

SANDY 10 7th APRIL 2019 FINISHER'S LIST

Pos	Race No	Name	Category	Club	Finish Time	Chip Time	Age Grade %
1	119	Charles Bruce	MV40	Trent Park Running Club	00:56:20	00:56:18	80.59
2	250	Kirk Brawn	MV40	Peterborough AC	00:56:33	00:56:32	81.51
3	173	Paul Makowski	MV40	Royston Runners	00:56:43	00:56:41	83.29
4	253	Stephen Herring	MV50	Milton Keynes AC	00:56:56	00:56:55	86.52
5	62	Adam Mills	MV40	Bedford Harriers AC	00:57:47	00:57:47	84.48
6	447	Nicholas Liptrot	SM		00:58:06	00:58:03	76.06
7	353	Ian Halpin	SM	Ampthill & Flitwick Flyers Running Club	00:58:13	00:58:11	75.89
8	268	Oscar Bell	SM	Ware Joggers	00:58:18	00:58:17	75.48
9	124	Rodrigo Santos	SM	Riverside Runners St Neots	00:58:55	00:58:54	74.68
10	356	Chris Littlejohn	MV40	Ampthill & Flitwick Flyers Running Club	00:59:00	00:58:58	76.95
11	208	Simon Mead	MV40	Ramsey RR	00:59:14	00:59:13	80.40
12	117	James Arrowsmith	SM	Trent Park Running Club	00:59:18	00:59:16	76.06
13	351	John Decesare	MV50	Ampthill & Flitwick Flyers Running Club	00:59:23	00:59:22	83.64
14	439	Paul Guy	MV40	Garden City Runners	00:59:28	00:59:27	78.77
15	42	Steve Lomax	SM	Yaxley Runners	00:59:42	00:59:40	74.46
16	330	Steven Upton	MV40	Ampthill & Flitwick Flyers Running Club	01:00:03	01:00:02	78.63
17	233	Edward Adams	SM	London Heathside Runners AC	01:01:21	01:01:20	71.86
18	523	Paul Reddaway	MV50	Ware Joggers	01:02:01	01:01:58	86.11
19	481	Edmund Bishanga	SM	Riverside Runners St Neots	01:02:11	01:02:04	71.33
20	411	Christopher Caimino	SM		01:02:11	01:02:05	72.20
21	266	Ross Murray	SM		01:02:59	01:02:56	70.17
22	195	Caroline Brooks	FV35	Riverside Runners St Neots	01:03:07	01:03:05	78.76
23	313	Scott Aiken	MV40	Trent Park Running Club	01:03:57	01:03:56	75.72
24	131	Gavin Hopkins	MV40		01:04:06	01:03:58	72.02
25	110	Adam Hills	MV40	Bedford Harriers AC	01:04:30	01:04:26	70.94
26	286	Benedict Goold	SM		01:04:32	01:04:27	68.25
27	393	Neil Bull	MV40	Ware Joggers	01:04:36	01:04:33	71.37
28	137	Stephen Moss	MV40	Trent Park Running Club	01:04:52	01:04:49	70.52
29	571	Richard Evans	SM	St Albans Striders	01:05:25	01:05:20	68.00
30	159	Richard Allison	SM		01:05:38	01:05:30	67.28
31	448	Kathryn Liptrot	SF		01:06:00	01:05:58	75.13
32	364	Russ Hewitt	MV40	Riverside Runners St Neots	01:06:58	01:06:51	68.91
33	342	Paul Baxter	MV50	Bushfield Joggers	01:07:01	01:07:00	77.49
34	451	Nigel Aston	MV50	St Albans Striders	01:07:10	01:07:06	75.31
35	478	James Bridgman	SM		01:07:16	01:07:12	65.47
36	426	Jerry Pullinger	MV60	Bedford Harriers AC	01:07:22	01:07:18	80.03
37	508	Tom MCGhee	SM		01:07:31	01:07:20	65.34
38	369	Gav Meadows	SM	Grantham Running Club	01:07:34	01:07:30	66.42
39	107	Laura Grimer	FV35	Nene Valley Harriers	01:07:48	01:07:45	75.35
40	360	Richard Pillinger	MV40	Ampthill & Flitwick Flyers Running Club	01:07:55	01:07:53	68.98
41	339	Gavin Nicholson	MV40	Ampthill & Flitwick Flyers Running Club	01:07:57	01:07:54	66.83
42	576	Stephen Pettit	MV50	Fetch Everyone	01:08:01	01:07:57	75.04
43	485	James Smith	SM		01:08:05	01:07:56	65.00
44	88	Michael Geelan	MV40		01:08:14	01:08:08	70.44
45	550	Philip Davies	SM	Stopsley Striders	01:08:29	01:08:23	64.34
46	235	Martyn Swann	MV40		01:08:38	01:08:30	68.92
47	480	Kevin Shelton Smith	MV50	Bedford Harriers AC	01:08:46	01:08:44	73.53
48	472	Jerry Bryan	MV50	Barnet & District AC	01:08:49	01:08:44	76.92
49	109	Pete Grace	SM		01:09:05	01:08:52	64.11
50	149	David Frampton	MV60	Bedford Harriers AC	01:09:09	01:09:07	80.19
51	91	Trevor Grace	SM		01:09:19	01:09:07	63.69
52	581	Richard Hill	MV40	Ely Runners	01:09:41	01:09:38	66.16
53	540	Richard Wild	MV40	Bedford Harriers AC	01:10:03	01:10:00	65.83

54	228	David Russell	MV50	Harpenden Arrows	01:10:10	01:10:08	72.06
55	597	Martin Fallon	MV50	Stopsley Striders	01:10:17	01:10:11	70.16
56	136	Angus Macdonald	MV40		01:10:33	01:10:13	67.80
57	352	George Karaiskou	SM	Amphill & Flitwick Flyers Running Club	01:10:36	01:10:33	62.36
58	526	Craig Dowie	MV40	St Albans Striders	01:10:36	01:10:33	69.20
59	289	Andrew Macintyre	SM	Amphill & Flitwick Flyers Running Club	01:10:40	01:10:37	62.30
60	374	Simon Wathen	MV40		01:10:59	01:10:53	68.88
61	294	Colin Bunner	MV50	Stopsley Striders	01:11:03	01:10:59	69.96
62	127	Max O'keefe	SM		01:11:10	01:11:02	61.94
63	599	Peter Brown	SM		01:11:11	01:11:04	62.30
64	334	Philip Horan	MV40	Amphill & Flitwick Flyers Running Club	01:11:18	01:11:13	67.97
65	386	Craig Morrison	SM		01:11:24	01:10:49	62.23
66	566	Bruce Goulding	MV40	Trail Runners Association	01:11:27	01:11:20	68.43
67	128	Adam Jenkins	SM		01:11:28	01:11:22	61.65
68	483	Amy Farr	FV35	Amphill & Flitwick Flyers Running Club	01:11:31	01:11:28	69.99
69	217	Rich Wilson	MV40		01:11:32	01:11:31	63.46
70	396	Andrew Redden	SM	Wellingborough & District	01:11:43	01:11:38	61.64
71	296	Carmelo Mastrandrea	SM		01:11:56	01:11:50	61.27
72	145	David Hills	MV40		01:12:05	01:12:03	66.07
73	389	Chitra Dunn	MV50	Harpenden Arrows	01:12:12	01:12:05	74.02
74	283	Emma Price	SF	Riverside Runners St Neots	01:12:18	01:12:10	69.03
75	169	Ben Goddard	MV40	Riverside Runners St Neots	01:12:20	01:12:16	64.27
76	308	Stephanie Macleod	SF	Bedford Harriers AC	01:12:30	01:12:24	68.18
77	501	Philip Hadley	MV40		01:12:36	01:12:29	64.08
78	38	Keith Gillespie	SM	Yaxley Runners	01:12:44	01:12:38	60.97
79	532	Jason Lake	MV40	Bedford Harriers AC	01:12:44	01:12:35	67.26
80	465	Richard Gale	MV40	Amphill & Flitwick Flyers Running Club	01:12:58	01:12:51	62.75
81	32	Andy Savage	MV50	Yaxley Runners	01:13:01	01:12:48	71.31
82	56	Lee Mostari	MV40		01:13:15	01:12:53	64.24
83	8	Bruce Hutchinson	MV50	Bedford Harriers AC	01:13:19	01:13:09	69.70
84	90	Beverley Mclees	FV45	Ware Joggers	01:13:20	01:13:16	76.59
85	323	Ian Curry	MV40		01:13:23	01:13:16	62.88
86	73	Claire Rulton	FV35	Bedford Harriers AC	01:13:37	01:13:27	70.47
87	530	Andrew Ramage	SM	Harlow Running Club	01:14:13	01:14:10	59.91
88	582	Stephanie Potter	FV35		01:14:15	01:14:02	67.56
89	287	Stewart Clarke	MV40	Eye Community Runners	01:14:28	01:14:15	62.55
90	517	Ross Rhodes	SM		01:14:57	01:14:51	58.77
91	58	Philip Lee	MV40		01:15:04	01:14:55	63.54
92	596	Hanna Brickell	SF	BRJ Running Club	01:15:07	01:15:00	66.08
93	348	Annette Bell	FV45	Amphill & Flitwick Flyers Running Club	01:15:09	01:14:56	78.64
94	366	Jon Mead	MV40		01:15:09	01:15:00	63.47
95	326	Lisa Wells	FV45	Amphill & Flitwick Flyers Running Club	01:15:15	01:15:11	76.47
96	347	Barry Stratford	SM	Amphill & Flitwick Flyers Running Club	01:15:16	01:14:48	59.65
97	382	Adam Newman	MV40		01:15:24	01:15:12	60.79
98	430	Peter Baker	MV50	Ware Joggers	01:15:31	01:15:28	70.71
99	417	David Newton	MV70+	BRJ Running Club	01:15:32	01:15:26	78.81
100	18	Paul Brennan	MV50	Ware Joggers	01:15:33	01:15:30	67.53
101	489	Greg Cairns	MV40		01:15:41	01:15:36	64.57
102	476	Tom De Val	MV40		01:15:52	01:15:43	62.35
103	573	Richard Bloom	MV70+	Herts Phoenix	01:15:58	01:15:55	81.28
104	490	Helen Cairns	FV35	North Herts Road Runners	01:15:58	01:15:53	69.34
105	282	Stephen James	MV50	Bedford Harriers AC	01:16:00	01:15:56	65.40
106	40	Sue Harlow	FV35	Yaxley Runners	01:16:03	01:15:54	68.74
107	443	Melanie Wiffin	FV35	BRJ Running Club	01:16:10	01:16:03	66.37
108	210	Dano Stack	SM		01:16:22	01:16:09	58.58
109	335	Mark Billington	MV50	Amphill & Flitwick Flyers Running Club	01:16:26	01:16:13	66.89
110	132	Laura Marsh	FV45	Bedford Harriers AC	01:16:28	01:16:17	69.61
111	390	Paul Roberts	MV40		01:16:30	01:16:19	63.42

112	79	Graham Short	MV50	Bedford Harriers AC	01:16:39	01:16:29	69.77
113	162	Ralph Ward	MV60	Bedford Harriers AC	01:16:48	01:16:32	70.37
114	207	Robert Pick	MV60	Trent Park Running Club	01:16:49	01:16:43	72.94
115	125	Joana Cerveira	SF	Riverside Runners St Neots	01:16:51	01:16:45	64.36
116	372	Graeme Mctait	MV40	Uknetrunner	01:16:57	01:16:35	62.17
117	381	Amey Brassington	SF		01:16:58	01:16:52	64.20
118	433	Gary Freer	SM	Team TriSports	01:16:59	01:16:53	58.31
119	543	Mark Crane	MV40		01:17:09	01:16:46	60.02
120	151	Dervla Downing	FV35	North Herts Road Runners	01:17:16	01:17:11	67.07
121	236	David Sabey	MV50		01:17:17	01:17:02	63.92
122	464	Andy Atherton	MV50	Amphill & Flitwick Flyers Running Club	01:17:29	01:17:15	66.59
123	6	Simon King	MV60	Bedford Harriers AC	01:17:31	01:17:23	70.25
124	325	Abigail Wells-Day	SF	Amphill & Flitwick Flyers Running Club	01:17:35	01:17:29	63.68
125	505	Jane Munro	FV55		01:17:37	01:17:32	78.98
126	45	William Abram	MV40	Bedford Harriers AC	01:17:46	01:17:37	62.36
127	166	Andrew Durrant	MV60	Stopsley Striders	01:17:49	01:17:44	69.29
128	338	Martin Davey	MV50	Amphill & Flitwick Flyers Running Club	01:17:54	01:17:44	68.01
129	310	Pags Claudianos	FV35	Riverside Runners St Neots	01:17:58	01:17:52	66.47
130	529	Steve Mowles	MV40	Harpenden Arrows	01:18:08	01:17:55	60.59
131	25	Liam O'donnell	MV40		01:18:13	01:17:36	58.48
132	147	Anthony Charters	MV40	Riverside Runners St Neots	01:18:14	01:17:58	62.61
133	86	Claire Piercy	FV45	Yaxley Runners	01:18:20	01:18:12	69.30
134	482	Jeremy Bell	MV50	Amphill & Flitwick Flyers Running Club	01:18:41	01:18:37	65.43
135	82	Stewart Dorrell	SM	Bedford Harriers AC	01:18:48	01:18:44	55.87
136	53	Richard Woodward	SM	Bedford Harriers AC	01:18:53	01:18:43	56.95
137	565	Ben Evans	SM		01:18:57	01:18:39	55.94
138	193	Richard Hill	MV40	Northampton Road Running Club	01:19:08	01:18:25	61.73
139	254	Terry Fone	MV70+	Eye Community Runners	01:19:11	01:18:56	80.60
140	350	Jacqui Morland	FV35	Amphill & Flitwick Flyers Running Club	01:19:12	01:19:08	65.41
141	419	Michael Munro	MV40	Bedford Harriers AC	01:19:20	01:19:11	61.65
142	453	Tara Dundon	SF	Huntingdon AC	01:19:22	01:19:08	62.79
143	230	Paul Collins	SM		01:19:24	01:18:59	55.70
144	331	Michelle Morris	FV35	Amphill & Flitwick Flyers Running Club	01:19:30	01:19:29	62.71
145	231	William Kendall	SM		01:19:37	01:19:13	55.54
146	406	Nora Haggart	FV55		01:19:39	01:19:33	82.35
147	387	Andrew Barber	MV50	Ely Runners	01:19:54	01:19:13	62.69
148	320	Keith Yexley	MV50		01:19:57	01:19:48	66.24
149	246	Kevin Taylor	MV50	Milton Keynes Redway Runners	01:20:07	01:20:01	63.16
150	452	Sam Rice	SM		01:20:09	01:19:51	55.64
151	324	Terry Mchugh	MV60	Amphill & Flitwick Flyers Running Club	01:20:12	01:20:10	67.82
152	354	Ian Ballard	MV50	Amphill & Flitwick Flyers Running Club	01:20:16	01:19:58	63.20
153	589	Mike Wright	MV50	Eye Community Runners	01:20:21	01:20:07	63.09
154	409	Duncan Worthy	SM	Bedford Harriers AC	01:20:25	01:20:15	56.18
155	592	Jane Roberts	FV45	BRJ Running Club	01:20:28	01:20:20	71.56
156	220	Veronica Singleton-Lawle	FV55	Bedford Harriers AC	01:20:38	01:20:24	77.17
157	552	Rob Watson	MV50		01:20:39	01:20:24	66.36
158	428	Mike Roberts	MV50		01:20:41	01:20:25	61.76
159	138	Ali Cooper	FV55	Riverside Runners St Neots	01:20:45	01:20:39	74.00
160	227	Steve Lawson	MV50	Ramsey RR	01:20:46	01:20:34	62.73
161	346	Laurence Abbott	SM	Amphill & Flitwick Flyers Running Club	01:20:48	01:20:36	55.94
162	327	Paul Court	MV40	Amphill & Flitwick Flyers Running Club	01:20:51	01:20:48	58.43
163	510	Richard Linford	MV60		01:20:55	01:20:48	67.94
164	299	Chris Fadden	MV50	Bedford Harriers AC	01:20:58	01:20:44	64.31
165	459	Pete Smith	MV50	Fairlands Valley Spartans	01:21:06	01:21:00	64.08
166	332	Simon Wilkins	MV40	Amphill & Flitwick Flyers Running Club	01:21:08	01:21:04	58.72
167	533	Dean Usher	SM	Royston Runners	01:21:13	01:20:59	55.67
168	126	Sara Jacobs	FV35		01:21:23	01:21:01	64.95
169	416	Annette Newton	FV65+	BRJ Running Club	01:21:28	01:21:21	86.55

170	108	Victoria Berry	FV35	Milton Keynes Redway Runners	01:21:38	01:21:32	61.35
171	291	Christopher Turner	MV40		01:21:39	01:21:19	55.81
172	368	David Bailey	MV40	Team Balancise	01:21:46	01:21:32	58.38
173	251	Amanda Roland-Convey	FV45	BRJ Running Club	01:21:54	01:21:46	64.94
174	52	Beverley Tredget	FV55	Bedford Harriers AC	01:21:56	01:21:45	73.01
175	514	Darren Ellis	SM	Yaxley Runners	01:21:56	01:21:43	53.93
176	537	Claire Littlewood	FV45	Royston Runners	01:21:56	01:21:43	71.23
177	11	Rachel Moss	FV35	Bedford Harriers AC	01:22:06	01:21:58	61.02
178	345	Mark Rouse	MV40	Amphill & Flitwick Flyers Running Club	01:22:10	01:22:06	57.03
179	362	Sally Sawkins	FV45	Amphill & Flitwick Flyers Running Club	01:22:12	01:22:12	69.10
180	156	Stuart Mitchell	SM		01:22:13	01:21:53	53.93
181	399	Katie Ruditis	FV35	Amphill & Flitwick Flyers Running Club	01:22:21	01:22:16	61.06
182	328	Richard Jones	MV50	Amphill & Flitwick Flyers Running Club	01:22:21	01:22:08	62.63
183	196	John Brophy	MV60	Dunstable RRC	01:22:22	01:22:06	68.84
184	343	Neil Runagall	MV40	Team Balancise	01:22:32	01:22:18	55.54
185	255	Richard Coffey	MV50	Ware Joggers	01:22:33	01:22:28	60.75
186	495	Jim Jennings	MV50		01:22:36	01:22:20	61.39
187	148	Stuart Cowan	MV70+		01:22:39	01:22:13	72.31
188	157	Chris Grant	MV60		01:22:40	01:22:28	65.93
189	35	Carry Murphy	FV45	Yaxley Runners	01:22:43	01:22:25	65.76
190	412	Grant Willison	SM		01:22:47	01:22:25	53.38
191	273	Kris Zak	MV60		01:22:49	01:22:18	66.69
192	187	Lindsey Marshall	FV55	Holme Pierrepont RC	01:22:50	01:22:40	74.07
193	415	Graham Hall	MV40		01:22:52	01:22:31	57.69
194	513	Carmel Jarman	FV45	Dunstable RRC	01:22:56	01:22:47	66.21
195	272	Lynda Grinsted	FV35	Royston Runners	01:22:58	01:22:48	60.97
196	257	Bal Sandhu	FV35		01:23:11	01:23:02	62.84
197	470	Joanne Gladding	FV35	Ware Joggers	01:23:20	01:23:17	60.07
198	370	Matt Pyecroft	MV40	Bedford Harriers AC	01:23:22	01:23:13	57.20
199	434	Nick Green	MV40		01:23:27	01:23:10	56.30
200	305	Jane Foley	FV45	Royston Runners	01:23:35	01:23:24	69.80
201	431	Dominic O'connell	MV50		01:23:44	01:23:18	63.47
202	279	Sanjay Roy	SM	Stopsley Striders	01:23:48	01:23:28	53.05
203	365	Michael Crowley	MV40		01:23:58	01:23:36	57.42
204	199	Richard Pooley	MV50	Bedford Harriers AC	01:24:03	01:23:43	60.90
205	192	Paul Cooper	SM		01:24:05	01:23:39	53.12
206	544	Mariella Buisson	FV45		01:24:14	01:24:05	64.46
207	219	Sally Dickinson	FV45	Leighton Fun Runners	01:24:19	01:23:57	64.56
208	278	Jamie Boness	SM		01:24:19	01:24:08	52.63
209	541	Michael Shaw	MV50	BRJ Running Club	01:24:25	01:24:06	62.28
210	379	Jim Brown	MV60	Fairlands Valley Spartans	01:24:39	01:24:23	67.65
211	512	George Horne	SM		01:24:41	01:24:30	52.07
212	549	Claire Ashton	FV45	BRJ Running Club	01:24:41	01:24:24	63.54
213	36	Gemma Toogood	SF	Yaxley Runners	01:24:46	01:24:33	58.62
214	492	Andrew Clarke	SM		01:24:48	01:24:21	52.35
215	528	Stephen Mckee	MV50	Harpenden Arrows	01:24:48	01:24:40	62.44
216	340	Isobel Horsfall	SF		01:24:50	01:24:34	58.92
217	298	Tony Jones	MV50	Bedford Harriers AC	01:24:50	01:24:32	62.54
218	355	Kyrstin Fairweather	FV45	Amphill & Flitwick Flyers Running Club	01:24:54	01:24:38	63.37
219	93	Steven Pantling	MV40		01:24:59	01:24:37	57.20
220	575	Rachel Wood	FV35		01:25:05	01:24:55	60.52
221	242	Stephen Rooney	MV50	March Athletic Club	01:25:12	01:24:59	61.64
222	564	Mark Sanz	MV50	Ware Joggers	01:25:41	01:25:22	57.68
223	503	Jane Chand	FV45		01:25:51	01:25:26	66.48
224	120	Rich Waive	SM		01:25:55	01:25:37	51.89
225	241	Deirdre Fee	FV55	Werrington Joggers	01:25:58	01:25:47	72.33
226	26	Martin Randall	SM		01:26:02	01:25:31	51.95
227	344	Zoey Didlick	FV35	Amphill & Flitwick Flyers Running Club	01:26:04	01:25:48	60.33

228	518	Rosalind Innes	FV35	BRJ Running Club	01:26:06	01:25:58	59.38
229	436	John Eales	MV50	Northampton Road Running Club	01:26:08	01:25:42	58.97
230	371	Elizabeth Whittaker	FV55	Bushfield Joggers	01:26:12	01:26:04	75.06
231	557	Ritu Hunjan	FV35		01:26:32	01:26:24	59.09
232	262	Tom Brassington	MV60	Bedford Harriers AC	01:26:32	01:26:26	65.38
233	96	Ian Chapman	MV40		01:26:33	01:25:56	52.81
234	319	Steve Smith	MV60	Wootton Road Runners	01:26:36	01:26:20	64.82
235	259	Helen Leach	FV45	Riverside Runners St Neots	01:26:38	01:26:23	63.45
236	168	Gary Reader	MV40	Riverside Runners St Neots	01:26:40	01:26:26	54.18
237	394	Clifford Punter	MV50	Dunstable RRC	01:26:46	01:26:30	60.02
238	580	Mark Legate	MV40		01:26:47	01:26:19	56.56
239	16	Steve Parry	MV50	Bedford Harriers AC	01:26:48	01:26:33	60.52
240	213	Renette Wolvaardt	FV45	Bedford Harriers AC	01:27:00	01:26:43	67.96
241	450	Dan Keen	MV40		01:27:07	01:27:00	53.39
242	260	Julie Mcgreal	FV65+	Royston Runners	01:27:09	01:26:58	82.19
243	545	Kay Riley	FV35	PACTRAC	01:27:09	01:26:51	58.78
244	264	Julie Calvert	FV45	Royston Runners	01:27:13	01:27:01	62.99
245	263	Spencer Calvert	MV50	Royston Runners	01:27:14	01:27:03	56.57
246	182	Joanne Carrington	FV45	Riverside Runners St Neots	01:27:23	01:27:07	61.56
247	66	Tony Coates	MV50		01:27:31	01:27:02	58.07
248	420	James Lovett	SM	Bedford Harriers AC	01:27:34	01:27:13	50.77
249	446	Richard White	MV60	Tring Running Club	01:27:36	01:27:16	64.13
250	226	Linda Aird	FV55	North Herts Road Runners	01:27:39	01:27:31	72.82
251	122	Rav Phgura	SM		01:27:39	01:27:25	50.52
252	17	Andrew Sims	MV50	Ware Joggers	01:27:40	01:27:32	58.25
253	405	Stephen Pike	MV60	Fairlands Valley Spartans	01:27:42	01:27:22	61.65
254	474	Justin Bettles	SM		01:27:42	01:27:15	51.14
255	20	Robin Fiander	MV60	Bedford Harriers AC	01:27:43	01:27:31	63.94
256	1	Richard Lawson	MV40	Bedford Harriers AC	01:27:48	01:27:33	55.76
257	300	Peter Fadden	SM	Bedford Harriers AC	01:28:00	01:27:44	50.15
258	224	Paul Cocklin	MV50	Ware Joggers	01:28:04	01:27:58	59.54
259	548	Daniel Godfrey	MV40		01:28:11	01:27:59	52.79
260	583	Tony Stewart	MV60		01:28:17	01:27:57	64.25
261	143	Anne Ramsden	FV65+	Ware Joggers	01:28:25	01:28:19	78.56
262	522	Chris Elt	SM	Riverside Runners St Neots	01:28:31	01:28:26	50.45
263	560	Jonathan Milne	MV40	St Albans Striders	01:28:37	01:28:11	55.36
264	4	Sarah Crawley	FV35	Bedford Harriers AC	01:28:46	01:28:28	56.78
265	98	Lawrence Folley	MV50	Bedford Harriers AC	01:28:46	01:28:28	60.32
266	113	Mark Canning	MV50		01:29:19	01:28:49	57.92
267	457	Stuart Hollick	MV40		01:29:26	01:28:59	51.37
268	189	Mark Godden	MV40		01:29:32	01:29:21	50.79
269	558	Jane Roberts	FV35		01:29:33	01:29:23	57.49
270	427	Tim Pine	MV60		01:29:34	01:29:22	63.24
271	322	Dawn Boon	FV35	Stopsley Striders	01:29:47	01:29:30	58.29
272	312	Kerry Dear	FV35	Stopsley Striders	01:29:50	01:29:32	56.68
273	502	Louise Millar	FV45		01:29:51	01:29:34	61.92
274	333	Nicola Wilkins	FV35	Amphill & Flitwick Flyers Running Club	01:29:55	01:29:52	58.55
275	185	Karen Palmer	FV45	Fairlands Valley Spartans	01:29:55	01:29:39	64.14
276	284	Victoria Olik	FV35	Bushfield Joggers	01:30:09	01:30:01	57.51
277	395	Mike Daniels	MV40	Bushfield Joggers	01:30:10	01:29:44	51.76
278	212	Philip Middleton	MV50	Team Balancise	01:30:17	01:30:02	55.16
279	539	William Howling	SM	Cambridge & Coleridge AC	01:30:17	01:30:05	49.25
280	538	Rebecca Howling	FV45		01:30:29	01:30:16	61.43
281	29	Raeanne Elliott	FV35	Yaxley Runners	01:30:31	01:30:18	55.89
282	33	David Towns	MV60	Yaxley Runners	01:30:32	01:30:20	65.13
283	247	Lewina Agius	FV35	North Herts Road Runners	01:30:42	01:30:33	57.17
284	367	Diane Hunt	FV55	St Albans Striders	01:30:42	01:30:26	67.71
285	285	Michael Thatcher	MV40		01:30:45	01:30:20	54.04

286	579	Michael Parks	MV50	Bedford Harriers AC	01:30:55	01:30:34	55.31
287	141	Trudie Molloy	FV45	Fairlands Valley Spartans	01:31:27	01:30:55	59.61
288	69	Rachel Cooke	FV45	Bedford Harriers AC	01:31:35	01:31:18	60.04
289	245	Matthew Jarvis	MV50		01:31:36	01:31:17	54.88
290	37	Anna King	FV35		01:31:36	01:31:13	55.33
291	274	Alex Keenan	SF		01:31:38	01:31:19	54.05
292	23	Stephen Gale	MV50	Bedford Harriers AC	01:31:44	01:31:22	57.86
293	336	Emily Brown	SF	Amphill & Flitwick Flyers Running Club	01:31:50	01:31:47	53.77
294	554	Chalene Long	FV45		01:31:56	01:31:43	58.47
295	479	Tim Colebrook	MV50		01:31:57	01:31:29	57.79
296	494	Tim Southam	MV40	Bedford Harriers AC	01:31:59	01:31:51	50.57
297	498	Victoria Shaw	FV35	Bedford Harriers AC	01:31:59	01:31:51	55.58
298	477	Natalie Allen	SM		01:32:01	01:31:46	48.12
299	397	Christine Sharman	FV45	Amphill & Flitwick Flyers Running Club	01:32:02	01:31:47	63.41
300	15	Tracy Moore	FV45	Thorney Running Club	01:32:04	01:31:46	58.44
301	519	Kevin White	MV40		01:32:08	01:31:38	51.95
302	418	Antonia Lovett	SF	Bedford Harriers AC	01:32:11	01:31:49	53.88
303	5	Jenny King	FV55	Bedford Harriers AC	01:32:12	01:31:51	70.34
304	551	Liz Davies	FV55	Stopsley Striders	01:32:18	01:32:09	64.77
305	388	Sue Pyecroft	FV45	Bedford Harriers AC	01:32:26	01:32:09	57.62
306	267	Steve Newman	MV50		01:32:37	01:32:26	54.68
307	456	Julie Dennis	FV45		01:32:41	01:32:16	59.40
308	421	Kerry Batten	FV35	Bedford Harriers AC	01:32:45	01:32:35	56.36
309	200	Gerard Baker	MV40	BRJ Running Club	01:32:51	01:32:21	52.41
310	28	Adam Blake	MV40	Yaxley Runners	01:32:56	01:32:33	52.75
311	130	Andrew Potter	MV50	Stamford Striders	01:33:12	01:32:52	56.41
312	515	Ian Jenkinson	MV50		01:33:20	01:32:52	57.46
313	240	Kate Barnard	FV45	Bedford Harriers AC	01:33:22	01:32:58	58.96
314	34	Emily Hawke	FV35	Yaxley Runners	01:33:33	01:33:10	55.56
315	556	Ben Arnold	MV40		01:33:42	01:33:18	52.32
316	261	Natasha Hall	SF	Stopsley Striders	01:33:53	01:33:36	52.78
317	425	Luke Gurney	SM	Fairlands Valley Spartans	01:33:54	01:33:32	47.04
318	359	Deborah Salmon	FV55	Amphill & Flitwick Flyers Running Club	01:34:02	01:33:47	71.85
319	205	Steve Riley	MV60	Uknetrunner	01:34:04	01:33:44	58.57
320	377	Selcan Rowles	FV35	Riverside Runners St Neots	01:34:13	01:33:32	53.29
321	139	Angela Sloan	FV45	Bedford Harriers AC	01:34:14	01:33:49	58.42
322	229	Jillian Russell	FV45	Harpenden Arrows	01:34:15	01:34:00	62.70
323	21	Gail Matthews	FV35	Bedford Harriers AC	01:34:19	01:34:01	55.49
324	555	Helen Joyce	FV35	Yaxley Runners	01:34:22	01:33:57	53.47
325	307	Thomas Fletcher	MV40		01:34:27	01:34:01	50.63
326	221	Jo Arnold	FV35		01:34:29	01:34:09	55.88
327	10	Steve Gaunt	MV50	Bedford Harriers AC	01:34:41	01:34:31	56.45
328	507	Melanie Blackaby	FV45	Ware Joggers	01:34:43	01:34:40	56.10
329	19	Tracy Brennan	FV45	Ware Joggers	01:34:51	01:34:48	57.17
330	568	Camille Stephens	FV35		01:34:59	01:34:50	52.97
331	222	Allyson Santini	SF		01:35:01	01:34:47	52.06
332	223	Gareth Clarke	SM		01:35:03	01:34:48	46.49
333	561	Carey Rooks	FV35		01:35:08	01:34:57	52.49
334	567	Samantha Page	FV35		01:35:09	01:34:59	53.75
335	509	Catherine Clark	FV55	Bedford Harriers AC	01:35:17	01:34:50	62.93
336	404	Phil Durham	MV40		01:35:35	01:35:05	50.06
337	511	Julie Loader	FV45		01:35:36	01:35:19	60.32
338	585	Julie Etherden	FV45	Leighton Fun Runners	01:35:43	01:35:22	61.80
339	95	Zoe Chapman	FV35		01:35:44	01:35:06	54.43
340	71	Tom Wilson	SM		01:35:45	01:35:18	46.81
341	463	Russell Doyle	MV40		01:35:52	01:35:22	50.76
342	265	Bradley Calvert	SM	Royal Navy AC	01:35:59	01:35:59	45.84
343	72	Nick Cheal	MV60	Ware Joggers	01:36:25	01:36:22	59.23

344	437	Amy Maxwell	SF	Yaxley Runners	01:36:30	01:36:08	51.69
345	486	Zoe Taylor	FV35	Royston Runners	01:36:53	01:36:34	53.21
346	525	Belle Woodcraft	SF		01:36:53	01:36:33	51.16
347	105	Nigel Smith	MV50		01:37:02	01:36:29	53.80
348	115	Sian Collin	FV35		01:37:12	01:36:56	51.60
349	358	Tara Armstrong	FV45	Amphill & Flitwick Flyers Running Club	01:37:18	01:37:03	54.71
350	524	Wendy Reddaway	FV55	Ware Joggers	01:37:23	01:37:18	62.93
351	595	Jenny Holt	FV35		01:37:28	01:37:03	52.95
352	74	Sarah Berry	FV35	Ware Joggers	01:37:33	01:37:27	51.14
353	133	Steve Matthews	MV50		01:37:39	01:37:23	53.31
354	57	Kerry Northfield	FV35		01:37:45	01:37:13	53.25
355	123	Andrew Mostari	MV40		01:37:47	01:37:21	47.33
356	67	Gavin Smart	MV40		01:37:50	01:37:17	46.99
357	64	Tracey Chapman	FV45		01:37:51	01:37:17	56.34
358	276	Dave Thompson-Trace	MV50	Stopsley Striders	01:37:54	01:37:33	54.70
359	12	Julia Churcher-Upton	FV45	Bedford Harriers AC	01:38:03	01:37:53	57.34
360	500	Clare Hadley	FV45		01:38:12	01:37:54	54.24
361	134	Sarah Allonby	FV45	Amphill & Flitwick Flyers Running Club	01:38:18	01:37:48	56.04
362	435	Adam Bojan	MV40		01:38:19	01:37:57	46.33
363	588	Kulwinder Assra	FV45	Stopsley Striders	01:38:25	01:38:08	57.19
364	164	Ally Blunt	FV45	North Herts Road Runners	01:38:28	01:38:19	58.47
365	161	Suet Lua	FV55	Bedford Harriers AC	01:38:33	01:38:15	62.33
366	183	Karen Liddle	FV55	Fairlands Valley Spartans	01:38:49	01:38:19	65.71
367	142	Tricia Hopper	FV45	Fairlands Valley Spartans	01:38:49	01:38:19	58.48
368	31	Deborah Cook	FV45	Yaxley Runners	01:38:52	01:38:29	53.91
369	591	Nicola Buck	SF		01:39:12	01:38:50	49.98
370	553	Jade Duncan	SF		01:39:16	01:38:56	49.88
371	60	Lucy Cowell	FV45		01:39:16	01:38:46	56.82
372	203	Rebecca Young	SF		01:39:55	01:39:23	49.65
373	181	Amelia Naisbitt	SF		01:40:04	01:39:38	49.59
374	256	Sarah Rammal	FV35		01:40:11	01:39:41	51.55
375	234	Abbi Woodroffe	FV45		01:40:13	01:39:43	54.35
376	80	Jackie Popland	FV55	Bedford Harriers AC	01:40:28	01:39:54	67.45
377	534	Lucy Sqnace	FV35		01:40:31	01:40:12	50.94
378	311	Amanda Scott	SF	Stopsley Striders	01:40:33	01:40:05	49.30
379	410	Victoria Reavey	SF	Team Balancise	01:40:37	01:39:59	49.48
380	106	Julie Medlow	FV35		01:40:38	01:40:24	51.97
381	154	Nathalie Palmer	FV45	Thorney Running Club	01:40:48	01:40:14	55.32
382	184	Larry Corkrey	MV70+	Bedford Harriers AC	01:40:59	01:40:34	71.65
383	158	Amy Allison	SF		01:41:00	01:40:32	49.21
384	22	Sara Gale	FV55	Bedford Harriers AC	01:41:01	01:40:38	62.48
385	458	Elizabeth Chamberlain	FV35	Riverside Runners St Neots	01:41:13	01:40:56	51.69
386	445	Shirley White	FV55	Tring Running Club	01:41:24	01:41:01	63.09
387	469	Jane Welch	FV55	Watford Joggers	01:41:24	01:40:54	64.92
388	407	Carole Darnell	FV55	Bedford Harriers AC	01:41:40	01:41:13	62.12
389	378	Victoria Abraham	FV35	Bushfield Joggers	01:41:46	01:41:17	50.74
390	380	Mandy Walker	FV45	Bushfield Joggers	01:41:47	01:41:20	56.05
391	248	Natasha De Quincey-Wy	FV35		01:42:34	01:42:04	50.02
392	140	Caroline Diggle	FV45	Bedford Harriers AC	01:42:35	01:42:10	51.97
393	304	Carmel Anderson	FV45		01:42:38	01:42:08	53.06
394	499	Julian Swails	MV70+		01:42:52	01:42:16	58.79
395	598	Jonathan Sortwell	SM	Yaxley Runners	01:43:06	01:42:43	42.83
396	30	Charlotte Sortwell	SF	Yaxley Runners	01:43:06	01:42:44	48.09
397	441	Paul Turnbull	MV50		01:43:13	01:43:00	49.50
398	442	Fiona Turnbull	FV55		01:43:13	01:43:01	59.44
399	504	Eva Kovacs	FV45	Bedford Harriers AC	01:43:19	01:42:58	54.50
400	9	Lesley Gaunt	FV55	Bedford Harriers AC	01:43:21	01:43:10	60.14
401	408	Catherine Denton	FV35	Bedford Harriers AC	01:43:30	01:43:10	49.19

402	99	Russell Jukes	MV40		01:43:33	01:43:00	47.40
403	290	Angela Stango	FV35		01:43:33	01:43:08	48.71
404	462	Rachel Williams	FV35		01:43:37	01:43:12	49.47
405	51	Hannah Hughes	SF		01:43:38	01:43:14	47.80
406	112	Yvonne Goodsell	MV50	Eye Community Runners	01:43:42	01:43:13	55.70
407	155	Jeannette Rinaldi	FV45		01:43:42	01:43:17	54.99
408	170	Grace Dial	SF	Bedford Harriers AC	01:43:43	01:43:34	47.65
409	375	Richard Joy	SM	Bedford Harriers AC	01:43:49	01:43:30	43.11
410	186	Sonia Gallaher	FV35	Bedford Harriers AC	01:43:52	01:43:41	49.93
411	438	Sophocles Georgiou	MV60	Fairlands Valley Spartans	01:44:02	01:43:53	52.34
412	194	Katie Fletcher	SF	Bedford Harriers AC	01:44:16	01:44:06	47.40
413	329	Claire Jones	FV55	Amphill & Flitwick Flyers Running Club	01:44:25	01:44:16	57.24
414	174	Debi Fisher	SF	Bedford Harriers AC	01:44:41	01:44:25	47.26
415	403	Bev Rimmer	SF		01:44:48	01:44:35	47.19
416	484	Rebecca Fleckney	FV35	Amphill & Flitwick Flyers Running Club	01:45:15	01:44:58	48.09
417	317	Ray Cooke	MV50	Bedford Harriers AC	01:45:54	01:45:35	48.29
418	146	Claire Watson	FV45	Ware Joggers	01:45:59	01:45:54	51.76
419	27	Danielle Randall	SF	Eye Community Runners	01:46:15	01:45:47	46.85
420	527	Daryl Brooke	MV40		01:46:29	01:45:55	43.16
421	77	Kathy Hewitt	FV55	Bedford Harriers AC	01:46:32	01:46:24	56.82
422	44	Pauline Abram	FV45	Bedford Harriers AC	01:46:32	01:46:23	54.71
423	587	Stephen Buchan	MV70+		01:46:48	01:46:38	60.71
424	49	Christine Thomson	FV35		01:46:55	01:46:33	47.15
425	75	Robert Waddingham	MV60	Ware Joggers	01:47:15	01:47:08	52.23
426	176	Roxanne Smith	FV35		01:47:17	01:46:50	48.10
427	258	Laura Jane Burnard	FV35	Heanor Running Club	01:47:17	01:46:51	47.01
428	593	Esther Redman	FV35	Werrington Joggers	01:47:26	01:46:57	49.20
429	43	Laura Brown	SF		01:47:29	01:46:54	46.16
430	85	Lucy Wright	SF		01:47:29	01:46:55	46.15
431	13	Rob Churcher-Upton	MV40	Bedford Harriers AC	01:47:51	01:47:31	45.02
432	400	Patricia Godfrey	FV65+	Amphill & Flitwick Flyers Running Club	01:47:53	01:47:51	66.28
433	471	Vanessa Rolfe	FV55	North Herts Road Runners	01:48:00	01:47:31	62.67
434	432	Fiona Jordan	FV45		01:48:15	01:47:51	52.66
435	81	Helen Whiting	SF	Bedford Harriers AC	01:48:52	01:48:43	45.59
436	414	Ann Miller	FV45	Team Balancise	01:49:00	01:48:22	49.49
437	204	Jo Corless	SF		01:49:04	01:48:33	45.47
438	454	Kelvin Southgate	MV40	Royston Runners	01:49:16	01:49:03	42.59
439	175	Kara Michele Eagling	FV35	Royston Runners	01:49:17	01:49:06	47.45
440	116	Lorena Henderson	FV45	Bedford Harriers AC	01:49:43	01:49:34	50.02
441	271	Jo Capewell	FV45		01:49:56	01:49:40	48.42
442	270	Sarah Hebbs	FV45		01:49:57	01:49:40	49.98
443	225	Elaine Smith	FV45		01:50:00	01:49:25	48.09
444	171	Rebecca Neil	FV45	Werrington Joggers	01:50:03	01:49:35	50.61
445	163	Tammy Bell	FV45	Thorney Running Club	01:50:14	01:49:40	49.98
446	584	Claire Sibley	FV45	Thorney Running Club	01:50:23	01:49:48	49.36
447	59	Nicola Boddington	FV35		01:50:35	01:50:05	46.10
448	55	Emma Mostari	FV45		01:50:36	01:50:06	49.22
449	39	Jean Maggs	FV55	Yaxley Runners	01:50:41	01:50:18	54.11
450	152	Clare Humphries	FV45	Werrington Joggers	01:50:50	01:50:22	48.11
451	104	Sharon Huckle	FV45		01:50:54	01:50:23	49.10
452	101	Emma Foxley	FV45		01:50:54	01:50:20	48.61
453	586	Fiona Buchan	FV55		01:50:57	01:50:47	57.53
454	491	Roger Ogden	MV40		01:51:01	01:50:32	43.80
455	520	Judy Prior	FV65+	Bedford Harriers AC	01:51:31	01:51:06	67.42
456	191	Richard Wall	SM		01:53:05	01:52:34	39.83
457	574	Georgie Hamilton	FV65+	Harpندن Arrows	01:53:12	01:52:56	70.84
458	129	Colin Wildman	MV40		01:53:23	01:53:15	40.07
459	252	Karen Bull	FV45	Stopsley Striders	01:53:24	01:53:12	47.38

460	516	Maureen Hurt	FV55	Ware Joggers	01:53:45	01:53:41	52.50
461	94	Keith Kyprianou	MV40		01:53:54	01:53:26	40.00
462	160	Andre Allison	FV65+		01:54:09	01:53:43	61.92
463	103	Colin Osborne	MV60		01:55:00	01:54:54	51.21
464	385	Roger Biggs	MV70+	Fairlands Valley Spartans	01:57:22	01:56:50	50.88
465	218	Jaswant Chana	MV60	Bedford Harriers AC	01:58:42	01:58:00	49.86
466	376	Stephen Ferguson	MV40	Riverside Runners St Neots	01:59:06	01:58:28	40.52
467	153	Marcel Wilson	MV40	Thorney Running Club	01:59:20	01:58:46	40.76
468	78	Claire Gallego	FV35		02:02:00	02:01:34	42.92
469	422	Maureen Miller	FV55	Royston Runners	02:02:10	02:01:46	53.79
470	373	Maria Petts	FV35	Stopsley Striders	02:02:37	02:02:08	41.55
471	281	Phil Lowther	MV50		02:04:10	02:03:56	41.51
472	302	Tracey Roberts	FV45		02:04:13	02:03:49	47.01
473	301	Karen Hanmore	FV45		02:06:25	02:06:02	44.53
474	277	Melanie Joy	FV35	Bedford Harriers AC	02:08:03	02:07:42	39.53
475	41	Carolanne Gibson	FV55	Bedford Harriers AC	02:08:03	02:07:41	47.34
476	577	Brian Yates	MV70+	Harpندن Arrows	02:09:10	02:09:01	48.54
477	2	Elaine Massie	FV45	Bedford Harriers AC	02:12:09	02:11:43	42.10