

ResultsTable

Category	Category Position	Name	Overall Position	Race Time	Entry Category	Club
MSEN (All Ages)	1	Ryan Blair McKinlay	1	00:34:54	MSEN	Highgate Harriers
MSEN (All Ages)	2	Paul Greaves	2	00:35:03	MSEN	Herts Phoenix A.C.
MSEN (All Ages)	3	MICHAEL HUNT	3	00:35:14	MSEN	Trafford Ac
MV40	1	Paul Reddaway	9	00:38:51	MV40	Broxbourne Runners
MV40	2	CHRIS MAHON	18	00:39:42	MV40	Milton Keynes AC
MV40	3	Jones John	21	00:39:50	MV40	St Albans Striders
MV50	1	Peter Dellar	19	00:39:43	MV50	Dunstable Road Runners
MV50	2	ROBIN TREMAINE	32	00:40:55	MV50	London Heathside
MV50	3	ANDREW SALISBURY	53	00:42:59	MV50	Herts Phoenix A.C.
MV60	1	BRIAN FELDMAN	197	00:51:44	MV60	Hillingdon AC
MV60	2	Dennis Cannon	214	00:53:22	MV60	Fairlands Valley Spartans
MV60	3	Jack Richardson	217	00:53:29	MV60	N/A
FSEN (All Ages)	1	Danielle Sanderson	10	00:39:03	FSEN	Watford Harriers
FSEN (All Ages)	2	HEATHER BLAMIRE-BROWN	41	00:42:09	FSEN	St Albans Striders
FSEN (All Ages)	3	GILLIAN JUBB	43	00:42:19	FSEN	St Albans Striders
FV35	1	JAN BALL	68	00:44:20	FV35	Watford Joggers
FV35	2	Harrison Vikki	84	00:45:07	FV35	David Lloyd Pacers
FV35	3	Cendrowicz Natasha	115	00:46:48	FV35	Highgate Harriers
FV45	1	Celia Findlay	74	00:44:38	FV45	David Lloyd Pacers
FV45	2	SHARON KASSEMZADEH	93	00:45:34	FV45	Watford Joggers
FV45	3	Clare Bonnick	122	00:47:27	FV45	Watford Joggers
FV55	1	Judy Pomphrey	170	00:50:02	FV55	St Albans Striders
FV55	2	Anne Ramsden	276	00:56:34	FV55	Ware Joggers
FV55	3	Julia Webber	324	01:00:00	FV55	N/A
MSEN County	1	Paul Greaves	2	00:35:03	MV40	Herts Phoenix A.C.
MSEN County	2	Richard Bate	8	00:38:05	MSEN	Fairlands Valley Spartans
MSEN County	3	Paul Reddaway	9	00:38:51	MV40	Broxbourne Runners
FSEN County	1	Danielle Sanderson	10	00:39:03	FV45	Watford Harriers
FSEN County	2	HEATHER BLAMIRE-BROWN	41	00:42:09	FSEN	St Albans Striders
FSEN County	3	GILLIAN JUBB	43	00:42:19	FSEN	St Albans Striders