

RESULTS OF PEDNOR 5 EVENTS

4th May 2009

PEDNOR 5 ROAD RACE

(see below for Race Walk)

MEN'S RACE

Place	Time	Name	Team	Race Age Category	Prize Winners
1	27:44	BEEDELL, Tom	Chiltern Harriers AC	Senior Men	1st Man
2	28:24	O'GORMAN, Eddie	Chiltern Harriers AC	Senior Men	2nd Man
3	28:28	FULCHER, Frank	Handy Cross Runners	Veteran Men 40	3rd Man
4	28:29	ROLT, Andrew	Vale Of Aylesbury	Veteran Men 40	1st Vet 40
5	28:31	ATKINS, Thomas	Vale Of Aylesbury	Junior Men	1st Junior Man
6	28:47	LANGLEY, Ross	Tring RC	Senior Men	
7	29:09	LANE, Mick	Ranelagh Harriers	Veteran Men 40	
8	29:19	ADCOCK, Matthew	Watford Harriers	Veteran Men 40	
9	29:28	TAYLOR, Jon	Chiltern Harriers AC	Senior Men	
10	29:30	WALLACE, Patrick	Chiltern Harriers AC	Senior Men	
11	29:33	GILBERT, Brendon	Handy Cross Runners	Senior Men	
12	29:54	ROONEY, Frank	Vale Of Aylesbury	Junior Men	
13	29:55	SUMMERFIELD, Martyn	Vale Of Aylesbury	Veteran Men 40	
14	29:56	ROBERTS, David	Fell Runners Association	Veteran Men 40	
15	30:12	HARRAN, Anthony	Herne Hill Harriers	Veteran Men 40	
16	30:30	ROBERTS, Stephen	Handy Cross Runners	Veteran Men 40	
17	30:46	WATSON, Alex	Chiltern Harriers AC	Junior Men	
18	30:49	FALLAIZE, Mark	Vale Of Aylesbury	Senior Men	
19	31:04	BLOWER, Daniel		Senior Men	
20	31:10	FULLER, Bob	Windsor Slough Eton & Hounslow	Veteran Men 40	
21	31:20	LAWLER, John		Senior Men	
22	31:34	HARDMAN, Justin	JP Morgan RC	Veteran Men 40	
23	31:36	SMITH, David	Hillingdon AC	Veteran Men 40	
24	31:42	JOSEPHSON, Oliver	Chiltern Harriers AC	Senior Men	
25	31:42	ROSE, Chris	Burnham Joggers	Veteran Men 40	
26	32:03	DOBBY, Richard		Senior Men	
27	32:07	JOHNSON, Darren	Burnham Joggers	Senior Men	
28	32:13	MARCINOWICZ, Adam	Watford Harriers	Senior Men	
29	32:17	PERKIN, Steve	Chiltern Harriers AC	Veteran Men 40	
30	32:23	ROBERTS, Alan	Vale Of Aylesbury	Veteran Men 40	
31	32:35	PALMER, Rob	Bearbrook Joggers	Senior Men	
32	32:36	MAYOH, Graham	Watford Harriers	Veteran Men 40	
33	32:37	VANNEN, David	Watford Harriers	Senior Men	
34	32:42	BROWN, Robert	Tring RC	Veteran Men 50	1st Vet 50
35	32:43	EDWARDS, Mark	Hillingdon Triathletes	Senior Men	
36	32:46	WATERMAN, Kevin	Hillingdon AC	Veteran Men 40	
37	32:49	COWAN, Paul	Tring RC	Veteran Men 40	
38	33:09	LARK, Trevor	Tring RC	Veteran Men 40	
39	33:11	ANDERSON, Rikki	Dacorum & Tring	Veteran Men 50	
40	33:26	BUCKLE, Eric	Marlow Striders	Veteran Men 50	
41	33:29	BUXTON, Paul		Senior Men	

42	33:30	MANNING, John	Tring RC	Veteran Men 50
43	33:37	REDINGTON, Andrew	Chiltern Harriers AC	Senior Men
44	33:41	CHARLTON, Scot	Watford Joggers	Senior Men
45	33:45	SMITH, Jonathan	Tring RC	Senior Men
46	33:49	HEDGE, Terry	Watford Harriers	Veteran Men 50
47	33:54	MARGETTS, Edward		Veteran Men 40
48	34:05	COOKE, Bruce	Burnham Joggers	Veteran Men 60
49	34:09	WATSON, Giles		Veteran Men 40
50	34:12	ILLING, Paul	Watford Harriers	Veteran Men 40
51	34:18	BOARDMAN, Richard	Chiltern Harriers AC	Veteran Men 40
52	34:22	APPLEBY, David	Burnham Joggers	Veteran Men 40
53	34:23	ANGUS, Andrew	Watford Harriers	Veteran Men 40
54	34:24	SHEPARD, Jamie	Chiltern Harriers AC	Veteran Men 40
55	34:25	WHITAKER, Grant	Chiltern Harriers AC	Veteran Men 40
56	34:30	EMMETT, Mark	Thame Runners	Veteran Men 40
57	34:30	STANDEN, Mark		Senior Men
58	34:35	COLLINS, Dave		Senior Men
59	34:39	THICK, Mike	Burnham Joggers	Veteran Men 40
60	34:46	HOLLIS, Mike	Handy Cross Runners	Veteran Men 50
61	34:55	MCKENNA, Sean		Senior Men
62	34:57	DERRICK, Richard	St Albans Striders	Veteran Men 50
63	34:58	ZERNY, David	Hillingdon Triathletes	Senior Men
64	35:05	GRIMSDALE, Martin	Watford Harriers	Veteran Men 50
65	35:07	THOMPSON, John		Veteran Men 40
66	35:17	COOPER, Neil	Chiltern Harriers AC	Veteran Men 50
67	35:22	HOLMES, Nick		Veteran Men 50
68	35:24	TALBOT, Robert	Burnham Joggers	Senior Men
69	35:30	FOLKARD, Melvyn	Chiltern Harriers AC	Veteran Men 50
70	35:33	FOSKETT, Richard	Herts Phoenix	Veteran Men 50
71	35:37	MCKENNA, Patrick	Chiltern Harriers AC	Veteran Men 40
72	35:58	BLOWING, Mike	Handy Cross Runners	Veteran Men 40
73	35:59	BEEDELE, Jonathan	Chiltern Harriers AC	Veteran Men 40
74	36:04	CLARKE, David		Veteran Men 40
75	36:13	NORTH, Joe	Chiltern Harriers AC	Veteran Men 40
76	36:17	ASTLES, Peter	Handy Cross Runners	Veteran Men 40
77	36:18	WORSFOLD, Mike	Chiltern Harriers AC	Senior Men
78	36:19	MCCORMACK, Ade	Chiltern Harriers AC	Veteran Men 40
79	36:25	SHARKEY, Jonathan		Senior Men
80	36:28	CHEYNE, Leyton	Chiltern Harriers AC	Senior Men
81	36:35	BROWN, Andrew		Senior Men
82	36:42	MANNION, Des	Handy Cross Runners	Veteran Men 40
83	36:46	OSBORNE, Richard	Chiltern Harriers AC	Veteran Men 40
84	36:46	KIPPAX, Nigel	Tring RC	Veteran Men 50
85	36:55	SCUDAMORE, Keith	Burnham Joggers	Veteran Men 60
86	37:00	PEERLESS, John	Handy Cross Runners	Veteran Men 50
87	37:12	STEPHENSON, Andrew	Vale Of Aylesbury	Veteran Men 40
88	37:19	COOPER, Neil		Veteran Men 40
89	37:38	BENJAMIN, Steve	Vale Of Aylesbury	Veteran Men 50
90	38:26	WINTER, John		Veteran Men 40
91	38:33	STUBBINGS, Martin	Chiltern Harriers AC	Veteran Men 50
92	38:36	KLIKIS, Pani	Chiltern Harriers AC	Veteran Men 40
93	38:37	SMITH, Andrew	Bungay Black Dog RC	Veteran Men 50
94	38:45	HOWSON, Shane	Vale Of Aylesbury	Senior Men

95	38:54	FALLAIZE, Clive	Vale Of Aylesbury	Veteran Men 40
96	38:57	HICKMAN, Michael	Handy Cross Runners	Veteran Men 60
97	39:10	SMART, Jonathan		Senior Men
98	39:12	SWAN, David	Metros	Veteran Men 50
99	39:19	IRWIN, John	Burnham Joggers	Veteran Men 50
100	39:23	MCINTYRE, Rob		Veteran Men 40
101	39:39	COX, Andrew	Hillingdon AC	Veteran Men 50
102	39:43	SHEPHERD, John		Veteran Men 40
103	39:51	SHAW, Patrick		Veteran Men 40
104	39:57	HILL, Greg	Watford Joggers	Veteran Men 50
105	40:03	HOGG, Rodney		Veteran Men 40
106	40:31	BRAWN, Trevor	Chiltern Harriers AC	Veteran Men 50
107	40:52	QUIGLEY, Martin		Veteran Men 50
108	41:01	ARCHIBALD, Bruce	The Monday Club	Veteran Men 50
109	41:02	FORD, David	Burnham Joggers	Veteran Men 50
110	41:07	BIDDLE, Chris		Veteran Men 40
111	41:22	WALKER, David	Chiltern Harriers AC	Veteran Men 60
112	41:29	MOCKETT, David	Chiltern Harriers AC	Senior Men
113	41:34	BLACKMAN, Tom	Marshall Milton Keynes	Senior Men
114	41:37	BOWER, Gary		Veteran Men 40
115	41:54	AUSTIN, Bob	Marshall Milton Keynes	Veteran Men 60
116	42:15	THOMAS, Dave	Burnham Joggers	Veteran Men 50
117	42:25	SINGH, Sukjit	Burnham Joggers	Veteran Men 40
118	43:02	SHEDD, Ed		Veteran Men 40
119	43:39	HICKS, Nicholas	Chiltern Harriers AC	Senior Men
120	43:44	BANNISTER, Steve		Veteran Men 40
121	43:46	WATSON, Alan	Burnham Joggers	Veteran Men 60
122	43:49	PARKINS, Nigel		Veteran Men 50
123	44:19	HURLEY, David		Veteran Men 40
124	44:23	DENNIS, Geoff	Tring RC	Veteran Men 60
125	44:29	SHACKLETON, Timothy	The Monday Club	Veteran Men 40
126	44:29	ELDERFIELD, Malcolm		Veteran Men 40
127	44:30	FORDHAM, James		Veteran Men 40
128	44:51	LACEY, Nigel	Tring RC	Veteran Men 50
129	45:14	VAN DER SLUIJS, Peter		Veteran Men 40
130	45:22	GILBERT, Barry	Wadhurst Runners	Veteran Men 60
131	45:40	ALBERTS, Philip		Veteran Men 50
132	46:00	BRADY, David		Veteran Men 40
133	46:06	DAVIES, Cliff		Veteran Men 40
134	46:44	BARNARD, David	Chiltern Harriers AC	Veteran Men 70
135	46:49	SHELTON, John		Veteran Men 50
136	47:02	FREW, Ian		Veteran Men 50
137	47:11	ROSER, Geoffrey	Tring RC	Veteran Men 60
138	47:25	CRAGGS, Neil		Veteran Men 50
139	49:18	MORGAN, Mike	Burnham Joggers	Veteran Men 60
140	50:26	HUTCHINSON, Andy		Senior Men
141	50:53	BOARDMAN, Ian		Veteran Men 50
142	50:55	IKE, Rudy		Veteran Men 50
143	51:10	GREEN, Daniel		Senior Men
144	52:07	VERCHERE, Ian	Tring RC	Veteran Men 70
145	56:02	MASON, Frank	Burnham Joggers	Veteran Men 50
146	59:21	HOYLE, Raymond	Watford Harriers	Veteran Men 60
147	1:01:28	MORRIS, Pete	Reading Road Runners	Veteran Men 50

LADIES RACE

Place	Time	Name	Team	Race Age Category	Prize Winners
1	31:06	LUCK, Sara	Havering Mayesbrook	Senior Women	1st Lady
2	33:21	AUSTIN, Julia	Vale Of Aylesbury	Veteran Women 45	2nd Lady
3	33:28	DIGBY, Jodie	Vale Of Aylesbury	Senior Women	3rd Lady
4	33:31	BUTT, Laura	Chiltern Harriers AC	Veteran Women 35	1st Vet 35
5	33:47	QUANTRILL, Sarah	Chiltern Harriers AC	Senior Women	
6	33:55	ORR, Judith	Chiltern Harriers AC	Veteran Women 35	
7	34:27	LEVET, Sandra	Chiltern Harriers AC	Veteran Women 45	1st Vet 45
8	35:01	RALPH, Barbara	Chiltern Harriers AC	Veteran Women 55	
9	35:43	SAMMES, Rachel	Burnham Joggers	Veteran Women 35	
10	35:45	HAYNES, Ellen	Handy Cross Runners	Veteran Women 35	
11	35:51	STRINGER, Jo	Burnham Joggers	Veteran Women 35	
12	36:38	CARD, Rachel	Vale Of Aylesbury	Junior Women	1st Junior
13	36:47	ANNETTS, Elizabeth	Burnham Joggers	Veteran Women 45	
14	37:01	ASH, Rebecca		Senior Women	
15	37:42	HARRIS, Lynne		Veteran Women 55	
16	37:50	SIDDALL, Clare	Burnham Joggers	Senior Women	
17	38:11	GUNDRY, Jacqueline	Gade Valley Harriers	Veteran Women 45	
18	38:19	BARNES, Sue	Vale Of Aylesbury	Veteran Women 55	
19	38:29	DOWNS, Ursula		Veteran Women 45	
20	38:45	MADRY, Julie	Vale Of Aylesbury	Veteran Women 35	
21	38:54	FALLAIZE, Heather	Vale Of Aylesbury	Veteran Women 45	
22	39:15	HUGHES, Keturah	Chiltern Harriers AC	Senior Women	
23	39:27	FOLKARD, Heidi	Chiltern Harriers AC	Veteran Women 35	
24	39:41	SHAW, Jennifer		Senior Women	
25	39:58	SHELDON, Victoria	Vale Of Aylesbury	Veteran Women 35	
26	40:00	MELLOR, Lyn	Chiltern Harriers AC	Veteran Women 45	
27	40:03	COOK, Maria	Tring RC	Veteran Women 45	
28	40:09	ALLEN, Alison	Burnham Joggers	Veteran Women 45	
29	40:27	COOPER, Caroline		Senior Women	
30	40:41	PORTEOUS, Jane	Tring RC	Veteran Women 45	
31	41:07	CHAMBERLAIN, Valerie		Veteran Women 35	
32	41:13	PHILIP, Camilla		Senior Women	
33	41:55	RYNN, Emma		Veteran Women 35	
34	42:45	MOORE, Christine	Chiltern Harriers AC	Veteran Women 45	
35	43:00	HEATH, Sarah	Handy Cross Runners	Veteran Women 45	
36	43:43	QUIGLEY, Kate		Junior Women	
37	44:19	HURLEY, Sharon		Veteran Women 35	
38	44:21	VERRINDER, Charlotte		Senior Women	
39	45:04	METHERINGHAM, Pavla	Burnham Joggers	Veteran Women 45	
40	45:53	WINTER, Carol		Veteran Women 35	
41	46:52	HOLLINGDALE, Susan		Veteran Women 45	
42	46:53	LUNACZEK-MOTYKA, Ewa	Burnham Joggers	Veteran Women 65	
43	46:55	DENNIS, Beth	Tring RC	Veteran Women 55	
44	47:14	HERON, Gill	Bearbrook Joggers	Veteran Women 45	
45	47:30	WILSON, Helen	Bearbrook Joggers	Veteran Women 35	
46	47:44	CHADBONE, Leah	Vale Of Aylesbury	Junior Women	
47	47:49	SMART, Sarah		Senior Women	
48	47:52	ROWLANDS, Louisa		Veteran Women 35	
49	47:53	SHEPHERD, Debbie		Veteran Women 35	

50	48:10	FOLEY, Kirsty	Burnham Joggers	Senior Women
51	48:44	DOLGOS, Krisztina		Senior Women
52	48:44	MOWAT, Glynis		Veteran Women 45
53	49:04	BRADLEY, Mia	Watford Harriers	Veteran Women 35
54	49:15	HUGHES, Linda	Burnham Joggers	Veteran Women 35
55	49:51	SEALY, Caroline	Burnham Joggers	Senior Women
56	50:35	IMANI, Serena	Burnham Joggers	Senior Women
57	50:54	BOARDMAN, Diane		Veteran Women 45
58	51:09	GREEN, Victoria		Senior Women
59	51:13	STEER, Julia		Veteran Women 35
60	51:36	ATTWOOD, Elspeth		Veteran Women 45
61	58:39	FREW, Imogen		Junior Women
62	58:39	WINSLADE, Natasha		Junior Women
63	1:02:32	CRAGGS, Juliette		Junior Women

TEAMS

Men	1. Chiltern Harriers AC	22 pts (1, 2, 9, 10)
	2. Vale of Aylesbury	34 pts (4, 5, 12, 13)
	3. Handy Cross Runners	90pts (3, 11, 16, 60)
	4. Watford Harriers	101 pts (8, 28, 32, 33)
	5. Tring RC	115 pts (6, 34, 37, 38)
	6. Burnham Joggers	152 pts (25, 27, 48, 52)
Women	1. Chiltern Harriers AC	15 pts (4, 5, 6)
	2. Vale of Aylesbury AC	17 pts (2, 3, 12)
	3. Burnham Joggers	33 pts (9, 11, 13)
	4. Tring RC	100 pts (27, 30,43)

PEDNOR 5 RACE WALK

Incorporating Buckinghamshire AA Road Walk Championships

MEN'S RACE

Place	Time	Name	Club	Race Age Category	Bucks
1	44:06	Peter Ryan	Ilford AC	Vet 55	
2	44:31	Steven Uttley	Ilford AC	Vet 50	
3	45:17	Mark Wall	Leicester Walking Club	Vet 50	
4	47:00	Andrew Cox	Hillingdon AC	Vet 50	
5	49:02	John Ralph	Chiltern Harriers AC	Vet 50	Bucks
6	49:35	Bob Austin	Marshall Milton Keynes AC	Vet 60	Bucks
7	50:14	Michael Harron	Herne Hill Harriers	Vet 70	
8	51:11	Alex Watson	Chiltern Harriers AC	Under 17	Bucks
9	51:18	Ted Holmquist	Chiltern Harriers AC	Vet 65	Bucks
10	52:00	Christopher Flint	London Vidarians WC	Vet 60	
11	52:26	Leslie Scrivens	Worcester AC	Vet 65	
12	53:47	Brian Graves	Marshall Milton Keynes AC	Vet 65	Bucks
13	55:12	Anthony Harran	Herne Hill Harriers	Vet 45	
14	56:58	Trevor Brawn	Chiltern Harriers AC	Vet 55	Bucks
15	57:05	David Hoben	Surrey Walking Club	Vet 55	
16	57:09	Bernard Hercock	Enfield & Haringey AC	Vet 70	
17	57:17	Martyn Cartwright	Chiltern Harriers AC	Vet 65	Bucks
18	62:54	Steve Allen	Barnet & District AC	Vet 50	
19	68:16	Ken Livermore	Enfield & Haringey AC	Vet 75	

LADIES RACE

1	48:05	Helen Middleton	Enfield & Haringey AC	Vet 45	
2	51:15	Fiona Bishop	Aldershot Farnham & District AC	Vet 45	
3	53:18	Jackie Carver		Vet 35	Bucks
4	53:38	Maree Jesson	Northampton Road Runners	Vet 35	
5	59:25	Sue Rey	Leicester Walking Club	Vet 50	
6	62:36	Emilia Mokowska	Hillingdon AC		
7	62:53	Anna Allen		Vet 50	
8	64:06	Ann Bischoff		Vet 40	Bucks
9	64:07	Katy Crowston		Vet 35	Bucks
10	64:09	Sally Hardman		Vet 35	Bucks
11	65:49	Elsbeth Attwood		Vet 50	
12	72:50	Nancy Neville		Vet 50	
13	72:50	Shirley Cramer		Vet 50	Bucks
14	73:38	Deborah Lewis	Hillingdon AC	Vet 45	
15	74:56	Siv Lock		Vet 40	Bucks
16	74:56	Juliette Orton		Vet 35	Bucks
17	74:56	Nicki Guneratne		Vet 40	Bucks
18	76:34	Carolyn Limebear		Vet 45	Bucks
19	76:34	Sarah Webster		Vet 35	Bucks
20	76:36	Lesley Perkin		Vet 40	Bucks
21	76:36	Anne Fullelove		Vet 45	Bucks

GIRLS 2 MILE RACE

1 21:12 ** Katie Royals
** Course Record

Chiltern Harriers A.C.

U15

PEDNOR 5 CHALLENGE

The combined times for competitors in both the Pednor 5 Road Race and Road Walk

Posn	Total Time	Name	Club	Walk Time	Run Time
<u>MEN</u>					
1	81:56	Alex Watson	Chiltern Harriers AC	51:11	30:46
2	85:24	Anthony Harran	Herne Hill Harriers	55:12	30:12
3	86:39	Andrew Cox	Hillingdon AC	47:00	39:39
4	91:29	Bob Austin	Marshall Milton Keynes AC	49:35	41:54
5	97:29	Trevor Brawn	Chiltern Harriers AC	56:58	40:31
<u>LADIES</u>					
1	117:25	Elsbeth Attwood	Unattached	65:49	51:36