

Standalone 10K 2016 10K Race

Sunday 2 October 2016. 9:30 am

Provisional Result of the Men's Teams team competition.

| 1: | Bedford | l & County Athletic Club | | Dana | Da |
|-------|---------|-----------------------------------|-------------------|------------|---------------|
| Place | Time | Name | Race Age Category | | Race Place |
| 1 | | BELLWARD, James | Senior Men | 1513 | 1 |
| 2 | | JANES, Jonathan | Senior Men | 806 | 2 |
| 5 | 0:32:24 | JANES, Matthew | Senior Men | 1141 | 5 |
| 7 | 0:33:37 | PARKER, Ryan | Senior Men | 918 | 7 |
| 15 | 2:09:33 | Totals | | | |
| 2: | North F | lerts Road Runners | | Race | Race |
| Place | Time | Name | Race Age Category | | Place |
| 3 | 0:31:52 | WARDLE, David | Vet Men 40-49 | 1331 | 3 |
| 8 | | VAUGHAN, Mark | Vet Men 40-49 | 1333 | 8 |
| 13 | | MUTTON, Andy | Senior Men | 1336 | 13 |
| 25 | | MALPELI, Nick | Vet Men 50-59 | 1337 | 26 |
| 49 | 2:17:23 | | | | |
| 3: | Garden | City Runners | | 0 | 0 |
| Place | | Name | Race Age Category | Race No | |
| 11 | | HUME, Neil | Vet Men 40-49 | 675 | 11 |
| 19 | | JONES, Chris | Vet Men 40-49 | 198 | 19 |
| 26 | | HARVEY, Peter | Vet Men 40-49 | 1093 | 27 |
| 30 | | CASEY, Russell | Senior Men | 845 | 31 |
| 86 | 2:25:14 | | Seriioi Tieri | 0.13 | |
| 4. | Leighto | n Buzzard Athletic Club | | | |
| Place | _ | Name | Race Age Category | | Race Place |
| 4 | | HIND, Elliot | Senior Men | 968 | 4 |
| 17 | | INCHLEY, Andy | Vet Men 40-49 | 1313 | 17 |
| 33 | | GEORGE, Chris | Senior Men | 669 | 34 |
| 39 | | INCHLEY, Tim | Vet Men 40-49 | 1511 | 40 |
| 93 | 2:23:36 | · | VECTION TO | 1511 | 70 |
| 5. | ∆mnthi | II & Flitwick Flyers Running Club | | | |
| Place | Time | Name | Race Age Category | Race No | |
| 21 | | UPTON, Steve | Vet Men 40-49 | 1630 | 22 |
| 23 | | SHOREY, Giles | Vet Men 40-49 | 1631 | 24 |
| 31 | | BEARE, Martin | Vet Men 50-59 | 1635 | 32 |
| 49 | | HALPIN, Ian | Senior Men | 1638 | 50 |
| 124 | 2:29:12 | • | Sellioi Meli | 1036 | 30 |
| ۶. | St Alba | ns Striders | | | |
| Place | Time | Name | Race Age Category | Race No | Race Place |
| 6 | | CROUCH, Tom | Senior Men | 986 | 6 |
| 24 | | SMITH, Graham | Vet Men 40-49 | 1241 | 25 |
| 42 | | HARRY, Richard | Vet Men 40-49 | 1494 | 43 |
| 101 | | BRAYBROOK, Colin | Vet Men 50-59 | 1218 | 106 |
| 173 | 2:28:36 | | VCC FICH 30 33 | 1210 | 100 |
| 7. | Garden | City Runners | | | - |
| Place | Time | Name | Race Age Category | Race No | Race Place |
| 36 | | CASSERLEY, Robert | Vet Men 40-49 | 715 | 37 |
| 40 | | ELAND, Chris | Vet Men 40-49 | 818 | 41 |
| 71 | | BOWEN, Sean | Vet Men 50-59 | 711 | 75 |
| | | ROUTLEDGE, Alan | Vet Men 50-59 | 555 | 80 |
| 76 | 0:40:14 | KUUTEEDUE, AMIT | VELIMEN 30-39 | (1.1.1 | |

| Place | Time | ds Valley Spartans Name | Race Age Category | | Race Place |
|-------------------|-----------|-----------------------------------|--------------------------------|-------------|---------------|
| 15 | | JACKSON, Simon | Vet Men 40-49 | 295 | 1 |
| 63 | | HARRIS, John | Vet Men 50-59 | 147 | 6 |
| 79 | | WHITE, Brian | Vet Men 60-69 | 1525 | - 8 |
| 94 | | GREEN, Steve | Vet Men 40-49 | 626 | 9 |
| 251 | 2:36:15 | | Vet Pietr 10 15 | 020 | |
| 9: | Freedor | n Tri | | _ | _ |
| Place | Time | Name | Race Age Category | Race No | |
| 56 | | CHARLES, Gareth | Vet Men 40-49 | 1096 | 5 |
| 60 | | PARSONS, James | Senior Men | 793 | - 6 |
| 77 | | HAYES, Lee | Vet Men 40-49 | 1267 | 8 |
| 83 | | FREEMAN, Mathew | Senior Men | 933 | 8 |
| 276 | 2:39:39 | • | Schiol Hell | 333 | |
| 10: | Biggles | wade AC | | Race | Race |
| Place | Time | Name | Race Age Category | No | |
| 43 | 0:38:20 | DAVIES, Paul | Vet Men 40-49 | 1417 | 4 |
| 50 | 0:38:55 | COOKE, Paul | Vet Men 40-49 | 1522 | 5 |
| 57 | 0:39:25 | MORGAN, Rob | Vet Men 40-49 | 830 | 5 |
| 139 | | STOTT, John | Vet Men 40-49 | 989 | 15 |
| 289 | 2:40:12 | Totals | | | |
| | Herts P | | | Race | |
| Place | Time | Name | Race Age Category | <u>No</u> | |
| 27 | | GREAVES, Paul | Vet Men 50-59 | 900 | 2 |
| 28 | | HUGHES, Adam | Junior Men U20 | 1176 | 2 |
| 35 | | REDMOND, Mark | Vet Men 40-49 | 712 | 3 |
| 228 318 | 2:38:09 | BLOOM, Richard Totals | Vet Men 70+ | 774 | 25 |
| | | Running Club | | | |
| | | _ | Page Age Category | Race | |
| Place | 7ime | Name DASCEV Dishard | Race Age Category | | Place |
| 32 103 | | PASSEY, Richard | Senior Men | 448 1543 | 10 |
| 103 | | HILL, Graham | Senior Men | 206 | 10 |
| 135 | | WHITMORE, Kris SCHILLING, Mark | Vet Men 40-49 Vet Men 50-59 | 889 | 11 14 |
| 377 | 2:43:47 | • | VEL MEH 30-39 | 003 | 17 |
| 13: | North H | lerts Road Runners | | 0 | 0 |
| Place | | Name | Race Age Category | Race No | |
| 45 | 0:38:28 | MATUSSA, Darren | Vet Men 40-49 | 1335 | 4 |
| 64 | | POOLE, Simon | Senior Men | 764 | 6 |
| 127 | | RAYNER, Kieran | Junior Men U20 | 1352 | 13 |
| 149 | 0:43:48 | WILLIAMS, Daniel | Senior Men | 1563 | 16 |
| 385 | 2:44:40 | · | | | |
| 14: | Ampthi | II & Flitwick Flyers Running Club | | Race | Raci |
| Place | Time | Name | Race Age Category | No | |
| 52 | 0:39:06 | RIDDAWAY, Bobby | Vet Men 40-49 | 1633 | 5 |
| 108 | 0:41:51 | DAY, Jerry | Vet Men 50-59 | 1652 | 11 |
| 132 | 0:42:59 | STANLEY, Richard | Vet Men 50-59 | 1646 | 14 |
| | 0.43.46 | HAIGH, Graham | Senior Men | 1658 | 15 |
| 147 | 0. 15. 10 | | | | |

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| 15 : | Stevena | age & North Herts AC | | Race | Race |
|--------------|----------|-----------------------------|---------------------------|-------------|---------------|
| Place | | Name | Race Age Category | No | |
| 18 | 0:36:06 | WESTCOTT, Christopher | Vet Men 40-49 | 200 | 18 |
| 55 | 0:39:16 | MASON, Adam | Junior Men U20 | 750 | 56 |
| 179 | 0:44:34 | PICKARD, Paul | Vet Men 40-49 | 1386 | 195 |
| 191 | 0:44:58 | MAYFIELD, Stephen | Vet Men 50-59 | 1412 | 207 |
| 443 | 2:44:55 | Totals | | | |
| 16 · | Rarnet | & District AC | | _ | _ |
| Place | | Name | Race Age Category | Race No | Race Place |
| 22 | | PRICE, Edward | Vet Men 40-49 | 1445 | 23 |
| 46 | | HORTON, Alex | Senior Men | 1128 | 47 |
| 67 | | BEN-AROYA, Yitzhak | Vet Men 50-59 | 1216 | 71 |
| 390 | | BYRNE, Dave | Vet Men 50-59 | 756 | 476 |
| 525 | 2:45:55 | | Tec Field 30 33 | 730 | .,, |
| | | | | | |
| | _ | n Buzzard Athletic Club | | | Race |
| <u>Place</u> | | Name | Race Age Category | | Place |
| 82 | | READ, Stuart | Senior Men | 1390 | 86 |
| 117 | | KILLICK, David | Vet Men 40-49 | 1151 | 124 |
| 120 | | DIMMOCK, Stuart | Vet Men 40-49 | 1266 | 127 |
| 206 | | BIRD, Gareth | Vet Men 40-49 | 1373 | 226 |
| 525 | 2:50:03 | Totals | | | |
| 18: | Garden | City Runners | | Race | Race |
| Place | | Name | Race Age Category | No | |
| 86 | 0:40:38 | DILLEY, Robert | Senior Men | 814 | 90 |
| 145 | | SMITH, Brad | Senior Men | 255 | 157 |
| 156 | | MEIGH, Peter | Senior Men | 1489 | 169 |
| 182 | 0:44:42 | GREGORIO, Ricardo | Vet Men 40-49 | 556 | 198 |
| 569 | 2:52:55 | Totals | | | |
| 10. | Team T | ridont | | | |
| | | | Page Are Cotegory | | Race |
| Place | | Name COOKE Matthews | Race Age Category | No. | |
| 78 | | COOKE, Matthew | Senior Men Vet Men 40-49 | 1391 985 | 82 |
| 111 189 | | STOREY, Sean FREER, Gary | Senior Men | 1304 | 118 205 |
| 248 | | GRAINGER, James | Vet Men 40-49 | 877 | 275 |
| 626 | 2:53:45 | | VEL (יופון אט-אס | 077 | 2/3 |
| | | | | | |
| 20 : | | age Striders | | Race | Race |
| Place | | Name | Race Age Category | No | |
| 41 | | STAFFORD, Davie | Senior Men | 1368 | 42 |
| 112 | | NICHOLLS, Jonny | Senior Men | 1300 | 119 |
| 237 | 0:46:17 | • | Senior Men | 1182 | 263 |
| 258 | 0:46:58 | • | Vet Men 40-49 | 1439 | 286 |
| 648 | 2:53:30 | Totals | | | |
| 21: | Fairland | ds Valley Spartans | | Paga | Daca |
| Place | Time | Name | Race Age Category | Race No | |
| 110 | 0:41:52 | NELMS, John | Vet Men 40-49 | 1234 | 117 |
| 169 | | SMITH, Dave | Vet Men 40-49 | 769 | 184 |
| 195 | | BACON, Craig | Vet Men 40-49 | 1155 | 211 |
| 217 | 0:45:43 | | Vet Men 40-49 | 483 | 238 |
| 691 | 2:57:07 | - | | | |
| | | | | | |

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| 22: | Freedor | n Tri | | Race | Race |
|--------------|----------|-----------------------------------|-------------------|------------|---------------|
| Place | Time | Name | Race Age Category | No | Place |
| 87 | 0:40:40 | CLARK, Chris | Senior Men | 235 | 91 |
| 146 | 0:43:44 | BATES, Gareth | Senior Men | 308 | 158 |
| 190 | 0:44:57 | ALLEN, Mark | Senior Men | 410 | 206 |
| 277 | 0:47:44 | GREEN, Lewis | Senior Men | 125 | 310 |
| 700 | 2:57:05 | Totals | | | |
| 23: | Hitchin | Running Club | | 0 | 0 |
| Place | Time | Name | Race Age Category | Race No | |
| 148 | | MORLEY, Daniel | Vet Men 40-49 | 1166 | 160 |
| 167 | | MAGLENNON, Gareth | Senior Men | 1448 | 181 |
| 180 | | ELLIOTT, Martin | Vet Men 40-49 | 209 | 196 |
| 221 | | BEER, Martyn | Vet Men 40-49 | 25 | 243 |
| 716 | 2:58:43 | | 730770770 | | |
| 24 | T N | IND | | | |
| | Team M | | | | Race |
| <u>Place</u> | | Name | Race Age Category | No | |
| 134 | | LOCKWOOD, Matt | Senior Men | 1071 | 145 |
| 144 | | ROBINSON, Lloyd | Senior Men | 1074 | 156 |
| 202 | | HOLNESS-DOVE, Kristian | Senior Men | 1068 | 221 |
| 244 | | GEORGAKOPOULOS, Athanasios | Vet Men 40-49 | 1078 | 270 |
| 724 | 2:58:23 | Totals | | | |
| 25 : | Ampthi | II & Flitwick Flyers Running Club | | Race | Race |
| Place | - | Name | Race Age Category | | Place |
| 157 | | NEWNHAM, Chris | Vet Men 50-59 | 1632 | 170 |
| 176 | | GODFREY, Jeremy | Senior Men | 1647 | 192 |
| 204 | | GRAHAM, Sean | Vet Men 40-49 | 1634 | 224 |
| 272 | | BILLINGTON, Mark | Vet Men 50-59 | 1656 | 305 |
| 809 | 3:01:17 | | | | |
| 26. | Enidon | da Vallay Enartana | | | |
| | | ds Valley Spartans | 0 4 64 | | Race |
| Place | | Name | Race Age Category | <i>No</i> | |
| 223 | | KENNEDY, Richard | Senior Men | 1526 | 245 |
| 227 | | EMMERSON, Darren | Vet Men 40-49 | 551 | 250 |
| 252 | | DUDLEY, Martin | Vet Men 50-59 | 1007 | 279 |
| 256 | 3:05:34 | COWELL, Gareth | Vet Men 40-49 | 1094 | 284 |
| 958 | 3:05:34 | lotais | | | |
| 27 : | Biggles | wade AC | | Race | Race |
| Place | Time | Name | Race Age Category | No | |
| 153 | 0:43:51 | HAWTHORNE, Giles | Vet Men 40-49 | 212 | 165 |
| 161 | 0:44:06 | DEANS, Marc | Vet Men 50-59 | 322 | 174 |
| 302 | 0:48:27 | HARVEY, Neil | Vet Men 50-59 | 360 | 346 |
| 366 | 0:50:12 | GRIMWOOD, Ian | Vet Men 60-69 | 746 | 439 |
| 982 | 3:06:37 | Totals | | | |
| 28 : | Fairland | ds Valley Spartans | | D | Dass |
| Place | Time | Name | Race Age Category | Race No | Race Place |
| 260 | 0:47:00 | CARPENTER, Dean | Vet Men 40-49 | 1183 | 288 |
| 291 | | BROWN, Jim | Vet Men 60-69 | 383 | 332 |
| 295 | | SUTTON, Daniel | Senior Men | 1574 | 337 |
| 319 | 0:48:53 | | Vet Men 40-49 | 496 | 376 |
| 1165 | 3:12:14 | | | .,, | |
| | · | | | | |

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| 29 : | Bedford | l Harriers AC | | Race | Race |
|-------|----------|----------------------|-------------------|------------|---------------|
| Place | Time | Name | Race Age Category | No | Place |
| 98 | 0:41:03 | SHARMAN, David | Senior Men | 481 | 103 |
| 317 | 0:48:50 | WOODS, Steven | Senior Men | 1126 | 374 |
| 318 | 0:48:52 | WALLIS, Rob | Vet Men 50-59 | 931 | 375 |
| 435 | 0:52:30 | SHEA, James | Vet Men 40-49 | 28 | 548 |
| 1168 | 3:11:16 | Totals | | | _ |
| 30 : | Stevena | age Striders | | Race | Race |
| Place | | Name | Race Age Category | No | Place |
| 273 | 0:47:37 | JAQUES, Gary | Senior Men | 1429 | 306 |
| 323 | | GILBERT, Darren | Senior Men | 803 | 380 |
| 350 | 0:49:49 | HAGLAND, Marc | Senior Men | 1180 | 420 |
| 364 | 0:50:10 | MENDONCA, David | Senior Men | 701 | 437 |
| 1310 | 3:16:39 | Totals | | | |
| 31: | Hitchin | Running Club | | Paga | Daga |
| Place | | Name | Race Age Category | No. | Race Place |
| 279 | | WEIR, Alasdair | Senior Men | 542 | 313 |
| 320 | | HARVEY, Ian | Senior Men | 473 | 377 |
| 369 | | STICKLAND, Richard | Vet Men 50-59 | 550 | 444 |
| 417 | | OSMAN, Birant | Vet Men 40-49 | 654 | 513 |
| 1385 | 3:18:43 | • | | | |
| 32 : | SMJL R | acers | | _ | _ |
| Place | | Name | Race Age Category | Race No | Race Place |
| 192 | | WOOLCOCK, Leo | Senior Men | 980 | 208 |
| 344 | | WOOLCOCK, Steve | Vet Men 50-59 | 972 | 412 |
| 403 | | DAVIS, Mark | Vet Men 50-59 | 1001 | 495 |
| 468 | | DAVIS, Johno | Senior Men | 988 | 596 |
| 1407 | 3:19:30 | · | | | |
| 33 : | Run Sh | efford | | _ | _ |
| Place | | Name | Race Age Category | Race No | |
| 203 | | WALKER, Stephen | Senior Men | 581 | 222 |
| 312 | | BLANDY, Martin | Senior Men | 1561 | 364 |
| 448 | | WALKER, Tony | Vet Men 40-49 | 1330 | 567 |
| 504 | | ALLAM, Mark | Senior Men | 173 | 647 |
| 1467 | 3:21:31 | | | | |
| 34 : | Garden | City Runners | | _ | _ |
| Place | | Name | Race Age Category | Race No | Race Place |
| 282 | | AITCHISON, James | Vet Men 50-59 | 1127 | 317 |
| 341 | | PAINE, Michael | Vet Men 50-59 | 709 | 408 |
| 392 | 0:50:56 | WISE, Michael | Vet Men 60-69 | 789 | 479 |
| 481 | 0:53:59 | | Vet Men 40-49 | 366 | 614 |
| 1496 | 3:22:19 | Totals | | | |
| 35 : | Trisport | ts | | Paca | Race |
| Place | _ | Name | Race Age Category | Race No | Race Place |
| 230 | 0:46:05 | | Vet Men 50-59 | 1016 | 254 |
| 352 | | STEWART-ORAM, Philip | Vet Men 40-49 | 471 | 422 |
| 401 | 0:51:21 | · | Senior Men | 1358 | 493 |
| 611 | 0:58:40 | | Senior Men | 983 | 860 |
| 1594 | 3:25:57 | | | | |

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| 36: | Team M | INP | Race | Race |
|---------------|-----------------|---------------------------------------|---|---------------|
| Place | Time | Name | Race Age Category No | |
| 332 | 0:49:19 | MUPANI, Simba | Senior Men 1069 | 391 |
| 360 | 0:50:03 | MASON, Sam | Junior Men U20 1233 | 432 |
| 449 | 0:52:59 | VERNON, Stephen | Vet Men 40-49 1075 | 568 |
| 453 | 0:53:04 | ELLIS, Robert | Senior Men 1067 | 573 |
| 1594 | 3:25:26 | Totals | | |
| 37 : | Roysto | n Runners | Race | Race |
| Place | Time | Name | Race Age Category No | |
| 232 | 0:46:06 | CHAPPLE, Robin | Vet Men 40-49 113 | 256 |
| 294 | 0:48:12 | WELLS, Robin | Vet Men 50-59 225 | 335 |
| 526 | 0:55:09 | CALVERT, Spencer | Vet Men 40-49 5 | 679 |
| 582 | | FAGAN, Chris | Vet Men 50-59 1322 | 809 |
| 1634 | 3:26:56 | Totals | | |
| 38: | Fairland | ds Valley Spartans | Page | Race |
| Place | Time | Name | | Place |
| 393 | | JAY, Andy | Vet Men 50-59 1679 | 480 |
| 452 | | JUDE, Ken | Vet Men 50-59 522 | 572 |
| 461 | | KING, Barry | Vet Men 40-49 517 | 584 |
| 492 | | PIKE, Stephen | Vet Men 50-59 784 | 629 |
| 1798 | 3:31:33 | | | |
| 39 • | Rigales | wade AC | _ | _ |
| Place | Time | Name | Race Race Age Category No | |
| 438 | | ATKINS, Stephen | Vet Men 60-69 1411 | 551 |
| 439 | | PITTS, Damien | Senior Men 902 | 553 |
| 484 | | GOODWIN, Stuart | Senior Men 83 | 618 |
| 575 | | BARKER, Richard | Vet Men 40-49 1517 | 792 |
| 1936 | 3:36:29 | · · · · · · · · · · · · · · · · · · · | Vectical to 15 | 732 |
| 40 • | Rodford | l Harriers AC | | |
| | | | | Race |
| Place | | Name | Race Age Category No | |
| 437 | | GAUNT, Steve | Vet Men 50-59 887 | 550 |
| 493 568 | | QUARRY, Adrian | Vet Men 60-69 863 | 630 |
| 648 | | COOKE, Ray WALTON, Paul | Vet Men 50-59 969 Vet Men 50-59 851 | 772 955 |
| 2146 | 3:43:58 | · | vet irieii 30-39 631 | 933 |
| 41. | Eroodo | m Tui | | |
| 41 : Place | Freedoi Time | n Iri Name | Race Race Age Category No | Race Place |
| 498 | 0:54:27 | | Vet Men 40-49 1539 | 641 |
| 569 | | WAINWRIGHT, Matthew | Senior Men 188 | 777 |
| 580 | | EVANS, Rob | Senior Men 191 | 803 |
| 606 | | SHARP, Gareth | Vet Men 40-49 126 | 854 |
| 2253 | 3:47:12 | - | Vection to 15 | 031 |
| 42 • | Gardon | City Runners | | _ |
| Place | Time | Name | Race Race Age Category No | |
| 562 | | AYLOTT, Wayne | Vet Men 50-59 914 | 750 |
| 574 | | GILBERT, Jerry | Vet Men 60-69 728 | 791 |
| 634 | | ALLEN, Trace | Vet Men 70+ 1011 | 924 |
| 644 | | CASSERLEY, Tom | Vet Men 70+ 943 | 947 |
| 2414 | 3:53:50 | · | 710 | J 17 |
| _, | 2.23.30 | | | |

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| 43 : | Team M | INP | | Race | Daca |
|-------|---------|--------------------|-------------------|------|-------|
| Place | Time | Name | Race Age Category | | Place |
| 514 | 0:54:52 | HOBBS, Lee | Senior Men | 1076 | 663 |
| 639 | 1:00:14 | HOWARD, Joe | Senior Men | 1238 | 940 |
| 641 | 1:00:19 | HOWARD, Matthew | Senior Men | 1239 | 943 |
| 643 | 1:00:19 | HOWARD, Jack | Senior Men | 1237 | 946 |
| 2437 | 3:55:44 | Totals | | | |
| | | ds Valley Spartans | | | Race |
| Place | Time | Name | Race Age Category | No F | Place |
| 536 | 0:55:32 | SHAW, Robert | Vet Men 60-69 | 1317 | 698 |
| 660 | 1:01:25 | BIGGS, Roger | Vet Men 60-69 | 443 | 999 |
| 706 | 1:05:24 | GOUGH, Steven | Vet Men 40-49 | 947 | 1130 |
| 709 | 1:06:59 | HOLGATE, Paul | Vet Men 50-59 | 1425 | 1154 |
| 2611 | 4.09.21 | Totals | · | | |