

Provisional Race Summary
All Competitors

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:05	JANES, Jonathan	Bedford & County AC	Senior Men	1357	1
2	0:33:20	CUMMING, Alex		Senior Men	1511	2
3	0:33:23	LEACH, Andrew	North Herts Road Runners	Vet Men 50-59	1601	3
4	0:33:33	BOWLLER, Adam	North Herts Road Runners	Senior Men	1606	4
5	0:33:37	SUNTER, Darren	North Herts Road Runners	Senior Men	1607	5
6	0:34:09	VAUGHAN, Mark	North Herts Road Runners	Vet Men 40-49	1602	6
7	0:34:42	PRICE, Ed	North Herts Road Runners	Vet Men 40-49	1604	7
8	0:34:45	BELL, Wayne	Newham & Essex Beagles AC	Vet Men 40-49	1296	8
9	0:34:47	HALPIN, Ian	Amphill and Flitwick Flyers	Senior Men	1535	9
10	0:35:01	RACKHAM, Nigel	Metros RC	Vet Men 50-59	1313	10

All Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:37:46	JANES, Lizzy	Herts Phoenix AC	Senior Ladies	1453	31
2	0:39:10	ROWEDDER, Lottie	Herts Phoenix AC	Junior Ladies U20	197	56
3	0:39:34	HARBON, Katie	North Herts Road Runners	Senior Ladies	1600	65
4	0:40:29	BROOM, Hannah	Biggleswade AC	Vet Ladies 35-44	94	80
5	0:40:55	McKEOWN, Astrid	North Herts Road Runners	Vet Ladies 45-54	1596	89

All Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:05	JANES, Jonathan	Bedford & County AC	Senior Men	1357	1
2	0:33:20	CUMMING, Alex		Senior Men	1511	2
3	0:33:23	LEACH, Andrew	North Herts Road Runners	Vet Men 50-59	1601	3
4	0:33:33	BOWLLER, Adam	North Herts Road Runners	Senior Men	1606	4
5	0:33:37	SUNTER, Darren	North Herts Road Runners	Senior Men	1607	5

Senior Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:05	JANES, Jonathan	Bedford & County AC	Senior Men	1357	1
2	0:33:20	CUMMING, Alex		Senior Men	1511	2
3	0:33:33	BOWLLER, Adam	North Herts Road Runners	Senior Men	1606	4

Vet Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:09	VAUGHAN, Mark	North Herts Road Runners	Vet Men 40-49	1602	6
2	0:34:42	PRICE, Ed	North Herts Road Runners	Vet Men 40-49	1604	7
3	0:34:45	BELL, Wayne	Newham & Essex Beagles AC	Vet Men 40-49	1296	8

Vet Men 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:33:23	LEACH, Andrew	North Herts Road Runners	Vet Men 50-59	1601	3
2	0:35:01	RACKHAM, Nigel	Metros RC	Vet Men 50-59	1313	10
3	0:37:02	DECESARE, John	Amphill and Flitwick Flyers	Vet Men 50-59	1583	25

Vet Men 60-69

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:39:38	DESBOROUGH, Dave	Garden City Runners	Vet Men 60-69	1358	66
2	0:41:15	BARNABY, Bernie	Herts Phoenix AC	Vet Men 60-69	1071	98
3	0:41:33	BOWKER, David	Fairlands Valley Spartans RC	Vet Men 60-69	621	107

Provisional Race Summary**Vet Men 70+**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:44:43	BLOOM, Richard	Herts Phoenix AC	Vet Men 70+	1286	202
2	0:52:30	SHIRLEY, John	Barnet & District AC	Vet Men 70+	1468	502
3	1:00:56	HUGHES, Tony		Vet Men 70+	260	875

Junior Men U20

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:36:11	GRAYSON, Charlie	Stevenage & North Herts AC	Junior Men U20	399	15
2	0:36:42	BRADY, Oliver	North Herts Road Runners	Junior Men U20	1608	21
3	0:39:20	TURNER, Callum	St. Christopher School	Junior Men U20	1593	61

Senior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:37:46	JANES, Lizzy	Herts Phoenix AC	Senior Ladies	1453	31
2	0:39:34	HARBON, Katie	North Herts Road Runners	Senior Ladies	1600	65
3	0:41:43	DANCKERT, Libby		Senior Ladies	1355	110
4	0:42:51	CRAWFORD, Kelly	Huntingdonshire AC	Senior Ladies	1504	142
5	0:43:00	THRUSSELL, Sophie	North Herts Road Runners	Senior Ladies	1599	147

Vet Ladies 35-44

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:40:29	BROOM, Hannah	Biggleswade AC	Vet Ladies 35-44	94	80
2	0:41:23	HOLM, Paula	North Herts Road Runners	Vet Ladies 35-44	1598	102
3	0:42:11	MITCHERSON, Sarah	North Herts Road Runners	Vet Ladies 35-44	1595	121
4	0:42:20	PORTER, Lindsay		Vet Ladies 35-44	224	127
5	0:42:57	CLARKE, Jane	North Herts Road Runners	Vet Ladies 35-44	1597	145

Vet Ladies 45-54

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:40:55	McKEOWN, Astrid	North Herts Road Runners	Vet Ladies 45-54	1596	89
2	0:43:08	NAYLER, Julliet	Bedford Harriers AC	Vet Ladies 45-54	533	152
3	0:44:32	MARSH, Laura	Bedford Harriers AC	Vet Ladies 45-54	61	189
4	0:44:52	HALL, Lisa	Trisports	Vet Ladies 45-54	1042	208
5	0:45:17	KITCHENER, Kerry		Vet Ladies 45-54	352	226

Vet Ladies 55-64

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:48:53	THOMAS, Sharon		Vet Ladies 55-64	439	348
2	0:50:13	SIMMONS, Julie	Fairlands Valley Spartans RC	Vet Ladies 55-64	1412	406
3	0:50:17	SINGLETON-LAWLEY, Veronica	Bedford Harriers AC	Vet Ladies 55-64	1073	413

Vet Ladies 65+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:44:55	GORDON, Yuko	Fairlands Valley Spartans RC	Vet Ladies 65+	718	211
2	0:52:01	McGREAL, Julie	Royston Runners	Vet Ladies 65+	122	473
3	0:52:53	KERNAGHAN, Lesley	Maidenhead AC	Vet Ladies 65+	1117	522

Junior Ladies U20

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:39:10	ROWEDDER, Lottie	Herts Phoenix AC	Junior Ladies U20	197	56
2	0:49:28	LAWRENCE, Sian		Junior Ladies U20	1440	374
3	1:04:25	BEALE, Eleanor		Junior Ladies U20	1264	996

Provisional Race Summary**Local Man**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:33:23	LEACH, Andrew	North Herts Road Runners	Vet Men 50-59	1601	3
2	0:33:33	BOWLLER, Adam	North Herts Road Runners	Senior Men	1606	4
3	0:34:09	VAUGHAN, Mark	North Herts Road Runners	Vet Men 40-49	1602	6

Local Lady

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:37:46	JANES, Lizzy	Herts Phoenix AC	Senior Ladies	1453	31
2	0:40:55	McKEOWN, Astrid	North Herts Road Runners	Vet Ladies 45-54	1596	89
3	0:41:23	HOLM, Paula	North Herts Road Runners	Vet Ladies 35-44	1598	102

Unattached Man

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:35:21	BURKE, Tom		Vet Men 40-49	346	13
2	0:36:24	POULTON, Daniel		Senior Men	652	18
3	0:36:41	NICHOLL, Ryan		Senior Men	275	20

Unattached Lady

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:41:43	DANCKERT, Libby		Senior Ladies	1355	110
2	0:42:20	PORTER, Lindsay		Vet Ladies 35-44	224	127
3	0:43:24	WILDING, Suzanne		Vet Ladies 35-44	929	159

Herts CC Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:09	VAUGHAN, Mark	North Herts Road Runners	Vet Men 40-49	1602	6
2	0:34:42	PRICE, Ed	North Herts Road Runners	Vet Men 40-49	1604	7
3	0:35:07	SAYERS, Matt	North Herts Road Runners	Vet Men 40-49	1605	11
4	0:35:21	BURKE, Tom		Vet Men 40-49	346	13
5	0:36:45	RAMSAY, Grant	Fairlands Valley Spartans RC	Vet Men 40-49	1174	22

Herts CC Men 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:33:23	LEACH, Andrew	North Herts Road Runners	Vet Men 50-59	1601	3
2	0:35:01	RACKHAM, Nigel	Metros RC	Vet Men 50-59	1313	10
3	0:37:58	REDDAWAY, Paul	Ware Joggers	Vet Men 50-59	935	35
4	0:38:34	GREEN, David	Harpden Arrows	Vet Men 50-59	1370	47
5	0:39:31	ASTON, Nigel	St Albans Striders	Vet Men 50-59	176	64

Herts CC Men 60-69

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:39:38	DESBOROUGH, Dave	Garden City Runners	Vet Men 60-69	1358	66
2	0:41:15	BARNABY, Bernie	Herts Phoenix AC	Vet Men 60-69	1071	98
3	0:41:33	BOWKER, David	Fairlands Valley Spartans RC	Vet Men 60-69	621	107
4	0:44:55	McLELLAN, Keith	Garden City Runners	Vet Men 60-69	1318	212
5	0:45:27	LESLIE, Norman		Vet Men 60-69	1401	233

Herts CC Men 70+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:44:43	BLOOM, Richard	Herts Phoenix AC	Vet Men 70+	1286	202
2	0:52:30	SHIRLEY, John	Barnet & District AC	Vet Men 70+	1468	502
3	1:05:08	CARPENTER, Peter	Fairlands Valley Spartans RC	Vet Men 70+	466	1014
4	1:08:45	BIGGS, Roger	Fairlands Valley Spartans RC	Vet Men 70+	1034	1099
5	1:14:14	DRAPER, Dennis	Garden City Runners	Vet Men 70+	1330	1182

Provisional Race Summary**Herts CC Ladies 35-44**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:41:23	HOLM, Paula	North Herts Road Runners	Vet Ladies 35-44	1598	102
2	0:42:11	MITCHERSON, Sarah	North Herts Road Runners	Vet Ladies 35-44	1595	121
3	0:42:57	CLARKE, Jane	North Herts Road Runners	Vet Ladies 35-44	1597	145
4	0:44:00	CAIRNS, Helen	North Herts Road Runners	Vet Ladies 35-44	1594	171
5	0:44:17	ANSTEE, Jessica	Amphill and Flitwick Flyers	Vet Ladies 35-44	1574	181

Herts CC Ladies 45-54

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:40:55	McKEOWN, Astrid	North Herts Road Runners	Vet Ladies 45-54	1596	89
2	0:44:32	MARSH, Laura	Bedford Harriers AC	Vet Ladies 45-54	61	189
3	0:44:52	HALL, Lisa	Trisports	Vet Ladies 45-54	1042	208
4	0:46:32	EMMERSON, Claire	Fairlands Valley Spartans RC	Vet Ladies 45-54	38	272
5	0:50:55	WITHERS, Keri	Amphill and Flitwick Flyers	Vet Ladies 45-54	1573	434

Herts CC Ladies 55-64

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:50:13	SIMMONS, Julie	Fairlands Valley Spartans RC	Vet Ladies 55-64	1412	406
2	0:52:34	REID, Carol	Garden City Runners	Vet Ladies 55-64	841	508
3	0:55:34	WALLIS, Diane	Bedford Harriers AC	Vet Ladies 55-64	751	637
4	0:57:23	HANN, Sheryl	Fairlands Valley Spartans RC	Vet Ladies 55-64	744	723
5	0:57:28	GODIN, Diane	Barnet & District AC	Vet Ladies 55-64	640	726

Herts CC Ladies 65+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:44:55	GORDON, Yuko	Fairlands Valley Spartans RC	Vet Ladies 65+	718	211
2	0:56:51	DE LA BERTAUCHE, Rosamond	Barnet & District AC	Vet Ladies 65+	696	696
3	1:06:28	SHIRLEY, Maureen	Barnet & District AC	Vet Ladies 65+	1467	1040
4	1:06:43	HAMILTON, Georgie	Harpندن Arrows	Vet Ladies 65+	1391	1046
5	1:17:01	DAVIDSON, Valerie		Vet Ladies 65+	245	1207

Herts Men All

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:33:23	LEACH, Andrew	North Herts Road Runners	Vet Men 50-59	1601	3
2	0:34:09	VAUGHAN, Mark	North Herts Road Runners	Vet Men 40-49	1602	6
3	0:34:42	PRICE, Ed	North Herts Road Runners	Vet Men 40-49	1604	7
4	0:35:01	RACKHAM, Nigel	Metros RC	Vet Men 50-59	1313	10
5	0:35:07	SAYERS, Matt	North Herts Road Runners	Vet Men 40-49	1605	11

All Herts Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:39:10	ROWEDDER, Lottie	Herts Phoenix AC	Junior Ladies U20	197	56
2	0:40:55	McKEOWN, Astrid	North Herts Road Runners	Vet Ladies 45-54	1596	89
3	0:41:23	HOLM, Paula	North Herts Road Runners	Vet Ladies 35-44	1598	102
4	0:42:11	MITCHERSON, Sarah	North Herts Road Runners	Vet Ladies 35-44	1595	121
5	0:42:57	CLARKE, Jane	North Herts Road Runners	Vet Ladies 35-44	1597	145