

Ashridge Boundary Run - 22nd March 2025 Final Results

Pos	Cat Pos	Bib	First name	Last name	Team name	Category	Time
1	1	239	Oliver	Grimmette	Unaffiliated	MOpen	1:53.15
2	2	30	Mark	Baines	Vale Of Aylesbury AC	MOpen	1:55.46
3	3	290	Jacob	James	St Albans Striders	MOpen	1:55.51
4	4	39	Robert	Barnes	Stopsley Striders	MOpen	1:57.51
5	5	433	Thomas	North	LEIGHTON BUZZARD AC	MOpen	1:59.48
6	1	329	Ross	Langley	Tring RC	MVet40	1:59.55
7	2	576	Piers	Vallance	Redway Runners	MVet40	2:02.49
8	6	252	Will	Harding	Leighton Buzzard AC	MOpen	2:04.00
9	3	11	Mark	Ames	Watford Joggers	MVet40	2:04.53
10	4	77	Will	Brotherston	Watford Joggers	MVet40	2:07.55
11	5	423	Alex	Newman-Smi	Unaffiliated	MVet40	2:09.18
12	1	485	Becky	Raftery	Tring RC	FVet40	2:10.36
13	1	349	Ben	Lowans	Unaffiliated	MVet50	2:11.16
14	7	208	Joshua	Frewin	Tring RC	MOpen	2:11.35
15	6	1	Nick	Acton	Harpenden Arrows	MVet40	2:11.41
16	2	86	Patrick	Butler	Burnham Joggers	MVet50	2:14.04
17	8	222	David	Glencross	Unaffiliated	MOpen	2:14.47
18	9	230	Matt	Graham	Watford Joggers	MOpen	2:15.21
19	10	409	Ellis	Woolley	Luton AC	MOpen	2:16.00
20	3	396	Tom	Moreton	Tring RC	MVet50	2:16.36
21	4	427	Sean	Nicolle	Oxford Tri	MVet50	2:17.05
22	7	517	Alan	Scott	Greenlight PT	MVet40	2:17.25
23	11	271	Archie	Hilder	Unaffiliated	MOpen	2:17.47
24	1	186	Philippa	England	Unaffiliated	FOpen	2:17.47
25	5	129	Darren	Cornish	Dunstable Lions RC	MVet50	2:18.37
26	6	372	Gavin	May	Team Trident	MVet50	2:19.16
27	7	79	Stephen	Woollett	Unaffiliated	MVet50	2:20.10
28	2	149	Johanna	Dear	Leighton Buzzard AC	FOpen	2:20.56
29	8	221	Gideon	Glassman	Unaffiliated	MVet40	2:21.08
30	9	489	Matthew	Reeves	Tring RC	MVet40	2:21.09
31	12	478	George	Prichard	Unaffiliated	MOpen	2:21.32
32	10	163	Chris	Dowling	Gade Valley Harriers	MVet40	2:21.43
33	2	64	Rosie	Booth	Leighton Fun Runners	FVet40	2:21.46
34	13	500	Paul	Rose	Unaffiliated	MOpen	2:21.52
35	14	146	Sam	Davies	Tring RC	MOpen	2:21.53
36	8	296	Doug	Jarvis	Unaffiliated	MVet50	2:21.59
37	11	580	alan	vines	On the Run Pitstone	MVet40	2:22.24
38	12	356	Rod	MacLennan	Unaffiliated	MVet40	2:22.43
39	13	194	Mark	Fallowfield-Sr	Unaffiliated	MVet40	2:22.46
40	15	540	Nicholas	Stallman	Tring RC	MOpen	2:23.10
41	16	216	Callum	Gathercole	Mornington Chasers	MOpen	2:23.18
42	14	125	James	Cooper	Unaffiliated	MVet40	2:23.43
43	15	35	Matt	Ball	Tring RC	MVet40	2:23.46
44	17	377	William	McDermott	Unaffiliated	MOpen	2:24.03
45	9	155	Iain	Dickinson	Olney Runners AC	MVet50	2:25.10
46	10	493	Dave	Roberts	Fell Runners Association	MVet50	2:25.25
47	11	123	Simon	Cook	Olney Runners AC	MVet50	2:25.29

48	12	375	Mark	McCormick	Unaffiliated	MVet50	2:26.01
49	18	521	Ed	Shakespeare	Hyde Park Harriers	MOpen	2:26.11
50	16	324	Dave	Laidler	Unaffiliated	MVet40	2:26.18
51	19	526	Andrew	Shipley	Tring RC	MOpen	2:26.31
52	20	570	Toby	Turk	Daventry Road Runners	MOpen	2:26.33
53	21	571	Felix	Turk	Unaffiliated	MOpen	2:26.33
54	17	102	Tim	Charters	London Frontrunners	MVet40	2:26.44
55	13	180	Steve	Ellerd-Elliott	Garden City Runners	MVet50	2:26.46
56	22	110	Roger	Clarke	Tring RC	MOpen	2:27.14
57	18	115	Paul	Cocker	Unaffiliated	MVet40	2:27.30
58	14	32	Jason	Baker	Unaffiliated	MVet50	2:27.50
59	23	317	Sagar	Kharab	Leighton Fun Runners	MOpen	2:27.58
60	24	516	Maximilian	Schlote	Unaffiliated	MOpen	2:28.07
61	19	593	Oliver	Webb	Unaffiliated	MVet40	2:28.29
62	25	520	James	Seddon	Unaffiliated	MOpen	2:28.41
63	26	486	Tom	Rankin	Stopsley Striders	MOpen	2:28.48
64	27	48	Kevin	Berg	Tring RC	MOpen	2:29.29
65	3	558	Anna	Tems	Bedford Harriers AC	FVet40	2:29.49
66	20	269	Dushan	Hettiarachchi	Unaffiliated	MVet40	2:29.56
67	28	181	Tom	Ellerton	Leighton Buzzard AC	MOpen	2:30.41
68	21	402	Simon	Morris	Gade Valley Harriers	MVet40	2:30.58
69	22	448	Chris	Packard	Unaffiliated	MVet40	2:31.01
70	29	273	Thomas	Hill	Mornington Chasers	MOpen	2:31.08
71	15	196	Andrew	Farrell	Mornington Chasers	MVet50	2:31.21
72	30	204	Jonathan	Fleet	Unaffiliated	MOpen	2:31.24
73	4	53	Jennifer	Bizley	Chiltern Harriers AC	FVet40	2:31.42
74	1	418	Tamsin	Neale	Burnham Joggers	FVet50	2:32.10
75	23	96	Flynn	Castles	Unaffiliated	MVet40	2:32.29
76	24	101	Edward	Charlwood	Olivers estates Ltd	MVet40	2:32.36
77	1	49	Daniel	Berry	Mornington Chasers	MVet60	2:32.44
78	5	108	Tamsyn	Clark	Tri Force	FVet40	2:32.58
79	31	431	Ed	Norris	Wellingborough & District A	MOpen	2:33.14
80	2	87	Owen	Byrne	Bearbrook Running & Triath	MVet60	2:33.15
81	32	243	Thomas	Grundy	Lostock AC	MOpen	2:33.16
82	16	25	Neal	Ashton	Dacorum & Tring AC	MVet50	2:33.20
83	33	84	Sam	Burkesmith	Unaffiliated	MOpen	2:33.51
84	34	557	Joe	Teal	Unaffiliated	MOpen	2:33.51
85	35	462	Dean	Paulley	OS Runners	MOpen	2:34.28
86	36	161	Alastair	Douglass	Unaffiliated	MOpen	2:34.38
87	25	563	Will	Thurley	Unaffiliated	MVet40	2:34.41
88	17	5	Shamsher	Albert	Ely runners	MVet50	2:34.59
89	37	458	Ryan	Parsons	Stopsley Striders	MOpen	2:35.08
90	3	415	Sally	Nash	Tring RC	FOpen	2:35.46
91	18	288	peter	illingworth	TCC	MVet50	2:35.51
92	26	456	Chris	Parr	Unaffiliated	MVet40	2:36.03
93	38	481	Adam	Quarmby	Unaffiliated	MOpen	2:36.39
94	39	286	Alexander	Hutchings	Unaffiliated	MOpen	2:36.4
95	27	202	Mark	Fisher	Ealing Eagles Running Club	MVet40	2:36.45

96	6	118	Victoria	Coleman	Dacorum Athletic Club	FVet40	2:37.07
97	28	390	jem	mitchell	Unaffiliated	MVet40	2:37.12
98	29	393	Jon	Moon	Leighton Buzzard Triathlon	MVet40	2:37.36
99	30	264	Gabriel	Heaton	Tring RC	MVet40	2:38.06
100	19	313	Paul	Kellett	Tring RC	MVet50	2:38.17
101	20	561	Mike	Thomas	Ranelagh Harriers	MVet50	2:38.41
102	31	385	Andrew	Mellor	Unaffiliated	MVet40	2:38.43
103	7	206	Ruth	Forbes	Bad Boy Running Club	FVet40	2:39.12
104	21	257	Steve	Harrison	Unaffiliated	MVet50	2:39.14
105	32	443	Matthew	O'Sullivan	Unaffiliated	MVet40	2:39.3
106	33	417	Mark	Turner	Rumble Fitness	MVet40	2:39.38
107	34	42	Paul	Bayley	Tring RC	MVet40	2:39.42
108	22	233	Daniel	Green	Leighton Fun Runners	MVet50	2:39.47
109	35	100	Andrew	Charlwood	Dacorum Tri Club	MVet40	2:39.5
110	1	265	Lynda	Hembury	Tring RC	FVet60	2:40.05
111	40	357	Adam	Wild	Unaffiliated	MOpen	2:40.38
112	36	341	Alan	Li	Unaffiliated	MVet40	2:40.42
113	37	236	Christopher	Green	Unaffiliated	MVet40	2:40.47
114	23	359	Paul	Maloney	Dacorum & Tring AC	MVet50	2:40.57
115	38	503	Ben	Rozitis	Redway Runners	MVet40	2:41.09
116	41	124	Charlie	Cooper	Mornington Chasers	MOpen	2:41.17
117	42	263	Richard	Heady	Leighton Fun Runners	MOpen	2:41.25
118	2	67	Emma	Bradbury	Tring RC	FVet50	2:41.46
119	24	326	Jeremy	Lake	Unaffiliated	MVet50	2:41.53
120	25	301	Mark	Johnson	Olney Runners AC	MVet50	2:42.04
121	4	327	Eleanor	Lambert	St Albans Striders	FOpen	2:42.17
122	43	258	Oliver	Hauxwell	Harpenden Arrows	MOpen	2:43.03
123	39	139	Dan	Cross	Lonely Goat RC	MVet40	2:43.2
124	44	319	Miroslav	Kratochvil	Unaffiliated	MOpen	2:43.39
125	26	397	Andrew	Woolstone	Unaffiliated	MVet50	2:43.49
126	40	595	Crispin	Wells	Royston Runners	MVet40	2:43.55
127	27	21	Graham	Appleyard	Unaffiliated	MVet50	2:44.31
128	41	287	Laurence	Hylton	100 Marathon Club	MVet40	2:44.34
129	28	351	Iain	Macdonald	Unaffiliated	MVet50	2:44.36
130	29	387	Andrew	Merry	Unaffiliated	MVet50	2:44.4
131	5	211	Kati	Frohs	Unaffiliated	FOpen	2:45.00
132	30	598	Mark	Westley	Garden City Runners	MVet50	2:45.09
133	31	156	Stephen	Dicks	Olney Runners AC	MVet50	2:45.23
134	32	55	Guy	Blackden	Heathfield Runners	MVet50	2:45.52
135	33	564	Mark	Tikaram	Tring RC	MVet50	2:46.21
136	34	113	James	Cobbold	Unaffiliated	MVet50	2:46.4
137	8	401	Amanda	Morris	Unaffiliated	FVet40	2:46.53
138	42	297	Nick	Jelfs	Unaffiliated	MVet40	2:46.56
139	3	316	Claire	Kenney	Tring RC	FVet50	2:46.58
140	43	119	Richard	Williams	Unaffiliated	MVet40	2:47.04
141	44	368	Tom	Martin	Unaffiliated	MVet40	2:47.04
142	45	430	Robert	Norris	Reddings Wood	MVet40	2:47.13
143	45	437	Tom	O'Connell	Sovereign Partners Ltd	MOpen	2:47.32

144	4	568	Suzy	Trott	Unaffiliated	FVet50	2:47.34
145	46	285	James	Husband	Unaffiliated	MVet40	2:47.41
146	35	306	Andrew	Jones	Olney Runners AC	MVet50	2:47.58
147	3	131	Nick	Costin	Redway Runners	MVet60	2:48.04
148	36	315	Simon	Kennedy	Unaffiliated	MVet50	2:48.08
149	47	344	Justin	Whitehorn	Unaffiliated	MVet40	2:48.09
150	48	404	Drew	Morton	Unaffiliated	MVet40	2:48.22
151	49	477	Gavin	Prechner	Leighton Fun Runners	MVet40	2:48.26
152	37	522	David	Shakespeare	Olney Runners AC	MVet50	2:48.29
153	38	37	Dan	Barber	Tring RC	MVet50	2:48.33
154	39	436	Muiris	O'Connell	Harpenden Arrows	MVet50	2:48.45
155	50	245	Oliver	Hall	Unaffiliated	MVet40	2:48.54
156	51	422	Paul	Newell	Harpenden Arrows	MVet40	2:48.58
157	6	284	Pippa	Hunn	Unaffiliated	Fopen	2:48.58
158	5	277	Karen	Hogan	Unaffiliated	FVet50	2:49.09
159	40	507	Philip	Rutnam	Mornington Chasers	MVet50	2:49.12
160	46	283	Sam	Howard	Olney Runners AC	MOpen	2:49.19
161	9	439	Liz	O'keeffe	Tring RC	FVet40	2:49.36
162	41	452	Ben	Painter	Unaffiliated	MVet50	2:49.42
163	10	384	Naomi	Mellor	Harpenden Arrows	FVet40	2:49.46
164	52	266	Dan	Henderson	Daventry Road Runners	MVet40	2:49.52
165	7	373	Sarah	Mcauliffe	Olney Runners AC	FOpen	2:49.55
166	42	350	Daniel	Lowans	Unaffiliated	MVet50	2:50.28
167	11	513	Sophie	Saudo	Unaffiliated	FVet40	2:50.33
168	43	303	Darren	Johnson	Unaffiliated	MVet50	2:50.42
169	44	596	Nick	Wenban-Smit	Oxford Tri	MVet50	2:50.5
170	6	192	Ruth	Eykelbosh	Dacorum Athletic Club	FVet50	2:51.07
171	7	175	Wendy	Durrant	Dacorum & Tring AC	FVet50	2:51.07
172	4	15	Martyn	Annetts	Unaffiliated	MVet60	2:51.1
173	8	460	Aisling	Patterson	Harpenden Arrows	FVet50	2:51.12
174	12	332	Tina	Le	Dacorum Athletic Club	FVet40	2:51.17
175	53	552	Colin	Sumpter	Tring RC	MVet40	2:51.2
176	45	502	Duncan	Winner	Olney Runners AC	MVet50	2:51.26
177	54	173	Michael	Duffy	Unaffiliated	MVet40	2:51.47
178	47	88	George	Camm	Unaffiliated	MOpen	2:51.51
179	55	447	Richard	Osterloh	On The Run	MVet40	2:52.07
180	48	424	Matthew	Newton	Unaffiliated	MOpen	2:52.11
181	46	438	John	O'Grady	Chiltern Tri	MVet50	2:52.2
182	49	338	Michael	Leedham	Unaffiliated	MOpen	2:52.39
183	13	226	Nicola	Goodwin	Trident	FVet40	2:52.47
184	47	45	Mark	Beaver	Team Trident	MVet50	2:52.48
185	48	494	Guy	Roberts	Oxford Tri	MVet50	2:52.5
186	50	153	Iwan	Di Tullio	Unaffiliated	MOpen	2:52.53
187	49	22	Steven	Archer	The Running Hub	MVet50	2:52.56
188	8	318	Emma	Killin	Unaffiliated	FOpen	2:53.02
189	56	335	Phillip	Lea	Unaffiliated	MVet40	2:53.12
190	5	488	Tony	Reeve	Dacorum & Tring AC	MVet60	2:53.3
191	51	555	David	Tayler	Unaffiliated	MOpen	2:53.46

192	57	355	Steven	MacLaughlan	Ampthill & Flitwick Flyers R	MVet40	2:53.52
193	58	374	Wayne	McCorkell	Unaffiliated	MVet40	2:54.09
194	9	398	Emily	Morgan	Mornington Chasers	FOpen	2:54.38
195	50	83	Darren	Burke	Gade Valley Harriers	MVet50	2:54.42
196	51	320	Fraser	Kynaston	Unaffiliated	MVet50	2:54.46
197	52	152	Marco	Di Tullio	asd valvermenagna (Italy)	MVet50	2:54.49
198	53	197	Mauro	Fasti	Watford Joggers	MVet50	2:54.51
199	59	94	Russell	Casey	Garden City Runners	MVet40	2:54.59
200	9	403	Rachael	Mort	Unaffiliated	FVet50	2:55.22
201	52	18	Joe	Wright	Unaffiliated	MOpen	2:55.25
202	53	475	Rob	Powell	Unaffiliated	MOpen	2:55.26
203	10	416	Susan	Nash	Unaffiliated	FOpen	2:55.44
204	54	308	Steven	Jones	Unaffiliated	MVet50	2:55.45
205	54	195	Richard	Farmer	Gade Valley Harriers	MOpen	2:55.49
206	55	235	Daniel	Green	Gade Valley Harriers	MOpen	2:55.49
207	60	112	Michael	Cloy	Unaffiliated	MVet40	2:55.57
208	56	420	Johnny	Nel	Unaffiliated	MOpen	2:55.58
209	11	43	Chloe	Bazlen	Mornington Chasers	FOpen	2:55.59
210	57	455	Jozef	Zapytowski	Unaffiliated	MOpen	2:56.37
211	58	594	Eoin	Weeks	Unaffiliated	MOpen	2:56.46
212	6	278	Peter	Holden	Unaffiliated	MVet60	2:56.57
213	55	325	Alex	Laine	Unaffiliated	MVet50	2:57.23
214	59	383	Nathan	McNamara	Unaffiliated	MOpen	2:57.42
215	56	140	Stephen	Crowley	Unaffiliated	MVet50	2:58.13
216	57	33	Peter	Baldock-Willi	Unaffiliated	MVet50	2:58.47
217	61	544	Tobias	Strangewood	Unaffiliated	MVet40	2:58.56
218	62	379	Claire	Mcdonnell	Gade Valley Harriers	FVet50	2:59.00
219	1	190	Martin	Wilson	Berkshire Orienteers	MVet70	2:59.06
220	63	177	Tom	Wright	Chiltern Harriers AC	MVet40	2:59.1
221	58	445	Anthony	Oneil	Olney Runners AC	MVet50	2:59.14
222	64	495	Chris	Robertson	Unaffiliated	MVet40	2:59.18
223	65	184	John	Elworthy	Olney Runners AC	MVet40	2:59.23
224	12	137	Simona	Cristea	Watford Joggers	FOpen	2:59.31
225	13	376	Megan	Mccreadie	Gade Valley Harriers	FOpen	2:59.34
226	7	428	Andrew	Norman	Dunstable Lions RC	Mvet60	2:59.4
227	14	193	Nikki	Fallowfield-Sr	Unaffiliated	FOpen	2:59.45
228	59	406	Martin	Moulton	Bishops Stortford RC	MVet50	2:59.45
229	14	300	Laura	Johnson	Gade Valley Harriers	FVet40	3:00.17
230	60	382	Rob	McLoughlin	Unaffiliated	MVet50	3:00.23
231	8	81	gerald	bruce	Unaffiliated	MVet60	3:00.45
232	60	10	Martin	Ambler	Unaffiliated	MOpen	3:01.06
233	61	314	Freddie	Wootton	Unaffiliated	MOpen	3:01.15
234	66	36	Chris	Banks-Pillar	Unaffiliated	MVet40	3:01.3
235	15	188	Magda	Zarzecka	On The Run	FVet40	3:01.35
236	16	232	Isabel	Green	Harpenden Arrows	FVet40	3:01.4
237	61	234	Steve	Green	Harpenden Arrows	MVet50	3:01.4
238	9	528	George	Sibley	Unaffiliated	MVet60	3:01.5
239	17	281	Ali	How	VocaLink Mastercard Runn	FVet40	3:02.07

240	10	151	David	Demmery	Unaffiliated	MVet60	3:02.08
241	62	76	David	Broome	Unaffiliated	MOpen	3:02.2
242	62	62	Mark	Bonham-Cart	Unaffiliated	MVet50	3:02.25
243	67	473	Thomas	Powell	CHILTERN HARRIERS AC	MVet40	3:02.32
244	10	246	Natasha	Ham	Unaffiliated	FVet50	3:02.34
245	63	514	Tom	Saunders	Unaffiliated	MOpen	3:02.47
246	68	600	Richard	White	Unaffiliated	MVet40	3:02.53
247	69	128	James	Corcoran	Unaffiliated	MVet40	3:02.55
248	2	92	Kate	Carroll	Unaffiliated	FVet60	3:03.19
249	63	212	Matthew	Frost	Unaffiliated	MVet50	3:03.25
250	64	432	Tom	North	Gade Valley Harriers	MVet50	3:03.27
251	65	599	David	White	Harpenden Arrows	MVet50	3:03.30
252	70	553	Daniel	Sutton	Unaffiliated	MVet40	3:03.36
253	71	12	Chas	Andrews	Harpenden Arrows	MVet40	3:03.40
254	18	464	sophie	pearcy	watford joggers	FVet40	3:03.45
255	11	591	Lindsey	Warne	Watford Joggers	FVet50	3:03.45
256	19	259	Helen	Hawkins	WATFORD JOGGERS	FVet40	3:03.46
257	66	590	Mark	Wardell	Unaffiliated	MVet50	3:03.56
258	11	228	Colin	Grace	Ware Joggers	MVet60	3:04.02
259	64	105	Nick	Choofon	Unaffiliated	MOpen	3:04.09
260	72	298	Martin	Jensen	Unaffiliated	MVet40	3:04.16
261	67	237	Giles	Greenhalgh	Chiltern Harriers AC	MVet50	3:04.23
262	68	342	Richard	Lipscombe	On the Run Pitstone	MVet50	3:04.44
263	73	97	Nick	Caveney	Unaffiliated	MVet40	3:04.50
264	65	90	Guy	Cantiello	Unaffiliated	MOpen	3:04.52
265	20	24	Charlotte	Ashton	Dacorum & Tring AC	FVet40	3:04.54
266	74	474	Mark	Powell	Unaffiliated	MVet40	3:05.05
267	69	268	Mark	Herd	Headington RR	MVet50	3:05.16
268	12	435	Angie	Nuttall	Bearbrook Running club	FVet50	3:05.26
269	75	346	Anthony	Lombardi	Leighton Fun Runners	MVet40	3:05.58
270	76	182	Paul	Winton	Unaffiliated	MVet40	3:06.03
271	13	388	Nina	Mill	Unaffiliated	FVet50	3:06.07
272	70	244	David	Halden	Unaffiliated	MVet50	3:06.10
273	66	132	Aaron	Cottrell	Unaffiliated	MOpen	3:06.22
274	21	174	Rachel	Dunn	Welwyn Wheelers	FVet40	3:06.28
275	71	465	Thomas	Pedrick	Unaffiliated	MVet50	3:06.31
276	14	91	Katherine	Caris-Harris	Unaffiliated	FVet50	3:06.37
277	12	215	Paul	Gatens	Garden City Runners	MVet60	3:06.43
278	67	299	Thomas	Jervis	Unaffiliated	MOpen	3:06.52
279	72	20	Shaun	Appleton	Unaffiliated	MVet50	3:06.59
280	68	311	Elias	Kassell	Unaffiliated	MOpen	3:07.08
281	15	547	Eloise	Strevens	Unaffiliated	FOpen	3:07.14
282	69	276	James	Hodgskin	Unaffiliated	MOpen	3:07.25
283	77	14	Ross	Anker	Unaffiliated	MVet40	3:07.28
284	78	9	Joby	Allen	Unaffiliated	MVet40	3:07.59
285	16	2	Emma	Adcock	Tring RC	FOpen	3:08.05
286	79	581	Jonathan	Wagstaff	Unaffiliated	MVet40	3:08.13
287	80	292	Richard	Jameson	Unaffiliated	MVet40	3:08.13

288	3	63	Clare	Bonnick	Watford Joggers	FVet60	3:08.32
289	81	302	Dan	Johnson	Unaffiliated	MVet40	3:09.01
290	15	566	Samantha	Tophill	Fairlands Valley Spartans	FVet50	3:09.06
291	2	363	John	Manning	Tring RC	MVet70	3:09.17
292	70	99	Keith	Chapman	Unaffiliated	MOpen	3:09.21
293	71	434	Tommy	North	Unaffiliated	MOpen	3:09.26
294	17	574	Zara	Ulrich	Unaffiliated	FOpen	3:09.40
295	73	340	Blaise	Lester	Unaffiliated	MVet50	3:10.05
296	13	3	Roger	Adey	Garden City Runners	MVet60	3:10.14
297	74	157	Mark	Digby	Burnham Joggers	MVet50	3:10.52
298	16	34	Emma	Balfe	Watford Joggers	FVet50	3:11.13
299	14	381	Keith	McLellan	Garden City Runners	MVet60	3:11.21
300	17	550	Samantha	Sullivan	Dacorum & Tring AC	FVet50	3:11.24
301	22	289	Clare	Willey	Garden City Runners	FVet40	3:11.37
302	82	399	Andy	Morgan	Garden City Runners	MVet40	3:11.41
303	23	272	Kate	Hill	Unaffiliated	FVet40	3:11.49
304	75	109	Gareth	Clark	Dacorum Athletic Club	MVet50	3:12.01
305	72	442	Liam	O'Hara	Unaffiliated	MOpen	3:12.28
306	18	162	Tracey	Dowding	Unaffiliated	FVet50	3:13.07
307	24	134	Helen	Cox	Unaffiliated	FVet40	3:13.21
308	83	135	Andrew	Cox	Unaffiliated	MVet40	3:13.22
309	73	577	Dennis	Verhoeven	Greenlight pt	MOpen	3:13.31
310	18	312	Lauren	Keeler	Greenlight PT	FOpen	3:13.33
311	19	164	Sam	Downton	Redway Runners	FVet50	3:13.34
312	76	214	Will	Garbutt	Unaffiliated	MVet50	3:13.45
313	77	562	Mark	Thompson	The Jaffa's	MVet50	3:13.51
314	15	224	Andy	Godman	Unaffiliated	MVet60	3:13.55
315	85	364	Rob	Marr	Tring RC	MVet40	3:14.01
316	86	585	James	Waller	Unaffiliated	MVet40	3:14.01
317	16	54	Allan	Blackburn	Redway Runners	MVet60	3:14.11
318	87	225	Chris	Golden	Unaffiliated	MVet40	3:14.16
319	25	56	Louise	Bladen	Tring RC	FVet40	3:14.18
320	19	361	Margaret	Mann	Unaffiliated	FOpen	3:14.23
321	74	567	Callum	Trewavas	Unaffiliated	MOpen	3:14.29
322	26	412	Gosia	Murakowska	Unaffiliated	FVet40	3:14.35
323	4	31	Jenny	Baker	Ealing Eagles Running Club	FVet60	3:14.56
324	20	220	Alice	Gilmour	Unaffiliated	FOpen	3:15.07
325	27	426	Sarah	Nicholson	Unaffiliated	FVet40	3:15.27
326	17	532	Martin	Slevin	Headington Road Runners	MVet60	3:15.35
327	21	274	Charlotte	Hills	Unaffiliated	FOpen	3:15.39
328	28	413	Helen	Mussen	Watford Joggers	FVet40	3:15.41
329	84	536	Toby	Smith	Unaffiliated	MVet40	3:15.52
330	88	138	Justin	Crook	Olney Runners AC	MVet40	3:15.56
331	78	260	John	Haworth	Unaffiliated	MVet50	3:16.02
332	29	240	Claire	Grout	Unaffiliated	FVet40	3:16.04
333	79	183	Simon	Ellis	Unaffiliated	MVet50	3:16.08
334	80	217	James	Giffen	St Albans striders	MVet50	3:16.25
335	30	6	Julia	Aliaj	Chiltern Harriers AC	FVet40	3:16.30

336	22	50	Lyndsey	Bill	Chiltern Harriers AC	FOpen	3:16.31
337	31	104	Helen	Cholawo	Chiltern Harriers AC	FVet40	3:16.33
338	81	497	Simon	Robinson	Dunstable Lions RC	MVet50	3:16.52
339	82	421	Paul	Newcombe	Unaffiliated	MVet50	3:17.15
340	83	548	David	Strevens	Unaffiliated	MVet50	3:18.05
341	89	386	Phil	Mercer	Gade Valley Harriers	MVet40	3:18.07
342	32	93	Sally	Cartwright	Unaffiliated	FVet40	3:18.11
343	84	75	Johnathan	Brooks	On the Run Aylesbury	MVet50	3:18.32
344	90	262	Barney	Haywood	Dulwich Runners	MVet40	3:18.37
345	91	584	Andrew	Waller	Unaffiliated	MVet40	3:18.39
346	85	506	John	Rutherford	Salute Mission Critical	MVet50	3:18.57
347	20	450	Carole	Page	Tring RC	FVet50	3:19.18
348	18	451	Stuart	Page	Tring RC	MVet60	3:19.19
349	86	554	Nick	Talbot	Chiltern Harriers AC	MVet50	3:19.44
350	75	69	Chris	Bradley	Runaway Racing	MOpen	3:19.5
351	92	159	Brian	Doogan	Unaffiliated	MVet40	3:19.58
352	87	307	Gareth	Jones	On the Run Pitstone	MVet50	3:20.09
353	21	305	Jane	Jones	On the Run Pitstone	FVet50	3:20.14
354	76	395	Gareth	Moore	Unaffiliated	MOpen	3:20.23
355	93	127	John	corcoran	Unaffiliated	MVet40	3:20.52
356	22	171	Kathryn	Duffy	Watford Joggers	FVet50	3:20.56
357	33	441	Therese	O'Riordan	Olney Runners AC	FVet40	3:21.01
358	5	539	Carolyn	Squire	Unaffiliated	FVet60	3:21.19
359	23	282	Sophie	Howard	Burnham Joggers	FOpen	3:21.42
360	23	65	Debbie	Bowen	Unaffiliated	FVet50	3:21.45
361	88	410	Steve	Muldoon	St Albans Striders	MVet50	3:21.48
362	89	551	Nigel	Sullivan	Burnham Joggers	MVet50	3:22.03
363	24	509	Rachel	Sammes	Maidenhead Athletic Club	FVet50	3:22.22
364	19	322	Tim	Kyndt	Unaffiliated	MVet60	3:22.56
365	94	256	Stewart	Harrison	Unaffiliated	MVet40	3:23.23
366	90	61	Martin	Bolger	Unaffiliated	MVet50	3:23.34
367	91	589	Jason	Ward	Unaffiliated	MVet50	3:23.44
368	34	201	Kelly	Field	Unaffiliated	FVet40	3:23.45
369	20	559	Paul	Terrett	Tring RC	MVet60	3:24.27
370	92	46	Gareth	Bellamy	Tring RC	MVet50	3:24.27
371	93	309	Donald	Joyce	Unaffiliated	MVet50	3:24.51
372	95	304	Jonathan	Williams	Unaffiliated	MVet40	3:25.2
373	94	542	Chris	Stancombe	Unaffiliated	MVet50	3:25.55
374	95	145	Robert	Davies	Dacorum & Tring AC	MVet50	3:26.16
375	96	336	Giles	Leather	Dacorum & Tring AC	MVet50	3:26.37
376	21	533	Douglas	Smith	Chiltern Harriers AC	MVet60	3:26.52
377	97	111	Phil	Clemas	Unaffiliated	MVet50	3:26.59
378	98	68	Colin	Bradley	Leighton Buzzard Triathlon	MVet50	3:27.01
379	25	582	Maria	Waite	Dacorum Athletic Club	FVet50	3:27.18
380	99	362	Stephen	Mann	Redway Runners	MVet50	3:27.36
381	77	510	Chris	Sanders	Unaffiliated	MOpen	3:27.48
382	96	73	Mike	Brewer	Bedford Harriers AC	MVet40	3:27.53
383	100	476	David	Power	Unaffiliated	MVet50	3:27.58

384	26	280	Johanna	Houlahan	St Albans Striders	FVet50	3:28.45
385	101	411	Ian	Munro	Garden City Runners	MVet50	3:29.14
386	97	242	Max	Gruening	Unaffiliated	MVet40	3:29.57
387	102	176	Aiden	Dwyer	Garden City Runners	MVet50	3:30.03
388	27	122	julia	coney	On the run	FVet50	3:30.13
389	24	369	Rebecca	Matthews	On the run pitstone	FOpen	3:30.43
390	25	573	Anna	Tutty	Unaffiliated	FOpen	3:30.44
391	35	210	Tiffany	Frimston	On the run	FVet40	3:30.45
392	98	144	Adrian	D'Enrico	Unaffiliated	MVet40	3:30.48
393	26	587	Chloe	Walters	Unaffiliated	FOpen	3:30.48
394	78	466	Thomas	Perry	Unaffiliated	MOpen	3:30.48
395	99	343	Matthew	Lister	Unaffiliated	MVet40	3:30.48
396	100	26	Gareth	Askey	Garden City Runners	MVet40	3:32.02
397	103	143	Jeremy	Curtis	Unaffiliated	MVet50	3:32.35
398	28	405	Gwen	Mostyn	Unaffiliated	FVet50	3:32.41
399	36	7	Becky	Allam	Henlowly Goats Running C	FVet40	3:32.52
400	29	471	Sally	Pinnock	Unaffiliated	FVet50	3:33.21
401	101	446	Daniel	Osborn	Unaffiliated	MVet40	3:34.00
402	102	213	Ryan	Galloway	Dacorum Tri Club	MVet40	3:34.21
403	37	391	Leena	Modha	Redway Runners	FVet40	3:34.22
404	27	169	Emily	Drake	Dacorum Tri Club	FOpen	3:34.22
405	104	592	Stephen	Warner	Redway Runners	MVet50	3:34.36
406	30	358	Michelle	Maloney	Dacorum & Tring AC	FVet50	3:34.4
407	103	40	Barry	Barnett	Bearbrook Running club	MVet40	3:34.55
408	105	72	David	Brazier	Redway Runners	MVet50	3:35.02
409	3	499	Peter	Rodwell	Redway Runners	MVet70	3:35.02
410	22	13	Roger	Andrews	Unaffiliated	MVet60	3:35.17
411	38	531	Maryanne	Slade	Unaffiliated	FVet40	3:35.22
412	23	218	Ben	Gifford	Unaffiliated	MVet60	3:35.38
413	6	107	Lorraine	Clark	on the run	FVet60	3:36.03
414	106	294	David	Jarman	Unaffiliated	MVet50	3:36.16
415	39	200	Valentina	Ferrari	Leighton Buzzard AC	FVet40	3:36.31
416	79	57	Tim	Woolley	On the Run Pitstone	MOpen	3:36.59
417	80	586	Tom	Walsh	On The Run Pitstone	MOpen	3:37.00
418	40	370	Tori	Matthews	Unaffiliated	FVet40	3:37.06
419	104	275	Tim	Hoare	Unaffiliated	MVet40	3:37.52
420	7	209	Sue	Frewin	Tring RC	FVet60	3:38.05
421	107	408	Neal	Muggleton	Unaffiliated	MVet50	3:38.06
422	108	117	Scott	Cohen	Unaffiliated	MVet50	3:39.4
423	31	116	Lisa	Cohen	Unaffiliated	FVet50	3:39.41
424	109	166	Kevin	Dowton	Unaffiliated	MVet50	3:40.05
425	81	392	Ewan	Molloy	Unaffiliated	MOpen	3:40.12
426	41	51	Emily	Bird	Burnham Joggers	FVet40	3:40.4
427	32	82	Denise	Burford	Dacorum & Tring AC	FVet50	3:41.05
428	105	142	Paul	Currie	Watford Joggers	MVet40	3:41.27
429	33	238	Rachel	Gribben	Lonely Goat RC	FVet50	3:42.13
430	110	337	Graham	Lee	Dunstable Lions RC	MVet50	3:42.14
431	8	352	Fiona	Mackenzie	Edinburgh running network	FVet60	3:42.17

432	34	353	Eleanor	Mackenzie	Edinburgh Running Networ	FVet50	3:42.4
433	28	187	Jade	Evans	Gade Valley Harriers	FOpen	3:44.22
434	106	189	Thomas	Evans	Gade Valley Harriers	MVet40	3:44.22
435	107	530	Matthew	Size	Unaffiliated	MVet40	3:45.02
436	108	529	Steve	Sinden	Unaffiliated	MVet40	3:45.14
437	109	8	Mark	Allam	Unaffiliated	MVet40	3:47.08
438	111	457	Anthony	Parry-Jones	South Cambridge Striders	MVet50	3:48.38
439	112	569	Gavin	Tull	Unaffiliated	MVet50	3:49.36
440	113	572	Rupert	Turnbull	Fortune Media	MVet50	3:50.12
441	35	360	Sarah	Mann	Redway Runners	FVet50	3:50.21
442	36	453	Denise	Parker	Unaffiliated	FVet50	3:53.3
443	82	147	Robert	Day	Unaffiliated	MOpen	3:53.44
444	42	255	Natasha	Harrison	Thame runners	FVet40	3:54.09
445	37	58	Rachel	Blake	Curve Marketing	FVet50	3:54.21
446	114	168	Steve	Doyle	Unaffiliated	MVet50	3:54.22
447	115	498	Tim	Robinson	Fairlands Valley Spartans	MVet50	3:54.31
448	116	261	Nick	Haylett	St Albans Striders	MVet50	3:55.31
449	43	241	Michelle	Grudzinski	Lonely Goat RC	FVet40	3:56.11
450	44	537	Charlotte	Snowdon	Stopsley Striders	FVet40	3:56.19
451	117	60	Nathan	Blake	Oxford Tri	MVet50	3:56.24
452	118	59	Vincent	Blake	Hook Norton Harriers	MVet50	3:56.24
453	38	38	Lesley	Barnard	100 Marathon Club	FVet50	3:57.39
454	110	525	Matthew	Sheldon	Unaffiliated	MVet40	3:57.44
455	111	321	Paul	Kyndt	Unaffiliated	MVet40	3:57.44
456	119	270	Jocelyn	Hickson	London Heathside	MVet50	3:58.18
457	83	80	Harry	Brown	Unaffiliated	MOpen	3:58.44
458	120	23	Mark	Ashley	Project Awesome	MVet50	4:04.26
459	45	150	Anna	Ziembaczews	On The Run Pitstone	FVet40	4:05.38
460	112	170	Blazej	Ziembaczews	On The Run Pitstone	MVet40	4:05.38
461	39	483	Marcia	Quinn	On the Run Pitstone & Ayles	FVet50	4:08.00
462	46	66	Leigh	Bradbury	On the run Aylesbury	FVet40	4:08.00
463	40	185	Lisa	Emerson	Ealing Eagles Running Club	FVet50	4:08.19
464	47	27	Melissa	Atkin	Unaffiliated	FVet40	4:08.48
465	84	203	Kenny	Fitzgerald	Unaffiliated	MOpen	4:22.2
466	48	229	Anne	Graeff	Leighton Fun Runners	FVet40	4:22.44
467	49	541	Rachel	Stamp	Leighton Fun Runners	FVet40	4:22.45
468	41	191	Michelle	Evans-Riches	Leighton Fun Runners	FVet50	4:23.00
469	9	560	Donna	Thomas	Unaffiliated	FVet60	4:38.2
470	10	482	Carina	Quayle	North Herts Road Runners	FVet60	4:38.2
471	113	578	Charles	Vickers	Unaffiliated	MVet40	4:39.2