

**ST ALBANS 10k**

10:00 - Sunday 14 May 2006

Position	Name	Finish Time	Race Number	Category	Club
1	Stephen Hartley	0:34:21	135	MSEN	Amphill & Flitwick Flyers
2	Paul Adams	0:34:26	309	MSEN	St Albans Striders
3	James McGaughey	0:34:32	467	MSEN	Kent AC
4	James Elworthy	0:35:15	413	MSEN	Bedford & County AC
5	Andy Holt	0:35:24	86	MV40	Garden City Runners
6	Adam Peters	0:35:46	226	MSEN	Amphill & Flitwick Flyers
7	Adrian Mason	0:35:50	215	MV40	Barnet & District AC
8	Dave Dormer	0:36:25	434	MSEN	Bedford Harriers
9	Brad Plummer	0:36:43	403	MV40	Garden City Runners
10	David Brown	0:36:57	364	MV40	Unattached
11	Justin Hill	0:36:58	239	MV40	Ware Joggers
12	Grant West	0:37:06	223	MSEN	St Albans Striders
13	Colin Taylor	0:37:08	196	MV40	Watford Joggers
14	Darren Farr	0:37:37	465	MSEN	Amphill & Flitwick Flyers
15	Andrew Wasdell	0:37:46	222	MSEN	St Albans Striders
16	Jason Mentern	0:38:39	455	MSEN	Ware Joggers
17	Peter Eggleston	0:38:46	92	MSEN	Unattached
18	Anna Ward	0:38:55	32	FSEN	St Albans Striders
19	Martin Saggars	0:38:56	254	MSEN	Ware Joggers
20	Maloney Jason	0:38:58	437	MSEN	Trent Park Running Club
21	Stuart Berry	0:39:04	231	MSEN	Dunstable Road Runners
22	Stuart Harries	0:39:08	301	MSEN	Stopsley Striders
23	David Robins	0:39:54	324	MSEN	Unattached
24	Tina Muir	0:39:56	479	FSEN	Bedford & County AC
25	Paul Siddle	0:40:01	8	MSEN	St Albans Striders
26	Keith Fordham	0:40:03	358	MV40	Eton Manor AC
27	Tony Cole	0:40:07	162	MV40	Amphill & Flitwick Flyers
28	David Zerny	0:40:08	206	MSEN	Hillingdon Tri-Stars
29	Kenny Blyth	0:40:12	244	MV50	Ware Joggers
30	Colin Bunner	0:40:18	329	MSEN	Unattached
31	John Murray	0:40:29	491	MSEN	Unattached
32	Keith Mulholland	0:40:32	503	MSEN	Unattached
33	Tim Hunt	0:40:43	84	MV40	Amphill & Flitwick Flyers
34	Gary Halsey	0:40:46	477	MV40	Unattached
35	Greg Hill	0:40:46	362	MV50	Watford Joggers
36	Paul Maguire	0:40:47	117	MSEN	Fairlands Valley Spartans
37	paul Brandon	0:40:49	357	MSEN	Eton Manor AC
38	Jim Brown	0:40:51	351	MV50	Fairlands Valley Spartans
39	Paul Emery	0:40:55	164	MV40	Watford Joggers
40	Moritz David	0:40:57	435	MSEN	Unattached
41	Lisa Newing	0:41:00	466	FSEN	Bitton Road Runners
42	Russell Devitt	0:41:02	330	MV50	Shaftesbury Harriers
43	Tom Pinnington	0:41:05	177	MSEN	Unattached
44	Phil Boothroyd	0:41:09	441	MSEN	Unattached
45	Stephen Dunn	0:41:13	356	MSEN	Eton Manor AC
46	Robert Casserley	0:41:32	47	MSEN	Garden City Runners
47	Jayne Cresswell	0:41:35	58	FV35	Riccy Running Sisters
48	Fred Bees	0:41:38	451	MV60	Great Bentley RR
49	Stuart Broughton	0:41:45	29	MV40	Ware Joggers
50	Martin Archer	0:41:46	95	MSEN	Unattached
51	Marcello Burbante	0:41:49	328	MSEN	Unattached
52	Adrian Rosoga	0:41:51	348	MSEN	St Albans Striders

53	Luke Harvey	0:41:59	426 MSEN	Unattached
54	Jason Cobbold	0:42:05	248 MSEN	Unattached
55	Steve Mobbs	0:42:06	482 MV40	London Heathside
56	Tim Woolridge	0:42:16	360 MV40	Watford Joggers
57	Dan Hayes	0:42:27	500 MSEN	Guildford & Godalming
58	Alex Thompson	0:42:31	444 MSEN	Stopsley Striders
59	David Stanley	0:42:32	296 MV50	Amphill & Flitwick Flyers
60	Chris Pike	0:42:35	269 MSEN	Unattached
61	John Few	0:42:38	359 MV60	Eton Manor AC
62	Mark Fletcher	0:42:50	62 MV40	Unattached
63	Tony Rose	0:42:57	36 MV40	Ware Joggers
64	Graeme Payne	0:42:59	370 MSEN	Unattached
65	Bob Watson	0:43:01	118 MV40	St Albans Striders
66	Celia Findlay	0:43:09	278 FV35	St Albans Striders
67	Jeremy Bell	0:43:10	133 MV40	Amphill & Flitwick Flyers
68	Julian Tranter	0:43:11	250 MSEN	Unattached
69	Runner Unknown	0:43:13	506 FV65	Unattached
70	George Bird	0:43:15	277 MSEN	Ware Joggers
71	Reddin Cathal	0:43:17	478 MSEN	Unattached
72	Michael Mello	0:43:20	495 MV40	North Herts Road Runners
73	Christine Tanner	0:43:28	353 FV35	Bishop's Stortford AC
74	Phil Clarke	0:43:29	136 MV50	Amphill & Flitwick Flyers
75	Henry Downes	0:43:31	456 MV40	Bedford Harriers
76	Tom Diethe	0:43:38	313 MSEN	Serpentine AC
77	Johnathan Parr	0:43:40	295 MSEN	Unattached
78	Mark Priwsee	0:43:52	470 MV40	Unattached
79	David Sabey	0:43:53	132 MSEN	Amphill & Flitwick Flyers
80	Ruth Ambrose	0:44:01	282 FV35	Unattached
81	Edward Druce	0:44:02	349 MSEN	Amphill & Flitwick Flyers
82	Unknown Runner	0:44:03	505 FV65	Unattached
83	Neil Cheek	0:44:05	217 MSEN	Unattached
84	Benjamin Dyirakumundayes	0:44:05	411 MV40	Stopsley Striders
85	Morris Lane	0:44:11	494 MV50	Unattached
86	Sharon Kassemzadeh	0:44:17	73 FV45	Watford Joggers
87	Tim Murphy	0:44:19	431 MSEN	St Albans Striders
88	Glen Dobson	0:44:19	130 MSEN	Unattached
89	Ian Stowe	0:44:23	42 MV40	Unattached
90	Tim Naughton	0:44:24	127 MV40	Unattached
91	John Steed	0:44:28	291 MV70	Herts Phoenix A.C.
92	Mark Albon	0:44:29	447 MSEN	Unattached
93	Nicola Barraclough	0:44:31	211 FV35	Unattached
94	Rhys Burford	0:44:35	422 FV35	Ware Joggers
95	Julie Simmons	0:44:39	457 FV45	Allenburys RC
96	Lindsay Scarlett	0:44:41	305 FV35	Unattached
97	Bob Wallace	0:44:42	203 MV60	Watford Joggers
98	Everitt Matt	0:44:53	448 MSEN	Unattached
99	Martin Storrie	0:44:57	245 MV40	Gade Valley Harriers
100	Chris Newbitt	0:45:04	256 MSEN	Fairlands Valley Spartans
101	Andrew Rendell	0:45:08	28 MSEN	Unattached
102	Lauren Stewart	0:45:11	234 FSEN	Garden City Runners
103	Elizabeth Dean	0:45:15	228 FV35	Watford Joggers
104	Theivam Kieran	0:45:16	490 MSEN	Unattached
105	Tim Lewis	0:45:19	381 MSEN	Unattached
106	David Connolly	0:45:20	481 MSEN	Unattached
107	Nicola Carter	0:45:23	14 FSEN	
108	Phil Cunningham	0:45:24	143 MV50	Ware Joggers

109	Kairen Cullen	0:45:24	293 FV45	Unattached
110	Mark Stevens	0:45:31	270 MSEN	Unattached
111	Catherine Dodd	0:45:31	308 FSEN	Watford Joggers
112	Eason Krishnanadan	0:45:35	195 MSEN	Unattached
113	Louise Read	0:45:42	227 FSEN	St Albans Striders
114	Niall McIntyre	0:45:44	323 MSEN	Unattached
115	Joanne Bonner	0:45:47	188 FSEN	Ware Joggers
116	Andy Homeyard	0:45:51	440 MSEN	Unattached
117	Michael Coubray	0:45:53	405 MSEN	Unattached
118	Gary Fowler	0:45:56	243 MV40	Stopsley Striders
119	Graham Meager	0:45:58	363 MV40	Unattached
121	Andrew Hull	0:46:03	294 MSEN	Fairlands Valley Spartans
122	Barry Telling	0:46:04	390 MV40	Stopsley Striders
123	Andy Newing	0:46:09	471 MV40	Gade Valley Harriers
124	Justin Zilles	0:46:13	265 MSEN	Unattached
125	Martin Beare	0:46:15	142 MV40	Amphill & Flitwick Flyers
126	Christine Ferguson	0:46:15	111 FV35	St Albans Striders
127	Ali Abbassian	0:46:15	433 MSEN	Unattached
128	Tom Potter	0:46:17	473 MSEN	Garden City Runners
129	Roger Cullen	0:46:18	292 MV50	Trent Park Running Club
130	David Sneddon	0:46:22	232 MSEN	Unattached
131	Sally Venables	0:46:24	106 FSEN	Unattached
132	Paula James	0:46:25	166 FV35	Amphill & Flitwick Flyers
133	James Taylor	0:46:26	276 MV60	Leighton Fun Runners
134	Neil Bone	0:46:28	331 MV40	Ware Joggers
135	Martin Whitworth	0:46:31	75 MSEN	St Albans Striders
136	Andrew Stocks	0:46:32	452 MSEN	Unattached
137	Michael Edmunds	0:46:38	41 MV40	Unattached
138	Joanna Conn	0:46:42	361 FV35	Serpentine AC
139	Simon Duffy	0:46:45	189 MSEN	Unattached
140	Shirish Gandhi	0:46:47	163 MSEN	Unattached
141	Sarah Halliday	0:46:47	97 FV35	Garden City Runners
142	Richard Sidlin	0:46:49	339 MV40	Fairlands Valley Spartans
143	Stephen Burns	0:46:50	153 MV40	Unattached
144	Paul Bainbridge	0:46:51	224 MV50	Andover AC
145	Richard Coffey	0:47:05	150 MV40	Ware Joggers
146	Toby Channon	0:47:05	155 MSEN	Unattached
147	Des Bradford	0:47:05	446 MSEN	Watford Joggers
148	Knight Sophie	0:47:05	443 FSEN	Unattached
149	Alex Jefferson	0:47:05	205 MSEN	Unattached
150	Andy Smith	0:47:05	257 MSEN	Unattached
151	Tim Howells	0:47:19	367 MSEN	Unattached
152	Diana Sumner	0:47:26	241 FV35	Ware Joggers
153	Roger Partridge	0:47:27	258 MV40	Ware Joggers
154	Tom Bunce	0:47:27	279 MSEN	Unattached
155	Danielle Morgan	0:47:28	79 FSEN	Havering 90 Joggers
156	Richard Gordan	0:47:28	442 MSEN	Unattached
157	Nicholas Mackay	0:47:28	306 MV40	Unattached
158	Peter Westlake	0:47:31	275 MV70	Garden City Runners
159	Kate Pearce	0:47:32	96 FSEN	Mornington Chasers
160	Geoff Ford	0:47:34	192 MSEN	Unattached
161	Sarah-Jane Stephens	0:47:35	37 FV35	Unattached
162	Glenys Smith	0:47:36	94 FV45	Enfield Runners
163	Tom Home	0:47:38	35 MV70	Barnet & District AC
164	Margaret French	0:47:39	394 FV45	Ware Joggers
165	John Butcher	0:47:42	179 MV70	Ware Joggers

166 Karen Wilson	0:47:45	454 FV35	Bishop's Stortford AC
167 Richard Johnstone	0:47:46	114 MSEN	Unattached
168 Daniel Okey	0:47:48	113 MSEN	Unattached
169 Paul Fox	0:47:49	186 MV40	Ware Joggers
170 Tess Pugh	0:47:50	10 FV35	Unattached
171 Paul Allton	0:47:55	272 MSEN	Unattached
172 Kevin Markwell	0:48:00	93 MV40	Enfield Runners
173 Andy Marshall	0:48:09	450 MSEN	Unattached
174 Jackie Ford	0:48:17	193 FSEN	Unattached
175 Rachell Coombs	0:48:20	261 FSEN	East London Runners
176 Becky Hughes	0:48:24	297 FSEN	Chiltern Harriers AC
177 Richard Hollingsworth	0:48:26	178 MV40	Amphill & Flitwick Flyers
178 Ashley Osborne	0:48:27	352 MV60	Fairlands Valley Spartans
179 Brenda Stroud	0:48:30	77 FV35	Unattached
180 Vicki Ansell	0:48:31	76 FSEN	Unattached
181 Simon Kirbyshire	0:48:39	493 FV35	Barleycorn Runners
182 Ian Chappell	0:48:42	377 MV50	Fairlands Valley Spartans
183 Terry Nichols	0:48:44	126 MV60	Ware Joggers
184 Paul Heskin	0:48:49	26 MSEN	Unattached
185 Harry Thompson	0:48:50	24 MV40	Unattached
186 Mark Glading	0:48:50	474 MV40	Fairlands Valley Spartans
187 Bob Anderson	0:48:55	497 MV50	Unattached
188 Wayne Aylott	0:48:56	486 MV40	Garden City Runners
189 Celia Pardoe	0:48:59	287 FV45	Garden City Runners
190 Anne-Marie Wilkes	0:48:59	68 FV35	St Albans Striders
191 John Scaley	0:49:02	472 MV50	Ranelagh Harriers
192 Mark Davenport	0:49:09	369 MSEN	Unattached
193 Daniel Esmond	0:49:16	156 MSEN	Unattached
194 Carole Lydon	0:49:28	145 FV45	Amphill & Flitwick Flyers
195 John Pettifer	0:49:37	148 MV50	Pitsea RC
196 Paul Malone	0:49:43	303 MSEN	Ware Joggers
197 Jan Stock	0:49:48	236 FV35	Ware Joggers
198 Octavian Florisca	0:49:50	89 MV40	Unattached
199 Nick Lorimer	0:49:53	159 MSEN	Unattached
200 Susannah Ford	0:49:56	263 FSEN	Unattached
201 David Brett	0:49:57	99 MSEN	Unattached
202 Gfladstone Thompson	0:49:59	409 MV40	Unattached
203 Scott Baillie	0:50:04	483 MV40	Vegetarian Cycling & AC
204 Lorna Pettifer	0:50:05	149 FV35	Pitsea RC
205 Christopher Whitehouse	0:50:06	432 MV50	Unattached
206 Jon Dean	0:50:08	120 MSEN	St Albans Striders
207 James Duggan	0:50:14	347 MSEN	Unattached
208 Ermias Desta	0:50:17	285 MSEN	Unattached
209 Jane Sattenav	0:50:20	314 FSEN	Unattached
210 Robert Cook	0:50:22	280 MV40	Amphill & Flitwick Flyers
211 Julian Bond	0:50:23	45 MV40	Unattached
212 Julian Sutton	0:50:25	480 MSEN	Unattached
213 Brenda Howe	0:50:29	208 FV55	Unattached
214 Stephen Gathercole	0:50:34	289 MV50	Mornington Chasers
215 John Pickles	0:50:45	498 MV50	Unattached
216 Jane Thomnas	0:50:55	458 FV35	Unattached
217 Bill Cann	0:50:57	298 MSEN	Unattached
218 Stephen Kelly	0:50:58	55 MV40	Unattached
219 Kieran Fitzpatrick	0:50:59	399 MSEN	Stopsley Striders
220 Dianne Blackmore	0:51:00	350 FV45	Stopsley Striders
221 Les Taylor	0:51:02	344 MV40	Ware Joggers

222 Jenni Viner	0:51:06	116 FV45	Ware Joggers
223 Lynn Nicholls	0:51:06	165 FV35	Ware Joggers
224 Naomi Smith	0:51:08	378 FSEN	Milton Keynes AC
225 Andrew Clifton	0:51:27	185 MSEN	Unattached
226 Andy Forder	0:51:29	115 MV40	Unattached
227 Chris Pike	0:51:33	269 MSEN	Unattached
228 Lisa Cherry	0:51:34	380 FSEN	Unattached
229 Simon Cutmore	0:51:35	225 MV40	Windle Valley
230 Camilla Chivers	0:51:37	476 FSEN	Unattached
231 Sandra Brown	0:51:39	85 FV45	Unattached
232 Geoffrey Watts	0:51:40	415 MV50	Unattached
233 Janine Cooke	0:51:41	200 FSEN	Serpentine AC
234 Nigel Aston	0:51:42	43 MV40	Unattached
235 Emma Ferry	0:51:43	400 FSEN	Garden City Runners
236 Paul Carter	0:51:45	121 MV40	St Albans Striders
237 Nigel Cobb	0:51:46	402 MSEN	Unattached
238 John Allen	0:51:58	496 MSEN	Unattached
239 Claire Brooks	0:51:58	134 FSEN	Brighton & Hove AC
240 Helen Durance	0:52:00	484 FSEN	St Albans Striders
241 Sharon Collins	0:52:15	398 FV35	Stopsley Striders
242 Kristina Mcrae	0:52:20	129 FV35	Unattached
243 Jim Pickles	0:52:24	499 MV40	Unattached
244 Stephen Mitchell	0:52:25	428 MSEN	Unattached
245 Mike Moore	0:52:27	81 MV50	Unattached
246 Anne Ramsden	0:52:29	198 FV45	Ware Joggers
247 Sarah Mumford	0:52:27	281 FV35	St Albans Striders
248 Sarah Chilvers	0:52:30	475 FV45	Stev & N Herts Athletics
249 Craig Bacon	0:52:38	51 MSEN	Unattached
250 Rosemary Willis	0:52:39	312 FSEN	St Albans Striders
251 Alexis Dolling	0:52:40	379 FV35	Unattached
252 Nerissa Moore	0:52:41	321 FV35	Unattached
253 Andrew Manwaring	0:52:46	395 MV40	Unattached
254 John Gowers	0:52:52	23 MV40	Unattached
255 Theresa Wright	0:52:54	338 FV45	Barnet & District AC
256 Karen Watson	0:52:56	119 FV35	Unattached
257 Eleanor Whalley	0:52:57	332 FSEN	Unattached
258 Kate Mitchell	0:53:10	429 FSEN	Unattached
259 Nick Cheal	0:53:16	238 MV50	Ware Joggers
260 Larry Corkrey	0:53:18	419 MV60	Bedford Harriers
261 Joanne Goode	0:53:19	60 FSEN	Unattached
262 Frances Reynolds	0:53:24	174 FSEN	Unattached
263 Nicky Poulain	0:53:28	138 FV35	Unattached
264 Laura Astely	0:53:32	137 FV35	Unattached
265 Jane Cornwaithe	0:53:32	54 FV35	Unattached
266 John Hughes	0:53:33	172 MSEN	Unattached
267 Laura Brady	0:53:36	343 FSEN	St Albans Striders
268 Jane Richmond	0:53:40	214 FV55	Watford Joggers
269 Stanley Barton	0:53:41	175 MV60	Ware Joggers
270 Simone Kavanagh	0:53:42	4 FV35	Unattached
271 Robert Cresswell	0:53:52	401 MSEN	Stopsley Striders
272 Bob Porter	0:53:55	72 MSEN	Unattached
273 Louise Dean	0:54:00	492 FV35	Barleycorn Runners
274 Paul Treadwell	0:54:12	504 MSEN	Unattached
275 Peter Hayden	0:54:12	249 MV50	Unattached
276 Steve Jones	0:54:13	425 MSEN	London Front Runners
277 Katherine Rivers	0:54:15	204 FSEN	Amphill & Flitwick Flyers

278 Paul Lilly	0:54:17	207 MSEN	Unattached
279 Steven Rands	0:54:22	221 MV40	Unattached
280 Kym Hudson	0:54:27	319 FV45	Orion Harriers
281 Colin Harrison	0:54:30	83 MSEN	Unattached
282 Jamie Nelson	0:54:39	39 MSEN	Unattached
283 Peter Poulain	0:54:48	449 MV40	St Albans Striders
284 Claire Nichols	0:54:58	144 FSEN	Ware Joggers
285 Alison Downes	0:54:59	460 FV35	Harpers Running Club
286 Andrew Holman	0:55:05	453 MV40	Unattached
287 John Hughes	0:55:08	172 MSEN	Unattached
288 Roy Stringer	0:55:14	209 MV60	Ware Joggers
289 Paul Owen	0:55:15	180 MSEN	Amphill & Flitwick Flyers
290 Kim Burton	0:55:16	252 FV35	Unattached
291 Neil Dunkin	0:55:27	49 MV60	Unattached
292 Katie Chilton	0:55:36	410 FV35	Unattached
293 Holly Freeman	0:55:38	229 FSEN	Unattached
294 Helen Scholey	0:55:41	259 FSEN	Bishop's Stortford RC
295 Helen Marks	0:55:49	237 FV55	Ware Joggers
296 Anita Siddle	0:55:50	63 FV35	Unattached
297 Michael Zilles	0:55:54	264 MV50	Unattached
298 Priya Palanivel	0:55:55	468 FSEN	St Albans Striders
299 John Smith	0:55:54	439 MV40	Unattached
300 Hannah Diment	0:55:55	271 FSEN	Unattached
301 Rachael Dorr	0:55:56	273 FSEN	Unattached
302 Angela Howells	0:56:08	368 FV35	Unattached
303 Debby Robinson	0:56:25	157 FV35	St Albans Striders
304 Gary Austin	0:56:25	488 MV40	Unattached
305 Nick Wright	0:56:31	487 MV40	Unattached
306 Eleni Kasapi	0:56:39	373 FV35	Goodenough College RC
307 Keith Gray	0:56:44	15 MV40	Bedford Harriers
308 Elaine Harries	0:56:44	302 FSEN	Stopsley Striders
309 Christine Morgan	0:56:56	105 FV45	Unattached
310 Frank Morgan	0:57:00	104 MV40	Unattached
311 Anna Johnson	0:57:03	421 FSEN	St Albans Striders
312 Mandy Davies	0:57:04	13 FV35	Unattached
313 Mike Brien	0:57:19	131 MV40	Unattached
314 Dominic Cooper	0:57:20	337 MV40	Unattached
315 Emma Brown	0:57:29	436 FSEN	Unattached
316 Lesley Rose	0:57:30	316 FV35	Ware Joggers
317 Gavin Cooper	0:57:42	152 MSEN	Unattached
318 Claire Stone	0:57:44	406 FSEN	St Albans Striders
319 Mark Berini	0:57:54	463 MSEN	Unattached
320 Robbie Hawes	0:58:05	445 MSEN	Unattached
321 Lorna Mackay	0:58:07	307 FV45	Unattached
322 Staunton James	0:58:14	284 MSEN	Unattached
323 Louise Jennings	0:58:20	335 FSEN	St Albans Striders
324 Sara Chambers	0:58:20	334 FSEN	St Albans Striders
325 Nigel Farren	0:58:27	333 MV50	Unattached
326 Barbara Allen	0:58:30	65 FV45	Unattached
327 Lydia Lambert	0:53:30	417 FV35	Unattached
328 David Smart	0:58:33	404 MV40	Unattached
329 Karen Gledhill	0:58:37	266 FSEN	Unattached
330 Hannah Stone	0:58:40	267 FSEN	Unattached
331 Victoria Ford	0:58:52	371 FV35	Unattached
332 Helen Harper	0:58:54	408 FV35	Unattached
333 Diana Kromar	0:58:57	56 FV35	Unattached

334 Sarah Goodman	0:58:58	423 FV35	Unattached
335 Deborah Donaghy	0:59:00	9 FV35	Unattached
336 Sue Kirby	0:59:14	139 FV45	Watford Joggers
337 Linda McQuaid	0:59:21	461 FV45	Unattached
338 Annie Page	0:59:22	67 FSEN	Amphill & Flitwick Flyers
339 Nick Mellors	0:59:23	346 FV45	Unattached
340 Lorraine Berry	0:59:29	103 FSEN	Unattached
341 Fiona O'Brien	0:59:32	233 FSEN	Unattached
342 Jessica Pickett	0:59:41	459 FSEN	Unattached
343 Anne Renew	0:59:45	140 FV45	Watford Joggers
344 Cally Emmas	0:59:48	372 FV35	Unattached
345 Sean O'Reilly	0:59:53	438 MV50	Unattached
346 Sally Lees	0:59:57	102 FSEN	Unattached
347 Daniel Stratford	0:59:59	158 MSEN	Unattached
348 Helen Ayles	1:00:14	384 FV35	Unattached
349 Elizabeth Tranter	1:00:19	251 FV35	Unattached
350 Jenny Barnett	1:00:22	230 FV55	Gade Valley Harriers
351 Richard Davis	1:00:23	141 MSEN	St Albans Striders
352 Kim Layzell	1:00:24	59 FV45	Unattached
353 Vicky Gunn	1:00:27	386 FV45	St Albans Striders
354 Vanessa Sonnabend	1:00:41	418 FV35	Unattached
355 John Eames	1:00:50	168 MV50	Unattached
356 Jonathan Bracey	1:00:51	173 MSEN	Unattached
357 Karen Heapy	1:00:52	424 FSEN	Riccy Running Sisters
358 Jenny Barnett	1:00:52	230 FV55	Gade Valley Harriers
359 Jeanne Masterson	1:00:54	430 FSEN	Unattached
360 Peter Cleary	1:00:54	420 MV40	Unattached
361 Peter Davies	1:01:21	326 MSEN	Unattached
362 Janice Hudson	1:01:31	187 FV35	Gade Valley Harriers
363 Ralph Whitlock	1:01:32	325 MV50	St Albans Striders
364 John Stamford	1:01:38	255 MV40	Pitsea RC
365 Geraldine Marshall	1:01:38	66 FV35	Unattached
366 Jat Briers	1:01:41	396 FV35	Unattached
367 Glenn Richer	1:01:44	489 MV40	Unattached
368 Maura Grossi	1:01:45	375 FV35	Unattached
369 Doug May	1:01:57	376 MV40	Unattached
370 Victoria Stimson	1:01:59	311 FSEN	Unattached
371 Suzanna Giera	1:02:06	44 FV35	Unattached
372 Angiolina Hargreaves	1:02:31	108 FSEN	Unattached
373 Halinka Rands	1:02:32	220 FV35	Unattached
374 Lesley McCarthy	1:02:50	286 FV35	Unattached
375 Catherine Crawley	1:02:53	191 FV35	Unattached
376 Emma Norledge	1:02:57	365 FSEN	Unattached
377 Jane Thompson	1:03:10	110 FSEN	Unattached
378 Janice Stewart	1:03:12	112 FV45	Unattached
379 Val Stringer	1:03:12	210 FV65	Ware Joggers
380 Mike Stock	1:03:31	235 MV70	Ware Joggers
381 Tiffany French	1:03:38	336 FSEN	Unattached
382 Ruth Ambrose	1:03:38	282 FV35	Unattached
383 David Venables	1:03:49	107 MV50	Unattached
384 Florence Graham	1:03:53	247 FV35	Unattached
385 Jayne Cresswell	1:04:29	58 FV35	Riccy Running Sisters
386 Julie Everett	1:04:36	40 FV35	Riccy Running Sisters
387 Rose Goodchild	1:04:39	38 FV35	Riccy Running Sisters
388 Anne Krishnanandan	1:05:02	101 FSEN	Unattached
389 Carole Robinson	1:05:07	33 FV35	Unattached

390 Jacqui Hauser	1:05:18	100 FSEN	Unattached
391 Bernadette O'Reilly	1:05:18	427 FV45	Unattached
392 Kay Boyd	1:05:33	219 FV35	Ware Joggers
393 Janet Cheek	1:05:34	218 FV45	Ware Joggers
394 Mihaela Florisca	1:05:35	34 FV35	Unattached
395 Glenn Waller	1:05:37	407 MV40	St Albans Striders
396 David King	1:05:40	154 MV50	Unattached
397 Celene Lee	1:07:14	469 FSEN	Unattached
398 Louise Toms	1:09:01	502 FSEN	Unattached
399 Toms Toms	1:09:01	501 MV50	Unattached
400 Irene Coomber	1:09:45	20 FV45	Unattached
401 Elaine Stone	1:14:25	125 FV35	Orion Harriers
402 Brian Berini	1:09:01	462 MSEN	Unattached
403 Thomas Thomas	1:16:04	464 MV50	Unattached
404 Paul Lydon	1:17:55	146 MV50	Amphill & Flitwick Flyers
405 Claire Harman	1:20:59	190 FSEN	Unattached
406 Martin Webber	1:20:59	194 MV50	Unattached
407 Claire Conisbee	1:23:35	183 FV35	Unattached
408 Kim Holloway	1:23:38	181 FV35	Unattached
409 Ian Holloway	1:23:38	182 MV40	Unattached
410 John Spooner	1:28:10	366 MV60	Road Runners Club