

ResultsTable

Category	Cat Pos	Name	Pos	RaceTime	tryCategr	Club
MSEN (All Ages)	1	Ryan Mckinlay	1	0:33:26	MSEN	Highgate Harriers
MSEN (All Ages)	2	DAVID BRANFOOT	2	0:33:30	MSEN	Harrow AC
MSEN (All Ages)	3	MICHAEL HUNT	3	0:34:18	MSEN	Trafford Ac
MV40	1	Peter Stainer	4	0:35:02	MV40	Shaftesbury Barnet Harriers
MV40	2	PAUL REDDAWAY	8	0:37:22	MV40	Broxbourne Runners
MV40	3	DARREN MCGRATH	20	0:39:43	MV40	N/A
MV50	1	DAVID BOWKER	13	0:38:14	MV50	Fairlands Valley Spartans
MV50	2	ROBIN TREMAINE	15	0:38:53	MV50	London Heathside
MV50	3	RICHARD HOAR	31	0:40:34	MV50	Boxfit Tri
MV60	1	COLIN HAMLET	82	0:44:56	MV60	Watford Harriers
MV60	2	Ralph Wheeler	151	0:48:39	MV60	Broxbourne Runners
MV60	3	BARRY CORNELIUS	164	0:49:10	MV60	Headington Road Runners
FSEN (All Ages)	1	LISA NEWING	42	0:41:47	FSEN	Bristol & West AC
FSEN (All Ages)	2	VIKKI HARRISON	54	0:42:42	FV35	David Lloyd Pacers
FSEN (All Ages)	3	SOPHIE ELLIS	67	0:43:30	FSEN	N/A
FV35	1	Andrea Mann	69	0:43:46	FV35	Garden City Runners
FV35	2	ANNA BEATTIE	88	0:45:08	FV35	N/A
FV35	3	Moirra Craft	129	0:47:41	FV35	David Lloyd Pacers
FV45	1	CELIA FINDLAY	71	0:43:56	FV45	David Lloyd Pacers
FV45	2	SHARON KASSEMZADEH	90	0:45:14	FV45	Watford Joggers
FV45	3	SUE CARPENTER	94	0:45:32	FV45	Watford Joggers
FV55	1	JUDY POMPHREY	188	0:50:23	FV55	St Albans Striders
FV55	2	BRENDA HOWE	277	0:55:28	FV55	N/A
FV55	3	FRANCES CHATER	370	1:00:34	FV55	Watford Joggers
MV40 County	1	Peter Stainer	4	0:35:02	MV40	Shaftesbury Barnet Harriers
MV40 County	2	PAUL REDDAWAY	8	0:37:22	MV40	Broxbourne Runners
MV40 County	3	MARCUS EDWARDS	27	0:40:24	MV40	Watford Joggers
MV50 County	1	DAVID BOWKER	13	0:38:14	MV50	Fairlands Valley Spartans
MV50 County	2	ROBIN TREMAINE	15	0:38:53	MV50	London Heathside
MV50 County	3	COLIN TAYLOR	37	0:41:06	MV50	Watford Joggers
MV60 County	1	COLIN HAMLET	82	0:44:56	MV60	Watford Harriers
MV60 County	2	Ralph Wheeler	151	0:48:39	MV60	Broxbourne Runners
MV60 County	3	Bob Wallace	220	0:52:16	MV60	Watford Joggers
MV70 County	1	JOHN STEED	173	0:49:39	MV70	Herts Phoenix A.C.
FV35 County	1	VIKKI HARRISON	54	0:42:42	FV35	David Lloyd Pacers
FV35 County	2	Andrea Mann	69	0:43:46	FV35	Garden City Runners
FV35 County	3	Moirra Craft	129	0:47:41	FV35	David Lloyd Pacers
FV45 County	1	CELIA FINDLAY	71	0:43:56	FV45	David Lloyd Pacers
FV45 County	2	SHARON KASSEMZADEH	90	0:45:14	FV45	Watford Joggers
FV45 County	3	SUE CARPENTER	94	0:45:32	FV45	Watford Joggers