SHARDELOES 10k – 27TH SEPTEMBER 2026

POS	MEN	WOMEN	No.	COMPETITOR	CLUB / TEAM	CAT.	TIME	AWARDS
1	1		46	DAVIS, James	Dacorum AC	SM	35:33	1st Man
2	2		192	WOLFF, Daniel	Belgrave Harriers	SM	36:43	2nd Man
3	3		53	DIXON, Thomas	Chiltern Harriers AC	M40	37:40	3rd Man*
4	4		15	BAXTER, Max	Chiltern Harriers AC	JM	38:23	JM (U20)
5	5		66	FREWIN, Josh	Tring RC	SM	38:34	
6	6		180	TURNER, James	Chiltern Harriers AC	M40	38:40	M40
7	7		130	MCCALL, Isaac	Chiltern Harriers AC	JM	38:57	
8	8		86	HARDY, Chris		SM	39:29	
9	9		146	O'KEEFFE, Ben		JM	41:17	
10	10		131	MCCALL, Jacob	Chiltern Harriers AC	JM	41:32	
11	11		39	COMPTON, Gary	Vale of Aylesbury AC	SM	41:49	
12	12		162	RICHARDSON, Conor	Vale of Aylesbury AC	SM	42:03	
13	13		157	QUANTRILL, Charlie	Chiltern Harriers AC	JM	42:15	
14	14		134	MELVILLE-SMITH, Alistair	Chiltern Harriers AC	M50	42:19	M50
15	15		150	PARSONS, Stephen	Vale of Aylesbury AC	M50	42:29	
16	16		191	WHITE, Tom		SM	42:45	
17	17		114	LAWRENCE, Seb		SM	42:52	
18	18		102	HUTCHINSON, Niall		M40	42:52	
19	19		158	QUANTRILL, Richard		M50	42:58	
20		1	47	DENCH, Rachel	Black Trail Runners	F40	42:58	1st Woman*
21	20		85	HANSTEIN, Darryl	Chiltern Harriers AC	M50	43:01	
22	21		135	MICHELL, George	Run Hill Run	SM	43:10	
23		2	30	CALDERWOOD, Hannah	Thame Runners	F40	43:20	2nd Woman*
24	22		141	MUNN, Suny	Dacorum AC	SM	43:44	
25	23		188	WELLS, Andrew	Gade Valley Harriers	M40	43:46	
26	24		25	BROWN, Joe	Tring RC	M40	43:55	
27	25		76	GILDER, David	Dacorum AC	M50	44:00	
28	26		77	GRANT, James	Chiltern Harriers AC	M40	44:35	
29	27		155	PHILLIPPS, Justin		M50	44:42	
30	28		72	GARTLAN, Martin	Dacorum AC	M50	45:09	
31	29		35	CHRISTIE, Alex		SM	45:27	
32	30		81	GUNDRY, Jon		M50	45:30	
33	31		44	DAMANT, Adrian		SM	45:33	
34	32		11	BARLOW, Sam		M40	45:35	
35	33		84	HANNEN, Ben	Chiltern Harriers AC	M50	45:37	
36	34		10	BARBER, Dan	Tring RC	M50	45:39	
37	35		147	O'KEEFFE, John	Tring RC	M40	45:46	
38	36		17	BIRCH, Joe		SM	46:27	
39		3	71	GARTLAN, Grace	Dacorum AC	SF	46:28	3rd Woman
40	37		125	MANO, Sebastian	Chiltern Harriers AC	JM	46:29	
41	38		142	NANTON, Kingsley	Chiltern Harriers AC	M50	46:41	
42	39		18	BIRNIE, James	Gade Valley Harriers	M50	47:01	
43	40		126	MARGETTS, Tim	Chiltern Harriers AC	M40	47:14	
44	41		116	LAWSON, Ian	Chiltern Harriers AC	M50	47:35	
45	42		52	DIXON, Amit	Chiltern Harriers AC	M40	47:50	
46	43		181	VASSILAS, Kyriacos		M40	47:50	
47	44		75	GEORGE, Dom	Run Hill Run	M40	47:53	
48	45		7	BAKER, Daniel		M50	47:54	
49	46		26	BUCKINGHAM, Daniel		M50	47:56	
50		4	96	HOLLOWAY, Catherine	Chiltern Harriers AC	F50	47:59	F50
51		5	100	HOUSLEY, Anna	Run Hill Run	F40	48:03	F40
52	47		34	CHEETHAM-WEST, Christopher		SM	48:09	
53	48		98	HOPPER, John	Dacorum AC	M50	48:10	
54	49		45	DAVIDSON, Aran	Chiltern Harriers AC	SM	48:11	
55	50		107	KING, Philip		M60	48:40	M60
56	51		89	HEATH, Jonathan	Chiltern Harriers AC	SM	48:46	
57	52		121	LUCATELLO, Angelo	Tring RC	M60	48:53	

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58		6	151	PEACOCK, Aimee	Dacorum AC	F40	48:56	
59	53		95	HOBBS, Sam		SM	48:57	
60	54		29	BUTTLEMAN, Jim	Leighton Fun Runners	M60	48:59	
61	55		8	BALLIKAYA, Musa		M40	49:10	
62		7	140	MOSS, Sylvia	Chiltern Harriers AC	F50	49:26	
63	56		132	MCCALL, Shane		M40	49:52	
64	57		177	TALBOT, Mark		SM	49:56	
65		8	41	COWENS, Harriet	Run Hill Run	F40	50:22	
66		9	97	HOLMES, Voirrey	Tring RC	SF	50:39	
67		10	87	HARGREAVES, Ella	Chiltern Harriers AC	SF	51:14	
68		11	164	RIDDELL, Emily	Clapham Chasers	SF	51:23	
69		12	148	O'KEEFFE, Liz	Tring RC	F40	51:27	
70	58		160	RALLISON, Matthew		SM	51:29	
71	59		90	HEGARTY, Colin		M40	51:37	
72	60		127	MARTIN, Glen	Chiltern Harriers AC	M50	51:45	
73	61		174	STAPLES, James	Welcome Gym Chesham RC	M60	52:24	
74	62		24	BROWN, David		M60	52:45	
75	63		92	HILL, Phil	Dacorum AC	M60	52:54	
76	64		103	JACKSON, Andrew		M40	53:18	
77		13	4	ASKEY, Abigail	Chiltern Harriers AC	F50	53:22	
78		14	117	LAWSON, Rebecca	Chiltern Harriers AC	JF	53:23	JF (U20)
79	65		144	NOLAN, Tony	Bearbrook Running & Triathlon Club	M50	53:28	
80	66		21	BRADY, Daragh		M50	53:33	
81	67		112	LAWRENCE, Matthew	Chiltern Harriers AC	M50	53:51	
82		15	64	FOLKARD, Heidi	Chiltern Harriers AC	F50	54:03	
83		16	56	DUNKIN, Ruth	Bearbrook Running & Triathlon Club	F50	54:26	
84		17	138	MOSS, Jess	Chiltern Harriers AC	SF	54:37	
85		18	175	SULLIVAN, Samantha	Dacorum AC	F50	54:40	
86	68		33	CHANNER, Matt	Chiltern Harriers AC	M50	54:52	
87		19	161	REAL-SLAVICKY, Helen	Chiltern Harriers AC	F40	54:56	
88	69		149	OSBORNE, Richard		M60	55:12	
89		20	36	COLEMAN, Amy		F40	55:17	
90		21	94	HOAR, Kerry	Dacorum AC	F50	55:40	
91		22	63	FINDLAY, Celia	Dacorum AC	F60	55:42	F60
92		23	187	WEBSTER, Emma	Dacorum AC	F40	55:52	
93		24	5	BACON, Katharine		F40	56:13	
94		25	1	ALAWAY, Kate		F40	56:15	
95		26	168	SCHLAUCH, Carrie		F40	56:21	
96		27	88	HATFIELD, Isabelle	Welcome To Running	F40	56:34	
97	70		61	ENSOR, Jeremy		M50	56:37	
98	71		40	COUTTS, Jonathan	Chiltern Harriers AC	M50	56:40	
99	72		48	DENT, Brian		M60	56:50	
100		28	27	BURFORD, Denise	Dacorum AC	F50	57:32	
101	73		108	KOPACEK, Vit		SM	58:00	
102	74		93	HILL, Stan		M60	58:01	
103	75		169	SCOTT, Daniel	Aylesbury Vale Triathlon Club	M50	58:06	
104		29	136	MITCHELL, Becky		SF	58:37	
105	76		2	ANDREWS, James		M50	58:46	
106	77		118	LINDEQUE, Chris	Chiltern Harriers AC	M50	58:49	
107		30	55	DONOHOE, Clare	Gade Valley Harriers	F50	59:17	
108	78		124	MALIN, Paul		M50	59:23	
109	79		106	KENDALL, Edmund		M40	59:28	
110		31	9	BAMBER, Sinead		SF	59:34	
111	80		172	SINGH, Pav	Chiltern Harriers AC	M50	59:45	
112		32	122	MAKINSON, Alison		SF	59:50	
113		33	105	KEMPSON, Miriam	Chiltern Harriers AC	F60	60:14	
114	81		101	HOWE, Chris	Gade Valley Harriers	M50	60:15	
115	82		58	EDWARDS, Rik	Chiltern Harriers AC	M70	61:17	
116	83		70	GARRETT, Martin	Sudbury Court RC	M70	61:28	
117	84		120	LLOYD, Rich		M60	61:44	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB / TEAM	CAT.	TIME	AWARDS
118	85		57	DURSTON, Jim	South West Road Runners	M60	61:57	
119	86		193	WOLSTENCROFT, Ian	Dacorum AC	M60	62:15	
120	87		78	GREEN, Geoff		M60	62:22	
121		34	190	WELLS, Michelle	Gade Valley Harriers	F40	62:24	
122	88		50	DERBY, Nigel		M60	62:31	
123	89		79	GREENHALGH, Giles		M60	62:33	
124		35	183	WAITE, Maria	Dacorum AC	F50	62:43	
125	90		165	RORRISON, Frank		M60	62:47	
126		36	189	WATSON, Sarah	Gade Valley Harriers	F60	63:04	
127	91		170	SHAWLEY, Matthew		M40	63:10	
128	92		65	FOSKETT, Richard	Herts Phoenix	M70	63:30	
129		37	156	PULLIS, Michelle	Dacorum AC	F40	63:53	
130	93		28	BUTLER, Andy	On The Run Aylesbury & Pitstone	M60	64:06	
131		38	109	KOPACKOVA, Emily		SF	64:44	
132	94		51	DEYES, Simon		M50	65:07	
133	95		12	BARRETT, Maik		M50	65:45	
134		39	83	HAMILTON, Katie	Running Sisters Beaconsfield	F40	65:56	
135		40	6	BACON, Sarah		F40	65:56	
136		41	133	MCKEE, Ali		F40	66:29	
137		42	54	DOGRUEL, Seda		F40	67:05	
138		43	43	CRANSTON, Ros	Tring RC	F50	67:32	
139	96		22	BRAWN, Trevor	Chiltern Harriers AC	M70	68:42	
140		44	176	TSATSAMI, Vasso	Run And Fitness	F60	68:56	
141	97		37	COLES, Andrew		M60	68:59	
142		45	113	LAWRENCE, Rhiannon		F50	69:00	
143	98		123	MAKINSON, Tom		M40	69:26	
144		46	163	RIDDELL, Avril	Serpentine Running & Triathlon Club	F70	69:29	
145	99		159	QUARRELL, Simon		SM	69:34	
146	100		80	GROVER, Alan	Dacorum AC	M60	70:18	
147		47	23	BREWER, Ann	Welcome To Running	F50	70:27	
148		48	173	SMITH, Becky		F40	70:52	
149		49	31	CAMPBELL, Gemma		F40	70:52	
150		50	99	HORNE, Nicola	Running Sisters	SF	71:32	
151		51	59	ELAM, Jane	Welcome To Running	F60	72:03	
152	101		178	TAVENDER, Christopher	Trail Running Association	M40	72:18	
153	102		115	LAWRENCE, Simon	Watford Joggers	M60	72:24	
154		52	62	FERNANDES, Julie	Dacorum AC	F50	72:25	
155	103		60	ELLIOTT, Gary		M60	72:27	
156		53	171	SHEPHERD, Rachel	Welcome To Running	F50	72:37	
157		54	3	ASHPOLE, Hannah		F50	73:11	
158		55	38	COLLINS, Evonne	Dacorum AC	F50	73:11	
159		56	128	MAWBY, Janine		F40	75:41	
160		57	49	DENT, Shaheen		F60	79:28	
161	104		119	LLOYD, Chris	Watford Joggers	M60	81:06	
162		58	137	MOSS, Caron		F50	81:06	
163		59	42	COZENS, Cat		F40	86:48	
164		60	13	BARRETT, Sarah		F40	96:21	

*Competitors are eligible for one individual prize only

Team Results

	MEN (3 to score)	**Pts.**		**WOMEN** (3 to score)	**Pts.**
1st	Chiltern Harriers	13		Chiltern Harriers	21
2nd	Vale of Aylesbury	38		Dacorum AC	27
3rd	Dacorum AC	48		Tring RC	64
4th	Tring RC	63		Gade Valley Harriers	100
5th	Gade Valley Harriers	143		Welcome to Running	125