**Pednor 5 – Monday 7 May 2018**

**Results of the Hertfordshire Veterans 5 mile Road Racing Championship 2018**

**Overall Veteran Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 28:49 | Mark Vaughan | North Herts RR | MV40 |
| 2 | 29:23 | Matthew Adcock | Watford Harriers | MV50 |
| 3 | 29:26 | David O’Sullivan | Watford Joggers | MV40 |
| 4 | 30:39 | Jim King | St Albans Striders | MV40 |
| 5 | 30:40 | Paul Reddaway | Broxbourne Runners | MV50 |
| 6 | 31:26 | Nick Harris | Watford Harriers | MV40 |
| 7 | 32:48 | Nigel Aston | St Albans Striders | MV50 |
| 8 | 34:01 | Sebastian Rowe | St Albans Striders | MV40 |
| 9 | 34:20 | Derek Walkers | Watford Harriers | MV50 |
| 10 | 34:23 | John Renton | Watford Harriers | MV40 |
| 11 | 35:00 | Adrian Harwood | Watford Harriers | MV50 |
| 12 | 35:06 | Robert Scott | Barnet & District AC | MV40 |
| 13 | 34:13 | Jerry Bryan | Barnet & District AC | MV50 |
| 14 | 35:31 | Clive Cohen | Tring RC | MV60 |
| 15 | 35:35 | Colin Braybrook | St Albans Striders | MV50 |
| 16 | 35:40 | Marcus Edwards | Watford Joggers | MV50 |
| 17 | 37:08 | Mark Studdart | Watford Joggers | MV50 |
| 18 | 37:48 | Paul Reilly | Gade Valley Harriers | MV40 |
| 19 | 38:03 | Richard Bloom | Herts Phoenix | MV70 |
| 20 | 40:04 | Rob Salt | Dacorum & Tring | MV50 |
| 21 | 40:24 | Andrew Chater | Watford Joggers | MV60 |
| 22 | 41:43 | Matthew Stears | Dacorum & Tring | MV60 |
| 23 | 43:29 | Nicholas Jones | Watford Harriers | MV50 |
| 24 | 45:36 | Ian Bonnick | Watford Joggers | MV60 |
| 25 | 52:01 | Gary Hilton | Watford Joggers | MV40 |
| 26 | 52:40 | Jeff Peters | Watford Joggers | MV 40 |

**Veteran Men 40 - 50**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | 28:49 | Mark Vaughan | North Herts RR |
| 2 | 29:26 | David O’Sullivan | Watford Joggers |
| 3 | 30:39 | Jim King | St Albans Striders |

**Veteran Men 50 - 60**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | 29:23 | Matthew Adcock | Watford Harriers |
| 2 | 30:40 | Paul Reddaway | Broxbourne Runners |
| 3 | 32:48 | Nigel Aston | St Albans Striders |

**Veteran Men 60 - 70**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | 35:31 | Clive Cohen | Tring RC |
| 2 | 40:24 | Andrew Chater | Watford Joggers |
| 3 | 41:43 | Matthew Stears | Dacorum & Tring |

**Veteran Men 70+**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | 38:03 | Richard Bloom | Herts Phoenix |

**Overall Veteran Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 34:10 | Angela Adcock | Watford Harriers | WV35 |
| 2 | 34:47 | Lynda Hembury | Tring RC | WV55 |
| 3 | 38:16 | Claire Emmerson | Fairlands Valley Spartans | WV45 |
| 4 | 38:39 | Clare Bonnick | Watford Joggers | WV55 |
| 5 | 40:13 | Claire Mistry | Tring RC | WV35 |
| 6 | 41:53 | Linda Aird | North Herts RR | WV55 |
| 7 | 42:57 | Christine Dearman | Watford Harriers | WV45 |
| 8 | 43:27 | Nicola Jones | Watford Harriers | WV45 |
| 9 | 43:31 | Sophia Stylianou | Watford Joggers | WV35 |
| 10 | 43:34 | Marcia Quinn | Watford Joggers | WV45 |
| 11 | 43:37 | Philippa Griffin | Watford Joggers | WV35 |
| 12 | 43:44 | Julie Rice | Watford Joggers | WV45 |
| 13 | 45:12 | Jayne Turnley | Watford Harriers | WV45 |
| 14 | 46:00 | Susan Defoe | Watford Joggers | WV55 |
| 15 | 46:03 | Joanne Marshall | Watford Harriers | WV35 |
| 16 | 46:50 | Sue Vaughan | North Herts RR | WV45 |
| 17 | 48:13 | Paula Cook | Gade Valley Harriers | WV45 |
| 18 | 49:03 | Loredana Pace | Watford Joggers | WV35 |
| 19 | 50:11 | Angela Keogh | Watford Joggers | WV35 |
| 20 | 50:30 | Wendy Reddaway | Broxbourne Runners | WV55 |
| 21 | 50:40 | Angela Edwards | Watford Joggers | WV55 |

**Veteran Women 35 - 45**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | 34:10 | Angela Adcock | Watford Harriers |
| 2 | 40:13 | Claire Mistry | Tring RC |
| 3 | 43:31 | Sophia Stylianou | Watford Joggers |

**Veteran Women 45 - 55**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | 38:16 | Claire Emmerson | Fairlands Valley Spartans |
| 2 | 42:57 | Christine Dearman | Watford Harriers |
| 3 | 43:27 | Nicola Jones | Watford Harriers |

**Veteran Women 55 - 65**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | 34:47 | Lynda Hembury | Tring RC |
| 2 | 38:39 | Clare Bonnick | Watford Joggers |
| 3 | 41:53 | Linda Aird | North Herts RR |

**Teams**

**Veteran Men**

|  |  |
| --- | --- |
| **1** | **Watford Harriers** |
| 2 | 29:23 | Matthew Adcock | MV50 |
| 6 | 31:26 | Nick Harris | MV40 |
| 9 | 34:20 | Derek Walkers | M V50 |
| 10 | 34:23 | John Renton | MV40 |
| **27** | **2:09:32** | **Totals** |
|  |
| **2** | **St Albans Striders** |
| 4 | 30:39 | Jim King | MV40 |
| 7 | 32:48 | Nigel Aston | MV50 |
| 8 | 34:01 | Sebastian Rowe | MV40 |
| 15 | 35:35 | Colin Braybrook | MV50 |
| **34** | **2:13:03** | **Totals** |
|  |
| **3** | **Watford Joggers** |
| 3 | 29:26 | David O’Sullivan | MV40 |
| 16 | 35:40 | Marcus Edwards | MV50 |
| 17 | 37:08 | Mark Studdart | MV50 |
| 21 | 40:24 | Andrew Chater | MV60 |
| **57** | **2:22:38** | **Totals** |

**Veteran Women**

|  |  |
| --- | --- |
| **1** | **Watford Harriers** |
| 1 | 34:10 | Angela Adcock | WV35 |
| 7 | 42:57 | Christine Dearman | WV45 |
| 8 | 43:27 | Nicola Jones | WV45 |
| **16** | **2:00:34** | **Totals** |
|  |
| **2** | **Watford Joggers** |
| 4 | 38:39 | Clare Bonnick | WV55 |
| 9 | 43:31 | Sophia Stylianou | WV35 |
| 10 | 43:34 | Marcia Quinn | WV45 |
| **23** | **2:05:44** | **Totals** |
|  |
| **3** | **Watford Joggers** |
| 11 | 43:37 | Philippa Griffin | WV35 |
| 12 | 43:44 | Julie Rice | WV45 |
| 14 | 46:00 | Susan Defoe | WV55 |
| **37** | **2:13:21** | **Totals** |
|  |
| **4** | **Watford Joggers** |
| 18 | 49:03 | Loredana Pace | WV35 |
| 19 | 50:11 | Angela Keogh | WV35 |
| 21 | 50:40 | Angela Edwards | WV55 |
| **58** | **2:29:54** | **Totals** |