

**CHILTERN HARRIERS AC
PEDNOR 5
MONDAY 6th MAY 2013**

MEN'S RACE

POSN (MEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	PRIZES
1	1	HUMPHREYS, Luke	Bedford & County AC	Senior	25:54	1 st
2	2	WHITE, Kieran	RAF Halton	Senior	26:47	2 nd
3	3	SALT, Matthew	Dacorum & Tring	Senior	27:33	3 rd
4	4	O'GORMAN, Eddie	Chiltern Harriers AC	Senior	28:13	
5	5	ADCOCK, Matthew	Watford Harriers	Veteran 40	28:54	1 st V40
6	6	MAY, Charlie	Vale Of Aylesbury	Senior	29:07	
7	7	ROBERTS, Dave	Fell Runners Association	Veteran 40	30:25	
8	8	JOHNSON, Darren	Burnham Joggers	Veteran 40	30:41	
9	9	BOWLLER, Adam	Vale Of Aylesbury	Senior	31:03	
10	10	DIXON, Thomas	Chiltern Harriers AC	Senior	31:05	
11	11	BRADLEY, Mikk	Watford Harriers	Veteran 50	31:18	1 st V50
12	12	MILES, Andy	Hillingdon AC	Veteran 50	31:23	
13	13	ROSE, Chris	Burnham Joggers	Veteran 40	31:35	
14	15	REDINGTON, Andrew	Chiltern Harriers AC	Veteran 40	31:45	
15	16	SCHIFFER-HARTE, Ben	Burnham Joggers	Senior	31:46	
16	18	FOSTER, Graham	St Albans Striders	Veteran 50	32:15	
17	19	EDWARDS, Marcus	Watford Joggers	Veteran 50	32:21	
18	20	BOWKER, David	Fairlands Valley Spartans	Veteran 50	32:25	
19	21	FULLER, Bob		Veteran 50	32:36	
20	22	BRYAN, Jerry	Barnet & District AC	Veteran 50	32:39	
21	25	TAYLOR, Colin	Watford Joggers	Veteran 50	32:53	
22	26	RUTTLEY, Paul	Watford Harriers	Veteran 40	33:07	
23	27	THOMAS, Hywel	Chiltern Harriers AC	Veteran 40	33:10	
24	28	O'GRADY, John		Veteran 40	33:11	
25	29	DINEEN, Paul	Handy Cross Runners	Veteran 40	33:19	
26	30	QUINCEY, James	Burnham Joggers	Senior	33:20	
27	31	GROVER, Marc	Burnham Joggers	Senior	33:51	
28	32	WORSFOLD, Mike	Chiltern Harriers AC	Senior	33:57	
29	33	DONALD, Chris	Purple Patch Runners	Veteran 40	34:06	
30	35	TREMAINE, Robin	Watford Joggers	Veteran 50	34:09	
31	37	JONES, Will	Metropolitan Police	Veteran 40	34:33	
32	38	WHITAKER, Grant	Chiltern Harriers AC	Veteran 50	34:41	
33	39	HOLLOWAY, Cameron		Junior	34:50	1 st Junior
34	40	MCCORMACK, Ade	Chiltern Harriers AC	Veteran 50	34:52	
35	41	WELDON, Ciaran	Watford Harriers	Veteran 40	34:52	
36	42	REEVES, Gordan	Dunstable Road Runners	Veteran 40	35:03	
37	43	HEDGE, Terry	Watford Harriers	Veteran 50	35:05	
38	44	POYNTON, Tom	Dulwich Park Runners	Veteran 40	35:09	
39	46	NORCOTT, Gary	Burnham Joggers	Senior	35:17	
40	47	SCOTT, Robert	Barnet & District AC	Veteran 40	35:21	
41	48	PALMER, Richard		Senior	35:23	
42	49	MARSHALL, David		Veteran 40	35:28	
43	50	WATSON, Giles		Veteran 40	35:39	
44	52	GAMBLE, James	Watford Joggers	Veteran 50	35:41	
45	53	ILLING, Paul	Watford Harriers	Veteran 40	35:46	
46	54	GOMES, Joe	Barnet & District AC	Veteran 40	35:48	
47	55	CARSON, Adam	Burnham Joggers	Senior	35:52	
48	56	GREEN, Daniel		Senior	35:52	
49	58	EMERY, Paul	Watford Joggers	Veteran 50	36:05	
50	59	RIVANS, Ben		Senior	36:10	
51	60	ANGUS, Andrew	Watford Harriers	Veteran 50	36:13	
52	61	ROBERTS, Alan	Vale Of Aylesbury	Veteran 40	36:14	
53	62	VOCKINS, Richard		Senior	36:17	
54	63	DANIEL, Steve	Watford Harriers	Veteran 50	36:20	
55	65	BOLDEN, Alex		Junior	36:28	
56	67	HAMER, Huw	Watford Joggers	Senior	36:46	
57	68	KIPPAX, Nigel	Tring RC	Veteran 50	37:03	
58	69	NEILL, Andy		Veteran 40	37:17	
59	70	NORCOTT, Lee	Burnham Joggers	Senior	37:19	
60	71	TURNER, David	Chiltern Harriers AC	Veteran 40	37:21	
61	72	NORRIS, John		Senior	37:25	
62	73	DEAN, Andy	Watford Joggers	Senior	37:27	
63	74	SLADE, Nick	Watford Joggers	Veteran 40	37:31	
64	76	THOMAS, Evan		Junior	37:41	

POSN (MEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	PRIZES
65	78	BAYLEY, Paul	Tring RC	Senior	37:46	
66	79	CHEYNE, Leyton	Chiltern Harriers AC	Senior	37:52	
67	80	WOOLRIDGE, Tim	Watford Joggers	Veteran 50	38:00	
68	81	CRANE, David	Surrey Walking Club	Senior	38:05	
69	82	IRWIN, John	Burnham Joggers	Veteran 60	38:17	
70	83	HARDMAN, Bob	Burnham Joggers	Veteran 60	38:27	
71	84	KENNETT, Roland		Veteran 40	38:32	
72	88	LAWRENCE, Andy	Headington Road Runners	Senior	39:01	
73	89	SALT, Robert		Veteran 40	39:04	
74	90	SIBLEY, Patrick		Veteran 60	39:08	
75	91	AYRES, Tom	Chiltern Harriers AC	Senior	39:09	
76	92	SMITH, John		Veteran 70	39:31	
77	94	BURKE, Chris		Veteran 50	39:39	
78	95	EVANS, Alled		Senior	39:41	
79	96	WILSON, Billy	Burnham Joggers	Veteran 50	40:12	
80	97	SHEPHERD, John		Veteran 40	40:16	
81	98	MANNION, Des	Handy Cross Runners	Veteran 40	40:29	
82	101	KING, Doug	Chiltern Harriers AC	Veteran 60	40:40	
83	102	WARREN, Andrew		Veteran 40	41:25	
84	103	HORIGAN, Tom		Veteran 40	41:29	
85	104	FRY, Mark		Veteran 50	41:34	
86	105	MORRIS, Pete	Reading Road Runners	Veteran 50	42:11	
87	106	ALLEN, Steve	Barnet & District AC	Veteran 50	42:17	
88	108	HARRIS, Andy	Looe Pioneers RC	Veteran 60	42:42	
89	110	STASIUK, Stefan	Burnham Joggers	Veteran 60	42:54	
90	111	QUIXLEY, Gregg		Veteran 40	42:57	
91	112	CAESAR, Steve		Senior	43:05	
92	113	MCINTYRE, Rob		Veteran 40	43:10	
93	115	FAHY, Declan		Veteran 50	43:16	
94	116	BIDDLE, Chris		Veteran 40	43:25	
95	118	TAYLOR, Peter	Chiltern Harriers AC	Veteran 40	43:36	
96	119	BRAWN, Trevor	Chiltern Harriers AC	Veteran 60	43:43	
97	120	TRAVERS, Mark	Tring RC	Veteran 40	43:45	
98	124	RICHARDSON, Paul		Veteran 50	44:16	
99	127	YEARLEY, Paul		Veteran 50	44:24	
100	128	JONES, Dave	Tring RC	Veteran 50	44:46	
101	131	VAN DER SLUIJS, Peter		Veteran 40	45:01	
102	132	ROUSE, Matthew		Senior	45:16	
103	138	PAYNE, John		Veteran 50	45:55	
104	141	MITTERHUBER, Paul	Chiltern Harriers AC	Veteran 50	46:56	
105	143	THOMAS, Dave	Burnham Joggers	Veteran 50	47:29	
106	144	WATSON, Alan	Burnham Joggers	Veteran 60	47:31	
107	145	SCAGELL, Jerry		Veteran 50	47:32	
108	146	MCQUAID, Douglas	Watford Joggers	Veteran 50	47:34	
109	147	FREW, Ian	Tanglewood Terriers	Veteran 50	47:41	
110	152	ALBERTS, Philip		Veteran 60	48:54	
111	153	WALKER, David	Chiltern Harriers AC	Veteran 60	49:04	
112	154	VOS, Ashley	Watford Joggers	Veteran 50	49:44	
113	155	HAYWARD, Richard		Senior	49:47	
114	156	HIGGS, Nigel	Watford Joggers	Veteran 50	49:53	
115	158	HUGHES, Jon		Veteran 50	50:25	
116	160	GRIMSDALE, Martin	Watford Harriers	Veteran 50	50:28	
117	169	BOYDEN-WILSON, Steve		Veteran 50	53:55	

WOMEN'S RACE

POSN (WOMEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	PRIZES
1	14	NEALE, Tamsin	Burnham Joggers	Veteran 35	31:42	1 st
2	17	ROGERS, Lucy	Wycombe Phoenix Harriers	Senior	32:03	2 nd
3	23	DONALD, Claire	Purple Patch Runners	Veteran 45	32:40	3 rd
4	24	YOUNG, Ali	Chiltern Harriers AC	Veteran 35	32:42	1 st V35
5	34	AUSTIN, Julia	Vale Of Aylesbury	Veteran 45	34:08	1 st V45
6	36	ARMSTRONG, Emily	Windsor Slough Eton & H	Senior	34:26	
7	45	DOBBY, Louise		Veteran 35	35:16	
8	51	PRASAD, Naomi	Watford Joggers	Senior	35:40	
9	57	BARTLETT, Lucy	Burnham Joggers	Senior	36:03	
10	64	STRINGER, Jo	Burnham Joggers	Veteran 35	36:24	
11	66	JONES, Carol	Ealing, Southall & Middlesex	Veteran 55	36:40	
12	75	HEYDECKER, Deirdre	St Albans Striders	Veteran 55	37:40	
13	77	HALFORD, Angela	Watford Harriers	Veteran 35	37:46	
14	85	BEMMENT, Liz	Burnham Joggers	Senior	38:36	
15	86	BUX, Soraya	Handy Cross Runners	Senior	38:52	
16	87	HARRIS, Lynne	Looe Pioneers RC	Veteran 55	38:58	
17	93	NEEDLEMAN, Sarah	Chiltern Harriers AC	Junior	39:38	1 st Junior
18	99	OWEN, Jill	Watford Harriers	Veteran 45	40:30	
19	100	NEEDLEMAN, Hilary	Chiltern Harriers AC	Veteran 45	40:30	
20	107	WILCOCK, Celine	Tring RC	Veteran 35	42:22	
21	109	MOLLOY, Jane	Watford Joggers	Veteran 45	42:51	
22	114	WELCH, Jane	Watford Joggers	Veteran 55	43:12	
23	117	DAVIS, Mary	Vegetarian Cycling & AC	Veteran 45	43:30	
24	121	HOLLINGDALE, Susan	Tanglewood Terriers	Veteran 45	44:02	
25	122	BOUTLE, Clare	Barnet & District AC	Veteran 35	44:05	
26	123	ZAREMBA, Jenny	Burnham Joggers	Veteran 35	44:07	
27	125	KIPPAX, Anne	Tring RC	Veteran 45	44:17	
28	126	FULLYLOVE, Roz	Watford Joggers	Veteran 45	44:18	
29	129	MCQUAID, Linda	Watford Joggers	Veteran 55	44:57	
30	130	WELSBY, Lucy	Tring RC	Veteran 35	44:58	
31	133	PERKIN, Lesley	Chiltern Harriers AC	Veteran 35	45:22	
32	134	BISHOP, Fiona	Woking AC	Veteran 45	45:30	
33	135	GUEST, Lucy		Veteran 45	45:36	
34	136	DAVIDSON, Ann		Veteran 55	45:46	
35	137	DONOHUE, Clare	Tring RC	Veteran 35	45:50	
36	139	HOLFORD, Nora	Kidlington RC	Veteran 45	46:13	
37	140	COLTMAN, Sarah	Watford Joggers	Veteran 35	46:55	
38	142	DAVIDSON, Sharon	Purple Patch Runners	Veteran 35	47:05	
39	149	FITZGERARALD, Emma		Veteran 35	47:57	
40	150	MACDONNELL, Lee-Anne		Veteran 35	48:18	
41	151	BOLDEN, Melanie		Veteran 45	48:19	
42	157	ATTWOOD, Elspeth		Veteran 55	50:20	
43	159	PATTERSON, Karen		Veteran 45	50:25	
44	161	GLYN, Alex		Senior	51:10	
45	162	KNEVITT, Nichola		Senior	51:11	
46	163	CALDER, Fiona	Chiltern Harriers AC	Senior	51:11	
47	164	SHEPHERD, Deborah		Veteran 45	52:14	
48	165	ROWLANDS, Louisa		Veteran 35	52:14	
49	166	HOPCROFT, Judi	Tring RC	Veteran 45	52:18	
50	167	HIGGS, Carol	Watford Joggers	Veteran 45	52:28	
51	168	QUINCEY, Joanna	Burnham Joggers	Senior	53:28	
52	170	EDWARDS, Angela	Watford Joggers	Veteran 45	54:49	
53	171	YEARLEY, Carole		Veteran 45	55:15	
54	172	ROBBIE, Sandra		Veteran 45	1:14:22	
55	173	HYDE, Keri		Veteran 35	1:14:22	

FULL TEAM RESULTS

	MENS TEAM	PTS	SCORERS	POS		WOMENS TEAM	PTS	SCORERS	POS
1	Chiltern Harriers	51	E O'Gorman	4	1	Burnham Joggers	20	T Neale	1
			T Dixon	10				L Bartlett	9
			A Redington	14				J Stringer	10
			H Thomas	23					
2	Burnham Joggers	62	D Johnson	8	2	Chiltern Harriers	40	A Young	4
			C Rose	13				S Needleman	17
			B Schiffer-Harte	15				H Needleman	19
			J Quincey	26					
3	Watford Harriers	73	M Adcock	5	3	Watford Joggers	51	N Prasad	8
			M Bradley	11				J Molloy	21
			P Ruttley	22				J Welch	22
			C Weldon	35					
4	Watford Joggers	112	M Edwards	17	4	Tring Running Club	77	C Wilcock	20
			C Taylor	21				A Kippax	27
			R Tremaine	30				L Welsby	30
			J Gamble	44					
5	Barnet & District AC	193	J Bryan	20					
			R Scott	40					
			J Gomes	46					
			S Allen	87					
6	Tring Running Club	319	N Kippax	57					
			P Bayley	65					
			M Travers	97					
			D Jones	100					

HERTFORDSHIRE CHAMPIONSHIP MEN'S RACE

POSN (MEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	PRIZES
1	1	HUMPHREYS, Luke	Bedford & County AC	Senior	25:54	1 st
2	3	SALT, Matthew	Dacorum & Tring	Senior	27:33	2 nd
3	5	ADCOCK, Matthew	Watford Harriers	Veteran 40	28:54	3 rd & 1 st V40
4	9	BOWLLER, Adam	Vale Of Aylesbury	Senior	31:03	
5	13	ROSE, Chris	Burnham Joggers	Veteran 40	31:35	2 nd V40
6	18	FOSTER, Graham	St Albans Striders	Veteran 50	32:15	1 st V50
7	19	EDWARDS, Marcus	Watford Joggers	Veteran 50	32:21	2 nd V50
8	20	BOWKER, David	Fairlands Valley Spartans	Veteran 50	32:25	3 rd V50
9	22	BRYAN, Jerry	Barnet & District AC	Veteran 50	32:39	
10	25	TAYLOR, Colin	Watford Joggers	Veteran 50	32:53	
11	26	RUTTLEY, Paul	Watford Harriers	Veteran 40	33:07	3 rd V40
12	35	TREMAINE, Robin	Watford Joggers	Veteran 50	34:09	
13	41	WELDON, Ciaran	Watford Harriers	Veteran 40	34:52	
14	43	HEDGE, Terry	Watford Harriers	Veteran 50	35:05	
15	47	SCOTT, Robert	Barnet & District AC	Veteran 40	35:21	
16	52	GAMBLE, James	Watford Joggers	Veteran 50	35:41	
17	53	ILLING, Paul	Watford Harriers	Veteran 40	35:46	
18	54	GOMES, Joe	Barnet & District AC	Veteran 40	35:48	
19	58	EMERY, Paul	Watford Joggers	Veteran 50	36:05	
20	63	DANIEL, Steve	Watford Harriers	Veteran 50	36:20	
21	67	HAMER, Huw	Watford Joggers	Senior	36:46	
22	72	NORRIS, John		Senior	37:25	
23	73	DEAN, Andy	Watford Joggers	Senior	37:27	
24	74	SLADE, Nick	Watford Joggers	Veteran 40	37:31	
25	80	WOOLRIDGE, Tim	Watford Joggers	Veteran 50	38:00	
26	112	CAESAR, Steve		Senior	43:05	
27	127	YEARLEY, Paul		Veteran 50	44:24	
28	138	PAYNE, John		Veteran 50	45:55	
29	146	MCQUAID, Douglas	Watford Joggers	Veteran 50	47:34	
30	155	HAYWARD, Richard		Senior	49:47	
31	160	GRIMSDALE, Martin	Watford Harriers	Veteran 50	50:28	

HERTFORDSHIRE CHAMPIONSHIP WOMEN'S RACE

POSN (WOMEN)	RACE POSN	COMPETITOR	CLUB/TEAM	CATEGORY	TIME	PRIZES
1	51	PRASAD, Naomi	Watford Joggers	Senior	35:40	1 st
2	75	HEYDECKER, Deirdre	St Albans Striders	Veteran 55	37:40	2 nd & 1 st V55
3	77	HALFORD, Angela	Watford Harriers	Veteran 35	37:46	3 rd & 1 st V35
4	93	NEEDLEMAN, Sarah	Chiltern Harriers AC	Junior	39:38	
5	99	OWEN, Jill	Watford Harriers	Veteran 45	40:30	1 st V45
6	100	NEEDLEMAN, Hilary	Chiltern Harriers AC	Veteran 45	40:30	2 nd V45
7	109	MOLLOY, Jane	Watford Joggers	Veteran 45	42:51	3 rd V45
8	114	WELCH, Jane	Watford Joggers	Veteran 55	43:12	2 nd V55
9	122	BOUTLE, Clare	Barnet & District AC	Veteran 35	44:05	2 nd V35
10	126	FULLYLOVE, Roz	Watford Joggers	Veteran 45	44:18	
11	129	MCQUAID, Linda	Watford Joggers	Veteran 55	44:57	3 rd V55
12	140	COLTMAN, Sarah	Watford Joggers	Veteran 35	46:55	3 rd V35
13	150	MACDONNELL, Lee-Anne		Veteran 35	48:18	
14	170	EDWARDS, Angela	Watford Joggers	Veteran 45	54:49	
15	171	YEARLEY, Carole		Veteran 45	55:15	

HERTFORDSHIRE CHAMPIONSHIP TEAM RESULTS

	COMBINED SENIOR & VETERAN MENS TEAM	PTS	SCORERS	POS
1	Watford Harriers	41	M Adcock	3
			P Ruttley	11
			C Weldon	13
			T Hedge	14
2	Watford Joggers	45	M Edwards	7
			C Taylor	10
			R Tremaine	12
			J Gamble	16

	VETERAN MENS TEAM	PTS	SCORERS	POS
1	Watford Harriers	30	M Adcock	1
			P Ruttley	8
			C Weldon	10
			T Hedge	11
2	Watford Joggers	33	M Edwards	4
			C Taylor	7
			R Tremaine	9
			J Gamble	13

	COMBINED SENIOR & VETERAN WOMENS TEAM	PTS	SCORERS	POS
1	Watford Joggers	16	N Prasad	1
			J Molloy	7
			J Welch	8

	VETERAN WOMENS TEAM	PTS	SCORERS	POS
1	Watford Joggers	19	J Molloy	5
			J Welch	6
			R FullyLove	8