

<b>Pos</b>	<b>Cat Pos</b>	<b>No</b>	<b>Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Cat</b>	<b>Club</b>
1	1	226	01:56:43	Oliver	Grimmette	MOpen	Unaffiliated
2	2	274	02:02:32	Jacob	James	MOpen	St Albans Striders
3	1	551	02:02:41	Piers	Vallance	MVet 40	Redway Runners
4	3	117	02:03:04	Douglas	Coleman	MOpen	Dacorum Athletic Club
5	4	29	02:06:12	Mark	Baines	MOpen	Vale Of Aylesbury AC
6	2	144	02:07:17	Justin	Davis	MVet 40	Unaffiliated
7	5	585	02:08:39	Fraser	Willcox	MOpen	Tring RC
8	6	343	02:08:58	Darren	Martin	MOpen	Rumble Racing
9	7	106	02:09:51	Daniel	Clarke	MOpen	Daventry Road Runners
10	3	246	02:12:05	Sam	Hazelton	MVet 40	Unaffiliated
11	1	193	02:12:14	Peter	Flewitt	MVet 50	Ealing Southall & Midx AC
12	2	335	02:12:50	Ben	Lowans	MVet 50	Unaffiliated
13	4	78	02:12:54	Ian	Bryson	MVet 40	Harpenden Arrows
14	8	478	02:13:00	Tom	Sawyer	MOpen	Tring RC
15	5	401	02:13:18	Gabor	Nyers	MVet 40	Unaffiliated
16	9	453	02:14:16	Philip	Riddleston	MOpen	Watford Harriers
17	6	395	02:15:07	Alex	Newman-Smit	MVet 40	Unaffiliated
18	7	481	02:16:24	Alan	Scott	MVet 40	Clapham Chasers
19	1	438	02:16:33	Becky	Raftery	FOpen	Tring RC
20	10	124	02:17:24	James	Cooper	MOpen	Unaffiliated
21	11	172	02:17:26	Tom	Ellerton	MOpen	Leighton Buzzard AC
22	12	148	02:17:35	Sam	Dear	MOpen	Leighton Buzzard AC
23	13	596	02:17:44	Ellis	Woolley	MOpen	Tribe
24	3	206	02:17:50	Michael	Furness	MVet 50	Leighton Buzzard AC
25	14	204	02:18:14	Joshua	Frewin	MOpen	Tring RC
26	15	362	02:18:21	Charlie	Mead	MOpen	Leighton Buzzard AC
27	2	147	02:18:25	Johanna	Dear	FOpen	Leighton Buzzard AC
28	8	133	02:18:35	Nicholas	Crowther	MVet 40	Gade Valley Harriers
29	16	107	02:18:41	Roger	Clarke	MOpen	Tring RC
30	4	441	02:18:52	Jan	Rasmussen	MVet 50	Oxford Tri

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31	9	197	02:19:07	Colin	Foster	MVet 40	Ealing Southall & Midx AC
32	17	278	02:19:14	Nick	Jelfs	MOpen	Unaffiliated
33	18	439	02:19:28	Tom	Rankin	MOpen	Stopsley Striders
34	19	510	02:19:39	Nicholas	Stallman	MOpen	Tring RC
35	20	427	02:20:58	Stephen	Pitchers	MOpen	Unaffiliated
36	21	89	02:21:17	david	camps	MOpen	Unaffiliated
37	10	2	02:21:58	Nick	Acton	MVet 40	Harpenden Arrows
38	5	127	02:22:40	Darren	Cornish	MVet 50	Dunstable Lions RC
39	22	37	02:22:57	Scott	Barker	MOpen	Obstacle mud runner
40	11	447	02:23:07	Matthew	Reeves	MVet 40	Unaffiliated
41	23	463	02:23:49	Paul	Rose	MOpen	Unaffiliated
42	12	153	02:24:20	Iain	Dickinson	MVet 40	Olney Runners AC
43	3	151	02:24:35	Rachel	Dench	FOpen	Black Trail Runners
44	24	489	02:24:40	Andrew	Shipley	MOpen	Highgate Harriers
45	13	495	02:25:14	Matthew	Skelding	MVet 40	Unaffiliated
46	25	169	02:25:52	Will	Eastman	MOpen	Leighton Buzzard AC
47	26	235	02:25:55	Will	Harding	MOpen	Guildford & Godalming AC
48	6	406	02:26:29	Steven	Oglesby	MVet 50	On The Run
49	27	143	02:26:33	Chris	Davies	MOpen	Unaffiliated
50	14	52	02:26:42	Torsten	Bell	MVet 40	Unaffiliated
51	15	408	02:26:46	christian	Olley	MVet 40	Tring RC
52	16	162	02:26:53	Chris	Dowling	MVet 40	Gade Valley Harriers
53	7	100	02:27:09	Steven	Church	MVet 50	Huntingdonshire AC
54	17	534	02:27:42	Gareth	Thomas	MVet 40	On the Run Aylesbury
55	8	307	02:28:23	Chris	Knight	MVet 50	Team Trident
56	9	533	02:28:30	Mike	Thomas	MVet 50	Ranelagh Harriers
57	28	55	02:28:42	Kevin	Berg	MOpen	Tring RC
58	18	138	02:28:44	Carl	Dalkin	MVet 40	Leighton Buzzard AC
59	19	134	02:28:49	Jason	Cuddy	MVet 40	Runaway Racing
60	20	379	02:29:19	Jim	Morris	MVet 40	Tring RC

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61	21	313	02:29:36	Mike	Lancaster	MVet 40	St Albans Striders
62	29	601	02:29:53	Kallum	Wright	MOpen	Stopsley Striders
63	22	276	02:30:31	Doug	Jarvis	MVet 40	Unaffiliated
64	30	526	02:30:38	Richard	Taylor	MOpen	Garden City Runners
65	10	146	02:31:18	Ian	De Villiers	MVet 50	Green Runners
66	23	123	02:31:26	Stuart	Cooke	MVet 40	Team Trident
67	24	571	02:31:38	David	Weir	MVet 40	Unaffiliated
68	25	346	02:31:41	Dermot	Martin	MVet 40	Bearbrook Running Club
69	26	352	02:31:57	Jerome	McAllister	MVet 40	Tring RC
70	27	230	02:32:01	Oli	Hall	MVet 40	Unaffiliated
71	28	292	02:32:12	Roland	Kemp	MVet 40	Tring RC
72	31	227	02:32:19	Thomas	Grundy	MOpen	Lostock AC
73	32	543	02:32:29	Toby	Turk	MOpen	Daventry Road Runners
74	33	545	02:32:31	Felix	Turk	MOpen	Unaffiliated
75	34	337	02:32:35	Matthew	Ma	MOpen	Leighton Fun Runners
76	29	219	02:33:07	Daniel	Green	MVet 40	Leighton Fun Runners
77	30	349	02:33:15	Ian	Mawdesley	MVet 40	Wrexham AAC
78	31	279	02:33:21	Michael	Jewell	MVet 40	Unaffiliated
79	32	110	02:33:49	David	Clayton	MVet 40	Tri-Force
80	35	593	02:34:29	Richard	Witter	MOpen	Unaffiliated
81	1	61	02:34:52	Rosie	Booth	FVet 40	Leighton Fun Runners
82	4	392	02:35:17	Sally	Nash	FOpen	Tring RC
83	33	42	02:35:32	James	Bateson	MVet 40	Unaffiliated
84	34	553	02:35:36	christopher	vile	MVet 40	Tring RC
85	11	311	02:36:08	Stephen	Lambert	MVet 50	St Albans Striders
86	35	452	02:36:10	Scott	Riddell	MVet 40	Dunstable Lions RC
87	36	114	02:36:13	Paul	Cocker	MVet 40	Unaffiliated
88	37	405	02:36:17	Paul	O'Neill	MVet 40	Harpenden Arrows
89	36	488	02:36:43	Nick	Shelley	MOpen	Leighton Fun Runners
90	37	328	02:36:51	Anthony	Lewis	MOpen	Tile Hill Harriers

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91	38	373	02:36:57	Stephen	Moore	MOpen	Unaffiliated
92	38	409	02:37:05	Chris	Packard	MVet 40	Unaffiliated
93	12	509	02:37:09	Matt	Squires	MVet 50	Unaffiliated
94	39	80	02:37:19	Andrew	Bunker	MVet 40	Higham Harriers
95	1	499	02:37:41	Ian	Smith	MVet 60	Unaffiliated
96	39	288	02:38:07	Chris	Jones	MOpen	Shefford Runners
97	5	482	02:38:19	Natalie	Scott	FOpen	Clapham Chasers
98	13	248	02:38:41	Andrew	Heale	MVet 50	Leighton Fun Runners
99	40	242	02:38:47	Alex	Hasell	MOpen	St Albans Striders
100	40	215	02:38:50	James	Goodman	MVet 40	Bedford Harriers AC
101	14	225	02:38:57	Simon	Griffiths	MVet 50	Bearbrook Running Club
102	2	529	02:39:18	Anna	Tems	FVet 40	Unaffiliated
103	15	576	02:39:26	Mark	Westley	MVet 50	Garden City Runners
104	6	118	02:39:31	Victoria	Coleman	FOpen	Dacorum Athletic Club
105	41	358	02:39:33	Mark	McCormick	MVet 40	Unaffiliated
106	16	108	02:39:36	Nick	Clay	MVet 50	Leighton Buzzard AC
107	42	394	02:40:07	James	Naylor	MVet 40	Unaffiliated
108	43	548	02:40:16	Daniel	Twort	MVet 40	Unaffiliated
109	44	155	02:40:29	Stuart	Dimmock	MVet 40	Leighton Buzzard AC
110	17	466	02:40:39	Craig	Rowand	MVet 50	Run Redbourn
111	7	183	02:40:43	Amy	Farnfield	FOpen	Leighton Buzzard AC
112	41	605	02:41:01	Tom	Cullimore	MOpen	Putney Running Club
113	45	570	02:41:22	Nicholas	Webster	MVet 40	Unaffiliated
114	2	468	02:41:36	Richard	Ruffell	MVet 60	Shires Triers
115	8	444	02:41:52	Hazel	Reade	FOpen	London Frontrunners
116	42	105	02:41:57	Stuart	Clarke	MOpen	Daventry Road Runners
117	18	209	02:43:09	Matt	Gilbride	MVet 50	Highgate Harriers
118	19	237	02:43:40	Steve	Harrison	MVet 50	Leighton fun runners
119	9	283	02:44:38	Caitlin	Jones	FOpen	Runaway Racing
120	43	436	02:44:54	Robert	Pullin	MOpen	Unaffiliated

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121	46	43	02:45:05	Paul	Bayley	MVet 40	Tring RC
122	47	112	02:45:16	Michael	Cloy	MVet 40	Unaffiliated
123	48	388	02:45:19	Paul	Munday	MVet 40	Marshall MK AC
124	49	249	02:45:22	Lyndon	Hearn	MVet 40	Harpenden Arrows
125	44	247	02:46:02	Richard	Heady	MOpen	Leighton Fun Runners
126	50	496	02:46:28	Neil	Slaven	MVet 40	Trident
127	51	13	02:46:43	Ross	Anker	MVet 40	Unaffiliated
128	52	8	02:46:53	Shamsher	Albert	MVet 40	Ely runners
129	53	569	02:47:07	Michael	Webster	MVet 40	Unaffiliated
130	10	403	02:47:11	Jayne	O'Hanlon	FOpen	On the Run Pitstone
131	20	289	02:47:17	Neil	Jones	MVet 50	Unaffiliated
132	11	253	02:47:19	Laura	Hicks	FOpen	St Albans striders
133	54	33	02:47:38	Wesley	Ball	MVet 40	Unaffiliated
134	45	412	02:47:43	Rupert	Palmer	MOpen	Unaffiliated
135	21	213	02:47:50	Michael	Goldsmith	MVet 50	Michael Goldsmith
136	55	416	02:48:04	Chris	Parr	MVet 40	Shires Triers
137	3	586	02:48:14	Neil	Willcox	MVet 60	Unaffiliated
138	22	77	02:48:18	gerald	bruce	MVet 50	Unaffiliated
139	56	342	02:48:43	Ben	Marriott	MVet 40	Unaffiliated
140	23	527	02:48:51	David	Taylor	MVet 50	Unaffiliated
141	24	602	02:48:56	Steve	Yates	MVet 50	On the Run Aylesbury
142	25	122	02:49:18	Simon	Cook	MVet 50	Olney Runners AC
143	26	285	02:49:25	Andrew	Jones	MVet 50	Olney Runners AC
144	46	606	02:49:37	Mark	Turner	MOpen	Rumble Racing
145	27	564	02:50:03	Daryl	Walter	MVet 50	Unaffiliated
146	4	262	02:50:10	Martin	Hopcroft	MVet 60	Tring RC
147	57	316	02:50:13	Daniel	Langton	MVet 40	St Albans Striders
148	28	347	02:50:37	Trevor	Mason	MVet 50	Stevenage & N Herts AC
149	58	398	02:51:04	Robert	Norris	MVet 40	Reddings Wood
150	59	136	02:51:08	Ben	Cullis	MVet 40	Harpenden Arrows

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151	29	359	02:51:15	Paul	Mcdonagh	MVet 50	Unaffiliated
152	30	424	02:51:44	robert	pinfield	MVet 50	Shires Triers
153	31	578	02:52:01	David	White	MVet 50	Harpenden Arrows
154	60	12	02:52:02	Chas	Andrews	MVet 40	Harpenden Arrows
155	3	604	02:52:09	Audrey	Zilliox	FVet 40	Harpenden Arrows
156	5	341	02:52:40	John	Manning	MVet 60	Tring RC
157	61	597	02:52:49	Andrew	Woolstone	MVet 40	Unaffiliated
158	32	36	02:53:02	Dan	Barber	MVet 50	Unaffiliated
159	62	574	02:53:07	Crispin	Wells	MVet 40	Royston Runners
160	47	483	02:53:11	James	Seddon	MOpen	Unaffiliated
161	63	239	02:53:13	Stewart	Harrison	MVet 40	Unaffiliated
162	33	16	02:53:16	Michael	Antunes	MVet 50	Unaffiliated
163	64	547	02:54:02	Gareth	Turner	MVet 40	Redway Runners
164	65	281	02:54:19	Dan	Johnson	MVet 40	Unaffiliated
165	34	600	02:54:41	Brian	Wright	MVet 50	Leighton Buzzard Tri Club
166	48	418	02:54:58	Cameron	Pearce	MOpen	Unaffiliated
167	6	446	02:55:16	Tony	Reeve	MVet 60	Dacorum Athletic Club
168	12	269	02:55:32	Pippa	Hunn	FOpen	Unaffiliated
169	4	540	02:55:36	Suzy	Trott	FVet 40	Unaffiliated
170	35	14	02:55:38	Martyn	Annetts	MVet 50	Unaffiliated
171	36	364	02:55:44	Andrew	Merry	MVet 50	Unaffiliated
172	37	461	02:56:17	Jim	Robinson	MVet 50	Unaffiliated
173	49	479	02:56:23	Maximilian	Schlote	MOpen	Unaffiliated
174	66	171	02:56:30	Steve	Ellerd-Elliott	MVet 40	Garden City Runners
175	67	277	02:56:32	Peter	Jasko	MVet 40	Garden City Runners
176	7	261	02:56:35	Dave	Holt	MVet 60	Bedford Harriers AC
177	5	131	02:56:37	Victoria	Crawley-Wise	FVet 40	Gade Valley Harriers
178	38	241	02:57:09	Adrian	Harwood	MVet 50	Watford Harriers
179	68	211	02:57:14	Duncan	Godfrey	MVet 40	Team Trident
180	50	562	02:57:21	James	Waller	MOpen	Unaffiliated

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181	51	66	02:57:27	Chris	Bradley	MOpen	Runaway Adventures
182	52	555	02:57:39	Peter	Waddingham	MOpen	Unaffiliated
183	39	157	02:57:47	Nic	Dimmock	MVet 50	Leighton Fun Runners
184	69	432	02:57:51	Gavin	Prechner	MVet 40	Leighton Fun Runners
185	70	70	02:58:08	Mike	Brewer	MVet 40	Bedford Harriers AC
186	71	382	02:58:11	Andrew	Morton	MVet 40	Unaffiliated
187	6	97	02:58:35	Francisca	Cerda	FVet 40	Unaffiliated
188	40	506	02:58:39	Gary	Sparkes	MVet 50	Bearbrook Running Club
189	72	17	02:58:49	Steven	Archer	MVet 40	The Running Hub
190	41	184	02:59:11	Mauro	Fasti	MVet 50	Watford Joggers
191	42	484	02:59:56	David	Shakespeare	MVet 50	Olney Runners AC
192	73	150	03:00:03	Matt	Dench	MVet 40	Black Trail Runners
193	74	84	03:00:27	Adam	Butler	MVet 40	Unaffiliated
194	43	537	03:00:54	graham	tippett	MVet 50	Your Town Runners EN8
195	44	149	03:01:04	Danny	Dell	MVet 50	Lonely Goat RC
196	53	556	03:01:13	William	Waddingham	MOpen	Unaffiliated
197	1	293	03:01:27	Claire	Kenney	FVet 50	Tring RC
198	8	128	03:01:31	Nick	Costin	MVet 60	Redway Runners
199	13	363	03:01:44	Naomi	Mellor	FOpen	Unaffiliated
200	7	591	03:01:50	Lucy	Wilson-Shaw	FVet 40	London Frontrunners
201	45	584	03:02:22	Stephen	Wilding	MVet 50	Hitchin Running Club
202	54	524	03:02:25	Nicholas	Tappin	MOpen	Unaffiliated
203	55	301	03:02:28	James	King	MOpen	St Albans Striders
204	46	31	03:02:39	Peter	Baldock-William	MVet 50	Unaffiliated
205	47	24	03:02:53	James	Atkinson	MVet 50	Unaffiliated
206	8	309	03:03:06	Erika	Kulikova	FVet 40	London Frontrunners
207	9	320	03:03:09	Tina	Le	FVet 40	Dacorum Athletic Club
208	14	11	03:03:15	naseem	allmomen	FOpen	London Frontrunners
209	56	399	03:03:18	Ed	Norris	MOpen	Wellingborough & Dis AC
210	48	160	03:03:23	Glen	Dobson	MVet 50	Garden City Runners

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211	75	557	03:03:53	Jonathan	Wagstaff	MVet 40	Unaffiliated
212	76	75	03:04:48	Alex	Brown	MVet 40	Unaffiliated
213	10	351	03:05:01	Ali	Mayhew	FVet 40	VocaLink Mastercard RC
214	77	81	03:05:05	Anthony	Bunker	MVet 40	St Albans Striders
215	49	462	03:05:14	Ian	Rogers	MVet 50	Unaffiliated
216	15	44	03:05:23	Chloe	Bazlen	FOpen	Mornington Chasers
217	11	222	03:06:01	Isabel	Green	FVet 40	Harpenden Arrows
218	50	26	03:06:11	Richard	Baddon	MVet 50	Tring RC
219	57	251	03:06:21	Lee	Henderson	MOpen	Rumble Racing
220	78	314	03:06:39	Dean	Langton	MVet 40	Unaffiliated
221	51	530	03:07:01	James	Terry	MVet 50	Wellingborough & Dis AC
222	52	228	03:07:20	David	Halden	MVet 50	Unaffiliated
223	79	10	03:07:23	Joby	Allen	MVet 40	Unaffiliated
224	16	338	03:07:32	Ceana	Mackenzie-Brodie	FOpen	Leighton Buzzard AC
225	53	472	03:07:36	Alun	Sainsbury	MVet 50	Unaffiliated
226	12	115	03:07:43	Victoria	Cocker	FVet 40	Unaffiliated
227	80	331	03:07:50	Richard	Lloyd	MVet 40	Unaffiliated
228	54	304	03:07:53	Dave	Kittle	MVet 50	On the run
229	55	420	03:08:08	Darren	Peart	MVet 50	Unaffiliated
230	58	243	03:08:21	Oliver	Hauxwell	MOpen	Unaffiliated
231	56	538	03:08:30	Chris	Treleaven	MVet 50	Stopsley Striders
232	81	255	03:09:14	Francis	Higgins	MVet 40	Unaffiliated
233	17	426	03:09:23	Felicity	Pitchers	FOpen	Shires Triers
234	59	513	03:09:27	Matthew	Stanton	MOpen	Unaffiliated
235	60	310	03:09:30	Rob	Laferton	MOpen	Unaffiliated
236	57	480	03:09:39	Rob	Scott	MVet 50	Dacorum Triathlon Club
237	58	60	03:09:44	Mark	Bonham-Carter	MVet 50	Unaffiliated
238	59	454	03:09:50	Andy	Ringrose	MVet 50	Unaffiliated
239	13	195	03:09:57	Sarah	Forster	FVet 40	Unaffiliated
240	82	275	03:09:59	Richard	Jameson	MVet 40	Unaffiliated



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241	83	233	03:10:02	Neville	Hanks	MVet 40	Unaffiliated
242	84	232	03:11:10	Felix	Hanke	MVet 40	Unaffiliated
243	60	53	03:12:01	Gareth	Bellamy	MVet 50	Tring RC
244	2	295	03:12:07	Emma	Keys	FVet 50	Thame Runners
245	14	487	03:12:17	Lucinda	Shaw	FVet 40	Unaffiliated
246	18	170	03:12:29	Ruth	Eastman	FOpen	Leighton Buzzard AC
247	85	113	03:12:33	Sam	Cockcroft	MVet 40	Harpenden Arrows
248	86	159	03:12:39	Ross	Dines	MVet 40	Unaffiliated
249	61	240	03:12:45	Matt	Hartley	MOpen	Unaffiliated
250	19	6	03:12:47	Emma	Adcock	FOpen	Tring RC
251	87	348	03:13:01	James	Mason	MVet 40	Unaffiliated
252	61	156	03:13:17	Chris	Dimmock	MVet 50	Leighton Buzzard AC
253	88	520	03:13:21	Tobias	Strangewood	MVet 40	Unaffiliated
254	3	360	03:13:32	Claire	Mcdonnell	FVet 50	Gade Valley Harriers
255	20	369	03:13:37	Natalie	Moat	FOpen	Striders Of Croydon
256	89	501	03:13:44	Alan	Smith	MVet 40	Unaffiliated
257	15	50	03:13:47	Katalin	Bedocs	FVet 40	Bearbrook Running Club
258	62	517	03:14:08	Luke	Stewart	MOpen	Unaffiliated
259	62	45	03:14:14	Chris	Beacock	MVet 50	Unaffiliated
260	21	210	03:14:28	Alice	Gilmour	FOpen	British military fitness
261	9	173	03:14:34	Stephen	Ellerton	MVet 60	Leighton Fun Runners
262	16	345	03:15:09	Deborah	Martin	FVet 40	Bearbrook Running Club
263	63	72	03:15:26	Garith	Brown	MVet 50	Unaffiliated
264	64	142	03:15:33	Robert	Davies	MVet 50	Dacorum Athletic Club
265	22	561	03:15:35	Lucy	Wallduck	FOpen	Dacorum Athletic Club
266	65	476	03:15:43	Jonathan	Sartin	MVet 50	Unaffiliated
267	66	490	03:16:00	Gavin	Shurmer	MVet 50	Unaffiliated
268	17	391	03:16:09	KERRY	NASH	FVet 40	Unaffiliated
269	67	229	03:16:13	Gavin	Hall	MVet 50	Unaffiliated
270	68	291	03:16:18	Adewale	Kadiri	MVet 50	Avon Valley Runners

<b>Pos</b>	<b>Cat Pos</b>	<b>No</b>	<b>Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Cat</b>	<b>Club</b>
271	23	54	03:16:29	Polly	Bentley	FOpen	Unaffiliated
272	24	549	03:16:32	Zara	Ulrich	FOpen	Unaffiliated
273	25	493	03:16:35	Amy	Silk	FOpen	Unaffiliated
274	26	504	03:16:59	Charlotte	Snowdon	FOpen	Stopsley Striders
275	69	47	03:17:10	Mark	Beaver	MVet 50	Team Trident
276	70	396	03:17:14	Chris	Nicholls	MVet 50	Unaffiliated
277	71	103	03:17:17	Peter	Clark	MVet 50	Unaffiliated
278	72	386	03:17:20	Steve	Muldoon	MVet 50	St Albans Striders
279	1	455	03:17:26	Karen	Robertson	FVet 60	Bedford Harriers AC
280	27	457	03:17:33	Kirsty	Robertson	FOpen	Bedford Harriers AC
281	90	99	03:17:35	Richard	Christer	MVet 40	Unaffiliated
282	91	389	03:17:42	Tibi	Nagy	MVet 40	BSR
283	92	332	03:17:45	Patrick	Long	MVet 40	Unaffiliated
284	73	580	03:17:53	Rob	White	MVet 50	Olney Runners AC
285	74	244	03:18:51	Nick	Haylett	MVet 50	Unaffiliated
286	93	407	03:19:18	Rob	Oliver	MVet 40	Boxed Tv Ltd
287	94	101	03:19:21	Drew	Clare	MVet 40	Wendover Swim Bike Run
288	18	256	03:19:24	Caroline	Higginson	FVet 40	Olney Runners AC
289	19	573	03:19:26	Emma	Wells	FVet 40	On the Run Aylesbury
290	75	460	03:19:33	Simon	Robinson	MVet 50	Dunstable Lions RC
291	95	196	03:20:00	Neil	Forster	MVet 40	Unaffiliated
292	4	485	03:20:03	Mrs	Sharman	FVet 50	Watford Joggers
293	76	58	03:20:39	Stephen	Bladen	MVet 50	Tring RC
294	5	64	03:20:46	Debbie	Bowen	FVet 50	Unaffiliated
295	20	445	03:21:16	Christina	Reade	FVet 40	London Frontrunners
296	21	353	03:21:28	Susan	Mcaneny	FVet 40	Fairlands Valley Spartans
297	22	68	03:21:32	Tanya	Brazier	FVet 40	Fairlands valley spartans
298	63	5	03:21:36	Samuel	Adams	MOpen	Unaffiliated
299	10	4	03:21:38	Peter	Adams	MVet 60	Unaffiliated
300	96	434	03:22:32	Martin	Prior	MVet 40	Bo Street Runners

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301	23	119	03:22:35	Rosie	Coles	FVet 40	Unaffiliated
302	97	393	03:23:06	Dan	Nathan	MVet 40	Unaffiliated
303	2	298	03:23:22	Viv	Kilgour	FVet 60	Bedford Harriers AC
304	11	492	03:24:48	Richard	Sidlin	MVet 60	Garden City Runners
305	77	223	03:25:35	Darren	Greene	MVet 50	Team Trident
306	24	120	03:25:45	Marie	Colucci	FVet 40	Fairlands Valley Spartans
307	25	273	03:25:47	Zoe	Jackson	FVet 40	Fairlands Valley Spartans
308	26	59	03:26:05	Louise	Bladen	FVet 40	Tring RC
309	6	164	03:27:01	Sam	Downton	FVet 50	Redway Runners
310	27	163	03:27:28	Sarah	Downing	FVet 40	Unaffiliated
311	78	494	03:27:55	Jan	Sisson	MVet 50	Unaffiliated
312	28	224	03:28:12	Rachel	Gribben	FVet 40	Lonely Goat RC
313	7	280	03:29:01	Shanti	Johnson	FVet 50	St Albans Striders
314	8	23	03:29:02	Laura	Astley	FVet 50	St Albans Striders
315	29	182	03:29:05	Margaret	Fanagan	FVet 40	Watford Joggers
316	9	588	03:29:08	Vicky	Williams	FVet 50	Watford Joggers
317	12	323	03:29:10	Simon	Lee	MVet 60	Shires Triers
318	98	319	03:29:16	Phil	Lawrence	MVet 40	Unaffiliated
319	30	435	03:29:34	Dani	Pruett	FVet 40	Garden City Runners
320	31	515	03:29:38	Agnieszka	Stepien	FVet 40	Unaffiliated
321	99	528	03:29:40	Simon	Temple	MVet 40	Rumble Racing
322	32	572	03:29:46	Michelle	Wells	FVet 40	Gade Valley Harriers
323	33	380	03:29:49	Sarah	Morris	FVet 40	Unaffiliated
324	100	523	03:29:56	Nick	Talbot	MVet 40	Chiltern Harriers AC
325	10	185	03:30:14	Katerina	Fellas	FVet 50	Watford Joggers
326	34	141	03:30:24	Nicola	Davidson	FVet 40	Shires Triers
327	11	410	03:31:07	Carole	Page	FVet 50	Unaffiliated
328	79	340	03:31:32	Stephen	Mann	MVet 50	Redway Runners
329	3	428	03:31:52	Carole	Pitts	FVet 60	Dacorum Athletic Club
330	80	306	03:32:54	Nick	Knight	MVet 50	Tring RC

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331	101	325	03:33:06	graham	lee	MVet 40	Dunstable Lions RC
332	35	187	03:33:57	Valentina	Ferrari	FVet 40	Leighton Buzzard AC
333	81	546	03:34:00	rupert	Turnbull	MVet 50	Unaffiliated
334	82	252	03:34:11	Alex	Hickman	MVet 50	Unaffiliated
335	12	234	03:34:14	Helen	Harbrow	FVet 50	Watford Joggers
336	36	220	03:34:24	Zoe	Green	FVet 40	Unaffiliated
337	64	333	03:34:26	Quinlan	Long	MOpen	Unaffiliated
338	83	152	03:34:30	Simon	Deyes	MVet 50	Aylesbury Vale Tri Club
339	13	129	03:34:32	Nikki	cowen	FVet 50	Garden city runners
340	28	161	03:35:12	Stefanie	Dowie	FOpen	St Albans Striders
341	84	165	03:35:35	Kevin	Dowton	MVet 50	Unaffiliated
342	85	519	03:36:48	Dan	Storr	MVet 50	Unaffiliated
343	65	539	03:37:17	Callum	Trewavas	MOpen	Unaffiliated
344	86	190	03:37:24	Mark	Fiske	MVet 50	Leighton Fun Runners
345	102	324	03:37:29	Steve	Lee	MVet 40	Unaffiliated
346	37	93	03:40:39	Sally	Cartwright	FVet 40	Unaffiliated
347	14	258	03:41:15	Katie	Hill	FVet 50	Tri-Force
348	87	477	03:41:29	David	Saul	MVet 50	Chiltern Harriers AC
349	38	318	03:42:39	Christina	Lawrence	FVet 40	Dunstable RRC
350	39	423	03:42:42	Lisa	Phee	FVet 40	Dunstable RRC
351	88	168	03:42:49	Aiden	Dwyer	MVet 50	Wheathampstead Warriors
352	15	563	03:44:53	Jeanette	Walster	FVet 50	Unaffiliated
353	16	296	03:45:09	Greer	Kidney	FVet 50	Dunstable Lions RC
354	40	336	03:46:13	Katy	Ludwell	FVet 40	Dunstable Lions RC
355	89	385	03:48:25	Neal	Muggleton	MVet 50	Fairlands Valley Spartans
356	17	30	03:48:33	Mary	Balchin-Love	FVet 50	Redway Runners
357	103	79	03:48:41	Dean	Bugler	MVet 40	Dunstable Lions RC
358	29	188	03:49:09	Nikki	Fidler	FOpen	REDWAY RUNNERS
359	90	284	03:49:45	Robert	Jones	MVet 50	Garden City Runners
360	30	178	03:49:46	Frankie	Enticknap	FOpen	Unaffiliated

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361	91	177	03:49:48	Andrew	Enticknap	MVet 50	Unaffiliated
362	41	400	03:50:04	Amy	Bradley	FVet 40	Leighton Buzzard
363	18	598	03:50:09	Kerry	Wright	FVet 50	S4F Triathlon Squad
364	92	67	03:50:24	Colin	Bradley	MVet 50	Unaffiliated
365	93	111	03:50:29	Phil	Clemas	MVet 50	Unaffiliated
366	94	425	03:50:46	Richard	Piper	MVet 50	Unaffiliated
367	95	419	03:52:51	Peter	Pearson	MVet 50	Unaffiliated
368	31	181	03:53:11	Louise	Fairnie	FOpen	Watford Joggers
369	96	40	03:53:13	Kevin	Barrett	MVet 50	Watford Joggers
370	97	417	03:53:25	ANDY	PARSONS	MVet 50	Unaffiliated
371	42	450	03:53:42	Alison	Richardson	FVet 40	Dacorum Athletic Club
372	98	415	03:54:54	Tim	Parker	MVet 50	Unaffiliated
373	43	390	03:57:20	Steph	Nash	FVet 40	Unaffiliated
374	19	507	03:57:43	Stephanie	Spencer	FVet 50	Silson AC
375	20	371	03:58:27	Sandra	Mogan	FVet 50	Tring RC
376	44	260	03:59:32	Charlotte	Holloway	FVet 40	St Albans Striders
377	21	86	04:01:55	Christine	Caine	FVet 50	Freedom Tri
378	99	20	04:06:06	Mark	Ashley	MVet 50	Unaffiliated
379	22	366	04:10:24	Jackie	Miller	FVet 50	Unaffiliated
380	104	263	04:10:26	Iain	Horne	MVet 40	Unaffiliated
381	100	297	04:10:30	Martin	Kidney	MVet 50	Dunstable Lions RC
382	45	257	04:10:53	JENNIFER	HILL	FVet 40	Unaffiliated
383	13	552	04:11:48	Oscar-Luigi	Veronese	MVet 60	S4F Triathlon Squad
384	46	268	04:14:24	Caroline	Humphrey	FVet 40	Fordy Runs Running Club
385	47	145	04:14:29	Helen	Day	FVet 40	Unaffiliated
386	48	135	04:18:30	Philippa	Cullen	FVet 40	Unaffiliated
387	32	167	04:18:31	Kathryn	Dunham	FOpen	Redway Runners
388	49	554	04:18:32	Meera	Vyas Sparks	FVet 40	Redway Runners
389	4	437	04:19:38	Carina	Quayle	FVet 60	North Herts Road Runnrs
390	23	531	04:21:44	Wendy	Tharani	FVet 50	Fairlands Valley Spartans

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<b>391</b>	<b>50</b>	312	04:24:51	Jean	Lambert	FVet 40	Redway Runners
<b>392</b>	<b>1</b>	532	04:27:34	Paul	Thomas	MVet 70	Leighton Fun Runners
<b>393</b>	<b>51</b>	511	04:29:03	Rachel	Stamp	FVet 40	Leighton Fun Runners
<b>394</b>	<b>24</b>	180	04:29:04	Michelle	Evans-Riches	FVet 50	Leighton Fun Runners
<b>395</b>	<b>101</b>	179	04:29:05	Brian	Evans	MVet 50	Tring RC
<b>396</b>	<b>102</b>	125	04:29:06	Graham	Cooper	MVet 50	Leighton Fun Runners
<b>397</b>	<b>52</b>	35	04:29:32	Donna	Banks	FVet 40	Dacorum Athletic Club
<b>398</b>	<b>105</b>	449	04:36:05	Tim	Rial	MVet 40	Bearbrook Running Club
<b>399</b>	<b>25</b>	440	04:40:21	Kit	Rapson	FVet 50	Silson AC
<b>400</b>	<b>5</b>	498	04:40:22	Sheona	Smee	FVet 60	Silson AC
<b>401</b>	<b>26</b>	558	04:43:43	Maria	Waite	FVet 50	Dacorum Athletic Club
<b>402</b>	<b>14</b>	207	05:00:00	Luke	Geoghegan	MVet 60	Unaffiliated
<b>DNF</b>		15		Rick		MVet 60	Tring RC
<b>DNF</b>		74		Huw		MVet 40	Unaffiliated
<b>DNF</b>		218		Jess		FVet 40	Dacorum Athletic Club
<b>DNF</b>		377		Emily		FOpen	Mornington Chasers
<b>DNF</b>		491		George		MVet 60	Unaffiliated
<b>DNF</b>		535		Donna		FVet 50	Unaffiliated
<b>DNF</b>		567		Sarah		FVet 60	Shires Triers Tri Club