

CHILTERN HARRIERS AC
PEDNOR 5
MONDAY 1st MAY 2017

POS	MEN	WOMEN	COMPETITOR	CLUB / TEAM	CATEGORY	TIME	AWARDS
1	1		BENNETT, Matthew	Southampton AC	Senior Men	27:02	1st Man
2	2		VAUGHAN, Mark	North Herts RR	M40	27:38	2nd Man
3	3		HALSEY, Craig		Senior Men	27:44	3rd Man
4	4		HILL, Oliver	Watford Joggers	Senior Men	27:55	
5	5		WILSON, Sean	Wycombe Phoenix Harriers	Senior Men	28:04	
6	6		ALEXANDER, Ben		Senior Men	28:25	
7	7		BOWLLER, Adam	North Herts RR	Senior Men	28:39	
8	8		O'SULLIVAN, David	Watford Joggers	M40	28:42	M40
9	9		NORRIS, Stephen	Thames Valley Harriers	M40	28:43	
10	10		SMITH, Graham	St Albans Striders	M40	28:49	
11	11		NORRIS, Stephen	Watford Joggers	Senior Men	28:58	
12	12		STEEL, Nick	Ealing, Southall & Middlesex	Senior Men	29:03	
13	13		DELL, Thomas	Vale Of Aylesbury AC	Senior Men	29:09	
14	14		DELL, Jeremy		Senior Men	29:40	
15	15		FALLON, Paul	Burnham Joggers	M40	29:43	
16	16		MELVILLE-SMITH, Alistair	Chiltern Harriers AC	M40	29:47	
17	17		MARTIN, Dermot	Bearbrook RC	M40	29:53	
18	18		COLLETT, Graham		M40	30:13	
19	19		KENCROFT, Mark	Ealing, Southall & Middlesex	M40	30:14	
20	20		SULLIVAN, Nigel	Burnham Joggers	M40	30:14	
21		1	AMEND, Samantha	Belgrave Harriers	F35	30:18	1st Woman
22	21		CLARK, Richard	Chiltern Harriers AC	Senior Men	30:28	
23	22		AGYEI, Nana	Watford Joggers	Senior Men	30:31	
24	23		SCHOFIELD, Clark		M40	30:45	
25	24		FLOWERS, Alistair	Watford Joggers	Senior Men	30:58	
26	25		HUNTER, Trevor	Handy Cross Runners	M40	31:02	
27	26		WILLCOX, Anthony	Gade Valley Harriers	Senior Men	31:23	
28	27		PARRIS, Sebastian	Ilford AC	Senior Men	31:28	
29	28		HAYNE, Ian		Senior Men	31:29	
30		2	O'ROURKE, Mairead	Chiltern Harriers AC	F35	31:34	2nd Woman
31	29		MARRIS, Joel		Senior Men	31:35	
32	30		FOSTER, Graham	St Albans Striders	M50	31:43	M50
33	31		COOK, Marcus	Ealing, Southall & Middlesex	Senior Men	31:56	
34	32		MARTIN, Michael	St Albans Striders	Senior Men	32:04	
35	33		WILLIAMS, David	Chiltern Harriers AC	Senior Men	32:17	
36	34		TURNEY, Michael	Chiltern Harriers AC	M50	32:20	
37	35		COUTTS, Edwin	Trent Park RC	M40	32:21	
38	36		ROSE, Chris	Burnham Joggers	M50	32:25	
39	37		WACKETT, Thomas	Garden City Runners	Senior Men	32:26	
40	38		WILLIAMS, Nick	Watford Joggers	Senior Men	32:27	
41	39		ROONEY, Sean	Burnham Joggers	M40	32:30	
42	40		GEARY, Simon	Gade Valley Harriers	M40	32:42	
43	41		HOLMES, Ashley	Chiltern Harriers AC	Senior Men	32:48	
44	42		DELL, Greg		M50	32:51	
45	43		NORTON, Andrew	Gade Valley Harriers	M40	32:52	
46	44		HENDERSON, Charles	Watford Joggers	M40	32:55	
47	45		JAMES, Brian	Watford Joggers	M70	32:59	M60
48	46		HARTMANN, Henrik	Vale Of Aylesbury AC	M40	33:06	
49	47		BROOMHALL, Matt		M40	33:10	
50	48		WORSFOLD, Mike	Chiltern Harriers AC	M40	33:13	
51		3	PUSEY, Claire	Burnham Joggers	F45	33:19	3rd Woman
52	49		TRIMMER, Jason	Chiltern Harriers AC	M40	33:22	
53	50		MOORE, Mark	Burnham Joggers	M50	33:28	
54	51		SMITH, Graham	Bearbrook RC	M50	33:33	
55	52		MELDRUM, Sam	Chiltern Harriers AC	M40	33:36	
56	53		EDWARDS, Marcus	Watford Joggers	M50	33:38	
57	54		LLOYD, Joshua		Junior Men	33:41	Junior Man
58		4	FERGUSON, Katie	Clapham Chasers	Senior Women	33:42	
59	55		MACEY, Gary		M50	33:43	
60	56		CLARKE, Stuart		Senior Men	33:54	
61	57		BRAYBROOK, Colin	St Albans Striders	M50	33:54	
62	58		TREMAINE, Robin	Watford Joggers	M60	33:55	
63	59		WALKER, Joel		Senior Men	34:01	
64		5	HALLAS, Natalie		F35	34:05	W35
65	60		WHITAKER, Grant	Chiltern Harriers AC	M50	34:19	
66		6	EVANS, Rachel	Southampton AC	Senior Women	34:34	
67	61		NEWING, Stephen	Gade Valley Harriers	Senior Men	34:36	
68		7	COWPER, Shona	Ealing, Southall & Middlesex	Senior Women	34:37	
69	62		DICKINSON, James	Cookham RC	Senior Men	34:41	
70	63		MUIR, Neil	Vale Of Aylesbury AC	M50	34:43	

71	64	EMERY, Paul	Watford Joggers	M50	34:57	
72	65	RANSOM, Anatole	Watford Joggers	Senior Men	35:02	
73	66	ADDISON, Mark		Senior Men	35:03	
74	67	WATSON, Giles	Chiltern Harriers AC	M50	35:06	
75	68	VALLIS, Keith	Overton Harriers & AC	M50	35:07	
76		8 GOSS, Amy	Tring RC	F35	35:12	
77	69	WATSON, Tony	Sudbury Court RC	M60	35:18	
78	70	COOPER, Neil	Chiltern Harriers AC	M60	35:25	
79	71	BATES, Neil	Chiltern Harriers AC	Senior Men	35:33	
80	72	KRETSCHMER, Luke		Senior Men	35:35	
81	73	OWEN, Steve		M40	35:38	
82	74	HILL, Greg	Watford Joggers	M60	35:41	
83	75	CONWAY, Simon	Chiltern Harriers AC	M40	35:45	
84	76	TRIMMER, Jamie	Chiltern Harriers AC	Junior Men	35:51	
85	77	GETLEY, Scott	Chiltern Harriers AC	M40	35:53	
86	78	LLOYD, Gary		M50	35:57	
87	79	MILES, Daniel		Senior Men	35:57	
88	80	CHANNER, Matt	Chiltern Harriers AC	M40	36:00	
89	81	HOPPER, John	Dacorum & Tring	M40	36:01	
90	82	SMITH, Simon	Cookham RC	M40	36:04	
91		9 FRYER, Anna	Bearbrook RC	F35	36:05	
92		10 TULLIE, Helen	Tring RC	F35	36:08	
93		11 DOBBS, Zoe	Hillingdon AC	F45	36:13	W45
94		12 PUTKO, Alison	Watford Harriers	F35	36:18	
95	83	YORK, Philip	Ealing, Southall & Middlesex	M50	36:19	
96	84	STANGER, James		Senior Men	36:27	
97		13 CONWAY, Jennifer	St Albans Striders	Senior Women	36:28	
98	85	BOWKER, David	Fairlands Valley Spartans	M50	36:29	
99	86	SHARMAN, Richard		Senior Men	36:30	
100		14 GORDON, Yuko	North Herts RR	F65	36:32	W55
101	87	AHERN, Patrick		M50	36:35	
102	88	CLEMENTS, Trevor	St Albans Striders	M50	36:40	
103	89	AMSBURY, Dan	Bearbrook RC	Senior Men	36:43	
104		15 MCCALL, Rebecca		F35	36:46	
105		16 MEEK, Christine	Ealing, Southall & Middlesex	F55	36:47	
106		17 JONES, Carol	Ealing, Southall & Middlesex	F55	36:55	
107		18 VISSER, Lotte	Hillingdon AC	Senior Women	36:57	
108		19 PASSEY, Tessa	Chiltern Harriers AC	F35	37:00	
109		20 MISTRY, Claire	Tring RC	F35	37:07	
110	90	MAW, Richard	St Albans Striders	M60	37:08	
111		21 CHOLAWO, Helen		Senior Women	37:11	
112		22 SPENCER, Melanie	Hillingdon AC	F35	37:13	
113	91	STEMBRIDGE-KING, John	Vale Of Aylesbury AC	M50	37:18	
114		23 LANG, Beth	Chiltern Harriers AC	F35	37:26	
115		24 ALIAJ, Julia		F35	37:37	
116		25 TRIMMER,Carolynn	Chiltern Harriers AC	F35	37:42	
117		26 MOWBRAY, Julia		F35	37:43	
118	92	TORRANCE, Andy	Hillingdon AC	M60	37:45	
119	93	KENISON, Robert	Watford Joggers	M60	37:50	
120		27 SAMMES, Rachel	Burnham Joggers	F35	37:53	
121		28 WILSON, Lynn	Ealing, Southall & Middlesex	F55	38:01	
122		29 KEENE, Patricia	Burnham Joggers	F55	38:11	
123	94	COUTTS, Jonathan	Chiltern Harriers AC	M40	38:15	
124	95	DYER, Paul		M40	38:24	
125		30 ALEKNA, Amie		F35	38:33	
126		31 MARTIN, Deborah	Bearbrook RC	F35	38:37	
127	96	SAUL, David	Chiltern Harriers AC	M50	38:42	
128	97	MOORE, Daniel		Senior Men	38:44	
129	98	BOLTON, Paul		Senior Men	38:49	
131	99	GRANT, James		Senior Men	38:56	
132		32 ALEXANDER, Martina		F35	39:05	
133		33 ORCHARD, Octavia		F35	39:09	
134	100	PRICE, Simon		M40	39:16	
135		34 THOMAS, Patricia	Ealing, Southall & Middlesex	F45	39:19	
136	101	SMITH, John		M70	39:28	
137	102	HAWORTH, John		M50	39:28	
138	103	LAWRENCE, Matthew	Chiltern Harriers AC	M40	39:30	
139	104	FALVEY, John	Ealing, Southall & Middlesex	M60	39:38	
140		35 WAEGNER, Heidi		F45	39:40	
141	105	HOFF, Nigel		M50	39:42	
142	106	FLEMING, Rupert		Senior Men	39:42	
143	107	FERGUSON, Bruce		M50	39:43	
144	108	HATTON, Daniel		Senior Men	39:45	
145	109	GARRETT, Martin	Sudbury Court RC	M60	39:47	
146	110	FOSKETT-THARBY, Peter		M40	39:52	
147	111	HUTCHINGS, Martyn		M40	40:00	
148		36 DOWNS, Ursula		F55	40:02	

149	112	PAUL, Alistair		Senior Men	40:05	
150	113	LOWTHER, Marc		Senior Men	40:07	
151		37 KOPELMAN, Eve	Chiltern Harriers AC	Junior Women	40:13	Junior Woman
152	114	BENTLEY, Giles		M50	40:16	
153	115	AYRES, Thomas		Senior Men	40:18	
154	116	EVANS, Brian	Tring RC	M50	40:28	
155		38 STOKES, Marie	Watford Joggers	F35	40:38	
156		39 PAXTON, Kate		Senior Women	40:45	
157		40 MELLOR, Lyn	Chiltern Harriers AC	F55	40:46	
158		41 BOLDEN, Lucie		Junior Women	40:58	
159	117	KEENE, Oliver	Burnham Joggers	M50	41:01	
160	118	COOPER, Gerald	Cookham RC	M50	41:14	
161		42 BOLDEN, Melanie		F45	41:20	
162		43 PACKWOOD, Beverley	Ealing, Southall & Middlesex	F45	41:29	
163		44 RENSRAW, Elizabeth		Senior Women	41:30	
164		45 CLARK, Lucy		F35	41:32	
165		46 PRIMETT, Claire	Burnham Joggers	F45	41:35	
166	119	BOYDEN-WILSON, Steve	Chiltern Harriers AC	M50	41:42	
167		47 HOLROYD, Ruth	Chiltern Harriers AC	F35	41:44	
168		48 CLARK, Anna	Hedge End RC	Senior Women	41:45	
169		49 RILEY, Isobel		Senior Women	41:47	
170	120	FRY, Mark	Chiltern Harriers AC	M50	41:49	
171		50 MARRIS, Alice		Senior Women	42:00	
172		51 QUINN, Marcia	Watford Joggers	F45	42:01	
173		52 YEARLEY, Carole		F55	42:06	
174	121	CULSHAW, Mark	Iford AC	M50	42:07	
175		53 PICKARD, Kate	Watford Joggers	F45	42:09	
176	122	WARREN, Andrew		M40	42:22	
177	123	MURPHY, John		M50	42:32	
178	124	KORINEK, Mark		M40	42:35	
179		54 BISHOP, Fiona	Woking AC	F55	42:39	
180	125	BORGARS, John	Herts Phoenix	M70	42:47	
181	126	SLADE, Nick	Watford Joggers	M40	42:49	
182		55 ROETTGER, Diana		Senior Women	42:50	
183		56 NI CHIOBHAIN, Lean	Chiltern Harriers AC	Senior Women	42:51	
184	127	NOBBS, Pete	Watford Joggers	M40	42:57	
185		57 CLARK, Hannah		F35	42:59	
186		58 PRINCE, Louise	Ealing, Southall & Middlesex	F45	43:01	
187		59 DUNCAN, Lucy	Hillingdon AC	F35	43:11	
188		60 SAN PEDRO, Andrea		F35	43:14	
189		61 WELSFORD, Louise	Burnham Joggers	F45	43:17	
190		62 HOPPER, Louisa	Dacorum & Tring	F45	43:20	
191	128	LUCKA, Jeeweetesh		Senior Men	43:23	
192	129	NOLAN, Michael		M50	43:29	
193	130	CHATER, Andrew	Watford Joggers	M60	43:37	
194		63 LOCKWOOD, Dina		F45	43:46	
195	131	SIBLEY, Patrick		M60	43:50	
196	132	MARSHALL, Stephen		M50	43:53	
197	133	KOPELMAN, Barry		M50	43:55	
198		64 FERGUSON, Sue	Tring RC	F55	43:59	
199		65 DAVIS, Mary	Vegetarian Cycling & AC	F45	44:02	
200	134	KING, Doug	Chiltern Harriers AC	M60	44:13	
201		66 JACKSON, Devi		F45	44:19	
202	135	BRAWN, Trevor	Chiltern Harriers AC	M60	44:22	
203		67 WALKER, Helen		F35	44:22	
204	136	BENNETT, Stuart	Iford AC	M50	44:37	
205		68 NOLAN, Rosie		Senior Women	44:38	
206	137	STASIUK, Stefan	Burnham Joggers	M60	44:54	
207		69 WELLS, Katherine	Hillingdon AC	Senior Women	44:55	
208	138	EVANS, Andy	Tring RC	M50	45:05	
209		70 VAUGHAN, Sue	North Herts RR	F45	45:08	
210		71 BENJAMIN, Christina	Hillingdon AC	Senior Women	45:09	
211	139	BURKE, Chris		M50	45:12	
212		72 VALL, Sarah		F45	45:20	
213		73 SCOLLAN, Rita	Sudbury Court RC	F35	45:22	
214		74 DODSWORTH, Karen	North Herts RR	F55	45:29	
215	140	SHACKLETON, Tim		M50	45:35	
216		75 CLEMENTS, Bridget		F45	45:42	
217		76 CLEMENTS, Elise		Senior Women	45:42	
218		77 COOK, Paula	Gade Valley Harriers	F45	45:51	
219		78 PITCHER, Cheryl		F35	45:52	
220	141	TIERNEY, David		M40	45:57	
221	142	RICKMAN, John	Maidenhead AC	M70	46:09	
222		79 BENNET, Jenny		F45	46:16	
223	143	ILLIDGE, Chris		M40	46:35	
224	144	BAKER, Simon		Senior Men	46:51	
225		80 HOLFORD, Nora	Kidlington RC	F45	47:15	

226		81	VELLA, Vicky		F45	47:23
227	145		VAN DER SLUIJS, Peter		M50	47:26
228		82	EDWARDS, Angela	Watford Joggers	F55	47:46
229		83	STOCKWELL, Gemma	Chiltern Harriers AC	Senior Women	47:49
230	146		WARREN, Pete	Ranelagh Harriers	M70	48:19
231		84	MUNDEN, Christine	Thames Valley Harriers	F45	48:22
232		85	COOMBS, Michelle	St Albans Striders	F35	48:32
233	147		TYLER, Paul		M40	49:16
234	148		DAWSON, Tim	Chiltern Harriers AC	M40	49:17
235	149		PETERS, Jeff	Watford Joggers	M40	49:32
236		86	MAW, Nora		F55	50:01
237		87	CALDER, Fiona	Chiltern Harriers AC	F35	50:12
238		88	BRAZIL, Clare		Senior Women	50:20
239		89	RICHARDSON, Catherine		F45	50:34
240		90	RICHARDSON, Sarah		F35	50:34
241		91	SAUL, Beth		Junior Women	50:52
242		92	DONOHUE, Clare		F45	50:56
243	150		WALKER, Philip		M50	51:07
244		93	BARKER, Karen		F35	51:09
245		94	GAWNE-CAIN, Adrienne		F35	51:27
246		95	LONG, Jessica		Senior Women	51:39
247		96	FRIEDNER, Mrs		F35	51:45
248	151		SAWYER, Jack		Senior Men	51:48
249	152		SINGH, Sukjit	Burnham Joggers	M50	51:48
250	153		ALBERTS, Philip		M60	52:18
251	154		YEARLEY, Paul		M50	55:11
252		97	ATTWOOD, Elspeth		F55	56:04
253	155		HICKMAN, Michael	Handy Cross Runners	M60	57:26
254	156		BURRIDGE, Phil	Handy Cross Runners	M50	58:24

FULL TEAM RESULTS

	MEN'S TEAM	POINTS	WOMEN'S TEAM	POINTS
1	Watford Joggers	45	Tring Running Club	38
2	Chiltern Harriers	104	Ealing, Southall & Middlesex	40
3	Burnham Joggers	110	Chiltern Harriers	44
4	St Albans Striders	129	Hillingdon AC	51
5	Ealing, Southall & Middlesex	145	Burnham Joggers	59
6	Gade Valley Harriers	170	Watford Joggers	142
7	Vale of Aylesbury	213	North Herts RR	158

HERTFORDSHIRE CHAMPIONSHIP MEN'S RACE

POSN	COMPETITOR	CLUB / TEAM	CATEGORY	TIME	AWARDS
1	VAUGHAN, Mark	North Herts RR	Veteran Men 40	27:38	1 st
2	HALSEY, Craig		Senior Men	27:44	2 nd
3	HILL, Oliver	Watford Joggers	Senior Men	27:55	3 rd
4	BOWLLER, Adam	North Herts RR	Senior Men	28:39	
5	O'SULLIVAN, David	Watford Joggers	Veteran Men 40	28:42	
6	SMITH, Graham	St Albans Striders	Veteran Men 40	28:49	
6	NORRIS, Stephen	Watford Joggers	Senior Men	28:58	
7	COLLETT, Graham		Veteran Men 40	30:13	
8	WILLCOX, Anthony	Gade Valley Harriers	Senior Men	31:23	
9	FOSTER, Graham	St Albans Striders	Veteran Men 50	31:43	
10	MARTIN, Michael	St Albans Striders	Senior Men	32:04	
11	WACKETT, Thomas	Garden City Runners	Senior Men	32:26	
12	WILLIAMS, Nick	Watford Joggers	Senior Men	32:27	
13	GEARY, Simon	Gade Valley Harriers	Veteran Men 40	32:42	
14	NORTON, Andrew	Gade Valley Harriers	Veteran Men 40	32:52	
15	HENDERSON, Charles	Watford Joggers	Veteran Men 40	32:55	
16	EDWARDS, Marcus	Watford Joggers	Veteran Men 50	33:38	
17	MACEY, Gary		Veteran Men 50	33:43	
18	BRAYBROOK, Colin	St Albans Striders	Veteran Men 50	33:54	
19	TREMAINE, Robin	Watford Joggers	Veteran Men 60	33:55	
20	NEWING, Stephen	Gade Valley Harriers	Senior Men	34:36	
21	EMERY, Paul	Watford Joggers	Veteran Men 50	34:57	
22	HILL, Greg	Watford Joggers	Veteran Men 60	35:41	
23	GETLEY, Scott	Chiltern Harriers AC	Veteran Men 40	35:53	
24	BOWKER, David	Fairlands Valley Spartans	Veteran Men 50	36:29	
25	KENISON, Robert	Watford Joggers	Veteran Men 60	37:50	
26	BORGARS, John	Herts Phoenix	Veteran Men 70	42:47	
27	SLADE, Nick	Watford Joggers	Veteran Men 40	42:49	
28	NOBBS, Pete	Watford Joggers	Veteran Men 40	42:57	
29	CHATER, Andrew	Watford Joggers	Veteran Men 60	43:37	
30	PETERS, Jeff	Watford Joggers	Veteran Men 40	49:32	

HERTFORDSHIRE CHAMPIONSHIP WOMEN'S RACE

POSN	COMPETITOR	CLUB / TEAM	CATEGORY	TIME	AWARDS
1	O'ROURKE, Mairead	Chiltern Harriers AC	Veteran Women 35	31:34	1st
2	PUTKO, Alison	Watford Harriers	Veteran Women 35	36:18	2nd
3	CONWAY, Jennifer	St Albans Striders	Senior Women	36:28	3rd
4	GORDON, Yuko	North Herts RR	Veteran Women 65	36:32	
5	MISTRY, Claire	Tring RC	Veteran Women 35	37:07	
6	QUINN, Marcia	Watford Joggers	Veteran Women 45	42:01	
7	PICKARD, Kate	Watford Joggers	Veteran Women 45	42:09	
8	VAUGHAN, Sue	North Herts RR	Veteran Women 45	45:08	
9	BENJAMIN, Christina	Hillingdon AC	Senior Women	45:09	
10	DODSWORTH, Karen	North Herts RR	Veteran Women 55	45:29	
11	COOK, Paula	Gade Valley Harriers	Veteran Women 45	45:51	
12	EDWARDS, Angela	Watford Joggers	Veteran Women 55	47:46	
13	COOMBS, Michelle	St Albans Striders	Veteran Women 35	48:32	

HERTFORDSHIRE CHAMPIONSHIP TEAM RESULTS

	MEN'S TEAM	POINTS	WOMEN'S TEAM	POINTS
1	Watford Joggers 'A'	28	North Herts RR	22
2	St Albans Striders	46	Watford Joggers	25
3	Gade Valley Harriers	59		
4	Watford Joggers 'B'	75		
5	Watford Joggers 'C'	106		

**Pednor 5 Race Walk
(Category B)**

Monday 1st May 2017

Incorporating the Buckinghamshire AA Race Walk Championship

Men's Race

Posn	Time	Name	Club	Category	Bucks
1	44.39	Sebastian Parris	Ilford AC		
2	45.16	Neil Bates	Chiltern Harriers AC		Bucks
3	48.29	Keith Vallis	Overton Harriers	Vet 50	
4	48.31	Stuart Bennett	Ilford AC	Vet 55	
5	48.41	Mark Culshaw	Ilford AC	Vet 50	
6	50.23	David Bowker	Fairlands Valley Spartans	Vet 55	
7	51.54	Dan Maskell	Surrey Walking Club	Vet 65	
8	52.05	Ken Bobbett	Hillingdon AC	Vet 70	Bucks
9	53.53	John Borgars	Loughton AC	Vet 70	
10	54.30	Andrew Cox	Hillingdon AC	Vet 50	
11	54.14	Christopher Flint	Surrey Walking Club	Vet 70	
12	57.34	Sean Pender	Enfield & Harringey AC	Vet 60	
13	57.42	Phil Burridge	Handy Cross Runners	Vet 50	Bucks
14	58.35	David Delaney	Surrey Walking Club	Vet 70	
15	58.36	David Hoben	Surrey Walking Club	Vet 60	
16	59.11	Trevor Brawn	Chiltern Harriers AC	Vet 65	Bucks
17	60.08	Terry Morris	Nuneaton Harriers	Vet 70	
18	62.04	Peter Cassidy	Loughton AC	Vet 75	
19	62.45	Martyn Cartwright	Chiltern Harriers AC	Vet 75	Bucks
20	64.50	Mike Morgan	Burnham Joggers	Vet 75	Bucks
21	64.59	Michael Hickman	Handy Cross Runners	Vet 65	Bucks
22	75.19	Ken Livermore	Enfield & Harringey AC	Vet 80	
23	85.00	Benjamin Garrett	Unattached	Under 20	

Ladies' Race

Posn	Time	Name	Club	Category	Bucks
1	49.31	Helen Middleton	Enfield & Harringey AC	Vet 50	
2	50.16	Fiona Bishop	Woking AC	Vet 55	
3	51.55	Joyce Crawford	Enfield & Harringey AC	Vet 45	
4	51.59	Sarah Trundle	Nuneaton Harriers	Vet 45	
5	55.28	Jo Miles	Hillingdon AC	Vet 60	
6	57.12	Melanie Bolden	Unattached	Vet 45	Bucks
7	60.09	Laura Butt	Unattached	Vet 40	Bucks
8	61.50	Tessa Passey	Chiltern Harriers AC	Vet 50	Bucks
9	66.41	Patricia Keene	Burnham Joggers	Vet 60	
10	70.46	Valerie Chamberlain	Unattached	Vet 50	
11	70.46	Benedicte Ward	Unattached	Vet 45	
12	71.24	Elspeth Attwood	Unattached	Vet 55	
13	85.00	Amanda Garrett	Unattached	Vet 45	

PEDNOR 5 CHALLENGE

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

Ladies	Total Time	Name	Club	Walk Time	Run Time
1	92.55	Fiona Bishop	Woking AC	50.16	42.39
2	98.32	Melanie Bolden	Unattached	57.12	41.20
3	98.50	Tessa Passey	Chiltern Harriers AC	61.50	37.00
4	104.52	Patricia Keene	Burnham Joggers	66.41	38.11
5	127.28	Elspeth Attwood	Unattached	71.24	56.04

Men	Total Time	Name	Club	Walk Time	Run Time
1	76.07	Sebastian Parris	Ilford AC	44.39	31.28
2	80.49	Neil Bates	Chiltern Harriers AC	45.16	35.33
3	83.36	Keith Vallis	Overton Harriers & AC	48.29	35.07
4	86.52	David Bowker	Fairlands V. Spartans	50.23	36.29
5	90.48	Mark Culshaw	Ilford AC	48.41	42.07
6	93.08	Stuart Bennett	Ilford AC	48.31	44.37
7	96.40	John Borgars	Loughton AC	53.53	42.47
8	103.33	Trevor Brawn	Chiltern Harriers AC	59.11	44.22
9	116.06	Phil Burrige	Handy Cross Runners	57.42	58.24
10	122.25	Michael Hickman	Handy Cross Runners	64.59	57.26