

## 2004 Fred Hughes 10 Results

Position	Name	Club	Time	Note
1	T. Berg	Mornington Chasers	54.20	
2	M. Gainsborough	Headington	55.27	
3	S. Bell	Wellington AC	56.06	
4	A. Holt	Herts Phoenix	57.10	
5	S. Claridge	Harrogate	58.01	
6	S. Earley		58.11	
7	B. Hutchinson	Hillingdon AC	58.29	
8	K. Chebouki	Serpentine AC	58.33	
9	D. Michael	Barnet	58.48	
10	N. Houlton		58.56	
11	R. Tojeiro		59.03	
12	D. Clynes	Fairlands	59.36	
13	J. Howe	London Heathside	1.00.45	
14	R. Palmer	Luton AC	1.00.48	
15	K. Turner	Barnet	1.01.32	
16	S. Hammond		1.01.52	
17	G. Lock	Fairlands	1.01.58	
18	J. Laws	Barnet	1.02.08	1st Woman
19	K. Mackay	Shaftesbury	1.02.22	
20	J. Scott		1.02.29	
21	D. Creer	Barnet	1.02.45	
22	J. Johnson	RAF High Wycombe	1.02.47	
23	A. Maraia		1.02.49	
24	G. Spellman		1.03.05	
25	R. Bushby	South Cyprus	1.03.07	
26	J. Luck	Harlow	1.03.49	
27	S. Tophill	Fairlands	1.03.56	
28	A. Howe	London Heathside	1.04.01	
29	N. Holmes	Fleet	1.04.17	
30	P. Loxton		1.04.24	
31	P. Addison	London Heathside	1.04.44	
32	A. Holmes	Fleet	1.04.56	
33	J. Russell		1.04.58	
34	R. Howell	Luton	1.04.59	
35	S. Beard	Road Runners	1.05.00	
36	J. Buttleman		1.05.02	
37	R. Harry	St Albans Striders	1.05.04	
38	M. Barnard	Bedford	1.05.25	
39	A. Lyne	Barnet	1.05.28	
40	T. Clements	St Albans Striders	1.05.33	
41	A. Brooke		1.05.38	
42	A. Nicholls	South Cyprus	1.05.52	
43	T. Underhill		1.06.01	
44	P. Ratcliffe		1.06.04	
45	N. Cavalla		1.06.07	
46	S. Bryant	North Herts	1.06.10	
47	D. Steer	St Albans Striders	1.06.16	
48	P. Illing	Watford	1.06.20	
49	S. Allen	Barnet	1.06.21	
50	B. Lopman	CDSC	1.06.23	
51	R. Everard	Pitsea RC	1.06.29	

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52	N. Powell		1.06.31
53	S. Bowen	Garden City	1.06.35
54	J. Shirley	Barnet	1.06.39
55	D. Harkins	North Herts	1.06.40
56	C. Spencer		1.06.43
57	P. Craig	St Albans Striders	1.06.44
58	H. Davies	St Albans Striders	1.06.45
59	B. Gilbert		1.06.46
60	R. Bovary	Hillingdon AC	1.06.48
61	R. Pebody		1.06.50
62	M. Dalby	Kodak	1.06.51
63	R. Brett	Luton	1.06.53
64	C. Rees	Tring	1.06.58
65	M. Jones	Herts	1.07.09
66	T. Hemsley-Smith		1.07.10
67	D. Hamilton	St Albans Striders	1.07.11
68	L. Wilson	Ealing	1.07.30
69	G. Hill	Watford Joggers	1.07.32
70	B. Costas	South Cyprus	1.07.39
71	D. Casson		1.07.41
72	K. Vandendriessche	VAC	1.07.46
73	A. Harper	Vegetarian	1.07.47
74	S. Millac	St Albans Striders	1.07.50
75	M. Simpson	Mornington Chasers	1.07.50
76	K. Smith	Fairlands	1.07.51
77	C. Tilbrook	St Albans Striders	1.08.02
78	R. Bonfield		1.08.06
79	R. Harding		1.08.18
80	R. Kainth	St Albans Striders	1.08.23
81	C. Findlay	St Albans Striders	1.08.26
82	P. Williams	Chiltern	1.08.30
83	J. Singer		1.08.31
84	B. Wallace	Watford Joggers	1.08.39
85	M. Amos		1.08.46
86	W. McCarthy		1.08.50
87	J. O'Grady		1.08.53
88	J. Brown	Fairlands	1.08.56
89	P. Cowan	Tring	1.09.54
90	M. Selby		1.10.05
91	A. Jordan	St Albans Striders	1.10.09
92	M. Smith	Garden City Runners	1.10.15
93	Y. Jones	Herts Phoenix	1.10.17
94	K. Hylands		1.10.38
95	J. Smith	Huntingdon AC	1.10.44
96	M. Turney	Chiltern AC	1.10.46
97	A. McQuater	Handy Cross	1.10.50
98	B. Harding		1.10.51
99	C. Hamlet	Watford	1.10.53
100	M. North		1.10.58
101	P. Smith	St Albans Striders	1.11.00
102	J. Steed	Herts Phoenix	1.11.15
103	M. Kendrick		1.11.21

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104	D. Wallace		1.11.22
105	V. Harrison	St Albans Striders	1.11.25
106	G. Earley	Road Runners	1.11.38
107	G. Bishton	North Herts	1.11.39
108	M.Nutburn	Plumstead	1.11.42
109	C. Clegg		1.11.58
110	P. Crane		1.12.00
111	M. Kos	Barnet	1.12.01
112	D. Vine	South Cyprus	1.12.03
113	A. Herzmark		1.12.04
114	D. Newman	Garden City Runners	1.12.05
115	R. Nugent	St Albans Striders	1.12.06
116	L. Butt	Chiltern	1.12.11
117	C. Lee		1.12.12
118	M. Farndale		1.12.30
119	P. McNulty		1.12.32
120	S. Clarke	Chiltern AC	1.12.39
121	D. Cannon		1.12.44
122	M. Wilson	Ealing	1.12.45
123	M. Hughes		1.12.46
124	M. Hanson	Tabard	1.12.51
125	C. Pardoe	Garden City	1.12.53
126	B. Watson	St Albans Striders	1.12.59
127	T. Hill	Tring	1.13.00
128	J. Critchfield Hook	Norton	1.13.05
129	J. Banyard		1.13.08
130	E. Willis		1.13.10
131	A. Craig		1.13.14
132	N. King		1.13.16
133	C. Burwood	Road Runners	1.13.23
134	J. Manning	Tring	1.13.43
135	M. Webb	St Albans Striders	1.13.45
136	P. Pegler	Treasury	1.13.50
137	G. Dobson	Garden City	1.13.52
138	A. Seymour	St Albans Striders	1.13.56
139	C. Adams		1.13.57
140	P. Martin		1.14.00
141	J. Cooke	Harlow	1.14.01
142	J. Smith	Tring	1.14.02
143	A. Van Heiningen	Serpentine	1.14.03
144	G. Grey	Garden City	1.14.03
145	S. Poon	Harlow	1.14.06
146	L. Jiggins	St Albans Striders	1.14.08
147	M. Osborn	Road Runners	1.14.13
148	N. Wood		1.14.24
149	C. Jones	Ealing	1.14.27
150	S. Brighton	Mornington Chasers	1.14.30
151	T. Hughes		1.14.40
152	B. Evans		1.14.43
153	L. Conway		1.14.45
154	J. Allen		1.14.47
155	H. Singer		1.14.49

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156	N. Carter	St Albans Striders	1.14.57
157	M. Edmunds		1.15.01
158	G. Chapman	St Albans Striders	1.15.10
159	R. Temple		1.15.14
160	R. Murray	St Albans Striders	1.15.17
161	M. Eusebio Corriente Sanchez		1.15.18
162	A. Ryan	St Albans Striders	1.15.18
163	D. Williams	Metros	1.15.19
164	C. Schafer)		1.15.21
165	T. Lipscomb		1.15.32
166	H. Davis	Tri Force Herts	1.15.34
167	L. Stewart	Garden City Runners	1.15.52
168	Y. Parker	Road Runners Club	1.16.09
169	D. Rodway		1.16.10
170	V. Harrison	St Albans Striders	1.16.12
171	S. Armitage		1.16.17
172	N. Reid		1.16.23
173	D. Mason		1.16.26
174	C. Prior		1.16.27
175	J. Spain		1.16.36
176	M. Newbitt	Fairlands	1.16.39
177	C. Jones		1.16.40
178	D. Stafford	Metros	1.16.42
179	D. Robson		1.16.55
180	I. Marshall	Huntingdon	1.17.00
181	T. Gabriel	St Albans Striders	1.17.10
182	J. Blight	St Albans Striders	1.17.14
183	T. Nolan		1.17.15
184	F. Mills	Dacorum & Tring	1.17.19
185	M. Highfield		1.17.33
186	C. Brittain	Road Runners	1.17.35
187	P. Boocock		1.17.36
188	C. Pask	Harlow Running Club	1.17.37
189	D. Manson		1.17.44
190	A. Krill		1.17.49
191	G. Deacon	Tring	1.17.56
192	I. Nichol	St Albans Striders	1.17.57
193	P. Harding		1.18.00
194	S. Kimberley	Barnet	1.18.01
195	J. Coyle		1.18.06
196	R. Biggs	Fairlands	1.18.09
197	C. Drozdziol		1.18.13
198	H. Brackenbury		1.18.20
199	C. Lydon	Amphill	1.18.23
200	V. Williamson	Amphill	1.18.29
201	C. Ferguson	St Albans Striders	1.18.26
202	A. Saint	London Heathside	1.18.35
203	T. Potter		1.19.04
204	J. Rawal		1.19.06
205	P. Redshaw	Barnet	1.19.11
206	J. George		1.19.16
207	D. Heron	Tring	1.19.21

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208	J. Matthews		1.19.24
209	M. Brown		1.19.26
210	C. Jukes	Cannons	1.19.27
211	M. Mitchell	Watford Joggers	1.19.28
212	J. Mason	Springfield	1.19.30
213	G. Dodd		1.19.30
214	S. Owen	St Albans Striders	1.19.31
215	A. Segall		1.19.35
216	J. Spears		1.19.36
217	H. Quay		1.19.39
218	R. Coffey	Ware Joggers	1.19.40
219	A. Nicoll	St Albans Striders	1.19.44
220	M. Stojanovic		1.19.46
221	G. Langton		1.19.48
222	R. White	Tring	1.19.54
223	W. Warren	Road Runners	1.19.56
224	S. Gathercole		1.20.00
225	E. Barber	St Albans Striders	1.20.09
226	T. Willson	Fairlands	1.20.10
227	K. Parsison		1.20.21
228	V. Byer	Bedford	1.20.26
229	L. Hall	Watford Joggers	1.20.34
230	K. Martin		1.20.35
231	K. Gallagher		1.20.36
232	B. Dean	Bishop's Stortford	1.20.37
233	E. Willis		1.20.38
234	C. Pearce	St Albans Striders	1.20.48
235	P. Wilding	Royston Runners	1.20.58
236	D. Langford		1.21.01
237	M. Kinch	Aylesbury Vale	1.21.02
238	H. Lambert		1.21.05
239	S. Wyatt		1.21.05
240	B. Nicholson	Tring	1.21.07
241	S. Lant	Fairlands	1.21.12
242	T. Morgan	Shaftesbury	1.21.20
243	R. Hardy	Fairlands	1.21.24
244	D. Brooks		1.21.28
245	P. Brooks	Road Runners	1.21.30
246	D. Hanson		1.21.38
247	J. O'Sullivan		1.21.40
248	A. Glickman		1.21.40
249	J. Sloan		1.21.46
250	D. Isted	Fairlands	1.22.08
251	J. Jones	St Albans Striders	1.22.19
252	A. How		1.22.24
253	N. Karim	Treasury	1.22.25
254	M. Tarrant	Holme Pierrepont	1.22.31
255	D. Holmes	Chiltern	1.22.38
256	B. Clements	St Albans Striders	1.22.52
257	D. Lonsdale		1.22.56
258	V. Percival	Road Runners	1.22.57
259	L. Roberts	St Albans Striders	1.23.09

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260	A. Donovan	Garden City	1.23.16
261	P. Ferris		1.23.19
262	A. Matthews	Watford	1.23.25
263	G. Parker-Mead		1.23.27
264	P. Crookes	Jaws AC	1.23.46
265	D. Seddon	Fairlands	1.23.48
266	M. Cray		1.23.59
267	R. Rogers	Ware Joggers	1.24.03
268	E. Roseblade		1.24.18
269	J. Clark		1.24.20
270	M. Neale		1.24.23
271	S. Fraser		1.24.23
272	P. Lygo	Barnet	1.24.37
273	V. Tomin		1.24.38
274	A. Pearce		1.24.38
275	I. Smart		1.24.39
276	I. Heavisides		1.24.42
277	P. Barton		1.24.43
278	J. Deans		1.24.45
279	P. Carter	Barnet	1.24.47
280	P. Last	Bishop's Stortford	1.24.49
281	T. Palmer		1.24.52
282	N. Brownlie		1.24.52
283	K. Paradise		1.24.53
284	K. Lawlor	Fairlands	1.24.56
285	C. Paul	Fairlands	1.24.59
286	L. Rix		1.24.59
287	C. Pike		1.25.12
288	P. McCullough		1.25.15
289	C. Datt		1.25.17
290	T. Wright	Barnet	1.25.21
291	M. Wilkins	St Albans Striders	1.25.22
292	T. Stevenson	Handy Cross	1.25.23
293	R. Luck	Harlow	1.25.24
294	L. Stewart	Garden City	1.25.25
295	R. Gilbert	Chiltern AC	1.25.26
296	C. Whitehouse		1.25.27
297	S. Mumford	St Albans Striders	1.25.29
298	S. Sarwa		1.25.30
299	L. Hinshelwood	Watford Joggers	1.25.30
300	P. Berlyn		1.25.33
301	J. Ashcroft		1.25.34
302	A. Mitchell	Sudbury Court	1.25.35
303	J. Campbell	Barnet	1.25.36
304	S. Swan	St Albans Striders	1.25.40
305	C. Norman	Royston	1.25.43
306	G. Dayus	Royston	1.25.43
307	C. Doyle		1.25.46
308	N. Abbott		1.25.52
309	C.Keith		1.25.53
310	B. Gilbert	Tortoise Racers	1.25.55
311	M. Hamblin		1.26.02

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312	H. Bizzotto	Shepshed	1.26.05
313	M. Gaunt	Tring	1.26.06
314	Y. Johnston		1.26.07
315	M. Young		1.26.08
316	S. Barber		1.26.08
317	G. Bridge		1.26.09
318	J. O'Dwyer		1.26.16
319	N. Gallacher		1.26.16
320	F. Game	North Herts	1.26.19
321	M. Kenna		1.26.22
322	P. Parrish		1.26.29
323	G. Parnham	Thame	1.26.32
324	D. Phatak	St Albans Striders	1.26.34
325	K. Richardson	Road Runners	1.26.38
326	P. Bowal	North Herts	1.26.48
327	N. Moore	St Albans Striders	1.26.52
328	P. Whitehead		1.26.55
329	D. Paul	Fairlands	1.27.01
330	F. Stonebanks	Kettering	1.27.09
331	M. King	Road Runners	1.27.14
332	S. Connay	Mornington Chasers	1.27.18
333	G. Dennis	Tring	1.27.20
334	A. Williams	Tring	1.27.22
335	S. Buckingham	Road Runners	1.27.25
336	G. Shreeves		1.27.26
337	J. Franklin		1.27.26
338	S. Smith		1.27.29
339	J. Bushby	Stopsley	1.27.35
340	R. Whiting	Herts Phoenix	1.27.39
341	C. Evans		1.27.45
342	G. Lee		1.27.47
343	S. Comerford	Royston Runners	1.27.47
344	J. Tiffany		1.27.55
345	D. Swatton		1.27.56
346	F. Nash	St Albans Striders	1.27.58
347	D. Rudd		1.28.11
348	R. Mason		1.28.20
349	M. Norton-Lay	Fairlands	1.28.26
350	P. Holgate	Fairlands	1.28.27
351	J. Kirwan	Royston Runners	1.28.37
352	C. Rumble	Harlow	1.28.38
353	L. Hays		1.28.39
354	K. Querfurth		1.28.39
355	J. Cox		1.28.41
356	S. Collins		1.28.44
357	W. Stanley		1.28.55
358	F. Nutburn	Plumstead	1.29.05
359	J. Hinshelwood		1.29.07
360	T. Jones	Garden City	1.29.13
361	C. Woods	Windsor	1.29.21
362	K. Woods	Windle	1.29.22
363	A. Stancliffe		1.29.24

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364	N. Mellors	URWFRC	1.29.28
365	L. Seaton		1.29.42
366	S. Fletcher	St Albans Striders	1.29.49
367	G. Kinch	Watford Joggers	1.30.01
368	L. Hinshelwood	Watford Joggers	1.30.01
369	M. Harris		1.30.08
370	C. Russell	Road Runners	1.30.10
371	V. Moorton	St Albans Striders	1.30.12
372	M. Hosking	St Albans Striders	1.30.14
373	T. Allen	St Albans Striders	1.30.24
374	K. Pollard	Jaws AC	1.30.33
375	L. Dudack		1.30.34
376	J. Knox	Serpentine AC	1.30.38
377	L. Stewart	Garden City	1.30.41
378	N. Claydon	Watford Joggers	1.30.45
379	M. Shirley	Barnet	1.30.46
380	A. Carver		1.30.49
381	M. Goulding		1.31.04
382	C. Matthews		1.31.05
383	A. Glickman		1.31.06
384	G. Parry		1.31.08
385	C. Moore		1.31.09
386	H. Williams		1.31.15
387	N. Banning-Boddy	Running Sisters	1.31.17
388	R. Wellburn		1.31.20
389	D. Lamsdale		1.31.21
390	P. Wise	Garden City Runners	1.31.37
391	J. Darvell	St Albans Striders	1.31.41
392	D. Flores-Laird		1.31.43
393	R. Bateson	Cannons St Albans	1.31.52
394	T. Somers		1.32.04
395	K. Lagerwall		1.32.12
396	G. Heron	Tring	1.32.14
397	G. Bartlett	EastEnd	1.32.15
398	C. Moore		1.32.26
399	I. Rooke		1.32.41
400	G. Herbert		1.32.46
401	T. Pockney		1.32.54
402	P. Cording	Trent Park	1.32.56
403	J. Atkins	Trent Park	1.32.57
404	D. Edwards	Serpentine AC	1.33.02
405	S. Lua	Bedford	1.33.04
406	M. Kelly		1.33.08
407	C. Morriss	St Albans Striders	1.33.12
408	A. Nolan		1.33.20
409	C. Driscoll		1.33.25
410	K. Bradshaw		1.33.33
411	M. Waters	North Herts	1.33.37
412	L. Byer	Bedford	1.33.50
413	R. Griffiths	St Albans Striders	1.33.52
414	B. Davidson		1.33.56
415	T. Fulton	Stopsley	1.34.04



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416	J. Nellis		1.34.10
417	R. Baker		1.34.12
418	M. Hannah	Fairlands	1.34.14
419	A. Greenizan	Jaws AC	1.34.24
420	D. Wilkinson		1.34.50
421	F. Mills	Tring	1.35.06
422	L. Fulton	Stopsley	1.35.19
423	A. Simmons	St Albans Striders	1.35.25
424	R. Dajda	Royston Runners	1.35.44
425	M. Ruiz De Velasco		1.35.53
426	D. Arch	Bishop's Stortford	1.36.13
427	S. Mackervoy		1.36.33
428	A. Runner		1.36.38
429	J. Rush		1.36.39
430	N. Buslova		1.36.50
431	J. Lanham	Cranfield School	1.36.51
432	R. Duce		1.36.52
433	J. Foster	St Albans Striders	1.36.52
434	T. Fitzpatrick		1.36.53
435	Y. Zhang		1.36.53
436	S. Harkins	North Herts	1.36.54
437	T. Rockman	Barnet	1.37.05
438	A. Fennah		1.37.11
439	A. Bel		1.37.15
440	J. Ledsham	Harpers	1.37.15
441	P. Eldon		1.37.29
442	N. Black		1.37.30
443	P. Mallory		1.37.32
444	J. Bates		1.37.43
445	L. Fletcher		1.37.59
446	M. Hosking		1.38.19
447	M. Catton		1.38.23
448	S. Lane		1.38.24
449	P. O'Connell	Leighton Fun Runners	1.38.28
450	P. Heskin		1.38.37
451	R. Dennis	Tring	1.38.52
452	C. Levy		1.39.06
453	K. Etheridge		1.39.06
454	C. Boast		1.39.08
455	M. Bristow	Met Police AA	1.39.24
456	R. Garcia Moral		1.39.32
457	M. Davidson		1.39.34
458	S. Smith	Royston Runners	1.39.54
459	C. Chapman		1.39.59
460	J. Motson		1.40.18
461	T. Jones		1.40.35
462	F. Edmonds	Trent Park	1.40.56
463	D. Heather		1.41.02
464	A. Heather		1.41.02
465	S. Emmett		1.41.08
466	D. Brown	Royston Runners	1.42.00
467	P. Morgan		1.42.09

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468	J. Baxter	Cranfield School	1.42.35
469	S. Schmumps		1.43.01
470	J. Powles		1.43.12
471	B. Quade		1.43.16
472	P. Bennett		1.43.16
473	S. Connelly		1.43.42
474	P. Stonebrook		1.43.42
475	A. Corcoran		1.44.09
476	E. Darvell	St Albans Striders	1.44.14
477	N. Morgan		1.44.36
478	A. Heavisides	Fairlands	1.44.38
479	S. Gold		1.45.06
480	F. Harris	St Albans Striders	1.45.12
481	R. Grabosch		1.45.53
482	C. Gruber	Cranfield School	1.45.53
483	G. Dobson		1.45.59
484	J. Wallace	Harpers	1.46.21
485	I. Wallace	Harpers	1.46.22
486	M. Miller	Royston Runners	1.46.42
487	M. Middleton	Croydon	1.47.15
488	L. Simpson		1.48.10
489	A. Tanda		1.48.10
490	S. Holly-Rodway		1.48.39
491	J. Selby		1.48.39
492	T. Lewis		1.49.55
493	S. Linton	Cannons St Albans	1.49.55
494	E. Herron		1.50.25
495	L. Bevan		1.50.50
496	S. Johnson	Serpentine AC	1.51.18
497	T. Stephens		1.51.44
498	P. Torre	Shaftesbury Barnet	1.53.33
499	S. Statham		1.53.57
500	G. Johnson	Serpentine AC	1.54.31
501	S. Underwood		1.54.37
502	F. Hyams	St Albans Striders	1.54.57
503	P. Hardy	Fairlands	1.54.59
504	G. Colhoun	Trent Park	1.55.18
505	R. Hoyle	Watford	1.59.29

<https://www.stalbansreview.co.uk/sport/453084.fred-hughes-10-mile-race-results/>