	Elder	M	St Albans Striders
280	1	25	33	Margaret	Bradburn	F	St Albans Striders
281	1	25	37	Martin	Hopcroft	M	Un
282	1	25	38	Bridget	Clements	F	St Albans Striders
283	1	25	39	Barry	Pratt	M	Royston Runners
284	1	25	42	Annemarie	de Boom	F	Un
285	1	25	42	Dave	Girling	M	Metros Running Club
286	1	25	43	Liz	Davey	F	Handycross Runners
287	1	25	51	Steven	Tweddell	M	Un
288	1	25	54	Jacqui	Bushby	F	Eton Manor
289	1	25	55	Ronald	Bramley	M	Un
290	1	25	57	Pauline	Lygo	F	Barnet & District AC
291	1	26	1	Stephen	Buckingham	M	Road Runners
292	1	26	2	Jacqueline	Gundry	F	Gade Valley Harriers
293	1	26	8	Heidi	Folkard	F	Chiltern Harriers
294	1	26	10	Robert	Cook	M	Amphill & Flitwick Flyers
295	1	26	14	Deirdre	Bethune	F	Bedford Harriers
296	1	26	16	David	Barnard	M	British Airways
297	1	26	18	Margaret	Crowe	F	Milton Keynes AC
298	1	26	21	Jane	Spurgeon	F	Un
299	1	26	25	Graham	Leitch	M	Un
300	1	26	26	Lisa	Bassett	F	Amphill & Flitwick Flyers
301	1	26	27	Wayne	Warren	M	Road Runner
302	1	26	30	Jeff	Lewis	M	MKAC
303	1	26	40	Michael	Brown	M	Un
304	1	26	55	Penelope	Herbert	F	Bearbrook Joggers
305	1	27	0	Malcolm	Jackson	M	Metros Running Club
306	1	27	1	Patrick	Hough	M	Un
307	1	27	3	Paul	Bruen	M	Un
308	1	27	4	Simon	Cope	M	Vegetarian C & AC
309	1	27	7	Mark	Bosworth	M	Un
310	1	27	10	Keith	Pottinger	M	Un
311	1	27	11	John	Freier	M	Un
312	1	27	11	Peter	Brown	M	Un
313	1	27	12	Claire	Stubbings	F	Chiltern Harriers
314	1	27	14	Richard	Bentley	M	Un
315	1	27	15	Ritchard	Miller	M	Dacorum & Tring
316	1	27	26	John	Bushby	M	Stopsley Striders
317	1	27	28	Jean	McPherson	F	Metros Running Club
318	1	27	29	David	Manze	M	Edmonton RC
319	1	27	35	Russell	Dillon	M	Un
320	1	27	39	Tom	Hallet	M	Un
321	1	27	41	Richard	Craven	M	Gade Valley Harriers
322	1	27	43	Ian	Addison	M	Un

323	1	27	45	Terry	Coates	M	Un
324	1	27	49	Val	Thomas	F	Cherwell Runners & Joggers
325	1	27	49	Jackie	Cope	F	Metros Running Club
326	1	27	55	Anthony	Stephenson	M	Un
327	1	28	10	Ronald	Ford	M	Watford Harriers
328	1	28	17	Chris	Hale	M	Road Runner
329	1	28	28	Talia	Sulman	F	Bearbrook Joggers
330	1	28	35	Ginge	Evans	M	Un
331	1	28	37	Gillian	Cross	F	White horse Harriers
332	1	28	43	Tim	Fox Evans	M	Un
333	1	28	49	Luke	Hartley	M	St Albans Striders
334	1	28	54	Andrew	Tristram	M	Liverpool Harriers
335	1	28	57	Andy	Johnson	M	Alchester RC
336	1	29	9	Charlie	Gallagher	M	Un
337	1	29	24	Martin	Jones	M	Un
338	1	29	28	Tina	Asu	F	St Albans Striders
339	1	29	32	Andrew	Smith	M	Un
340	1	29	37	Phillip	Arnold	M	Un
341	1	29	39	Peter	Heath	M	Un
342	1	29	48	Sharon	Collins	F	Dunstable Road Runners
343	1	29	51	Steven	Swan	M	St Albans Striders
344	1	30	8	Nina	Souster	F	Un
345	1	30	11	Katharine	Birtwistle	F	Un
346	1	30	17	Bryan	Convery	M	Un
347	1	30	23	Sarah	Mumford	F	St Albans Striders
348	1	30	26	Neil	Edwards	M	Bearbrook Joggers
349	1	30	26	Steve	Charleston	M	Bearbrook Joggers
350	1	30	33	Tim	Brandwood	M	Un
351	1	30	35	Sonja	van Heerden	F	Un
352	1	30	37	Pippa	Williams	F	Edmonton RC
353	1	30	39	Richard	Whiting	M	Herts Phoenix
354	1	30	40	Beverley	Black	F	Handy Cross Runners
355	1	30	55	Derek	Blackmore	M	Un
356	1	30	55	Liz	Stockham	F	Gade Valley Harriers
357	1	31	3	Wai-Ming	Lee	M	un
358	1	31	14	Barry	Clark	M	Un
359	1	31	17	David	Ridley	M	Road Runner
360	1	31	18	Caroline	Price	F	Un
361	1	31	27	Trudi	Williams	F	Un
362	1	31	35	Gill	Capelo	F	Orion Harriers
363	1	31	42	Brenda	Harvey	F	Barnet & District AC
364	1	31	48	Elaine	Morton	F	Flitwick Flyers
365	1	31	51	Chris	Pike	M	Un
366	1	32	1	Marie-Louise	Lewis	F	Un
367	1	32	3	Tony	Napper	M	Un
368	1	32	5	Kevin	Cubbage	M	Un
369	1	32	6	Nicola	Latimer	F	Leighton Fun runners

370	1	32	16	Harvey	Baldwin	M	Un
371	1	32	18	Paul	Doughty	M	Un
372	1	32	21	Lis	Seaton	F	Un
373	1	32	21	Nicky	Claydon	F	Watford Joggers
374	1	32	24	Meg	Knight	F	Running Sisters
375	1	32	26	Tim	Williams	M	Edmonton RC
376	1	32	45	Phillip	Hines	M	Un
377	1	32	49	Tonya	Williams	F	Tring Running Club
378	1	32	52	Alison	Kimber	F	Un
379	1	32	52	Richard	Comley	M	Un
380	1	33	8	Fay	Ewing	F	Un
381	1	33	12	Linda	Weedon	F	Handy Cross Runners
382	1	33	30	Susan	Carter	F	Milton Keynes AC
383	1	33	47	John	O'Connor	M	Watford Joggers
384	1	33	51	Ken	Smith	M	Un
385	1	33	54	Colin	Souster	M	Un
386	1	34	4	Maria	Tole	F	Un
387	1	34	15	Lawrance	Proctor	M	Stopsley Striders
388	1	34	18	Roger	Bruce	M	Un
389	1	34	21	Christina	Watson	F	Eton Manor
390	1	34	21	Becky	Griffiths	F	Eton Manor
391	1	34	22	Claire	Galvin	F	Un
392	1	34	35	Colin	Russell	M	Road Runners
393	1	35	7	Sandy	Bruce	M	Un
394	1	35	14	Janice	Cameron	F	Un
395	1	35	14	Heather	Bedell	F	Un
396	1	35	44	Susan	Defoe	F	Un
397	1	35	48	Simon	Lampport	M	Un
398	1	35	51	Paul	Cross	M	Un
399	1	36	0	Louise	Hubble	F	Un
400	1	36	4	Richard	Tole	M	Un
401	1	36	5	Quintin	Keeling	M	St Albans Striders
402	1	36	17	Joanna	Dyson-Laurie	F	St Albans Striders
403	1	36	18	Diane	Scott	F	Un
404	1	36	18	Rebecca	Slough	F	Un
405	1	36	19	Chris	Ryder	F	Un
406	1	36	32	Derek	Martin	M	Un
407	1	36	46	Susan	Beddall	F	Un
408	1	36	57	David	Nash	M	Handycross Runners
409	1	37	6	Anne	Murry	F	Orion Harriers
410	1	37	7	Denise	Morgan	F	St Albans Striders
411	1	37	14	Lesley	Pymm	F	Birchfield Harriers
412	1	37	20	Belinda	Russell	F	Bearbrook Joggers
413	1	37	38	Liz	Baranov	F	Un
414	1	37	38	Chris	Baranov	M	Un
415	1	37	40	Ian	Barnes	M	Gade Valley Harriers
416	1	37	41	Dawn	Oaten	F	Un

417	1	37	46	Chris	Burton	M	Watford Joggers
418	1	38	7	Martin	Carr	M	Un
419	1	38	16	Diane	Lee	F	Un
420	1	38	29	Kevin	Ward	M	Un
421	1	38	49	Bob	Engel	M	Burnham Joggers
422	1	39	48	John	East	M	Burnham Joggers
423	1	39	56	Debbie	Crooks	F	Un
424	1	40	47	Andy	Potton	M	Un
425	1	41	22	Leslie	Boatman	F	Metros Running Club
426	1	41	27	Frances	Daniel	F	Burnham Joggers
427	1	41	53	Antony	Stone	M	Un
428	1	42	13	Lucy	Guest	F	Un
429	1	42	17	Nicky	Browne	F	Stragglers
430	1	42	26	Ann	Marsden	F	Metros Running Club
431	1	42	32	Pauline	Ghiradello	F	Bearbrook Joggers
432	1	42	54	Helen	Eaton	F	Orion Harriers
433	1	42	59	Jo	Scott	F	Un
434	1	43	18	Susan	Young	F	Un
435	1	43	20	Sophie	Phillipson	F	Un
436	1	43	30	Michael	Todd	M	Un
437	1	43	30	Richard	Broom	M	Eaton Bray Hope Harriers
438	1	43	34	Andrew	Rowe	M	BP Lunch Runners
439	1	43	47	Raquel	Russel Ponte	F	Metros Running Club
440	1	43	48	Jamie	Vindis	M	Un
441	1	44	11	Nick	Line	M	Un
442	1	44	13	Matt	Barratt	M	Un
443	1	44	18	Marilyn	Pickford	F	Metros Running Club
444	1	44	44	Ken	Baldwin	M	Un
445	1	45	26	Evan	Rowlands	M	Un
446	1	45	27	Ralph	Whitlock	M	St Albans Striders
447	1	45	49	Patrick	Mulhall	M	Un
448	1	45	55	Val	Collis	F	Un
449	1	45	56	Robert	Collis	M	Un
450	1	46	7	Pamela	Stonebrook	F	Un
451	1	46	38	Mary	McKinnell	F	Un
452	1	46	53	Roger	Saunders	M	Un
453	1	47	32	Sally	Connelly	F	Un
454	1	47	32	Helen	Hammett	F	Un
455	1	48	4	Chris	Salvary	F	Trent Park Running Club Northampton Road Running Club
456	1	48	34	Carol	Whatton	F	
457	1	48	52	Robert	Harding	M	Serpentine AC
458	1	49	22	Madeleine	Bland	F	Pembrokeshire Harriers
459	1	49	40	Margaret	Williams	F	Un
460	1	50	3	Carolyn	Bennett	F	Burnham Joggers
461	1	50	21	Christopher	Coles	M	Metros Running Club
462	1	53	12	Meryl	Walker	F	Trent Park Running Club

463	1	54	8	Jill	Girling	F	Metros Running Club
464	1	55	45	Katrina	Doherty	M	Un
465	2	0	40	Samantha	Lawrence	F	Un
466	2	3	34	Marty	Scott	M	Un
467	2	3	55	Diana	Sabini	F	Un
468	2	4	17	Gwyneth	Comerford	F	Milton Keynes AC
469	2	5	19	Paul	Sabini	M	Un
470	2	7	17	Peter	Newstead	M	Un
471	2	14	58	John	Spooner	M	Road Runner