

Chiltern Harriers AC
Pednor 5
Monday 1st May 2023



POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CAT.	TIME	AWARD
1	1		148	LAING, James	Hillingdon AC	SM	25:57	1 st Man
2	2		188	LAWRENCE, David	Harrow AC	SM	26:15	2 nd Man
3	3		174	MCCAWLEY, Brogan	Cambridge & Coleridge	SM	26:17	3 rd Man
4	4		159	HUGHES, Alex	Chiltern Harriers AC	JM	27:27	1 st Junior Man
5	5		181	SHUTE, Adam	Chiltern Harriers AC	SM	27:34	
6	6		37	EVANS, Phillip	St Albans Striders	M40	27:57	1 st M40
7	7		41	ASHBY, Matt	Gade Valley Harriers	SM	28:00	
8	8		42	WOLFF, Daniel	Epsom & Ewell Harriers	SM	28:05	
9	9		222	ROWLANDS, Rhys	Dacorum AC	SM	28:30	
10	10		76	FLEWITT, Peter	Ealing, Southall & Middlesex	M50	28:51	1 st M50
11	11		99	PAUL, Alex	Chiltern Harriers AC	SM	29:24	
12	12		24	KING, Jim	St Albans Striders	M50	29:30	
13	13		19	HEAD, Mark	Tring RC	M40	29:39	
14	14		158	DIXON, Thomas	Chiltern Harriers AC	M40	29:58	
15	15		52	REED, Dominic	Wycombe Phoenix Harriers	SM	30:03	
16	16		172	TOWNSEND, Simon	Dacorum AC	M50	30:04	
17	17		75	EDWARDS, Charlie	Hillingdon AC	SM	30:09	
18	18		142	TURNER, James	Chiltern Harriers AC	M40	30:09	
19	19		80	LINDEN, Michael	Gade Valley Harriers	M40	30:13	
20	20		103	ROBERTS, Jonathan	Gade Valley Harriers	M50	30:24	
21	21		132	HOSTY, Stephen	St Albans Striders	M40	30:37	
22	22		244	TURNER, Michael	Chiltern Harriers AC	M60	30:42	1 st M60
23	23		30	HOLLAND, Scott		SM	30:59	
24	24		63	KENCROFT, Mark	Ealing, Southall & Middlesex	M50	31:12	
25	25		226	RIDGLEY, Paul	Thame Runners	M40	31:25	
26		1	79	GERRIE, Sarah	Ealing, Southall & Middlesex	F35	31:30	1 st Woman
27		2	149	WELLS, Hannah	Hillingdon AC	SF	31:54	2 nd Woman
28	26		100	FUENTES, Pablo	Chiltern Harriers AC	M40	32:00	
29	27		45	TUCKER, Gareth	Gade Valley Harriers	M40	32:03	
30	28		241	FOTHERINGHAM, David		SM	32:04	
31		3	168	WHITFIELD, Beverley	Hillingdon AC	F35	32:07	3 rd Woman
32	29		175	CROZIER, Alan	Chiltern Harriers AC	M40	32:12	
33	30		285	VANDENBREKEL, Russell		M40	32:16	
34		4	95	PENTY-ALVAREZ, Nicola	Hillingdon AC	F35	32:31	1 st F35
35	31		72	WILLCOX, Anthony	Gade Valley Harriers	M40	32:37	
36	32		248	ADDISON, Mark		SM	32:41	
37	33		123	RUSSELL, Michael	Team Trident	M60	32:54	
38	34		279	ROSE, Craig		M40	33:26	
39	35		89	BARRETT, Robin	Vale of Aylesbury AC	SM	33:30	
40	36		85	HODGETTS, Paul	Vale of Aylesbury AC	M40	33:40	
41	37		32	NEWING, Stephen	Gade Valley Harriers	M40	33:44	
42	38		220	BAKER, Dominic		M40	33:49	
43	39		277	HANNEN, Ben	Chiltern Harriers AC	M40	33:56	
44	40		289	DOUGLASS, Alastair		SM	33:59	
45	41		153	O'GRADY, John		M50	34:09	
46	42		44	GRANT, James	Chiltern Harriers AC	SM	34:17	
47	43		295	ROBINSON, Tom	Chiltern Harriers AC	M40	34:35	
48	44		131	HARDING, Spencer	Hillingdon AC	M40	34:39	
49	45		192	WRIGHT, Tom	Chiltern Harriers AC	M40	34:39	
50		5	217	KELLEHER, Fiona	Chiltern Harriers AC	SF	34:41	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CAT.	TIME	AWARD
51	46		163	KORINEK, Mark		M40	34:49	
52		6	104	SOPHOCLIDES, Kate		SF	34:51	
53	47		273	DOBINSON, Andrew	St Albans Striders	M60	34:53	
54	48		60	KINGDON, Daniel		M40	35:00	
55	49		247	ASHCROFT, Mathis		JM	35:04	
56		7	129	MARTIN, Ruth	St Albans Striders	F35	35:04	
57	50		157	WILLIAMS, David	Chiltern Harriers AC	M40	35:07	
58	51		293	CZARNECKI, Piotr		M40	35:18	
59		8	3	HEMBURY, Lynda	Tring RC	F65	35:25	1 st F55
60		9	179	O'ROURKE, Mairead	Chiltern Harriers AC	F35	35:30	
61	52		33	ALLAN, Merlin	Gade Valley Harriers	M60	35:35	
62		10	184	LAWLER, Maria	Gade Valley Harriers	F35	35:39	
63	53		242	BENNIE, Ewan		M40	35:44	
64	54		16	MOFFAT, Mark		M50	35:45	
65		11	243	DUNSCOMBE, Kate	Watford Joggers	F35	35:47	
66		12	193	MOSS, Aoife		SF	35:56	
67	55		18	OWEN, Steve	Watford Joggers	M50	36:00	
68	56		280	JOHNSON, Adam		SM	36:10	
69	57		116	MITCHELL, Ben		SM	36:20	
70	58		223	HOPCROFT, Martin	Tring RC	M60	36:23	
71	59		58	EDWARDS, Marcus	Watford Joggers	M60	36:35	
72		13	66	EAVES, Sarah		F35	36:39	
73	60		296	BUCKINGHAM, Daniel	Chiltern Harriers AC	M50	36:40	
74		14	70	ASKEY, Abigail	Chiltern Harriers AC	F45	36:45	1 st F45
75	61		21	DAY, Richard	Vale of Aylesbury AC	M60	36:51	
76		15	133	COLEMAN, Amy		F45	36:52	
77	62		275	EDWARDS, Steve	Hillingdon AC	M50	36:54	
78	63		282	TALLACK, John	Hazlemere Runners	M50	36:56	
79	64		253	KAYE, Rich		M40	37:01	
80	65		117	LAWRENCE, Matthew	Chiltern Harriers AC	M40	37:02	
81	66		122	NICHOLLS, Chris	Tring RC	M50	37:11	
82	67		231	ASLAM, Umar		SM	37:16	
83	68		245	LINDO, Hilton	Burnham Joggers	M40	37:19	
84		16	97	MOSS, Sylvia	Chiltern Harriers AC	F45	37:23	
85	69		90	MONTGOMERY, Jim		M40	37:30	
86	70		152	WHEELER, Jay	St Albans Striders	M50	37:39	
87		17	255	GOSS, Amy		F35	37:41	
88		18	54	FINDLAY, Celia	Dacorum AC	F55	37:43	
89		19	38	FROST, Kathryn		F45	37:48	
90	71		290	BADDON, Richard	Tring RC	M50	37:55	
91	72		199	BELLAMY, Archie		JM	38:02	
92	73		250	SCHOEDER, C		M40	38:02	
93	74		189	SALMON, Jon	Tring RC	M60	38:04	
94	75		238	BAKER, Ashley		SM	38:06	
95	76		281	BENNET, Peter	Cambridge & Collieridge	M50	38:08	
96	77		5	FASTI, Mauro	Watford Joggers	M50	38:10	
97		20	195	THOMAS, Geraldine	Hazlemere Runners	F45	38:11	
98	78		221	MCCORMACK, Ade	Chiltern Harriers AC	M60	38:11	
99	79		260	GETLEY, Scott	Hazlemere Runners	M40	38:12	
100	80		150	BAKKES, Riaan	Hazlemere Runners	M50	38:14	
101		21	288	MISTRY, Claire		F45	38:18	
102		22	93	YAHIAOUI, Louisa		SF	38:22	
103	81		212	MARTIN, James	Watford Joggers	M50	38:25	
104		23	177	BIZLEY, Jennifer	Chiltern Harriers AC	F35	38:29	
105	82		187	DOWNS, Fabian		SM	38:39	
106	83		111	THOROSE, Emin	Handy Cross Runners	M40	38:41	
107	84		286	PRICE, Dave		M40	38:45	
108		24	119	LANG, Beth		F35	38:48	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CAT.	TIME	AWARD
109	85		138	CAIRNS, Allan	Chiltern Harriers AC	M40	38:53	
110	86		102	WIGGINS, Nigel	Dacorum AC	M50	38:54	
111	87		219	TAYLOR, Colin	Watford Joggers	M60	39:00	
112	88		198	SMITH-HAMMOCK, Christopher		SM	39:07	
113		25	86	ILES, Naomi	Gade Valley Harriers	F35	39:07	
114		26	141	TURNER, Lindsay	Chiltern Harriers AC	F35	39:09	
115	89		53	ROBERTS, Alan	Vale of Aylesbury AC	M50	39:13	
116		27	4	GOLDHAGEN, Daisy	Vale of Aylesbury AC	SF	39:15	
117	90		113	BLOOM, Richard	Herts Phoenix	M70	39:25	
118		28	88	LE, Tina	Dacorum AC	F45	39:26	
119	91		240	PHELPS, Tim	Dacorum AC	M50	39:41	
120		29	96	MARTIN, Amy		F35	39:48	
121		30	48	BONNICK, Clare	Watford Joggers	F55	39:51	
122	92		233	DAY, Tom		SM	40:01	
123		31	236	CAREY, Naomi	Gade Valley Harriers	F45	40:04	
124	93		283	TURTON, Matthew		M50	40:09	
125	94		27	PERRY, Wayne		M40	40:15	
126	95		200	CORLETT, Nicholas	Hazlemere Runners	SM	40:19	
127	96		15	ILLING, Michael	Hillingdon AC	M60	40:22	
128		32	276	EDWARDS, Joanna		F45	40:28	
129		33	197	LAING, Tanya	Hazlemere Runners	F45	40:34	
130	97		292	BUTT, Steve	Dacorum AC	M40	40:36	
131		34	147	JONES, Fiona		F35	40:50	
132		35	67	CROWTHER, Susannah	Gade Valley Harriers	F55	40:53	
133	98		12	WATSON, Tony	Sudbury Court RC	M60	40:57	
134		36	13	MARTIN, Deborah	Bearbrook RC	F35	41:01	
135	99		206	NEWBOLD, Stephen	Handy Cross Runners	M50	41:02	
136	100		263	JAMES, Ross		SM	41:26	
137		37	2	CULVER, Jo	Chiltern Harriers AC	F55	41:28	
138	101		203	CLEMENTS, Trevor		M60	41:28	
139	102		185	FRY, Mark	Chiltern Harriers AC	M60	41:31	
140		38	165	TULLIE, Helen	Tring RC	F45	41:39	
141		39	115	MITCHELL, Juliet		F55	41:52	
142		40	26	PERRY, Jo	Watford Joggers	F35	41:56	
143	103		120	MARTIN, Glen	Chiltern Harriers AC	M50	41:57	
144	104		229	OSBORNE, Richard		M50	42:01	
145		41	23	SHERMAN, Jo	Watford Joggers	F35	42:04	
146	105		82	GRAFTON, Mark	Dursley RC	M60	42:06	
147		42	118	JACKSON, Mandy	Dacorum AC	F65	42:09	
148	106		68	APPLETON, Shaun		M50	42:11	
149		43	43	PAXTON, Kate	Chiltern Harriers AC	SF	42:15	
150	107		182	EDWARDS, Rik	Chiltern Harriers AC	M60	42:24	
151	108		173	TALBOT, Nick		M40	42:25	
152	109		194	LILLIE, David	Hazlemere Runners	M50	42:36	
153	110		284	WELSH, Daniel		SM	42:41	
154		44	35	COOK, Helen	Gade Valley Harriers	F55	42:42	
155		45	232	DEAS, Sarah	Dacorum AC	SF	42:43	
156		46	69	IVIN, Susie	Gade Valley Harriers	F35	42:48	
157		47	209	SHARMAN, Sarah	Watford Joggers	F55	43:06	
158		48	11	JONES, Carol	Ealing, Southall & Middlesex	F65	43:13	
159	111		186	BRADLEY, Mikk		M60	43:21	
160		49	210	CUTHBERT, Lucy	Vale of Aylesbury AC	JF	43:23	1 st Junior Woman
161	112		178	TOWNSHEND, Andrew		M50	43:25	
162		50	140	HAFFENDEN, Rachel	Gade Valley Harriers	F45	43:27	
163	113		29	GARRETT, Martin	Sudbury Court RC	M60	43:28	
164	114		246	ASHCROFT, Peter		M50	43:34	
165	115		274	FRENCH, Matt		M50	44:03	
166	116		155	BALLIKAYA, Musa		M40	44:04	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CAT.	TIME	AWARD
167	117		8	GOLDHAGEN, George		SM	44:08	
168	118		109	RAVICHANDRAN, Panneerselvam		SM	44:12	
169		51	121	LEMON, Harriet	Chiltern Harriers AC	F45	44:13	
170	119		234	THURGOOD, Steven		M40	44:32	
171	120		218	HUGHES, Howard		M50	44:34	
172		52	56	AIRD, Linda	North Herts RR	F55	44:47	
173	121		51	TORRANCE, Andy	Hillingdon AC	M60	44:53	
174		53	139	HEYDECKER, Deirdre	St Albans Striders	F65	44:57	
175		54	294	BOLDEN, Melanie		F55	45:04	
176		55	216	COTTRILL, Angeline	Gade Valley Harriers	F45	45:19	
177		56	46	TUCKER, Gemma	Gade Valley Harriers	F35	45:27	
178		57	227	HUNT, Diane	St Albans Striders	F55	45:42	
179	122		126	WHITE, Richard	Tring RC	M60	45:52	
180	123		261	TEXEIRA, Nigel		M50	45:53	
181	124		211	WARD, Mike		M60	45:54	
182		58	183	PATEL, Lena		F45	45:57	
183	125		92	WOOD, Rob	Oxford City AC	M60	46:11	
184	126		171	FRANKLIN, Kevin		M40	46:13	
185	127		162	BURKE, Chris		M60	46:35	
186	128		161	BULLOCK, Jonathan		M50	46:35	
187		59	154	DOGRUEL, Seda		F35	46:53	
188		60	98	MILLS, Julia		F55	46:54	
189		61	224	ESKDALE, Jacki	Gade Valley Harriers	F55	47:03	
190		62	215	COURT, Cathy		F55	47:14	
191	129		106	BRAWN, Trevor	Chiltern Harriers AC	M70	47:34	
192		63	164	TOWNSEND, Amy		SF	47:35	
193		64	134	WRIGHT, Carrie		F45	47:41	
194		65	107	STOREY, Rachel		F45	47:41	
195	130		230	KING, Doug		M70	47:46	
196	131		169	SIZMORE, Roy		M70	47:53	
197	132		170	SIZMORE, Jason		M40	47:53	
198		66	61	REYNOLDS, Charlotte		F55	47:53	
199		67	62	SAUNDERS, Judi		F45	47:55	
200	133		22	HILL, Stan		M50	47:57	
201		68	287	KASHIF, Summen		F45	48:36	
202		69	130	DOWNS, Ursula		F65	48:37	
203		70	145	GOMM, Samantha	Dacorum AC	F45	48:50	
204		71	176	TANG, Joanne	Dacorum AC	F45	48:55	
205		72	180	COLTMAN, Sarah	Watford Joggers	F45	48:57	
206		73	91	LITTLER, Helen	Hazlemere Runners	F45	49:03	
207	134		196	STORRIE, Martin	Gade Valley Harriers	M60	49:17	
208		74	127	WHITE, Shirley	Tring RC	F55	49:42	
209		75	135	DREWELL, Laura	Hazlemere Runners	F35	50:28	
210		76	201	MORRIS, Hannah		SF	50:28	
211		77	57	MORGAN, Miranda	North Herts RR	F65	50:54	
212	135		237	DREDGE, Tom	Hazlemere Runners	M40	50:55	
213		78	225	CLIFFORD, Yvette		F35	50:56	
214		79	9	TILLEY, Catherine		SF	51:02	
215	136		77	TAYLOR, Keith	Watford Joggers	M60	51:04	
216		80	74	ELAM, Jane		F55	51:21	
217	137		34	DHONSI, Jatindar		M40	51:31	
218		81	144	TRENT, Ines	Gade Valley Harriers	F35	52:22	
219		82	101	STUBBERFIELD, Jenny	Gade Valley Harriers	SF	52:23	
220		83	239	MORGAN, Kim	Gade Valley Harriers	F35	52:24	
221	138		136	LEWIS, Philip		M70	52:32	
222		84	208	MCQUAID, Linda	Watford Joggers	F65	52:43	
223	139		202	WILSON, Martin	Ealing, Southall & Middlesex	M70	52:55	
224		85	59	EDWARDS, Angela	Watford Joggers	F55	53:10	

POS	MEN	WOMEN	No.	COMPETITOR	CLUB	CAT.	TIME	AWARD
225		86	235	ASHWORTH-JONES, Rosanna		F45	53:20	
226	140		84	BRYANT, Tommy		SM	53:29	
227		87	83	BESADA, Lorena		SF	53:30	
228		88	40	CANNON, Julia		F55	53:31	
229		89	167	REDDYHOFF, Sarah		F55	53:33	
230		90	39	JONES, Sarah		F55	53:33	
231		91	204	CALDER, Fiona	Chiltern Harriers AC	F35	53:50	
232	141		71	SIBLEY, Patrick		M70	53:59	
233		92	205	DOBSON, Kathryn	Vegan Runners UK	F35	54:12	
234	142		49	DERBY, Sam		SM	54:20	
235		93	207	VEALL, Sarah		F45	55:15	
236	143		143	BARNWELL, Robert	Chiltern Harriers AC	SM	56:50	
237	144		137	HEWSON, Rod	Watford Joggers	M70	59:41	

Full Team Results

	MEN'S TEAM	POINTS	WOMEN'S TEAM	POINTS
1	Chiltern Harriers	34	Hillingdon AC	9
2	Gade Valley Harriers	73	Chiltern Harriers	28
3	St Albans Striders	86	Gade Valley Harriers	66
4	Hillingdon AC	124	Watford Joggers	81
5	Dacorum AC	202	Dacorum AC	88
6	Tring RC	208	St Albans Striders	117
7	Vale of Aylesbury	221	Tring RC	120
8	Watford Joggers	272	Hazlemere Runners	126
9	Hazlemere Runners	317		

Hertfordshire Veterans Championship Men's Race

POSN	COMPETITOR	CLUB	CATEGORY	TIME
1	EVANS, Phillip	St Albans Striders	M40	27:57
2	KING, Jim	St Albans Striders	M50	29:30
3	HEAD, Mark	Tring RC	M40	29:39
4	TOWNSEND, Simon	Dacorum AC	M50	30:04
5	LINDEN, Michael	Gade Valley Harriers	M40	30:13
6	ROBERTS, Jonathan	Gade Valley Harriers	M50	30:24
7	HOSTY, Stephen	St Albans Striders	M40	30:37
8	TUCKER, Gareth	Gade Valley Harriers	M40	32:03
9	WILLCOX, Anthony	Gade Valley Harriers	M40	32:37
10	RUSSELL, Michael	Team Trident	M60	32:54
11	NEWING, Stephen	Gade Valley Harriers	M40	33:44
12	O'GRADY, John		M50	34:09
13	DOBINSON, Andrew	St Albans Striders	M60	34:53
14	ALLAN, Merlin	Gade Valley Harriers	M60	35:35
15	EDWARDS, Marcus	Watford Joggers	M60	36:35
16	MONTGOMERY, Jim		M40	37:30
17	SALMON, Jon	Tring RC	M60	38:04
18	FASTI, Mauro	Watford Joggers	M50	38:10
19	MARTIN, James	Watford Joggers	M50	38:25
20	WIGGINS, Nigel	Dacorum AC	M50	38:54
21	TAYLOR, Colin	Watford Joggers	M60	39:00
22	BLOOM, Richard	Herts Phoenix	M70	39:25
23	PERRY, Wayne		M40	40:15
24	BUTT, Steve	Dacorum AC	M40	40:36
25	EDWARDS, Rik	Chiltern Harriers AC	M60	42:24
26	STORRIE, Martin	Gade Valley Harriers	M60	49:17
27	TAYLOR, Keith	Watford Joggers	M60	51:04
28	HEWSON, Rod	Watford Joggers	M70	59:41

Hertfordshire Veterans Championship Women's Race

POSN	COMPETITOR	CLUB	CATEGORY	TIME
1	HEMBURY, Lynda	Tring RC	F65	35:25
2	DUNSCOMBE, Kate	Watford Joggers	F35	35:47
3	MOSS, Sylvia	Chiltern Harriers AC	F45	37:23
4	FINDLAY, Celia	Dacorum AC	F55	37:43
5	MISTRY, Claire		F45	38:18
6	LE, Tina	Dacorum AC	F45	39:26
7	BONNICK, Clare	Watford Joggers	F55	39:51
8	TULLIE, Helen	Tring RC	F45	41:39
9	PERRY, Jo	Watford Joggers	F35	41:56
10	SHERMAN, Jo	Watford Joggers	F35	42:04
11	JACKSON, Mandy	Dacorum AC	F65	42:09
12	COOK, Helen	Gade Valley Harriers	F55	42:42
13	SHARMAN, Sarah	Watford Joggers	F55	43:06
14	HAFFENDEN, Rachel	Gade Valley Harriers	F45	43:27
15	AIRD, Linda	North Herts RR	F55	44:47
16	HEYDECKER, Deirdre	St Albans Striders	F65	44:57
17	COTTRILL, Angeline	Gade Valley Harriers	F45	45:19
18	TUCKER, Gemma	Gade Valley Harriers	F35	45:27
19	HUNT, Diane	St Albans Striders	F55	45:42
20	GOMM, Samantha	Dacorum AC	F45	48:50
21	TANG, Joanne	Dacorum AC	F45	48:55
22	COLTMAN, Sarah	Watford Joggers	F45	48:57
23	MORGAN, Miranda	North Herts RR	F65	50:54
24	MCQUAID, Linda	Watford Joggers	F65	52:43
25	EDWARDS, Angela	Watford Joggers	F55	53:10

Hertfordshire Veterans Championship Team Results

	MEN'S TEAM	POINTS	WOMEN'S TEAM	POINTS
1	St Albans Striders	23	Watford Joggers	18
2	Gade Valley Harriers	28	Dacorum AC	21
3	Watford Joggers	73	Gade Valley Harriers	43