

**Chiltern Harriers AC**  
**Pednor 5**  
**Monday 5th May 2025**

POS	MEN	WOMEN	BIB	COMPETITOR	CLUB	CAT.	TIME	AWARD
1	1		78	LAING, James	Hillingdon AC	SM	26:06	1 <sup>st</sup> Man
2	2		104	MOLLOY, Eoin	Tring RC	SM	26:14	2 <sup>nd</sup> Man
3	3		211	DAVIDSON, Aran	Chiltern Harriers AC	SM	26:28	3 <sup>rd</sup> Man
4	4		240	YORWERTH, Adam	St Albans Striders	SM	26:43	
5	5		5	ASHBY, Matt	Gade Valley Harriers	SM	27:09	
6	6		219	SNOWDEN, Josh		SM	27:36	
7	7		111	BOWRAN, Will	St Albans Striders	SM	27:39	
8	8		182	DUGGLEBY, Robert	Queens Park Harriers	SM	27:40	
9	9		190	SHUTE, Adam	Chiltern Harriers AC	M40	27:44	1 <sup>st</sup> M40
10	10		214	STACK, Daire	Chiltern Harriers AC	SM	28:01	
11	11		115	TURNER, Euan	St Albans Striders	SM	28:16	
12	12		168	SPIELMANN, Karl		M50	28:33	1 <sup>st</sup> M50
13	13		291	NICHOLSON, Matthew	St Albans Striders	SM	28:43	
14	14		277	MANN, Thomas	Queens Park Harriers	SM	28:52	
15	15		114	DENNELL, Chris	St Albans Striders	SM	29:10	
16	16		44	TURNER, James	Chiltern Harriers AC	M40	29:18	
17	17		197	DUCKETT, Matthew	Queens Park Harriers	SM	29:38	
18	18		25	BURNE, Marc	Dacorum AC	M40	29:45	
19	19		217	SUTHERLAND, Sam	Queens Park Harriers	M40	29:57	
20		1	161	DELDERFIELD, Sophie	Vale of Aylesbury AC	F35	30:11	1 <sup>st</sup> Woman
21	20		174	MELVILLE-SMITH, Alistair	Chiltern Harriers AC	M40	30:14	
22	21		184	FALLAIZE, Mark	Vale of Aylesbury AC	SM	30:20	
23	22		171	MACK, Thomas	Dacorum AC	SM	30:26	
24	23		91	ADDISON, Mark		SM	30:38	
25		2	158	WHITFIELD, Beverley	Chiltern Harriers AC	F45	30:44	2 <sup>nd</sup> Woman
26		3	207	BURKHARDT, Hannah	St Albans Striders	SF	30:48	3 <sup>rd</sup> Woman
27	24		131	KRETSCHMER, Luke	Queens Park Harriers	SM	30:53	
28	25		6	BULL, Neil	Ware Joggers	M40	30:59	
29	26		8	TOWNSEND, Simon	Dacorum AC	M60	31:03	1 <sup>st</sup> M60
30	27		124	COOPER, Will	Barnet & District AC	SM	31:19	
31	28		2	HEAD, Mark	Tring RC	M40	31:21	
32		4	181	TOURNANT, Fliss	Watford Joggers	SF	31:38	
33	29		50	KOLEV, Yordan		SM	31:40	
34	30		187	WESTALL, Mark	Lonely Goat RC	M40	31:45	
35	31		284	GUY, Chris	Watford Joggers	SM	31:50	
36		5	7	TURNER, Hannah	Dacorum AC	F45	31:54	1 <sup>st</sup> F45
37	32		203	VANDENBREKEL, Russell	Chiltern Harriers AC	M40	32:07	
38	33		213	KENCROFT, Mark	Ealing, Southall & Middlesex	M50	32:08	
39	34		196	MALIN, James	Chiltern Harriers AC	JM	32:08	1 <sup>st</sup> Junior Man
40	35		17	GIFFIN, Alex	Hillingdon AC	M50	32:09	
41	36		159	COLLETT, Graham		M50	32:15	
42		6	76	LAING, Hannah	Hillingdon AC	SF	32:17	
43	37		186	BAKER, Dominic	Chiltern Harriers AC	M40	32:18	
44	38		251	LECKIE, Andrew		SM	32:28	
45	39		14	ROBINSON, Tom	Chiltern Harriers AC	M50	32:31	
46	40		268	RUSHTON, Jon		M40	32:40	
47	41		216	CLARK, Sam		SM	32:58	
48	42		9	HIGGS, Jamie	Ware Joggers	M40	33:02	
49	43		264	NICHOLAS, Mark	Chiltern Harriers AC	M40	33:07	
50	44		265	PERKINS, Jimmy	Queens Park Harriers	SM	33:14	
51	45		280	BURNS, Wayne	Watford Joggers	M50	33:21	
52	46		215	TOD, Chris	Chiltern Harriers AC	SM	33:25	

POS	MEN	WOMEN	BIB	COMPETITOR	CLUB	CAT.	TIME	AWARD
53		7	209	YOUNG, Ali	Chiltern Harriers AC	F45	33:27	1 <sup>st</sup> F35
54	47		140	REUPKE, Adam	Queens Park Harriers	JM	33:39	
55		8	183	ROYALS, Katie	Chiltern Harriers AC	SF	33:45	
56	48		33	SHOTTON, Jeff	Hillingdon AC	M40	33:49	
57	49		108	HERRON, Adam	St Albans Striders	M50	33:50	
58	50		294	O'GRADY, John		M50	33:51	
59	51		271	JOHNSON, Adam		SM	33:51	
60		9	189	O'ROURKE, Mairead	Chiltern Harriers AC	F35	34:05	
61	52		118	KAVANAGH, Andrew		SM	34:06	
62	53		178	GRIFFIN, Patrick	Hillingdon AC	M50	34:12	
63	54		87	ALLEN, Paul	Tring RC	M60	34:19	
64	55		81	CAIRNS, Allan	Chiltern Harriers AC	M40	34:29	
65	56		201	JEFFREY, Ricky	Tring RC	M40	34:45	
66		10	193	STEPTOE, Charlotte	Vale of Aylesbury AC	F35	34:46	
67	57		242	CZARNECKI, Piotr	Brzoza Biega	M40	35:03	
68		11	135	GRIFFIN, Fran	Queens Park Harriers	SF	35:14	
69	58		117	DURBIN, Paul	St Albans Striders	M60	35:20	
70		12	204	PEARSE, Sarah	Vale of Aylesbury AC	F35	35:22	
71	59		255	MURPHY, Andrew	Hillingdon AC	M40	35:42	
72	60		10	HOPPER, John	Dacorum AC	M50	35:52	
73	61		241	BENNET, Peter	Cambridge & Coleridge	M60	35:57	
74	62		293	STEVENS, Mark	St Albans Striders	M40	35:58	
75	63		149	BOGACKI, Pawel	Watford Joggers	SM	36:07	
76	64		179	DRIVER, Louis		SM	36:10	
77		13	19	HEMBURY, Lynda	Tring RC	F65	36:15	1 <sup>st</sup> F55
78	65		66	HYLTON, Laurence	100 Marathon Club	M40	36:15	
79	66		276	SEWELL, Charlie	Queens Park Harriers	SM	36:16	
80	67		205	BUCKINGHAM, Daniel		M50	36:16	
81	68		180	MILLS, Daniel		SM	36:25	
82		14	61	GOLDHAGEN, Daisy	Vale of Aylesbury AC	SF	36:32	
83		15	60	BURTON, Emma		F35	36:44	
84		16	200	ASH, Rebecca	Tring RC	F35	36:48	
85	69		23	HARRISON, Ed	Hillingdon AC	M40	36:49	
86	70		160	ALEXANDER, Martin	Gade Valley Harriers	M60	36:50	
87	71		224	SPENCER, Michael		M40	36:55	
88	72		59	EDWARDS, Marcus	Watford Joggers	M60	36:58	
89	73		3	WILLIAMS, Colin	Watford Joggers	M60	37:01	
90	74		141	REUPKE, Peter	Queens Park Harriers	M50	37:02	
91		17	247	BRAINE, Joanna	Queens Park Harriers	F35	37:03	
92		18	188	ASKEY, Abigail	Chiltern Harriers AC	F45	37:05	
93		19	64	HOLLINGSWORTH, Freya	Hillingdon AC	SF	37:07	
94	75		175	HURLEY, Sam	Hillingdon AC	SM	37:07	
95		20	286	HOLLOWAY, Catherine	Chiltern Harriers AC	F55	37:14	
96	76		4	MAYO, Nick		M40	37:20	
97	77		285	O'CONNOR, Michael		M60	37:26	
98	78		267	ALLISON, Stephen	Queens Park Harriers	M50	37:34	
99		21	198	CHOLAWO, Helen	Chiltern Harriers AC	F35	37:39	
100	79		220	JAMES, Ross		SM	37:48	
101		22	167	MAYOR, Michaela	Hillingdon AC	F35	37:54	
102	80		37	FERGUSON, Bruce	PEVH Swim Bike Run	M60	38:05	
103	81		21	HOPCROFT, Martin	Tring RC	M60	38:06	
104	82		162	LAWRENCE, Matthew	Chiltern Harriers AC	M50	38:11	
105	83		177	FEILD, Ewan	Queens Park Harriers	SM	38:18	
106	84		221	BANKS, Joseph		SM	38:19	
107		23	254	SMITH, Lydia		SF	38:20	
108	85		67	DAWSON, Tony	Chiltern Harriers AC	M60	38:22	
109		24	22	FROST, Kathryn		F55	38:26	
110		25	212	ILES, Naomi	Gade Valley Harriers	F35	38:31	

POS	MEN	WOMEN	BIB	COMPETITOR	CLUB	CAT.	TIME	AWARD
111	86		243	BOGDANOWICZ, Grzegorz		M40	38:32	
112		26	155	PEARCY, Sophie	Watford Joggers	F45	38:41	
113		27	206	LANG, Beth		F45	38:44	
114		28	156	WARNE, Lindsey	Watford Joggers	F45	39:14	
115		29	42	DOBBS, Zoe	Hillingdon AC	F55	39:16	
116		30	257	SAHA, Katie	Hillingdon AC	F45	39:19	
117		31	122	PERRY, Jo	Watford Joggers	F45	39:21	
118	87		232	BROWN, Andy		SM	39:23	
119	88		223	PANDIYARAJAN, Deepak	Hillingdon AC	M40	39:24	
120		32	84	WILSON, Lynn	Ealing, Southall & Middlesex	F65	39:34	
121	89		130	FASTI, Mauro	Watford Joggers	M50	39:36	
122	90		191	HILL, Greg	Watford Joggers	M70	39:38	
123	91		210	RAJENDREN, Damian		SM	39:49	
124	92		262	SMART, Jonathan		M40	39:52	
125	93		269	EDWARDS, Steve	Hillingdon AC	M50	39:58	
126	94		154	JENKINS, Steve		SM	40:03	
127	95		275	DRIZEN, Alex		M40	40:17	
128	96		92	O'LEARY, David		M50	40:20	
129		33	246	HEATHCOTT, Eleanor	Queens Park Harriers	SF	40:27	
130	97		288	DAVIES, Ben		M50	40:29	
131		34	165	LAWSON, Rebecca	Chiltern Harriers AC	JF	40:37	1 <sup>st</sup> Junior Woman
132	98		164	LAWSON, Ian	Chiltern Harriers AC	M50	40:38	
133		35	43	TURNER, Lindsay	Chiltern Harriers AC	F35	40:46	
134		36	238	AUDREN, Klara		F35	40:51	
135	99		273	STEVENS, John	Dacorum AC	M60	40:53	
136		37	282	CRISTEA, Simona	Watford Joggers	F35	40:54	
137		38	252	CAREY, Naomi	Gade Valley Harriers	F45	40:58	
138	100		102	WATSON, Tony	Sudbury Court RC	M60	41:04	
139		39	233	PAWLIK, Teresa		F45	41:07	
140		40	227	THURGOOD, Catherine	Dacorum AC	JF	41:09	
141	101		142	PERRY, Wayne	Watford Joggers	M40	41:13	
142		41	249	DEWEY, Fran	Hazlemere Runners	F35	41:23	
143		42	127	BONNICK, Clare	Watford Joggers	F55	41:33	
144	102		258	DENNISON, Richard		M50	41:40	
145		43	250	BAILEY, Kate	Shires Triers Triathlon Club	F45	41:41	
146		44	11	HOPPER, Louisa	Dacorum AC	F45	41:46	
147		45	256	COOK, Maria	Tring RC	F55	42:03	
148	103		290	DAVIES, Morgan		JM	42:04	
149		46	150	SCHLAUCH, Carrie		F45	42:12	
150	104		153	MAYOT, Vincent		M40	42:15	
151	105		121	WHITE, Nicholas		SM	42:18	
152	106		69	WHITE, Richard	Tring RC	M70	42:22	
153	107		274	LEWIS, Brian		M50	42:23	
154	108		148	DOMAH, Sam	Watford Joggers	M40	42:24	
155		47	289	DAVIES, Seren		JF	42:29	
156		48	139	WALKER, Catherine	Queens Park Harriers	F45	42:31	
157	109		202	FLEMING, Chris		M50	42:34	
158	110		236	ASTLES, Peter	Hazlemere Runners	M60	42:46	
159	111		47	GARRETT, Martin	Sudbury Court RC	M70	42:49	
160		49	266	SHARMAN, Sarah	Watford Joggers	F55	42:57	
161	112		199	ASH, Matt		M40	43:05	
162		50	169	HUTCHISON, Liz	Hillingdon AC	F55	43:07	
163	113		1	BLOOM, Richard	Herts Phoenix	M80	43:12	
164		51	231	KEMP, Annie	Watford Joggers	F45	43:15	
165	114		65	HARBROW, Andy		M50	43:16	
166	115		110	TANK, Nitin	Watford Joggers	M60	43:26	
167	116		106	DESAI, Chirag	Watford Joggers	M40	43:29	
168		52	260	MULACK, Alexandra		F35	43:32	

POS	MEN	WOMEN	BIB	COMPETITOR	CLUB	CAT.	TIME	AWARD
169	117		225	THURGOOD, Steven		M40	43:33	
170		53	173	RADIA, Rathika	Watford Joggers	SF	43:33	
171		54	129	STAUNTON, Marie	Watford Joggers	F45	43:35	
172		55	170	SANDERS, Claire	Dacorum AC	F35	43:39	
173	118		103	WALKER, Paul		M40	43:40	
174		56	146	DUFFY, Kathryn	Watford Joggers	F45	43:50	
175		57	222	TERRY, Helen	Gade Valley Harriers	F35	43:53	
176		58	237	COLEMAN, Ann	St Albans Striders	F45	44:04	
177	119		40	HILL, Stan		M60	44:10	
178		59	147	PATEL, Lena	Watford Joggers	F45	44:16	
179		60	208	ZAGERMAN VAUGHAN, Morgan	Watford Joggers	F35	44:38	
180		61	235	HUDNOTT, Gill	St Albans Striders	F55	44:40	
181	120		138	KASELL, Elias		SM	44:43	
182		62	32	FREWIN, Sue	Tring RC	F55	44:45	
183		63	128	BLACKWELL, Kate	Watford Joggers	F45	44:52	
184	121		261	GRIFFITHS, Michael		M40	44:57	
185	122		145	FEILD, Eugene		M50	45:12	
186		64	28	FEILD, Anna	Queens Park Harriers	F55	45:14	
187	123		101	TORRANCE, Andy	Hillingdon AC	M60	45:41	
188		65	62	HUNT, Diane	St Albans Striders	F55	45:46	
189	124		56	KENISON, Robert	Watford Joggers	M70	45:51	
190	125		239	STACHURSKI, Michal		M40	46:14	
191	126		229	CLARK, Stephen		M50	46:15	
192		66	143	BARGER, Chloe		SF	46:24	
193	127		100	PENNY, Barry		M50	46:43	
194		67	116	MOGAN, Sandra	Tring RC	F55	46:52	
195	128		270	VAN ROMBURGH, Marcus		M40	46:52	
196		68	120	WHITE, Shirley	Tring RC	F65	46:57	
197		69	226	ASHWORTH-JONES, Rosanna		F45	47:02	
198	129		263	MALIN, Paul		M50	47:20	
199		70	134	KEOGH, Gemma	Queens Park Harriers	SF	47:38	
200	130		194	STORRIE, Martin	Gade Valley Harriers	M60	47:39	
201		71	185	FALLAIZE, Heather	Vale of Aylesbury AC	F65	47:46	
202	131		112	SALT, Rob	Dacorum AC	M60	47:47	
203		72	132	DONOHUE, Clare		F45	47:51	
204		73	279	COURT, Cathy		F55	47:56	
205	132		234	ESSON, Patrick		SM	48:04	
206		74	31	CAIN, Juliet	Ealing Eagles RC	F45	48:09	
207		75	57	MOODY, Mel	Watford Joggers	F55	48:27	
208	133		292	APPLETON, Shaun		M50	48:35	
209	134		73	TAYLOR, Keith	Watford Joggers	M60	48:47	
210		76	58	COLTMAN, Sarah	Watford Joggers	F45	48:58	
211		77	259	CLIFFORD, Yvette		F45	49:07	
212		78	278	MUMFORD, Sarah	St Albans Striders	F55	49:09	
213		79	144	PARKER, Denise	Watford Joggers	F55	49:16	
214	135		125	MAYALL, Christopher		M40	49:18	
215		80	287	GRIFFIN, Philippa	Watford Joggers	F45	49:34	
216	136		136	GREZE, Philippe	Queens Park Harriers	M50	49:35	
217		81	228	HEROLD, Cheryl		F45	49:37	
218		82	244	BENNET, Jennifer		F55	50:15	
219	137		151	YEARLEY, Charles		SM	50:29	
220	138		218	ARTHUR, Simon	Fetcheveryone RC	M50	52:15	
221	139		192	BRADLEY, Mikk	Welcome To Running	M60	53:05	
222		83	248	CALDER, Fiona	Chiltern Harriers AC	F45	56:03	
223		84	283	MCQUAID, Linda		F65	56:48	
224		85	107	RICCI, Cinzia	Watford Joggers	F45	59:36	

## Full Team Results

	<b>MEN'S TEAM</b>	<b>POINTS</b>	<b>WOMEN'S TEAM</b>	<b>POINTS</b>
<b>1</b>	St Albans Striders	35	Chiltern Harriers	17
<b>2</b>	Chiltern Harriers	38	Vale of Aylesbury	23
<b>3</b>	Queens Park Harriers	58	Hillingdon AC	47
<b>4</b>	Dacorum AC	126	Watford Joggers	58
<b>5</b>	Hillingdon AC	137	Queens Park Harriers	61
<b>6</b>	Tring RC	140	Tring RC	74
<b>7</b>	Watford Joggers	211	Dacorum AC	89
<b>8</b>			Gade Valley Harriers	120
<b>9</b>			St Albans Striders	122

## Hertfordshire Championship Men's Race

<b>POSN</b>	<b>COMPETITOR</b>	<b>CLUB</b>	<b>CATEGORY</b>	<b>TIME</b>
1	MOLLOY, Eoin	Tring RC	SM	26:14
2	YORWERTH, Adam	St Albans Striders	SM	26:43
3	ASHBY, Matt	Gade Valley Harriers	SM	27:09
4	SNOWDEN, Josh		SM	27:36
5	BOWRAN, Will	St Albans Striders	SM	27:39
6	TURNER, Euan	St Albans Striders	SM	28:16
7	NICHOLSON, Matthew	St Albans Striders	SM	28:43
8	DENNEL, Chris	St Albans Striders	SM	29:10
9	BURNE, Marc	Dacorum AC	M40	29:45
10	MACK, Thomas	Dacorum AC	SM	30:26
11	BULL, Neil	Ware Joggers	M40	30:59
12	TOWNSEND, Simon	Dacorum AC	M60	31:03
13	HEAD, Mark	Tring RC	M40	31:21
14	GUY, Chris	Watford Joggers	SM	31:50
15	COLLETT, Graham		M50	32:15
16	HIGGS, Jamie	Ware Joggers	M40	33:02
17	HERRON, Adam	St Albans Striders	M50	33:50
18	O'GRADY, John		M50	33:51
19	KAVANAGH, Andrew		SM	34:06
20	DURBIN, Paul	St Albans Striders	M60	35:20
21	HOPPER, John	Dacorum AC	M50	35:52
22	STEVENS, Mark	St Albans Striders	M40	35:58
23	BOGACKI, Pawel	Watford Joggers	SM	36:07
24	ALEXANDER, Martin	Gade Valley Harriers	M60	36:50
25	EDWARDS, Marcus	Watford Joggers	M60	36:58
26	WILLIAMS, Colin	Watford Joggers	M60	37:01
27	HILL, Greg	Watford Joggers	M70	39:38
28	STEVENS, John	Dacorum AC	M60	40:53
29	PERRY, Wayne	Watford Joggers	M40	41:13
30	WHITE, Richard	Tring RC	M70	42:22
31	DOMAH, Sam	Watford Joggers	M40	42:24
32	BLOOM, Richard	Herts Phoenix	M80	43:12
33	TANK, Nitin	Watford Joggers	M60	43:26
34	DESAI, Chirag	Watford Joggers	M40	43:29
35	HILL, Stan		M60	44:10
36	KENISON, Robert	Watford Joggers	M70	45:51
37	STORRIE, Martin	Gade Valley Harriers	M60	47:39
38	SALT, Rob	Dacorum AC	M60	47:47
39	TAYLOR, Keith	Watford Joggers	M60	48:47

## Hertfordshire Championship Women's Race

<b>POSN</b>	<b>COMPETITOR</b>	<b>CLUB</b>	<b>CATEGORY</b>	<b>TIME</b>
1	WHITFIELD, Beverley	Chiltern Harriers AC	F45	30:44
2	BURKHARDT, Hannah	St Albans Striders	SF	30:48
3	TOURNANT, Fliss	Watford Joggers	SF	31:38
4	TURNER, Hannah	Dacorum AC	F45	31:54
5	HEMBURY, Lynda	Tring RC	F65	36:15
6	HOLLINGSWORTH, Freya	Hillingdon AC	SF	37:07
7	ILES, Naomi	Gade Valley Harriers	F35	38:31
8	PEARCY, Sophie	Watford Joggers	F45	38:41
9	WARNE, Lindsey	Watford Joggers	F45	39:14
10	DOBBS, Zoe	Hillingdon AC	F55	39:16
11	PERRY, Jo	Watford Joggers	F45	39:21
12	CRISTEA, Simona	Watford Joggers	F35	40:54
13	CAREY, Naomi	Gade Valley Harriers	F45	40:58
14	BONNICK, Clare	Watford Joggers	F55	41:33
15	HOPPER, Louisa	Dacorum AC	F45	41:46
16	COOK, Maria	Tring RC	F55	42:03
17	SHARMAN, Sarah	Watford Joggers	F55	42:57
18	KEMP, Annie	Watford Joggers	F45	43:15
19	STAUNTON, Marie	Watford Joggers	F45	43:35
20	TERRY, Helen	Gade Valley Harriers	F35	43:53
21	COLEMAN, Ann	St Albans Striders	F45	44:04
22	ZAGERMAN VAUGHAN, Morgan	Watford Joggers	F35	44:38
23	HUDNOTT, Gill	St Albans Striders	F55	44:40
24	FREWIN, Sue	Tring RC	F55	44:45
25	BLACKWELL, Kate	Watford Joggers	F45	44:52
26	HUNT, Diane	St Albans Striders	F55	45:46
27	DONOHUE, Clare		F45	47:51
28	COURT, Cathy		F55	47:56
29	MOODY, Mel	Watford Joggers	F55	48:27
30	COLTMAN, Sarah	Watford Joggers	F45	48:58
31	MUMFORD, Sarah	St Albans Striders	F55	49:09
32	PARKER, Denise	Watford Joggers	F55	49:16
33	GRIFFIN, Philippa	Watford Joggers	F45	49:34
34	HEROLD, Cheryl		F45	49:37
35	MCQUAID, Linda		F65	56:48
36	RICCI, Cinzia	Watford Joggers	F45	59:36

## Hertfordshire Championship Team Results

	<b>MEN'S TEAM</b>	<b>POINTS</b>	<b>WOMEN'S TEAM</b>	<b>POINTS</b>
<b>1</b>	St Albans Striders A	20	Watford Joggers A	20
<b>2</b>	Dacorum AC	52	Watford Joggers B	37
<b>3</b>	St Albans Striders B	67	Gade Valley Harriers	40