

<u>Overall</u>								
<u>Beds CC</u>								
<u>Postn</u>	<u>Bib</u>	<u>Participant</u>	<u>Category</u>	<u>Club</u>	<u>GunTime</u>	<u>ChipTime</u>	<u>Pace</u>	<u>AG%</u>
Female								
4	577	Emily PREJAC	SF	Dunstable RRC	1:12:21.4	1:12:17.0	07:13min/mile	68.7%
10	189	Emma EVANS	SF	Riverside Runners St Neots	1:19:36.0	1:19:31.4	07:57min/mile	62.0%
41	277	Grace STANLEY	SF	BRJ Running Club	1:39:16.1	1:38:51.5	09:53min/mile	49.9%
6	77	Victoria BERRY	FV35	Milton Keynes Redway Runners	1:14:56.2	1:14:41.3	07:28min/mile	66.7%
9	97	RACHEL CAMERON	FV35	Bedford Harriers AC	1:18:37.8	1:18:25.8	07:50min/mile	64.0%
11	481	Miriam LINFORTH	FV35	Stopsley Striders	1:19:37.7	1:19:29.4	07:56min/mile	62.9%
21	500	Katie RUDITIS	FV35	Ampthill & Flitwick Flyers Running Club	1:23:16.8	1:22:58.8	08:17min/mile	60.2%
31	29	Stacy SMITH	FV35	Unattached	1:30:57.1	1:30:20.7	09:02min/mile	55.6%
36	297	Becky MOULAM	FV35	Unattached	1:34:35.5	1:34:02.0	09:24min/mile	53.2%
38	334	Rebecca FLECKNEY	FV35	Ampthill & Flitwick Flyers Running Club	1:38:04.7	1:37:54.0	09:47min/mile	51.3%
39	74	SARAH CRAWLEY	FV35	Bedford Harriers AC	1:38:52.9	1:38:25.0	09:50min/mile	50.8%
49	102	Louise RICHARDS	FV35	Unattached	1:50:06.3	1:49:28.3	10:56min/mile	46.3%
51	101	Heidi SMITH	FV35	Unattached	2:02:37.1	2:01:59.3	12:11min/mile	41.1%
1	451	Christine LATHWELL	FV40	Stopsley Striders	1:07:04.2	1:07:04.2	06:42min/mile	76.6%
5	249	Sarah MITCHERSON	FV40	North Herts Road Runners	1:14:11.3	1:14:08.0	07:24min/mile	68.8%
22	63	Karen CHILDERLEY	FV40	Riverside Runners St Neots	1:23:22.8	1:23:06.3	08:18min/mile	62.7%
24	242	Kelly BYWATERS	FV40	Dunstable RRC	1:25:34.3	1:25:02.8	08:30min/mile	60.0%
30	536	Kerry PAGE	FV40	Royston Runners	1:30:36.1	1:29:59.0	08:59min/mile	57.9%
35	83	Caroline DIGGLE	FV40	Bedford Harriers AC	1:33:54.0	1:33:21.3	09:20min/mile	56.3%
16	92	Niki JONES	FV45	Bedford Harriers AC	1:20:50.3	1:20:38.9	08:03min/mile	67.9%
20	243	Carmel JARMAN	FV45	Dunstable RRC	1:22:38.6	1:22:07.5	08:12min/mile	65.9%
23	487	Mariella BUISSON	FV45	Unattached	1:25:33.4	1:25:23.1	08:32min/mile	62.8%
28	343	Kyrstin FAIRWEATHER	FV45	Ampthill & Flitwick Flyers Running Club	1:28:12.2	1:27:56.6	08:47min/mile	60.3%

33	190	Sharon EVANS	FV45	Riverside Runners St Neots	1:32:52.4	1:32:42.2	09:16min/mile	59.8%
44	572	Kulwinder ASSRA	FV45	Stopsley Striders	1:40:33.1	1:40:16.5	10:01min/mile	55.3%
47	225	Eva KOVACS	FV45	Bedford Harriers AC	1:46:23.4	1:45:56.8	10:35min/mile	52.3%
2	172	PAULA DOWNING	FV50	Mablethorpe RC	1:08:28.9	1:08:27.8	06:50min/mile	82.9%
3	436	Dea DITCHFIELD	FV50	Bedford Harriers AC	1:10:50.7	1:10:38.7	07:03min/mile	79.4%
8	82	Lisa WELLS	FV50	Ampthill & Flitwick Flyers Running Club	1:18:11.8	1:17:57.5	07:47min/mile	71.9%
12	442	Caroline THRUSSELL	FV50	North Herts Road Runners	1:19:41.9	1:19:33.4	07:57min/mile	74.0%
14	211	Juliet SMITH	FV50	Bedford Harriers AC	1:20:04.3	1:19:53.2	07:59min/mile	70.2%
17	351	Keri WITHERS	FV50	Ampthill & Flitwick Flyers Running Club	1:21:32.8	1:21:10.8	08:07min/mile	72.5%
18	135	Sam ROWE	FV50	Ware Joggers	1:21:44.8	1:21:32.9	08:09min/mile	70.5%
19	499	Caroline GILBY	FV50	Ampthill & Flitwick Flyers Running Club	1:22:27.6	1:22:20.9	08:14min/mile	71.5%
25	357	Paula STUART	FV50	Bedford Harriers AC	1:26:35.4	1:26:18.7	08:37min/mile	65.8%
26	233	Julie SHADBOLT	FV50	Fairlands Valley Spartans	1:27:48.6	1:27:31.4	08:45min/mile	64.8%
27	216	Lorraine SASSANO	FV50	Team Balancise	1:27:56.7	1:27:51.1	08:47min/mile	63.8%
32	347	Laura JOHNSTON	FV50	Ampthill & Flitwick Flyers Running Club	1:31:03.4	1:30:54.8	09:05min/mile	61.7%
34	497	Annette BELL	FV50	Ampthill & Flitwick Flyers Running Club	1:33:28.0	1:33:09.2	09:18min/mile	62.4%
42	188	Susan PACK	FV50	Bedford Harriers AC	1:39:59.5	1:39:41.3	09:58min/mile	58.3%
46	350	Caroline O'MAHONEY	FV50	Ampthill & Flitwick Flyers Running Club	1:42:57.5	1:42:47.8	10:16min/mile	56.6%
7	465	Ann WOOD	FV55	Werrington Joggers	1:17:07.1	1:17:00.5	07:42min/mile	78.4%
13	376	Lucy O'CONNOR	FV55	North Herts Road Runners	1:19:55.2	1:19:44.2	07:58min/mile	76.8%
15	183	Veronica SINGLETON-LAWLEY	FV55	Bedford Harriers AC	1:20:46.9	1:20:37.9	08:03min/mile	75.9%
29	545	Elaine FULLARD	FV55	Bedford Harriers AC	1:29:59.7	1:29:45.0	08:58min/mile	69.1%
40	480	Carole DARNELL	FV55	Bedford Harriers AC	1:38:53.9	1:38:27.7	09:50min/mile	63.0%
45	36	Angela FINCH	FV55	Bedford Harriers AC	1:41:42.0	1:41:15.0	10:07min/mile	61.2%
43	236	Jenny KING	FV60	Bedford Harriers AC	1:40:13.0	1:39:47.0	09:58min/mile	63.8%
53	338	Jane COOK	FV60	Ampthill & Flitwick Flyers Running Club	2:04:41.8	2:04:20.5	12:26min/mile	53.4%
37	169	Sheila HUMPHRIES	FV65+	Bedford Harriers AC	1:37:55.5	1:37:12.8	09:43min/mile	70.3%
48	341	Patricia GODFREY	FV65+	Ampthill & Flitwick Flyers Running Club	1:49:22.3	1:49:11.3	10:55min/mile	64.4%
50	398	Pamela ABBITT	FV65+	Stopsley Striders	1:57:42.7	1:57:05.4	11:42min/mile	60.1%

52	483	Valerie BIRD	FV65+	Bedford Harriers AC	2:03:33.3	2:03:06.3	12:18min/mile	58.0%
Male								
1	538	John EVES	SM	Bedford & County Athletic Club	0:53:23.9	0:53:23.9	05:20min/mile	82.9%
3	39	Christopher DILLEY	SM	Bedford Harriers AC	1:00:11.3	1:00:10.7	06:01min/mile	73.1%
5	541	Edward ADAMS	SM	London Heathside Runners AC	1:02:43.2	1:02:41.9	06:16min/mile	70.2%
6	454	Kyle CHESTERMAN	SM	Riverside Runners St Neots	1:03:44.0	1:03:42.3	06:22min/mile	69.0%
9	316	Lee MURPHY	SM	Dunstable RRC	1:05:36.4	1:05:35.3	06:33min/mile	67.0%
13	191	Rich WILSON	SM	Unattached	1:06:51.3	1:06:46.7	06:40min/mile	67.5%
21	526	Shaun BUSBY	SM	Bedford Harriers AC	1:12:37.7	1:12:33.3	07:15min/mile	60.6%
32	392	Scott AYRES	SM	Dunstable RRC	1:19:26.6	1:19:12.5	07:55min/mile	56.9%
45	37	Darren ELLIOTT	SM	Unattached	1:28:04.7	1:27:41.3	08:46min/mile	50.6%
4	386	Frank HARKIN	MV40	Bedford Harriers AC	1:01:35.7	1:01:34.9	06:09min/mile	74.8%
16	346	Richard PILLINGER	MV40	Ampthill & Flitwick Flyers Running Club	1:08:27.8	1:08:25.4	06:50min/mile	67.8%
19	524	Gavin HOPKINS	MV40	Unattached	1:09:01.9	1:08:55.6	06:53min/mile	66.3%
41	525	Martin TRINDER	MV40	Unattached	1:24:58.9	1:24:41.2	08:28min/mile	53.9%
50	28	Paul SMITH	MV40	Unattached	1:31:25.1	1:30:48.1	09:04min/mile	51.5%
51	91	Richard GALLIVAN	MV40	Bedford Harriers AC	1:31:30.8	1:31:05.3	09:06min/mile	49.8%
2	120	Adam MILLS	MV45	Bedford Harriers AC	0:56:23.4	0:56:23.4	05:38min/mile	85.8%
8	35	Gary FINCH	MV45	Bedford Harriers AC	1:04:52.7	1:04:52.1	06:29min/mile	75.2%
12	42	Bryan SEAGO	MV45	Bedford Harriers AC	1:06:49.7	1:06:46.6	06:40min/mile	73.1%
15	344	Philip HORAN	MV45	Ampthill & Flitwick Flyers Running Club	1:07:55.8	1:07:53.3	06:47min/mile	70.7%
35	385	Daemon LEE	MV45	Bedford Harriers AC	1:20:32.5	1:20:23.4	08:02min/mile	58.7%
37	367	David BAILEY	MV45	Team Balancise	1:23:09.2	1:22:48.5	08:16min/mile	57.0%
38	455	Andrew BAYLIS	MV45	Bedford Harriers AC	1:23:25.4	1:23:18.7	08:19min/mile	57.6%
54	301	Tracey THOMPSON	MV45	Unattached	1:43:02.3	1:42:45.3	10:16min/mile	46.7%
56	34	Angus FOSTER	MV45	Unattached	1:49:25.8	1:48:44.8	10:52min/mile	44.5%
7	416	Jon CLARK	MV50	Bedford Harriers AC	1:04:48.9	1:04:44.9	06:28min/mile	77.3%
10	407	Alan TURNBULL	MV50	Unattached	1:06:03.5	1:06:00.3	06:36min/mile	75.2%

11	177	Simon BELL	MV50	Nene Valley Harriers	1:06:03.5	1:06:03.5	06:36min/mile	75.1%
17	315	Pat BLESSING	MV50	Stopsley Striders	1:08:33.5	1:08:30.6	06:51min/mile	74.4%
20	237	Tony BARNES	MV50	Bedford Harriers AC	1:10:36.3	1:10:35.2	07:03min/mile	72.2%
23	352	Richard STANLEY	MV50	Amphill & Flitwick Flyers Running Club	1:13:56.5	1:13:46.8	07:22min/mile	67.9%
24	219	Mick COURTNEY	MV50	Dunstable RRC	1:13:59.5	1:13:53.5	07:23min/mile	68.4%
26	356	Paul STUART	MV50	Bedford Harriers AC	1:16:50.7	1:16:40.3	07:40min/mile	65.9%
27	457	Keith GRAY	MV50	Bedford Harriers AC	1:17:03.5	1:16:55.7	07:41min/mile	65.7%
34	363	Christian BREDEKAMP	MV50	Stopsley Striders	1:20:17.6	1:20:03.1	08:00min/mile	61.5%
36	342	Ian BALLARD	MV50	Amphill & Flitwick Flyers Running Club	1:21:06.1	1:20:50.1	08:05min/mile	61.9%
42	417	Kevin TAYLOR	MV50	Milton Keynes Redway Runners	1:25:51.4	1:25:35.5	08:33min/mile	58.5%
43	333	Richard JONES	MV50	Amphill & Flitwick Flyers Running Club	1:26:32.5	1:26:11.6	08:37min/mile	59.1%
52	474	Kieran FITZPATRICK	MV50	Stopsley Striders	1:32:29.5	1:32:02.1	09:12min/mile	53.9%
14	434	Kevin SHELTON-SMITH	MV55	Bedford Harriers AC	1:07:55.0	1:07:52.1	06:47min/mile	77.8%
18	139	Jerry PULLINGER	MV55	Bedford Harriers AC	1:08:55.5	1:08:51.8	06:53min/mile	77.4%
22	517	Steve STANLEY	MV55	Ravens City of London RC	1:13:40.9	1:13:38.5	07:21min/mile	69.8%
30	17	Graham SHORT	MV55	Bedford Harriers AC	1:17:56.5	1:17:46.4	07:46min/mile	67.9%
40	307	Stephen ROONEY	MV55	March Athletic Club	1:23:45.3	1:23:10.6	08:19min/mile	62.4%
47	349	Brendan O'MAHONEY	MV55	Amphill & Flitwick Flyers Running Club	1:30:12.9	1:29:58.7	08:59min/mile	58.2%
25	512	Andrew ROBERTSON	MV60	Bedford Harriers AC	1:14:17.4	1:14:03.9	07:24min/mile	72.7%
28	235	Simon KING	MV60	Bedford Harriers AC	1:17:30.3	1:17:18.1	07:43min/mile	69.6%
31	446	Pat ELLERBECK	MV60	Riverside Runners St Neots	1:18:46.3	1:18:38.4	07:51min/mile	70.4%
33	105	Chris CAPPS	MV60	Bedford Harriers AC	1:19:29.7	1:19:25.1	07:56min/mile	69.1%
44	339	Terry MCHUGH	MV60	Amphill & Flitwick Flyers Running Club	1:27:21.7	1:27:10.4	08:43min/mile	61.7%
46	485	Tom BRASSINGTON	MV60	Bedford Harriers AC	1:29:17.4	1:29:09.9	08:54min/mile	62.7%
59	337	Robert COOK	MV60	Amphill & Flitwick Flyers Running Club	2:04:44.7	2:04:21.7	12:26min/mile	43.3%
29	138	Frank ESAW	MV65	Bedford Harriers AC	1:17:37.2	1:17:34.3	07:45min/mile	75.0%
49	159	Ian SAGE	MV65	Dunstable RRC	1:30:55.1	1:30:23.0	09:02min/mile	64.4%
53	397	Philip ABBITT	MV65	Stopsley Striders	1:39:32.7	1:38:55.8	09:53min/mile	57.1%
39	494	Alan WEIR	MV70	Stopsley Striders	1:23:28.6	1:23:18.3	08:19min/mile	72.1%

48	300	Ian SUTCLIFFE	MV70	North Herts Road Runners	1:30:49.4	1:30:29.4	09:02min/mile	68.2%
55	230	Anthony HUGHES	MV70	Unattached	1:48:14.8	1:47:44.4	10:46min/mile	55.1%
58	312	John READE	MV70	Dunstable RRC	1:57:45.2	1:57:13.1	11:43min/mile	52.6%
57	336	David SEDGLEY	MV75+	Ampthill & Flitwick Flyers Running Club	1:54:00.5	1:53:37.2	11:21min/mile	58.0%
60	195	Walter FAIRWEATHER	MV75+	Unattached	2:47:44.2	2:47:11.8	16:43min/mile	44.2%