

## Vets County 10k Standalone 5 October 2008

| Name            | Surname     | Club                      | Pos | Age | Time     | Chip Time |
|-----------------|-------------|---------------------------|-----|-----|----------|-----------|
| <b>Women 35</b> |             |                           |     |     |          |           |
| ASTRID          | MCKEOWN     | NORTH HERTS ROAD RUNNERS  | 18  | W35 | 00:36:54 | 00:36:52  |
| CAROLINE        | HALE        | GARDEN CITY RUNNERS       | 88  | W35 | 00:41:20 | 00:41:16  |
| JANE            | CHAPPELL    | NORTH HERTS ROAD RUNNERS  | 105 | W35 | 00:42:04 | 00:41:59  |
| SAMANTHA        | TOPHILL     | FVS TRI                   | 129 | W35 | 00:43:03 | 00:42:58  |
| JACKIE          | DREW        | WATFORD JOGGERS           | 154 | W35 | 00:43:54 | 00:43:46  |
| NICOLA          | BARRACLOUGH | WARE JOGGERS              | 193 | W35 | 00:45:29 | 00:45:16  |
| CLAIRE          | PULLEN      | FAIRLANDS VALLEY SPARTANS | 228 | W35 | 00:46:51 | 00:46:36  |
| TRACY           | PEZ         | FAIRLANDS VALLEY SPARTANS | 231 | W35 | 00:46:53 | 00:46:40  |
| PAULINE         | MICHAEL     | BARNET & DISTRICT AC      | 252 | W35 | 00:47:21 | 00:47:12  |
| CAROLE          | MOONEY      | ST ALBANS STRIDERS        | 327 | W35 | 00:49:49 | 00:49:31  |
| HELEN           | SHULVER     | FVS TRI                   | 333 | W35 | 00:49:56 | 00:49:46  |
| JO              | MATTHEWS    | GARDEN CITY RUNNERS       | 340 | W35 | 00:50:08 | 00:49:38  |
| NICOLA          | NATION      | FAIRLANDS VALLEY SPARTANS | 454 | W35 | 00:53:43 | 00:53:28  |
| DEBORAH         | YAM         | DAVID LLOYD               | 457 | W35 | 00:53:47 | 00:53:38  |
| SUSAN           | LEIGH       | FAIRLANDS VALLEY SPARTANS | 502 | W35 | 00:55:10 | 00:54:25  |
| TRICIA          | HOPPER      | FAIRLANDS VALLEY SPARTANS | 537 | W35 | 00:56:02 | 00:55:16  |
| JANE            | NICHOLLS    | BROXBOURNE RUNNERS        | 538 | W35 | 00:56:06 | 00:55:36  |
| ELIZABETH       | TRANTER     | unattached                | 618 | W35 | 00:58:30 | 00:58:12  |
| ANN             | TRYSESSEONE | FAIRLANDS VALLEY SPARTANS | 699 | W35 | 01:01:45 | 01:00:42  |
| SAMANTHA        | SMEETON     | FAIRLANDS VALLEY SPARTANS | 800 | W35 | 01:08:29 | 01:07:19  |
| KATRINA         | DOYLE       | FAIRLANDS VALLEY SPARTANS | 828 | W35 | 01:11:57 | 01:10:46  |
| <b>Women 45</b> |             |                           |     |     |          |           |
| VERONICA        | SHADBOLT    | GARDEN CITY RUNNERS       | 145 | W45 | 00:43:34 | 00:43:27  |
| CELIA           | FINDLAY     | DAVID LLOYD               | 160 | W45 | 00:44:14 | 00:44:05  |
| JULIE           | SIMMONS     | ALLENBURYS                | 179 | W45 | 00:45:06 | 00:44:58  |
| JACKIE          | PERRY       | FVS TRI                   | 247 | W45 | 00:47:05 | 00:46:55  |
| LESLEY          | DUTTON      | FVS TRI                   | 303 | W45 | 00:48:52 | 00:48:42  |
| LIZ             | GRAY        | WARE JOGGERS              | 380 | W45 | 00:51:17 | 00:50:46  |
| BEVERLEY        | AITKEN      | FAIRLANDS VALLEY SPARTANS | 466 | W45 | 00:54:08 | 00:53:30  |
| SUE             | CONNELL     | FAIRLANDS VALLEY SPARTANS | 523 | W45 | 00:55:36 | 00:54:49  |
| KAREN           | WELLS       | FAIRLANDS VALLEY SPARTANS | 533 | W45 | 00:55:49 | 00:55:29  |
| JULIE           | GOODWIN     | FAIRLANDS VALLEY SPARTANS | 599 | W45 | 00:57:50 | 00:57:03  |
| ALISON          | SUCKLING    | FAIRLANDS VALLEY SPARTANS | 605 | W45 | 00:58:08 | 00:57:46  |
| CAROLINE        | GLADING     | FAIRLANDS VALLEY SPARTANS | 653 | W45 | 00:59:29 | 00:58:18  |
| BALWINDER       | KANDOLA     | FAIRLANDS VALLEY SPARTANS | 693 | W45 | 01:01:33 | 01:00:47  |
| LINA            | PORECHA     | FAIRLANDS VALLEY SPARTANS | 696 | W45 | 01:01:35 | 01:00:33  |
| SUE             | COVENEY     | GARDEN CITY RUNNERS       | 751 | W45 | 01:04:23 | 01:03:27  |
| PAULA           | WISE        | unattached                | 773 | W45 | 01:05:49 | 01:05:17  |
| MAUREEN         | MILLER      | ROYSTON RUNNERS           | 792 | W45 | 01:07:57 | 01:07:08  |
| <b>Women 55</b> |             |                           |     |     |          |           |
| JUDY            | POMPHREY    | ST ALBANS STRIDERS        | 302 | W55 | 00:48:51 | 00:48:33  |
| BARBARA         | WILSON      | FAIRLANDS VALLEY SPARTANS | 346 | W55 | 00:50:16 | 00:49:40  |
| MAUREEN         | SHIRLEY     | BARNET & DISTRICT AC      | 496 | W55 | 00:55:02 | 00:54:29  |
| MAUREEN         | STEED       | GARDEN CITY RUNNERS       | 620 | W55 | 00:58:30 | 00:57:58  |
| RITA            | WILLIAMS    | WARE JOGGERS              | 685 | W55 | 01:01:12 | 01:00:20  |
| <b>Women 65</b> |             |                           |     |     |          |           |
| ELEANOR         | DRAPER      | GARDEN CITY RUNNERS       | 566 | W65 | 00:57:05 | 00:56:35  |
| <b>Men 40</b>   |             |                           |     |     |          |           |
| ANDY            | HOLT        | GARDEN CITY RUNNERS       | 5   | M40 | 00:35:07 | 00:35:07  |
| STEVE           | MCKEOWN     | NORTH HERTS ROAD RUNNERS  | 6   | M40 | 00:35:16 | 00:35:15  |
| COSTA           | MICHAEL     | BARNET & DISTRICT AC      | 14  | M40 | 00:36:40 | 00:36:39  |
| SIMON           | HALL        | FVS TRI                   | 25  | M40 | 00:37:30 | 00:37:28  |
| JOHN            | COX         | unattached                | 32  | M40 | 00:38:15 | 00:38:13  |
| PETER           | SCROWTHER   | NORTH HERTS ROAD RUNNERS  | 35  | M40 | 00:38:22 | 00:38:20  |
| COLIN           | BRAYBROOK   | ST ALBANS STRIDERS        | 43  | M40 | 00:38:52 | 00:38:50  |
| PAUL            | CARTER      | BARNET & DISTRICT AC      | 45  | M40 | 00:38:55 | 00:38:52  |
| JERRY           | BRYAN       | BARNET & DISTRICT AC      | 47  | M40 | 00:38:59 | 00:38:55  |
| JAMES           | GRIERSON    | FVS TRI                   | 48  | M40 | 00:39:01 | 00:38:58  |
| MIKE            | RUSSELL     | FVS TRI                   | 51  | M40 | 00:39:06 | 00:39:02  |

|              |           |                                     |     |     |          |          |
|--------------|-----------|-------------------------------------|-----|-----|----------|----------|
| STEWART      | PEPPER    | unattached                          | 53  | M40 | 00:39:14 | 00:39:10 |
| JOHN         | ECCLESTON | BROXBOURNE RUNNERS                  | 54  | M40 | 00:39:20 | 00:39:16 |
| JAMIE        | MARCH     | BARNET & DISTRICT AC                | 55  | M40 | 00:39:24 | 00:39:21 |
| ADRIAN       | SHERWOOD  | NORTH HERTS ROAD RUNNERS            | 58  | M40 | 00:39:46 | 00:39:44 |
| JOHN         | ROSE      | FVS TRI                             | 73  | M40 | 00:40:35 | 00:40:29 |
| ANDREW       | HARPER    | VEGETARIAN CYCLING & ATHLETIC CLUB  | 81  | M40 | 00:41:02 | 00:40:56 |
| RICHARD      | SIDLIN    | FAIRLANDS VALLEY SPARTANS           | 98  | M40 | 00:41:35 | 00:41:29 |
| STEVE        | SMITHSON  | FAIRLANDS VALLEY SPARTANS           | 108 | M40 | 00:42:07 | 00:42:01 |
| MARK         | SPEED     | unattached                          | 114 | M40 | 00:42:16 | 00:42:05 |
| MARK         | SIMMONDS  | unattached                          | 124 | M40 | 00:42:43 | 00:42:39 |
| MARK         | GRAYSON   | FVS TRI                             | 126 | M40 | 00:42:54 | 00:42:48 |
| ANDREW       | GARRETT   | FAIRLANDS VALLEY SPARTANS           | 143 | M40 | 00:43:32 | 00:43:27 |
| ANDY         | JORDAN    | VEGETARIAN CYCLING & ATHLETIC CLUB  | 150 | M40 | 00:43:43 | 00:43:37 |
| PAUL         | JORDAN    | unattached                          | 161 | M40 | 00:44:22 | 00:44:08 |
| STEVE        | MAYFIELD  | FAIRLANDS VALLEY SPARTANS           | 197 | M40 | 00:45:40 | 00:45:28 |
| TAYLOR JAMES | WILSON    | METROPOLITAN POLICE                 | 221 | M40 | 00:46:29 | 00:46:12 |
| JOHN         | WINTER    | unattached                          | 222 | M40 | 00:46:35 | 00:46:16 |
| JULIAN       | IVORY     | unattached                          | 237 | M40 | 00:46:56 | 00:46:43 |
| RYAN         | JOHNSON   | FVS TRI                             | 264 | M40 | 00:48:00 | 00:47:35 |
| KEITH        | PERRY     | FVS TRI                             | 265 | M40 | 00:48:01 | 00:47:51 |
| PETE         | EAMES     | FVS TRI                             | 275 | M40 | 00:48:14 | 00:47:49 |
| JOHN         | DAVIES    | unattached - LETCHWORTH TENNIS CLUB | 339 | M40 | 00:50:08 | 00:49:38 |
| MIKE         | GRAY      | WARE JOGGERS                        | 365 | M40 | 00:50:49 | 00:50:18 |
| MARK         | DRUMMOND  | FAIRLANDS VALLEY SPARTANS           | 478 | M40 | 00:54:39 | 00:53:33 |
| JAMIE        | LAIRD     | FAIRLANDS VALLEY SPARTANS           | 495 | M40 | 00:55:00 | 00:54:20 |
| CHRIS        | LEIGH     | FAIRLANDS VALLEY SPARTANS           | 500 | M40 | 00:55:09 | 00:54:23 |
| ROBERT       | CRESSWELL | STOPSLEY STRIDERS                   | 530 | M40 | 00:55:45 | 00:55:16 |
| MARK         | GLADING   | FAIRLANDS VALLEY SPARTANS           | 654 | M40 | 00:59:30 | 00:58:19 |

### Men 50

|         |            |                              |     |     |          |          |
|---------|------------|------------------------------|-----|-----|----------|----------|
| KEITH   | MCLELLAN   | GARDEN CITY RUNNERS          | 15  | M50 | 00:36:49 | 00:36:49 |
| BRIAN   | WHITE      | FVS TRI                      | 24  | M50 | 00:37:25 | 00:37:24 |
| DAVID   | BOWKER     | FAIRLANDS VALLEY SPARTANS    | 29  | M50 | 00:37:56 | 00:37:55 |
| DAVID   | DESBOROUGH | GARDEN CITY RUNNERS          | 30  | M50 | 00:38:00 | 00:37:58 |
| PETE    | WILLIAMS   | HERTS PHOENIX AC             | 57  | M50 | 00:39:43 | 00:39:39 |
| STEWART | BRYANT     | NORTH HERTS ROAD RUNNERS     | 60  | M50 | 00:39:52 | 00:39:49 |
| DAVID   | EDWARDS    | GARDEN CITY RUNNERS          | 106 | M50 | 00:42:05 | 00:42:00 |
| JIM     | BROWN      | FAIRLANDS VALLEY SPARTANS    | 110 | M50 | 00:42:09 | 00:42:05 |
| MICHAEL | CONNELL    | FAIRLANDS VALLEY SPARTANS    | 173 | M50 | 00:44:58 | 00:44:48 |
| STEVE   | BUTTON     | GARDEN CITY RUNNERS          | 226 | M50 | 00:46:51 | 00:46:43 |
| JOHN    | MAYOR      | STEVENAGE AND NORTH HERTS AC | 238 | M50 | 00:46:58 | 00:46:48 |
| ANTHONY | WHITE      | FAIRLANDS VALLEY SPARTANS    | 239 | M50 | 00:46:58 | 00:46:51 |
| DAVID   | ANDERSON   | ST ALBANS STRIDERS           | 241 | M50 | 00:46:59 | 00:46:39 |
| MARK    | GOODWIN    | FAIRLANDS VALLEY SPARTANS    | 266 | M50 | 00:48:03 | 00:47:44 |
| MERVYN  | GILHAM     | HERTS PHOENIX AC             | 328 | M50 | 00:49:51 | 00:49:30 |
| RICHARD | WHITING    | HERTS PHOENIX AC             | 428 | M50 | 00:52:43 | 00:52:15 |
| RICHARD | BROWN      | GARDEN CITY RUNNERS          | 460 | M50 | 00:53:52 | 00:53:19 |
| PAUL    | DUTTON     | FVS TRI                      | 476 | M50 | 00:54:33 | 00:54:07 |
| PAUL    | HOLGATE    | FAIRLANDS VALLEY SPARTANS    | 509 | M50 | 00:55:26 | 00:54:18 |

### Men 60

|         |           |                          |     |     |          |          |
|---------|-----------|--------------------------|-----|-----|----------|----------|
| STEWART | SMITHER   | NORTH HERTS ROAD RUNNERS | 113 | M60 | 00:42:16 | 00:42:10 |
| JOHN    | SHIRLEY   | BARNET & DISTRICT AC     | 177 | M60 | 00:45:04 | 00:44:54 |
| DAVID   | BEASLEY   | HERTS PHOENIX AC         | 211 | M60 | 00:46:06 | 00:45:58 |
| TOM     | CASSERLEY | GARDEN CITY RUNNERS      | 216 | M60 | 00:46:22 | 00:46:09 |
| JIM     | DAVIS     | HERTS PHOENIX AC         | 233 | M60 | 00:46:54 | 00:46:36 |
| DAVID   | BROWN     | GARDEN CITY RUNNERS      | 439 | M60 | 00:53:11 | 00:52:51 |
| BRIAN   | FRENCH    | unattached               | 464 | M60 | 00:54:01 | 00:53:10 |
| JOHN    | NUGENT    | BROXBOURNE RUNNERS       | 582 | M60 | 00:57:29 | 00:56:59 |
| ANGUS   | KINDLEY   | unattached               | 677 | M60 | 01:00:31 | 00:59:29 |

### Men 70

|        |        |                           |     |     |          |          |
|--------|--------|---------------------------|-----|-----|----------|----------|
| DON    | POWELL | NORTH HERTS ROAD RUNNERS  | 283 | M70 | 00:48:25 | 00:48:07 |
| DENNIS | DRAPER | GARDEN CITY RUNNERS       | 446 | M70 | 00:53:29 | 00:53:01 |
| RON    | COHEN  | FAIRLANDS VALLEY SPARTANS | 568 | M70 | 00:57:09 | 00:56:06 |
| GEORGE | WOODS  | GARDEN CITY RUNNERS       | 702 | M70 | 01:01:52 | 01:00:56 |