

# SHARDELOES 10k – 24TH SEPTEMBER 2023

POS	MEN	WOMEN	No.	COMPETITOR	CLUB / TEAM	CAT.	TIME	AWARDS
1	1		144	HUGHES, Alex	Chiltern Harriers AC	JM	37:26	1 <sup>st</sup> Man*
2	2		143	HUGHES, Nick	Chiltern Harriers AC	M50	37:52	2 <sup>nd</sup> Man*
3	3		52	WOOD, Charlie	Belgrave Harriers	SM	38:55	3 <sup>rd</sup> Man
4	4		92	YORWERTH, Adam	St Albans Striders	SM	39:26	
5	5		63	DIXON, Thomas	Chiltern Harriers AC	M40	39:41	M40
6	6		11	TURNER, James	Chiltern Harriers AC	M40	40:16	
7	7		113	LANGLEY, Ross	Tring RC	SM	41:40	
8		1	145	HUGHES, Maddie	Chiltern Harriers AC	JF	41:56	1 <sup>st</sup> Woman*
9	8		66	TURNEY, Michael	Chiltern Harriers AC	M60	43:18	M60
10		2	91	BURKHARDT, Hannah	St Albans Striders	SF	44:07	2 <sup>nd</sup> Woman
11	9		100	MELVILLE-SMITH, Alistair	Chiltern Harriers AC	M40	45:02	
12	10		104	CHAPMAN, Peter		M40	45:03	
13	11		89	HUTCHINGSON, Niall		SM	45:06	
14		3	74	BAXTER, Francesca	Chiltern Harriers AC	JF	45:08	3 <sup>rd</sup> Woman*
15	12		4	GUNDRY, Jon		M50	45:21	M50
16	13		68	LIGHTFOOT, Will		SM	45:41	
17	14		1	PAUL, Alex	Chiltern Harriers AC	SM	45:46	
18	15		103	SLADE, Jonny	Chiltern Harriers AC	SM	46:00	
19	16		114	ASHCROFT, Mathis		JM	46:26	M20
20	17		122	NEWMAN, Daniel	Tring RC	M40	46:35	
21	18		17	DIGBY, Grant		M40	47:03	
22	19		111	NEWMAN, Andy		SM	47:11	
23	20		97	SPRITE, Lee		M60	47:44	
24	21		121	EMERY, Steve		SM	48:02	
25	22		124	BATEMAN, Peter		M50	48:07	
26		4	64	CRIPPS, Fay		F40	48:20	F40
27	23		44	HANNEN, Ben	Chiltern Harriers AC	M40	48:38	
28		5	28	O'ROURKE, Mairead	Chiltern Harriers AC	F40	49:05	
29	24		82	CROZIER, Alan	Chiltern Harriers AC	M40	49:23	
30	25		24	WORSFOLD, Mike	Reading RR	M50	49:33	
31	26		33	GRIFFITHS, Simon	Bearbrook Running & Triathlon Club	M50	49:40	
32	27		35	BARLOW, Sam		M40	49:50	
33	28		8	SAMSON, Nick		SM	50:00	
34		6	58	KEIGHLEY, Jessie		SF	50:17	
35	29		31	BUCKINGHAM, Daniel	Chiltern Harriers AC	M50	50:30	
36	30		102	BUTTLEMAN, Jim	Leighton Fun Runners	M50	50:36	
37		7	49	BIZLEY, Jennifer	Chiltern Harriers AC	F40	50:48	
38	31		88	OWEN, Steve		M50	50:50	
39	32		20	HATTON, Daniel		M40	50:53	
40	33		96	DE SOUSA, David		M40	51:01	
41	34		14	MCCALL, Shane		M40	51:08	
42		8	34	WATKINS, Finola		SF	51:08	
43	35		129	HICKMAN, Andy	Chiltern Harriers AC	M50	51:12	
44		9	15	TAYLOR, Lisa		F40	51:18	
45	36		132	BUCKLEY, Phil		M40	51:19	
46		10	48	CHOLAWO, Helen	Chiltern Harriers AC	F40	51:23	
47	37		105	WRIGHT, Michael		M60	51:35	
48		11	6	ASKEY, Abigail	Chiltern Harriers AC	F50	52:14	F50
49	38		19	KING, Philip		M60	52:19	
50	39		116	CORSBY, Darren	Bearbrook Running & Triathlon Club	M50	52:28	
51	40		72	BROWN, David		M50	52:58	
52	41		47	SALMON, Jon	Tring RC	M60	53:17	
53	42		57	WRIGHT, Ed	Chiltern Harriers AC	M50	53:21	
54	43		30	SHARP, Ben		M50	53:32	
55	44		25	COUTTS, Jonathan	Chiltern Harriers AC	M50	53:43	
56	45		131	NOLAN, Tony	Bearbrook Running & Triathlon Club	M50	53:45	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB / TEAM	CAT.	TIME	AWARDS
57		12	77	WARREN, Vicky		F40	53:57	
58	46		139	MAILE, Arran		SM	53:59	
59	47		109	MARTIN, Glen	Chiltern Harriers AC	M50	54:10	
60	48		135	BATES, Neil	Chiltern Harriers AC	SM	54:18	
61	49		146	THOMPSON, Michael	Marlow Striders	M60	54:34	
62	50		95	HARDING, Patrick		SM	54:47	
63	51		136	DALE, Andy		M50	54:59	
64	52		87	LOVELL, Warren	Burnham Joggers	M50	55:02	
65		13	39	BLACK, Vivien		F50	55:13	
66		14	127	DUNKIN, Ruth	Bearbrook Running & Triathlon Club	F40	55:25	
67	53		27	HAM, Julian		M60	55:37	
68	54		75	WALLACE, Alistair		M50	55:43	
69	55		41	WALKER, Phil		M40	55:54	
70	56		50	HORIGAN, Tom		M50	55:54	
71	57		67	ALEXANDER, James		SM	56:05	
72	58		137	HUTTON, Matt		M50	56:14	
73	59		21	SPROD, Stephen		M50	56:31	
74	60		128	TRIMMER, Jamie		SM	56:40	
75		15	53	LANG, Beth		F40	56:42	
76		16	71	MARTIN, Holly		JF	57:09	F20
77		17	69	MARTIN, Clare		F40	57:36	
78	61		123	LAMONT, Jason	Bearbrook Running & Triathlon Club	M50	57:38	
79	62		108	PENNY, Kevin	City of Hull AC	M60	57:40	
80	63		59	ENSOR, Jeremy		M50	57:47	
81		18	36	JONES, Fiona		SF	57:48	
82	64		73	MAURY, Nicolas	Barnet & District AC	M40	58:06	
83	65		46	BALLIKAYA, Musa		M40	58:15	
84	66		130	GETLEY, Scott	Hazlemere Runners	M40	58:27	
85		19	9	MAYOT, Lauren	Chiltern Harriers AC	F40	58:28	
86	67		107	OSBORNE, Richard		M50	58:28	
87	68		78	HART, Tom		SM	59:02	
88	69		140	GODFREY, Alex		M40	59:19	
89		20	26	RIDDELL, Avril	Serpentine RC	F60	59:39	F60
90	70		115	ASHCROFT, Peter		M50	59:59	
91		21	2	CULVER, Jo	Chiltern Harriers AC	F50	1:00:03	
92	71		85	POYNTON, Tom	Dulwich Park Runners	M50	1:00:15	
93	72		99	PACKETT, Chris		M60	1:00:28	
94	73		5	TOD, Chris	Chiltern Harriers AC	SM	1:00:56	
95	74		42	TOD, Adam		SM	1:00:56	
96	75		110	DAMANR, Adrian		SM	1:01:29	
97	76		125	KENT, Nick		M40	1:01:39	
98		22	23	HEYDECKER, Deirdre	St Albans Striders	F60	1:01:58	
99	77		119	RORRISON, Frank		M60	1:02:34	
100	78		12	KENDALL, Edmund		M40	1:02:45	
101	79		126	FOSKETT, Richard	Herts Phoenix	M60	1:03:10	
102		23	16	DIGBY, Emma		F40	1:03:32	
103	80		118	PURVIS, Iain		M60	1:05:02	
104		24	76	RUCZKOWSKI, Julia		F50	1:05:03	
105		25	134	BRADLEY, Anna		F40	1:05:09	
106	81		138	VERYARD, Michael		M50	1:05:12	
107	82		101	PITKIN, Chris	Chiltern Harriers AC	M40	1:05:33	
108	83		142	COOK, James		M40	1:05:43	
109		26	79	LAMOUR, Rafaele	Mornington Chasers	F50	1:06:15	
110		27	61	DOWNS, Ursula		F60	1:06:37	
111	84		106	BRAWN, Trevor	Chiltern Harriers AC	M70	1:06:53	
112		28	40	ALLEN, Ali	Burnham Joggers	F60	1:07:48	
113		29	141	MILLER, Rowena		F40	1:09:18	
114		30	45	DOGRUEL, Seda		F40	1:10:02	

<b>POS</b>	<b>MEN</b>	<b>WOMEN</b>	<b>No.</b>	<b>COMPETITOR</b>	<b>CLUB / TEAM</b>	<b>CAT.</b>	<b>TIME</b>	<b>AWARDS</b>
115		31	120	TAYLOR, Charlotte		SF	1:10:50	
116	85		43	HODGE, Hugo		M70	1:12:39	
117		32	133	FERGUSON, Lynn		F50	1:12:53	
118	86		90	KYRIACOU, Christian		SM	1:14:59	
119		33	98	MYLES, Lyn	Hazlemere Runners	F50	1:15:01	
120	87		80	LEWIS, Philip		M80	1:18:00	
121	88		60	PORTLAND, Keith		M60	1:18:12	
122		34	13	ASHPOLE, Hannah		F40	1:22:28	
123	89		56	NEAL, Gregory	Watford Harriers	M60	1:24:51	
124		35	29	DI TOCCO, Michela		F40	1:32:21	
125	90		7	WALKER, David	Chiltern Harriers AC	M70	1:38:38	
126		36	83	TOMLIN, Joanne		F70	1:39:04	
127		37	84	TOMLIN, Charlotte		SF	1:39:04	
128		38	22	SHEPHERD, Elizabeth		F60	1:47:32	

\*Competitors are eligible for one individual prize only

### Team Results (3 to score)

	<b>MEN</b>	<b>Pts.</b>		<b>WOMEN</b>	<b>Pts.</b>
1st	Chiltern Harriers	8		Chiltern Harriers	9
2nd	Tring RC	65			
3rd	Bearbrook Running & Triathlon Club	110			