

Posn	Race No	Name	TeamName	Cat	Gender	FinishTime	ChipTime	Perf
1	171	Julian Lings	ENFIELD HARRIERS	Senior Men	Male	00:55:10		80.97
2	319	Ben Harding	Hinckley Running Club	Senior Men	Male	00:57:43	00:57:42	77.93
3	336	Scott Aiken	TRENT PARK RUNNING CLUB	Vet Men 40-49	Male	01:00:22		77.22
4	63	James Cooper		Senior Men	Male	01:00:51	01:00:51	73.40
5	361	Chris Dodge	SAFFRON STRIDERS	Vet Men 40-49	Male	01:01:27	01:01:26	78.74
6	88	Kevin Ellis	South London Harriers	Vet Men 50-59	Male	01:03:05		79.78
7	45	Robert Casserley	Garden City Runners	Vet Men 40-49	Male	01:04:06	01:04:05	71.68
8	339	Colin Braybrook	ST ALBANS STRIDERS	Vet Men 50-59	Male	01:04:43	01:04:41	77.13
9	209	Juliet Nayler	Biggleswade AC	Vet Ladies 35-44	Female	01:04:46	01:04:45	79.18
10	331	Chris Dunham	BISHOPS STORTFORD RC	Vet Men 40-49	Male	01:05:26	01:05:25	71.24
11	300	Brian White	TEAM TRISPORTS	Vet Men 50-59	Male	01:05:31	01:05:31	80.16
12	24	Darren Bentley		Senior Men	Male	01:05:39	01:05:36	69.48
13	326	Simon Allchin		Vet Men 40-49	Male	01:06:08	01:06:06	69.96
14	318	Kevin Whelan	Ware Joggers	Senior Men	Male	01:06:13	01:06:12	67.46
15	388	John Lynch		Vet Men 50-59	Male	01:06:39	01:06:28	78.79
16	146	Karl Hiner	RIVERSIDE RUNNERS	Vet Men 40-49	Male	01:06:43	01:06:40	71.94
17	316	Michael Woodruff	BISHOPS STORTFORD RC	Vet Men 40-49	Male	01:06:47	01:06:41	72.99
18	346	Paul Newton		Senior Men	Male	01:06:58	01:06:58	66.69
19	183	Nick Mayers		Senior Men	Male	01:07:05	01:07:04	68.00
20	92	Mark Evison		Senior Men	Male	01:07:16	01:07:09	66.41
21	382	Andrew Farrell	London City Runners	Vet Men 40-49	Male	01:07:20	01:07:08	68.24
22	187	Chris McCormick		Senior Men	Male	01:07:43	01:07:42	65.96
23	57	James Collins		Vet Men 40-49	Male	01:08:32	01:08:29	69.01
24	251	Alan Routledge	Garden City Runners	Vet Men 40-49	Male	01:08:44	01:08:40	71.48
25	236	Gavin Pugh	MORNINGTON CHASERS	Senior Men	Male	01:08:47	01:08:36	66.32
26	128	Fiona Halls	SAFFRON STRIDERS	Vet Ladies 35-44	Female	01:09:41	01:09:39	73.00
27	5	Joby Allen		Senior Men	Male	01:10:45	01:10:42	63.57
28	180	Duncan Martin		Senior Men	Male	01:10:51	01:10:32	63.04
29	95	Mark Faughan	Herts Phoenix AC	Vet Men 50-59	Male	01:10:54	01:10:47	70.99
30	349	Anthony Wren		Vet Men 50-59	Male	01:11:14	01:11:12	73.72
31	94	Gez Fallon	Stopsley Striders	Vet Men 40-49	Male	01:11:17	01:10:57	65.39
32	239	Camilla Ray	MORNINGTON CHASERS	Senior Ladies	Female	01:11:39	01:11:27	68.92
33	165	Paul Kirk	Ware Joggers	Senior Men	Male	01:11:49	01:11:43	63.08
34	285	John Tennant	HARLOW RUNNING CLUB	Vet Men 60-69	Male	01:11:54	01:11:46	76.56
35	105	Shirish Gandhi		Vet Men 40-49	Male	01:12:06	01:11:59	66.09
36	155	Dionne Jones	HARLOW RUNNING CLUB	Vet Ladies 35-44	Female	01:12:17	01:12:05	72.72
37	100	Stephen Foster		Vet Men 40-49	Male	01:12:30	01:12:27	66.73
38	213	Jane Nodder	MORNINGTON CHASERS	Vet Ladies 45-54	Female	01:13:09	01:13:07	79.36
39	160	Andrew Kavanagh	Ware Joggers	Senior Men	Male	01:13:25	01:13:24	60.84
40	332	Kathryn Chapman	BISHOPS STORTFORD RC	Vet Ladies 35-44	Female	01:13:35	01:13:33	68.58
41	323	Sean Flynn	HARLOW RUNNING CLUB	Vet Men 50-59	Male	01:14:00	01:13:49	69.14
42	179	Andrea Mann	Garden City Runners	Vet Ladies 35-44	Female	01:14:03	01:13:57	69.25
43	37	John Bull	HARLOW RUNNING CLUB	Vet Men 40-49	Male	01:14:08	01:13:57	65.76
44	117	Lee Gordon		Vet Men 40-49	Male	01:14:11	01:14:03	62.84
45	309	Ali Zumberi		Senior Men	Male	01:14:18	01:14:13	60.54
46	118	Colin Grace	Ware Joggers	Vet Men 50-59	Male	01:14:26	01:14:12	66.52
47	81	Peter Dukes		Vet Men 60-69	Male	01:14:28	01:14:21	73.92
48	378	Lindley Chambers	BISHOPS STORTFORD RC	Senior Men	Male	01:14:31	01:14:15	60.79
49	102	Andy Frith	BENFLEET RUNNING CLUB	Vet Men 40-49	Male	01:14:32	01:14:28	62.99
50	11	Graeme Armstrong	BROXBOURNE RUNNERS	Vet Men 40-49	Male	01:14:37	01:14:20	63.39
51	295	William Wall		Senior Men	Male	01:14:43	01:14:24	59.78
52	157	Louise Juby		Senior Ladies	Female	01:14:53		65.94
53	205	Ian Munro	Garden City Runners	Vet Men 40-49	Male	01:14:54	01:14:48	63.15
54	271	Tony Spittle		Vet Men 50-59	Male	01:14:58	01:14:55	67.14
55	328	Tony Rose	Ware Joggers	Vet Men 50-59	Male	01:14:59	01:14:56	67.12
56	357	Alan Cootes	HARLOW RUNNING CLUB	Vet Men 50-59	Male	01:15:16	01:15:04	70.41
57	370	Simon Day		Vet Men 50-59	Male	01:15:17	01:15:11	67.96
58	109	Grant Glendinning	BROXBOURNE RUNNERS	Vet Men 40-49	Male	01:15:19	01:15:02	61.01
59	322	Tim Underwood		Senior Men	Male	01:15:36	01:15:28	59.92
60	249	Mike Roberts		Vet Men 40-49	Male	01:15:45	01:15:36	62.90
61	175	Jamie Luck	HARLOW RUNNING CLUB	Senior Men	Male	01:15:48	01:15:39	60.18
62	252	Tim Saban	Garden City Runners	Vet Men 40-49	Male	01:15:49	01:15:44	62.85
63	204	Andrew Mountford		Vet Men 40-49	Male	01:15:50	01:15:37	61.91
64	216	David O'Kelly		Vet Men 50-59	Male	01:16:04		66.17

Posn	Race No	Name	TeamName	Cat	Gender	FinishTime	ChipTime	Perf
65	83	Paul Dutton		Senior Men	Male	01:16:04	01:15:50	58.71
66	89	Stephen Ellis		Vet Men 40-49	Male	01:16:21	01:16:15	61.95
67	115	Mark Goodwin	FAIRLANDS VALLEY SPARTANS	Vet Men 50-59	Male	01:16:22	01:16:14	67.57
68	48	Ben Chamberlain	CAMBRIDGE AND COLERIDGE	Senior Men	Male	01:16:27	01:16:02	58.43
69	254	Karl Sawetz		Senior Men	Male	01:16:29	01:16:16	58.40
70	31	Damian Brennan	HORNSEY UCATT	Vet Men 40-49	Male	01:16:34	01:16:06	61.32
71	226	Paul Perrin		Senior Men	Male	01:16:51	01:16:20	58.12
72	10	Orville Archer	Garden City Runners	Vet Men 40-49	Male	01:16:53	01:16:35	60.18
73	174	Marc Lowers	HARLOW RUNNING CLUB	Senior Men	Male	01:16:55	01:16:31	58.89
74	156	Robert Jones	Ware Joggers	Vet Men 50-59	Male	01:17:04	01:16:53	68.14
75	383	Rory Macrae		Senior Men	Male	01:17:18	01:16:47	57.78
76	54	Richard Christer		Senior Men	Male	01:17:19	01:17:16	59.00
77	101	Ryan Francis		Senior Men	Male	01:17:19		57.77
78	335	David Searle	Hartham Commoners	Vet Men 50-59	Male	01:17:20	01:17:09	66.16
79	290	Chris Trueman	Ware Joggers	Senior Men	Male	01:17:33	01:17:19	57.59
80	258	Natasha Scott	HAVERHILL RUNNING CLUB	Vet Ladies 35-44	Female	01:17:34	01:17:30	65.57
81	362	Dennis Adams	Ware Joggers	Vet Men 50-59	Male	01:17:39	01:17:36	67.63
82	250	Peter Roll	TRENT PARK RUNNING CLUB	Vet Men 50-59	Male	01:17:41	01:17:25	67.60
83	76	Karen Denham	BARNET AND DISTRICT AC	Vet Ladies 35-44	Female	01:17:44	01:17:40	64.41
84	282	Jonathan Swann	BISHOPS STORTFORD RC	Senior Men	Male	01:17:46	01:17:36	57.43
85	313	Matthew Jones	HARLOW RUNNING CLUB	Vet Men 40-49	Male	01:17:55	01:17:45	62.09
86	289	John Tracey	Pitsea Running Club	Vet Men 40-49	Male	01:18:00	01:17:51	62.03
87	375	George Thomas	BISHOPS STORTFORD RC	Vet Men 60-69	Male	01:18:02	01:17:52	71.97
88	371	Lee Lawrence	FAIRLANDS VALLEY SPARTANS	Senior Men	Male	01:18:11	01:17:37	58.35
89	52	Philip Chaplin	BISHOPS STORTFORD RC	Vet Men 40-49	Male	01:18:13	01:18:04	61.86
90	379	Wayne Weir		Senior Men	Male	01:18:21	01:18:14	57.00
91	310	Tim Coleman	Ware Joggers	Senior Men	Male	01:18:29	01:18:16	56.91
92	23	James Beckett		Senior Men	Male	01:18:37	01:18:27	56.81
93	1	Lloyd Adams		Vet Men 40-49	Male	01:18:42	01:18:05	62.43
94	228	Tracy Pez	FAIRLANDS VALLEY SPARTANS	Vet Ladies 35-44	Female	01:18:45	01:18:38	64.59
95	372	Nat Barnard	FAIRLANDS VALLEY SPARTANS	Senior Men	Male	01:18:50	01:18:16	56.66
96	314	Steve King		Senior Men	Male	01:18:51	01:18:46	56.66
97	25	Peter Biggs		Vet Men 40-49	Male	01:18:57	01:18:42	58.20
98	297	Chris Waring		Vet Men 50-59	Male	01:19:07	01:18:58	64.14
99	224	Andrew Peck	Ware Joggers	Vet Men 40-49	Male	01:19:11	01:18:42	59.73
100	189	Richard Mcenery	ALLENBURYS	Vet Men 40-49	Male	01:19:18	01:18:58	58.34
101	137	Vince Hayward	HARLOW RUNNING CLUB	Vet Men 50-59	Male	01:19:27	01:19:17	65.53
102	144	Richard Hill		Vet Men 40-49	Male	01:19:38	01:19:30	59.39
103	182	Trevor Mason		Vet Men 40-49	Male	01:19:40	01:19:22	61.67
104	173	Samantha Long		Vet Ladies 35-44	Female	01:19:42	01:19:25	63.82
105	241	James Reed	Ware Joggers	Senior Men	Male	01:19:47	01:19:31	55.98
106	230	Steve Postlethwaite	WARESIDE TRI	Vet Men 40-49	Male	01:19:49	01:19:35	61.08
107	225	Simon Perkins	ST ALBANS STRIDERS	Vet Men 40-49	Male	01:19:49	01:19:35	61.08
108	134	Inga Hayden-Cooper		Vet Ladies 45-54	Female	01:19:53	01:19:36	66.93
109	72	Charles Dance		Vet Men 40-49	Male	01:19:55	01:19:51	57.50
110	49	Ruth Chamberlain	RIVERSIDE RUNNERS	Vet Ladies 35-44	Female	01:20:00		63.08
111	166	Ian Knibbs	RIVERSIDE RUNNERS	Vet Men 40-49	Male	01:20:08	01:20:01	59.03
112	36	Gary Bruce	MET POLICE ATHLETIC ASSOCIATION	Vet Men 40-49	Male	01:20:16	01:20:13	61.21
113	142	Dave Hewitt		Vet Men 40-49	Male	01:20:18	01:20:11	60.71
114	85	Barry Elder		Vet Men 50-59	Male	01:20:29	01:20:14	63.06
115	2	Mario Ahnien	HARINGEY JOGGING CLUB	Vet Men 60-69	Male	01:20:35	01:20:15	68.31
116	317	Eibhlin Leahy	Ware Joggers	Senior Ladies	Female	01:20:37	01:20:19	61.26
117	190	Stuart Mcgregor Green		Vet Men 40-49	Male	01:20:38	01:20:24	56.99
118	107	Perry Gear	Garden City Runners	Vet Men 40-49	Male	01:20:41	01:20:35	60.90
119	280	John Swallow		Vet Men 40-49	Male	01:20:47	01:20:34	58.98
120	97	Martyn Fisher	ALMOST ATHLETES	Vet Men 40-49	Male	01:20:50	01:20:44	60.30
121	99	Daniel Flynn		Senior Men	Male	01:20:55	01:20:29	55.20

Posn	Race No	Name	TeamName	Cat	Gender	FinishTime	ChipTime	Perf
122	261	Vishal Shah	FAIRLANDS VALLEY SPARTANS	Junior Men (U20)	Male	01:21:04	01:20:56	55.10
123	121	David Greaves		Vet Men 40-49	Male	01:21:05	01:20:58	56.67
124	364	Alan Turner		Senior Men	Male	01:21:09	01:20:55	55.04
125	342	James Rayner		Vet Men 40-49	Male	01:21:16	01:20:59	58.20
126	98	Claire Flack	BISHOPS STORTFORD RC	Vet Ladies 35-44	Female	01:21:21	01:21:11	62.52
127	266	Mark Simmons		Vet Men 40-49	Male	01:21:27	01:20:52	58.07
128	120	Mike Grant	BISHOPS STORTFORD RC	Vet Men 50-59	Male	01:21:39	01:21:30	60.65
129	16	John Baker	BISHOPS STORTFORD RC	Vet Men 60-69	Male	01:21:44	01:21:32	67.35
130	303	Colin Wilkinson		Vet Men 40-49	Male	01:21:46	01:21:42	57.42
131	350	Graham Pugh	HARLOW RUNNING CLUB	Vet Men 50-59	Male	01:21:56	01:21:47	62.45
132	360	Alan Wilson	BISHOPS STORTFORD RC	Vet Men 60-69	Male	01:22:00	01:21:49	69.95
133	337	Stuart Whiteland		Senior Men	Male	01:22:10	01:21:55	55.13
134	103	John Reginald Fuller	BARNET AND DISTRICT AC	Vet Men 60-69	Male	01:22:27	01:22:16	70.36
135	369	Sue Albiston	BISHOPS STORTFORD RC	Vet Ladies 35-44	Female	01:22:30	01:22:20	64.26
136	38	Geoff Burston	BROXBOURNE RUNNERS	Vet Men 60-69	Male	01:22:35	01:22:16	66.66
137	122	Chris Green	ALLENBURYS	Senior Men	Male	01:22:44	01:22:22	55.14
138	43	Iain Campbell		Senior Men	Male	01:22:44	01:22:41	53.99
139	124	Tony Hadnutt		Vet Men 40-49	Male	01:22:47	01:22:25	55.51
140	286	Joanne Thompson		Vet Ladies 35-44	Female	01:23:05	01:22:56	61.73
141	374	Ross Hanway		Senior Men	Male	01:23:12	01:23:04	53.69
142	192	Pascal McManmon	Ware Joggers	Vet Men 50-59	Male	01:23:26	01:23:26	62.41
143	56	Joanne Coleman	David Lloyd Enfield	Vet Ladies 45-54	Female	01:23:28	01:23:04	64.06
144	210	David Newson		Vet Men 40-49	Male	01:23:28	01:22:58	57.96
145	229	Alison Plummer		Vet Ladies 45-54	Female	01:23:30	01:22:55	64.03
146	110	Michaela Glendinning	BROXBOURNE RUNNERS	Vet Ladies 35-44	Female	01:23:33	01:23:11	59.46
147	202	G Moore	BENFLEET RUNNING CLUB	Vet Men 50-59	Male	01:23:38	01:23:32	60.68
148	112	Peter Goldfinch	TRENT PARK RUNNING CLUB	Vet Men 50-59	Male	01:23:42	01:23:25	62.21
149	347	Peter Smith	ST ALBANS STRIDERS	Vet Men 60-69	Male	01:23:49	01:23:25	65.04
150	245	Annie Reville	Ware Joggers	Vet Ladies 35-44	Female	01:23:56	01:23:41	59.65
151	299	Peter Wenzel	BISHOPS STORTFORD RC	Vet Men 60-69	Male	01:24:01	01:23:52	64.89
152	159	Saira Karim	BISHOPS STORTFORD RC	Senior Ladies	Female	01:24:08	01:23:58	58.70
153	42	Marina Cambiano	DAVID LLOYD	Vet Ladies 45-54	Female	01:24:34	01:24:09	65.49
154	243	Carol Reid	Garden City Runners	Vet Ladies 45-54	Female	01:24:38	01:24:29	65.43
155	325	Robert Waddingham	Ware Joggers	Vet Men 50-59	Male	01:24:52	01:24:50	62.45
156	376	Helen Plumley		Vet Ladies 45-54	Female	01:24:53	01:24:40	62.98
157	194	Michael McNicholas		Senior Men	Male	01:25:02	01:24:49	53.64
158	114	Kavita Gooch		Vet Ladies 45-54	Female	01:25:08	01:24:44	63.35
159	93	Rebecca Evison		Vet Ladies 35-44	Female	01:25:10	01:25:00	57.98
160	334	Dave Llewellyn	Purple Patch Runners	Vet Men 40-49	Male	01:25:20	01:24:58	57.58
161	356	Clare Browne		Vet Ladies 45-54	Female	01:25:34	01:24:59	62.48
162	59	Paul Connolly		Vet Men 50-59	Male	01:25:37	01:24:59	59.28
163	6	Peter Allen	BISHOPS STORTFORD RC	Vet Men 50-59	Male	01:26:07	01:25:58	60.46
164	227	Lindsey Peters	ROSEMARY CONLEY RUNNERS	Vet Ladies 45-54	Female	01:26:07	01:25:52	64.31
165	324	Elizabeth Watson		Vet Ladies 35-44	Female	01:26:10	01:25:57	60.00
166	170	Ondrej Linek		Senior Men	Male	01:26:14	01:25:40	52.53
167	367	Zoe Delaney	HARLOW RUNNING CLUB	Senior Ladies	Female	01:26:26	01:25:54	57.13
168	133	Christine Hawker	TRENT PARK RUNNING CLUB	Vet Ladies 45-54	Female	01:26:28	01:26:10	62.91
169	181	James Martin		Senior Men	Male	01:26:32	01:26:12	51.61
170	58	Christopher Connell		Vet Men 50-59	Male	01:26:43	01:26:22	61.12
171	53	Philippa Christer		Vet Ladies 35-44	Female	01:26:56	01:26:38	56.81
172	62	Zoe Cook	BROXBOURNE RUNNERS	Senior Ladies	Female	01:27:00	01:26:39	56.76
173	150	Paula Holt		Senior Ladies	Female	01:27:04		56.71
174	312	Shirley McLennaghan	DAVID LLOYD	Vet Ladies 45-54	Female	01:27:07	01:26:41	63.00
175	87	Trevor Elliott		Vet Men 50-59	Male	01:27:18	01:26:57	59.11
176	320	Steve Collard		Vet Men 50-59	Male	01:27:19	01:26:51	59.09
177	387	Geoffrey Luening		Senior Men	Male	01:27:25	01:27:01	51.09
178	352	Matthew Dickinson		Vet Men 40-49	Male	01:27:25	01:26:57	56.20
179	13	Peter Ayling	HARLOW RUNNING CLUB	Vet Men 50-59	Male	01:27:27	01:26:59	59.54
180	321	Terry Pike	HARLOW RUNNING CLUB	Vet Men 40-49	Male	01:27:28	01:27:16	55.74
181	298	Dan Wehrl		Senior Men	Male	01:27:34	01:27:05	51.73
182	104	Odette Galea	HARLOW RUNNING CLUB	Senior Ladies	Female	01:27:37	01:27:06	56.36

Posn	Race No	Name	TeamName	Cat	Gender	FinishTime	ChipTime	Perf
183	315	Paula Gollop	Ware Joggers	Senior Ladies	Female	01:27:41	01:27:40	56.32
184	237	Lee Radley	RIVERSIDE RUNNERS	Vet Men 40-49	Male	01:27:45	01:27:39	53.12
185	197	Shahjahan Miah		Vet Men 40-49	Male	01:27:49	01:27:26	52.32
186	50	Ruban Chandran		Senior Men	Male	01:27:50	01:27:31	51.93
187	129	Neil Halls	SAFFRON STRIDERS	Senior Men	Male	01:27:51	01:27:30	51.92
188	71	Robert Curtis	Dunstable Road Runners	Vet Men 40-49	Male	01:27:52	01:27:32	55.92
189	113	Anne Golding		Vet Ladies 45-54	Female	01:27:52	01:27:31	66.06
190	61	Paul Cook		Senior Men	Male	01:27:55	01:27:32	50.81
191	169	Karen Leavens		Vet Ladies 55-64	Female	01:27:56	01:27:38	66.64
192	178	Fergus Macleod		Vet Men 50-59	Male	01:27:56	01:27:36	57.24
193	232	Alex Preston		Senior Men	Male	01:28:10	01:28:01	50.66
194	152	Phil Humphreys		Senior Men	Male	01:28:10	01:28:01	50.66
195	359	Susan Davis		Vet Ladies 45-54	Female	01:28:16	01:27:49	61.10
196	380	T Heapy	HARLOW RUNNING CLUB	Vet Men 50-59	Male	01:28:17	01:27:45	60.03
197	206	Michael Murdoch		Senior Men	Male	01:28:18	01:28:06	50.58
198	30	Hugh Brady		Vet Men 40-49	Male	01:28:23	01:27:54	55.16
199	279	Alex Sutherland	MORNINGTON CHASERS	Vet Men 50-59	Male	01:28:25	01:28:04	56.00
200	161	Maty Kay		Senior Men	Male	01:28:29	01:28:02	50.50
201	139	Dave Hemingway		Vet Men 40-49	Male	01:28:37	01:28:23	54.16
202	131	Anthony Hamilton	BARNET AND DISTRICT AC	Vet Men 70+	Male	01:28:38	01:28:22	69.50
203	185	Sarah Mayne	MORNINGTON CHASERS	Vet Ladies 45-54	Female	01:28:43	01:28:23	61.86
204	344	Tim Scarisbrick		Vet Men 40-49	Male	01:28:45	01:28:27	53.69
205	341	Jorge Fernando Pina		Vet Men 40-49	Male	01:28:56	01:28:40	54.40
206	195	Graeme Mctait	UKNETRUNNER	Vet Men 40-49	Male	01:29:00	01:28:34	51.63
207	330	Dale Rose		Senior Men	Male	01:29:06	01:29:02	50.13
208	60	Stacey Connor		Vet Ladies 45-54	Female	01:29:07	01:28:43	65.14
209	238	Andrew Ramage		Senior Men	Male	01:29:15		50.04
210	338	James Abernethy		Senior Men	Male	01:29:23	01:29:18	49.97
211	389	Julie Alabaster	Ware Joggers	Vet Ladies 35-44	Female	01:29:24	01:29:00	56.45
212	358	Andy Davis		Vet Men 40-49	Male	01:29:27	01:29:00	53.27
213	22	Robert Bauco		Vet Men 50-59	Male	01:29:31	01:29:05	55.76
214	259	Caroline Seaman		Vet Ladies 45-54	Female	01:29:38	01:29:34	60.69
215	14	Wayne Aylott	Garden City Runners	Vet Men 40-49	Male	01:29:49	01:29:41	54.70
216	348	Mark Wines		Vet Men 40-49	Male	01:29:49	01:29:21	53.05
217	255	Jon Scarisbrick		Vet Men 40-49	Male	01:29:56	01:29:37	51.83
218	248	Graham Roberts		Senior Men	Male	01:29:58	01:29:40	50.35
219	234	Kris Pringle	HERTFORD ARMSTRONGS	Senior Men	Male	01:29:59	01:29:40	49.64
220	199	Simon Mitchley		Vet Men 40-49	Male	01:30:00	01:29:44	52.16
221	368	Paula Green	HARLOW RUNNING CLUB	Vet Ladies 35-44	Female	01:30:00	01:29:28	58.40
222	18	Rebecca Barden		Vet Ladies 45-54	Female	01:30:10	01:29:40	59.82
223	265	Lisa Short	ORION HARRIERS	Vet Ladies 45-54	Female	01:30:11	01:29:59	59.28
224	33	Guy Brown		Senior Men	Male	01:30:16	01:30:00	50.18
225	148	Janet Hobbs	David Lloyd Enfield	Vet Ladies 45-54	Female	01:30:28	01:30:03	60.67
226	8	Anne Anderson	DAVID LLOYD	Vet Ladies 35-44	Female	01:30:29	01:30:03	58.59
227	274	Mark Stead	Biggleswade AC	Vet Men 40-49	Male	01:30:32	01:30:17	52.24
228	301	Richard Whiting	Herts Phoenix AC	Vet Men 60-69	Male	01:30:41	01:30:02	60.11
229	256	Paul Schroder	HARLOW RUNNING CLUB	Senior Men	Male	01:30:42	01:30:12	49.24
230	153	Nigel Iron		Vet Men 40-49	Male	01:31:06	01:31:04	51.17
231	186	Ian McBride		Senior Men	Male	01:31:09	01:30:50	50.05
232	288	Wendy Thorpe		Vet Ladies 35-44	Female	01:31:19		56.62
233	3	Dawn Aldridge	David Lloyd Enfield	Vet Ladies 35-44	Female	01:31:29	01:31:03	56.05
234	70	Matthew Crossland	Stopsley Striders	Senior Men	Male	01:31:39	01:31:18	48.74
235	196	James Mess		Vet Men 40-49	Male	01:31:45	01:31:08	53.55
236	223	Laurence Pearl	DAVID LLOYD	Vet Men 40-49	Male	01:32:15	01:31:44	53.26
237	67	Matt Corker		Senior Men	Male	01:32:17	01:31:49	48.42
238	208	Michael Murray		Vet Men 50-59	Male	01:32:21	01:32:11	54.95
239	272	Wendy Spring	HARLOW RUNNING CLUB	Vet Ladies 35-44	Female	01:32:25		56.88
240	116	Jo Gordon		Vet Ladies 45-54	Female	01:32:44	01:32:19	59.18
241	172	Paul Lister		Senior Men	Male	01:32:47	01:32:29	48.48
242	12	Joanne Askew	Ware Joggers	Vet Ladies 35-44	Female	01:32:56	01:32:54	53.13
243	355	Andrew Smith	Ware Joggers	Vet Men 40-49	Male	01:33:08	01:32:52	50.79
244	125	Matthew Hall		Senior Men	Male	01:33:17	01:32:49	47.88
245	215	Jolanta Nowak		Vet Ladies 35-44	Female	01:33:17	01:32:54	53.67
246	34	Colin Browne		Vet Men 40-49	Male	01:33:18	01:32:40	51.86
247	29	Georgina Bowden		Senior Ladies	Female	01:33:27	01:32:55	52.84
248	366	Elaine Stead	Biggleswade AC	Vet Ladies 35-44	Female	01:33:33	01:33:18	55.26

Posn	Race No	Name	TeamName	Cat	Gender	FinishTime	ChipTime	Perf
249	82	Nicky Dutton	ALLENBURYS	Vet Ladies 35-44	Female	01:33:46	01:33:32	53.39
250	7	Trace Allen	Garden City Runners	Vet Men 60-69	Male	01:33:56	01:33:47	61.76
251	268	Martin Smith		Senior Men	Male	01:34:15	01:33:42	48.06
252	384	Rupert Tappin		Vet Men 40-49	Male	01:34:35	01:34:23	48.58
253	74	Rosamond De La Bertauche	BARNET AND DISTRICT AC	Vet Ladies 55-64	Female	01:34:39	01:34:22	65.22
254	46	Nicholas Caveney		Senior Men	Male	01:34:59	01:34:30	47.04
255	145	Elizabeth Hiner	RIVERSIDE RUNNERS	Vet Ladies 35-44	Female	01:35:34	01:35:05	52.39
256	373	Peter Johnson	FRA	Vet Men 50-59	Male	01:35:36	01:35:21	53.52
257	119	Jane Graham		Vet Ladies 35-44	Female	01:35:49	01:35:16	55.33
258	198	Ann Michaels		Vet Ladies 45-54	Female	01:35:52	01:35:19	56.26
259	21	Graham Barnet	BARNET AND DISTRICT AC	Vet Men 50-59	Male	01:35:54	01:35:27	54.76
260	68	Sue Coveney	Garden City Runners	Vet Ladies 45-54	Female	01:35:55	01:35:40	60.52
261	47	Paul Cecil		Vet Men 40-49	Male	01:36:28	01:36:09	48.67
262	281	Emma Swan	CLAPHAM CHASERS	Vet Men 40-49	Male	01:36:33	01:36:21	50.89
263	329	Dawn Clark		Vet Ladies 45-54	Female	01:36:57	01:36:36	58.17
264	340	Joy Hale	HARLOW RUNNING CLUB	Senior Ladies	Female	01:37:00	01:36:29	50.91
265	41	Peter Byrd		Vet Men 40-49	Male	01:37:19	01:36:57	50.09
266	354	Mick Avery		Vet Men 50-59	Male	01:37:38	01:36:58	51.13
267	176	Ron Luck	HARLOW RUNNING CLUB	Vet Men 60-69	Male	01:37:47	01:37:38	56.30
268	351	Simon Chambers	SAFFRON STRIDERS	Vet Men 40-49	Male	01:37:53	01:37:29	49.04
269	343	Helen Gudgeon		Vet Ladies 35-44	Female	01:37:56	01:37:35	50.73
270	106	Neil Garton		Senior Men	Male	01:38:13	01:38:04	46.12
271	111	Cath Golder		Vet Ladies 45-54	Female	01:38:18	01:37:57	54.87
272	277	Mike Suckling	BTF	Vet Men 40-49	Male	01:38:23	01:37:55	49.94
273	247	Catherine Ridge	HARLOW RUNNING CLUB	Senior Ladies	Female	01:38:36	01:38:04	50.08
274	385	Julia Galea	HARLOW RUNNING CLUB	NDB	Female	01:38:41	01:38:09	0.00
275	307	Michael Wood	ROSEMARY CONLEY RUNNERS	Vet Men 50-59	Male	01:38:41	01:38:18	51.00
276	66	Kirsty Corker		Vet Ladies 35-44	Female	01:39:03	01:38:36	49.86
277	219	Giles Partridge		Vet Men 40-49	Male	01:39:57	01:39:20	46.97
278	158	Michelle Juniper		Vet Ladies 45-54	Female	01:40:38	01:40:14	53.59
279	207	Clare Murray		Senior Ladies	Female	01:40:43	01:40:33	49.03
280	233	Fenella Price		Vet Ladies 35-44	Female	01:41:03	01:40:25	51.16
281	132	Daniel Harvey		Vet Men 40-49	Male	01:41:30	01:40:57	45.27
282	32	Stephen Briley		Vet Men 40-49	Male	01:41:39		46.53
283	235	Mark Pringle		Senior Men	Male	01:41:52	01:41:33	43.85
284	126	Richard Hall		Senior Men	Male	01:41:59		43.80
285	381	Magnus Myreen		Senior Men	Male	01:42:00	01:41:48	43.79
286	311	Michael Thacker	Ware Joggers	Vet Men 50-59	Male	01:42:17	01:41:47	49.21
287	264	Alexandra Shepherd		Senior Ladies	Female	01:42:20	01:42:17	48.26
288	377	Fiona Alder		Vet Ladies 45-54	Female	01:42:31	01:41:58	54.02
289	284	Michele Teagle	DAVID LLOYD	Vet Ladies 35-44	Female	01:42:43	01:42:18	49.93
290	51	Franck Chanut		Senior Men	Male	01:42:58	01:42:28	43.39
291	26	David Blakey		Vet Men 40-49	Male	01:43:04	01:42:41	45.23
292	80	Eleanor Draper	Garden City Runners	Vet Ladies 65+	Female	01:43:04	01:42:47	75.66
293	9	Simon Anderson		Vet Men 40-49	Male	01:43:15		45.47
294	79	Dennis Draper	Garden City Runners	Vet Men 70+	Male	01:44:43	01:44:26	62.10
295	4	Debbie Allan	Ware Joggers	Vet Ladies 55-64	Female	01:45:17	01:44:51	58.64
296	96	Sarah Felstead		Vet Ladies 35-44	Female	01:45:37	01:45:32	46.76
297	64	Simon Cooper	BARNET AND DISTRICT AC	Vet Men 50-59	Male	01:45:55		48.72
298	203	Miranda Morgan	NORTH HERTS RRC	Vet Ladies 55-64	Female	01:46:00	01:45:36	56.43
299	242	Richard Reed		Senior Men	Male	01:46:18	01:45:43	42.02
300	78	Robin Dixon		Vet Men 40-49	Male	01:46:55	01:46:18	43.27
301	201	Jenny Mooney		Vet Ladies 35-44	Female	01:46:56	01:46:32	49.58
302	73	Diana Davis		Vet Ladies 35-44	Female	01:47:19	01:46:46	49.40
303	143	Amanda Higham		Vet Ladies 35-44	Female	01:47:19	01:46:47	48.98
304	333	Joan McCrohan		Vet Ladies 35-44	Female	01:47:33	01:47:06	48.47
305	365	John Etherden	BISHOPS STORTFORD RC	Vet Men 60-69	Male	01:47:40	01:47:20	54.49
306	231	Christopher Potter		Vet Men 50-59	Male	01:49:08	01:48:41	45.74
307	291	Sencan Tuncer		Vet Ladies 35-44	Female	01:49:08	01:48:41	45.88
308	345	Emily Mauro		Senior Ladies	Female	01:49:11	01:48:47	45.23
309	151	Sarah Howard	Ware Joggers	Vet Ladies 35-44	Female	01:49:23	01:48:58	48.06
310	17	Mags Balfour	Ware Joggers	Vet Ladies 55-64	Female	01:49:25	01:48:59	57.06
311	65	Alison Copeland		Vet Ladies 35-44	Female	01:50:04	01:49:42	48.17
312	386	Sarah Ashworth	Ware Joggers	Vet Ladies 35-44	Female	01:50:28	01:50:05	44.98
313	305	Claire Wilson		Senior Ladies	Female	01:52:05	01:52:00	44.06

Posn	Race No	Name	TeamName	Cat	Gender	FinishTime	ChipTime	Perf
314	214	P Norris	NORTH HERTS RRC	Vet Men 50-59	Male	01:52:52	01:52:30	45.33
315	168	Isabel Kucuk	Ware Joggers	Vet Ladies 45-54	Female	01:59:40	01:59:10	44.68
316	211	Ros Nicholls	Ware Joggers	Vet Ladies 45-54	Female	02:03:52	02:03:22	46.41
317	273	Maureen Steed	Garden City Runners	Vet Ladies 55-64	Female	02:05:33	02:04:59	49.73
318	308	George Woods	Garden City Runners	Vet Men 70+	Male	02:05:33	02:05:00	57.20
319	283	Amanda Sykes	Ware Joggers	Vet Ladies 35-44	Female	02:06:39	02:06:03	41.16
320	108	Jade Michelle Gillespie	HARLOW RUNNING CLUB	Senior Ladies	Female	02:16:40	02:16:06	36.13