

SANDY 10 8TH APRIL 2018 FINISHER'S LIST												
<u>Pos.</u>	<u>Bib</u>	<u>Participant</u>	<u>Cat.</u>	<u>Club</u>	<u>Gun time</u>	<u>Chip Time</u>	<u>Pace</u>	<u>Age</u> <u>Grade</u>				
1	538	John EVES	SM	Bedford & County Athletic Club	0:53:23.9	0:53:23.9	05:20min/mile	82.9%				
2	120	Adam MILLS	MV40	Bedford Harriers AC	0:56:23.4	0:56:23.4	05:38min/mile	85.8%				
3	488	Thomas GRIMES	SM	East London Runners	0:56:25.8	0:56:25.8	05:38min/mile	79.0%				
4	240	Ty FARRER	MV40	Huntingdon AC	0:56:38.5	0:56:38.5	05:39min/mile	82.6%				
5	460	Jonathan SCOTT	MV40	St Albans Striders	0:58:02.8	0:58:01.4	05:48min/mile	79.4%				
6	151	Rodrigo SANTOS	SM	Riverside Runners St Neots	0:58:59.3	0:58:59.2	05:53min/mile	74.5%				
7	556	James SKINNER	MV40	Peterborough AC	0:59:32.8	0:59:32.8	05:57min/mile	77.3%				
8	410	Jim MORRIS	MV50	Stamford Striders	0:59:34.4	0:59:34.4	05:57min/mile	84.0%				
9	328	Neil SHORTEN	MV40	Riverside Runners St Neots	0:59:45.2	0:59:44.2	05:58min/mile	75.9%				
10	448	Duncan BUSH	MV40	Riverside Runners St Neots	0:59:45.6	0:59:43.7	05:58min/mile	78.4%				
11	472	Paul MAKOWSKI	MV40	Royston Runners	0:59:51.7	0:59:51.7	05:59min/mile	78.2%				
12	381	Steve ROUND	MV40	Cherwell Runners & Joggers	1:00:04.6	1:00:04.0	06:00min/mile	77.3%				
13	281	George SCHWIENING	SF	Cambridge & Coleridge AC	1:00:10.3	1:00:10.3	06:01min/mile	82.0%				
14	39	Christopher DILLEY	SM	Bedford Harriers AC	1:00:11.3	1:00:10.7	06:01min/mile	73.1%				
15	223	James BORRETT	MV40	Eye Community Runners	1:00:27.0	1:00:26.4	06:02min/mile	78.7%				
16	41	Johanna O'REGAN	FV35	Riverside Runners St Neots	1:00:57.4	1:00:56.1	06:05min/mile	81.8%				
17	568	Tom HALES	SM	Cambridge Triathlon Club	1:01:33.4	1:01:32.5	06:09min/mile	72.1%				
18	386	Frank HARKIN	MV40	Bedford Harriers AC	1:01:35.7	1:01:34.9	06:09min/mile	74.8%				
19	250	Alistair STEELE	SM	Ely Runners	1:01:46.6	1:01:44.4	06:10min/mile	71.2%				
20	280	Edward MOFFETT	SM	Cambridge & Coleridge AC	1:01:57.7	1:01:57.7	06:11min/mile	71.0%				
21	220	Gary WARREN	MV40	St Albans Striders	1:02:12.3	1:02:10.3	06:13min/mile	78.5%				
22	532	George EVES	SM	Unattached	1:02:16.9	1:02:14.2	06:13min/mile	70.8%				
23	486	Steve LOMAX	SM	Yaxley Runners	1:02:29.2	1:02:27.6	06:14min/mile	70.8%				
24	541	Edward ADAMS	SM	London Heathside Runners AC	1:02:43.2	1:02:41.9	06:16min/mile	70.2%				
25	418	Martin GEAR	SM	Unattached	1:03:04.8	1:03:04.8	06:18min/mile	70.2%				
26	514	Eleanor HUNT	SF	Unattached	1:03:17.8	1:03:16.5	06:19min/mile	77.9%				
27	149	Neil LOADER	MV50	Bedford Harriers AC	1:03:18.9	1:03:18.2	06:19min/mile	78.4%				
28	561	Michael KERRIGAN	MV40	Milton Keynes AC	1:03:22.2	1:03:22.2	06:20min/mile	75.1%				
29	163	John SKELTON	MV60	Milton Keynes AC	1:03:27.8	1:03:25.6	06:20min/mile	89.9%				
30	523	Tim WIGLEY	MV50	Bourne Town Harriers	1:03:35.5	1:03:34.9	06:21min/mile	80.1%				

31	454	Kyle CHESTERMAN	SM	Riverside Runners St Neots	1:03:44.0	1:03:42.3	06:22min/mile	69.0%	
32	270	Chris JONES	MV40	Garden City Runners	1:04:01.1	1:04:00.4	06:24min/mile	71.9%	
33	588	Frank DUDBRIDGE	MV50	Thames Hare & Hounds	1:04:18.2	1:04:16.3	06:25min/mile	77.2%	
34	445	Suzi BOAST	SF	Bedford & County Athletic Club	1:04:31.8	1:04:31.8	06:27min/mile	76.4%	
35	274	Trevor GRACE	SM	Unattached	1:04:40.5	1:04:37.5	06:27min/mile	68.0%	
36	416	Jon CLARK	MV50	Bedford Harriers AC	1:04:48.9	1:04:44.9	06:28min/mile	77.3%	
37	35	Gary FINCH	MV40	Bedford Harriers AC	1:04:52.7	1:04:52.1	06:29min/mile	75.2%	
38	303	Andrew PHILLIPS	SM	BRJ Running Club	1:04:55.5	1:04:55.3	06:29min/mile	68.4%	
39	316	Lee MURPHY	SM	Dunstable RRC	1:05:36.4	1:05:35.3	06:33min/mile	67.0%	
40	359	William HOWLING	SM	Unattached	1:05:38.0	1:05:36.3	06:33min/mile	68.4%	
41	171	Piers SERJEANT	MV40	Riverside Runners St Neots	1:05:43.1	1:05:00.0	06:30min/mile	72.0%	
42	212	Michael BALL	SM	Riverside Runners St Neots	1:05:50.7	1:05:46.5	06:34min/mile	66.8%	
43	407	Alan TURNBULL	MV50	Unattached	1:06:03.5	1:06:00.3	06:36min/mile	75.2%	
44	177	Simon BELL	MV50	Nene Valley Harriers	1:06:03.5	1:06:03.5	06:36min/mile	75.1%	
45	411	Cornell GRIERSON	SM	Eye Community Runners	1:06:35.9	1:06:31.1	06:39min/mile	66.7%	
46	254	PAUL BAXTER	MV50	Bushfield Joggers	1:06:37.1	1:06:36.2	06:39min/mile	77.2%	
47	14	Chirag GODHANIA	MV40	BRJ Running Club	1:06:43.1	1:06:42.0	06:40min/mile	69.0%	
48	187	Nigel ASTON	MV50	St Albans Striders	1:06:48.3	1:06:45.3	06:40min/mile	75.0%	
49	42	Bryan SEAGO	MV40	Bedford Harriers AC	1:06:49.7	1:06:46.6	06:40min/mile	73.1%	
50	191	Rich WILSON	SM	Unattached	1:06:51.3	1:06:46.7	06:40min/mile	67.5%	
51	451	Christine LATHWELL	FV35	Stopsley Striders	1:07:04.2	1:07:04.2	06:42min/mile	76.6%	
52	268	Samantha CULLEN	SF	Eye Community Runners	1:07:41.4	1:07:36.2	06:45min/mile	73.0%	
53	434	Kevin SHELTON-SMITH	MV50	Bedford Harriers AC	1:07:55.0	1:07:52.1	06:47min/mile	77.8%	
54	344	Philip HORAN	MV40	Ampthill & Flitwick Flyers Running Club	1:07:55.8	1:07:53.3	06:47min/mile	70.7%	
55	57	Graham MOORE	MV50	Unattached	1:08:07.8	1:08:04.6	06:48min/mile	76.2%	
56	391	Danny SCANLON	SM	Fairlands Valley Spartans	1:08:14.0	1:08:12.7	06:49min/mile	65.1%	
57	346	Richard PILLINGER	MV40	Ampthill & Flitwick Flyers Running Club	1:08:27.8	1:08:25.4	06:50min/mile	67.8%	
58	172	PAULA DOWNING	FV45	Mablethorpe RC	1:08:28.9	1:08:27.8	06:50min/mile	82.9%	
59	579	Paul RIDLEY	MV50	Riverside Runners St Neots	1:08:31.8	1:08:28.4	06:50min/mile	71.9%	
60	315	Pat BLESSING	MV50	Stopsley Striders	1:08:33.5	1:08:30.6	06:51min/mile	74.4%	
61	278	Martyn SWANN	MV40	Unattached	1:08:40.8	1:08:30.1	06:51min/mile	68.3%	
62	139	Jerry PULLINGER	MV50	Bedford Harriers AC	1:08:55.5	1:08:51.8	06:53min/mile	77.4%	
63	524	Gavin HOPKINS	MV40	Unattached	1:09:01.9	1:08:55.6	06:53min/mile	66.3%	

64	537	Matthew DALLYWATER	SM	UKnetrunner	1:09:04.1	1:08:54.2	06:53min/mile	63.8%	
65	502	Roger BALL	MV40	Ampthill & Flitwick Flyers Running Club	1:09:07.7	1:08:56.6	06:53min/mile	69.0%	
66	593	Adam MCCLUSKEY	SM	Bushfield Joggers	1:09:15.3	1:09:10.5	06:55min/mile	64.4%	
67	527	James FERDINANDO	MV40	Unattached	1:09:53.6	1:09:50.4	06:59min/mile	69.3%	
68	432	Lee PROUT	SM	Unattached	1:10:01.2	1:09:57.2	06:59min/mile	62.8%	
69	437	Jeremy HILL	MV40	Riverside Runners St Neots	1:10:11.6	1:10:06.6	07:00min/mile	69.6%	
70	11	Geraldine LARHAM	FV45	March Athletic Club	1:10:25.4	1:10:24.1	07:02min/mile	77.8%	
71	426	Simon WATHEN	MV40	Unattached	1:10:26.0	1:10:19.4	07:01min/mile	68.8%	
72	205	Matthew MASON	MV40	Ely Runners	1:10:27.8	1:10:25.1	07:02min/mile	69.3%	
73	237	Tony BARNES	MV50	Bedford Harriers AC	1:10:36.3	1:10:35.2	07:03min/mile	72.2%	
74	589	Carmelo MASTRANDREA	SM	Unattached	1:10:43.2	1:10:37.4	07:03min/mile	62.3%	
75	471	Stuart GREEN	SM	Royston Runners	1:10:45.3	1:10:28.0	07:02min/mile	63.9%	
76	436	Dea DITCHFIELD	FV45	Bedford Harriers AC	1:10:50.7	1:10:38.7	07:03min/mile	79.4%	
77	591	Wendy WALSH	FV45	St Albans Striders	1:10:59.9	1:10:57.7	07:05min/mile	76.3%	
78	245	Simon REYNOLDS	SM	Unattached	1:11:10.6	1:10:50.3	07:05min/mile	63.2%	
79	509	Jerry BRYAN	MV50	Barnet & District AC	1:11:14.3	1:11:00.8	07:06min/mile	73.7%	
80	394	Bob WELLS	MV70	Bedford Harriers AC	1:11:20.6	1:10:55.9	07:05min/mile	84.7%	
81	12	Andrew LARHAM	MV60	March Athletic Club	1:11:46.3	1:11:43.5	07:10min/mile	75.1%	
82	69	Paul JONES	MV50	Cambridge & Coleridge AC	1:11:49.5	1:11:44.1	07:10min/mile	70.4%	
83	217	Adam FOSTER	SM	Bedford Harriers AC	1:11:56.2	1:11:54.8	07:11min/mile	61.1%	
84	60	James WOOD	SM	Riverside Runners St Neots	1:12:03.4	1:11:55.1	07:11min/mile	61.5%	
85	354	Chris NEWNHAM	MV50	Ampthill & Flitwick Flyers Running Club	1:12:11.8	1:11:59.5	07:11min/mile	70.8%	
86	228	Simon BOOTHBY	MV50	Riverside Runners St Neots	1:12:18.5	1:12:14.2	07:13min/mile	69.9%	
87	577	Emily PREJAC	SF	Dunstable RRC	1:12:21.4	1:12:17.0	07:13min/mile	68.7%	
88	19	Lee MOSTARI	MV40	Unattached	1:12:26.6	1:12:24.6	07:14min/mile	64.1%	
89	443	Dan BROOKS	MV40	Riverside Runners St Neots	1:12:32.6	1:12:24.8	07:14min/mile	64.6%	
90	526	Shaun BUSBY	SM	Bedford Harriers AC	1:12:37.7	1:12:33.3	07:15min/mile	60.6%	
91	130	Helen CAIRNS	FV35	North Herts Road Runners	1:12:58.5	1:12:55.0	07:17min/mile	71.5%	
92	168	Robert PICK	MV60	Trent Park Running Club	1:13:13.0	1:13:09.2	07:18min/mile	75.7%	
93	327	Chitra DUNN	MV50	Harpenden Arrows	1:13:20.2	1:13:16.9	07:19min/mile	72.1%	
94	505	Ben ENGLISH	MV40	Unattached	1:13:22.0	1:13:11.9	07:19min/mile	62.4%	
95	580	Ben OLDFIELD	SM	Unattached	1:13:22.3	1:12:55.5	07:17min/mile	61.1%	
96	214	Stephen JAMES	MV50	Bedford Harriers AC	1:13:34.4	1:13:30.1	07:21min/mile	67.0%	

97	462	Yuko GORDON	FV65	Fairlands Valley Spartans	1:13:35.2	1:13:31.0	07:21min/mile	95.7%	
98	517	Steve STANLEY	MV50	Ravens City of London RC	1:13:40.9	1:13:38.5	07:21min/mile	69.8%	
99	600	Adrian OLIK	MV40	Bushfield Joggers	1:13:43.2	1:13:36.2	07:21min/mile	62.6%	
100	158	Laura MARSH	FV35	Bedford Harriers AC	1:13:46.1	1:13:41.4	07:22min/mile	71.4%	
101	256	Paul WYATT	MV40	Unattached	1:13:48.0	1:13:45.2	07:22min/mile	62.9%	
102	352	Richard STANLEY	MV50	Ampthill & Flitwick Flyers Running Club	1:13:56.5	1:13:46.8	07:22min/mile	67.9%	
103	219	Mick COURTNEY	MV50	Dunstable RRC	1:13:59.5	1:13:53.5	07:23min/mile	68.4%	
104	490	Veronica SHADBOLT	FV55	Garden City Runners	1:14:07.6	1:13:56.5	07:23min/mile	82.8%	
105	405	David BELL	MV40	Unattached	1:14:10.3	1:14:00.3	07:24min/mile	63.8%	
106	249	Sarah MITCHERSON	FV35	North Herts Road Runners	1:14:11.3	1:14:08.0	07:24min/mile	68.8%	
107	512	Andrew ROBERTSON	MV60	Bedford Harriers AC	1:14:17.4	1:14:03.9	07:24min/mile	72.7%	
108	423	Cathy THREADGOLD	SF	Eye Community Runners	1:14:33.1	1:14:27.1	07:26min/mile	66.2%	
109	77	Victoria BERRY	FV35	Milton Keynes Redway Runners	1:14:56.2	1:14:41.3	07:28min/mile	66.7%	
110	44	Angus MACDONALD	MV40	Unattached	1:14:59.2	1:14:33.0	07:27min/mile	63.3%	
111	62	Steve CHILDERLEY	MV40	Riverside Runners St Neots	1:15:09.0	1:15:04.8	07:30min/mile	62.3%	
112	389	Christian TRENKEL	MV40	Unattached	1:15:09.4	1:15:00.0	07:30min/mile	65.0%	
113	253	Robert FOSKETT	SM	Unattached	1:15:10.1	1:15:04.1	07:30min/mile	58.7%	
114	412	Paul SMITH	MV50	Unattached	1:15:11.7	1:15:09.2	07:30min/mile	67.8%	
115	131	Greg CAIRNS	MV40	Unattached	1:15:19.7	1:15:16.1	07:31min/mile	64.3%	
116	132	Maurice HEMINGWAY	MV60	Riverside Runners St Neots	1:15:21.3	1:14:33.0	07:27min/mile	74.3%	
117	107	Gary SUFFOLK	SM	Unattached	1:15:23.8	1:15:10.8	07:31min/mile	58.7%	
118	531	Rob WITHEY	MV40	Unattached	1:15:27.4	1:15:21.4	07:32min/mile	62.1%	
119	420	David NEWTON	MV60	BRJ Running Club	1:15:30.9	1:15:24.3	07:32min/mile	78.0%	
120	75	Derek SLANN	MV60	Milton Keynes Redway Runners	1:15:38.0	1:15:22.0	07:32min/mile	74.9%	
121	260	Bruce HUTCHINSON	MV50	Bedford Harriers AC	1:16:03.3	1:15:58.4	07:35min/mile	66.5%	
122	146	Kenny BLYTH	MV60	Ware Joggers	1:16:13.2	1:16:06.8	07:36min/mile	74.9%	
123	292	Chris HARBRON	MV40	Garden City Runners	1:16:25.6	1:16:17.6	07:37min/mile	63.4%	
124	375	Charles NELIS	MV50	Stopsley Striders	1:16:37.4	1:16:22.3	07:38min/mile	65.0%	
125	550	Paul SADLER	MV40	Riverside Runners St Neots	1:16:41.2	1:16:33.2	07:39min/mile	61.1%	
126	262	Matthew LILLEY	MV40	Unattached	1:16:49.3	1:16:32.7	07:39min/mile	61.6%	
127	356	Paul STUART	MV50	Bedford Harriers AC	1:16:50.7	1:16:40.3	07:40min/mile	65.9%	
128	348	Simon WILKINS	MV40	Ampthill & Flitwick Flyers Running Club	1:17:01.5	1:16:42.1	07:40min/mile	61.5%	
129	457	Keith GRAY	MV50	Bedford Harriers AC	1:17:03.5	1:16:55.7	07:41min/mile	65.7%	

130	175	Adam JENKINS	SM	Unattached	1:17:04.2	1:16:36.8	07:39min/mile	57.4%	
131	229	Michael WHITE	MV40	Unattached	1:17:04.7	1:16:58.2	07:41min/mile	61.8%	
132	596	Pete COURTNEY	MV70	Unattached	1:17:06.4	1:16:50.2	07:41min/mile	78.2%	
133	465	Ann WOOD	FV55	Werrington Joggers	1:17:07.1	1:17:00.5	07:42min/mile	78.4%	
134	533	Stewart CLARKE	MV40	Eye Community Runners	1:17:07.1	1:16:47.9	07:40min/mile	60.0%	
135	478	Mark PEREIRA	SM	Bushfield Joggers	1:17:08.7	1:17:06.7	07:42min/mile	57.4%	
136	482	Stephanie POTTER	FV35	Unattached	1:17:17.2	1:17:01.8	07:42min/mile	64.7%	
137	511	Gerald MEAH	MV60	Cambridge & Coleridge AC	1:17:18.6	1:17:12.9	07:43min/mile	69.7%	
138	52	Paul NEWELL	MV50	Riverside Runners St Neots	1:17:23.1	1:17:16.6	07:43min/mile	65.4%	
139	507	Norman LESLIE	MV60	Unattached	1:17:27.3	1:17:09.6	07:42min/mile	69.8%	
140	64	Lee RADLEY	MV40	Riverside Runners St Neots	1:17:29.5	1:17:24.1	07:44min/mile	62.0%	
141	235	Simon KING	MV60	Bedford Harriers AC	1:17:30.3	1:17:18.1	07:43min/mile	69.6%	
142	138	Frank ESAW	MV60	Bedford Harriers AC	1:17:37.2	1:17:34.3	07:45min/mile	75.0%	
143	129	Shane GOLDSMITH	MV40	Bushfield Joggers	1:17:37.8	1:17:32.5	07:45min/mile	62.9%	
144	24	Belle WOODCRAFT	SF	Unattached	1:17:39.2	1:17:04.1	07:42min/mile	64.0%	
145	215	Graham HARPER	MV60	Harpenden Arrows	1:17:50.8	1:17:29.3	07:44min/mile	70.1%	
146	114	Paula ELLIOTT	FV45	BRJ Running Club	1:17:51.8	1:17:34.2	07:45min/mile	73.2%	
147	17	Graham SHORT	MV50	Bedford Harriers AC	1:17:56.5	1:17:46.4	07:46min/mile	67.9%	
148	93	David ROOTES	MV60	Royston Runners	1:17:59.6	1:17:34.9	07:45min/mile	74.3%	
149	263	Nathan KENYON	SM	Unattached	1:18:01.6	1:17:45.0	07:46min/mile	56.5%	
150	3	Roy YOUNG	MV60	Eye Community Runners	1:18:08.8	1:17:56.0	07:47min/mile	69.1%	
151	82	Lisa WELLS	FV45	Ampthill & Flitwick Flyers Running Club	1:18:11.8	1:17:57.5	07:47min/mile	71.9%	
152	261	Jonathan POWELL	SM	Bedford Harriers AC	1:18:28.6	1:18:16.7	07:49min/mile	56.2%	
153	97	RACHEL CAMERON	FV35	Bedford Harriers AC	1:18:37.8	1:18:25.8	07:50min/mile	64.0%	
154	409	Gary PARR	MV50	Eye Community Runners	1:18:39.0	1:18:16.5	07:49min/mile	62.9%	
155	361	Jonathan GREEN	MV40	Unattached	1:18:41.2	1:18:24.7	07:50min/mile	58.3%	
156	200	Melanie WIFFIN	FV35	BRJ Running Club	1:18:44.3	1:18:14.6	07:49min/mile	64.2%	
157	446	Pat ELLERBECK	MV60	Riverside Runners St Neots	1:18:46.3	1:18:38.4	07:51min/mile	70.4%	
158	58	Anthony CHARTERS	MV40	Riverside Runners St Neots	1:18:46.8	1:18:35.4	07:51min/mile	61.6%	
159	595	James GAMBLE	MV50	Riverside Runners St Neots	1:18:47.6	1:18:23.9	07:50min/mile	67.4%	
160	282	Roger HOBBS	MV50	Milton Keynes Redway Runners	1:18:51.5	1:18:34.2	07:51min/mile	66.6%	
161	371	Glyn SMITH	MV70	Cambridge & Coleridge AC	1:19:06.8	1:18:56.5	07:53min/mile	77.1%	
162	258	Graham STATTER	MV60	Bishops Stortford Running Club	1:19:10.1	1:18:58.5	07:53min/mile	68.2%	

163	319	Trevor HUFFORD	MV60	Riverside Runners St Neots	1:19:17.7	1:18:53.8	07:53min/mile	68.9%	
164	162	Sarah KNIGHT	FV35	Unattached	1:19:21.5	1:19:14.7	07:55min/mile	62.9%	
165	395	Damian WROBLEWSKI	SM	Unattached	1:19:24.2	1:19:09.7	07:54min/mile	55.5%	
166	392	Scott AYRES	SM	Dunstable RRC	1:19:26.6	1:19:12.5	07:55min/mile	56.9%	
167	105	Chris CAPPS	MV60	Bedford Harriers AC	1:19:29.7	1:19:25.1	07:56min/mile	69.1%	
168	98	Andrew FLETCHER	MV50	Unattached	1:19:34.7	1:19:12.7	07:55min/mile	65.5%	
169	189	Emma EVANS	SF	Riverside Runners St Neots	1:19:36.0	1:19:31.4	07:57min/mile	62.0%	
170	481	Miriam LINFORTH	FV35	Stopsley Striders	1:19:37.7	1:19:29.4	07:56min/mile	62.9%	
171	569	Sharron TOMS	FV45	Yaxley Runners	1:19:38.4	1:19:33.0	07:57min/mile	68.9%	
172	594	Becky DAVIES	SF	Leighton Fun Runners	1:19:39.2	1:19:16.6	07:55min/mile	62.5%	
173	442	Caroline THRUSSELL	FV45	North Herts Road Runners	1:19:41.9	1:19:33.4	07:57min/mile	74.0%	
174	167	Rich TALBY	MV40	Bushfield Joggers	1:19:46.7	1:19:41.4	07:58min/mile	61.2%	
175	204	Carl TAYLOR	MV50	Unattached	1:19:48.4	1:19:12.7	07:55min/mile	63.2%	
176	196	Dan CORP	MV40	Unattached	1:19:52.4	1:19:16.3	07:55min/mile	61.0%	
177	184	Gayle HARVEY	FV35	Unattached	1:19:53.1	1:19:31.8	07:57min/mile	64.6%	
178	376	Lucy O'CONNOR	FV55	North Herts Road Runners	1:19:55.2	1:19:44.2	07:58min/mile	76.8%	
179	192	Keith YEXLEY	MV50	Unattached	1:20:03.0	1:19:50.9	07:59min/mile	65.6%	
180	463	Stephen BLACKABY	MV40	Royston Runners	1:20:03.5	1:19:33.4	07:57min/mile	58.3%	
181	211	Juliet SMITH	FV45	Bedford Harriers AC	1:20:04.3	1:19:53.2	07:59min/mile	70.2%	
182	552	Ian WILSON	MV40	BRJ Running Club	1:20:06.3	1:19:36.0	07:57min/mile	59.8%	
183	244	Michael MUNRO	MV40	Bedford Harriers AC	1:20:06.4	1:19:58.6	07:59min/mile	60.5%	
184	232	Billy FOX	MV50	Eye Community Runners	1:20:06.5	1:19:58.4	07:59min/mile	66.1%	
185	534	Simon PLACE	MV50	Unattached	1:20:06.8	1:19:31.3	07:57min/mile	63.0%	
186	363	Christian BREDENKAMP	MV50	Stopsley Striders	1:20:17.6	1:20:03.1	08:00min/mile	61.5%	
187	385	Daemon LEE	MV40	Bedford Harriers AC	1:20:32.5	1:20:23.4	08:02min/mile	58.7%	
188	289	Andrew HEATH	SM	Unattached	1:20:43.9	1:20:31.0	08:03min/mile	54.6%	
189	182	Amie GOUGH	SF	Riverside Runners St Neots	1:20:45.5	1:20:37.7	08:03min/mile	61.6%	
190	183	Veronica SINGLETON-LAWL	FV55	Bedford Harriers AC	1:20:46.9	1:20:37.9	08:03min/mile	75.9%	
191	257	Duncan WORTHY	SM	Bedford Harriers AC	1:20:48.7	1:20:36.4	08:03min/mile	55.6%	
192	92	Niki JONES	FV45	Bedford Harriers AC	1:20:50.3	1:20:38.9	08:03min/mile	67.9%	
193	1	Andy SMITH	MV60	Unattached	1:20:52.4	1:20:28.1	08:02min/mile	71.6%	
194	290	Ian CURRY	MV40	Unattached	1:20:59.7	1:20:43.6	08:04min/mile	56.6%	
195	342	Ian BALLARD	MV50	Amphill & Flitwick Flyers Running Club	1:21:06.1	1:20:50.1	08:05min/mile	61.9%	

196	247	Simon DANIELS	MV40	Unattached	1:21:14.5	1:20:40.2	08:04min/mile	58.0%	
197	340	Jeremy LEWIS	MV40	Ampthill & Flitwick Flyers Running Club	1:21:21.1	1:21:07.0	08:06min/mile	59.6%	
198	496	Jane ROBERTS	FV45	BRJ Running Club	1:21:25.6	1:21:17.2	08:07min/mile	69.8%	
199	145	Richard HILL	MV40	Unattached	1:21:27.6	1:20:49.0	08:04min/mile	60.4%	
200	414	Andrew WALKER	SM	Unattached	1:21:30.0	1:21:11.4	08:07min/mile	54.9%	
201	351	Keri WITHERS	FV45	Ampthill & Flitwick Flyers Running Club	1:21:32.8	1:21:10.8	08:07min/mile	72.5%	
202	504	Sean GRAHAM	MV40	Ampthill & Flitwick Flyers Running Club	1:21:32.9	1:21:14.2	08:07min/mile	59.0%	
203	404	Dominic O'CONNELL	MV50	Unattached	1:21:35.9	1:21:03.8	08:06min/mile	64.6%	
204	135	Sam ROWE	FV45	Ware Joggers	1:21:44.8	1:21:32.9	08:09min/mile	70.5%	
205	587	Dagmara FRYER	FV35	Ware Joggers	1:21:45.3	1:21:36.8	08:09min/mile	61.8%	
206	475	Richard WOOD	MV40	Unattached	1:21:53.2	1:21:14.8	08:07min/mile	59.5%	
207	329	Terry FONE	MV70	Eye Community Runners	1:21:54.0	1:21:45.3	08:10min/mile	76.5%	
208	369	Laura MAWDITT	FV45	Unattached	1:21:58.2	1:21:15.6	08:07min/mile	68.2%	
209	49	Liam O'DONNELL	SM	Unattached	1:22:02.2	1:21:18.0	08:07min/mile	55.4%	
210	314	Ralph WARD	MV50	Bedford Harriers AC	1:22:07.6	1:21:47.2	08:10min/mile	65.2%	
211	309	Dave ROSS	MV40	Unattached	1:22:13.0	1:21:46.2	08:10min/mile	57.2%	
212	276	Jim BROWN	MV60	Fairlands Valley Spartans	1:22:17.2	1:22:04.3	08:12min/mile	68.8%	
213	530	Dervla DOWNING	FV35	North Herts Road Runners	1:22:23.4	1:22:12.9	08:13min/mile	62.5%	
214	378	Thomas ORR	MV40	March Athletic Club	1:22:24.7	1:21:50.7	08:11min/mile	58.1%	
215	499	Caroline GILBY	FV45	Ampthill & Flitwick Flyers Running Club	1:22:27.6	1:22:20.9	08:14min/mile	71.5%	
216	518	Jim FELL	MV70	Werrington Joggers	1:22:31.9	1:22:24.6	08:14min/mile	73.8%	
217	408	Andy MATSON	MV50	Unattached	1:22:36.4	1:22:01.5	08:12min/mile	62.1%	
218	243	Carmel JARMAN	FV45	Dunstable RRC	1:22:38.6	1:22:07.5	08:12min/mile	65.9%	
219	558	James SMITH	SM	Unattached	1:22:40.2	1:22:32.9	08:15min/mile	53.4%	
220	560	Bal SANDHU	FV35	Harpenden Arrows	1:22:40.7	1:22:33.5	08:15min/mile	62.7%	
221	176	Nick LIPP	SM	Unattached	1:22:41.3	1:22:13.5	08:13min/mile	53.6%	
222	199	Francesca LASMAN	FV55	BRJ Running Club	1:22:46.1	1:22:29.0	08:14min/mile	75.2%	
223	239	Lucinda SHENTON	FV45	Unattached	1:22:48.9	1:22:17.6	08:13min/mile	66.6%	
224	421	Annette NEWTON	FV65	BRJ Running Club	1:22:51.6	1:22:43.6	08:16min/mile	83.8%	
225	379	Linda AIRD	FV55	North Herts Road Runners	1:22:58.6	1:22:48.5	08:16min/mile	75.9%	
226	152	Joana CERVEIRA	SF	Riverside Runners St Neots	1:23:03.4	1:22:34.6	08:15min/mile	59.8%	
227	554	Claire ASHTON	FV45	BRJ Running Club	1:23:07.5	1:22:37.8	08:15min/mile	64.2%	
228	367	David BAILEY	MV40	Team Balancise	1:23:09.2	1:22:48.5	08:16min/mile	57.0%	

229	140	Chris GRANT	MV60	Unattached	1:23:10.0	1:22:54.5	08:17min/mile	64.9%	
230	500	Katie RUDITIS	FV35	Amphill & Flitwick Flyers Running Club	1:23:16.8	1:22:58.8	08:17min/mile	60.2%	
231	63	Karen CHILDERLEY	FV35	Riverside Runners St Neots	1:23:22.8	1:23:06.3	08:18min/mile	62.7%	
232	455	Andrew BAYLIS	MV40	Bedford Harriers AC	1:23:25.4	1:23:18.7	08:19min/mile	57.6%	
233	494	Alan WEIR	MV70	Stopsley Striders	1:23:28.6	1:23:18.3	08:19min/mile	72.1%	
234	503	Mike PETTY	MV50	Amphill & Flitwick Flyers Running Club	1:23:38.2	1:23:19.2	08:19min/mile	63.4%	
235	470	Amanda ROLAND-CONVEY	FV35	BRJ Running Club	1:23:42.1	1:23:32.5	08:21min/mile	62.9%	
236	548	Frances STANTON	SF	Huntingdon AC	1:23:43.9	1:23:30.4	08:21min/mile	59.0%	
237	307	Stephen ROONEY	MV50	March Athletic Club	1:23:45.3	1:23:10.6	08:19min/mile	62.4%	
238	180	Steve PLEASANCE	MV50	Cambridge Triathlon Club	1:23:49.6	1:23:24.1	08:20min/mile	62.2%	
239	117	Daniel GODFREY	MV40	Unattached	1:23:52.2	1:23:35.1	08:21min/mile	55.1%	
240	226	Lindsey MARSHALL	FV55	Holme Pierrepont RC	1:23:54.5	1:23:44.9	08:22min/mile	72.1%	
241	271	Sammie MARLTON	SF	Bedford Harriers AC	1:24:03.1	1:23:45.4	08:22min/mile	59.0%	
242	516	Tom WEATHERHEAD	MV50	Garden City Runners	1:24:08.9	1:23:22.4	08:20min/mile	62.8%	
243	459	Spencer CALVERT	MV40	Royston Runners	1:24:34.8	1:24:04.5	08:24min/mile	58.0%	
244	279	Lisa AYERS	FV45	Bedford Harriers AC	1:24:40.7	1:24:29.0	08:26min/mile	63.4%	
245	173	GARRY MAYO	MV60	Aylesbury Bearbrook R C	1:24:44.9	1:24:17.7	08:25min/mile	63.9%	
246	525	Martin TRINDER	MV40	Unattached	1:24:58.9	1:24:41.2	08:28min/mile	53.9%	
247	141	Ian KNIGHTLEY	MV60	Royston Runners	1:25:11.0	1:24:40.3	08:28min/mile	65.4%	
248	306	Andrew RODFORD	MV50	Unattached	1:25:15.3	1:24:58.0	08:29min/mile	60.0%	
249	6	Tracey BARNES	FV45	Eye Community Runners	1:25:23.5	1:25:00.6	08:30min/mile	66.8%	
250	491	Andy SHADBOLT	MV60	Garden City Runners	1:25:24.0	1:25:08.4	08:30min/mile	65.1%	
251	266	Michaela BASFORD	FV35	Unattached	1:25:33.2	1:25:04.4	08:30min/mile	61.8%	
252	487	Mariella BUISSON	FV45	Unattached	1:25:33.4	1:25:23.1	08:32min/mile	62.8%	
253	242	Kelly BYWATERS	FV35	Dunstable RRC	1:25:34.3	1:25:02.8	08:30min/mile	60.0%	
254	417	Kevin TAYLOR	MV50	Milton Keynes Redway Runners	1:25:51.4	1:25:35.5	08:33min/mile	58.5%	
255	566	Phillip ADAMS	MV50	Unattached	1:25:58.5	1:25:47.5	08:34min/mile	57.4%	
256	576	Paul COURT	MV40	Unattached	1:26:02.2	1:25:49.2	08:34min/mile	55.4%	
257	148	Julie STRINGER	FV35	Cambridge & Coleridge AC	1:26:04.3	1:25:46.3	08:34min/mile	59.5%	
258	583	Peter DOWLING	MV50	Riverside Runners St Neots	1:26:20.4	1:26:13.0	08:37min/mile	60.2%	
259	333	Richard JONES	MV50	Amphill & Flitwick Flyers Running Club	1:26:32.5	1:26:11.6	08:37min/mile	59.1%	
260	357	Paula STUART	FV45	Bedford Harriers AC	1:26:35.4	1:26:18.7	08:37min/mile	65.8%	
261	170	Niki SERJEANT	FV45	Riverside Runners St Neots	1:26:41.9	1:26:22.6	08:38min/mile	66.5%	



262	396	Elizabeth WHITTAKER	FV55	Bushfield Joggers	1:26:43.1	1:26:23.0	08:38min/mile	73.7%	
263	543	Christopher COLLETT	SM	Unattached	1:26:50.8	1:26:25.2	08:38min/mile	51.0%	
264	458	Julie CALVERT	FV45	Royston Runners	1:26:55.0	1:26:24.8	08:38min/mile	62.7%	
265	574	Julie SIMMONS	FV55	Fairlands Valley Spartans	1:26:59.6	1:26:45.9	08:40min/mile	73.4%	
266	157	Mike GRAHAM	MV60	Unattached	1:27:07.8	1:26:38.7	08:39min/mile	62.1%	
267	339	Terry MCHUGH	MV60	Amphill & Flitwick Flyers Running Club	1:27:21.7	1:27:10.4	08:43min/mile	61.7%	
268	559	Jaimi WALLIN	SM	St Albans Striders	1:27:35.7	1:27:00.4	08:42min/mile	50.5%	
269	484	Lucy BUSH	FV45	Riverside Runners St Neots	1:27:46.7	1:27:20.4	08:44min/mile	60.7%	
270	206	Karen PALMER	FV45	Fairlands Valley Spartans	1:27:47.7	1:27:30.1	08:45min/mile	64.9%	
271	233	Julie SHADBOLT	FV45	Fairlands Valley Spartans	1:27:48.6	1:27:31.4	08:45min/mile	64.8%	
272	216	Lorraine SASSANO	FV45	Team Balancise	1:27:56.7	1:27:51.1	08:47min/mile	63.8%	
273	382	Susan JOLLY	FV45	Team Balancise	1:27:57.2	1:27:51.2	08:47min/mile	64.6%	
274	37	Darren ELLIOTT	SM	Unattached	1:28:04.7	1:27:41.3	08:46min/mile	50.6%	
275	508	Paul COCKLIN	MV50	Ware Joggers	1:28:07.2	1:27:52.8	08:47min/mile	59.0%	
276	343	Kyrstin FAIRWEATHER	FV45	Amphill & Flitwick Flyers Running Club	1:28:12.2	1:27:56.6	08:47min/mile	60.3%	
277	113	Emily SMITH	SF	Unattached	1:28:14.3	1:27:48.7	08:46min/mile	56.2%	
278	493	Graham BOSWELL	MV60	Royston Runners	1:28:22.9	1:27:50.8	08:47min/mile	61.3%	
279	90	Jude NEWHAM	FV45	BRJ Running Club	1:28:24.4	1:28:02.3	08:48min/mile	62.2%	
280	224	Hazel FERREIRA	FV35	Riverside Runners St Neots	1:28:26.8	1:28:10.4	08:49min/mile	56.9%	
281	155	Megan ELLERSHAW	FV35	Eye Community Runners	1:28:28.2	1:28:06.8	08:48min/mile	58.3%	
282	73	Gary MOORE	MV50	Bedford Harriers AC	1:28:30.6	1:28:14.9	08:49min/mile	59.9%	
283	555	Natalie CRICHTON	FV45	Royston Runners	1:28:33.4	1:28:04.4	08:48min/mile	62.9%	
284	142	Jane RAE	FV45	Unattached	1:28:40.0	1:28:32.0	08:51min/mile	64.9%	
285	8	Elaine MCMILLAN	FV35	Eye Community Runners	1:28:44.5	1:28:19.0	08:49min/mile	58.6%	
286	179	STUART BLACOW	SM	Unattached	1:28:49.4	1:28:24.9	08:50min/mile	50.7%	
287	468	Paul STACK	MV50	Dunstable RRC	1:28:51.7	1:28:37.8	08:51min/mile	58.0%	
288	156	Dom GOY	MV40	Eye Community Runners	1:28:54.8	1:28:33.5	08:51min/mile	52.8%	
289	284	Michael THATCHER	MV40	Unattached	1:28:57.9	1:28:38.0	08:51min/mile	54.6%	
290	96	Jennifer ROBERTSON	FV35	Unattached	1:29:10.5	1:28:45.7	08:52min/mile	56.5%	
291	473	Stuart HOLLICK	MV40	Unattached	1:29:10.9	1:28:48.3	08:52min/mile	51.1%	
292	153	JENNIFER SMITH	FV35	Cambridge & Coleridge AC	1:29:14.4	1:28:54.9	08:53min/mile	57.0%	
293	485	Tom BRASSINGTON	MV60	Bedford Harriers AC	1:29:17.4	1:29:09.9	08:54min/mile	62.7%	
294	519	Julie MCGREAL	FV65	Royston Runners	1:29:24.5	1:28:51.0	08:53min/mile	79.2%	

295	453	Karen RAESIDE	FV55	Royston Runners	1:29:25.0	1:28:52.5	08:53min/mile	68.0%	
296	571	Simon SMITH	SM	Unattached	1:29:28.9	1:28:51.4	08:53min/mile	49.5%	
297	447	Julian HUCKLE	MV50	Werrington Joggers	1:29:31.1	1:29:17.2	08:55min/mile	58.6%	
298	209	Laura WORSEY	FV45	Royston Runners	1:29:36.2	1:29:07.3	08:54min/mile	63.7%	
299	210	Peter WORSEY	MV50	Royston Runners	1:29:37.2	1:29:08.4	08:54min/mile	58.7%	
300	305	Sally HALL	FV35	Unattached	1:29:44.1	1:29:03.1	08:54min/mile	58.1%	
301	197	Trudie MOLLOY	FV45	Fairlands Valley Spartans	1:29:44.4	1:29:00.8	08:54min/mile	60.2%	
302	123	Barry KING	MV50	Fairlands Valley Spartans	1:29:54.3	1:29:11.4	08:55min/mile	55.6%	
303	545	Elaine FULLARD	FV55	Bedford Harriers AC	1:29:59.7	1:29:45.0	08:58min/mile	69.1%	
304	147	Glenn GODFREY	MV60	Unattached	1:30:10.1	1:29:25.8	08:56min/mile	61.9%	
305	349	Brendan O'MAHONEY	MV50	Amphill & Flitwick Flyers Running Club	1:30:12.9	1:29:58.7	08:59min/mile	58.2%	
306	422	Susan RAY	FV55	BRJ Running Club	1:30:23.6	1:30:13.7	09:01min/mile	68.7%	
307	528	Chris ELT	SM	Riverside Runners St Neots	1:30:33.2	1:30:11.7	09:01min/mile	49.2%	
308	358	Rebecca HOWLING	FV45	Unattached	1:30:35.2	1:30:13.3	09:01min/mile	60.7%	
309	535	Gary READER	MV40	Unattached	1:30:36.1	1:29:58.6	08:59min/mile	51.6%	
310	536	Kerry PAGE	FV35	Royston Runners	1:30:36.1	1:29:59.0	08:59min/mile	57.9%	
311	125	Jo SMYTHE	FV35	Bedford Harriers AC	1:30:43.7	1:30:24.1	09:02min/mile	57.2%	
312	300	Ian SUTCLIFFE	MV70	North Herts Road Runners	1:30:49.4	1:30:29.4	09:02min/mile	68.2%	
313	159	Ian SAGE	MV60	Dunstable RRC	1:30:55.1	1:30:23.0	09:02min/mile	64.4%	
314	401	Berenice CURTIS	FV45	Unattached	1:30:56.8	1:30:22.1	09:02min/mile	58.7%	
315	29	Stacy SMITH	FV35	Unattached	1:30:57.1	1:30:20.7	09:02min/mile	55.6%	
316	20	Kirsty HENLEY	SF	Unattached	1:30:59.3	1:30:23.8	09:02min/mile	54.6%	
317	347	Laura JOHNSTON	FV45	Amphill & Flitwick Flyers Running Club	1:31:03.4	1:30:54.8	09:05min/mile	61.7%	
318	54	Rachel LEVITT	SF	Unattached	1:31:15.8	1:30:59.0	09:05min/mile	54.2%	
319	53	Paul LEVITT	MV60	Unattached	1:31:17.3	1:30:58.3	09:05min/mile	59.2%	
320	501	Christine SHARMAN	FV45	Amphill & Flitwick Flyers Running Club	1:31:19.1	1:31:06.2	09:06min/mile	63.9%	
321	427	Diane HUNT	FV55	St Albans Striders	1:31:20.5	1:30:58.3	09:05min/mile	66.4%	
322	28	Paul SMITH	MV40	Unattached	1:31:25.1	1:30:48.1	09:04min/mile	51.5%	
323	91	Richard GALLIVAN	MV40	Bedford Harriers AC	1:31:30.8	1:31:05.3	09:06min/mile	49.8%	
324	79	Elsy LACY	FV35	Bedford Harriers AC	1:31:37.3	1:31:09.1	09:06min/mile	56.3%	
325	150	Kirsty MIDDLETON	SF	Unattached	1:31:51.7	1:31:42.4	09:10min/mile	53.8%	
326	5	Loz CARTY	MV40	Eye Community Runners	1:32:06.7	1:31:54.2	09:11min/mile	52.2%	
327	294	Ben LINFORD	SM	Unattached	1:32:09.3	1:31:53.4	09:11min/mile	47.8%	

328	248	Rebecca BAILEY	FV35	Unattached	1:32:14.2	1:31:50.9	09:11min/mile	54.9%	
329	293	Natalie LINFORD	SF	Unattached	1:32:21.9	1:32:05.4	09:12min/mile	53.6%	
330	474	Kieran FITZPATRICK	MV50	Stopsley Striders	1:32:29.5	1:32:02.1	09:12min/mile	53.9%	
331	353	Louise WILKINS	FV45	Amphthill & Flitwick Flyers Running Club	1:32:38.7	1:32:28.2	09:14min/mile	57.9%	
332	586	Helen LEACH	FV45	Riverside Runners St Neots	1:32:41.8	1:32:34.6	09:15min/mile	58.5%	
333	86	Angela SLOAN	FV45	Bedford Harriers AC	1:32:45.6	1:32:14.5	09:13min/mile	59.4%	
334	510	Ian JENKINSON	MV50	Unattached	1:32:50.7	1:32:16.7	09:13min/mile	57.2%	
335	304	Jillian RUSSELL	FV45	Harpenden Arrows	1:32:51.6	1:32:28.1	09:14min/mile	62.9%	
336	190	Sharon EVANS	FV45	Riverside Runners St Neots	1:32:52.4	1:32:42.2	09:16min/mile	59.8%	
337	539	Richard BEATY	MV40	Unattached	1:32:54.8	1:32:36.7	09:15min/mile	49.0%	
338	84	Simon DROWN	SM	Unattached	1:32:54.9	1:32:36.6	09:15min/mile	48.6%	
339	100	Steve RILEY	MV60	UKnetrunner	1:33:07.9	1:32:40.9	09:16min/mile	58.6%	
340	259	Lawrence FOLLEY	MV50	Bedford Harriers AC	1:33:12.5	1:32:54.3	09:17min/mile	56.9%	
341	497	Annette BELL	FV45	Amphthill & Flitwick Flyers Running Club	1:33:28.0	1:33:09.2	09:18min/mile	62.4%	
342	567	Robin FIANDER	MV60	Bedford Harriers AC	1:33:36.3	1:33:31.4	09:21min/mile	59.8%	
343	59	Emma RIGBY	FV35	Riverside Runners St Neots	1:33:40.0	1:33:28.3	09:20min/mile	54.6%	
344	231	Sophie HUGHES	SF	Unattached	1:33:40.9	1:33:04.0	09:18min/mile	53.0%	
345	193	Anne RAMSDEN	FV65	Ware Joggers	1:33:44.4	1:33:38.8	09:21min/mile	73.0%	
346	321	Stewart DORRELL	SM	Unattached	1:33:46.7	1:33:06.1	09:18min/mile	47.2%	
347	335	Deborah SALMON	FV55	Amphthill & Flitwick Flyers Running Club	1:33:46.7	1:33:29.8	09:20min/mile	71.0%	
348	275	Philippa CRIDDLE	SF	Unattached	1:33:51.8	1:33:27.5	09:20min/mile	52.8%	
349	599	Victoria OLIK	FV35	Bushfield Joggers	1:33:52.3	1:33:37.7	09:21min/mile	54.8%	
350	83	Caroline DIGGLE	FV35	Bedford Harriers AC	1:33:54.0	1:33:21.3	09:20min/mile	56.3%	
351	207	Barbara READING	FV65	Riverside Runners St Neots	1:33:58.3	1:33:29.2	09:20min/mile	80.1%	
352	433	Marlena KORALEWSKA	SF	Eye Community Runners	1:33:58.9	1:33:18.9	09:19min/mile	52.9%	
353	66	Chris BENTLEY	SM	Riverside Runners St Neots	1:34:14.3	1:34:03.9	09:24min/mile	47.0%	
354	154	Annabel KNIGHTLEY	SF	Unattached	1:34:15.7	1:33:44.1	09:22min/mile	52.6%	
355	297	Becky MOULAM	FV35	Unattached	1:34:35.5	1:34:02.0	09:24min/mile	53.2%	
356	575	Laura MACKINNON	FV35	Unattached	1:34:57.4	1:34:37.3	09:27min/mile	53.6%	
357	521	Martyn BARLEY	MV40	Unattached	1:34:58.3	1:34:27.4	09:26min/mile	48.7%	
358	291	Steve NEWMAN	MV50	Unattached	1:34:59.5	1:34:14.4	09:25min/mile	53.1%	
359	76	Rachel COOKE	FV45	Bedford Harriers AC	1:35:03.7	1:34:34.9	09:27min/mile	57.3%	
360	103	Rebecca LYDDALL	FV35	Unattached	1:35:04.6	1:34:57.9	09:29min/mile	52.4%	

361	449	Andrea CAMPBELL	FV35	Unattached	1:35:05.7	1:34:59.5	09:29min/mile	53.7%	
362	400	Sandy PISON	FV35	Unattached	1:35:08.1	1:34:30.6	09:27min/mile	54.3%	
363	399	Will CHANEY	SM	Unattached	1:35:08.5	1:34:30.9	09:27min/mile	47.4%	
364	590	Geoff CARR	SM	Unattached	1:35:11.2	1:34:27.8	09:26min/mile	47.7%	
365	109	Ricky BYRNE	SM	Biggleswade AC	1:35:16.9	1:34:51.4	09:29min/mile	46.5%	
366	324	Tracy MONCRIEFF	FV45	Unattached	1:35:21.9	1:34:54.5	09:29min/mile	56.5%	
367	544	Claire WALLIS	FV35	Unattached	1:35:25.0	1:35:03.1	09:30min/mile	52.8%	
368	30	Tracey CHAPMAN	FV45	Unattached	1:35:28.4	1:34:48.0	09:28min/mile	57.1%	
369	31	Gavin SMART	MV40	Unattached	1:35:29.1	1:34:48.6	09:28min/mile	47.8%	
370	464	Lisa JACKSON	FV45	Unattached	1:35:29.2	1:34:49.5	09:28min/mile	57.1%	
371	252	Peter GYLES	MV60	Unattached	1:35:30.1	1:34:52.3	09:29min/mile	57.8%	
372	134	Christel AINGIE	FV45	Ware Joggers	1:35:37.5	1:35:24.3	09:32min/mile	56.2%	
373	313	Suet LUA	FV55	Bedford Harriers AC	1:36:01.4	1:35:40.4	09:34min/mile	63.1%	
374	238	Tim PINE	MV60	Unattached	1:36:10.5	1:35:56.3	09:35min/mile	58.3%	
375	444	Michelle ANDERS	FV45	BRJ Running Club	1:36:11.2	1:35:38.0	09:33min/mile	56.0%	
376	498	Emma WHITE	FV35	Ampthill & Flitwick Flyers Running Club	1:36:30.9	1:36:15.6	09:37min/mile	54.2%	
377	450	Gareth CLARKE	SM	Unattached	1:36:31.8	1:36:12.7	09:37min/mile	45.7%	
378	374	MICHAEL WOOD	MV60	Wootton Road Runners	1:36:39.7	1:36:30.8	09:39min/mile	59.7%	
379	71	Sian COLLIN	FV35	Unattached	1:36:47.7	1:36:14.8	09:37min/mile	51.7%	
380	581	Michael SHAW	MV50	BRJ Running Club	1:36:49.3	1:36:25.0	09:38min/mile	53.8%	
381	492	Cheryl BOSWELL	FV55	Royston Runners	1:37:09.5	1:36:37.0	09:39min/mile	66.8%	
382	68	Simon RANDALL	SM	Unattached	1:37:31.5	1:37:10.8	09:43min/mile	45.2%	
383	137	Lorraine DONALD	FV45	Unattached	1:37:42.7	1:37:09.7	09:42min/mile	57.7%	
384	169	Sheila HUMPHRIES	FV65	Bedford Harriers AC	1:37:55.5	1:37:12.8	09:43min/mile	70.3%	
385	334	Rebecca FLECKNEY	FV35	Ampthill & Flitwick Flyers Running Club	1:38:04.7	1:37:54.0	09:47min/mile	51.3%	
386	355	Steve GIBBONS	MV40	Ampthill & Flitwick Flyers Running Club	1:38:06.1	1:37:45.3	09:46min/mile	48.3%	
387	320	Diane HUFFORD	FV55	Riverside Runners St Neots	1:38:17.7	1:37:54.9	09:47min/mile	63.3%	
388	585	Chas CAMPEN	MV50	Werrington Joggers	1:38:28.6	1:38:04.1	09:48min/mile	50.6%	
389	563	Nick BARRINGER	MV50	Unattached	1:38:33.3	1:38:02.6	09:48min/mile	50.2%	
390	74	SARAH CRAWLEY	FV35	Bedford Harriers AC	1:38:52.9	1:38:25.0	09:50min/mile	50.8%	
391	480	Carole DARNELL	FV55	Bedford Harriers AC	1:38:53.9	1:38:27.7	09:50min/mile	63.0%	
392	439	Phil CARROLL	MV50	Unattached	1:39:13.2	1:38:34.3	09:51min/mile	51.7%	
393	277	Grace STANLEY	SF	BRJ Running Club	1:39:16.1	1:38:51.5	09:53min/mile	49.9%	

394	461	Mandy JINKERSON	FV45	Royston Runners	1:39:24.3	1:38:51.4	09:53min/mile	58.1%	
395	431	Ravinder MAMON	SF	Bedford Harriers AC	1:39:27.2	1:39:01.0	09:54min/mile	50.1%	
396	565	Gill BATES	FV55	Eye Community Runners	1:39:28.5	1:39:05.5	09:54min/mile	63.4%	
397	397	Philip ABBITT	MV60	Stopsley Striders	1:39:32.7	1:38:55.8	09:53min/mile	57.1%	
398	121	Andrew WRIGHT	MV50	Unattached	1:39:39.0	1:39:06.0	09:54min/mile	49.6%	
399	553	Naomi NANOR	SF	Royston Runners	1:39:41.4	1:39:07.7	09:54min/mile	50.0%	
400	584	Mark MORRIS	MV40	Werrington Joggers	1:39:41.4	1:39:17.5	09:55min/mile	48.3%	
401	406	Kerrie BELL	FV35	Unattached	1:39:55.0	1:39:31.4	09:57min/mile	52.4%	
402	188	Susan PACK	FV45	Bedford Harriers AC	1:39:59.5	1:39:41.3	09:58min/mile	58.3%	
403	16	Angela STANGO	FV35	Bedford Harriers AC	1:40:01.0	1:39:35.0	09:57min/mile	50.2%	
404	236	Jenny KING	FV55	Bedford Harriers AC	1:40:13.0	1:39:47.0	09:58min/mile	63.8%	
405	466	Tracey COOTE	FV45	Royston Runners	1:40:14.2	1:39:43.1	09:58min/mile	56.9%	
406	110	Jackie POPLAND	FV55	Bedford Harriers AC	1:40:25.7	1:39:41.6	09:58min/mile	66.6%	
407	572	Kulwinder ASSRA	FV45	Stopsley Striders	1:40:33.1	1:40:16.5	10:01min/mile	55.3%	
408	221	Beverley GOUS	FV35	Bedford Harriers AC	1:40:36.0	1:40:04.3	10:00min/mile	52.1%	
409	562	Karen BARRINGER	FV45	Bedford Harriers AC	1:40:37.3	1:40:07.3	10:00min/mile	56.0%	
410	578	Michaela RIDLEY	FV45	Riverside Runners St Neots	1:40:49.9	1:40:40.5	10:04min/mile	55.0%	
411	65	Jill ROSE	FV35	Riverside Runners St Neots	1:40:50.7	1:40:21.0	10:02min/mile	51.2%	
412	227	Lucy BOOTHBY	FV45	Riverside Runners St Neots	1:40:51.7	1:40:42.5	10:04min/mile	56.4%	
413	7	Stuart BARNES	SM	Eye Community Runners	1:41:06.7	1:40:43.4	10:04min/mile	43.6%	
414	88	Jeannette RINALDI	FV45	Bedford Harriers AC	1:41:17.7	1:40:44.8	10:04min/mile	55.7%	
415	288	Louise KENYON	SF	Unattached	1:41:34.3	1:41:21.8	10:08min/mile	48.7%	
416	133	Kate EDWARDS	SF	Bedford Harriers AC	1:41:41.8	1:41:04.4	10:06min/mile	48.8%	
417	36	Angela FINCH	FV55	Bedford Harriers AC	1:41:42.0	1:41:15.0	10:07min/mile	61.2%	
418	94	Gail MATTHEWS	FV35	Unattached	1:41:44.1	1:41:05.8	10:06min/mile	51.2%	
419	111	Monika DOLAN	FV35	Unattached	1:41:44.7	1:41:16.5	10:07min/mile	49.6%	
420	201	Roger OGDEN	MV40	Unattached	1:42:22.1	1:41:40.0	10:10min/mile	47.2%	
421	72	Vicki COLLIN	FV35	Unattached	1:42:28.5	1:41:56.0	10:11min/mile	49.2%	
422	25	Kerry NORTHFIELD	FV35	Unattached	1:42:29.3	1:41:56.2	10:11min/mile	50.4%	
423	104	Vicki FUSSELL	FV35	Unattached	1:42:31.7	1:41:58.4	10:11min/mile	51.5%	
424	185	Caroline WALSH	FV45	Unattached	1:42:32.2	1:42:08.6	10:12min/mile	53.0%	
425	419	Bernadette FITZHARRIS	FV45	Eye Community Runners	1:42:33.0	1:42:27.9	10:14min/mile	52.3%	
426	308	Nicole SILENO	SF	Unattached	1:42:38.9	1:42:04.6	10:12min/mile	48.3%	

427	573	Jo CORLESS	SF	Unattached	1:42:39.1	1:41:55.1	10:11min/mile	48.4%	
428	564	Alison JONES	FV45	Unattached	1:42:50.1	1:42:14.1	10:13min/mile	56.9%	
429	350	Caroline O'MAHONEY	FV45	Ampthill & Flitwick Flyers Running Club	1:42:57.5	1:42:47.8	10:16min/mile	56.6%	
430	301	Tracey THOMPSON	MV40	Unattached	1:43:02.3	1:42:45.3	10:16min/mile	46.7%	
431	273	Larry CORKREY	MV70	Bedford Harriers AC	1:43:41.6	1:43:14.8	10:19min/mile	68.1%	
432	124	Carrie TAYLOR	FV35	Royston Runners	1:43:45.9	1:43:12.3	10:19min/mile	49.1%	
433	452	Kim MONTI	FV45	Royston Runners	1:43:48.1	1:43:16.1	10:19min/mile	56.3%	
434	46	Katie FLETCHER	FV35	Unattached	1:44:00.3	1:43:23.8	10:20min/mile	48.5%	
435	47	Mike FLETCHER	MV40	Unattached	1:44:04.1	1:43:27.1	10:20min/mile	44.1%	
436	424	Louise DUNPHY	FV45	Unattached	1:44:06.8	1:43:25.2	10:20min/mile	53.6%	
437	331	Helen SATTERTHWAITE	FV45	Ampthill & Flitwick Flyers Running Club	1:44:09.3	1:43:48.9	10:22min/mile	53.4%	
438	549	Deborah HOWARD	FV45	Unattached	1:44:10.5	1:43:28.5	10:20min/mile	54.8%	
439	425	Jose ANDRADE	MV40	Unattached	1:44:12.2	1:43:31.1	10:21min/mile	46.7%	
440	441	Carol WINTER	FV45	Unattached	1:44:25.8	1:43:47.2	10:22min/mile	56.0%	
441	440	Martin WINTER	MV50	Unattached	1:44:25.9	1:43:47.3	10:22min/mile	49.5%	
442	520	Rachel WILLIAMS	FV35	Unattached	1:45:13.2	1:44:39.1	10:27min/mile	48.4%	
443	310	Stuart BLAND	SM	Unattached	1:45:58.4	1:45:18.2	10:31min/mile	41.7%	
444	311	Hellen JEPSON	SF	Unattached	1:45:58.7	1:45:16.9	10:31min/mile	46.8%	
445	225	Eva KOVACS	FV45	Bedford Harriers AC	1:46:23.4	1:45:56.8	10:35min/mile	52.3%	
446	4	Laura TRUSS	FV35	Unattached	1:46:50.6	1:46:25.1	10:38min/mile	47.2%	
447	345	Lorraine HORAN	FV35	Ampthill & Flitwick Flyers Running Club	1:47:12.7	1:46:58.5	10:41min/mile	49.1%	
448	332	Claire JONES	FV45	Ampthill & Flitwick Flyers Running Club	1:47:32.2	1:47:18.6	10:43min/mile	54.9%	
449	380	Brian JUDKINS	MV60	North Herts Road Runners	1:47:45.7	1:47:11.3	10:43min/mile	51.2%	
450	87	Carla ARNOLD	FV35	Bedford Harriers AC	1:47:48.1	1:47:17.3	10:43min/mile	46.8%	
451	230	Anthony HUGHES	MV70	Unattached	1:48:14.8	1:47:44.4	10:46min/mile	55.1%	
452	522	Zoe RUMFORD	FV35	Unattached	1:48:45.9	1:48:14.4	10:49min/mile	48.6%	
453	181	Kate WILLIAMS	FV35	Unattached	1:48:48.3	1:48:14.6	10:49min/mile	48.6%	
454	341	Patricia GODFREY	FV65	Ampthill & Flitwick Flyers Running Club	1:49:22.3	1:49:11.3	10:55min/mile	64.4%	
455	34	Angus FOSTER	MV40	Unattached	1:49:25.8	1:48:44.8	10:52min/mile	44.5%	
456	50	Carly THORN	FV35	Unattached	1:49:31.7	1:48:56.7	10:53min/mile	46.3%	
457	202	Mervyn HARMON	MV50	Unattached	1:49:46.7	1:49:21.0	10:56min/mile	47.9%	
458	377	Suzanne ORR	FV45	March Athletic Club	1:49:52.9	1:49:17.2	10:55min/mile	50.7%	
459	102	Louise RICHARDS	FV35	Unattached	1:50:06.3	1:49:28.3	10:56min/mile	46.3%	

460	529	VANESSA ROLFE	FV55	North Herts Road Runners	1:50:22.6	1:49:48.3	10:58min/mile	60.5%	
461	366	Tara WATKINS	SF	Unattached	1:50:27.6	1:49:43.2	10:58min/mile	44.9%	
462	365	Sian WATKINS	SF	Unattached	1:50:28.4	1:49:44.2	10:58min/mile	44.9%	
463	570	Rebecca YOUNG	SF	Unattached	1:50:36.4	1:49:52.6	10:59min/mile	44.9%	
464	362	Linda THREADGOLD	FV55	Eye Community Runners	1:51:08.1	1:50:40.4	11:04min/mile	53.9%	
465	265	Sarah SHORT	FV45	Eye Community Runners	1:51:09.6	1:50:28.2	11:02min/mile	51.4%	
466	413	Patrycja FALAK	FV35	Riverside Runners St Neots	1:51:59.2	1:51:29.4	11:08min/mile	45.2%	
467	403	Trudy ANCLIFFE	SF	Riverside Runners St Neots	1:51:59.2	1:51:29.7	11:08min/mile	44.3%	
468	597	Pam HEMINGWAY	FV55	Riverside Runners St Neots	1:53:12.6	1:52:44.3	11:16min/mile	53.6%	
469	51	Katherine O'BRIEN	FV35	Unattached	1:53:32.3	1:53:02.1	11:18min/mile	45.7%	
470	56	Paula GIRDLER	FV45	Unattached	1:53:33.3	1:53:03.1	11:18min/mile	46.9%	
471	542	Trevor BROOM	MV50	Fairlands Valley Spartans	1:53:53.0	1:53:33.2	11:21min/mile	44.8%	
472	336	David SEDGLEY	MV70	Ampthill & Flitwick Flyers Running Club	1:54:00.5	1:53:37.2	11:21min/mile	58.0%	
473	116	Karen BROOM	FV45	Fairlands Valley Spartans	1:54:14.7	1:53:56.3	11:23min/mile	48.6%	
474	255	Christopher WALKINGTON	MV60	Riverside Runners St Neots	1:55:08.9	1:54:32.4	11:27min/mile	48.3%	
475	115	Elaine MCCULLOCH	FV65	Bedford Harriers AC	1:55:34.5	1:54:49.3	11:28min/mile	62.2%	
476	186	Brian DELANEY	MV40	Unattached	1:55:45.4	1:55:23.1	11:32min/mile	42.3%	
477	370	Ian STURDGESS	MV50	Bedford Harriers AC	1:56:14.3	1:55:46.9	11:34min/mile	44.8%	
478	393	Christopher ROWE	MV50	Eye Community Runners	1:56:17.2	1:55:49.1	11:34min/mile	43.6%	
479	546	Elaine SMITH	FV35	Unattached	1:56:54.4	1:56:15.4	11:37min/mile	45.2%	
480	551	Ruth SADLER	SF	Riverside Runners St Neots	1:57:08.4	1:56:39.9	11:39min/mile	42.6%	
481	302	Jaswant CHANA	MV60	Bedford Harriers AC	1:57:29.1	1:56:46.0	11:40min/mile	49.8%	
482	398	Pamela ABBITT	FV65	Stopsley Striders	1:57:42.7	1:57:05.4	11:42min/mile	60.1%	
483	312	John READE	MV70	Dunstable RRC	1:57:45.2	1:57:13.1	11:43min/mile	52.6%	
484	246	Gillian HOLMES	FV55	Werrington Joggers	1:58:32.4	1:57:56.4	11:47min/mile	57.1%	
485	272	Rachel SWINSON	FV45	Unattached	1:59:28.5	1:58:49.8	11:52min/mile	47.7%	
486	61	Heather PATEMAN	FV35	Riverside Runners St Neots	1:59:38.1	1:59:08.8	11:54min/mile	43.1%	
487	415	Joanna WALKER	SF	Fairlands Valley Spartans	2:00:04.6	1:59:45.4	11:58min/mile	41.3%	
488	18	Barry RICHARDSON	MV40	Unattached	2:01:15.7	2:00:33.7	12:03min/mile	37.6%	
489	428	Shaun KLOPPER	SM	Unattached	2:01:31.3	2:00:49.8	12:04min/mile	36.4%	
490	429	Leanne KLOPPER	FV45	Unattached	2:01:31.5	2:00:49.9	12:05min/mile	45.3%	
491	101	Heidi SMITH	FV35	Unattached	2:02:37.1	2:01:59.3	12:11min/mile	41.1%	
492	483	Valerie BIRD	FV65	Bedford Harriers AC	2:03:33.3	2:03:06.3	12:18min/mile	58.0%	

493	338	Jane COOK	FV55	Ampthill & Flitwick Flyers Running Club	2:04:41.8	2:04:20.5	12:26min/mile	53.4%	
494	337	Robert COOK	MV60	Ampthill & Flitwick Flyers Running Club	2:04:44.7	2:04:21.7	12:26min/mile	43.3%	
495	269	Tara BERRY	SF	Riverside Runners St Neots	2:10:24.5	2:09:56.6	12:59min/mile	37.9%	
496	195	Walter FAIRWEATHER	MV70	Unattached	2:47:44.2	2:47:11.8	16:43min/mile	44.2%	