

Entry No.	Place	First Name	Surname	Time	Age Category	Club	Prize
140	1	Alex	MCINTOSH	27:45	MS	Thames Hare & Hounds	1st Gent
156	2	Ryan	FAULKNER	28:44	MS		
80	3	Nairn	MCWILLIAMS	28:57	MS	St Albans Striders	
151	4	Simon	FRASER	29:13	MS	St Albans Striders	
157	5	Chris	ELAND	29:36	MV40	Garden City Runners	1st Gent's Team
107	6	Neil	HUME	29:42	MV40	Garden City Runners	1st Gent's Team
68	7	Mark	REDMOND	29:48	MV40	Garden City Runners	1st Gent's Team
2	8	Darren	LOVELOCK	29:53	MV40	Stevenage Striders	
117	9	Chris	BAYNES	29:54	MS	Garden City Runners	
174	10	Russell	CASEY	29:55	MS	Garden City Runners	
102	11	Davies	STAFFORD	29:58	MS	Fairlands Valley Spartans	
7	12	Kevin	COOKE	30:02			
126	13	Robert	CASSERLEY	30:15	MV40	Garden City Runners	
101	14	Martin	WHITWORTH	30:48	MV40	St Albans Striders	
150	15	Peter	HARVEY	31:03	MV40	Garden City Runners	
135	16	Becca	HAYDEN	31:13	FS	Hertford & Ware Athletics Club	1st Lady
39	17	John	AULD	31:17	MS	North Herts Road Runners	
124	18	Scott	SEEFELDT	31:25	MS	Unattached	
152	19	Shaun	MILLS	31:48	MV40		
18	20	Andrew	GACHES	31:52	MV40	Unattached	
113	21	Wendy	WALSH	31:53	FV35	St Albans Striders	1st Ladies Team
98	22	Alan	ROUTLEDGE	31:58	MV50	Garden City Runners	
129	23	Douglas	HOBSON	31:59	MS	Woodbridge Shufflers Running Club	
16	24	Richard	SOMERSET	32:06	MV40	Garden City Runners	
38	25	Jonathon	NICHOLLS	32:08	MS	Stevenage Striders	
10	26	Liam	HERBERT	32:09	MS	Stevenage & North Herts AC	
19	27	Jonathan	QUEST	32:45	MV50	Unattached	
59	28	Paul	DAVIES	32:51	MS	Stopsley Striders	
6	29	Matt	PURSLOW	32:54	MS	Sheffield Hallam University AC	
122	30	Chris	HUNT	33:04	MV40	Unattached	
88	31	Jennifer	CONWAY	33:14	FS	St Albans Striders	1st Ladies Team
100	32	Rav	DIGHE	33:51	MV40	St Albans Striders	
77	33	Lucy	MARTIN	34:08	FS	St Albans Striders	
119	34	Adam	ROSSINGTON	34:08	MS	Garden City Runners	
87	35	Yoann	DUVAIL	34:19	MS	Stevenage Striders	
144	36	Craig	STEVENSON	34:43	MV40	Garden City Runners	
154	37	Caroline	HALE	34:51	FV45	Garden City Runners	
4	38	Daniel	SANDERS	34:55	MV40	Stevenage Striders	
57	39	Madeleine	PRITCHARD	34:56	FS	Fairlands Valley Spartans	
40	40	Nigel	CAVILL	35:00	MV40	Garden City Runners	
61	41	Robert	DILLEY	35:05	MS	Unattached	
69	42	Howard	BULL	35:06	MS	St Albans Striders	
53	43	Paul	MARTIN	35:12	MS	Unattached	
166	44	Gary	O'LEARY	35:38	MV50		
118	45	Jamie	SKELTON	35:43	MS	Unattached	
3	46	Martin	BROOKS	35:48	MS	Stevenage Striders	
141	47	Michelle	STOTT	36:08	FS	Garden City Runners	
175	48	Mark	FAUGHNAN	36:16	MV50	Heats Phoenix	
112	49	John	ROWLANDS	36:26	MV60	Harpden Arrows	
64	50	Neil	EDEN	36:40	MS	Garden City Runners	
32	51	Rick	HOLE	36:58	MV50	Garden City Runners	
63	52	Tim	SEARLE	37:05	MS	Unattached	
46	53	Nikki	WILBY	37:23	FS	Fairlands Valley Spartans	
44	54	Thomas	SAUKA	38:19	MS	Fairlands Valley Spartans	
142	55	Mercedes	GETINO-GORDON	38:26	FV35	Striders	
92	56	Jann	VALENZUELA	38:29	FV45	Unattached	
55	57	Richard	WILLCOX	38:36	MS	St Albans Striders	
12	58	Tracy	BULLOT	38:43	FV35	Stevenage Striders	

1	59	Lisa	TIMMONS	38:45	FV35	Stevenage Striders
47	60	Richard	BROWN	38:47	MV50	Garden City Runners
103	61	Chitra	DUNN	38:49	MV50	Harpenden Arrows
167	62	Andy	NEWBURY	39:00	MV50	Garden City Runners
170	63	Lauren	POTTER	39:06	FS	Garden City Runners
171	64	Alistair	STEWART	39:06	MV60	Garden City Runners
111	65	Dave	FAULKNER	39:13	MV60	Garden City Runners
72	66	Carol	REID	39:46	FV45	Garden City Runners
136	67	Jo	GRANT	40:01	FV45	Unattached
132	68	Johan	PREIS	40:13	MV40	Garden City Runners
42	69	Susan	FOOT	40:42	FV55	North Herts Road Runners
125	70	Russell	MORRIS	40:43	MV40	Unattached
20	71	Lee	POMROY	40:46	MV40	Stevenage Striders
17	72	Tom	ROGERS	40:53	MV40	Garden City Runners
128	73	Garry	GREY	40:55	MV50	Garden City Runners
134	74	Ann	HAYDEN	41:01	FV45	Unattached
24	75	Jacqueline	FERGUSON-JONES	41:02	FV45	David Lloyd Redway Runners
114	76	Elaine	GILES	41:04	FV45	Garden City Runners
11	77	Sophie	COWAN	41:11	FV35	Fairlands Valley Spartans
123	78	Richard	WHITING	41:12	MV60	Herts Phoenix
138	79	Jim	DAVIS	41:22	MV60	Herts Phoenix
49	80	Cassandra	BELCHER	41:28	FS	Garden City Runners
13	81	Fran	LEVY	41:33	FV55	Stevenage Striders
54	82	Jane	MOLLOY	41:36	FV45	Watford Joggers
172	83	Michelle	COTTER	41:44	FV45	Garden City Runners
43	84	Malc	CARY	41:50	MV50	Unattached
139	85	Louise	BEALE	42:05	FV35	Unattached
89	86	Dave	DE NAEYER	42:36	MV50	Unattached
109	87	Andrew	SHADBOLT	42:58	MV60	Garden City Runners
143	88	Trace	ALLEN	42:58	MV70	Garden City Runners
83	89	Helen	PAINE	43:19	FV35	Garden City Runners
84	90	Michael	PAINE	43:19	MV50	Unattached
145	91	John	Davis	43:22	MV40	Garden City Runners
23	92	Robin	HESTER	43:23	MV50	Stevenage Striders
97	93	Delphine	GIBBS	43:29	FV45	Garden City Runners
66	94	Martyn	LEVITT	43:42	MV50	Unattached
173	95	Dave	BEASLEY	44:00	MV70	Heats Phoenix
45	96	Miranda	MORGAN	44:00	FV55	North Herts Road Runners
93	97	Alan	DONOVAN	44:05	MV60	Garden City Runners
70	98	Claire	EADINGTON	44:11	FS	St Albans Striders
85	99	Jerry	GILBERT	44:13	MV60	Garden City Runners
41	100	Tony	HAMILTON	44:15	MV70	Barnet & District AC
162	101	Gemma	WARDS	44:16	FS	
120	102	Danita	BEETGE	44:43	FV35	Garden City Runners
127	103	Pegah	JARVIS	44:43	FS	Garden City Runners
161	104	Sarah	MITCHESON	45:00	FS	
130	105	Danielle	BROADWAY	45:07	FS	Unattached
137	106	Barry	HUNT	45:16	MV60	Unattached
115	107	Nick	ATKINSON	45:32	MV50	Garden City Runners
158	108	Sarah	WESTLEY	46:05	FS	Garden City Runners
99	109	Naz	GEZER-CLARKE	46:05	FV35	Garden City Runners
56	110	Charlotte	JONES	46:05	FS	Garden City Runners
159	111	Daniel	PEARCE	46:06	MV40	
67	112	Angela	CAREY	46:08	FS	Unattached
94	113	Shena	LANCASTER	46:35	FV55	Garden City Runners
15	114	Susan	LEIGH	46:39	FV45	Stevenage Striders
14	115	Chris	LEIGH	46:40	MV50	Stevenage Striders
48	116	Bernadette-Marie	BYRNE	46:58	FV55	Garden City Runners
153	117	Anne	STILTON	47:00	FS	

71	118	Wayne	AYLOTT	47:03	MV50	Garden City Runners
75	119	Dave	SKYRME	47:13	MV50	St Albans Striders
90	120	Clare	BATES	47:14	FS	Dunstable RRC
76	121	Sheryl	NORMAN	47:15	FV45	St Albans Striders
121	122	Liz	SMALL	47:18	FV35	Stevenage Striders
131	123	John	WILDEN	47:19	MV40	Stevenage Striders
26	124	Helen	FERGUSON	47:29	FV45	Unattached
110	125	Claire	COMPTON	47:57	FS	Unattached
34	126	Jenna	PICKERING	48:22	FS	St Albans Striders
30	127	Lorraine	WYATT	49:41	FV45	Stevenage Striders
148	128	Amy	FERRY	50:07	FS	Garden City Runners
147	129	Emma	FERRY	50:10	FV35	Garden City Runners
74	130	Caroline	SKYRME	50:12	FV45	St Albans Striders
25	131	Sara	NICHOLS	50:44	FV45	Unattached
78	132	Jean	WEBB	50:57	FV55	St Albans Striders
81	133	Linda	COOK	51:02	FV55	Unattached
82	134	Angela	WOODS	51:09	FV55	Garden City Runners
155	135	Diane	FAULKNER	51:17	FV55	
106	136	Catherine	DANN	51:38	FV35	Garden City Runners
169	137	Eleanor	DRAPER	52:10	FV70	Garden City Runners
168	138	Dennis	DRAPER	52:39	MV70	Garden City Runners
116	139	Laura	MENZLER	52:50	FS	Unattached
31	140	John	KILBY	53:36	MV60	Unattached
146	141	Ben	FERRY	54:22	MS	Garden City Runners
5	142	Christopher	JOHANSEN	54:27	MS	Stevenage Striders
160	1 lap	John	BARANOWSKI		MV40	
163	1 lap	Harry	PURCHASE		MS	
164	1 lap	Nathan	PEARSON		MS	
165	1 lap	Jordan	BUSS		MS	
8		Lisa	LIVERSIDGE		FV45	Stevenage Striders
9		Tracy	PEZ		FV35	Fairlands Valley Spartans
21		Beverley	RIMMER		FS	Stevenage Striders
22		Karl	HUDSON		MS	Stevenage Striders
27		Andrea	CLARK		FS	Unattached
28		Christian	VOSS		MS	Stevenage Striders
29		Rebecca	ZAHRA		FS	Stevenage Striders
33		Monica	CULLIN		FV65	North Herts Road Runners
35		Richard	DARLEY		MV40	Garden City Runners
36		Sarah	BREEDEN		FV45	Unattached
37		Andrew	COLLIER		MS	Stevenage Striders
50		Grant	ADEY		MV40	Garden City Runners
51		Jenny	RICHARDSON		FV45	Garden City Runners
52		James	BARRETT		MS	Stevenage Striders
58		Robert	RICHARDSON		MV40	Unattached
60		Graham	SMITH		MV40	St Albans Striders
62		Rowena	PERRYMAN		FV35	Unattached
65		Patricia	BESA		FV35	Unattached
73		Roger	ATTARD		MV50	St Albans Striders
79		JULIE	SWEENEY		FV45	St Albans Striders
86		Martin	CRISP		FV45	St Albans Striders
91		Jamie	DAVIES		MS	Unattached
95		Laura	O'MALLEY		FS	Garden City Runners
96		Adam	PANTER		MV40	Bedford Harriers AC
104		Verity	FISHER		FS	Southampton Running Sisters
105		Daniel	SUTTON		MS	Fairlands Valley Spartans
108		Justin	BUSBY		MS	Harpden Arrows
133		Chris	HALL		MS	St Albans Striders
149		Linda	FERRY			Garden City Runners