

SHARDELOES 10k – 22ND SEPTEMBER 2024

POS	MEN	WOMEN	No.	COMPETITOR	CLUB / TEAM	CAT.	TIME	AWARDS
1	1		1	HUGHES, Alex	Chiltern Harriers AC	JM	38:38	1 st Man*
2	2		172	INNOCENTI, Mark	Tring RC	M40	38:46	2 nd Man*
3	3		30	RALLISON, Matthew	London Heathside	SM	39:13	3 rd Man
4	4		246	PAVEY, Adam	Tring RC	M40	39:37	M40
5	5		191	O'KEEFFE, Ben	Tring RC	JM	40:21	M20
6	6		7	LANGLEY, Ross	Tring RC	M40	40:33	
7	7		5	DIXON, Thomas	Chiltern Harriers AC	M40	41:40	
8	8		102	FREWIN, Josh	Tring RC	SM	42:58	
9	9		18	NICHOLLS, Matthew	St Albans AC	JM	43:01	
10	10		243	RAFTERY, Tom		M40	43:29	
11	11		299	DAVIES, Sam	Tring RC	SM	43:35	
12	12		9	TURNEY, Michael	Chiltern Harriers AC	M60	44:04	M60
13	13		177	MORETON, Tom	Tring RC	M50	44:27	M50
14	14		24	FALLAIZE, Mark	Vale of Aylesbury AC	SM	44:31	
15	15		184	KOLEV, Yordan		SM	44:49	
16	16		222	WILLIAMS, Rhys	Vale of Aylesbury AC	JM	45:05	
17	17		57	ROLT, Andrew	Vale of Aylesbury AC	M50	45:11	
18	18		168	STALLMAN, Nicholas	Tring RC	SM	45:42	
19	19		52	BODDINGTON, John	Burnham Joggers	M50	46:27	
20	20		230	VANDENBREKEL, Russell	Chiltern Harriers AC	M40	46:54	
21	21		62	MOORE, Mark	Burnham Joggers	M60	47:05	
22	22		157	KEIGHLEY-ELSTUB, Henry	Tring RC	M50	47:31	
23	23		236	OLLEY, Christian	Tring RC	M50	47:35	
24	24		285	PARSONS, Stephen	Vale of Aylesbury AC	M50	47:49	
25	25		59	THOMAS, Hywel	Chiltern Harriers AC	M50	48:34	
26	26		293	SHIPLEY, Andrew	Tring RC	SM	48:46	
27		1	44	PEARSON, Sarah	Burnham Joggers	F50	48:48	1 st Woman*
28	27		190	O'KEEFFE, John	Tring RC	M40	48:50	
29	28		27	RILEY, Ben	Vale of Aylesbury AC	SM	48:53	
30	29		16	GROVE, Oli	Westbury Harriers	JM	48:54	
31	30		227	BROWN, Joe	Tring RC	SM	48:55	
32	31		188	MARTIN, Richard		M40	49:01	
33	32		82	GAYMOND, Frank	Chiltern Harriers AC	SM	49:02	
34	33		34	GREEN, Ben		SM	49:08	
35	34		231	NEWMAN, Daniel		M40	49:09	
36	35		182	JEFFREY, Ricky	Tring RC	M40	49:13	
37	36		76	DAY, Richard	Vale of Aylesbury AC	M60	49:32	
38	37		170	DIGBY, Grant		M40	49:54	
39	38		50	ROBINSON, Tom	Chiltern Harriers AC	M50	50:04	
40		2	75	O'ROURKE, Mairead	Chiltern Harriers AC	F40	50:05	2 nd Woman*
41	39		239	BUCKINGHAM, Daniel		M50	50:05	
42	40		166	BARLOW, Sam		M40	50:10	
43	41		86	TIKARAM, Mark	Tring RC	M50	50:28	
44		3	195	BIZLEY, Jennifer	Chiltern Harriers AC	F40	50:41	3 rd Woman*
45	42		176	DE SOUSA, Charlie	Chiltern Harriers AC	JM	50:42	
46	43		15	MALIN, James	Chiltern Harriers AC	JM	50:42	
47	44		26	BUTTLEMAN, Jim	Leighton Fun Runners	M60	50:44	
48	45		55	GRIFFITHS, Simon	Bearbrook Running & Triathlon Club	M50	50:52	
49		4	238	PEARCE, Sarah	Vale of Aylesbury AC	F40	50:53	F40
50		5	167	TAYLOR, Lisa		F40	51:02	
51	46		11	LAWSON, Ian	Chiltern Harriers AC	M50	51:09	
52		6	162	ELLIS, Maddi		SF	51:25	
53		7	181	ASH, Rebecca	Tring RC	F40	51:27	
54		8	33	KEIGHLEY, Jessie	Chiltern Harriers AC	SF	51:31	
55	47		247	LESLIE, Ian	Ealing, Southall & Middlesex	M60	51:37	
56	48		63	KING, Philip		M60	51:49	
57	49		41	WRIGHT, Tom	Chiltern Harriers AC	M40	51:54	
58	50		163	LUCATELLO, Angelo	Tring RC	M60	52:08	
59		9	300	ESSLEMONT, Amanda	Vale of Aylesbury AC	F40	52:20	
60	51		71	MCCALL, Shane		M40	52:52	
61	52		291	ALEXANDER, Damian		M50	53:16	
62		10	46	O'KEEFFE, Liz	Tring RC	F40	53:34	
63	53		43	LIGGINS, Mark	Chiltern Harriers AC	M40	53:59	
64		11	84	FROST, Kathryn		F50	54:00	F50
65	54		94	KINGSBURY, Tom	Burnham Joggers	SM	54:04	
66	55		54	EVANS, Mark	Burnham Joggers	M50	54:24	

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67	56		286	SASADA, Paul	Burnham Joggers	M60	54:29	
68	57		99	FERGUSON, Bruce		M60	54:32	
69	58		91	GREENHALGH, Giles		M50	54:33	
70	59		284	RIACH, James		M50	54:35	
71		12	159	ADCOCK, Angela		F40	54:44	
72	60		78	LAWRENCE, Matthew	Chiltern Harriers AC	M50	54:55	
73	61		38	BAKER, Ashley		SM	55:04	
74	62		2	MACFARLANE, Andrew	Midnight Runners	SM	55:15	
75	63		3	HARDING, Patrick	Lonely Goat RC	M40	55:15	
76	64		66	NICOLLE, Phil		M50	55:25	
77	65		180	ASH, Matt		M40	55:34	
78	66		241	BATES, Neil	Chiltern Harriers AC	M40	55:43	
79	67		67	THOMPSON, Michael	Marlow Striders	M60	55:51	
80	68		97	DIGBY, Mark	Burnham Joggers	M50	56:00	
81	69		64	SALMON, Jon	Tring RC	M60	56:08	
82	70		147	DACRE, Lewis		JM	56:11	
83		13	79	MAYOT, Lauren	Chiltern Harriers AC	F40	56:29	
84	71		228	HANNEN, Ben	Chiltern Harriers AC	M40	56:39	
85	72		175	DE SOUSA, David	Chiltern Harriers AC	M40	56:39	
86	73		192	GROVE, Robert		M40	56:53	
87	74		150	GARDINER, Callum		SM	57:13	
88	75		93	SMITH, Daniel		SM	57:25	
89		14	292	MCCREADIE, Megan	Gade Valley Harriers	SF	57:48	
90	76		296	SPEED, Andrew	Burnham Joggers	M50	57:49	
91	77		198	TOMLIN, James		SM	58:09	
92	78		22	PUGH, Philip	Dacorum AC	M60	58:19	
93	79		87	VENNIX, Dirk	Burnham Joggers	M60	58:45	
94	80		70	MANNING, John	Tring RC	M70	58:56	
95	81		244	BAKER, Daniel		M40	59:08	
96	82		245	MOULTON-SMITH, James		SM	59:08	
97		15	232	UNWIN, Rosie	Tring RC	SF	59:13	
98		16	28	RIDDELL, Emily	London City Runners	SF	59:17	
99		17	12	LAWSON, Rebecca	Chiltern Harriers AC	JF	59:25	F20
100	83		69	FOSKETT, Richard	Herts Phoenix	M60	59:30	
101	84		224	NOLAN, Tony	Bearbrook Running & Triathlon Club	M50	59:32	
102	85		160	HUGHES, Jonathan		M40	59:38	
103	86		178	ELLIOTT, Jack		SM	59:39	
104		18	289	ASQUITH, Hannah		F40	59:43	
105		19	14	TURNER, Lindsay	Chiltern Harriers AC	SF	59:49	
106	87		193	WALKER, Phil		M40	59:54	
107		20	189	MARTIN, Clare		F40	59:59	
108	88		288	COULTATE, Ben		M40	1:00:07	
109	89		51	WRIGHT, Ed	Chiltern Harriers AC	M50	1:00:10	
110	90		19	DAVY, Andrew		M50	1:00:18	
111		21	171	CHOLAWO, Helen	Chiltern Harriers AC	F40	1:01:20	
112	91		77	HOFF, Nigel		M50	1:01:30	
113		22	234	FRYER, Anna	Bearbrook Running & Triathlon Club	F40	1:01:35	
114		23	65	ALLEN, Ali		F60	1:01:55	F60
115	92		225	LINDO, Hilton	Burnham Joggers	M50	1:02:17	
116	93		194	SWANNELL, Martin		M40	1:02:34	
117		24	173	JOHN, Shyla		F40	1:03:02	
118		25	152	ELDER, Nicola	Burnham Joggers	F40	1:03:02	
119		26	17	CUTHBERT, Lucy	Vale of Aylesbury AC	JF	1:03:12	
120	94		98	EDWARDS, Rik	Chiltern Harriers AC	M60	1:03:19	
121	95		92	SMITH, Phil		M50	1:03:25	
122	96		161	COPE, Simon		M50	1:03:41	
123	97		200	YEARLEY, Paul		M60	1:03:46	
124		27	233	MCMAHON, Terri		SF	1:03:52	
125	98		298	SOMERVILLE, Andrew	Burnham Joggers	M60	1:04:00	
126	99		80	FRY, Mark	Chiltern Harriers AC	M60	1:04:26	
127		28	294	RUCZKOWSKI, Julia		F50	1:04:35	
128	100		61	BUTLER, Andy	On The Run Aylesbury	M60	1:05:08	
129		29	25	FALLAIZE, Heather	Vale of Aylesbury AC	F60	1:05:12	
130		30	187	ROGERS, Sarah		F40	1:05:17	
131		31	148	DACRE, Yasmin		SF	1:05:33	
132		32	287	CONN, Joanna		F50	1:05:50	
133	101		68	DOYLE, John	Hillingdon AC	M60	1:05:51	
134		33	117	CASEY, Phaedra	Burnham Joggers	F40	1:05:51	
135	102		47	DHONSI, Jat		M40	1:05:56	
136	103		196	KINCH, Markus	Bearbrook Running & Triathlon Club	M60	1:06:02	
137		34	151	KENNEDY, Natalie		F40	1:06:13	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB / TEAM	CAT.	TIME	AWARDS
138		35	72	MCCALL, Taryn		F40	1:06:19	
139	104		40	TAYLOR, Chris		M40	1:06:20	
140	105		32	LLOYD, Chris		M60	1:06:31	
141		36	282	KNIGHT, Christine		F40	1:06:33	
142		37	249	CORCORAN, Sarah	Bearbrook Running & Triathlon Club	F50	1:06:51	
143		38	21	FREWIN, Sue	Tring RC	F60	1:06:56	
144	106		89	DE FREITAS, Noel		M50	1:07:13	
145	107		169	LEATHERLAND, Ashley	Chiltern Harriers AC	M40	1:07:22	
146	108		58	ZELIN, Andrew	Dacorum AC	M50	1:07:25	
147	109		53	HILL, Stan		M60	1:07:37	
148	110		60	SAUL, David	Chiltern Harriers AC	M60	1:08:49	
149	111		185	JOHNSON, Guy		M60	1:09:07	
150		39	179	THOMPSON, Oonagh		F60	1:09:11	
151		40	235	LANGTON, Hannah		SF	1:09:31	
152	112		74	HODGE, Hugo		M70	1:09:49	
153	113		242	VAUGHAN, Jack		SM	1:09:58	
154		41	96	DIGBY, Emma		F40	1:10:15	
155		42	174	WEBSTER, Carrie	Fylde Coast Runners	F40	1:10:39	
156		43	20	KARAVAN, Marika	Maidenhead AC	F60	1:10:40	
157		44	164	CRANSTON, Ros	Tring RC	F50	1:10:41	
158		45	237	SAUNDERS, Abigail		SF	1:10:54	
159	114		85	STORRIE, Martin	Gade Valley Harriers	M60	1:11:14	
160		46	49	CAIN, Juliet	Ealing Eagles RC	F50	1:11:27	
161		47	90	DE FREITAS, Cathryn		F40	1:11:38	
162		48	36	PULLIN, Abbie		SF	1:12:22	
163	115		240	MANNING, Matthew		SM	1:12:49	
164		49	56	WHITE, Fleur	Hazlemere Runners	F50	1:13:06	
165	116		31	UNDERWOOD, Lee		M50	1:13:06	
166	117		154	WARFIELD, Mark		M40	1:13:27	
167		50	153	WARFIELD, Layla	Hazlemere Runners	F40	1:13:39	
168		51	290	GRIMWADE, Jo		F40	1:14:11	
169		52	248	TOMLIN, Charlotte		SF	1:14:53	
170		53	297	HODGKINSON, Emily		SF	1:15:36	
171	118		229	CARTER, Gary		M40	1:16:18	
172	119		226	EVANS, Chris		M50	1:16:18	
173	120		186	TURNER, Ian		M60	1:17:00	
174	121		199	BURBRIDGE, Steven		M50	1:17:23	
175	122		95	GRITZ, Daniel	Lonely Goat RC	M50	1:18:15	
176		54	223	TYE, Hannah		F40	1:18:42	
177	123		81	LEWIS, Philip		M80	1:22:51	
178		55	295	YEARLEY, Carole		F60	1:26:45	

*Competitors are eligible for one individual prize only

Team Results

(3 to score)

	MEN	Pts.		WOMEN	Pts.
1st	Tring RC	11		Chiltern Harriers	13
2nd	Chiltern Harriers	20		Tring RC	32
3rd	Vale of Aylesbury	47		Vale of Aylesbury	39
4th	Burnham Joggers	94		Burnham Joggers	49
5th	Bearbrook Running & Triathlon	232			