

RESULTS OF PEDNOR 5 EVENTS

3rd May 2010

PEDNOR 5 ROAD RACE

(see below for Race Walk)

MEN'S RACE

Place	Runner	Club	Race Age Category	Time	Prize Winners
1	DOWNS, Fabian	Chiltern Harriers AC	Senior	26:49	1st
2	MAY, Charlie	Vale Of Aylesbury	Senior	27:28	2nd
3	FULCHER, Frank	Handy Cross Runners	Veteran 40	28:16	3rd
4	LINGLEY, Nick	Windsor Slough Eton & Hounslow	Junior	28:31	1st Junior
5	SUMMERFIELD, Martyn	Vale Of Aylesbury	Veteran 40	28:46	1st V40
6	LANGLEY, Ross	Tring RC	Senior	29:08	
7	REED, Sam	Burnham Joggers	Senior	29:31	
8	ROBERTS, Dave		Veteran 40	29:50	
9	POWLEY, Andrew	Burnham Joggers	Senior	30:03	
10	ROBERTS, Steve	Handy Cross Runners	Veteran 40	30:06	
11	GILBERT, Brendon	Handy Cross Runners	Senior	30:08	
12	BERRY, Adrian		Senior	30:22	
13	BAILEY, Chris	Highgate Harriers	Veteran 40	30:25	
14	BEEDELL, Simon	Chiltern Harriers AC	Senior	30:32	
15	BENNEWITH, James	Vale Of Aylesbury	Junior	30:42	
16	O'CALLAGHAN, Gregory	Tring RC	Senior	31:01	
17	TURNEY, Michael	Chiltern Harriers AC	Veteran 40	31:04	
18	ROSE, Chris	Burnham Joggers	Veteran 40	31:07	
19	PERKIN, Steve	Chiltern Harriers AC	Veteran 40	31:13	
20	JOHNSON, Darren	Burnham Joggers	Senior	31:16	
21	SHELDON, Tony	Chiltern Harriers AC	Veteran 50	31:21	1st V50
22	ELLERBY, Vince	Gade Valley Harriers	Veteran 40	31:35	
23	O'CONNOR, Michael	Vale Of Aylesbury	Veteran 50	31:58	
24	FULLER, Bob	Windsor Slough Eton & Hounslow	Veteran 40	32:07	
25	BARRACLOUGH, Daniel	Chiltern Harriers AC	Junior	32:15	
26	LARK, Trevor	Tring RC	Veteran 50	32:29	
27	WILLIAMS, Nick	Tring RC	Senior	32:39	
28	SMITH, David	Hillingdon AC	Veteran 40	32:49	
29	NATHAN, Paul		Veteran 40	33:08	
30	WALKER, David	Chiltern Harriers AC	Senior	33:11	
31	MANNING, John	Tring RC	Veteran 50	33:12	
32	DIXON, Scott	Herts Phoenix	Senior	33:21	
33	WALKER, Pete	Burnham Joggers	Veteran 40	33:23	
34	COHEN, Clive	Tring RC	Veteran 50	33:31	
35	NEWING, Stephen	Gade Valley Harriers	Senior	33:43	
36	CHINN, Tristan	Burnham Joggers	Senior	33:52	
37	WATSON, Giles		Veteran 40	33:55	
38	BRADLEY, Mikk	Watford Harriers	Veteran 50	33:56	
39	APPLEBY, David	Burnham Joggers	Veteran 40	34:29	
40	PASSEY, Duncan		Senior	34:37	
41	BOWLLER, Adam	Chiltern Harriers AC	Senior	34:41	
42	HURD, Richard		Veteran 40	34:43	
43	BELCHER, Alan		Veteran 40	34:46	

44	SALMON, Jon	Thames Hare & Hounds	Veteran 50	34:48
45	BOARDMAN, Ian		Veteran 50	34:50
46	WHITAKER, Grant	Chiltern Harriers AC	Veteran 40	35:05
47	COOPER, David		Junior	35:21
48	ANGUS, Andrew	Watford Harriers	Veteran 40	35:23
49	HILL, Adam		Junior	35:34
50	ALLEN, Antony	Dacorum & Tring	Veteran 60	35:36
51	HILL, Roger		Veteran 50	35:47
52	IRWIN, John	Burnham Joggers	Veteran 50	36:03
53	ELLERBY, Roger	Chiltern Harriers AC	Veteran 50	36:10
54	WORSFOLD, Mike	Chiltern Harriers AC	Senior	36:18
55	TUFFNELL, Shaun	Burnham Joggers	Veteran 40	36:24
56	KIPPAX, Nigel	Tring RC	Veteran 50	36:28
57	ASTLES, Peter	Handy Cross Runners	Veteran 50	36:32
58	FOLKARD, Melvyn	Chiltern Harriers AC	Veteran 50	36:44
59	MYHILL, Matthew		Senior	36:44
60	MANNION, Des	Handy Cross Runners	Veteran 40	36:46
61	COOPER, Neil		Veteran 40	36:49
62	SMITH, Leonard		Veteran 60	36:52
63	CREIGHTON, Andrew		Veteran 40	36:56
64	VERRINDER, Matt	Ten-Point Triathlon Team	Senior	36:56
65	HARRIS, Andy	Looe Pioneers RC	Veteran 50	37:21
66	QUIGLEY, Charlie		Junior	37:50
67	FREW, Max	Tanglewood	Junior	37:52
68	BROWN, Andrew		Senior	38:12
69	NOBLE, Graham		Senior	38:17
70	BICKLEY, Phil	Burnham Joggers	Veteran 40	38:19
71	HEDGE, Terry	Watford Harriers	Veteran 50	38:25
72	NORCOTT, Lee	Burnham Joggers	Senior	38:26
73	PERALTA, Simon	Burnham Joggers	Senior	38:26
74	STORRIE, Martin	Gade Valley Harriers	Veteran 40	38:42
75	ALLEN, Steve	Barnet & District	Veteran 50	38:50
76	ALLEN, Peter	Burnham Joggers	Junior	38:57
77	BERRY, Jason	Burnham Joggers	Veteran 40	39:15
78	NEWING, Andy	Gade Valley Harriers	Veteran 40	39:17
79	MOLESWORTH, Tony	Chiltern Harriers AC	Veteran 60	39:26
80	QUIGLEY, Martin		Veteran 50	39:40
81	OSBORNE, Richard	Chiltern Harriers AC	Veteran 40	39:48
82	SMART, Jonathan		Senior	39:53
83	PIERPOINT, Nick	Tring RC	Veteran 50	41:23
84	MCINTYRE, Rob		Veteran 40	41:27
85	FORD, David	Burnham Joggers	Veteran 50	41:39
86	HICKS, Nicholas	Chiltern Harriers AC	Senior	42:06
87	PRICE, David		Senior	42:08
88	BRAWN, Trevor	Chiltern Harriers AC	Veteran 60	42:14
89	VAN DER SLUIJS, Peter		Veteran 40	43:28
90	WATSON, Alan	Burnham Joggers	Veteran 60	44:44
91	CRAGGS, Neil		Veteran 50	45:16
92	BARNARD, David	Chiltern Harriers AC	Veteran 70	45:46
93	FREW, Ian	Tanglewood	Veteran 50	45:50
94	FORDHAM, James		Veteran 40	46:00
95	MILLS, Fabian	Dacorum & Tring	Veteran 60	46:00
96	PARR, Mike	Langport Runners	Veteran 70	46:09

97	ALBERTS, Philip		Veteran 60	46:25
98	MORGAN, Mike	Burnham Joggers	Veteran 70	46:48
99	MORRIS, Pete	Reading Road Runners	Veteran 50	46:55
100	GERMAN, David	Langport Runners	Veteran 70	46:59
101	MULLIN, Daniel	Metros	Senior	47:12
102	GILBERT, Barry	Wadhurst Runners	Veteran 60	47:17
103	BASSETT, Richard		Senior	47:58
104	PRESTON, Dennis		Veteran 50	48:45
105	REGESTER, Patrick		Veteran 60	49:53
106	SHELTON, John	Tring RC	Veteran 50	50:05
107	HUTCHINSON, Andy	Gil-Lec Ltd	Senior	50:15
108	MASON, Frank	Burnham Joggers	Veteran 50	52:42
109	VERCHERE, Ian	Tring RC	Veteran 70	52:46
110	ELDER, Russell	Sudbury Court RC	Veteran 60	64:45

LADIES RACE

Place	Runner	Club	Race Age Category	Time	Prize Winners
1	NEALE, Tamsin	Burnham Joggers	Veteran 35	31:25	1st
2	AUSTIN, Julia	Vale Of Aylesbury	Veteran 45	33:13	2nd
3	BIRCH, Grace	Chiltern Harriers AC	Junior	33:18	3rd
4	COXON, Jennifer	Chiltern Harriers AC	Senior	34:47	
5	STUBBINGS, Claire	Chiltern Harriers AC	Veteran 45	34:51	1st V35
6	ANNETTS, Elizabeth	Burnham Joggers	Veteran 45	35:49	1st V45
7	JONES, Carol	Ealing, Southall & Middlesex	Veteran 45	36:47	
8	HAYNES, Ellen	Handy Cross Runners	Veteran 45	37:17	
9	STEWART, Sally		Senior	37:36	
10	HURD, Paula		Veteran 45	37:56	
11	WHITFIELD, Annelie	Chiltern Harriers AC	Veteran 45	38:11	
12	HOLDEN, Caroline	Chiltern Harriers AC	Veteran 35	38:13	
13	CONN, Joanna	Serpentine Running Club	Veteran 35	38:30	
14	HARRIS, Lynne	Looe Pioneers RC	Veteran 55	38:45	
15	LANG, Beth		Senior	38:50	
16	BARTLETT, Lucy	Burnham Joggers	Senior	38:58	
17	SHAW, Louise	Burnham Joggers	Senior	39:16	
18	MADRY, Julie	Vale Of Aylesbury	Veteran 35	39:18	
19	SHELDON, Vicky	Vale Of Aylesbury	Veteran 35	39:19	
20	CARD, Joanna	Vale Of Aylesbury	Senior	39:23	
21	ALLEN, Alison	Burnham Joggers	Veteran 45	39:38	
22	OWEN, Jill	Watford Harriers	Veteran 45	40:02	
23	IVIN, Susie	Gade Valley Harriers	Senior	40:06	
24	RYNN, Emma		Veteran 35	40:21	
25	DEADMAN, Jacqui		Veteran 35	40:25	
26	DOWNS, Ursula		Veteran 45	40:26	
27	SMITH, Sarah	EPI Runners	Senior	40:40	
28	EMISON, Sarah	Chiltern Harriers AC	Veteran 35	40:46	
29	WALKER, Helen	Chiltern Harriers AC	Senior	41:37	
30	FREW, Anneliese		Senior	42:06	
31	LINGLEY, Ruth	Windsor Slough Eton & Hounslow	Veteran 45	42:28	
32	MOORE, Louise	Louise	Senior	42:30	
33	MANGAN, Sarah	Burnham Joggers	Senior	42:32	
34	CREIGHTON, Ingrid		Veteran 35	42:34	
35	VATNE LOCK, Siv		Veteran 35	42:34	
36	BANCROFT, Jane		Veteran 35	42:39	
37	DAVIDSON, Sharon		Senior	42:47	
38	FIRTH, Sara	Chiltern Harriers AC	Veteran 45	43:51	
39	REES, Sarah		Senior	43:51	
40	BISHOP, Fiona	Woking AC	Veteran 45	44:02	
41	ROBERTS, Sarah	Handy Cross Runners	Veteran 45	44:50	
42	HUGHES, Linda	Burnham Joggers	Veteran 35	44:59	
43	HILL, Grace		Junior	45:57	1st Junior
44	HOLLINGDALE, Susan	Tanglewood	Veteran 45	46:03	
45	MONTGOMERY, Carol	Burnham Joggers	Veteran 45	46:47	
46	FREW, Imogen	Tanglewood	Junior	47:01	
47	SMART, Sarah		Senior	47:19	
48	SHEPHERD, Debbie		Veteran 35	47:36	
49	DENNIS, Beth	Tring RC	Veteran 55	48:08	

50	FORD, Anna		Senior	48:08
51	WOOD, Jennie	Chiltern Harriers AC	Veteran 45	48:33
52	CRAGGS, Juliette		Junior	52:49
53	ATTWOOD, Elspeth		Veteran 45	53:33

MEN'S TEAM				WOMEN'S TEAM				
	PTS	SCORERS	POS		PTS	SCORERS	POS	
1	Vale of Aylesbury	45	C May M Summerfield J Bennewith M O'Connor	2 5 15 23	1	Chiltern Harriers	12 G Birch J Coxon C Stubbings	3 4 5
2	Chiltern Harriers	51	F Downs S Beedell M Turney S Perkin	1 14 17 19	2	Burnham Joggers	23 T Neale E Annetts L Bartlett	1 6 16
3	Burnham Joggers	54	S Reed A Powley C Rose D Johnson	7 9 18 20	3	Vale of Aylesbury	39 J Austin J Madry V Sheldon	2 18 19
4	Tring Running Club	75	R Langley G O'Callaghan T Lark N Williams	6 16 26 27				
5	Handy Cross Runners	81	F Fulcher S Roberts B Gilbert P Astles	3 10 11 57				
6	Gade Valley Harriers	209	V Ellerby S Newing M Storrie A Newing	22 35 74 78				

PEDNOR 5 RACE WALK

Incorporating Buckinghamshire AA Road Walk Championships

MEN'S RACE

Place	Time	Name	Club	Race Age	Bucks Category
1	42:04	Francisco Reis	Iford AC	Vet 45	
2	43:28	Peter Ryan	Iford AC	vet 55	
3	43:29	Steven Uttley	Iford AC	vet 50	
4	45:43	John Ralph	Chiltern Harriers AC	vet 50	Bucks
5	45:44	Arthur Thomson	Enfield & Harringey AC	vet 70	
6	49:13	Sean Pender	Enfield & Harringey AC	vet 55	
7	50:47	Michael Harran	Surrey Walking Club	vet 70	
8	51:06	Christopher Flint	London Vidarians WC	vet 65	
9	51:18	Mark Wall	Leicester Walking Club	vet 55	
10	52:24	Les Scrivens	Worcester AC	vet 65	
11	54:17	Scott Jones	Surrey Walking Club		
12	56:31	Trevor Brawn	Chiltern Harriers AC	vet 60	Bucks
13	57:35	David Hoben	Surrey Walking Club	vet 55	
14	57:55	Bernard Hercock	Enfield & Harringey AC	vet 70	
15	58:05	Martyn Cartwright	Chiltern Harriers AC	vet 65	Bucks
16	58:35	Andy Newing	Gade Valley Harriers	vet 40	
17	59:18	Phil Goodwin	Unattached	vet 55	
18	63:57	Steve Allen	Barnet & District AC	vet 50	
19	68:11	Mike Morgan	Burnham Joggers	vet 70	Bucks
20	70:26	Barry Gilbert	Wadhurst Runners	vet 60	
21	70:59	Peter Morris	Reading Road Runners	vet 50	
22	75:29	Gareth Cadwallader	Unattached	vet 50	

LADIES RACE

1	45:38	Helen Middleton	Enfield & Harringey AC	vet 45	
2	52:19	Jackie Carver	Unattached	vet 40	Bucks
3	53:04	Fiona Bishop	Woking AC	vet 50	
4	58:40	Ruth Lingley	Windsor Slough Eton & Hounslow	vet 45	Bucks
5	59:38	Sue Rey	Leicester Walking Club	vet 50	
6	60:43	Laura Butt	Chiltern Harriers AC	vet 35	Bucks
7	63:56	Anna Allen	Unattached	vet 50	
8	64:04	Elsbeth Attwood	Unattached	vet 50	
9	69:37	Deborah Lewis	Hillingdon AC	vet 45	
10	75:29	Nancy Neville	Unattached	vet 50	

BOYS 2 MILE RACE

1	25:09	Jonathon Lee	Dr Challoner's Grammar School	U13
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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>LADIES</u>					
1	97:06	Fiona Bishop	Woking AC	53:04	44:02
2	101:08	Ruth Lingley	Windsor, Slough, Eton and Hounslow AC	58:40	42:28
3	117:37	Elsbeth Attwood	Unattached	64:04	53:33
<u>MEN</u>					
1	97:52	Andy Newing	Gade Valley Harriers	58:35	39:17
2	98:45	Trevor Brawn	Chitern Harriers AC	56:31	42:14
3	102:47	Steve Allen	Barnet & District	63:57	38:50
4	114:59	Mike Morgan	Burnham Joggers	68:11	46:48
5	117:43	Barry Gilbert	Wadhurst Runners	70:26	47:17
6	117:54	Pete Morris	Reading Road Runners	70:59	46:55