

CHILTERN HARRIERS A.C.

SHARDELOES 10k

21ST SEPTEMBER 2014

Sponsored by



www.gil-lec.co.uk

RESULTS

Note: Competitors are eligible for one individual prize only

Men's Race Prize Winners:

Seniors	1st	Allan Stewart	Chiltern Harriers AC	37:29
	2nd	Simon Beedell	Chiltern Harriers AC	37:29
	3rd	Ben Davies	Vale of Aylesbury	37:43
Veterans 50-59	1st	Paul Gregory	Vale of Aylesbury	38:05
Veterans 40-49	1st	Nick Hughes	Chiltern Harriers AC	39:05
Junior (U20)	1st	Jacob Hine	St Albans Striders	43:17
Veterans 60	1st	Tony Barrows	Bearbrook RC	47:57
Team (4 to score)	1st	Chiltern Harriers	Allan Stewart Simon Beedell Nick Hughes Thomas Dixon	1st 2nd 5th 6th

Women's Race Prize Winners:

Seniors	1st (V35)	Fay Cripps	Chichester AC	42:16
	2nd (V35)	Ali Young	Chiltern Harriers AC	44:11
	3rd	Sophie Green	Tring Running Club	44:43
Veterans 45-54	1st	Caroline Whittaker	Watford Harriers	48:27
Veterans 55	1st	Fiona Cunnington	Newmarket Cycling & Tri Club	49:24
Team (3 to score)	1st	Dacorum & Tring	Sam Fawcett Rebecca Fawcett Catherine Davies	4th 6th 8th

Fun Team Competition:

Fun Team (4 to score)	1st	Ian's Gribblers	Michael Sciacca Russell Mueller Graeme Williams Jonathan Josey	44th 45th 66th 77th
--------------------------	-----	-----------------	---	------------------------------

Full Team Results

	MEN	Pts.	WOMEN	Pts.	FUN*	Pts
1st	Chiltern Harriers	14	Dacorum & Tring	8	Ian's Gribblers	232
2nd	Tring RC	55	Chiltern Harriers	21	Team Parkfit	506
3rd	St Albans Striders	162	Tring RC	111	Foodnet	533

*Fun Teams can be mixed gender and the points score is based on overall finish positions.

SHARDELOES 10k - MEN'S RACE – 21ST SEPTEMBER 2014

POS	COMPETITOR	TEAM	CATEGORY	TIME	RACE PLACE
1	STEWART, Allan	Chiltern Harriers AC	Senior	37:29	1
2	BEEDELL, Simon	Chiltern Harriers AC	Senior	37:29	2
3	DAVIES, Ben	Vale Of Aylesbury AC	Senior	37:43	3
4	GREGORY, Paul	Vale Of Aylesbury AC	Veteran 50	38:05	4
5	HUGHES, Nick	Chiltern Harriers AC	Veteran 40	39:05	5
6	DIXON, Thomas	Chiltern Harriers AC	Senior	39:32	6
7	MELVILLE-SMITH, Alistair	Chiltern Harriers AC	Senior	40:03	7
8	TAYLOR, Jonathan	Chiltern Harriers AC	Senior	40:24	8
9	GOULD, Peter	Chiltern Harriers AC	Senior	41:25	9
10	MILLER, Keith	David Lloyd Redway Runners	Veteran 50	41:40	10
11	MCCARTHY, John		Veteran 50	43:00	12
12	TAYLOR, Ian		Senior	43:09	13
13	HUMPHREY, Derek		Veteran 50	43:11	14
14	HINE, Jacob	St Albans Striders	Junior	43:17	15
15	LANGTON, Daniel	St Albans Striders	Senior	43:23	16
16	CAMPBELL, Chris	Reading RR	Senior	44:11	17
17	FOUNTAIN, Kevin		Senior	44:21	19
18	KEAST, Geoff		Senior	44:24	20
19	MELLOR, Alister		Veteran 50	45:05	22
20	CHRISTIE, Paul	Watford Joggers	Senior	45:31	23
21	HUMPHREY, Andrew		Senior	45:51	24
22	TREVILLION, David		Senior	45:59	25
23	WHITAKER, Grant	Chiltern Harriers AC	Veteran 50	46:08	26
24	BURNELL, Matthew		Senior	46:18	27
25	HILL, Andrew	Tring RC	Senior	46:24	28
26	BREINGAN, David	Chiltern Harriers AC	Veteran 40	46:31	29
27	CRICK, Jez	National Fire Service	Veteran 40	46:39	30
28	COHEN, Clive	Tring RC	Veteran 50	46:42	31
29	GEARY, Simon	Gade Valley Harriers	Veteran 40	47:28	33
30	LAWLEY, Kevin		Veteran 50	47:43	34
31	BARROWS, Tony	Bearbrook RC	Veteran 60	47:57	35
32	JONKUS, Eišvidas		Junior	48:00	36
33	MATTHEWS, Julian		Veteran 40	48:03	37
34	BUCKINGHAM, Daniel		Veteran 40	48:04	38
35	BAYLEY, Paul	Tring RC	Senior	48:06	39
36	BENJAMIN, Lee	British Milers Club	Veteran 50	48:36	41
37	FELSTEAD, Simon		Senior	48:39	42
38	SCIACCA, Michael	Ian's Gribblers	Senior	48:57	44
39	MUELLER, Russell	Ian's Gribblers	Veteran 40	48:57	45
40	COBLEY, Mike	Chiltern Harriers AC	Senior	48:59	46
41	SALMON, John	Thames Hare & Hounds	Veteran 50	49:07	47
42	KING, Ed		Veteran 40	49:07	48
43	KINGSTON, Matthew	Tring RC	Senior	49:08	49
44	SIBLEY, George		Veteran 50	49:11	50
45	DIGBY, Grant		Senior	49:12	51
46	BLOUNT, Geoff		Veteran 50	49:21	52
47	DAVIES, Jon		Veteran 40	49:31	55
48	DAVEY, Martin	Amphill & Flitwick Flyers	Veteran 50	49:56	56
49	DONOVAN, Michael	St Albans Striders	Veteran 50	50:09	57
50	SMITH, John		Veteran 70	50:11	58
51	STEVENS, Mark		Veteran 40	50:19	59
52	HEALY, Kieran		Senior	50:22	61
53	MCCORMACK, Ade	Chiltern Harriers AC	Veteran 50	50:26	62
54	GREENHALGH, Giles	Chiltern Harriers AC	Veteran 40	50:26	63
55	GREATOREX, Nick		Veteran 40	50:31	64
56	GREGORY, Brian		Veteran 40	50:37	65
57	WILLIAMS, Graeme	Ian's Gribblers	Veteran 40	50:43	66
58	NOLAN, Tony	Bearbrook RC	Veteran 40	51:07	69
59	FOLKARD, Melvyn	Chiltern Harriers AC	Veteran 50	51:08	70
60	HODGKINSON, Paul		Veteran 40	51:09	71
61	FIELD, Steve	Chiltern Harriers AC	Veteran 60	51:18	74
62	OBERTO, Gianluca	Foodnet	Senior	51:24	75
63	NIXON, Stephen		Veteran 40	51:31	76
64	JOSEY, Jonathan	Ian's Gribblers	Veteran 40	51:37	77
65	CUNNINGHAM, Fergal		Veteran 40	51:54	78
66	LAWRENCE, William		Veteran 40	52:16	79
67	BENTLEY, Edward		Junior	52:16	81
68	FERGUSON, Bruce		Veteran 50	52:18	82
69	LEWIS, Tim		Veteran 50	52:42	84
70	PUGH, Robert		Veteran 50	53:20	85
71	BENTLEY, Giles		Veteran 40	53:24	86

POS	COMPETITOR	TEAM	CATEGORY	TIME	RACE PLACE
72	WATKINSON, David		Veteran 50	53:27	87
73	SIBLEY, Patrick		Veteran 60	53:32	88
74	PODBURY, Justin		Senior	53:43	89
75	JEFFREY, Peter	West Four Harriers	Veteran 40	54:12	94
76	BAILEY, Michael		Senior	54:18	95
77	FAHY, Yusuf		Junior	54:30	96
78	CRAIG, Oliver		Senior	54:54	97
79	COPE, Simon	Vegetarian Cycling & AC	Veteran 40	55:04	99
80	VERYARD, Michael		Veteran 40	55:08	101
81	OWEN, Rhys	Foodnet	Veteran 40	55:09	102
82	CLARKE, Jon	Chiltern Harriers AC	Senior	56:02	105
83	HOWARD, Paul		Senior	56:15	108
84	MAW, Richard	St Albans Striders	Veteran 60	56:17	109
85	MATON, Andrew	Hillingdon Triathletes	Veteran 50	56:29	111
86	KENT, Edd		Junior	56:46	116
87	D'SOUZA, Tony		Veteran 40	56:54	117
88	ROGERS, Peter	St Albans Striders	Veteran 50	56:57	118
89	MOLESWORTH, Steve		Senior	57:25	122
90	FAHY, Declan	Chiltern Harriers AC	Veteran 50	57:31	123
91	HATTON, Michael		Veteran 50	57:52	125
92	CUNNINGTON, Ian	Newmarket Cycling & Tri Club	Veteran 50	58:01	126
93	CHATER, Andrew	Watford Joggers	Veteran 50	58:17	127
94	ENGERS, Rob	Chiltern Harriers AC	Veteran 50	58:21	129
95	MOLESWORTH, Tony	Chiltern Harriers AC	Veteran 70	58:56	134
96	BRAWN, Trevor	Chiltern Harriers AC	Veteran 60	59:05	136
97	LANDE, Paul		Senior	59:36	137
98	CRAWSHAW, Roger	High Wycombe Hash House Harriers	Veteran 60	1:00:10	141
99	DEANE, Rob	Dacorum & Tring	Veteran 50	1:00:24	142
100	FREIER, John		Veteran 60	1:00:48	143
101	GOODMAN, Michael		Veteran 50	1:01:03	145
102	MOORE, Jonny		Veteran 40	1:01:23	147
103	TARLING, Nicholas		Veteran 50	1:01:24	148
104	GASCOIGNE, Ian		Veteran 50	1:01:39	149
105	PORTLAND, Keith		Veteran 50	1:01:42	150
106	WALKER, David	Chiltern Harriers / Kodak Arrows	Veteran 60	1:02:42	154
107	PRICE, Kevin		Veteran 50	1:02:57	156
108	WINTLE, Terry		Veteran 40	1:02:58	157
109	CRAWSHAW, Ian		Veteran 50	1:03:35	160
110	WARREN, Wayne	Road Runners Club	Veteran 60	1:03:49	161
111	ROSS, Neil		Veteran 50	1:04:01	162
112	MONNINGTON, Chris		Senior	1:05:52	166
113	TAYLOR, Peter	Chiltern Harriers AC	Veteran 50	1:06:45	167
114	SILVERTON, Luke		Veteran 40	1:06:53	168
115	GARE, Steve		Veteran 40	1:09:36	176
116	DRISCOLL, James		Senior	1:09:40	177
117	OWEN, Sion	Foodnet	Senior	1:10:06	181
118	PURSELL, Neil	JDW	Veteran 40	1:11:09	186
119	PRESTON, Dennis		Veteran 60	1:17:47	190

SHARDELOES 10k - WOMEN'S RACE – 21ST SEPTEMBER 2014

POS	COMPETITOR	TEAM	CATEGORY	TIME	RACE PLACE
1	CRIPPS, Fay	Chichester AC	Veteran 35	42:16	11
2	YOUNG, Ali	Chiltern Harriers AC / Team Parkfit	Veteran 35	44:11	18
3	GREEN, Sophie	Tring RC	Senior	44:43	21
4	FAWCETT, Sam	Dacorum & Tring	Senior	47:26	32
5	WHITTAKER, Caroline	Watford Harriers	Veteran 45	48:27	40
6	FAWCETT, Rebecca	Dacorum & Tring	Senior	48:43	43
7	CUNNINGTON, Fiona	Newmarket Cycling & Tri Club	Veteran 55	49:24	53
8	DAVIES, Catherine	Dacorum & Tring	Veteran 45	49:27	54
9	NEWMAN, Lisa	Chiltern Harriers AC	Senior	50:20	60
10	LOACH, Kate	Chiltern Harriers AC	Veteran 45	50:54	67
11	CROFT, Liza	Watford Harriers	Veteran 35	51:06	68
12	HING, Paula	Windsor Slough Eton & Hounslow	Veteran 35	51:09	72
13	ROBERTS, Elizabeth	Dacorum & Tring	Senior	51:13	73
14	CHOLAWO, Helen	Chiltern Harriers AC	Senior	52:16	80
15	CONWAY, Fiona		Veteran 45	52:27	83
16	SULLIVAN, Samantha	Dacorum & Tring	Veteran 35	53:54	90
17	LAWLEY, Elodie		Senior	53:56	91
18	HALLAS, Shareen	Chiltern Harriers AC	Veteran 45	53:59	92
19	MOUNTSTEVENS, Hayley	Chiltern Harriers AC	Veteran 35	54:12	93
20	ORR, Judith	Chiltern Harriers AC	Veteran 45	54:56	98
21	MAYOT, Lauren		Senior	55:05	100
22	JONES, Selina	Bearbrook RC	Senior	55:26	103
23	ASKEY, Abigail	Chiltern Harriers AC	Veteran 35	55:38	104
24	HOPPER, Louisa	Dacorum & Tring	Veteran 35	56:07	106
25	VATNE LOCK, Siv		Veteran 45	56:11	107
26	AYRES, Rachel	Chiltern Harriers AC	Veteran 35	56:19	110
27	BOLDEN, Melanie		Veteran 45	56:34	112
28	FOLKARD, Heidi	Chiltern Harriers AC	Veteran 45	56:37	113
29	MOSES, Sally	Chiltern Harriers AC	Senior	56:44	114
30	TAFT, Sarah		Veteran 35	56:45	115
31	THOMAS, Patricia	Ealing, Southall & Middlesex	Veteran 45	56:58	119
32	DOWNS, Ursula		Veteran 55	57:19	120
33	CARTER, Erica	Berkhamsted Hospice	Veteran 45	57:21	121
34	WHITE, Nicky		Veteran 45	57:33	124
35	EMPSON, Sarah		Veteran 45	58:18	128
36	JONES, Sandra		Veteran 45	58:31	130
37	COUSIN, Kate		Veteran 45	58:40	131
38	RICHARDSON, Alison	Dacorum & Tring	Veteran 35	58:45	132
39	FERGUSON, Sue	Tring RC	Veteran 45	58:54	133
40	BAXTER, Gillian	Chiltern Harriers AC	Veteran 35	59:05	135
41	CHERKAS, Sonia	Chiltern Tri	Veteran 45	59:41	138
42	GOODWIN, Jackie		Senior	59:52	139
43	FOOT, Elizabeth		Veteran 45	59:54	140
44	EZECHUKWU, Janet	Team Parkfit	Senior	1:00:56	144
45	DAVEY, Clare		Veteran 35	1:01:17	146
46	PAGNIEZ, Manon	Dacorum & Tring	Senior	1:01:55	151
47	EVANS, Kerry		Veteran 35	1:02:11	152
48	STRACHAN, Jan	Dacorum & Tring	Veteran 35	1:02:13	153
49	FRANCIS, Linda	Hedge End RC	Veteran 45	1:02:45	155
50	CRAYDEN, Liza		Veteran 45	1:02:58	158
51	ASHWELL, Michelle	Dacorum & Tring	Veteran 35	1:03:22	159
52	SAMPSON, Polly		Veteran 35	1:04:09	163
53	HAMILTON, Georgie	Harpenden Arrows	Veteran 65	1:04:55	164
54	MONNINGTON, Katie		Veteran 35	1:05:52	165
55	SILVERTON, Karen		Veteran 35	1:06:53	169
56	PAUWELS, Ina	Hughenden Ladies	Veteran 35	1:06:55	170
57	OWERS, Ashley	Team Parkfit	Veteran 45	1:07:35	171
58	CLUTTEN, Claire		Veteran 35	1:07:37	172
59	GLANCY, Louise	Team Parkfit	Veteran 35	1:07:54	173
60	ALCOCK, Frances		Veteran 55	1:08:08	174
61	OWEN, Maxine	Foodnet	Senior	1:09:26	175
62	SMITH, Lucy		Veteran 35	1:09:40	178
63	TOUZALIN, Charmaine		Veteran 35	1:09:40	179
64	HONELL, Daphne		Veteran 35	1:10:00	180
65	FOSTER, Jo		Veteran 45	1:10:54	182
66	IVES, Saskia		Veteran 35	1:10:54	183
67	WAIN, Julia	JDW	Veteran 35	1:11:06	184
68	PEDRO, Nusi		Veteran 55	1:11:09	185
69	MARTIN, Jane	Tring RC	Veteran 45	1:14:15	187
70	CLARK, Rebecca		Veteran 45	1:15:04	188
71	GOODRIDGE, Louise		Veteran 45	1:15:12	189
72	MAW, Nora		Veteran 55	1:22:06	191