

Chiltern Harriers AC
Pednor 5
Monday 6th May 2024

| POS | MEN | WOMEN | No. | COMPETITOR | CLUB | CAT. | TIME | AWARD |
|-----|-----|-------|-----|-----------------------|------------------------------------|------|-------|----------------------------|
| 1 | 1 | | 45 | ASHBY, Matt | Gade Valley Harriers | SM | 27:08 | 1 st Man |
| 2 | 2 | | 163 | SHUTE, Adam | Chiltern Harriers AC | M40 | 27:27 | 2 nd Man |
| 3 | 3 | | 90 | WOLFF, Daniel | Epsom & Ewell Harriers | SM | 27:34 | 3 rd Man |
| 4 | 4 | | 291 | SUTHERLAND, Sam | Queens Park Harriers | M40 | 27:51 | 1 st M40 |
| 5 | 5 | | 240 | BEECROFT, Ben | Dacorum AC | M40 | 28:01 | |
| 6 | 6 | | 280 | O'SULLIVAN, David | Watford Joggers | M40 | 28:12 | |
| 7 | 7 | | 335 | STACK, Daire | | SM | 28:22 | |
| 8 | 8 | | 300 | DUGGLEBY, Robert | Queens Park Harriers | SM | 28:29 | |
| 9 | 9 | | 94 | KIRKHAM, Neil | Victoria Park H & Tower Hamlets AC | SM | 28:34 | |
| 10 | 10 | | 320 | GILCHRIST, Niall | Ealing Eagles RC | SM | 28:38 | |
| 11 | 11 | | 272 | HOLDSWORTH, James | Chiltern Harriers AC | JM | 28:41 | 1 st Junior Man |
| 12 | 12 | | 284 | AMES, Mark | Watford Joggers | M40 | 28:52 | |
| 13 | 13 | | 318 | CURSONS, Mark | Harrow AC | M60 | 29:07 | 1 st M60 |
| 14 | 14 | | 156 | COLLINS, Shaun | | SM | 29:10 | |
| 15 | 15 | | 210 | FLEWITT, Peter | Ealing, Southall & Middlesex | M50 | 29:11 | 1 st M50 |
| 16 | 16 | | 2 | HEAD, Mark | Tring RC | M40 | 29:15 | |
| 17 | 17 | | 323 | RYAN, Frank | Watford Joggers | M50 | 29:18 | |
| 18 | 18 | | 125 | TURNER, Neil | Chiltern Harriers AC | M50 | 29:29 | |
| 19 | 19 | | 346 | REPPER, James | Chiltern Harriers AC | M50 | 29:32 | |
| 20 | 20 | | 85 | BUTLER, Patrick | Burnham Joggers | M50 | 29:34 | |
| 21 | 21 | | 359 | O'BRIEN, Joseph | | JM | 29:38 | |
| 22 | 22 | | 310 | FOSTER, Colin | Ealing, Southall & Middlesex | M40 | 29:42 | |
| 23 | 23 | | 50 | HORSLEY, Alex | Invicta East Kent | M40 | 29:47 | |
| 24 | 24 | | 261 | DIXON, Thomas | Chiltern Harriers AC | M40 | 29:54 | |
| 25 | 25 | | 274 | HARRISON, Wayne | Ealing, Southall & Middlesex | M40 | 29:58 | |
| 26 | 26 | | 309 | MACK, Thomas | Dacorum AC | SM | 30:19 | |
| 27 | 27 | | 302 | LYNCH, Archie | Vale of Aylesbury AC | JM | 30:33 | |
| 28 | 28 | | 199 | KAYE, Seth | Vale of Aylesbury AC | JM | 30:59 | |
| 29 | 29 | | 193 | TOWNSEND, Simon | Dacorum AC | M50 | 31:01 | |
| 30 | 30 | | 103 | SULLIVAN, Nigel | Burnham Joggers | M50 | 31:04 | |
| 31 | 31 | | 118 | ROBERTS, Jonathan | Gade Valley Harriers | M50 | 31:10 | |
| 32 | 32 | | 148 | PAUL, Alex | Chiltern Harriers AC | SM | 31:11 | |
| 33 | 33 | | 66 | ADDISON, Mark | | SM | 31:13 | |
| 34 | 34 | | 266 | KRETSCHMER, Luke | Queens Park Harriers | SM | 31:21 | |
| 35 | | 1 | 355 | ROLFE, Alice | Vale of Aylesbury AC | SF | 31:23 | 1 st Woman |
| 36 | | 2 | 178 | GERRIE, Sarah | Ealing, Southall & Middlesex | F35 | 31:26 | 2 nd Woman |
| 37 | 35 | | 329 | KENCROFT, Mark | Ealing, Southall & Middlesex | M50 | 31:56 | |
| 38 | 36 | | 299 | SHIPLEY, Andrew | Tring RC | SM | 32:02 | |
| 39 | 37 | | 268 | FUENTES, Pablo | Chiltern Harriers AC | M40 | 32:03 | |
| 40 | 38 | | 314 | HOGAN, Paul | Watford Joggers | M50 | 32:04 | |
| 41 | | 3 | 212 | TRIOU, Julie | Ealing, Southall & Middlesex | F35 | 32:17 | 3 rd Woman |
| 42 | 39 | | 101 | WHITE, Nicholas | | SM | 32:17 | |
| 43 | 40 | | 181 | SALTER, Josh | | SM | 32:33 | |
| 44 | | 4 | 275 | TOURNANT, Fliss | Watford Joggers | SF | 32:35 | |
| 45 | 41 | | 306 | NEWING, Stephen | Gade Valley Harriers | M40 | 32:55 | |
| 46 | 42 | | 305 | EMERY, Steve | | SM | 33:05 | |
| 47 | 43 | | 317 | CLARKE, Stuart | | M40 | 33:10 | |
| 48 | 44 | | 278 | OLLEY, Christian | Tring RC | M50 | 33:11 | |
| 49 | | 5 | 258 | PENTY-ALVAREZ, Nicola | Hillingdon AC | F35 | 33:11 | 1 st F35 |
| 50 | 45 | | 9 | MOORE, Mark | Burnham Joggers | M60 | 33:12 | |
| 51 | 46 | | 30 | GRIFFIN, Patrick | Hillingdon AC | M50 | 33:12 | |
| 52 | 47 | | 285 | MOSS, Richard | Chiltern Harriers AC | M40 | 33:13 | |

| POS | MEN | WOMEN | No. | COMPETITOR | CLUB | CAT. | TIME | AWARD |
|-----|-----|-------|-----|--------------------|------------------------------|------|-------|------------------------------|
| 53 | 48 | | 304 | BAKER, Dominic | | M40 | 33:14 | |
| 54 | 49 | | 361 | KORINEK, Mark | | M50 | 33:32 | |
| 55 | 50 | | 80 | MOFFAT, Mark | | M50 | 33:42 | |
| 56 | | 6 | 324 | YOUNG, Ali | Chiltern Harriers AC | F45 | 33:45 | 1 st F45 |
| 57 | 51 | | 283 | JEAVONS, Ross | | SM | 33:47 | |
| 58 | 52 | | 183 | BENNIE, Ewan | | M40 | 33:55 | |
| 59 | | 7 | 340 | ROBERTS, Carole | Watford Joggers | SF | 33:55 | |
| 60 | | 8 | 307 | DEELY, Molly | Ealing Eagles RC | SF | 34:02 | |
| 61 | | 9 | 166 | O'ROURKE, Mairead | Chiltern Harriers AC | F35 | 34:07 | |
| 62 | 53 | | 286 | CHRISTIE, Nick | Queens Park Harriers | SM | 34:08 | |
| 63 | 54 | | 41 | KENDALL, Roland | Gade Valley Harriers | M50 | 34:09 | |
| 64 | | 10 | 337 | PEARSON, Sarah | Burnham Joggers | F45 | 34:13 | |
| 65 | 55 | | 289 | HANNEN, Ben | Chiltern Harriers AC | M40 | 34:25 | |
| 66 | | 11 | 308 | ROYALS, Katie | Chiltern Harriers AC | SF | 34:28 | |
| 67 | 56 | | 77 | SHOTTON, Jeff | Hillingdon AC | M40 | 34:29 | |
| 68 | 57 | | 271 | HIGGS, Jamie | Ware Joggers | M40 | 34:44 | |
| 69 | 58 | | 48 | OWEN, Steve | | M50 | 34:57 | |
| 70 | 59 | | 191 | HYLTON, Laurence | 100 Marathon Club | M40 | 34:59 | |
| 71 | | 12 | 116 | DOWNS, Jessica | | F35 | 35:08 | |
| 72 | 60 | | 341 | KAVANAGH, Andrew | | SM | 35:12 | |
| 73 | 61 | | 16 | KINGSBURY, Tom | Burnham Joggers | SM | 35:21 | |
| 74 | 62 | | 292 | HOOPER, Marcus | St Albans Striders | M50 | 35:28 | |
| 75 | | 13 | 219 | COWPER, Shona | Ealing, Southall & Middlesex | F35 | 35:42 | |
| 76 | 63 | | 269 | HOPPER, John | Dacorum AC | M50 | 35:48 | |
| 77 | 64 | | 349 | PALMER, Richard | | M40 | 35:49 | |
| 78 | 65 | | 20 | BACON, Philip | | M50 | 36:11 | |
| 79 | | 14 | 333 | EGERTON, Laura | Ealing Eagles RC | F35 | 36:12 | |
| 80 | 66 | | 311 | HIGGINSON, Matthew | Burnham Joggers | SM | 36:22 | |
| 81 | | 15 | 52 | MORGAN, Kim | Gade Valley Harriers | F45 | 36:26 | |
| 82 | 67 | | 34 | EDWARDS, Marcus | Watford Joggers | M60 | 36:29 | |
| 83 | 68 | | 155 | HOPCROFT, Martin | Tring RC | M60 | 36:43 | |
| 84 | 69 | | 344 | JOHNSON, Adam | | SM | 36:44 | |
| 85 | 70 | | 336 | BOUGHTON, Jack | Gade Valley Harriers | SM | 36:49 | |
| 86 | | 16 | 303 | BURLLOT, Lucile | Ealing Eagles RC | F35 | 37:02 | |
| 87 | | 17 | 158 | SPENCER, Melanie | Hillingdon AC | F45 | 37:19 | |
| 88 | | 18 | 128 | CHOLAWO, Helen | Chiltern Harriers AC | F35 | 37:23 | |
| 89 | 71 | | 339 | TIKARAM, Mark | Tring RC | M50 | 37:24 | |
| 90 | 72 | | 352 | BADDON, Richard | Tring RC | M50 | 37:28 | |
| 91 | 73 | | 117 | DOWNS, Sam | | M40 | 37:29 | |
| 92 | 74 | | 7 | LINDO, Hilton | Burnham Joggers | M50 | 37:30 | |
| 93 | 75 | | 246 | BATES, Neil | Chiltern Harriers AC | M40 | 37:37 | |
| 94 | 76 | | 198 | ALEXANDER, Martin | Gade Valley Harriers | M60 | 37:42 | |
| 95 | 77 | | 141 | GREEN, Daniel | Gade Valley Harriers | SM | 37:45 | |
| 96 | 78 | | 76 | SASADA, Paul | Burnham Joggers | M60 | 37:50 | |
| 97 | 79 | | 184 | BAKKES, Riaan | Hazlemere Runners | M50 | 37:52 | |
| 98 | | 19 | 132 | FROST, Kathryn | | F45 | 37:56 | |
| 99 | | 20 | 267 | MOSS, Sylvia | Chiltern Harriers AC | F45 | 38:01 | |
| 100 | 80 | | 277 | HOLDSWORTH, Mark | | M40 | 38:20 | |
| 101 | 81 | | 112 | CAIRNS, Allan | Chiltern Harriers AC | M40 | 38:21 | |
| 102 | 82 | | 8 | WILLIAMS, Colin | Watford Joggers | M60 | 38:28 | |
| 103 | 83 | | 13 | COPPOCK, Dan | | M40 | 38:34 | |
| 104 | 84 | | 316 | LAIDLAW, Robert | | SM | 38:41 | |
| 105 | 85 | | 188 | LIGGINS, Mark | Chiltern Harriers AC | M40 | 38:42 | |
| 106 | | 21 | 15 | COLEMAN, Jennifer | Burnham Joggers | F35 | 38:43 | |
| 107 | | 22 | 99 | CUTHBERT, Lucy | Vale of Aylesbury AC | JF | 38:45 | 1 st Junior Woman |
| 108 | 86 | | 1 | TALLACK, John | Hazlemere Runners | M50 | 38:47 | |
| 109 | 87 | | 159 | SALMON, Jon | Tring RC | M60 | 38:51 | |
| 110 | 88 | | 347 | HARRISON, Matt | Hazlemere Runners | SM | 38:52 | |

| POS | MEN | WOMEN | No. | COMPETITOR | CLUB | CAT. | TIME | AWARD |
|-----|-----|-------|-----|---------------------|------------------------------------|------|-------|---------------------|
| 111 | | 23 | 78 | STUBBERFIELD, Jenny | Gade Valley Harriers | SF | 38:53 | |
| 112 | | 24 | 330 | ESSLEMONT, Amanda | Vale of Aylesbury AC | F45 | 38:58 | |
| 113 | 89 | | 12 | BENNET, Peter | Cambridge & Coleridge | M60 | 39:00 | |
| 114 | 90 | | 110 | SPEED, Andrew | Burnham Joggers | M50 | 39:06 | |
| 115 | 91 | | 290 | CORRIGAN, Lee | Chiltern Harriers AC | SM | 39:08 | |
| 116 | 92 | | 273 | CORLETT, Nicholas | Hazlemere Runners | SM | 39:08 | |
| 117 | 93 | | 214 | PERRY, Wayne | Watford Joggers | M40 | 39:09 | |
| 118 | 94 | | 137 | MONTGOMERY, Jim | Watford Joggers | M40 | 39:15 | |
| 119 | | 25 | 249 | LAWSON, Rebecca | Chiltern Harriers AC | JF | 39:18 | |
| 120 | 95 | | 203 | LAWSON, Ian | Chiltern Harriers AC | M50 | 39:18 | |
| 121 | 96 | | 251 | MANNING, Ed | | M40 | 39:25 | |
| 122 | 97 | | 194 | TREMAINE, Robin | Watford Joggers | M60 | 39:28 | |
| 123 | 98 | | 59 | ASH, Matt | | M40 | 39:32 | |
| 124 | 99 | | 3 | COOPER, Richard | | M40 | 39:33 | |
| 125 | 100 | | 74 | O'LEARY, David | | M40 | 39:34 | |
| 126 | | 26 | 313 | ILES, Naomi | Gade Valley Harriers | F35 | 39:44 | |
| 127 | 101 | | 10 | WATSON, Tony | Sudbury Court RC | M60 | 39:48 | |
| 128 | | 27 | 33 | WILSON, Lynn | Ealing, Southall & Middlesex | F65 | 39:54 | 1 st F55 |
| 129 | 102 | | 86 | HORIGAN, Tom | | M50 | 39:56 | |
| 130 | 103 | | 213 | MAURY, Nicolas | Barnet & District AC | M40 | 39:56 | |
| 131 | | 28 | 87 | COBB, Karen | Burnham Joggers | F55 | 40:04 | |
| 132 | | 29 | 322 | WARNE, Lindsey | | F45 | 40:08 | |
| 133 | | 30 | 296 | BILL, Lyndsey | Chiltern Harriers AC | F35 | 40:23 | |
| 134 | | 31 | 5 | BONNICK, Clare | Watford Joggers | F55 | 40:29 | |
| 135 | 104 | | 38 | TRAILL, Tom | | SM | 40:33 | |
| 136 | 105 | | 276 | WING, Jozef | Hillingdon AC | SM | 40:41 | |
| 137 | | 32 | 109 | TULLIE, Helen | Tring RC | F45 | 40:47 | |
| 138 | | 33 | 297 | ALIAJ, Julia | Chiltern Harriers AC | F35 | 40:49 | |
| 139 | | 34 | 93 | PERRY, Jo | Watford Joggers | F45 | 41:00 | |
| 140 | 106 | | 279 | HILL, Greg | Watford Joggers | M70 | 41:07 | |
| 141 | | 35 | 129 | LETHAM, Karen | | F35 | 41:20 | |
| 142 | 107 | | 27 | LOVELL, Warren | Burnham Joggers | M50 | 41:21 | |
| 143 | 108 | | 282 | WOOD, Chris | | SM | 41:27 | |
| 144 | 109 | | 253 | BOOTH, Rich | | SM | 41:32 | |
| 145 | | 36 | 270 | HOPPER, Louisa | Dacorum AC | F45 | 41:36 | |
| 146 | 110 | | 19 | K, Arvinder | | M40 | 41:41 | |
| 147 | 111 | | 356 | DYER, Paul | | M50 | 41:42 | |
| 148 | 112 | | 321 | CURRIE, Paul | | M40 | 41:45 | |
| 149 | 113 | | 46 | BLOOM, Richard | Herts Phoenix | M70 | 41:51 | |
| 150 | 114 | | 200 | HUGHES, Howard | | M50 | 41:54 | |
| 151 | | 37 | 319 | NIGHTINGALE, Sarah | | F35 | 42:14 | |
| 152 | | 38 | 298 | HOPKINS, Rosa | Burnham Joggers | SF | 42:17 | |
| 153 | | 39 | 342 | HOUSTON, Hermione | | F55 | 42:21 | |
| 154 | 115 | | 350 | PEIRSON, Ben | | SM | 42:25 | |
| 155 | 116 | | 98 | HARRISON, Ed | Hillingdon AC | M40 | 42:29 | |
| 156 | 117 | | 328 | MUMFORD, George | | SM | 42:34 | |
| 157 | 118 | | 327 | MUMFORD, Tony | Hazlemere Runners | M50 | 42:35 | |
| 158 | | 40 | 83 | SHARMAN, Sarah | Watford Joggers | F55 | 42:42 | |
| 159 | | 41 | 325 | ROBERTS, Sarah | Watford Joggers | F35 | 42:44 | |
| 160 | 119 | | 32 | GARRETT, Martin | Sudbury Court RC | M70 | 42:46 | |
| 161 | 120 | | 63 | HUDDLESTONE, Jason | | M50 | 42:47 | |
| 162 | 121 | | 164 | SOMERVILLE, Andrew | Burnham Joggers | M60 | 42:53 | |
| 163 | | 42 | 170 | BATES, Jordane | Bearbrook Running & Triathlon Club | SF | 42:55 | |
| 164 | 122 | | 257 | JAMES, Ross | | SM | 42:57 | |
| 165 | | 43 | 133 | COTTRILL, Angeline | Gade Valley Harriers | F45 | 43:03 | |
| 166 | 123 | | 95 | WHITE, Richard | Tring RC | M60 | 43:10 | |
| 167 | | 44 | 122 | HAFFENDEN, Rachel | Gade Valley Harriers | F45 | 43:11 | |
| 168 | | 45 | 293 | SCHLAUCH, Carrie | | F45 | 43:13 | |

| POS | MEN | WOMEN | No. | COMPETITOR | CLUB | CAT. | TIME | AWARD |
|-----|-----|-------|-----|------------------------------------|------------------------------------|------|-------|-------|
| 169 | | 46 | 237 | JACKSON, Mandy | Dacorum AC | F65 | 43:15 | |
| 170 | 124 | | 24 | VENNIX, Dirk | | M60 | 43:22 | |
| 171 | | 47 | 315 | HOLROYD, Natalie | | SF | 43:23 | |
| 172 | 125 | | 354 | ECHLIN, William | | M50 | 43:27 | |
| 173 | | 48 | 70 | GORF, Becky | | F35 | 43:35 | |
| 174 | 126 | | 256 | MCNALLY, Alex | Dacorum AC | SM | 43:36 | |
| 175 | | 49 | 62 | HOOPER, Sarah | Bearbrook Running & Triathlon Club | F35 | 43:42 | |
| 176 | | 50 | 295 | DENETTO, Roma | Queens Park Harriers | SF | 43:45 | |
| 177 | | 51 | 171 | PREINING, Notburga | Burnham Joggers | F55 | 43:46 | |
| 178 | | 52 | 331 | ESSELMONT, Iona | Vale of Aylesbury AC | JF | 43:48 | |
| 179 | | 53 | 79 | IVIN, Susie | Gade Valley Harriers | F45 | 43:55 | |
| 180 | | 54 | 28 | HEYDECKER, Deirdre | St Albans Striders | F65 | 44:08 | |
| 181 | | 55 | 332 | MELLOR, Lyn | Chiltern Harriers AC | F55 | 44:10 | |
| 182 | 127 | | 89 | WOLFF, Paul | Epsom & Ewell Harriers | M50 | 44:23 | |
| 183 | | 56 | 348 | CREPINEAU, Julia | Burnham Joggers | F45 | 44:29 | |
| 184 | 128 | | 75 | COBAIN, Dane | | SM | 44:31 | |
| 185 | 129 | | 124 | LILLIE, David | Hazlemere Runners | M50 | 44:32 | |
| 186 | | 57 | 47 | ELDER, Nicola | | F35 | 44:44 | |
| 187 | | 58 | 189 | COOK, Maria | Tring RC | F55 | 44:45 | |
| 188 | | 59 | 143 | LEMON, Harriet | Chiltern Harriers AC | F55 | 45:03 | |
| 189 | | 60 | 252 | MANN, Liz | Ealing, Southall & Middlesex | F55 | 45:05 | |
| 190 | 130 | | 105 | KENISON, Robert | Watford Joggers | M70 | 45:10 | |
| 191 | 131 | | 114 | FRY, Mark | Chiltern Harriers AC | M60 | 45:12 | |
| 192 | | 61 | 91 | LALLY, Gurmeet | Ealing, Southall & Middlesex | F55 | 45:17 | |
| 193 | 132 | | 108 | KIPPAX, Nigel | Tring RC | M60 | 45:20 | |
| 194 | 133 | | 294 | SPIKINGS, David | | M40 | 45:21 | |
| 195 | | 62 | 262 | ALLEN, Ali | Burnham Joggers | F65 | 45:30 | |
| 196 | | 63 | 338 | REYNOLDS, Charlotte | | F55 | 45:31 | |
| 197 | 134 | | 179 | APPLETON, Shaun | | M50 | 46:00 | |
| 198 | | 64 | 157 | SAUNDERS, Judi | | F55 | 46:12 | |
| 199 | | 65 | 197 | ADOLPH, Rhona | Tring RC | F55 | 46:14 | |
| 200 | | 66 | 97 | DOWNS, Ursula ZAGERMAN VAUGHAN, | | F65 | 46:27 | |
| 201 | | 67 | 281 | Morgan | | SF | 46:32 | |
| 202 | 135 | | 73 | PENNY, Barry | | M50 | 46:33 | |
| 203 | 136 | | 196 | PITKIN, Chris | Chiltern Harriers AC | M40 | 46:42 | |
| 204 | | 68 | 11 | CASEY, Phaedra | Burnham Joggers | F45 | 46:43 | |
| 205 | 137 | | 115 | HILL, Stan | | M60 | 46:49 | |
| 206 | | 69 | 55 | HUNT, Diane | St Albans Striders | F55 | 46:53 | |
| 207 | 138 | | 29 | TORRANCE, Andy | Hillingdon AC | M60 | 46:57 | |
| 208 | 139 | | 202 | STORRIE, Martin | Gade Valley Harriers | M60 | 47:15 | |
| 209 | | 70 | 312 | WRIGHT, Kerry | | F55 | 47:17 | |
| 210 | | 71 | 301 | SMITH, Helen | Hillingdon AC | F45 | 47:18 | |
| 211 | | 72 | 107 | KIPPAX, Anne | Tring RC | F55 | 47:32 | |
| 212 | 140 | | 343 | HALL, Stephen | | M50 | 47:35 | |
| 213 | | 73 | 161 | DANIEL, Elizabeth | Tring RC | F55 | 47:40 | |
| 214 | | 74 | 351 | MOGAN, Sandra | Tring RC | F55 | 47:57 | |
| 215 | | 75 | 288 | RIMMER, Bev | | SF | 48:15 | |
| 216 | | 76 | 96 | WHITE, Shirley | Tring RC | F65 | 48:32 | |
| 217 | | 77 | 151 | MUMFORD, Sarah | St Albans Striders | F55 | 48:47 | |
| 218 | 141 | | 358 | ILLIDGE, Chris | | M50 | 48:48 | |
| 219 | | 78 | 139 | COLTMAN, Sarah | Watford Joggers | F45 | 49:14 | |
| 220 | 142 | | 39 | VANSON, Nick | Ealing, Southall & Middlesex | M60 | 49:20 | |
| 221 | | 79 | 35 | EDWARDS, Angela | Watford Joggers | F55 | 49:24 | |
| 222 | | 80 | 260 | KEENE, Patricia | Burnham Joggers | F65 | 49:30 | |
| 223 | | 81 | 287 | BROOKS, Adie | | F45 | 49:38 | |
| 224 | 143 | | 190 | HARBROW, Andy | | M50 | 49:39 | |
| 225 | | 82 | 53 | CASSIDY, Linda | St Albans Striders | F45 | 50:05 | |
| 226 | 144 | | 334 | TETRO, Giuseppe | Hillingdon AC | SM | 50:21 | |

| POS | MEN | WOMEN | No. | COMPETITOR | CLUB | CAT. | TIME | AWARD |
|-----|-----|-------|-----|----------------------|----------------------|------|-------|-------|
| 227 | | 83 | 71 | BESADA, Lorena | | SF | 50:43 | |
| 228 | 145 | | 72 | BRYANT, Tommy | | SM | 50:43 | |
| 229 | | 84 | 360 | RIZZI, Natalie | | F55 | 50:46 | |
| 230 | 146 | | 259 | KEENE, Oliver | Burnham Joggers | M60 | 50:47 | |
| 231 | 147 | | 17 | JENNER, John | Burnham Joggers | M70 | 52:08 | |
| 232 | 148 | | 49 | GREEN, Peter | Gade Valley Harriers | M60 | 52:20 | |
| 233 | 149 | | 14 | ADENIGBAGBE, Adewale | Sudbury Court RC | M50 | 52:22 | |
| 234 | 150 | | 6 | BONNICK, Ian | Watford Joggers | M60 | 52:33 | |
| 235 | 151 | | 58 | DHONSI, Jatindar | | M40 | 53:25 | |
| 236 | 152 | | 68 | TAYLOR, Keith | Watford Joggers | M60 | 53:55 | |
| 237 | 153 | | 255 | WILKINS, Derek | Burnham Joggers | M60 | 53:57 | |
| 238 | | 85 | 131 | DOBSON, Kathryn | Vegan Runners UK | F35 | 54:35 | |
| 239 | 154 | | 88 | COBB, Russell | Burnham Joggers | M60 | 54:56 | |
| 240 | | 86 | 263 | KING, Olivia | | SF | 55:07 | |
| 241 | 155 | | 264 | KING, Doug | | M70 | 55:09 | |
| 242 | | 87 | 51 | ZAREMBA, Jenny | Burnham Joggers | F45 | 55:21 | |
| 243 | | 88 | 357 | CALDER, Fiona | Chiltern Harriers AC | F35 | 55:50 | |
| 244 | | 89 | 265 | GAUNA, Hilary | Burnham Joggers | F65 | 56:09 | |
| 245 | | 90 | 18 | GROOME, Lynda | Burnham Joggers | F65 | 62:01 | |

Full Team Results

| | MEN'S TEAM | POINTS | WOMEN'S TEAM | POINTS |
|-----------|--------------------------|--------|--------------------------|--------|
| 1 | Chiltern Harriers | 50 | Ealing, Southall & Middx | 18 |
| 2 | Watford Joggers | 73 | Chiltern Harriers | 26 |
| 3 | Ealing, Southall & Middx | 97 | Ealing Eagles | 38 |
| 4 | Queens Park Harriers | 99 | Watford Joggers | 42 |
| 5 | Dacorum AC | 123 | Vale of Aylesbury | 47 |
| 6 | Gade Valley Harriers | 127 | Burnham Joggers | 59 |
| 7 | Burnham Joggers | 156 | Gade Valley Harriers | 64 |
| 8 | Tring RC | 164 | Hillingdon AC | 93 |
| 9 | Hillingdon AC | 323 | Tring RC | 155 |
| 10 | Hazlemere Runners | 345 | St Albans Striders | 200 |

Hertfordshire Veterans Championship Men's Race

| POSN | COMPETITOR | CLUB | CATEGORY | TIME |
|-------------|-------------------|----------------------|-----------------|-------------|
| 1 | BEECROFT, Ben | Dacorum AC | M40 | 28:01 |
| 2 | O'SULLIVAN, David | Watford Joggers | M40 | 28:12 |
| 3 | AMES, Mark | Watford Joggers | M40 | 28:52 |
| 4 | HEAD, Mark | Tring RC | M40 | 29:15 |
| 5 | RYAN, Frank | Watford Joggers | M50 | 29:18 |
| 6 | HORSLEY, Alex | Invicta East Kent | M40 | 29:47 |
| 7 | TOWNSEND, Simon | Dacorum AC | M50 | 31:01 |
| 8 | ROBERTS, Jonathan | Gade Valley Harriers | M50 | 31:10 |
| 9 | HOGAN, Paul | Watford Joggers | M50 | 32:04 |
| 10 | NEWING, Stephen | Gade Valley Harriers | M40 | 32:55 |
| 11 | MOSS, Richard | Chiltern Harriers AC | M40 | 33:13 |
| 12 | KENDALL, Roland | Gade Valley Harriers | M50 | 34:09 |
| 13 | HIGGS, Jamie | Ware Joggers | M40 | 34:44 |
| 14 | OWEN, Steve | | M50 | 34:57 |
| 15 | HOPPER, John | Dacorum AC | M50 | 35:48 |
| 16 | EDWARDS, Marcus | Watford Joggers | M60 | 36:29 |
| 17 | ALEXANDER, Martin | Gade Valley Harriers | M60 | 37:42 |
| 18 | WILLIAMS, Colin | Watford Joggers | M60 | 38:28 |
| 19 | SALMON, Jon | Tring RC | M60 | 38:51 |
| 20 | PERRY, Wayne | Watford Joggers | M40 | 39:09 |
| 21 | MONTGOMERY, Jim | Watford Joggers | M40 | 39:15 |
| 22 | TREMAINE, Robin | Watford Joggers | M60 | 39:28 |
| 23 | MAURY, Nicolas | Barnet & District AC | M40 | 39:56 |
| 24 | HILL, Greg | Watford Joggers | M70 | 41:07 |
| 25 | BLOOM, Richard | Herts Phoenix | M70 | 41:51 |
| 26 | KENISON, Robert | Watford Joggers | M70 | 45:10 |
| 27 | STORRIE, Martin | Gade Valley Harriers | M60 | 47:15 |
| 28 | GREEN, Peter | Gade Valley Harriers | M60 | 52:20 |
| 29 | BONNICK, Ian | Watford Joggers | M60 | 52:33 |
| 30 | TAYLOR, Keith | Watford Joggers | M60 | 53:55 |

Hertfordshire Veterans Championship Women's Race

| POSN | COMPETITOR | CLUB | CATEGORY | TIME |
|-------------|--------------------|----------------------|-----------------|-------------|
| 1 | MORGAN, Kim | Gade Valley Harriers | F45 | 36:26 |
| 2 | MOSS, Sylvia | Chiltern Harriers AC | F45 | 38:01 |
| 3 | ILES, Naomi | Gade Valley Harriers | F35 | 39:44 |
| 4 | WARNE, Lindsey | | F45 | 40:08 |
| 5 | BONNICK, Clare | Watford Joggers | F55 | 40:29 |
| 6 | TULLIE, Helen | Tring RC | F45 | 40:47 |
| 7 | PERRY, Jo | Watford Joggers | F45 | 41:00 |
| 8 | SHARMAN, Sarah | Watford Joggers | F55 | 42:42 |
| 9 | ROBERTS, Sarah | Watford Joggers | F35 | 42:44 |
| 10 | COTTRILL, Angeline | Gade Valley Harriers | F45 | 43:03 |
| 11 | HAFFENDEN, Rachel | Gade Valley Harriers | F45 | 43:11 |
| 12 | JACKSON, Mandy | Dacorum AC | F65 | 43:15 |
| 13 | IVIN, Susie | Gade Valley Harriers | F45 | 43:55 |
| 14 | HEYDECKER, Deirdre | St Albans Striders | F65 | 44:08 |
| 15 | HUNT, Diane | St Albans Striders | F55 | 46:53 |
| 16 | DANIEL, Elizabeth | Tring RC | F55 | 47:40 |
| 17 | MUMFORD, Sarah | St Albans Striders | F55 | 48:47 |
| 18 | COLTMAN, Sarah | Watford Joggers | F45 | 49:14 |
| 19 | EDWARDS, Angela | Watford Joggers | F55 | 49:24 |

Hertfordshire Veterans Championship Team Results

| | MEN'S TEAM | POINTS | WOMEN'S TEAM | POINTS |
|----------|----------------------|---------------|----------------------|---------------|
| 1 | Watford Joggers | 19 | Gade Valley Harriers | 14 |
| 2 | Gade Valley Harriers | 47 | Watford Joggers | 20 |
| 3 | Watford Joggers | 75 | St Albans Striders | 46 |

Buckinghamshire Championship Men's Race

| POSN | COMPETITOR | CLUB | CATEGORY | TIME |
|-------------|--------------------|----------------------|-----------------|-------------|
| 1 | SHUTE, Adam | Chiltern Harriers AC | M40 | 27:27 |
| 2 | STACK, Daire | | SM | 28:22 |
| 3 | HOLDSWORTH, James | Chiltern Harriers AC | JM | 28:41 |
| 4 | TURNER, Neil | Chiltern Harriers AC | M50 | 29:29 |
| 5 | REPPER, James | Chiltern Harriers AC | M50 | 29:32 |
| 6 | BUTLER, Patrick | Burnham Joggers | M50 | 29:34 |
| 7 | DIXON, Thomas | Chiltern Harriers AC | M40 | 29:54 |
| 8 | LYNCH, Archie | Vale of Aylesbury AC | JM | 30:33 |
| 9 | KAYE, Seth | Vale of Aylesbury AC | JM | 30:59 |
| 10 | SALTER, Josh | | SM | 32:33 |
| 11 | MOORE, Mark | Burnham Joggers | M60 | 33:12 |
| 12 | HIGGINSON, Matthew | Burnham Joggers | SM | 36:22 |
| 13 | LAWSON, Ian | Chiltern Harriers AC | M50 | 39:18 |
| 14 | LOVELL, Warren | Burnham Joggers | M50 | 41:21 |
| 15 | DYER, Paul | | M50 | 41:42 |

Buckinghamshire Championship Women's Race

| POSN | COMPETITOR | CLUB | CATEGORY | TIME |
|-------------|-------------------|----------------------|-----------------|-------------|
| 1 | ROLFE, Alice | Vale of Aylesbury AC | SF | 31:23 |
| 2 | YOUNG, Ali | Chiltern Harriers AC | F45 | 33:45 |
| 3 | O'ROURKE, Mairead | Chiltern Harriers AC | F35 | 34:07 |
| 4 | PEARSON, Sarah | Burnham Joggers | F45 | 34:13 |
| 5 | ROYALS, Katie | Chiltern Harriers AC | SF | 34:28 |
| 6 | LAWSON, Rebecca | Chiltern Harriers AC | JF | 39:18 |
| 7 | CASEY, Phaedra | Burnham Joggers | F45 | 46:43 |
| 8 | MOGAN, Sandra | Tring RC | F55 | 47:57 |