

# RESULTS OF PEDNOR 5 EVENTS

## 6th May 2013

### PEDNOR 5 ROAD RACE

Incorporating the Herts AA Road Race Championships (see results at end)

#### MEN'S RACE

POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	PRIZES
1	HUMPHREYS, Luke	Bedford & County AC	Senior	25:54	1st
2	WHITE, Kieran	RAF Halton	Senior	26:47	2nd
3	SALT, Matthew	Dacorum & Tring	Senior	27:33	3rd
4	O'GORMAN, Eddie	Chiltern Harriers AC	Senior	28:13	
5	ADCOCK, Matthew	Watford Harriers	Veteran 40	28:54	1st V40
6	MAY, Charlie	Vale Of Aylesbury	Senior	29:07	
7	ROBERTS, Dave	Fell Runners Association	Veteran 40	30:25	
8	JOHNSON, Darren	Burnham Joggers	Veteran 40	30:41	
9	BOWLLER, Adam	Vale Of Aylesbury	Senior	31:03	
10	DIXON, Thomas	Chiltern Harriers AC	Senior	31:05	
11	BRADLEY, Mikk	Watford Harriers	Veteran 50	31:18	1st V50
12	MILES, Andy	Hillingdon AC	Veteran 50	31:23	
13	ROSE, Chris	Burnham Joggers	Veteran 40	31:35	
14	REDINGTON, Andrew	Chiltern Harriers AC	Veteran 40	31:45	
15	SCHIFFER-HARTE, Ben	Burnham Joggers	Senior	31:46	
16	FOSTER, Graham	St Albans Striders	Veteran 50	32:15	
17	EDWARDS, Marcus	Watford Joggers	Veteran 50	32:21	
18	BOWKER, David	Fairlands Valley Spartans	Veteran 50	32:25	
19	FULLER, Bob		Veteran 50	32:36	
20	BRYAN, Jerry	Barnet & District AC	Veteran 50	32:39	
21	TAYLOR, Colin	Watford Joggers	Veteran 50	32:53	
22	RUTTLEY, Paul	Watford Harriers	Veteran 40	33:07	
23	THOMAS, Hywel	Chiltern Harriers AC	Veteran 40	33:10	
24	O'GRADY, John		Veteran 40	33:11	
25	DINEEN, Paul	Handy Cross Runners	Veteran 40	33:19	
26	QUINCEY, James	Burnham Joggers	Senior	33:20	
27	GROVER, Marc	Burnham Joggers	Senior	33:51	
28	WORSFOLD, Mike	Chiltern Harriers AC	Senior	33:57	
29	DONALD, Chris	Purple Patch Runners	Veteran 40	34:06	
30	TREMAINE, Robin	Watford Joggers	Veteran 50	34:09	
31	JONES, Will	Metropolitan Police	Veteran 40	34:33	
32	WHITAKER, Grant	Chiltern Harriers AC	Veteran 50	34:41	
33	HOLLOWAY, Cameron		Junior	34:50	1st Junior
34	MCCORMACK, Ade	Chiltern Harriers AC	Veteran 50	34:52	
35	WELDON, Ciaran	Watford Harriers	Veteran 40	34:52	
36	REEVES, Gordan	Dunstable Road Runners	Veteran 40	35:03	
37	HEDGE, Terry	Watford Harriers	Veteran 50	35:05	
38	POYNTON, Tom	Dulwich Park Runners	Veteran 40	35:09	
39	NORCOTT, Gary	Burnham Joggers	Senior	35:17	
40	SCOTT, Robert	Barnet & District AC	Veteran 40	35:21	
41	PALMER, Richard		Senior	35:23	
42	MARSHALL, David		Veteran 40	35:28	

43	WATSON, Giles		Veteran 40	35:39
44	GAMBLE, James	Watford Joggers	Veteran 50	35:41
45	ILLING, Paul	Watford Harriers	Veteran 40	35:46
46	GOMES, Joe	Barnet & District AC	Veteran 40	35:48
47	CARSON, Adam	Burnham Joggers	Senior	35:52
48	GREEN, Daniel		Senior	35:52
49	EMERY, Paul	Watford Joggers	Veteran 50	36:05
50	RIVANS, Ben		Senior	36:10
51	ANGUS, Andrew	Watford Harriers	Veteran 50	36:13
52	ROBERTS, Alan	Vale Of Aylesbury	Veteran 40	36:14
53	VOCKINS, Richard		Senior	36:17
54	DANIEL, Steve	Watford Harriers	Veteran 50	36:20
55	BOLDEN, Alex		Junior	36:28
56	HAMER, Huw	Watford Joggers	Senior	36:46
57	KIPPAX, Nigel	Tring RC	Veteran 50	37:03
58	NEILL, Andy		Veteran 40	37:17
59	NORCOTT, Lee	Burnham Joggers	Senior	37:19
60	TURNER, David	Chiltern Harriers AC	Veteran 40	37:21
61	NORRIS, John		Senior	37:25
62	DEAN, Andy	Watford Joggers	Senior	37:27
63	SLADE, Nick	Watford Joggers	Veteran 40	37:31
64	THOMAS, Evan		Junior	37:41
65	BAYLEY, Paul	Tring RC	Senior	37:46
66	CHEYNE, Leyton	Chiltern Harriers AC	Senior	37:52
67	WOOLRIDGE, Tim	Watford Joggers	Veteran 50	38:00
68	CRANE, David	Surrey Walking Club	Senior	38:05
69	IRWIN, John	Burnham Joggers	Veteran 60	38:17
70	HARDMAN, Bob	Burnham Joggers	Veteran 60	38:27
71	KENNETT, Roland		Veteran 40	38:32
72	LAWRENCE, Andy	Headington Road Runners	Senior	39:01
73	SALT, Robert		Veteran 40	39:04
74	SIBLEY, Patrick		Veteran 60	39:08
75	AYRES, Tom	Chiltern Harriers AC	Senior	39:09
76	SMITH, John		Veteran 70	39:31
77	BURKE, Chris		Veteran 50	39:39
78	EVANS, Alled		Senior	39:41
79	WILSON, Billy	Burnham Joggers	Veteran 50	40:12
80	SHEPHERD, John		Veteran 40	40:16
81	MANNION, Des	Handy Cross Runners	Veteran 40	40:29
82	KING, Doug	Chiltern Harriers AC	Veteran 60	40:40
83	WARREN, Andrew		Veteran 40	41:25
84	HORIGAN, Tom		Veteran 40	41:29
85	FRY, Mark		Veteran 50	41:34
86	MORRIS, Pete	Reading Road Runners	Veteran 50	42:11
87	ALLEN, Steve	Barnet & District AC	Veteran 50	42:17
88	HARRIS, Andy	Looe Pioneers RC	Veteran 60	42:42
89	STASIUK, Stefan	Burnham Joggers	Veteran 60	42:54
90	QUIXLEY, Gregg		Veteran 40	42:57
91	CAESAR, Steve		Senior	43:05
92	MCINTYRE, Rob		Veteran 40	43:10
93	FAHY, Declan		Veteran 50	43:16
94	BIDDLE, Chris		Veteran 40	43:25
95	TAYLOR, Peter	Chiltern Harriers AC	Veteran 40	43:36

96	BRAWN, Trevor	Chiltern Harriers AC	Veteran 60	43:43
97	TRAVERS, Mark	Tring RC	Veteran 40	43:45
98	RICHARDSON, Paul		Veteran 50	44:16
99	YEARLEY, Paul		Veteran 50	44:24
100	JONES, Dave	Tring RC	Veteran 50	44:46
101	VAN DER SLUIJS, Peter		Veteran 40	45:01
102	ROUSE, Matthew		Senior	45:16
103	PAYNE, John		Veteran 50	45:55
104	MITTERHUBER, Paul	Chiltern Harriers AC	Veteran 50	46:56
105	THOMAS, Dave	Burnham Joggers	Veteran 50	47:29
106	WATSON, Alan	Burnham Joggers	Veteran 60	47:31
107	SCAGELL, Jerry		Veteran 50	47:32
108	MCQUAID, Douglas	Watford Joggers	Veteran 50	47:34
109	FREW, Ian	Tanglewood Terriers	Veteran 50	47:41
110	ROSER, Geoffrey	Tring RC	Veteran 60	47:42
111	ALBERTS, Philip		Veteran 60	48:54
112	WALKER, David	Chiltern Harriers AC	Veteran 60	49:04
113	VOS, Ashley	Watford Joggers	Veteran 50	49:44
114	HAYWARD, Richard		Senior	49:47
115	HIGGS, Nigel	Watford Joggers	Veteran 50	49:53
116	HUGHES, Jon		Veteran 50	50:25
117	GRIMSDALE, Martin	Watford Harriers	Veteran 50	50:28
118	BOYDEN-WILSON, Steve		Veteran 50	53:55

**LADIES RACE**

<b>POSN</b>	<b>COMPETITOR</b>	<b>CLUB/TEAM</b>	<b>CATEGORY</b>	<b>TIME</b>	<b>PRIZES</b>
1	NEALE, Tamsin	Burnham Joggers	Veteran 35	31:42	1st
2	ROGERS, Lucy	Wycombe Phoenix Harriers	Senior	32:03	2nd
3	DONALD, Claire	Purple Patch Runners	Veteran 45	32:40	3rd
4	YOUNG, Ali	Chiltern Harriers AC	Veteran 35	32:42	1st V35
5	AUSTIN, Julia	Vale Of Aylesbury	Veteran 45	34:08	1st V45
6	ARMSTRONG, Emily	Windsor Slough Eton & H	Senior	34:26	
7	DOBBY, Louise		Veteran 35	35:16	
8	PRASAD, Naomi	Watford Joggers	Senior	35:40	
9	BARTLETT, Lucy	Burnham Joggers	Senior	36:03	
10	STRINGER, Jo	Burnham Joggers	Veteran 35	36:24	
11	JONES, Carol	Ealing, Southall & Middlesex	Veteran 55	36:40	
12	HEYDECKER, Deirdre	St Albans Striders	Veteran 55	37:40	
13	HALFORD, Angela	Watford Harriers	Veteran 35	37:46	
14	BEMMENT, Liz	Burnham Joggers	Senior	38:36	
15	BUX, Soraya	Handy Cross Runners	Senior	38:52	
16	HARRIS, Lynne	Looe Pioneers RC	Veteran 55	38:58	
17	NEEDLEMAN, Sarah	Chiltern Harriers AC	Junior	39:38	1st Junior
18	OWEN, Jill	Watford Harriers	Veteran 45	40:30	
19	NEEDLEMAN, Hilary	Chiltern Harriers AC	Veteran 45	40:30	
20	WILCOCK, Celine	Tring RC	Veteran 35	42:22	
21	MOLLOY, Jane	Watford Joggers	Veteran 45	42:51	
22	WELCH, Jane	Watford Joggers	Veteran 55	43:12	
23	DAVIS, Mary	Vegetarian Cycling & AC	Veteran 45	43:30	
24	HOLLINGDALE, Susan	Tanglewood Terriers	Veteran 45	44:02	
25	BOUTLE, Clare	Barnet & District AC	Veteran 35	44:05	
26	ZAREMBA, Jenny	Burnham Joggers	Veteran 35	44:07	
27	KIPPAX, Anne	Tring RC	Veteran 45	44:17	
28	FULLYLOVE, Roz	Watford Joggers	Veteran 45	44:18	
29	MCQUAID, Linda	Watford Joggers	Veteran 55	44:57	
30	WELSBY, Lucy	Tring RC	Veteran 35	44:58	
31	PERKIN, Lesley	Chiltern Harriers AC	Veteran 35	45:22	
32	BISHOP, Fiona	Woking AC	Veteran 45	45:30	
33	GUEST, Lucy		Veteran 45	45:36	
34	DAVIDSON, Ann		Veteran 55	45:46	
35	DONOHUE, Clare	Tring RC	Veteran 35	45:50	
36	HOLFORD, Nora	Kidlington RC	Veteran 45	46:13	
37	COLTMAN, Sarah	Watford Joggers	Veteran 35	46:55	
38	DAVIDSON, Sharon	Purple Patch Runners	Veteran 35	47:05	
39	FITZGERALD, Emma		Veteran 35	47:57	
40	MACDONNELL, Lee-Anne		Veteran 35	48:18	
41	BOLDEN, Melanie		Veteran 45	48:19	
42	ATTWOOD, Elspeth		Veteran 55	50:20	
43	PATTERSON, Karen		Veteran 45	50:25	
44	GLYN, Alex		Senior	51:10	
45	KNEVITT, Nichola		Senior	51:11	
46	CALDER, Fiona	Chiltern Harriers AC	Senior	51:11	
47	SHEPHERD, Deborah		Veteran 45	52:14	
48	ROWLANDS, Louisa		Veteran 35	52:14	

49	HOPCROFT, Judi	Tring RC	Veteran 45	52:18
50	HIGGS, Carol	Watford Joggers	Veteran 45	52:28
51	QUINCEY, Joanna	Burnham Joggers	Senior	53:28
52	EDWARDS, Angela	Watford Joggers	Veteran 45	54:49
53	YEARLEY, Carole		Veteran 45	55:15
54	ROBBIE, Sandra		Veteran 45	1:14:22
55	HYDE, Keri		Veteran 35	1:14:22

### TEAM RESULTS

MEN'S TEAMS				WOMEN'S TEAMS				
	PTS	POSN	SCORERS		PTS	POSN	SCORERS	
1	Chiltern Harriers	51	E O'Gorman T Dixon A Redington H Thomas	4 10 14 23	1	Burnham Joggers	20 T Neale L Bartlett J Stringer	1 9 10
2	Burnham Joggers	62	D Johnson C Rose B Schiffer-Harte J Quincey	8 13 15 26	2	Chiltern Harriers	40 A Young S Needleman H Needleman	4 17 19
3	Watford Harriers	73	M Adcock M Bradley P Ruttley C Weldon	5 11 22 35	3	Watford Joggers	51 N Prasad J Molloy J Welch	8 21 22
4	Watford Joggers	112	M Edwards C Taylor R Tremaine J Gamble	17 21 30 44	4	Tring R. C.	77 C Wilcock A Kippax L Welsby	20 27 30
5	Barnet & District AC	193	J Bryan R Scott J Gomes S Allen	20 40 46 87				
6	Tring R.C.	319	N Kippax P Bayley M Travers D Jones	57 65 97 100				

# PEDNOR 5 RACE WALK

Incorporating the Buckinghamshire AA Road Walk Championships

## MEN'S RACE

Place	Time	Name	Club	Race Age Category	Bucks
1	40:58	Fabian Deuter	Hillingdon AC		
2	42:13	Francisco Reis	Ilford AC	Vet 50	
3	44:08	Steven Uttley	Ilford AC	Vet 55	
4	44:30	David Crane	Surrey Walking Club		
5	44:34	Peter Ryan	Ilford AC	Vet 55	
6	46:31	Steve Allen	Barnet and District AC	Vet 55	
7	47:50	John Ralph	Enfield & Harringey AC	Vet 55	Bucks
8	48:53	Stuart Bennett	Ilford AC	Vet 50	
9	49:06	Arthur Thomson	Enfield & Harringey AC	Vet 75	
10	49:34	John Constandinou	Birchfield Harriers	Vet 40	
11	49:36	Andrew Cox	Hillingdon AC	Vet 60	
12	49:48	Ken Bobbett	Hillingdon AC	Vet 65	Bucks
13	52:12	Christopher Flint	Surrey Walking Club		
14	52:35	Dan Maskell	Vets AC	Vet 65	
15	53:15	Sean Pendor	Enfield & Harringey AC	Vet 55	
16	53:54	Alan Roberts	Vale of Aylesbury	Vet 45	Bucks
17	54:58	Peter Taylor	Chiltern Harriers AC	Vet 45	Bucks
18	55:29	Les Scrivens	Worcester AC	Vet 65	
19	55:41	Russell Vroobell	Hillingdon AC	Vet 50	
20	55:51	Ted Holmquist	Chiltern Harriers AC	Vet 70	Bucks
21	56:05	James Gamble	Watford Joggers	Vet 50	
22	57:14	Trevor Brawn	Chiltern Harriers AC	Vet 60	Bucks
23	58:12	Ron Powell	Enfield & Harringey AC	Vet 75	
24	58:39	Andy Lawrence	Headington Road Runners		
25	60:01	Terry Morris	Nuneaton Harriers	Vet 65	
26	62:02	Martyn Cartwright	Chiltern Harriers AC	Vet 70	Bucks
27	66:16	Mike Morgan	Burnham Joggers	Vet 70	Bucks
28	66:31	Paul Richardson	Unattached	Vet 50	
29	66:41	Richard McKenzie	Hillingdon AC		
30	67:10	David Ainsworth	Ilford AC	Vet 60	
31	67:29	William Sutherland	Highgate Harriers	Vet 65	
32	68:53	Bernard Hercock	Enfield & Harringey AC	Vet 75	
33	80:39	Grant Whittaker	Chiltern Harriers AC	Vet 50	Bucks

## LADIES RACE

1	54:23	Fiona Bishop	Woking AC	Vet 50	
2	56:39	Jo Miles	Hillingdon AC	Vet 55	
3	59:40	Norma Grimsey	Enfield & Harringey AC	Vet 55	
4	63:26	Anna Allen	Unattached	Vet 55	
5	65:37	Elsbeth Attwood	Unattached	Vet 55	
6	66:34	Jenny Middleton	Hillingdon AC		
7	66:41	Julia McKenzie	Hillingdon AC	Vet 40	
8	80:41	Sandra Whittaker	Unattached	Vet 40	

# **PEDNOR 5 CHALLENGE**

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

<b>Posn</b>	<b>Total Time</b>	<b>Name</b>	<b>Club</b>	<b>Walk Time</b>	<b>Run Time</b>
<b><u>LADIES</u></b>					
1	99:53	Fiona Bishop	Woking AC	54:23	45:30
2	115:57	Elsbeth Attword	Unattached	65:37	50:20
<b><u>MEN</u></b>					
1	82:35	David Crane	Surrey Walking Club	44:30	38:05
2	88:48	Steve Allen	Barnet & District AC	46:31	42:17
3	90:08	Alan Roberts	Vale of Aylesbury	53:54	36:14
4	91:46	James Gamble	Watford Harriers	56:05	35:41
5	97:40	Andy Lawrence	Headington Road Runners	58:39	39:01
6	98:34	Peter Taylor	Chiltern Harriers AC	54:58	43:36
7	100:57	Trevor Brawn	Chiltern Harriers AC	57:14	43:43
8	110:47	Paul Richardson	Unattached	66:31	44:16
9	115:22	Grant Whittaker	Unattached	80:41	34:41

# Hertfordshire AA Road Running Championships 6th May 2013

| [MEN](#) | [LADIES](#) | [TEAMS](#) |

## PEDNOR 5 ROAD RACE

### MEN'S RACE

POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	PRIZES
1	HUMPHREYS, Luke	Bedford & County AC	Senior	25:54	1st
2	SALT, Matthew	Dacorum & Tring	Senior	27:33	2nd
3	ADCOCK, Matthew	Watford Harriers	Veteran 40	28:54	3rd & 1st V40
4	BOWLLER, Adam	Vale Of Aylesbury	Senior	31:03	
5	ROSE, Chris	Burnham Joggers	Veteran 40	31:35	2nd V40
6	FOSTER, Graham	St Albans Striders	Veteran 50	32:15	1st V50
7	EDWARDS, Marcus	Watford Joggers	Veteran 50	32:21	2nd V50
8	BOWKER, David	Fairlands Valley Spartans	Veteran 50	32:25	3rd V50
9	BRYAN, Jerry	Barnet & District AC	Veteran 50	32:39	
10	TAYLOR, Colin	Watford Joggers	Veteran 50	32:53	
11	RUTTLEY, Paul	Watford Harriers	Veteran 40	33:07	3rd V40
12	TREMAINE, Robin	Watford Joggers	Veteran 50	34:09	
13	WELDON, Ciaran	Watford Harriers	Veteran 40	34:52	
14	HEDGE, Terry	Watford Harriers	Veteran 50	35:05	
15	SCOTT, Robert	Barnet & District AC	Veteran 40	35:21	
16	GAMBLE, James	Watford Joggers	Veteran 50	35:41	
17	ILLING, Paul	Watford Harriers	Veteran 40	35:46	
18	GOMES, Joe	Barnet & District AC	Veteran 40	35:48	
19	EMERY, Paul	Watford Joggers	Veteran 50	36:05	
20	DANIEL, Steve	Watford Harriers	Veteran 50	36:20	
21	HAMER, Huw	Watford Joggers	Senior	36:46	
22	NORRIS, John		Senior	37:25	
23	DEAN, Andy	Watford Joggers	Senior	37:27	
24	SLADE, Nick	Watford Joggers	Veteran 40	37:31	
25	WOOLRIDGE, Tim	Watford Joggers	Veteran 50	38:00	
26	CAESAR, Steve		Senior	43:05	
27	YEARLEY, Paul		Veteran 50	44:24	
28	PAYNE, John		Veteran 50	45:55	
29	MCQUAID, Douglas	Watford Joggers	Veteran 50	47:34	
30	HAYWARD, Richard		Senior	49:47	
31	GRIMSDALE, Martin	Watford Harriers	Veteran 50	50:28	



**LADIES RACE**

POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	PRIZES
1	PRASAD, Naomi	Watford Joggers	Senior	35:40	1st
2	HEYDECKER, Deirdre	St Albans Striders	Veteran 55	37:40	2nd & 1st V55
3	HALFORD, Angela	Watford Harriers	Veteran 35	37:46	3rd & 1st V35
4	NEEDLEMAN, Sarah	Chiltern Harriers AC	Junior	39:38	
5	OWEN, Jill	Watford Harriers	Veteran 45	40:30	1st V45
6	NEEDLEMAN, Hilary	Chiltern Harriers AC	Veteran 45	40:30	2nd V45
7	MOLLOY, Jane	Watford Joggers	Veteran 45	42:51	3rd V45
8	WELCH, Jane	Watford Joggers	Veteran 55	43:12	2nd V55
9	BOUTLE, Clare	Barnet & District AC	Veteran 35	44:05	2nd V35
10	FULLYLOVE, Roz	Watford Joggers	Veteran 45	44:18	
11	MCQUAID, Linda	Watford Joggers	Veteran 55	44:57	3rd V55
12	COLTMAN, Sarah	Watford Joggers	Veteran 35	46:55	3rd V35
13	MACDONNELL, Lee-Anne		Veteran 35	48:18	
14	EDWARDS, Angela	Watford Joggers	Veteran 45	54:49	
15	YEARLEY, Carole		Veteran 45	55:15	

COMBINED SENIOR & VETERAN MENS TEAM		PTS	SCORERS	POS
1	Watford Harriers	41	M Adcock	3
			P Ruttley	11
			C Weldon	13
			T Hedge	14
2	Watford Joggers	45	M Edwards	7
			C Taylor	10
			R Tremaine	12
			J Gamble	16
VETERAN MENS TEAM		PTS	SCORERS	POS
1	Watford Harriers	30	M Adcock	1
			P Ruttley	8
			C Weldon	10
			T Hedge	11
2	Watford Joggers	33	M Edwards	4
			C Taylor	7
			R Tremaine	9
			J Gamble	13
COMBINED SENIOR & VETERAN WOMENS TEAM		PTS	SCORERS	POS
1	Watford Joggers	16	N Prasad	1
			J Molloy	7
			J Welch	8
VETERAN WOMENS TEAM		PTS	SCORERS	POS
1	Watford Joggers	19	J Molloy	5
			J Welch	6
			R Fullylove	8