

<u>Pos.</u>	<u>Bib</u>	<u>Name</u>	<u>CatPos.</u>	<u>Category</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>	<u>Pace</u>	<u>Age %</u>
1	550	Jordan CLAY	1.	SM	Leighton Buzzard Athletic Club	0:57:02.1	0:57:02.4	05:42min/mile	77.1%
2	525	Glen TURNER	2.	SM	Leighton Buzzard Athletic Club	0:57:20.8	0:57:20.2	05:44min/mile	77.2%
3	513	Simon FRASER	3.	SM	St Albans Striders	0:57:27.9	0:57:26.0	05:44min/mile	76.6%
4	23	Steve CLARKE	1.	MV40	Amazing Feet Running Club	0:57:54.1	0:57:49.3	05:46min/mile	83.0%
5	235	Paul VEITCH	2.	MV40	Riverside Runners St Neots	0:58:11.7	0:58:11.9	05:49min/mile	80.4%
6	265	Chris GEORGE	4.	SM	Leighton Buzzard Athletic Club	0:58:25.1	0:58:24.4	05:50min/mile	76.0%
7	442	Alexander ASH	5.	SM	Amphthill & Flitwick Flyers Running Club	0:58:31.5	0:58:30.8	05:51min/mile	75.1%
8	257	Joseph DUNN	6.	SM	St Albans Striders	0:58:33.7	0:58:31.9	05:51min/mile	75.9%
9	471	Simon MEAD	3.	MV40	Ramsey RR	0:58:58.1	0:58:58.1	05:53min/mile	78.7%
10	597	Thomas GRIMES	7.	SM	East London Runners	0:59:24.5	0:59:24.7	05:56min/mile	74.5%
11	474	Steve UPTON	4.	MV40	Amphthill & Flitwick Flyers Running Club	0:59:48.3	0:59:47.7	05:58min/mile	77.0%
12	255	Tom INCHLEY	8.	SM	Leighton Buzzard Athletic Club	1:00:26.7	1:00:25.1	06:02min/mile	73.2%
13	207	Andy INCHLEY	9.	SM	Leighton Buzzard Athletic Club	1:00:51.1	1:00:50.1	06:05min/mile	74.1%
14	151	Duncan BUSH	5.	MV40	Riverside Runners St Neots	1:00:54.0	1:00:53.9	06:05min/mile	75.6%
15	521	Mark WAINE	6.	MV40	Amphthill & Flitwick Flyers Running Club	1:00:57.6	1:00:56.6	06:05min/mile	77.4%
16	71	Jeff LUCAS	10.	SM	Werrington Joggers	1:01:04.3	1:01:03.7	06:06min/mile	73.8%
17	313	Nick BISHOP	7.	MV40	Garden City Runners	1:01:49.9	1:01:48.2	06:10min/mile	74.5%
18	308	Martin BEARE	1.	MV50	Amphthill & Flitwick Flyers Running Club	1:01:59.4	1:01:59.0	06:11min/mile	81.5%
19	482	Mark REDMOND	8.	MV40	Herts Phoenix	1:02:04.4	1:02:00.0	06:12min/mile	74.9%
20	344	Malcolm PRITCHARD	9.	MV40	Riverside Runners St Neots	1:02:21.2	1:02:19.2	06:13min/mile	75.7%
21	288	Benjamin CORFIELD	11.	SM	Leighton Buzzard Athletic Club	1:02:26.4	1:02:26.0	06:14min/mile	70.4%
22	547	Scott LLOYD	10.	MV40	Werrington Joggers	1:02:36.8	1:02:36.8	06:15min/mile	72.4%
23	19	James CURT	12.	SM	Werrington Joggers	1:02:54.6	1:02:52.2	06:17min/mile	69.9%
24	573	Billy MEAD	13.	SM	Leighton Buzzard Athletic Club	1:03:23.0	1:03:21.6	06:20min/mile	69.4%
25	329	Winston WOODWARD	11.	MV40	Dunstable RRC	1:03:27.5	1:03:26.9	06:20min/mile	72.0%
26	119	Paul MAKOWSKI	12.	MV40	Royston Runners	1:03:29.3	1:02:44.8	06:16min/mile	73.4%
27	452	James DOWN	14.	SM	Amphthill & Flitwick Flyers Running Club	1:03:32.6	1:03:31.4	06:21min/mile	69.2%
28	165	Martin WHITWORTH	13.	MV40	St Albans Striders	1:03:37.0	1:03:34.2	06:21min/mile	72.4%
29	337	Jack GREEN	15.	SM	Werrington Joggers	1:03:42.1	1:03:36.4	06:21min/mile	69.2%
30	369	Tim INCHLEY	14.	MV40	Leighton Buzzard Athletic Club	1:04:07.5	1:04:05.8	06:24min/mile	71.3%
31	300	Mark CYL	15.	MV40	Ware Joggers	1:04:11.3	1:04:05.8	06:24min/mile	74.2%

32	96	Jon WILLIAMS	16.	SM	Ware Joggers	1:04:11.8	1:04:06.4	06:24min/mile	68.7%
33	401	Neil LOADER	16.	MV40	Bedford Harriers AC	1:04:31.3	1:04:27.8	06:26min/mile	75.7%
34	535	Barry STRATFORD	17.	SM		1:04:40.7	1:04:34.9	06:27min/mile	68.3%
35	282	Sam DEAR	18.	SM	Leighton Buzzard Athletic Club	1:04:45.8	1:04:43.5	06:28min/mile	67.9%
36	572	Charlie MEAD	19.	SM	Leighton Buzzard Athletic Club	1:04:58.9	1:04:56.8	06:29min/mile	67.7%
37	249	Stuart CHANDLER	20.	SM	Ware Joggers	1:05:02.9	1:05:00.8	06:30min/mile	68.9%
38	568	Martin STEVENS	17.	MV40	Werrington Joggers	1:05:12.7	1:05:12.6	06:31min/mile	70.1%
39	303	Chris MOONEY	18.	MV40	Nene Valley Harriers	1:05:29.3	1:05:26.9	06:32min/mile	74.5%
40	46	Thomas HULL	21.	SM		1:05:35.6	1:05:32.1	06:33min/mile	67.1%
41	540	Dennis MARTIN	2.	MV50	Riverside Runners St Neots	1:05:38.5	1:05:36.5	06:33min/mile	78.4%
42	341	Billy SLAVEN	22.	SM	Werrington Joggers	1:05:47.1	1:05:41.5	06:34min/mile	66.9%
43	592	Tony BARNES	3.	MV50	Bedford Harriers AC	1:05:48.4	1:05:45.5	06:34min/mile	76.1%
44	595	Jason BRUNT	19.	MV40	Norfolk Gazelles AC	1:05:53.5	1:05:52.4	06:35min/mile	70.5%
45	309	Simon BELL	20.	MV40	Nene Valley Harriers	1:06:14.5	1:06:13.8	06:37min/mile	73.7%
46	85	Martin ERASMUS	4.	MV50	Milton Keynes AC	1:06:19.3	1:06:16.1	06:37min/mile	75.6%
47	379	Oliver JONES	23.	SM		1:06:21.2	1:06:14.7	06:37min/mile	67.6%
48	408	Stuart READ	24.	SM	Leighton Buzzard Athletic Club	1:06:22.1	1:06:15.4	06:37min/mile	66.8%
49	52	Nick KENYON-MUIR	21.	MV40	Ware Joggers	1:06:24.2	1:06:20.1	06:38min/mile	72.3%
50	590	Georgia WOOD	1.	FV35		1:06:28.7	1:06:27.7	06:38min/mile	75.0%
51	397	Laura BRINE	1.	SF	Leighton Buzzard Athletic Club	1:06:38.4	1:06:35.7	06:39min/mile	74.6%
52	284	Nick CLAY	5.	MV50	Leighton Buzzard Athletic Club	1:06:41.2	1:06:34.3	06:39min/mile	74.6%
53	589	John CHAPMAN	6.	MV50	Stopsley Striders	1:06:45.8	1:06:42.1	06:40min/mile	79.2%
54	468	Paul OWEN	22.	MV40	Amphill & Flitwick Flyers Running Club	1:06:48.6	1:06:47.4	06:40min/mile	72.4%
55	231	Dan MCDONALD	25.	SM	Werrington Joggers	1:06:54.7	1:06:52.3	06:41min/mile	67.4%
56	542	Gary FINCH	23.	MV40	Bedford Harriers AC	1:06:57.0	1:06:53.3	06:41min/mile	71.7%
57	574	Richard PEARCE	24.	MV40		1:07:01.9	1:06:56.0	06:41min/mile	70.5%
58	554	Keith SKILLING	25.	MV40		1:07:04.4	1:07:00.8	06:42min/mile	72.8%
59	584	Ross MURRAY	26.	SM		1:07:06.7	1:06:52.0	06:41min/mile	65.8%
60	583	Ian THOMAS	7.	MV50	Norfolk Gazelles AC	1:07:10.2	1:07:08.1	06:42min/mile	77.3%
61	349	Simon BOOTHBY	8.	MV50	Riverside Runners St Neots	1:07:13.9	1:07:08.4	06:42min/mile	73.9%
62	247	Phillip HAMLIN	26.	MV40	Werrington Joggers	1:07:17.1	1:07:10.8	06:43min/mile	70.8%
63	539	Grant GLENDINNING	27.	MV40	Broxbourne Runners	1:07:39.0	1:07:36.1	06:45min/mile	69.2%
64	173	Robert ANDERSON	28.	MV40		1:07:49.1	1:07:47.7	06:46min/mile	69.0%

65	148	Paul COLLINS	27.	SM		1:07:54.2	1:07:39.4	06:45min/mile	65.0%
66	86	Geraldine LARHAM	1.	FV45	March Athletic Club	1:08:00.9	1:07:58.6	06:47min/mile	78.8%
67	510	Robert SCOTT	29.	MV40	Barnet & District AC	1:08:05.3	1:08:02.6	06:48min/mile	70.5%
68	562	Tim HARRISON	28.	SM		1:08:25.0	1:08:19.4	06:49min/mile	64.9%
69	409	Paula DOWNNG	2.	FV45	Mablethorpe Running Club	1:08:25.6	1:08:21.8	06:50min/mile	81.1%
70	432	Warren ROSE	30.	MV40	Leighton Buzzard Athletic Club	1:08:36.1	1:08:28.7	06:50min/mile	68.9%
71	286	Gary FREER	29.	SM	Team Trisports	1:08:37.1	1:08:30.4	06:51min/mile	64.6%
72	388	Rodney HALL	31.	MV40	Werrington Joggers	1:08:47.7	1:08:43.3	06:52min/mile	71.0%
73	371	Calvin SEARLE	32.	MV40	Werrington Joggers	1:08:57.7	1:08:51.8	06:53min/mile	70.8%
74	227	Paul MARTIN	30.	SM	Ware Joggers	1:08:59.6	1:08:56.5	06:53min/mile	64.4%
75	511	Jerry BRYAN	9.	MV50	Barnet & District AC	1:09:12.2	1:09:02.3	06:54min/mile	74.5%
76	362	Graham MOORE	10.	MV50		1:09:26.0	1:09:22.6	06:56min/mile	73.4%
77	267	Andrew REDDEN	31.	SM	Wellingborough & District	1:10:00.2	1:09:55.9	06:59min/mile	62.9%
78	215	David KILICK	33.	MV40	Leighton Buzzard Athletic Club	1:10:07.3	1:09:58.8	06:59min/mile	65.8%
79	536	Karen PATTERSON	3.	FV45	March Athletic Club	1:10:13.2	1:10:10.3	07:01min/mile	75.6%
80	580	Tim MILLS	32.	SM		1:10:30.7	1:10:15.6	07:01min/mile	62.8%
81	552	Kevin DARCY	11.	MV50	Dunstable RRC	1:10:40.8	1:10:32.0	07:03min/mile	70.4%
82	230	STUART DIMMOCK	34.	MV40	Leighton Buzzard Athletic Club	1:11:07.5	1:10:58.8	07:05min/mile	64.9%
83	570	Steve JOY-GOOD	33.	SM	Yaxley Runners	1:11:14.1	1:11:04.9	07:06min/mile	62.5%
84	460	Phil HORAN	35.	MV40	Amphthill & Flitwick Flyers Running Club	1:11:25.6	1:10:54.2	07:05min/mile	66.5%
85	385	Johanna SHARPLES	2.	SF	Leighton Buzzard Athletic Club	1:11:37.7	1:11:34.4	07:09min/mile	68.9%
86	147	Patrick ELLERBECK	1.	MV60	Riverside Runners St Neots	1:11:40.2	1:11:29.6	07:08min/mile	76.0%
87	464	Michelle MORRIS	3.	SF	Amphthill & Flitwick Flyers Running Club	1:11:41.0	1:11:39.4	07:09min/mile	69.0%
88	203	Gary BARNES	12.	MV50	Riverside Runners St Neots	1:11:43.0	1:11:27.9	07:08min/mile	70.1%
89	598	Adam SMITH	34.	SM		1:11:50.2	1:11:35.9	07:09min/mile	61.4%
90	336	Jeremy GREEN	13.	MV50	Werrington Joggers	1:12:02.1	1:11:56.4	07:11min/mile	69.6%
91	383	Stuart CROSBY	36.	MV40	Werrington Joggers	1:12:02.4	1:11:56.5	07:11min/mile	64.0%
92	143	Andrew REID	2.	MV60	Stopsley Striders	1:12:04.5	1:12:00.7	07:12min/mile	76.9%
93	473	Richard STANLEY	14.	MV50	Amphthill & Flitwick Flyers Running Club	1:12:09.5	1:11:39.2	07:09min/mile	68.7%
94	331	Chris CHORLEY	15.	MV50	Bungay Black Dog RC	1:12:09.6	1:11:38.6	07:09min/mile	69.9%
95	205	Kenny BLYTH	3.	MV60	Ware Joggers	1:12:28.5	1:12:24.3	07:14min/mile	77.2%
96	348	Ann WOOD	4.	FV45	Werrington Joggers	1:12:37.0	1:12:31.6	07:15min/mile	81.2%
97	289	Paul BAIRD	37.	MV40	Riverside Runners St Neots	1:12:37.6	1:12:30.0	07:15min/mile	65.1%

98	537	Michael HESSEY	16.	MV50	Harpenden Arrows	1:12:38.8	1:12:26.8	07:14min/mile	67.9%
99	61	Gary MASTERS	38.	MV40	Yaxley Runners	1:12:44.7	1:12:35.7	07:15min/mile	63.9%
100	522	Ben FORSTER	35.	SM		1:12:48.2	1:12:43.5	07:16min/mile	60.5%
101	416	Mark BASTICK	36.	SM	Redway Runners	1:12:48.8	1:12:36.4	07:15min/mile	61.7%
102	155	Steven Rivett	39.	MV40	Garden City Runners	1:13:03.4	1:12:49.8	07:16min/mile	65.3%
103	412	Alan ROBERTS	17.	MV50	Vale of Aylesbury AC	1:13:04.6	1:13:02.2	07:18min/mile	68.5%
104	402	Andrew GOLDING	18.	MV50	Ware Joggers	1:13:06.0	1:12:58.4	07:17min/mile	67.4%
105	516	Joe GOMES	19.	MV50	Barnet & District AC	1:13:12.1	1:13:02.1	07:18min/mile	68.0%
106	121	Paul KEECH	20.	MV50	Stopsley Striders	1:13:16.8	1:13:12.5	07:19min/mile	71.5%
107	281	Beverley MCLEES	5.	FV45	Ware Joggers	1:13:24.3	1:13:21.2	07:20min/mile	73.8%
108	363	Peter BAKER	21.	MV50	Ware Joggers	1:13:28.8	1:13:25.4	07:20min/mile	70.7%
109	484	Andrew LARHAM	22.	MV50	March Athletic Club	1:13:39.2	1:13:36.3	07:21min/mile	71.8%
110	404	Andrew RAWLINS	40.	MV40	Werrington Joggers	1:13:42.3	1:13:32.4	07:21min/mile	64.2%
111	585	Shirish GANDHI	41.	MV40	Mornington Chasers	1:13:45.4	1:13:34.7	07:21min/mile	65.8%
112	559	Andrew HALL	23.	MV50	Werrington Joggers	1:13:51.4	1:13:46.3	07:22min/mile	66.7%
113	502	Mark YOUNG	24.	MV50	North Herts Road Runners	1:13:58.4	1:13:52.0	07:23min/mile	68.4%
114	346	Nick PEARSON	42.	MV40	Eye Community Runners	1:14:01.9	1:13:34.5	07:21min/mile	64.7%
115	523	Heather HANN	4.	SF	St Albans Striders	1:14:12.0	1:14:09.1	07:24min/mile	66.5%
116	481	Chris HARBRON	43.	MV40	Garden City Runners	1:14:14.0	1:13:55.6	07:23min/mile	64.4%
117	457	Jeremy GODFREY	37.	SM	Amphthill & Flitwick Flyers Running Club	1:14:25.5	1:14:23.4	07:26min/mile	59.1%
118	461	John Cross	44.	MV40	Amphthill & Flitwick Flyers Running Club	1:14:31.2	1:14:05.8	07:24min/mile	65.8%
119	555	Alan RICKHUSS	45.	MV40	Bedford Harriers AC	1:14:32.7	1:14:21.0	07:26min/mile	64.5%
120	268	Paul NEWELL	25.	MV50	Riverside Runners St Neots	1:14:34.9	1:14:17.6	07:25min/mile	66.8%
121	105	Nuala CARSON	5.	SF	Ware Joggers	1:14:44.1	1:14:41.1	07:28min/mile	66.0%
122	551	James BOLM	26.	MV50	Riverside Runners St Neots	1:14:44.8	1:14:24.9	07:26min/mile	67.3%
123	38	Mark BROOKMAN	46.	MV40	Biggleswade AC	1:14:48.0	1:14:21.7	07:26min/mile	61.4%
124	320	Michael MELVERN	47.	MV40		1:14:52.6	1:14:44.0	07:28min/mile	61.6%
125	32	Rob WITHEY	48.	MV40		1:14:57.5	1:14:41.6	07:28min/mile	61.6%
126	50	Liam O'DONNELL	38.	SM		1:15:05.0	1:14:53.2	07:29min/mile	59.5%
127	307	Paul JONES	27.	MV50	Cambridge & Coleridge AC	1:15:10.6	1:14:42.9	07:28min/mile	66.4%
128	176	Melissa BURRELL	2.	FV35	Bedford Harriers AC	1:15:13.1	1:14:57.0	07:29min/mile	66.7%
129	587	Nicola CARTER	3.	FV35	St Albans Striders	1:15:21.8	1:15:13.1	07:31min/mile	69.3%
130	164	Lee JARMAN	49.	MV40	Dunstable RRC	1:15:23.3	1:15:14.0	07:31min/mile	63.8%

131	441	Jo AATKAR	6.	FV45	Ampthill & Flitwick Flyers Running Club	1:15:30.4	1:15:13.1	07:31min/mile	72.0%
132	458	Sean GRAHAM	50.	MV40	Ampthill & Flitwick Flyers Running Club	1:15:33.4	1:15:06.8	07:30min/mile	62.8%
133	8	Andrew HAY	39.	SM		1:15:34.9	1:15:20.6	07:32min/mile	58.3%
134	526	Roger HOBBS	28.	MV50	Redway Runners	1:15:37.4	1:15:26.4	07:32min/mile	67.5%
135	323	Alan EVANS	29.	MV50		1:15:42.8	1:15:38.1	07:33min/mile	65.6%
136	410	MARTYN COLE	51.	MV40		1:15:45.0	1:15:07.3	07:30min/mile	62.3%
137	333	Josephine SHEFFIELD	7.	FV45	Braintree & District AC	1:16:26.2	1:16:13.9	07:37min/mile	74.5%
138	131	JOHN HOPE	4.	MV60	St Albans Striders	1:16:27.3	1:16:23.0	07:38min/mile	75.4%
139	364	Aaron DONOHOE	40.	SM	Bedford Harriers AC	1:16:33.9	1:16:24.9	07:38min/mile	57.5%
140	514	Daniel GODFREY	52.	MV40		1:16:38.7	1:16:31.0	07:39min/mile	59.3%
141	233	Tracy DARNELL	4.	FV35		1:16:40.7	1:16:28.2	07:38min/mile	65.6%
142	372	Simon GILBEY	30.	MV50	Werrington Joggers	1:16:57.2	1:16:51.0	07:41min/mile	64.6%
143	117	Katie GIBBONS	5.	FV35	Dunstable RRC	1:17:06.0	1:16:56.7	07:41min/mile	66.3%
144	544	Pete REES	53.	MV40	Team Derby Runner	1:17:10.9	1:17:01.0	07:42min/mile	62.3%
145	445	Mark BILLINGTON	31.	MV50	Ampthill & Flitwick Flyers Running Club	1:17:15.0	1:16:47.7	07:40min/mile	64.6%
146	596	Ross DOUGALL	41.	SM		1:17:15.9	1:16:50.3	07:41min/mile	57.4%
147	107	Angus MACDONALD	54.	MV40		1:17:23.9	1:17:06.5	07:42min/mile	60.2%
148	438	James DWIGHT	42.	SM	Redway Runners	1:17:30.2	1:17:09.0	07:42min/mile	57.1%
149	241	Chris DIMMOCK	55.	MV40	Leighton Buzzard Athletic Club	1:17:33.8	1:17:25.2	07:44min/mile	60.9%
150	431	Paul BURGESS	5.	MV60	Werrington Joggers	1:17:34.2	1:17:21.7	07:44min/mile	72.3%
151	37	Matthew STEPHENS	43.	SM	Ware Joggers	1:17:35.0	1:17:30.4	07:45min/mile	56.7%
152	229	Nigel AITKEN	32.	MV50	Werrington Joggers	1:17:48.9	1:17:37.5	07:45min/mile	66.8%
153	183	Nicola JONES	6.	FV35	Riverside Runners St Neots	1:17:57.1	1:17:46.3	07:46min/mile	67.6%
154	260	Martin WINTER	33.	MV50		1:18:07.8	1:17:53.2	07:47min/mile	64.9%
155	160	Martin DAVEY	34.	MV50	Ampthill & Flitwick Flyers Running Club	1:18:10.3	1:17:42.3	07:46min/mile	66.8%
156	190	Lewis HUCKLE	44.	SM		1:18:24.4	1:18:18.2	07:49min/mile	56.2%
157	427	Simon WATHEN	56.	MV40		1:18:48.9	1:18:32.3	07:51min/mile	60.6%
158	581	Ian WILLIAMS	57.	MV40		1:18:59.4	1:18:50.6	07:53min/mile	57.5%
159	368	Charlie HEMPSTEAD	35.	MV50	Bedford Harriers AC	1:19:12.1	1:19:01.6	07:54min/mile	64.5%
160	174	Christopher COLLETT	45.	SM		1:19:13.3	1:19:04.6	07:54min/mile	55.6%
161	79	Leah SHORT	6.	SF	Eye Community Runners	1:19:18.3	1:19:02.0	07:54min/mile	62.4%
162	222	Amy FARNFIELD	7.	SF	Leighton Buzzard Athletic Club	1:19:24.2	1:19:15.2	07:55min/mile	62.2%
163	465	David STANLEY	6.	MV60	Ampthill & Flitwick Flyers Running Club	1:19:29.5	1:19:25.7	07:56min/mile	69.7%

164	198	Annie SMITH	8.	SF		1:19:45.2	1:19:31.5	07:57min/mile	62.0%
165	149	Christopher TURNER	46.	SM		1:19:46.4	1:19:09.7	07:54min/mile	56.3%
166	387	Hannah BROOM	7.	FV35	Biggleswade AC	1:19:51.2	1:19:32.0	07:57min/mile	62.9%
167	367	Claire BRACKEN	9.	SF	Werrington Joggers	1:20:06.8	1:19:52.7	07:59min/mile	61.7%
168	339	Mark TURNER	36.	MV50	Werrington Joggers	1:20:07.5	1:19:50.6	07:59min/mile	61.6%
169	243	Stephen GIBB	37.	MV50	Werrington Joggers	1:20:21.2	1:20:10.3	08:01min/mile	63.0%
170	519	Kris ZAK	38.	MV50		1:20:30.1	1:19:48.3	07:58min/mile	66.8%
171	214	Kevin MILLARD	39.	MV50		1:20:36.8	1:20:31.0	08:03min/mile	65.6%
172	512	Noel JONES	40.	MV50	Bedford Harriers AC	1:20:39.3	1:20:30.0	08:03min/mile	62.2%
173	62	Ellis LAGNADO	58.	MV40		1:20:43.5	1:20:41.8	08:04min/mile	59.9%
174	290	Lisa BOWYER	10.	SF	Leighton Buzzard Athletic Club	1:20:47.3	1:20:38.5	08:03min/mile	61.4%
175	321	Jon WATKINS	59.	MV40		1:21:14.5	1:21:07.1	08:06min/mile	60.1%
176	553	Lorraine HOWARD	8.	FV35	Yaxley Runners	1:21:22.9	1:21:13.1	08:07min/mile	62.8%
177	565	Paul PRENTICE	7.	MV60	Clapham Pioneers	1:21:58.5	1:21:38.2	08:09min/mile	67.9%
178	575	Amey BRASSINGTON	11.	SF		1:22:01.6	1:21:51.2	08:11min/mile	60.2%
179	365	Chitra DUNN	41.	MV50	Harpenden Arrows	1:22:04.9	1:21:57.6	08:11min/mile	63.3%
180	139	Helen WOODCRAFT	12.	SF		1:22:14.5	1:21:34.8	08:09min/mile	60.4%
181	258	Kevin HENDERSON	60.	MV40		1:22:24.5	1:22:02.3	08:12min/mile	56.1%
182	9	Simon KING	42.	MV50	Bedford Harriers AC	1:22:28.9	1:22:20.3	08:14min/mile	64.2%
183	175	Louise JINKS	8.	FV45	Werrington Joggers	1:22:31.6	1:22:16.5	08:13min/mile	64.5%
184	159	Richard STICKLAND	43.	MV50		1:22:34.1	1:22:05.0	08:12min/mile	59.9%
185	216	Keith YEXLEY	44.	MV50		1:22:35.5	1:22:21.9	08:14min/mile	62.4%
186	134	Graham BOSWELL	45.	MV50	Royston Runners	1:22:37.0	1:22:17.5	08:13min/mile	64.2%
187	246	Roslyn HAMLIN	9.	FV45	Werrington Joggers	1:22:38.9	1:22:23.8	08:14min/mile	65.7%
188	192	Carry MURPHY	9.	FV35	Yaxley Runners	1:22:43.7	1:22:26.8	08:14min/mile	63.8%
189	403	Stephen LAWSON	46.	MV50	Ramsey RR	1:22:50.8	1:22:41.8	08:16min/mile	59.5%
190	206	Ian JENKINSON	47.	MV50		1:22:52.6	1:22:35.2	08:15min/mile	62.8%
191	423	Ian KNIGHTLEY	48.	MV50	Royston Runners	1:22:57.0	1:22:48.4	08:16min/mile	62.6%
192	378	Kirsty JONES	10.	FV35	Bedford Harriers AC	1:23:02.6	1:22:39.4	08:15min/mile	60.5%
193	65	Claire O'SULLIVAN	11.	FV35	North Herts Road Runners	1:23:02.7	1:22:18.7	08:13min/mile	63.3%
194	252	Robin WELLS	49.	MV50	Royston Runners	1:23:05.8	1:22:44.9	08:16min/mile	61.6%
195	91	Deborah FORDHAM	12.	FV35		1:23:08.1	1:22:39.7	08:15min/mile	61.7%
196	152	Laura MARSH	13.	FV35		1:23:11.5	1:22:47.0	08:16min/mile	62.5%

197	345	Jane CLEVERLEY	10.	FV45	Olney Runners AC	1:23:14.9	1:22:44.6	08:16min/mile	68.6%
198	311	Jon SCARISBRICK	61.	MV40		1:23:30.3	1:22:54.8	08:17min/mile	56.9%
199	560	James SHEA	62.	MV40	Bedford Harriers AC	1:23:33.7	1:23:20.0	08:20min/mile	56.6%
200	533	Trudy PEARCE	14.	FV35		1:23:37.9	1:23:25.4	08:20min/mile	62.0%
201	453	Terry DOWN	8.	MV60	Amphill & Flitwick Flyers Running Club	1:23:42.3	1:23:21.1	08:20min/mile	65.2%
202	237	Sam ROWE	11.	FV45	Ware Joggers	1:23:48.0	1:23:44.9	08:22min/mile	67.0%
203	278	James MILLER	47.	SM	Team Sue Ryder	1:23:58.8	1:23:26.4	08:20min/mile	52.7%
204	338	Susie DUNN	13.	SF	Ware Joggers	1:24:03.6	1:23:57.0	08:23min/mile	58.9%
205	566	David ROOTES	9.	MV60	Royston Runners	1:24:14.4	1:23:51.2	08:23min/mile	67.3%
206	440	GARRY MAYO	50.	MV50	Bearbrook Joggers Running Club	1:24:20.8	1:23:56.4	08:23min/mile	62.9%
207	415	Mark LEGATE	63.	MV40		1:24:22.9	1:23:42.7	08:22min/mile	56.8%
208	136	Kathy SMITH	15.	FV35		1:24:29.0	1:24:22.0	08:26min/mile	59.8%
209	444	Ian BALLARD	51.	MV50	Amphill & Flitwick Flyers Running Club	1:24:29.6	1:23:53.0	08:23min/mile	58.7%
210	538	Tina CODLING	12.	FV45	Riverside Runners St Neots	1:24:29.9	1:24:11.2	08:25min/mile	70.0%
211	22	John MALLETT	48.	SM	Ware Joggers	1:24:30.5	1:24:25.6	08:26min/mile	53.3%
212	518	Tim LONG	52.	MV50	Cambridge & Coleridge AC	1:24:35.4	1:24:07.8	08:24min/mile	61.7%
213	196	Richard WOODWARD	49.	SM	Bedford Harriers AC	1:24:43.4	1:24:29.1	08:26min/mile	52.4%
214	129	Andy SMITH	10.	MV60		1:24:48.7	1:24:25.0	08:26min/mile	66.9%
215	381	Colin CALCUTT	53.	MV50	North Herts Road Runners	1:24:51.4	1:24:24.5	08:26min/mile	60.4%
216	330	Bobbie SAUERZAPF	1.	FV55	Bungay Black Dog RC	1:24:52.6	1:24:20.6	08:26min/mile	72.6%
217	195	Kassia GARDNER	16.	FV35	Leighton Buzzard Athletic Club	1:24:55.2	1:24:45.1	08:28min/mile	61.0%
218	270	Gary MOORE	54	MV50	Bedford Harriers AC	1:25:01.8	1:24:44.0	08:28min/mile	71.3%
219	59	Paul WEEKES	50.	SM	Biggleswade AC	1:25:06.2	1:24:31.4	08:27min/mile	52.3%
220	543	Helen MOYE	13.	FV45	Garden City Runners	1:25:20.6	1:24:47.2	08:28min/mile	64.6%
221	99	Natalie LINFORD	14.	SF		1:25:26.9	1:24:46.8	08:28min/mile	58.2%
222	102	Simon DROWN	51.	SM		1:25:27.0	1:24:46.1	08:28min/mile	52.6%
223	456	Steve GIBBONS	64.	MV40	Amphill & Flitwick Flyers Running Club	1:25:29.5	1:25:02.0	08:30min/mile	54.6%
224	301	Tim PORTER	65.	MV40		1:25:32.5	1:25:10.3	08:31min/mile	56.8%
225	224	Nilesh PATEL	52.	SM	Bushfield Joggers	1:25:39.2	1:25:22.5	08:32min/mile	52.0%
226	342	Ken RIGG	54.	MV50	Werrington Joggers	1:25:42.4	1:25:27.3	08:32min/mile	61.2%
227		Michael Jack	55.	MV50	St Albans Striders	1:25:50.3	1:25:41.1	08:34min/mile	60.5%
228	332	Tim PINE	11.	MV60		1:25:52.8	1:25:42.6	08:34min/mile	64.0%
229	437	Lucy BUSH	17.	FV35	Riverside Runners St Neots	1:25:55.1	1:25:36.5	08:33min/mile	60.9%

230	263	Jeanette CHEETHAM	14.	FV45	Bedford Harriers AC	1:26:02.5	1:25:49.4	08:34min/mile	66.1%
231	407	Michael WARD	56.	MV50		1:26:09.7	1:25:55.6	08:35min/mile	57.8%
232	426	Paul PLATTEN	57.	MV50	Werrington Joggers	1:26:17.5	1:26:01.2	08:36min/mile	57.7%
233	253	Richard POOLEY	58.	MV50	Bedford Harriers AC	1:26:25.9	1:26:14.4	08:37min/mile	57.5%
234	25	Philip NORMAN	12.	MV60	PACTRAC	1:26:26.7	1:26:11.6	08:37min/mile	64.3%
235	478	Jeremy LEWIS	66.	MV40	Ampthill & Flitwick Flyers Running Club	1:26:28.6	1:25:57.2	08:35min/mile	55.3%
236	411	Ian HAMMETT	53.	SM	Bedford Harriers AC	1:26:31.8	1:26:19.7	08:37min/mile	51.6%
237	100	Claire ADAMSON	15.	SF	Bedford Harriers AC	1:26:32.2	1:26:20.3	08:38min/mile	57.1%
238	494	Steve SMITH	13.	MV60	Wootton Road Runners	1:26:33.9	1:26:24.1	08:38min/mile	62.9%
239	81	Jay ANDY	15.	FV45	Fairlands Valley Spartans	1:26:34.8	1:26:22.7	08:38min/mile	65.7%
240	476	Keri WITHERS	16.	FV45	Ampthill & Flitwick Flyers Running Club	1:26:37.8	1:26:05.4	08:36min/mile	66.7%
241	141	Karen ASHBY	2	FV55	Stopsley Striders	1:26:42.1	1:26:37.0	08:39min/mile	70.7%
242	220	DAVID HARDWICH	67.	MV40	Stopsley Striders	1:26:42.4	1:26:37.7	08:39min/mile	55.8%
243	488	Linda AIRD	3	FV55	North Herts Road Runners	1:26:58.5	1:26:30.4	08:39min/mile	70.8%
244	384	Louise CROSBY	17.	FV45	Werrington Joggers	1:27:05.7	1:26:57.1	08:41min/mile	63.0%
245	558	John CLARKE	68.	MV40		1:27:13.2	1:26:39.3	08:39min/mile	55.3%
246	398	Barbara JOHNSON	4	FV55	Yaxley Runners	1:27:20.0	1:27:09.2	08:42min/mile	77.3%
247	417	Angela Mozzy SCRAFTON	18.	FV35	Werrington Joggers	1:27:22.0	1:27:09.3	08:42min/mile	57.6%
248	66	Annabel THOMPSON	19.	FV35	Riverside Runners St Neots	1:27:29.3	1:27:10.9	08:43min/mile	60.3%
249	42	Simon JOYCE	59.	MV50	Ware Joggers	1:27:31.8	1:27:27.7	08:44min/mile	56.7%
250	322	Terry STOKES	54.	SM		1:27:44.8	1:27:03.9	08:42min/mile	51.4%
251	600	Sam GARDNER	55.	SM		DQF	DQF	DQF	DQF
252	245	James SPEAKE	56.	SM		1:28:04.7	1:27:21.2	08:44min/mile	50.3%
253	500	Robin FIANDER	14.	MV60	Bedford Harriers AC	1:28:06.7	1:27:42.2	08:46min/mile	62.5%
254	328	Tony JONES	60.	MV50		1:28:09.9	1:27:51.5	08:47min/mile	58.5%
255	593	Annette STRANGE	18.	FV45		1:28:10.4	1:27:54.4	08:47min/mile	65.4%
256	594	Ian STRANGE	61.	MV50		1:28:11.2	1:27:55.1	08:47min/mile	57.9%
257	97	Annalisa HEATH	16.	SF	Ware Joggers	1:28:14.7	1:28:08.8	08:48min/mile	55.9%
258	47	Clair HANDSCOMBE	20.	FV35		1:28:18.2	1:27:52.5	08:47min/mile	57.4%
259	448	Denise BROWNING	5	FV55	Ampthill & Flitwick Flyers Running Club	1:28:21.7	1:28:03.7	08:48min/mile	68.6%
260	386	Fiona TOWELL	19.	FV45	Leighton Buzzard Athletic Club	1:28:23.9	1:28:14.5	08:49min/mile	60.7%
261	316	Jason GOODMAN	57.	SM		1:28:25.2	1:27:42.1	08:46min/mile	51.4%
262	179	Robert SCRAFTON	69.	MV40		1:28:27.0	1:28:21.9	08:50min/mile	53.4%

263	414	CARLA WHITMORE	17.	SF	Bedford Harriers AC	1:28:28.5	11:58:40.9	71:52min/mile	06.8%
264	254	Neil CORNELIUS	70.	MV40		1:28:30.1	1:27:46.5	08:46min/mile	53.3%
265	82	Ray COOKE	62.	MV50	Bedford Harriers AC	1:28:37.7	1:28:23.4	08:50min/mile	56.1%
266	443	Roger BALL	71.	MV40	Ampthill & Flitwick Flyers Running Club	1:28:41.4	1:28:09.7	08:48min/mile	53.1%
267	506	Christine JONES	20.	FV45		1:28:41.5	1:28:02.3	08:48min/mile	63.0%
268	504	Sarah BREWSTER	21.	FV45		1:28:42.0	1:28:02.7	08:48min/mile	61.5%
269	485	Stephen BRIFFETT	58.	SM		1:28:45.3	1:28:40.2	08:52min/mile	49.6%
270	232	Sebastian DARNELL	59.	SM		1:28:50.6	1:28:26.3	08:50min/mile	49.9%
271	434	Paul STACK	63.	MV50	Dunstable RRC	1:28:53.6	1:28:29.1	08:50min/mile	56.6%
272	599	Joanne MUFF	22.	FV45	BRJ Running Club	1:28:57.8	1:28:12.8	08:49min/mile	60.1%
273	505	Samantha FARRELL	18.	SF		1:29:02.6	1:28:27.4	08:50min/mile	55.7%
274	294	Lisa SUNNER	23.	FV45		1:29:10.5	1:28:48.8	08:52min/mile	60.3%
275	429	Chris HITCHEN	64.	MV50		1:29:10.9	1:28:31.1	08:51min/mile	55.6%
276	221	Bill DAWSON	65.	MV50		1:29:15.3	1:28:41.7	08:52min/mile	57.4%
277	588	Christine FERGUSON	24.	FV45	St Albans Striders	1:29:26.5	1:28:07.6	08:48min/mile	66.8%
278	567	Tom BRASSINGTON	15.	MV60	Bedford Harriers AC	1:29:28.3	1:29:16.9	08:55min/mile	61.4%
279	187	Ian ROBINSON	60.	SM		1:29:31.9	1:29:04.5	08:54min/mile	50.6%
280	373	Sharon HALL	25.	FV45	Werrington Joggers	1:29:33.2	1:29:14.9	08:55min/mile	59.4%
281	393	Emma DESBRUSLAIS	19.	SF	Werrington Joggers	1:29:33.4	1:29:20.3	08:56min/mile	55.2%
282	577	Karen CHILDERLEY	21.	FV35	Riverside Runners St Neots	1:29:33.7	1:29:15.7	08:55min/mile	57.5%
283	171	Gordon PENNINGTON	72.	MV40		1:29:34.2	1:29:16.2	08:55min/mile	51.6%
284	324	Timothy COOK	66.	MV50	Werrington Joggers	1:29:41.1	1:29:29.0	08:56min/mile	58.0%
285	425	Lance RICHARDSON	16.	MV60	Stopsley Striders	1:29:49.8	1:29:37.8	08:57min/mile	60.6%
286	167	Rebecca HOWLING	26.	FV45		1:29:50.6	1:29:27.8	08:56min/mile	59.9%
287	495	MICHAEL WOOD	17.	MV60	Wootton Road Runners	1:29:51.7	1:29:42.0	08:58min/mile	63.0%
288	56	Zoe CHAPMAN	22.	FV35		1:29:52.3	1:29:10.4	08:55min/mile	56.9%
289	123	Glenn MILLER	18.	MV60		1:29:55.3	1:29:32.9	08:57min/mile	60.7%
290	380	Steve HILL	73.	MV40		1:30:00.9	1:29:50.4	08:59min/mile	52.1%
291	4	Brian MCCUSKER	67.	MV50		1:30:06.9	1:29:29.8	08:56min/mile	55.0%
292	285	Anne RAMSDEN	6	FV55	Ware Joggers	1:30:10.2	1:30:06.3	09:00min/mile	73.7%
293	163	Carmel JARMAN	27.	FV45	Dunstable RRC	1:30:11.8	1:29:42.4	08:58min/mile	59.7%
294	209	Elaine REYNOLDS	7	FV55	Bedford Harriers AC	1:30:17.9	1:30:04.3	09:00min/mile	67.1%
295	191	Jez RONALD	74.	MV40		1:30:20.8	1:29:50.2	08:59min/mile	53.0%

296	48	Ian HANDSCOMBE	75.	MV40		1:30:22.6	1:29:55.3	08:59min/mile	51.2%
297	283	Helen HIGGINS	23.	FV35		1:30:30.3	1:30:09.5	09:00min/mile	56.2%
298	111	Spencer CALVERT	76.	MV40	Royston Runners	1:30:38.1	1:30:14.9	09:01min/mile	53.1%
299	490	Lorraine SASSANO	28.	FV45		1:30:42.2	1:30:18.7	09:01min/mile	60.6%
300	399	Kay RILEY	24.	FV35	Thorney Running Club	1:31:10.8	1:30:47.3	09:04min/mile	55.3%
301	87	Naomi HOFFMAN	25.	FV35	Ware Joggers	1:31:23.7	1:31:16.8	09:07min/mile	57.6%
302	166	Lucinda SHENTON	29.	FV45		1:31:25.4	1:30:50.3	09:05min/mile	59.0%
303	269	Leseley CARROLL	30.	FV45	Riverside Runners St Neots	1:31:30.0	1:31:11.2	09:07min/mile	62.2%
304	264	Jacinta HORNE	31.	FV45	Bedford Harriers AC	1:31:35.0	1:31:21.8	09:08min/mile	62.1%
305	299	Catherine CLARK	32.	FV45	Bedford Harriers AC	1:31:37.7	1:31:11.4	09:07min/mile	63.0%
306	189	Julian HUCKLE	68.	MV50	Werrington Joggers	1:31:38.7	1:31:32.0	09:09min/mile	56.2%
307	259	Ben ARNOLD	77.	MV40		1:31:46.1	1:31:16.1	09:07min/mile	52.1%
308	69	Sally INGRAM	33.	FV45	Bedford Harriers AC	1:31:51.0	1:31:36.5	09:09min/mile	58.5%
309	335	Howard SMITH	78.	MV40		1:31:52.9	1:31:28.4	09:08min/mile	52.9%
310	298	Nick CHEAL	19.	MV60	Ware Joggers	1:31:55.1	1:31:50.4	09:11min/mile	60.3%
311	29	Robert WADDINGHAM	20.	MV60	Ware Joggers	1:32:09.5	1:32:03.0	09:12min/mile	59.6%
312	248	Joanne SMYTHE	26.	FV35	Bedford Harriers AC	1:32:15.0	1:32:03.8	09:12min/mile	55.4%
313	88	Amanda SYKES	34.	FV45	Ware Joggers	1:32:19.0	1:32:13.8	09:13min/mile	58.1%
314	261	Carol WINTER	35.	FV45		1:32:22.2	1:32:00.7	09:12min/mile	61.7%
315	236	Karen FREEMAN	36.	FV45	Yaxley Runners	1:32:28.1	1:31:53.9	09:11min/mile	58.9%
316	63	Ian SOAFT	21.	MV60	Bedford Harriers AC	1:32:56.1	1:32:32.3	09:15min/mile	61.0%
317	58	Victoria SHAW	27.	FV35	Bedford Harriers AC	1:33:03.3	1:32:48.7	09:16min/mile	54.1%
318	273	Carole JACK	37.	FV45	St Albans Striders	1:33:17.7	1:33:05.0	09:18min/mile	60.2%
319	70	Matthew MARSHALL	79.	MV40		1:33:19.4	1:32:46.2	09:16min/mile	50.0%
320	454	Kyrstin FAIRWEATHER	28.	FV35	Ampthill & Flitwick Flyers Running Club	1:33:24.9	1:32:48.8	09:16min/mile	56.2%
321	92	Mark ADKINS	80.	MV40	Leighton Buzzard Athletic Club	1:33:34.3	1:33:25.7	09:20min/mile	49.3%
322	534	Michelle CASPERSZ	38.	FV45	BRJ Running Club	1:33:34.9	1:32:49.9	09:16min/mile	59.7%
323	503	Stephen RILEY	69.	MV50	UKnetrunner	1:33:35.4	1:33:06.5	09:18min/mile	57.3%
324	376	Karen BUGAJ	8	FV55	Milton Keynes AC	1:33:41.5	1:33:16.3	09:19min/mile	64.8%
325	182	Theresa CLARK	9	FV55	Wellingborough & District	1:34:00.5	1:33:30.1	09:21min/mile	63.8%
326	251	Neil WRIGHT	61.	SM		1:34:04.8	1:33:25.5	09:20min/mile	47.2%
327	439	Jo GARNER	20.	SF	Redway Runners	1:34:06.4	1:33:45.8	09:22min/mile	53.0%
328	405	Emily WALKER	29.	FV35	Yaxley Runners	1:34:19.0	1:33:46.8	09:22min/mile	53.1%

329	157	Duncan JACKSON	62.	SM	Yaxley Runners	1:34:20.4	1:33:48.2	09:22min/mile	47.2%
330	350	Lucy BOOTHBY	39.	FV45	Riverside Runners St Neots	1:34:27.7	1:34:08.9	09:24min/mile	58.9%
331	120	Jackie CORT-MONK	30.	FV35	Royston Runners	1:34:28.1	1:34:08.1	09:24min/mile	55.4%
332	39	Steven BUNKER	81.	MV40	Riverside Runners St Neots	1:34:28.5	1:34:13.0	09:25min/mile	50.5%
333	115	Tracey COOTE	40.	FV45	Royston Runners	1:34:35.2	1:34:15.1	09:25min/mile	58.8%
334	413	Patricia PETERS	10	FV55		1:34:39.0	1:34:02.7	09:24min/mile	65.9%
335	234	Andrew DARNELL	22.	MV60		1:34:41.9	1:34:10.4	09:25min/mile	58.2%
336	10	Jenny KING	11	FV55	Bedford Harriers AC	1:34:45.1	1:34:32.4	09:27min/mile	65.6%
337	359	Eleanor COLLINS	21.	SF	Bedford Harriers AC	1:34:48.2	1:34:22.1	09:26min/mile	52.6%
338	103	Anne SCHUMANN	41.	FV45	Cambridge & Coleridge AC	1:35:15.6	1:34:52.6	09:29min/mile	58.4%
339	101	Anne ADAMSON	42.	FV45	Bedford Harriers AC	1:35:20.3	1:35:06.4	09:30min/mile	61.9%
340	162	KELLY BYWATERS	31.	FV35	Dunstable RRC	1:35:23.8	1:34:53.5	09:29min/mile	53.2%
341	202	Tara SHOREY	32.	FV35	Dunstable RRC	1:35:29.0	1:34:59.5	09:29min/mile	52.8%
342	390	Richard FOX	63.	SM	North Herts Road Runners	1:35:31.4	1:34:54.2	09:29min/mile	46.8%
343	556	David SELICK	23.	MV60	Riverside Runners St Neots	1:35:33.5	1:35:17.8	09:31min/mile	57.0%
344	391	Karen LOCKWOOD	33.	FV35	Werrington Joggers	1:35:37.6	1:35:12.2	09:31min/mile	53.9%
345	194	Daniel HASTIE	64.	SM	Royston Runners	1:35:39.4	1:35:30.8	09:33min/mile	46.7%
346	277	Lewis MILLER	65.	SM	Team Sue Ryder	1:35:43.9	1:35:13.1	09:31min/mile	46.2%
347	292	Sarah HOPEWELL	22.	SF	Ware Joggers	1:35:44.9	1:35:27.2	09:32min/mile	52.0%
348	529	Juliet PERRETT	43.	FV45		1:35:45.4	1:35:04.9	09:30min/mile	56.4%
349	418	Jenna BARRON	23.	SF		1:35:47.2	1:35:21.1	09:32min/mile	51.9%
350	541	Angela KAY	12	FV55	Bedford Harriers AC	1:35:52.7	1:35:26.2	09:32min/mile	63.3%
351	186	Sarah CRAWLEY	24.	SF	Bedford Harriers AC	1:36:00.3	1:35:48.7	09:34min/mile	51.8%
352	177	Peter WORSEY	70.	MV50	Royston Runners	1:36:05.3	1:35:44.1	09:34min/mile	53.7%
353	127	Laura WORSEY	44.	FV45	Royston Runners	1:36:05.5	1:35:43.6	09:34min/mile	57.9%
354	110	Lisa JACKSON	45.	FV45		1:36:09.8	1:35:29.7	09:32min/mile	55.6%
355	57	Sue PYECROFT	34.	FV35	Bedford Harriers AC	1:36:16.8	1:36:04.6	09:36min/mile	53.8%
356	30	Margaret WADDINGHAM	1.	FV65	Ware Joggers	1:36:22.7	1:36:15.2	09:37min/mile	75.4%
357	327	Selcan ROWLES	25.	SF	Riverside Runners St Neots	1:36:40.5	1:35:22.0	09:32min/mile	51.8%
358	428	Michaela GILES	46.	FV45	Eye Community Runners	1:36:41.0	1:36:24.0	09:38min/mile	55.6%
359	78	Sarah PASSEY	35.	FV35		1:36:43.4	1:36:19.7	09:37min/mile	52.4%
360	358	Diane MORRIS	47.	FV45		1:36:43.6	1:36:10.0	09:37min/mile	57.6%
361	154	Russell LAMBERT	24.	MV60	Bedford Harriers AC	1:36:53.2	1:36:49.1	09:40min/mile	57.8%

362	40	Fay BROWN	36.	FV35		1:36:59.8	1:36:43.6	09:40min/mile	53.5%
363	133	Cheryl BOSWELL	13	FV55	Royston Runners	1:37:08.4	1:36:47.0	09:40min/mile	64.9%
364	496	Fatima SANTOS	37.	FV35	Royston Runners	1:37:08.8	1:36:46.4	09:40min/mile	53.1%
365	116	Jane O'CALLAGHAN	38.	FV35	Royston Runners	1:37:25.5	1:37:04.7	09:42min/mile	53.3%
366	530	Anna DEVINE	39.	FV35	Yaxley Runners	1:37:33.9	1:37:01.9	09:42min/mile	52.0%
367	150	Norman WHITWOOD	1.	MV70	Harpenden Arrows	1:37:38.4	1:37:19.8	09:43min/mile	61.7%
368	43	Vicky BARTON	48.	FV45	Bedford & County Athletic Club	1:37:48.0	1:37:32.9	09:45min/mile	56.1%
369	571	Ram SINGH	82.	MV40	Werrington Joggers	1:37:56.7	1:37:08.3	09:42min/mile	49.0%
370	351	Shirley DIVER	14	FV55	Werrington Joggers	1:38:06.4	1:37:29.9	09:44min/mile	64.4%
371	210	Mike MOOR	71.	MV50		1:38:23.5	1:38:07.7	09:48min/mile	52.9%
372	28	Jaswant CHANA	25.	MV60	Bedford Harriers AC	1:38:24.8	1:37:52.9	09:47min/mile	58.3%
373	118	Tim MITCHELL	72.	MV50	Royston Runners	1:38:35.9	1:38:12.6	09:49min/mile	51.9%
374	355	John ARUNDELL	73.	MV50	Werrington Joggers	1:38:54.7	1:38:17.6	09:49min/mile	52.3%
375	467	Fiona OWEN	49.	FV45	Amphill & Flitwick Flyers Running Club	1:39:06.3	1:38:33.4	09:51min/mile	55.6%
376	188	TOM NICHOLSON	26.	MV60		1:39:08.9	1:38:26.0	09:50min/mile	59.7%
377	475	Louise WILKINS	40.	FV35	Amphill & Flitwick Flyers Running Club	1:39:18.7	1:38:49.3	09:52min/mile	53.2%
378	472	Sally SAWKINS	50.	FV45	Amphill & Flitwick Flyers Running Club	1:39:18.7	1:38:49.3	09:52min/mile	55.4%
379	578	Helena PALMER	26.	SF		1:39:19.0	1:38:44.0	09:52min/mile	49.9%
380	2	Mike(Michael) CONNOR	27.	MV60	Werrington Joggers	1:39:21.9	1:38:33.5	09:51min/mile	57.9%
381	295	Jenni VINER	15	FV55	Ware Joggers	1:39:22.5	1:39:14.9	09:55min/mile	64.2%
382	356	Sandra ARUNDELL	51.	FV45	Werrington Joggers	1:39:26.5	1:38:49.9	09:52min/mile	59.6%
383	262	Matt WILSHERE	66.	SM		1:39:27.2	1:38:46.7	09:52min/mile	44.7%
384	479	Julia HALES	41.	FV35		1:39:32.9	1:39:08.8	09:54min/mile	50.4%
385	347	Lindsay SMITH	52.	FV45		1:39:44.2	1:39:15.5	09:55min/mile	53.4%
386	271	Julie SHADBOLT	53.	FV45	Fairlands Valley Spartans	1:39:47.2	1:39:21.0	09:56min/mile	55.8%
387	274	Karen ELLIS	54.	FV45	Fairlands Valley Spartans	1:39:48.8	1:39:23.5	09:56min/mile	54.5%
388	275	Maria THORNE	55.	FV45	Fairlands Valley Spartans	1:39:49.5	1:39:23.3	09:56min/mile	53.9%
389	84	Kerrie BELL	42.	FV35		1:40:01.6	1:39:20.5	09:56min/mile	51.7%
390	83	David BELL	83.	MV40		1:40:04.0	1:39:23.1	09:56min/mile	46.7%
391	352	William DIVER	28.	MV60	Werrington Joggers	1:40:05.9	1:39:27.8	09:56min/mile	54.1%
392	497	Michelle FADDEN	56.	FV45	Bedford Harriers AC	1:40:25.3	1:40:09.9	10:00min/mile	56.0%
393	493	Ros PAYNE	43.	FV35		1:40:34.0	1:40:09.9	10:00min/mile	49.7%
394	138	Colin OSBORNE	29.	MV60		1:41:33.0	1:41:22.5	10:08min/mile	56.3%

395	250	Joanna WESTROPE	44.	FV35		1:41:36.5	1:40:52.5	10:05min/mile	51.7%
396	499	Tony LACK	2.	MV70	Ramsey RR	1:42:06.9	1:41:32.2	10:09min/mile	63.7%
397	532	Annis TURNER	27.	SF		1:42:19.4	1:41:48.3	10:10min/mile	48.4%
398	531	Stephanie TURNER	57.	FV45		1:42:19.8	1:41:49.3	10:10min/mile	57.1%
399	524	Claire LONGMAN	28.	SF	Royston Runners	1:42:29.6	1:42:08.3	10:12min/mile	48.4%
400	45	Mira TYSOE	16	FV55	Bedford Harriers AC	1:42:30.1	1:42:03.3	10:12min/mile	62.4%
401	561	Carole WATTS	58.	FV45	Bedford Harriers AC	1:42:34.3	1:42:17.9	10:13min/mile	54.8%
402	26	Jayne HUNT	59.	FV45	Ampthill & Flitwick Flyers Running Club	1:42:42.6	1:42:09.4	10:12min/mile	53.0%
403	137	Claire WATSON	60.	FV45	Ware Joggers	1:42:44.4	1:42:37.0	10:15min/mile	51.7%
404	396	Sarah FARRUGIA	45.	FV35		1:42:45.1	1:42:08.9	10:12min/mile	50.6%
405	424	Laurene LEE	46.	FV35		1:42:45.7	1:42:09.4	10:12min/mile	49.6%
406	144	Judy REID	18.	FV55	Stopsley Striders	1:43:09.1	1:42:31.7	10:15min/mile	64.7%
407	459	Nicola Wilkins	47.	FV35	Ampthill & Flitwick Flyers Running Club	1:43:11.6	1:42:42.6	10:16min/mile	50.0%
408	463	Terry MCHUGH	74.	MV50	Ampthill & Flitwick Flyers Running Club	1:43:12.6	1:42:45.8	10:16min/mile	51.4%
409	204	Laura PAGE	48.	FV35		1:43:13.8	1:42:36.0	10:15min/mile	48.5%
410	310	Frank O'SHEA	30.	MV60	Ware Joggers	1:44:14.3	1:43:57.3	10:23min/mile	54.9%
411	375	Sian COLLIN	29.	SF		1:44:24.1	1:43:52.5	10:23min/mile	47.7%
412	436	Anna YENDELL	30.	SF		1:44:30.6	1:43:46.8	10:22min/mile	47.5%
413	142	Debbie PARRY	61.	FV45		1:44:31.6	1:44:09.1	10:24min/mile	56.5%
414	156	Brian YATES	3.	MV70	Harpenden Arrows	1:44:34.7	1:44:27.1	10:26min/mile	57.5%
415	564	Elizabeth MOORE	18	FV55	Clapham Pioneers	1:45:45.6	1:45:22.6	10:32min/mile	58.8%
416	126	Carrie TAYLOR	49.	FV35	Royston Runners	1:45:51.7	1:45:29.0	10:32min/mile	47.6%
417	169	Alice DONELAN	31.	SF	Royston Runners	1:45:52.0	1:45:31.3	10:33min/mile	46.8%
418	113	Kim MONTI	62.	FV45	Royston Runners	1:45:53.5	1:45:33.3	10:33min/mile	53.8%
419	389	Trudi HALL	63.	FV45	Werrington Joggers	1:45:55.6	1:45:28.5	10:32min/mile	50.8%
420	153	Roisin BYRNE	64.	FV45		1:46:08.4	1:45:45.7	10:34min/mile	51.2%
421	12	Mark REYNER	67.	SM		1:46:09.1	1:45:22.4	10:32min/mile	41.7%
422	51	Tracey CHAPMAN	65.	FV45		1:46:23.8	1:45:42.6	10:34min/mile	50.2%
423	579	Tim CHAPMAN	84.	MV40		1:46:25.0	1:45:43.5	10:34min/mile	45.4%
424	239	Steve TINGLEY	75.	MV50	Ware Joggers	1:46:35.5	1:46:00.0	10:36min/mile	47.2%
425	124	Barbara GUNN	66.	FV45	Bushfield Joggers	1:46:36.8	1:46:00.0	10:36min/mile	52.9%
426	72	Elaine PALMER	67.	FV45	Werrington Joggers	1:46:40.8	1:46:15.1	10:37min/mile	49.9%
427	334	Peter WOOTTON	76.	MV50		1:48:06.6	1:47:28.2	10:44min/mile	46.6%

428	546	Mark UPEX	77.	MV50		1:48:32.2	1:48:02.4	10:48min/mile	45.5%
429	545	Liz UPEX	68.	FV45	Bedford Harriers AC	1:48:32.9	1:48:03.0	10:48min/mile	51.3%
430	89	David LEVELL	78.	MV50	Ware Joggers	1:48:42.3	1:48:24.5	10:50min/mile	46.6%
431	353	Kerry SURKITT	50.	FV35		1:48:47.8	1:48:46.2	10:52min/mile	47.9%
432	357	Lucinda COWELL	69.	FV45		1:49:58.1	1:49:16.0	10:55min/mile	49.6%
433	94	Tracey GLADSTONE	70.	FV45		1:49:59.5	1:49:16.9	10:55min/mile	49.0%
434	477	Isabel VICENTE	71.	FV45	Newmarket Joggers	1:50:09.3	1:49:35.0	10:57min/mile	50.0%
435	486	Allan VINCENT	68.	SM		1:50:15.4	1:50:10.9	11:01min/mile	39.9%
436	498	Deborah BOTTOMLEY	32.	SF	Milton Keynes AC	1:50:54.9	1:50:29.6	11:02min/mile	44.6%
437	193	Michelle HASTIE	51.	FV35	Royston Runners	1:51:08.6	12:21:20.9	74:08min/mile	07.0%
438	297	Brian LORD	31.	MV60		1:51:18.1	1:50:45.4	11:04min/mile	53.1%
439	326	Claire COOK	33.	SF	Werrington Joggers	1:51:37.8	1:51:13.7	11:07min/mile	44.3%
440	354	Jenine COOPER	52.	FV35		1:51:59.1	1:51:57.6	11:11min/mile	46.9%
441	304	Barbara READING	2.	FV65	Riverside Runners St Neots	1:52:22.3	1:52:02.6	11:12min/mile	64.7%
442	433	Jim FELL	4.	MV70	Werrington Joggers	1:52:52.0	1:52:13.0	11:13min/mile	52.9%
443	74	Hayley MADDEN	53.	FV35		1:53:02.6	1:52:16.8	11:13min/mile	45.1%
444	75	Nina FRANCIS	54.	FV35		1:53:03.2	1:52:17.3	11:13min/mile	44.5%
445	172	Andre ALLISON	19	FV55		1:53:16.6	1:52:36.9	11:15min/mile	59.8%
446	509	Dani BEATY	34.	SF		1:53:27.1	1:52:46.5	11:16min/mile	43.8%
447	508	Richard BEATY	69.	SM		1:53:28.7	1:52:48.7	11:16min/mile	39.7%
448	569	Michael KNIGHT	70.	SM	Yaxley Runners	1:54:48.6	1:54:13.9	11:25min/mile	38.5%
449	240	Ian WOODROFFE	32.	MV60		1:54:50.5	1:54:37.3	11:27min/mile	51.3%
450	244	Sandra RUDKIN	72.	FV45		1:54:52.8	1:54:39.7	11:27min/mile	51.3%
451	49	Phil CARROLL	79.	MV50		1:55:18.8	1:54:35.7	11:27min/mile	43.7%
452	180	Clare SURGEON	55.	FV35		1:57:25.2	1:56:39.3	11:39min/mile	43.7%
453	77	Emma COSTER	56.	FV35		1:57:26.9	1:56:41.1	11:40min/mile	44.0%
454	280	Mandy BRUNDLE	73.	FV45	Team Sue Ryder	1:57:31.1	1:56:59.5	11:41min/mile	46.8%
455	279	Paul MILLER	80.	MV50	Team Sue Ryder	1:57:33.8	1:57:01.7	11:42min/mile	42.8%
456	122	Maureen MILLER	20	FV55	Royston Runners	1:57:40.1	1:57:03.9	11:42min/mile	53.7%
457	55	Rachel SWINSON	74.	FV45		1:57:44.2	1:57:02.5	11:42min/mile	47.3%
458	340	Jayne TURNER	75.	FV45	Werrington Joggers	1:57:46.8	1:57:17.8	11:43min/mile	46.2%
459	361	Sarah BROWN	76.	FV45	Werrington Joggers	1:57:48.6	1:57:20.3	11:44min/mile	45.2%
460	325	Carol COOK	77.	FV45	Werrington Joggers	1:57:50.6	1:57:23.1	11:44min/mile	49.5%

461	515	Melanie GIDDINGS	57.	FV35	Werrington Joggers	1:57:50.9	1:57:21.8	11:44min/mile	44.4%
462	374	Hazel BREWIN	3.	FV65	Werrington Joggers	1:57:55.6	1:57:27.6	11:44min/mile	58.2%
463	435	Deborah FLACK	58.	FV35		1:58:12.0	1:57:27.9	11:44min/mile	44.7%
464	33	Sarah LUCAS	78.	FV45	Ware Joggers	1:58:50.3	1:58:15.6	11:49min/mile	48.0%
465	305	Barry GILBERT	33.	MV60	Wadhurst Runners	1:59:13.9	1:58:42.8	11:52min/mile	49.5%
466	360	Mark LAYZELL	85.	MV40	Stopsley Striders	2:01:38.2	2:00:53.0	12:05min/mile	40.3%
467	14	James COLNET	71.	SM		2:03:46.4	2:02:59.7	12:17min/mile	35.8%
468	90	Elaine MCCULLOCH	4.	FV65	Bedford Harriers AC	2:04:56.1	2:04:08.8	12:24min/mile	55.8%
469	582	Becky WILLIAMS	59.	FV35		2:07:31.1	2:07:24.5	12:44min/mile	40.3%
470	527	Jacki MOORE	79.	FV45	Ware Joggers	2:08:24.8	2:08:17.4	12:49min/mile	43.2%
471	296	Elizabeth LORD	5.	FV65	Ware Joggers	2:09:37.6	2:09:04.3	12:54min/mile	55.3%
472	419	Lee CLARKE	72.	SM	Bedford Harriers AC	2:10:12.6	2:09:35.2	12:57min/mile	34.4%
473	548	Claire KILLNER	35.	SF		2:11:42.3	2:11:02.6	13:06min/mile	37.6%
474	293	Louise TURNER	80.	FV45	Riverside Runners St Neots	2:11:56.9	2:11:17.1	13:07min/mile	40.8%
475	3	Marian CONNOR	6.	FV65	Werrington Joggers	2:13:26.8	2:12:37.4	13:15min/mile	52.3%
476	228	Julie DOWSE	21	FV55	Biggleswade AC	2:16:17.2	2:16:03.2	13:36min/mile	44.4%
477	483	Caroline MEDLEY	81.	FV45	Bedford Harriers AC	2:31:07.5	2:30:29.2	15:02min/mile	36.0%

