



# St Albans Striders Age-Graded Competition 2018/2019

## Men's standings

ST ALBANS  
**STRIDERS**

Position	Member	Cat	Overall	Race 1 Hatfield 5		Race 2 Berkhamsted HM		Race 3 Royston MWRRL		Race 4 St Albans 10k		Race 5 Great Bristol Half		Race 6 Standalone 10k	
				Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade
1	Paul Adams	MSEN	81.88%	00:26:14	83.60%	01:13:44	80.49%	00:33:32	81.56%						
2	Steve Buckle	MSEN	79.90%	00:26:58	80.84%			00:33:54	80.24%			01:15:30	78.61%		
3	Jonathan Scott	MV40	79.87%			01:18:11	78.56%	00:35:37	79.66%					00:35:08	81.40%
4	Jim King	MV40	78.54%	00:29:32	78.90%			00:36:55	79.38%					00:37:53	77.35%
6	andy auld	MV40	77.78%	00:30:11	78.44%			00:38:08	78.12%					00:38:48	76.78%
7	Nigel Aston	MV50	77.78%	00:31:17	78.20%	01:28:38	75.47%	00:39:25	78.19%	00:41:20	74.06%	01:27:30	76.45%	00:40:03	76.95%
8	Stephen Hosty	MV40	76.15%	00:29:49	75.18%	01:19:39	75.90%	00:36:23	77.37%						
9	Errol Maginley	MV50	75.40%	00:32:11	76.64%	01:37:32	68.58%	00:40:52	75.41%	00:41:17	74.15%			00:41:57	74.11%
10	Gareth Parker	MV40	73.56%	00:30:51	72.66%							01:22:00	73.72%	00:37:35	74.31%
11	Colin Braybrook	MV50	73.52%	00:34:38	73.69%					00:44:56	71.30%			00:42:37	75.58%
12	Richard Davis	MV50	73.52%			01:29:43	73.90%			00:41:49	72.55%			00:41:14	74.11%
14	Richard Evans	MSEN	72.46%	00:33:39	64.15%	01:28:25	66.56%	00:37:20	72.51%	00:37:40	71.50%	01:21:53	71.88%	00:37:05	73.00%
15	Tim Searle	MV40	71.32%	00:31:12	71.30%	01:28:54	67.53%	00:40:07	69.62%					00:38:14	73.05%
16	Doug Hobson	MSEN	70.56%			01:23:49	69.66%	00:37:53	70.52%	00:38:06	70.12%	01:26:23	67.59%	00:37:38	71.02%
17	Stuart Middleton	MV40	70.13%			01:33:03	67.66%	00:41:10	71.18%			01:28:45	71.54%		
19	Jay A'Court	MV40	67.77%					00:40:49	68.97%	00:41:44	66.80%			00:42:00	67.55%
20	Jonathan White	MSEN	64.35%	00:33:02	66.39%	01:36:59	61.20%	00:43:03	63.93%	00:45:13	60.39%	01:35:06	62.75%		
21	Calum Latham	MSEN	63.94%	00:32:38	66.45%			00:42:51	63.48%	00:43:41	61.89%				
23	Steve Eames	MSEN	63.59%			01:39:06	58.91%	00:42:38	62.67%			01:30:39	64.41%	00:41:57	63.69%
25	Howard Bull	MSEN	62.33%			01:35:41	61.18%	00:42:55	62.62%	00:43:44	61.26%	01:38:12	59.75%	00:42:44	63.10%
26	Spencer Grant	MV40	61.16%	00:36:38	62.62%			00:47:36	60.57%	00:50:11	56.94%	01:50:31	56.50%	00:47:49	60.29%
28	James Harrison	MSEN	59.30%	00:35:49	59.60%	01:41:28	57.55%	00:44:03	60.75%						
29	Jim Hopkins	MV40	58.43%	00:39:16	59.34%			00:50:32	57.99%	00:54:11	53.62%			00:50:33	57.97%
	Mark Kennedy	MV40	78.72%	00:28:55	78.72%										
	Jamie Sinclair	MSEN	77.40%							00:34:31	77.40%				
	Seb Rowe	MV50	75.19%	00:31:33	75.65%					00:39:33	74.73%				
	Richard Butler	MV60	74.01%					00:44:44	74.01%						
	Alastair Green	MV50	73.64%											00:41:51	73.64%
	Pablo Plaza Lastras	MV40	73.49%	00:30:05	74.51%	01:23:25	72.47%								
	Darran Wilson	MV40	73.45%			01:26:12	73.66%			00:39:40	73.25%				
	Gaetano Basiaco	MV40	72.51%			01:22:18	72.51%								
	Steve Smith	MV50	72.46%					00:43:40	72.46%						
	MOHAMED Rabahi	MSEN	72.39%					00:37:15	72.39%						



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				Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade
	Richard Harry	MV40	71.62%												
	John Cooper	MV50	71.57%							00:44:46	71.57%				
	Paul Durbin	MV50	71.26%	00:34:37	71.26%										
	Anthony Nicolson	MV50	70.82%					00:43:09	70.82%						
	Mike Lancaster	MSEN	70.04%									01:25:12	70.04%		
	Matt Harrison	MSEN	69.72%					00:38:27	69.72%						
	Sean Boyd	MSEN	69.36%					00:38:31	69.36%						
	Marcus Hooper	MV40	69.15%					00:43:05	69.15%						
	Matthew Holman	MSEN	68.71%							00:38:53	68.71%				
	Jordan Lister	MSEN	68.70%					00:39:15	68.70%						
	Derek Fowler	MV40	68.65%			01:28:44	68.65%								
	Roger Murray	MV60	68.52%	00:43:10	70.43%					00:56:59	66.62%				
	Paul Geary	MV50	66.50%							00:44:50	66.50%				
	Alex Johnston	MSEN	66.43%	00:32:38	65.32%							01:26:26	67.55%		
	Ivan Ghouse	MV40	66.29%	00:35:09	66.29%										
	Paul Schalker	MSEN	66.16%							00:40:35	66.16%				
	mark travers	MV50	66.10%	00:36:25	68.89%	01:47:34	63.32%								
	Gareth Beavis	MSEN	65.90%					00:41:07	65.58%	00:40:33	66.22%				
	Jacob James	MSEN	65.75%			01:28:48	65.75%								
	Neil Johnson	MV60	65.24%					00:49:49	65.24%						
	James Giffen	MV40	64.86%			01:36:07	65.50%			00:44:52	64.22%				
	Nikolaus Fruhauf	MSEN	64.85%	00:33:49	64.85%										
	Jonathan Redshaw	MV40	64.78%			01:38:04	63.15%	00:43:04	66.41%						
	James Bromfield	MSEN	64.74%	00:32:57	64.74%										
	Colin Egleton	MV60	64.72%	00:45:02	64.72%										
	Daniel Langton	MSEN	63.55%									01:33:54	63.55%		
	Gladstone Thompson	MV50	62.87%	00:39:34	62.87%										
	Richard Derrick	MV60	62.11%			01:58:14	62.11%								
	Chris Davies	MV50	62.00%			01:46:56	62.00%								
	Peter Blessing	MV50	61.21%					00:48:40	61.21%						
	James Simpson	MV50	60.76%							00:49:04	60.76%				
	Jonathan Poole	MV50	60.18%	00:38:46	63.10%					00:53:28	57.25%				



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				Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade
	Ian Simpson	MSEN	60.12%			01:37:22	60.12%								
	Chris Curran	MSEN	59.28%					00:45:04	59.28%						
	Richard Underwood	MV40	58.92%							00:49:19	58.92%				
	Ben Scott	MSEN	58.60%	00:35:49	59.85%			00:46:45	57.34%						
	giles bridger	MV50	58.25%	00:41:50	59.97%					00:55:38	56.53%				
	Dave Saunders	MV50	57.79%	00:41:17	58.76%					00:53:24	56.81%				
	Andrew Hull	MV40	57.44%					00:51:52	57.44%						
	Daniel Swainsbury	MV40	57.14%					00:49:16	57.14%						
	Andy Normile	MV50	57.09%			01:55:07	57.09%								
	David Worcester	MV40	56.31%	00:38:32	59.99%	01:58:38	52.63%								
	Mike Dando	MV40	55.57%			01:49:42	56.92%					01:56:07	54.22%		
	Tony Barr	MV60	55.17%	00:47:30	55.17%										
	Laurance Dine	MV40	54.83%	00:42:50	54.83%										
	Jonathan Milne	MV50	54.31%			02:04:12	52.01%							00:53:04	56.61%
	Richard Vaughan	MSEN	53.56%			01:52:45	51.92%					01:46:19	55.19%		
	Paul MOSTYN	MV50	52.56%			02:07:16	52.56%								
	Michael Reibscheid	MV40	52.08%							00:56:16	52.08%				
	Dave Oh	MV40	50.44%							00:57:36	50.44%				
	Phillip Coates	MV60	48.24%	00:54:48	48.24%										
	Jaimi Wallin	MSEN	47.29%					00:56:35	47.29%						
	Gary Warren	MV50	77.94%					00:37:40	79.76%	00:38:50	76.78%	01:24:19	77.27%	00:39:08	76.77%
	JUSTIN PHILLIPPS	MV40	76.01%			01:21:28	76.01%								
	Max Campbell	MV50	72.84%	00:33:17	75.37%	01:35:44	71.14%	00:43:33	72.01%	00:45:09	69.03%				
	Peter Clarke	MV50	72.37%					00:43:43	72.37%						
	Alan Proudfoot	MV50	72.25%							00:42:45	72.25%				
	Gregg Taylor	MSEN	71.23%					00:37:38	71.23%						
	Gwynfor Tyley	MV50	70.54%			01:32:22	70.54%								
	Ian Hirth	MV40	69.48%	00:34:16	65.91%			00:40:42	69.16%			01:23:03	73.35%		
	Adam Webster	MSEN	68.62%					00:38:56	68.62%						
	Andrew Dobinson	MV50	66.65%	00:36:14	69.83%					00:49:33	63.47%				
	Adrian Jones	MV60	66.61%					00:48:54	67.70%			01:49:56	65.52%		
	Andrew Page	MSEN	65.59%	00:33:09	65.42%			00:41:10	65.76%						
	Peter Blackaller	MV60	65.02%	00:40:18	65.02%										
	Roger Sant	MV50	63.80%	00:39:03	61.62%			00:47:32	63.74%	00:47:29	63.33%	01:49:54	59.80%	00:47:06	64.33%
	Robin Newby	MV40	63.39%					00:47:24	62.85%			01:42:53	62.78%	00:46:10	64.53%
	Tony Brady-Locke	MSEN	63.28%					00:42:13	63.28%						



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				Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade
	Marc Stephens	MV50	62.40%							00:50:24	62.40%				
	Bill Harding	MV60	62.20%	00:45:21	62.20%										
	Matthew Bedford	MV50	60.55%	00:40:04	61.05%	01:55:50	57.24%	00:51:29	59.35%	00:51:34	59.36%	01:49:14	61.24%		
	Jim Miller	MV60	57.98%			02:25:20	57.98%								
	James Jenkins	MV40	57.41%							00:47:51	57.41%				
	Adrian Joseph	MSEN	56.99%	00:37:44	56.99%										
	Antony Stivala	MV40	55.93%	00:37:31	59.30%	01:54:12	52.57%								
	Andrew Maher	MV40	54.63%			01:55:44	54.40%			00:52:58	54.86%				
	James King	MSEN	52.26%			01:51:51	52.26%								
	Soong-Kong Au-Yeong	MV40	50.33%					00:55:04	50.33%						
	Dave Skyrme	MV60	45.36%	00:57:15	45.36%										