

10km All 2019

	Name	Time	Race	Date
1	Tom Webb	00:32:39	City of Lincoln 10km	07/04/2019
2	Andrew Leach	00:33:13	Standalone 10k	06/10/2019
3	Mark Vaughan	00:33:44	Bedfordshire AAA 10k	19/07/2019
4	Darren Sunter	00:34:09	Flitwick 10km	14/04/2019
5	Edward Price	00:34:10	Chichester Priory 10km	03/02/2019
6	Stewart Overton	00:34:18	Standalone 10k	06/10/2019
7	Jim McConnel	00:34:22	Mid Week League: Division 1: Race 2: Royston	13/06/2019
8	Nathan Pask	00:34:31	Standalone 10k	06/10/2019
9	Adam Bowler	00:34:44	Mid Week League: Division 1: Race 2: Royston	13/06/2019
10	Matthew Sayers	00:34:57	Bedfordshire AAA 10k	19/07/2019
11	John Rayner	00:35:09	Breckland 10km	06/05/2019
12	Oliver Saville	00:35:27	Mid Week League: Division 1: Race 2: Royston	13/06/2019
13	Wayne Bell	00:35:53	Bedfordshire AAA 10k	19/07/2019
14	Nick Malpeli	00:37:22	Mid Week League: Division 1: Race 2: Royston	13/06/2019
15	Andy Mutton	00:37:41	Mid Week League: Mob Match: Welwyn Garden City	11/07/2019
16	Rob Harris	00:37:46	Love Welwyn 10km	10/02/2019
17	Oliver Brady	00:37:53	Flitwick 10km	14/04/2019
18	Katie Harbon	00:38:01	Standalone 10k	06/10/2019
19	Darren Matussa	00:38:17	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
20	Peter Sibbett	00:38:30	UKFast Salford Quays 10km	08/09/2019
21	Vincent Wright	00:38:39	Bedford Autodrome 10km	27/10/2019
22	Peter Clarke	00:38:47	Mid Week League: Division 1: Race 2: Royston	13/06/2019
23	John Auld	00:39:29	Mid Week League: Mob Match: Welwyn Garden City	11/07/2019
24	Lee Hayes	00:39:55	Mid Week League: Division 1: Race 2: Royston	13/06/2019
25	James Keogh	00:40:20	Flitwick 10km	14/04/2019
26	Adrian Sherwood	00:40:28	Mid Week League: Division 1: Race 2: Royston	13/06/2019
27	Chris Poole	00:40:52	Vitality London 10000	27/05/2019
28	Ian Datlen	00:41:05	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
29	Astrid McKeown	00:41:25	Mid Week League: Division 1: Race 2: Royston	13/06/2019
30	David Weston	00:41:34	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
31	Dan Martin	00:41:36	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
32	Niccolo Bassani	00:41:43	Hitchin 10km	19/05/2019
33	Paula Adams	00:42:00	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
34	Brent Lloyd	00:42:24	Mid Week League: Division 1: Race 2: Royston	13/06/2019
35	James Walsh	00:42:28	Flitwick 10km	14/04/2019
36	Richard Harbon	00:42:45	Flitwick 10km	14/04/2019
37	Sophie Thrussell	00:43:02	Mid Week League: Division 1: Race 2: Royston	13/06/2019
38	Andrew Underhill	00:43:14	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
39	Neil Jefferson	00:43:26	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
40	Stuart Cocks	00:43:30	Hitchin 10km	19/05/2019
41	James Dalton	00:43:53	Mid Week League: Mob Match: Welwyn Garden City	11/07/2019
42	Caroline Thrussell	00:44:02	Standalone 10k	06/10/2019
43	Phil Hunt	00:44:05	Flitwick 10km	14/04/2019
44	Richard Foster	00:44:19	Mid Week League: Division 1: Race 2: Royston	13/06/2019
45	Helen Nuttall	00:44:44	Mid Week League: Division 1: Race 2: Royston	13/06/2019
46	Helen Cairns	00:45:12	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
47	Mark Seddon	00:45:44	Mid Week League: Division 1: Race 2: Royston	13/06/2019
48	Jon Hunt	00:45:55	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
49	James Drew	00:46:25	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
50	Rachel Arnott	00:46:29	Mid Week League: Division 1: Race 2: Royston	13/06/2019
51	Steve Tracey	00:46:44	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
52	Juan Luque De Mena	00:46:46	Run Norwich 10km	21/07/2019
53	Glyn Blakey	00:47:02	Mid Week League: Division 1: Race 2: Royston	13/06/2019
54	Chloe Lucas	00:47:03	City of Lincoln 10km	07/04/2019
55	Jo Summers	00:47:05	Mid Week League: Division 1: Race 2: Royston	13/06/2019
56	Liam Jones	00:47:10	Standalone 10k	06/10/2019
57	Jane Clarke	00:47:25	Mid Week League: Division 1: Race 2: Royston	13/06/2019
58	John Russell	00:47:34	Hitchin 10km	19/05/2019
59	Steve Brenton	00:47:43	Vitality London 10000	27/05/2019
60	Andrew Robson	00:47:50	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
61	Jillian Boys	00:47:51	Vitality London 10000	27/05/2019
62	Edwin Smith	00:47:53	Standalone 10k	06/10/2019

10km All 2019

63	Dervla Downing	00:48:09	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
64	Matt Ankers	00:48:25	Mid Week League: Division 1: Race 2: Royston	13/06/2019
65	Andrew Coates	00:48:38	Stevenage 10k	15/09/2019
66	Kat Gourd	00:48:57	Stevenage 10k	15/09/2019
67	Christian Allen	00:49:12	Mid Week League: Mob Match: Welwyn Garden City	11/07/2019
=68	Jennie Fraser	00:49:16	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
=68	Paul PICKARD	00:49:16	Stevenage 10k	15/09/2019
70	Naomi Parkinson	00:49:18	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
71	Helen Harbon	00:49:24	Mid Week League: Division 1: Race 2: Royston	13/06/2019
72	Rhia Botha	00:49:38	Mid Week League: Mob Match: Welwyn Garden City	11/07/2019
73	Damon Clevelley	00:49:39	Flitwick 10km	14/04/2019
74	Adam Wilson	00:50:03	Hitchin 10km	19/05/2019
75	Dave Braybrook	00:50:22	Love Luton 10k	27/10/2019
76	Harry Agius	00:50:29	Hitchin 10km	19/05/2019
77	Lucy O'Connor	00:50:39	Mid Week League: Division 1: Race 2: Royston	13/06/2019
78	Johnny Spinks	00:50:40	Mid Week League: Division 1: Race 2: Royston	13/06/2019
79	Gary Taylor	00:50:42	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
80	Ellie Scott	00:50:58	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
81	Linda Aird	00:51:54	Mid Week League: Division 1: Race 2: Royston	13/06/2019
82	Jo Harbon	00:51:57	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
83	Alice Noakes	00:52:03	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
84	Jason Davis	00:52:05	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
85	Lucy Hurley	00:52:28	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
86	Angeliki Shearstone-Strathc	00:52:32	Pedion Areos 10k	14/04/2019
87	James Poulton	00:52:36	Mid Week League: Division 1: Race 2: Royston	13/06/2019
88	Alan Hazelhurst	00:52:59	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
89	Andrew Cooper	00:53:04	Mid Week League: Division 1: Race 2: Royston	13/06/2019
90	Lewina Agius	00:53:15	Hitchin 10km	19/05/2019
91	Elwyn Howell	00:53:31	Bedford Running Festival Twilight 10k	01/09/2019
92	Sue Vaughan	00:53:39	Kings Llynn – Great East Anglia 10k	05/05/2019
93	Jennie Andrews	00:53:41	Love Welwyn 10km	10/02/2019
94	Michael Lowiss	00:53:54	Standalone 10k	06/10/2019
95	Karen Dodsworth	00:54:28	Kings Llynn – Great East Anglia 10k	05/05/2019
96	Linsey Ashley	00:54:38	Mid Week League: Division 1: Race 2: Royston	13/06/2019
97	Geoff Murray-Rochard	00:55:02	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
98	Andrew Porter	00:55:54	Mid Week League: Division 1: Race 2: Royston	13/06/2019
99	Cara Sutton	00:56:30	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
100	Amy Murch	00:56:49	Run Through Victoria Park 10k	12/10/2019
101	Allison Blunt	00:57:40	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
102	Graham SPICER	00:58:01	Stevenage 10k	15/09/2019
103	Georgina Quayle	00:58:16	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
104	Timehin Duncan	00:58:33	Mid Week League: Division 1: Race 2: Royston	13/06/2019
105	Brian Bailey	00:59:32	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
106	Paul Bowal	01:00:03	Mid Week League: Mob Match: Welwyn Garden City	11/07/2019
107	Ian Sutcliffe	01:00:09	Welwyn 10k	23/06/2019
108	Gladys Cheng	01:00:10	Mid Week League: Mob Match: Welwyn Garden City	11/07/2019
109	Lindsay Cook	01:00:16	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
110	Carina Quayle	01:01:16	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
111	Lorna Chambers	01:01:30	Milton Keynes Festival of Running – 10k	17/03/2019
112	Jim Marvell	01:01:58	Standalone 10k	06/10/2019
113	Helen Govey	01:02:34	Mid Week League: Division 1: Race 2: Royston	13/06/2019
114	Helen Marson-Smith	01:02:43	Mid Week League: Division 1: Race 2: Royston	13/06/2019
115	Vanessa Rolfe	01:03:40	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
116	Saab Bharaj	01:04:01	Standalone 10k	06/10/2019
117	Hayley Cocks	01:04:29	Hitchin 10km	19/05/2019
118	Jennifer Naisbitt	01:05:02	Stevenage 10k	15/09/2019
119	Laura PRESTON	01:05:10	Bedford Autodrome 10km	27/10/2019
120	Joy Stroud	01:05:18	Flitwick 10km	14/04/2019
121	Ali Mottram	01:06:08	Love Welwyn 10km	10/02/2019
122	Jane Tyler	01:06:43	Mid Week League: Mob Match: Welwyn Garden City	11/07/2019
123	Helen Dudley	01:06:56	Vitality London 10000	27/05/2019
=124	Anna Grreetham	01:07:06	Stevenage 10k	15/09/2019
=124	Brian Judkins	01:07:06	Mid Week League: Division 1: Race 1: St Albans	23/05/2019

10km All 2019

126	Helen Cromack	01:07:29	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
127	Joanne Sopala	01:07:50	Love Welwyn 10km	10/02/2019
128	Clare Hooley	01:08:18	Mid Week League: Division 1: Race 2: Royston	13/06/2019
129	Shani Fielding	01:08:53	London ASICS 10km	21/07/2019
130	Patrick Norris	01:09:21	St Clare 10km	14/04/2019
131	Siobhan Sherry	01:10:14	Love Welwyn 10km	10/02/2019
132	Jo Kenlin	01:10:16	Bedford Autodrome 10km	31/03/2019
133	Tae Luque De Mena	01:12:35	Run Norwich 10km	21/07/2019
134	Lindsey Lucas	01:15:44	City of Lincoln 10km	07/04/2019
135	Monica Cullin	01:30:55	Bedford Autodrome 10km	31/03/2019