

## Finisher List

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TotalRank	Bib	Participant	CatPos.	Category	Club	GunTime	ChipTime	Pace	Age Graded%	Note
<b>Sandy 10</b>										
1.	504	Will GREEN	1.	MV40	Serpentine Running Club	0:54:34.0	0:54:33.4	05:27min/mile	83.1	
2.	493	Paul ADAMS	1.	SM	St Albans Striders	0:57:14.9	0:57:17.4	05:43min/mile	77.1	
3.	393	Adam MILLS	2.	MV40	Bedford Harriers AC	0:57:44.8	0:57:45.3	05:46min/mile	81.7	
4.	488	Jordan CLAY	2.	SM	Leighton Buzzard Athletic Club	0:58:12.2	0:58:11.4	05:49min/mile	75.6	
5.	472	Max DILLION	3.	SM	Amphill & Flitwick Flyers Running Club	0:58:26.4	0:58:24.8	05:50min/mile	75.2	
6.	565	Grant RAMSAY	3.	MV40	Fairlands Valley Spartans	0:59:02.6	0:59:05.7	05:54min/mile	78.0	
7.	109	Simon FRASER	4.	SM	St Albans Striders	1:00:11.3	1:00:09.3	06:00min/mile	73.1	
8.	417	Mark WAINE	4.	MV40	Amphill & Flitwick Flyers Running Club	1:00:13.9	1:00:11.9	06:01min/mile	77.7	
9.	437	Duncan BUSH	5.	MV40	Riverside Runners St Neots	1:01:02.1	1:01:01.0	06:06min/mile	74.9	
10.	602	Malcolm Pritchard	6.	MV40	Riverside Runners St Neots	1:01:31.1	1:01:31.4	06:09min/mile	76.1	
11.	494	Adam HAYLOCK	5.	SM	Leighton Buzzard Athletic Club	1:01:45.3	1:01:42.6	06:10min/mile	71.7	
12.	555	Richard LOWDEN	6.	SM	Royston Runners	1:01:46.6	1:01:43.5	06:10min/mile	72.5	
13.	294	Winston WOODWARD	7.	MV40	Dunstable RRC	1:01:48.2	1:01:44.4	06:10min/mile	73.4	
14.	156	Mark SAINS	7.	SM	Stopsley Striders	1:01:51.6	1:01:48.4	06:10min/mile	71.3	
15.	346	Richard PILLINGER	8.	MV40	Amphill & Flitwick Flyers Running Club	1:01:59.4	1:01:57.1	06:11min/mile	73.2	
16.	271	Danny WINN	8.	SM	Bedford Harriers AC	1:02:02.8	1:02:01.2	06:12min/mile	70.9	
17.	27	Timothy BRIGNALL	9.	SM	Ware Joggers	1:02:20.1	1:02:20.5	06:14min/mile	70.5	
18.	173	Martin WHITWORTH	9.	MV40	St Albans Striders	1:02:29.7	1:02:27.7	06:14min/mile	73.1	
19.	129	Graham HILL	10.	MV40	Royston Runners	1:02:41.4	1:02:38.2	06:15min/mile	74.7	
20.	517	Benjamin CORFIELD	10.	SM	Leighton Buzzard Athletic Club	1:02:49.4	1:02:47.7	06:16min/mile	70.0	
21.	242	Ashley HOWES	11.	MV40	Larkfield AC	1:02:50.1	1:02:44.9	06:16min/mile	73.3	
22.	190	John MATTHEWS	12.	MV40	Ware Joggers	1:02:50.7	1:02:48.4	06:16min/mile	73.3	
23.	165	Gill FULLEN	1.	FV45	Bedford Harriers AC	1:02:59.6	1:02:57.5	06:17min/mile	89.0	
24.	270	Phil JAMIESON	11.	SM	Bedford Harriers AC	1:03:13.4	1:03:12.1	06:19min/mile	69.5	
25.	333	Chris MOONEY	13.	MV40	Nene Valley Harriers	1:03:38.2	1:03:34.4	06:21min/mile	76.0	
26.	471	John DECESARE	14.	MV40	Amphill & Flitwick Flyers Running Club	1:03:40.4	1:03:37.1	06:21min/mile	75.3	
27.	560	Paul GUY	15.	MV40	Garden City Runners	1:03:43.2	1:03:44.2	06:22min/mile	71.2	
28.	421	Tony BARNES	1.	MV50	Bedford Harriers AC	1:04:00.5	1:03:58.5	06:23min/mile	77.5	
29.	496	James BELL	16.	MV40	Leighton Buzzard Athletic Club	1:04:10.7	1:04:06.2	06:24min/mile	73.5	
30.	234	Dan STAITE	17.	MV40		1:04:18.4	1:04:16.4	06:25min/mile	71.0	
31.	529	Tim INCHLEY	18.	MV40	Leighton Buzzard Athletic Club	1:04:20.1	1:04:16.0	06:25min/mile	70.5	
32.	591	Gary FINCH	19.	MV40	Bedford Harriers AC	1:04:21.0	1:04:18.5	06:25min/mile	73.9	
33.	64	Nick KENYON-MUIR	20.	MV40	Ware Joggers	1:04:29.0	1:04:27.9	06:26min/mile	73.8	
34.	63	David SHARMAN	12.	SM	Bedford Harriers AC	1:04:35.9	1:04:33.4	06:27min/mile	69.4	
35.	492	Tom INCHLEY	13.	SM	Leighton Buzzard Athletic Club	1:04:42.2	1:04:38.4	06:27min/mile	68.2	
36.	569	Steve SMITH	21.	MV40	Royston Runners	1:04:54.3	1:04:51.4	06:29min/mile	71.5	
37.	2	Mark CYL	22.	MV40	Ware Joggers	1:05:19.8	1:05:17.6	06:31min/mile	72.2	
38.	557	Kirstie MEETEN	1.	FV35	Bedford Harriers AC	1:05:29.4	1:05:27.0	06:32min/mile	77.4	
39.	75	Tony DAGLISH	23.	MV40	Redway Runners	1:05:29.9	1:05:21.2	06:32min/mile	74.5	
40.	515	Ryan FAULKNER	14.	SM	Herts Phoenix	1:05:32.5	1:05:30.9	06:33min/mile	67.1	
41.	407	Barry STRATFORD	15.	SM		1:05:39.2	1:05:34.2	06:33min/mile	67.1	
42.	297	Adrian COPP	24.	MV40	Stopsley Striders	1:06:14.0	1:06:12.3	06:37min/mile	70.1	
43.	287	Wendy WALSH	2.	FV35	St Albans Striders	1:07:03.0	1:07:01.7	06:42min/mile	78.4	
44.	533	Craig DOWIE	25.	MV40	St Albans Striders	1:07:11.5	1:07:06.9	06:42min/mile	70.2	
45.	585	Ian THOMAS	2.	MV50	Norfolk Gazelles AC	1:07:31.0	1:07:25.5	06:44min/mile	76.2	
46.	274	Philip WOLSTENCROFT	3.	MV50	Amphill & Flitwick Flyers Running Club	1:07:38.5	1:07:35.1	06:45min/mile	73.4	
47.	152	Jon Lane	26.	MV40		1:07:58.5	1:07:54.7	06:47min/mile	70.6	
48.	498	SIMON RENDER	4.	MV50	March Athletic Club	1:08:02.0	1:07:48.4	06:46min/mile	73.0	
49.	214	Ian JOYCE	5.	MV50	Bedford Harriers AC	1:08:18.6	1:08:15.9	06:49min/mile	73.3	
50.	470	Jeremey DAY	6.	MV50	Amphill & Flitwick Flyers Running Club	1:08:36.4	1:08:32.9	06:51min/mile	73.6	
51.	576	Vittorio PACI	27.	MV40	Bedford Harriers AC	1:08:41.3	1:08:37.9	06:51min/mile	68.1	
52.	599	Dan WAITE	16.	SM		1:09:02.8	1:08:48.9	06:52min/mile	63.7	
53.	362	Barry OSBORNE	1.	MV60	Fairlands Valley Spartans	1:09:21.3	1:09:11.8	06:55min/mile	80.6	

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TotalRank	Bib	Participant	CatPos.	Category	Club	GunTime	ChipTime	Pace	Age Graded%	Note
54.	586	Jason BRUNT	28.	MV40	Norfolk Gazelles AC	1:09:32.9	1:09:27.4	06:56min/mile	66.2	
55.	35	Howard RODEN	17.	SM	Ware Joggers	1:09:53.0	1:09:51.8	06:59min/mile	64.1	
56.	325	Piers SERJEANT	29.	MV40	Riverside Runners St Neots	1:09:58.0	1:09:53.9	06:59min/mile	65.3	
57.	298	Simon BELL	30.	MV40	Nene Valley Harriers	1:10:03.2	1:09:59.9	07:00min/mile	69.1	
58.	336	Simon BOOTHBY	7.	MV50	Riverside Runners St Neots	1:10:17.6	1:10:03.6	07:00min/mile	70.0	
59.	367	Robert ANDERSON	31.	MV40		1:10:21.8	1:10:15.9	07:01min/mile	66.0	
60.	490	Paul SOWTER	18.	SM	St Albans Striders	1:10:28.3	1:10:20.1	07:02min/mile	62.8	
61.	444	Ian MITCHELL	8.	MV50		1:10:48.5	1:10:44.3	07:04min/mile	70.1	
62.	350	Samantha CULLEN	1.	FS	Eye Community Runners	1:10:54.2	1:10:52.6	07:05min/mile	69.6	
63.	464	Nicola BOWERMAN	3.	FV35	Amphill & Flitwick Flyers Running Club	1:11:04.1	1:11:01.1	07:06min/mile	71.8	
64.	16	Maurice HEMINGWAY	2.	MV60	Riverside Runners St Neots	1:11:07.7	1:10:59.6	07:05min/mile	75.7	
65.	579	Sam DEAR	19.	SM	Leighton Buzzard Athletic Club	1:11:27.0	1:11:15.1	07:07min/mile	61.5	
66.	487	Neil WARREN	20.	SM	Amphill & Flitwick Flyers Running Club	1:11:30.5	1:11:17.4	07:07min/mile	61.5	
67.	316	Tim SABAN	32.	MV40	Fairlands Valley Spartans	1:11:33.8	1:11:23.5	07:08min/mile	67.6	
68.	385	Steve JOY-GOOD	21.	SM	Yaxley Runners	1:11:36.6	1:11:29.3	07:08min/mile	61.8	
69.	422	Helen CARTLIDGE	4.	FV35	St Albans Striders	1:11:39.2	1:11:27.9	07:08min/mile	70.1	
70.	145	Tony COLE	9.	MV50	Amphill & Flitwick Flyers Running Club	1:11:41.5	1:11:37.3	07:09min/mile	69.2	
71.	302	Chris HEWITT	22.	SM	Yaxley Runners	1:11:43.1	1:11:36.6	07:09min/mile	62.2	
72.	37	Gary MASTERS	33.	MV40	Yaxley Runners	1:12:00.5	1:11:50.8	07:11min/mile	63.9	
73.	178	Lucy MARTIN	2.	FS	St Albans Striders	1:12:03.0	1:11:55.7	07:11min/mile	68.4	
74.	394	Roger HOBBS	10.	MV50		1:12:12.3	1:12:00.0	07:12min/mile	70.6	
75.	388	Craig WATT	34.	MV40	Bedford Harriers AC	1:12:14.0	1:12:07.6	07:12min/mile	64.8	
76.	77	Matthew GILL	35.	MV40	Fairlands Valley Spartans	1:12:17.5	1:12:07.1	07:12min/mile	62.7	
77.	550	Terence CHILDS	36.	MV40		1:12:23.1	1:12:12.1	07:13min/mile	63.6	
78.	412	Neil GRAY	23.	SM	Higham Harriers	1:12:33.0	1:12:21.9	07:14min/mile	61.7	
79.	286	RICHARD SOLOMONS	3.	MV60	Harlow Running Club	1:12:37.2	1:12:25.5	07:14min/mile	79.4	
80.	203	Richard WILLCOX	24.	SM	St Albans Striders	1:12:37.5	1:12:18.0	07:13min/mile	60.6	
81.	126	Gary BARNES	11.	MV50	Riverside Runners St Neots	1:12:42.8	1:12:03.3	07:12min/mile	68.3	
82.	189	Patrick ELLERBECK	4.	MV60	Riverside Runners St Neots	1:12:53.5	1:12:46.1	07:16min/mile	73.8	
83.	26	Matthew MASON	37.	MV40	Ely Runners	1:12:54.2	1:12:49.1	07:16min/mile	65.3	
84.	146	Gilles CORBY	12.	MV50	BRJ Running Club	1:12:57.3	1:12:49.6	07:16min/mile	68.0	
85.	439	Paula ADAMS	2.	FV45	North Herts Road Runners	1:12:58.0	1:12:52.0	07:17min/mile	72.7	
86.	510	Clive HARROD	13.	MV50	Fenland Running & AC	1:12:59.1	1:12:51.8	07:17min/mile	71.1	
87.	221	Helen CAIRNS	5.	FV35	North Herts Road Runners	1:12:59.3	1:12:53.9	07:17min/mile	69.9	
88.	74	Andy COLLINS	38.	MV40	Redway Runners	1:13:03.1	1:12:40.1	07:16min/mile	62.5	
89.	459	Roger BALL	39.	MV40	Amphill & Flitwick Flyers Running Club	1:13:03.8	1:12:32.4	07:15min/mile	63.5	
90.	478	Philip HORAN	40.	MV40	Amphill & Flitwick Flyers Running Club	1:13:04.6	1:12:48.8	07:16min/mile	64.0	
91.	480	Richard JONES	14.	MV50	Amphill & Flitwick Flyers Running Club	1:13:05.8	1:12:49.9	07:17min/mile	69.7	
92.	162	Aaron BALL	25.	SM		1:13:07.9	1:13:02.0	07:18min/mile	60.1	
93.	315	Michael HESSEY	41.	MV40	Harpenden Arrows	1:13:24.7	1:13:17.5	07:19min/mile	66.4	
94.	414	Les TAYLOR	15.	MV50	Ware Joggers	1:13:37.1	1:13:32.9	07:21min/mile	67.4	
95.	303	Philip CARLINE	42.	MV40	Yaxley Runners	1:13:38.0	1:13:31.3	07:21min/mile	63.6	
96.	94	Ian MARSHALL	26.	SM	Huntingdon AC	1:13:44.1	1:13:28.8	07:20min/mile	60.2	
97.	489	Amy INCHLEY	3.	FS	Leighton Buzzard Athletic Club	1:13:49.1	1:13:37.9	07:21min/mile	67.1	
98.	167	Chris CHORLEY	16.	MV50	Bungay Black Dog RC	1:13:49.4	1:13:19.8	07:19min/mile	67.2	
99.	440	Lee HARPER	43.	MV40	Dunstable RRC	1:13:55.5	1:13:45.5	07:22min/mile	64.9	
100.	530	Chris HARBRON	44.	MV40	Garden City Runners	1:14:02.5	1:13:50.1	07:23min/mile	63.7	
101.	462	Jeremy BELL	17.	MV50	Amphill & Flitwick Flyers Running Club	1:14:04.3	1:13:51.3	07:23min/mile	67.0	
102.	253	Roslyn LOUITIT	3.	FV45	Yaxley Runners	1:14:05.3	1:13:54.6	07:23min/mile	76.6	
103.	187	Liam O'DONNELL	27.	SM		1:14:06.0	1:13:47.2	07:22min/mile	59.9	
104.	418	Martin HAMILTON	18.	MV50	Higham Harriers	1:14:08.4	1:13:57.5	07:23min/mile	66.4	
105.	299	Christopher CAIMINO	28.	SM		1:14:12.2	1:13:39.5	07:21min/mile	59.5	
106.	55	Kenny BLYTH	5.	MV60	Ware Joggers	1:14:12.7	1:14:09.5	07:24min/mile	74.6	
107.	398	NIK CHAPMAN	45.	MV40	Newmarket Joggers	1:14:29.1	1:14:19.0	07:25min/mile	61.3	
108.	272	Aaron DONOHOE	29.	SM	Bedford Harriers AC	1:14:35.1	1:14:24.8	07:26min/mile	58.9	
109.	463	Mark BILINGTON	19.	MV50	Amphill & Flitwick Flyers Running Club	1:14:37.9	1:14:23.4	07:26min/mile	65.9	

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TotalRank	Bib	Participant	CatPos.	Category	Club	GunTime	ChipTime	Pace	Age Graded%	Note
110.	230	Geoff RUSSELL	6.	MV60	Royston Runners	1:14:39.8	1:14:30.7	07:27min/mile	76.4	
111.	60	Steve PHILLPOT	20.	MV50	Amphill & Flitwick Flyers Running Club	1:14:46.4	1:14:32.5	07:27min/mile	68.1	
112.	164	David FISHER	46.	MV40		1:14:48.6	1:14:32.4	07:27min/mile	62.6	
113.	284	Claire PULLEN	4.	FV45	Fairlands Valley Spartans	1:14:49.7	1:14:41.7	07:28min/mile	73.2	
114.	386	Philip BACON	47.	MV40		1:14:50.0	1:14:34.6	07:27min/mile	63.6	
115.	511	Ian MILBURN	1.	MV70	Fenland Running & AC	1:14:51.8	1:14:43.9	07:28min/mile	79.4	
116.	185	Deirdre HEYDECKER	1.	FV55	St Albans Striders	1:14:57.6	1:14:52.2	07:29min/mile	83.8	
117.	364	Mike ROBERTS	48.	MV40		1:14:59.4	1:14:43.9	07:28min/mile	64.0	
118.	279	Jason LOCKWOOD	49.	MV40		1:15:04.7	1:14:50.0	07:29min/mile	62.3	
119.	424	Nora HAGGART	2.	FV55	Bedford Harriers AC	1:15:04.9	1:15:01.3	07:30min/mile	82.6	
120.	369	Beverley MCLEES	5.	FV45	Ware Joggers	1:15:06.8	1:15:04.1	07:30min/mile	71.4	
121.	547	Shaun KIRTLEY	50.	MV40	Amphill & Flitwick Flyers Running Club	1:15:09.7	1:15:01.1	07:30min/mile	61.3	
122.	191	Lucy HURLEY	4.	FS	Riverside Runners St Neots	1:15:20.9	1:15:16.3	07:31min/mile	65.9	
123.	260	Suzy TROTT	6.	FV35	North Herts Road Runners	1:15:45.9	1:15:29.2	07:32min/mile	67.3	
124.	425	Gerald MEAH	21.	MV50	Cambridge & Coleridge AC	1:15:53.6	1:15:40.8	07:34min/mile	69.0	
125.	428	Gordon LLAND	7.	MV60	Bedford Harriers AC	1:16:10.1	1:15:56.2	07:35min/mile	71.3	
126.	59	Angus MACDONALD	51.	MV40		1:16:16.8	1:15:39.3	07:33min/mile	60.4	
127.	243	Martyn ANNETTS	22.	MV50	North Herts Road Runners	1:16:25.9	1:16:08.7	07:36min/mile	64.4	
128.	57	Mennel WELCH	30.	SM		1:16:32.1	1:16:13.6	07:37min/mile	57.8	
129.	495	Katie HAYLOCK	7.	FV35	Leighton Buzzard Athletic Club	1:16:34.2	1:16:22.6	07:38min/mile	65.1	
130.	400	Nicola JONES	8.	FV35	Riverside Runners St Neots	1:16:38.2	1:16:33.4	07:39min/mile	68.0	
131.	432	Gary HOLDEN	52.	MV40		1:16:52.1	1:16:45.6	07:40min/mile	60.9	
132.	137	Matt BREWER	31.	SM		1:16:57.5	1:16:37.9	07:39min/mile	57.5	
133.	289	Juliet SMITH	6.	FV45	Bedford Harriers AC	1:17:03.5	1:16:54.1	07:41min/mile	70.3	
134.	403	Daniel HAWKING	32.	SM		1:17:03.5	1:16:39.0	07:39min/mile	58.1	
135.	225	Spencer CALVERT	53.	MV40	Royston Runners	1:17:05.7	1:16:47.8	07:40min/mile	61.7	
136.	262	Patrick HARNAN	54.	MV40	Bedford Harriers AC	1:17:10.0	1:16:56.5	07:41min/mile	60.6	
137.	233	Barry GRAY	33.	SM		1:17:23.4	1:16:59.5	07:41min/mile	57.4	
138.	574	Tracy PEZ	9.	FV35	Fairlands Valley Spartans	1:17:26.8	1:17:18.7	07:43min/mile	66.8	
139.	535	Chris CAPPS	23.	MV50	Bedford Harriers AC	1:17:33.4	1:17:11.0	07:43min/mile	81.0	
140.	259	Deborah FORDHAM	10.	FV35		1:17:34.6	1:17:04.1	07:42min/mile	65.4	
141.	583	Steve CLARKE	55.	MV40	Amazing Feet Running Club	1:17:37.0	1:17:32.1	07:45min/mile	61.3	
142.	518	Ceri FOSCOE	7.	FV45		1:17:39.4	1:17:32.2	07:45min/mile	74.0	
143.	546	Karen IVES	8.	FV45	Yaxley Runners	1:17:46.9	1:17:35.5	07:45min/mile	70.4	
144.	506	Peter BRESLIN	56.	MV40	Stopsley Striders	1:17:51.2	1:17:35.5	07:45min/mile	61.1	
145.	205	Ruth STURGESS	5.	FS	Royston Runners	1:17:52.5	1:17:33.5	07:45min/mile	63.3	
146.	105	David NEWTON	8.	MV60	BRJ Running Club	1:17:53.9	1:17:33.9	07:45min/mile	73.2	
147.	509	Graeme MCTAIT	57.	MV40	UKnetrunner	1:17:56.3	1:17:37.2	07:45min/mile	59.1	
148.	97	Ralph WARD	24.	MV50		1:18:01.0	1:17:39.2	07:45min/mile	66.5	
149.	477	Sean GRAHAM	58.	MV40	Amphill & Flitwick Flyers Running Club	1:18:10.2	1:17:55.0	07:47min/mile	59.9	
150.	95	Clive STANWAY	25.	MV50		1:18:13.1	1:17:55.7	07:47min/mile	65.1	
151.	384	Sharron TOMS	9.	FV45	Yaxley Runners	1:18:14.3	1:18:01.8	07:48min/mile	67.8	
152.	67	Lesley COLES	10.	FV45	Yaxley Runners	1:18:16.4	1:18:05.3	07:48min/mile	67.8	
153.	69	Chris COLLETT	34.	SM		1:18:18.4	1:17:55.9	07:47min/mile	56.1	
154.	427	Glyn SMITH	9.	MV60	Cambridge & Coleridge AC	1:18:26.8	1:18:14.4	07:49min/mile	74.9	
155.	563	Mark GOODWIN	26.	MV50	Fairlands Valley Spartans	1:18:27.7	1:18:20.0	07:50min/mile	66.7	
156.	379	Clifford JONES	59.	MV40	St Albans Striders	1:18:32.5	1:18:23.2	07:50min/mile	59.6	
157.	340	Stephen LAWSON	60.	MV40	Ramsey RR	1:18:36.2	1:18:27.4	07:50min/mile	62.1	
158.	391	Paul COOMBES	27.	MV50	Bedford Harriers AC	1:18:36.7	1:18:15.0	07:49min/mile	62.6	
159.	553	Ben BODSWORTH	35.	SM	Stopsley Striders	1:18:39.1	1:18:26.2	07:50min/mile	55.9	
160.	338	Alex DOWNIE	10.	MV60	Cambridge & Coleridge AC	1:18:53.8	1:18:20.8	07:50min/mile	72.3	
161.	485	Mike PETTY	28.	MV50	Amphill & Flitwick Flyers Running Club	1:18:59.8	1:18:46.1	07:52min/mile	65.1	
162.	355	Adam BRANT	36.	SM		1:19:01.3	1:18:45.9	07:52min/mile	56.0	
163.	32	JOHN INGRAM	29.	MV50		1:19:02.3	1:18:29.3	07:50min/mile	67.5	
164.	532	Julie SIMMONS	3.	FV55	Fairlands Valley Spartans	1:19:09.9	1:19:00.5	07:54min/mile	77.3	
165.	528	Craig MATTHEWS	37.	SM	Bushfield Joggers	1:19:10.9	1:18:50.1	07:53min/mile	56.3	

## Finisher List

TotalRank	Bib	Participant	CatPos.	Category	Club	GunTime	ChipTime	Pace	Age Graded%	Note
166.	342	Gary FREER	38.	SM	Team Trisports	1:19:17.4	1:19:04.7	07:54min/mile	55.7	
167.	596	Rebecca BARDEN	11.	FV45	Garden City Runners	1:19:19.5	1:19:01.9	07:54min/mile	69.1	
168.	536	Jo RAZAQ	6.	FS	Bushfield Joggers	1:19:20.2	1:18:59.8	07:54min/mile	62.2	
169.	70	Phil CUNNINGHAM	11.	MV60	Ware Joggers	1:19:26.5	1:19:21.8	07:56min/mile	69.7	
170.	573	Paul JEPHCOTT	30.	MV50	Bushfield Joggers	1:19:35.3	1:19:13.2	07:55min/mile	65.8	
171.	543	PHILIP GRAY	61.	MV40		1:19:45.4	1:18:54.9	07:53min/mile	58.2	
172.	549	Graham BUSCH	12.	MV60	Stopsley Striders	1:19:48.5	1:19:33.8	07:57min/mile	67.4	
173.	561	Dan SUTTON	39.	SM	Fairlands Valley Spartans	1:19:52.8	1:19:45.3	07:58min/mile	55.0	
174.	114	Chris GRANT	31.	MV50		1:20:01.6	1:19:29.6	07:56min/mile	65.4	
175.	588	Lindsay MELLING	11.	FV35		1:20:07.6	1:19:44.7	07:58min/mile	64.1	
176.	587	Amber DEARDON	7.	FS	Bedford Harriers AC	1:20:21.9	1:20:01.9	08:00min/mile	61.4	
177.	285	Paul COLLINS	40.	SM	Bedford Harriers AC	1:20:23.6	1:20:03.8	08:00min/mile	54.7	
178.	409	Fiona MONTILA	8.	FS		1:20:29.7	1:20:13.1	08:01min/mile	61.3	
179.	131	Mark TAGGART	62.	MV40	Bedford Harriers AC	1:20:37.1	1:20:23.6	08:02min/mile	56.7	
180.	54	Matthew STEPHENS	41.	SM	Ware Joggers	1:20:45.6	1:20:40.6	08:04min/mile	54.4	
181.	408	Jim JENNINGS	63.	MV40		1:20:53.7	1:20:36.6	08:03min/mile	60.3	
182.	577	Katie GIBBONS	12.	FV35	Dunstable RRC	1:21:02.4	1:20:52.3	08:05min/mile	62.6	
183.	507	Emma KREETZER	9.	FS		1:21:12.5	1:20:53.5	08:05min/mile	60.7	
184.	516	Stephen FAULKNER	32.	MV50	Herts Phoenix	1:21:13.2	1:20:54.9	08:05min/mile	64.4	
185.	53	Ian WILLIAMS	42.	SM	Bedford Harriers AC	1:21:22.8	1:21:10.4	08:07min/mile	55.3	
186.	501	Jane SAUER	13.	FV35	Leighton Buzzard Athletic Club	1:21:25.3	1:21:14.4	08:07min/mile	62.3	
187.	282	STUART BULLARD	64.	MV40	Bedford Harriers AC	1:21:46.1	1:21:22.5	08:08min/mile	55.5	
188.	155	Nicola BRAMLEY	12.	FV45	Ely Runners	1:21:48.5	1:21:29.3	08:08min/mile	72.0	
189.	317	Emily HOOPER	14.	FV35	Harpenden Arrows	1:21:54.4	1:21:47.4	08:10min/mile	61.3	
190.	539	Ian JENKINSON	33.	MV50		1:21:56.5	1:21:31.1	08:09min/mile	62.7	
191.	41	Simon REYNOLDS	65.	MV40		1:22:11.4	1:22:05.5	08:12min/mile	56.5	
192.	281	Kevin MILLARD	34.	MV50		1:22:15.3	1:22:06.0	08:12min/mile	63.6	
193.	24	Paul BRENNAN	35.	MV50	Ware Joggers	1:22:20.0	1:22:16.6	08:13min/mile	59.8	
194.	50	Allan GLEESON	66.	MV40		1:22:36.1	1:22:23.4	08:14min/mile	59.0	
195.	237	Tracy DARNELL	15.	FV35		1:22:49.0	1:22:08.4	08:12min/mile	60.4	
196.	157	Chitra DUNN	36.	MV50	Harpenden Arrows	1:22:51.2	1:22:44.9	08:16min/mile	62.0	
197.	442	Hannah BROOM	16.	FV35		1:22:54.3	1:22:44.9	08:16min/mile	60.1	
198.	150	Richard POOLEY	37.	MV50	Bedford Harriers AC	1:22:56.3	1:22:32.0	08:15min/mile	59.3	
199.	5	Kevin HARRIS	38.	MV50		1:22:58.1	1:22:44.9	08:16min/mile	59.3	
200.	521	DAVE DEBNAM	13.	MV60	Stopsley Striders	1:23:07.9	1:22:52.9	08:17min/mile	69.3	
201.	524	Kieran FITZPATRICK	67.	MV40	Stopsley Striders	1:23:24.2	1:23:05.1	08:18min/mile	58.0	
202.	290	Gary MOORE	39.	MV50	Bedford Harriers AC	1:23:36.0	1:23:13.1	08:19min/mile	61.5	
203.	479	Sue JONES	13.	FV45	Ampthill & Flitwick Flyers Running Club	1:23:50.2	1:23:45.1	08:22min/mile	68.5	
204.	220	Ian KNIGHTLEY	40.	MV50	Royston Runners	1:23:53.1	1:23:31.4	08:21min/mile	61.3	
205.	135	Sam ROWE	14.	FV45	Ware Joggers	1:23:55.0	1:23:51.3	08:23min/mile	66.0	
206.	226	Julie CALVERT	17.	FV35	Royston Runners	1:23:57.5	1:23:38.5	08:21min/mile	62.6	
207.	570	Garry BROWN	68.	MV40		1:24:07.5	1:23:20.6	08:20min/mile	55.6	
208.	202	Owen HURLEY	43.	SM	Riverside Runners St Neots	1:24:18.3	1:23:50.5	08:23min/mile	52.2	
209.	380	Robin WELLS	41.	MV50	Royston Runners	1:24:23.4	1:24:01.1	08:24min/mile	59.8	
210.	104	Annette NEWTON	4.	FV55	BRJ Running Club	1:24:30.1	1:24:15.4	08:25min/mile	78.6	
211.	500	Shaw GALLEN	69.	MV40		1:24:31.0	1:24:01.7	08:24min/mile	54.9	
212.	476	Frazer GEDDES	44.	SM	Ampthill & Flitwick Flyers Running Club	1:24:31.2	1:24:13.8	08:25min/mile	52.0	
213.	349	Carla BELL	5.	FV55	Ware Joggers	1:24:33.8	1:24:28.3	08:26min/mile	70.5	
214.	552	Jon WATKINS	70.	MV40		1:24:36.5	1:24:20.0	08:26min/mile	57.2	
215.	120	Amanda ROLAND	18.	FV35	BRJ Running Club	1:24:51.7	1:24:39.3	08:27min/mile	60.5	
216.	121	Joseph CONVEY	42.	MV50	BRJ Running Club	1:24:52.5	1:24:40.1	08:28min/mile	59.5	
217.	269	Isla OLIVER	19.	FV35	Thorney Running Club	1:24:53.1	1:24:14.0	08:25min/mile	58.9	
218.	194	Simon KING	43.	MV50	Bedford Harriers AC	1:24:53.7	1:24:35.5	08:27min/mile	61.7	
219.	327	Philip NORMAN	14.	MV60	Riverside Runners St Neots	1:24:57.9	1:24:30.3	08:27min/mile	64.6	
220.	176	Alison GLASS-PARKER	15.	FV45		1:25:01.4	1:24:52.4	08:29min/mile	63.0	
221.	582	Verity FISHER	10.	FS	Fairlands Valley Spartans	1:25:04.1	1:24:55.3	08:29min/mile	58.0	

## Finisher List

TotalRank	Bib	Participant	CatPos.	Category	Club	GunTime	ChipTime	Pace	Age Graded%	Note
222.	381	Sarah WANDEN	16.	FV45	Bedford Harriers AC	1:25:10.7	1:24:43.4	08:28min/mile	63.6	
223.	273	KEITH PERYER	44.	MV50	Bedford Harriers AC	1:25:15.9	1:25:01.7	08:30min/mile	60.3	
224.	352	Stuart HENSMAN	71.	MV40	Bedford Harriers AC	1:25:23.9	1:24:50.6	08:29min/mile	57.1	
225.	266	John HAGGERWOOD	72.	MV40	Bedford Harriers AC	1:25:23.9	1:24:58.5	08:29min/mile	57.1	
226.	305	Graham BOSWELL	45.	MV50	Royston Runners	1:25:25.0	1:25:04.6	08:30min/mile	61.3	
227.	256	David BELL	73.	MV40	Yaxley Runners	1:25:27.9	1:24:53.9	08:29min/mile	53.9	
228.	309	Craig MANSFIELD	45.	SM		1:25:28.1	1:24:54.8	08:29min/mile	51.4	
229.	229	Jackie CORT-MONK	20.	FV35	Royston Runners	1:25:35.4	1:25:15.1	08:31min/mile	60.4	
230.	175	Julie MCGREAL	6.	FV55	Royston Runners	1:25:37.8	1:25:16.2	08:31min/mile	78.6	
231.	452	Jane LAWFORD	17.	FV45	St Albans Striders	1:25:41.4	1:25:04.8	08:30min/mile	65.4	
232.	466	Denise BROWNING	7.	FV55	Amphill & Flitwick Flyers Running Club	1:25:44.7	1:25:20.9	08:32min/mile	69.6	
233.	44	Keith GOTCH	46.	MV50		1:25:53.2	1:25:21.7	08:32min/mile	59.3	
234.	204	Claire LITTLEWOOD	18.	FV45	Royston Runners	1:25:56.8	1:25:36.3	08:33min/mile	64.5	
235.	46	Bill RAYNER	15.	MV60	Sleaford Striders AC	1:25:59.4	1:25:38.1	08:33min/mile	63.2	
236.	456	Ruth STAPLETON	11.	FS	Royston Runners	1:26:02.3	1:25:48.4	08:34min/mile	57.6	
237.	172	Bettina WEST	21.	FV35		1:26:05.4	1:25:44.8	08:34min/mile	60.1	
238.	232	Lucie GRAY	22.	FV35	Royston Runners	1:26:06.4	1:25:42.9	08:34min/mile	57.8	
239.	578	Lisa SWIFT	19.	FV45		1:26:08.2	1:25:57.3	08:35min/mile	61.6	
240.	238	Annie SMITH	12.	FS		1:26:11.5	1:25:51.4	08:35min/mile	57.2	
241.	43	Jayne ODELL	23.	FV35	Royston Runners	1:26:11.5	1:25:51.8	08:35min/mile	61.0	
242.	177	Kim MONTI	20.	FV45	Royston Runners	1:26:12.0	1:25:52.5	08:35min/mile	65.1	
243.	49	Adam MELLOR	74.	MV40	St Albans Striders	1:26:15.1	1:25:40.1	08:34min/mile	56.1	
244.	458	Paresh AATKAR	47.	MV50	Amphill & Flitwick Flyers Running Club	1:26:20.3	1:26:02.3	08:36min/mile	57.0	
245.	556	Tony JONES	48.	MV50	Bedford Harriers AC	1:26:24.2	1:26:02.9	08:36min/mile	59.0	
246.	258	Stephen BRIFFETT	46.	SM		1:26:30.7	1:26:21.5	08:38min/mile	51.1	
247.	377	Alex ROTHWELL	49.	MV50	Bedford Harriers AC	1:26:34.6	1:26:01.9	08:36min/mile	58.8	
248.	166	Bobbie SAUERZAPF	8.	FV55	Bungay Black Dog RC	1:26:46.2	1:26:15.9	08:37min/mile	69.6	
249.	255	Kerrie BELL	24.	FV35		1:26:51.8	1:26:30.0	08:39min/mile	58.7	
250.	323	Paul BRADDOCK	75.	MV40	Northampton Road Running Club	1:26:52.9	1:26:28.4	08:38min/mile	54.8	
251.	102	John MALLET	47.	SM	Ware Joggers	1:26:55.4	1:26:50.0	08:41min/mile	51.5	
252.	199	Peter WORSEY	50.	MV50	Royston Runners	1:27:01.0	1:26:40.1	08:40min/mile	58.5	
253.	251	Peter PACK	51.	MV50	Bedford Harriers AC	1:27:07.0	1:26:44.3	08:40min/mile	58.0	
254.	15	Lee RADLEY	76.	MV40	Riverside Runners St Neots	1:27:17.0	1:26:47.2	08:40min/mile	53.6	
255.	66	Graham HALL	77.	MV40		1:27:19.8	1:26:47.1	08:40min/mile	52.7	
256.	491	Fiona TOWELL	21.	FV45	Leighton Buzzard Athletic Club	1:27:20.4	1:27:09.2	08:42min/mile	60.7	
257.	119	Philip HALL	78.	MV40		1:27:21.0	1:26:48.8	08:40min/mile	52.3	
258.	465	Warwick BROWNING	52.	MV50	Amphill & Flitwick Flyers Running Club	1:27:25.9	1:27:02.5	08:42min/mile	60.4	
259.	469	Barry DACKOMBE	53.	MV50	Amphill & Flitwick Flyers Running Club	1:27:28.5	1:27:12.2	08:43min/mile	56.3	
260.	291	Steve HILL	79.	MV40		1:27:29.0	1:27:13.1	08:43min/mile	53.0	
261.	39	Jane O'CALLAGHAN	25.	FV35	Royston Runners	1:27:29.9	1:27:10.1	08:43min/mile	58.7	
262.	17	Paul COCKLIN	54.	MV50	Ware Joggers	1:27:49.0	1:27:42.0	08:46min/mile	57.0	
263.	30	Alan RANDALL	55.	MV50	Ware Joggers	1:27:50.7	1:27:44.6	08:46min/mile	57.0	
264.	450	Charlotte HOLLOWAY	13.	FS	St Albans Striders	1:27:56.8	1:27:20.5	08:44min/mile	56.5	
265.	360	Barbara SAYERS	26.	FV35	North Herts Road Runners	1:28:01.3	1:27:29.4	08:44min/mile	59.2	
266.	451	Carl FURNESS	80.	MV40		1:28:08.7	1:27:23.4	08:44min/mile	54.0	
267.	65	Nina WRIGHT	27.	FV35	Yaxley Runners	1:28:19.1	1:28:08.8	08:48min/mile	59.5	
268.	107	Jo SLADE	28.	FV35	Yaxley Runners	1:28:26.2	1:28:14.6	08:49min/mile	59.0	
269.	502	Bethan MOSE	29.	FV35		1:28:30.3	1:27:54.1	08:47min/mile	56.7	
270.	399	Ian DOWNEY	81.	MV40		1:28:34.0	1:27:58.8	08:47min/mile	53.3	
271.	71	Terry DOWN	16.	MV60	Amphill & Flitwick Flyers Running Club	1:28:51.2	1:28:43.0	08:52min/mile	60.6	
272.	198	Anne RAMSDEN	9.	FV55	Ware Joggers	1:29:10.3	1:29:05.6	08:54min/mile	73.4	
273.	475	Rebecca FLECKNEY	14.	FS	Amphill & Flitwick Flyers Running Club	1:29:15.6	1:28:48.3	08:52min/mile	55.6	
274.	228	Ben ARNOLD	82.	MV40		1:29:21.3	1:29:00.7	08:54min/mile	52.8	
275.	334	Rebecca PAYNE	15.	FS		1:29:22.2	1:29:09.9	08:55min/mile	55.6	
276.	322	Robin FIANDER	17.	MV60	Bedford Harriers AC	1:29:27.5	1:29:06.3	08:54min/mile	60.7	
277.	395	Margaret BOND	10.	FV55	Higham Harriers	1:29:30.8	1:29:18.8	08:55min/mile	68.4	

## Finisher List

TotalRank	Bib	Participant	CatPos.	Category	Club	GunTime	ChipTime	Pace	Age Graded%	Note
278.	460	Ian BALLARD	83.	MV40	Amphill & Flitwick Flyers Running Club	1:29:45.8	1:29:31.0	08:57min/mile	54.3	
279.	275	Anne HIRST	22.	FV45	Bedford Harriers AC	1:29:54.1	1:29:23.6	08:56min/mile	63.1	
280.	93	Anne SCHUMANN	23.	FV45	Cambridge & Coleridge AC	1:29:59.7	1:29:42.9	08:58min/mile	60.9	
281.	99	Steve PLEASANCE	56.	MV50	Cambridge Triathlon Club	1:30:00.2	1:29:43.9	08:58min/mile	56.1	
282.	80	Andrew GREEN	84.	MV40		1:30:01.9	1:29:27.3	08:56min/mile	53.7	
283.	453	Mike GRAHAM	57.	MV50		1:30:06.6	1:29:42.4	08:58min/mile	58.1	
284.	448	Nathan BRENNAN	48.	SM	BRJ Running Club	1:30:16.6	1:29:40.5	08:58min/mile	48.8	
285.	288	Don TIFFIN	18.	MV60	Bungay Black Dog RC	1:30:19.2	1:29:47.8	08:58min/mile	64.4	
286.	320	George Edward KIRK	49.	SM		1:30:24.4	1:30:20.2	09:02min/mile	48.6	
287.	589	Jeanette CHEETHAM	24.	FV45	Bedford Harriers AC	1:30:26.1	1:29:58.6	08:59min/mile	62.0	
288.	86	Rebecca HOWLING	25.	FV45		1:30:27.7	1:30:10.6	09:01min/mile	58.6	
289.	435	Sue BLOW	11.	FV55	Ware Joggers	1:30:27.9	1:30:19.8	09:01min/mile	67.7	
290.	311	Rachel SYMONDS	16.	FS	Ware Joggers	1:30:31.2	1:30:25.0	09:02min/mile	54.7	
291.	329	Kirsty JONES	30.	FV35		1:30:40.2	1:30:17.1	09:01min/mile	54.9	
292.	461	Annette BELL	26.	FV45	Amphill & Flitwick Flyers Running Club	1:30:56.4	1:30:37.5	09:03min/mile	61.7	
293.	143	Steve GIBBONS	85.	MV40	Amphill & Flitwick Flyers Running Club	1:30:58.1	1:30:20.0	09:02min/mile	50.6	
294.	139	Barbara JOHNSON	12.	FV55	Yaxley Runners	1:31:00.2	1:30:50.3	09:05min/mile	73.0	
295.	326	Sharon EDGHILL	27.	FV45	Milton Keynes AC	1:31:16.7	1:30:51.0	09:05min/mile	63.7	
296.	522	Dee BRETNALL	28.	FV45	Harpندن Arrows	1:31:29.8	1:30:59.7	09:05min/mile	58.0	
297.	11	Annabel THOMPSON	31.	FV35	Riverside Runners St Neots	1:31:31.3	1:30:55.5	09:05min/mile	57.0	
298.	382	Simon DROWN	50.	SM		1:31:37.9	1:30:50.7	09:05min/mile	48.4	
299.	147	Juliet CORBY	29.	FV45	BRJ Running Club	1:31:39.3	1:31:23.1	09:08min/mile	59.8	
300.	438	George MURPHY	51.	SM	Bedford Harriers AC	1:31:42.1	1:31:12.5	09:07min/mile	48.1	
301.	423	Tracy CARTMELL	32.	FV35		1:31:43.2	1:31:12.5	09:07min/mile	56.8	
302.	387	Richard BEATY	52.	SM		1:31:43.4	1:30:56.9	09:05min/mile	48.6	
303.	42	Simon JOYCE	58.	MV50	Ware Joggers	1:31:47.2	1:31:40.8	09:10min/mile	53.6	
304.	78	Joanne MUFF	33.	FV35	BRJ Running Club	1:31:48.3	1:31:28.9	09:08min/mile	57.3	
305.	138	Brian MCCUSKER	86.	MV40		1:31:57.4	1:31:28.3	09:08min/mile	53.0	
306.	217	Sue HAND	30.	FV45	Dunstable RRC	1:32:01.2	1:31:36.8	09:09min/mile	58.2	
307.	216	Michael HAND	59.	MV50	Dunstable RRC	1:32:01.2	1:31:36.6	09:09min/mile	55.4	
308.	554	Mark CHEADLE	53.	SM	Fairlands Valley Spartans	1:32:04.2	1:31:47.8	09:10min/mile	48.6	
309.	163	Neil WRIGHT	54.	SM		1:32:16.7	1:31:30.8	09:09min/mile	47.7	
310.	240	Richard WOODWARD	55.	SM		1:32:28.8	1:31:50.4	09:11min/mile	47.7	
311.	215	Hilary GUNNELL	13.	FV55		1:32:30.9	1:32:12.8	09:13min/mile	67.9	
312.	455	Lance RICHARDSON	19.	MV60	Stopsley Striders	1:32:32.1	1:32:17.7	09:13min/mile	58.2	
313.	180	Ruby TOBIN	17.	FS		1:32:32.5	1:31:52.0	09:11min/mile	53.3	
314.	209	Helen DEARDON	31.	FV45	Bedford Harriers AC	1:32:34.2	1:32:03.9	09:12min/mile	59.9	
315.	324	Niki SERJEANT	32.	FV45	Riverside Runners St Neots	1:32:39.2	1:32:02.5	09:12min/mile	59.8	
316.	374	Alison COOPER	33.	FV45	Riverside Runners St Neots	1:32:39.3	1:32:02.2	09:12min/mile	61.3	
317.	505	Kate WEBB	34.	FV35	St Albans Striders	1:32:50.3	1:32:10.4	09:13min/mile	55.3	
318.	330	Kevin HENDERSON	87.	MV40		1:32:58.9	1:32:35.1	09:15min/mile	49.1	
319.	363	Howard SMITH	88.	MV40		1:33:00.6	1:32:18.8	09:13min/mile	51.6	
320.	429	Nick GAFFNEY	89.	MV40		1:33:09.8	1:32:53.4	09:17min/mile	51.5	
321.	447	Sarah BREWSTER	34.	FV45		1:33:16.1	1:32:49.3	09:16min/mile	57.5	
322.	168	Steve BALL	60.	MV50	Bedford Harriers AC	1:33:16.6	1:32:45.1	09:16min/mile	53.2	
323.	483	Brendon O'MAHONEY	61.	MV50	Amphill & Flitwick Flyers Running Club	1:33:21.4	1:33:02.6	09:18min/mile	54.6	
324.	248	Noel JONES	62.	MV50	Bedford Harriers AC	1:33:23.9	1:33:01.4	09:18min/mile	53.1	
325.	18	Paul ADAMS	63.	MV50		1:33:41.6	1:33:03.0	09:18min/mile	54.4	
326.	252	Tim LOUITIT	90.	MV40	Yaxley Runners	1:33:49.2	1:33:38.6	09:21min/mile	52.0	
327.	244	Rachel ANNETTS	35.	FV45	North Herts Road Runners	1:33:59.7	1:33:33.6	09:21min/mile	62.6	
328.	62	Julia BOOKER	35.	FV35	Ware Joggers	1:34:00.1	1:33:21.0	09:20min/mile	54.6	
329.	410	Donna FOX	36.	FV45		1:34:07.4	1:33:22.7	09:20min/mile	58.2	
330.	123	Ian SOAFT	20.	MV60	Bedford Harriers AC	1:34:11.0	1:33:39.9	09:22min/mile	59.4	
331.	402	Nadia HARRIS	36.	FV35	Bedford Harriers AC	1:34:17.0	1:33:48.5	09:22min/mile	55.3	
332.	276	Lisa SUNNER	37.	FV45		1:34:28.5	1:33:50.2	09:23min/mile	56.2	
333.	106	Lesley HARWOOD	14.	FV55	Yaxley Runners	1:34:35.9	1:34:23.6	09:26min/mile	63.0	

## Finisher List

TotalRank	Bib	Participant	CatPos.	Category	Club	GunTime	ChipTime	Pace	Age Graded%	Note
334.	537	Julian HUCKLE	64.	MV50	Werrington Joggers	1:34:38.3	1:34:23.5	09:26min/mile	53.8	
335.	267	Jonathon LANG	56.	SM		1:34:45.7	1:34:34.7	09:27min/mile	46.4	
336.	420	Michael READING	2.	MV70	Riverside Runners St Neots	1:35:06.0	1:34:28.0	09:26min/mile	64.0	
337.	224	Andrew UNSWORTH	65.	MV50	Cambridge & Coleridge AC	1:35:14.8	1:34:42.9	09:28min/mile	53.0	
338.	545	Rachel HOWARD	18.	FS	Bushfield Joggers	1:35:26.5	1:34:46.5	09:28min/mile	51.7	
339.	201	Andrea PRICE	38.	FV45	Bedford Harriers AC	1:35:35.0	1:35:10.0	09:31min/mile	56.1	
340.	179	Steven LISTER	66.	MV50		1:35:38.5	1:35:21.4	09:32min/mile	52.8	
341.	45	Steven BUNKER	91.	MV40	Riverside Runners St Neots	1:35:44.1	1:35:04.9	09:30min/mile	49.3	
342.	153	Julie FOGG	39.	FV45	Ware Joggers	1:35:47.3	1:35:42.5	09:34min/mile	57.9	
343.	134	David SELICK	21.	MV60	Riverside Runners St Neots	1:35:56.9	1:35:18.2	09:31min/mile	56.1	
344.	331	Allison FARRER	40.	FV45	Riverside Runners St Neots	1:36:00.6	1:35:23.9	09:32min/mile	55.8	
345.	171	Joanne SMYTHE	37.	FV35	Bedford Harriers AC	1:36:05.2	1:35:39.0	09:33min/mile	52.8	
346.	482	Caroline O'MAHONEY	41.	FV45	Amphill & Flitwick Flyers Running Club	1:36:41.2	1:36:22.3	09:38min/mile	58.0	
347.	257	Alli PARKER	42.	FV45	Amphill & Flitwick Flyers Running Club	1:36:48.1	1:36:10.2	09:37min/mile	56.6	
348.	222	Claire WRIGHT	38.	FV35		1:36:53.0	1:36:22.5	09:38min/mile	51.4	
349.	572	Tony COATES	92.	MV40		1:36:55.6	1:36:12.1	09:37min/mile	50.3	
350.	307	David SMITH	57.	SM		1:37:02.0	1:36:26.9	09:38min/mile	45.6	
351.	108	Angela THORPE	39.	FV35	Grange Farm Trotters	1:37:03.0	1:36:34.6	09:39min/mile	54.2	
352.	584	Tina BRAYFORD	43.	FV45	Team Balancise	1:37:11.0	1:36:42.8	09:40min/mile	55.7	
353.	133	Amesh PARIT	93.	MV40	Bedford Harriers AC	1:37:22.0	1:36:55.8	09:41min/mile	47.7	
354.	468	Robert COOK	67.	MV50	Amphill & Flitwick Flyers Running Club	1:37:28.9	1:37:02.6	09:42min/mile	53.7	
355.	593	Trudy FOSTER	40.	FV35		1:37:41.2	1:37:13.1	09:43min/mile	52.6	
356.	348	Tony LACK	3.	MV70	Ramsey RR	1:37:41.6	1:37:31.1	09:45min/mile	65.1	
357.	169	Jillian RUSSELL	44.	FV45	Harpenden Arrows	1:37:45.2	1:37:15.0	09:43min/mile	57.4	
358.	103	Anthony RYBICKI	68.	MV50	Royston Runners	1:37:50.0	1:37:11.8	09:43min/mile	51.2	
359.	116	Lucy FENSOME	41.	FV35	Bedford Harriers AC	1:37:51.4	1:37:17.4	09:43min/mile	52.9	
360.	151	Lisa AYERS	42.	FV35	Bedford Harriers AC	1:37:52.0	1:37:18.0	09:43min/mile	53.3	
361.	236	Andy DARNELL	22.	MV60		1:38:00.6	1:37:19.6	09:43min/mile	56.0	
362.	592	Grace DIAL	19.	FS	Bedford Harriers AC	1:38:06.6	1:37:35.7	09:45min/mile	50.3	
363.	207	Kim PATRICK	43.	FV35		1:38:29.9	1:38:01.5	09:48min/mile	52.9	
364.	321	Louise ROBINSON	44.	FV35		1:38:51.0	1:38:26.3	09:50min/mile	50.4	
365.	142	Angela SLOAN	45.	FV45	Bedford Harriers AC	1:38:53.3	1:38:25.2	09:50min/mile	53.6	
366.	499	Susie FOSTER	45.	FV35	Royston Runners	1:39:03.1	1:38:40.8	09:52min/mile	50.3	
367.	249	Amy CAMFIELD	20.	FS		1:39:04.2	1:38:46.4	09:52min/mile	49.8	
368.	250	Rachel DONLEY	21.	FS		1:39:05.2	1:38:47.6	09:52min/mile	50.0	
369.	568	Lucinda SHENTON	46.	FV45		1:39:05.7	1:38:22.9	09:50min/mile	53.5	
370.	301	Paula SMITH	47.	FV45		1:39:10.0	1:38:59.5	09:53min/mile	54.6	
371.	594	Kim APPLETON	46.	FV35		1:39:15.2	1:38:27.8	09:50min/mile	51.7	
372.	595	Sharon MURRELL	47.	FV35		1:39:15.5	1:38:28.3	09:50min/mile	51.1	
373.	413	Claire ADAMSON	22.	FS	Bedford Harriers AC	1:39:38.1	1:39:08.8	09:54min/mile	49.5	
374.	265	Mandy TAPLEY	48.	FV45	Bedford Harriers AC	1:39:41.8	1:39:15.5	09:55min/mile	57.6	
375.	154	Cathy CLARK	49.	FV45	Bedford Harriers AC	1:39:47.4	1:39:13.2	09:55min/mile	56.9	
376.	373	Jo SNOOKS	48.	FV35	Riverside Runners St Neots	1:39:53.7	1:39:16.4	09:55min/mile	49.9	
377.	247	Laurene LEE	49.	FV35		1:40:10.7	1:39:39.8	09:57min/mile	50.3	
378.	223	Sarah FARRUGIA	50.	FV35		1:40:16.9	1:39:46.2	09:58min/mile	51.2	
379.	575	Dawn COATES	51.	FV35		1:40:23.2	1:39:40.6	09:58min/mile	51.2	
380.	193	Jenny KING	15.	FV55	Bedford Harriers AC	1:40:28.9	1:40:02.7	10:00min/mile	60.9	
381.	559	Michelle CASPERSZ	50.	FV45	BRJ Running Club	1:40:30.6	1:39:46.7	09:58min/mile	54.5	
382.	181	Alistair BURT	69.	MV50	Biggleswade AC	1:40:48.5	1:40:22.9	10:02min/mile	52.9	
383.	48	Paula GIRDLER	52.	FV35		1:40:49.4	1:40:03.2	10:00min/mile	51.3	
384.	200	Laura WORSEY	51.	FV45	Royston Runners	1:40:53.9	1:40:17.1	10:01min/mile	54.3	
385.	61	Vicky BERRY	52.	FV45		1:40:59.9	1:40:16.1	10:01min/mile	56.2	
386.	446	RICKY ARIS	58.	SM		1:41:02.0	1:40:47.2	10:04min/mile	43.5	
387.	445	RACHEL HELEY	23.	FS		1:41:02.2	1:40:46.8	10:04min/mile	48.8	
388.	419	Barbara READING	1.	FV65	Riverside Runners St Neots	1:41:05.2	1:40:25.9	10:02min/mile	70.7	
389.	13	Tina JEEVES	24.	FS		1:41:28.4	1:40:44.0	10:04min/mile	48.6	

## Finisher List

TotalRank	Bib	Participant	CatPos.	Category	Club	GunTime	ChipTime	Pace	Age Graded%	Note
390.	12	Natalie RINGSELL	53.	FV45		1:41:33.7	1:40:49.1	10:04min/mile	52.2	
391.	337	Joanne BOOTH	53.	FV35		1:42:04.4	1:41:29.6	10:08min/mile	50.7	
392.	148	Sarah MILLS	54.	FV45		1:42:07.9	1:41:33.9	10:09min/mile	53.0	
393.	149	Gary MILLS	94.	MV40		1:42:07.9	1:41:33.9	10:09min/mile	47.7	
394.	527	Adrian HODSON	70.	MV50		1:42:19.5	1:41:57.5	10:11min/mile	48.9	
395.	531	David LEVELL	71.	MV50	Ware Joggers	1:42:19.5	1:41:57.5	10:11min/mile	48.9	
396.	206	Caroline CLARK	55.	FV45	Bedford Harriers AC	1:42:33.5	1:42:05.0	10:12min/mile	53.4	
397.	98	Suet LUA	56.	FV45		1:42:41.1	1:42:17.9	10:13min/mile	56.6	
398.	25	Tracy BRENNAN	54.	FV35	Ware Joggers	1:43:17.6	1:43:11.5	10:19min/mile	50.5	
399.	159	Terry NICHOLS	4.	MV70	Ware Joggers	1:43:17.6	1:43:10.8	10:19min/mile	58.9	
400.	513	Georgina MASON	55.	FV35		1:43:23.6	1:42:38.3	10:15min/mile	49.3	
401.	319	Sarah LOCKLEY	56.	FV35		1:43:37.5	1:43:12.5	10:19min/mile	50.3	
402.	343	Claire WATSON	57.	FV35		1:43:38.8	1:43:33.3	10:21min/mile	50.7	
403.	564	Lisa JACKSON	58.	FV35		1:43:47.9	1:43:05.1	10:18min/mile	50.6	
404.	512	Jane MILLS	57.	FV45		1:43:52.6	1:43:07.3	10:18min/mile	51.1	
405.	113	Jaqueline RAFTERY	58.	FV45		1:44:17.7	1:44:03.2	10:24min/mile	50.9	
406.	354	Christine HUNTER	16.	FV55	Stopsley Striders	1:44:24.6	1:43:42.5	10:22min/mile	60.2	
407.	341	Amanda RANKIN	59.	FV45	Stopsley Striders	1:44:24.6	1:43:42.4	10:22min/mile	52.5	
408.	197	Jaswant CHANA	23.	MV60	Bedford Harriers AC	1:44:40.9	1:43:51.8	10:23min/mile	53.9	
409.	280	Brian JUDKINS	72.	MV50	North Herts Road Runners	1:44:41.5	1:43:58.4	10:23min/mile	50.9	
410.	434	Jeannette RINALDI	60.	FV45	Bedford Harriers AC	1:44:53.4	1:44:24.7	10:26min/mile	51.6	
411.	389	Amanda PULLINGER	61.	FV45	Bedford Harriers AC	1:44:53.8	1:44:24.9	10:26min/mile	54.1	
412.	404	Caroline SKYRME	62.	FV45	St Albans Striders	1:45:04.1	1:44:23.3	10:26min/mile	52.1	
413.	600	Keith LAKIN	73.	MV50	Bedford Harriers AC	1:45:04.8	1:44:33.1	10:27min/mile	48.1	
414.	304	Cheryl BOSWELL	17.	FV55	Royston Runners	1:45:20.0	1:44:42.2	10:28min/mile	58.9	
415.	188	Hilary WILMOTT	18.	FV55	Royston Runners	1:45:20.2	1:44:42.3	10:28min/mile	61.3	
416.	268	Lucy DUNSTER	25.	FS		1:45:28.0	1:45:01.3	10:30min/mile	46.7	
417.	580	Mark NIND	74.	MV50	Lincoln & District Runners	1:45:42.3	1:45:07.8	10:30min/mile	47.8	
418.	396	Sophie BACON	26.	FS		1:45:43.3	1:45:15.3	10:31min/mile	46.6	
419.	81	Ian STURDGESS	75.	MV50	Bedford Harriers AC	1:45:52.0	1:45:22.8	10:32min/mile	47.7	
420.	122	Colin OSBORNE	24.	MV60		1:45:56.4	1:45:43.6	10:34min/mile	53.3	
421.	254	Gordon EYTON-WILLIAMS	95.	MV40		1:46:13.7	1:45:26.3	10:32min/mile	44.0	
422.	308	Paul ASHFORD	59.	SM		1:46:22.2	1:45:46.6	10:34min/mile	42.1	
423.	306	Simon SMITH	60.	SM		1:46:22.4	1:45:47.6	10:34min/mile	42.3	
424.	36	Katherine O'BRIEN	59.	FV35		1:46:23.5	1:45:37.6	10:33min/mile	47.7	
425.	144	Trevor ARMITAGE	25.	MV60	Sunderland Strollers	1:47:12.2	1:46:48.2	10:40min/mile	51.7	
426.	211	Mira TYSOE	19.	FV55	Bedford Harriers AC	1:48:11.4	1:47:45.3	10:46min/mile	58.1	
427.	100	Phil CARROLL	76.	MV50		1:48:19.5	1:47:34.9	10:45min/mile	45.8	
428.	548	Larry CORKREY	5.	MV70	Bedford Harriers AC	1:48:37.9	1:48:05.8	10:48min/mile	60.6	
429.	508	Lina SOLIWODA	27.	FS	St Albans Striders	1:48:59.6	1:48:19.1	10:49min/mile	45.3	
430.	310	Delphine HAWTHORNE	60.	FV35	Biggleswade AC	1:49:07.9	1:48:47.9	10:52min/mile	47.0	
431.	101	Rachel SWINSON	63.	FV45		1:49:20.9	1:48:37.0	10:51min/mile	50.1	
432.	562	Tracey CHAPMAN	61.	FV35		1:50:30.1	1:49:44.4	10:58min/mile	47.6	
433.	566	Lucinda COWELL	64.	FV45		1:50:31.4	1:49:45.3	10:58min/mile	48.5	
434.	567	Tracey GLADSTONE	65.	FV45		1:50:36.9	1:49:51.3	10:59min/mile	48.0	
435.	376	Susan PACK	66.	FV45	Bedford Harriers AC	1:50:45.6	1:50:16.1	11:01min/mile	50.6	
436.	314	Wendy PRESLAND	62.	FV35		1:50:53.3	1:50:28.6	11:02min/mile	46.0	
437.	47	Julia MEEKEY	67.	FV45		1:50:53.7	1:50:07.4	11:00min/mile	47.8	
438.	406	Barbara GUNN	68.	FV45	Bushfield Joggers	1:51:25.6	1:50:43.4	11:04min/mile	49.7	
439.	598	Catherine DANN	63.	FV35	Garden City Runners	1:51:31.7	1:50:50.6	11:05min/mile	46.0	
440.	51	Gill LAKE	20.	FV55		1:52:01.3	1:51:21.0	11:08min/mile	54.6	
441.	56	Maureen HALLETT	21.	FV55		1:52:01.5	1:51:21.3	11:08min/mile	56.1	
442.	375	Amanda SYKES	69.	FV45	Ware Joggers	1:52:53.7	1:52:17.8	11:13min/mile	47.0	
443.	405	Richard STEPHENS	26.	MV60	Ware Joggers	1:52:53.7	1:52:17.9	11:13min/mile	47.7	
444.	519	Deborah BOTTOMLEY	28.	FS		1:53:47.5	1:53:04.6	11:18min/mile	43.3	
445.	520	Jack STEVENS	61.	SM		1:53:48.3	1:53:05.5	11:18min/mile	38.6	



## Finisher List

TotalRank	Bib	Participant	CatPos.	Category	Club	GunTime	ChipTime	Pace	Age Graded%	Note
446.	219	Brian LORD	27.	MV60		1:54:00.9	1:53:18.1	11:19min/mile	51.0	
447.	397	Valerie BIRD	2.	FV65	Bedford Harriers AC	1:54:09.8	1:53:43.0	11:22min/mile	59.8	
448.	170	Matt WILSHERE	62.	SM		1:54:38.4	1:53:52.3	11:23min/mile	38.4	
449.	40	Roisin BYRNE	70.	FV45		1:55:56.6	1:55:08.6	11:30min/mile	46.2	
450.	19	Maureen MILLER	22.	FV55	Royston Runners	1:56:13.8	1:55:36.5	11:33min/mile	53.3	
451.	356	Tom ARIS	63.	SM		1:56:51.5	1:56:37.3	11:39min/mile	37.8	
452.	124	Ian WOODROFFE	28.	MV60		1:57:59.7	1:57:16.0	11:43min/mile	49.3	
453.	125	Sandra RUDKIN	71.	FV45		1:57:59.8	1:57:15.6	11:43min/mile	49.3	
454.	127	Elaine MCCULLOCH	3.	FV65	Bedford Harriers AC	1:59:12.6	1:58:25.9	11:50min/mile	57.3	
455.	231	Linda GREENE	72.	FV45	Fairlands Valley Spartans	2:00:04.4	1:59:20.1	11:56min/mile	44.2	
456.	467	Jane COOK	23.	FV55	Amphill & Flitwick Flyers Running Club	2:01:11.0	2:00:45.7	12:04min/mile	52.5	
457.	541	Lorena HENDERSON	64.	FV35	Bedford Harriers AC	2:02:17.9	2:01:46.5	12:10min/mile	43.0	
458.	430	Neica-Louise MORROW	65.	FV35	Bedford Harriers AC	2:02:50.2	2:02:14.1	12:13min/mile	41.3	
459.	344	Lee CLARKE	64.	SM	Bedford Harriers AC	2:02:50.4	2:02:14.7	12:13min/mile	36.1	
460.	28	John HEYWOOD	6.	MV70	Ware Joggers	2:03:32.1	2:03:05.6	12:18min/mile	55.6	
461.	558	Jacki MOORE	73.	FV45	Ware Joggers	2:03:32.2	2:02:52.2	12:17min/mile	44.3	
462.	218	Elizabeth LORD	4.	FV65	Ware Joggers	2:03:41.9	2:03:04.3	12:18min/mile	56.9	
463.	392	Geoff PETTENGELL	29.	MV60	North Herts Road Runners	2:03:59.0	2:03:14.6	12:19min/mile	45.5	
464.	441	Brian GILKS	7.	MV70	Milton Keynes AC	2:10:22.0	2:09:48.1	12:58min/mile	55.2	
465.	115	Sarah LAW	74.	FV45	Ware Joggers	2:17:04.9	2:16:25.9	13:38min/mile	40.4	
466.	192	Monica CULLIN	5.	FV65	North Herts Road Runners	2:18:37.2	2:17:52.0	13:47min/mile	53.1	
467.	365	Anne ATKINSON	24.	FV55		2:19:04.8	2:18:26.0	13:50min/mile	44.6	
468.	73	Roy STRINGER	8.	MV70	Ware Joggers	2:19:05.1	2:18:23.6	13:50min/mile	48.3	
469.	411	Caroline MEDLEY	75.	FV45	Bedford Harriers AC	2:24:00.5	2:23:23.3	14:20min/mile	37.2	
470.	83	Liz DAVEY	76.	FV45		2:32:23.7	2:31:43.7	15:10min/mile	35.1	
471.	4	Caroline STEPHENS	25.	FV55	Ware Joggers	2:32:24.3	2:31:44.1	15:10min/mile	40.1	
472.	264	Lee HOUGHTON	65.	SM		1:18:10.9	1:18:03.8	07:48min/mile	56.2	DSQ

Number of records: 472