**Pednor 5 – Monday 6 May 2019**

**Results of the Hertfordshire Senior 5 mile Road Racing Championship 2019**

**Individual – Men**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Time** | **Name** | **Team** | **Age Category** | **O/A**  **Race Place** |
| 1 | 27:39 | Stephen Norris | Watford Joggers | MV40 | 5 |
| 2 | 28:03 | Jamie Marlow | Dacorum & Tring | SM | 8 |
| 3 | 28:57 | Stephen Hosty | St Albans Striders | MV40 | 10 |
| 4 | 29:05 | Rhys Rowlands | Dacorum & Tring | MV40 | 11 |
| 5 | 29:41 | Angus Saunders | Dacorum & Tring | JM | 15 |
| 6 | 29:42 | Sean Collum | Watford Joggers | SM | 16 |
| 7 | 29:58 | Jim King | St Albans Striders | MV40 | 21 |
| 8 | 30:03 | Ben Stratford | Dacorum & Tring | SM | 22 |
| 9 | 30:08 | Mike Carpenter | Dacorum & Tring | SM | 23 |
| 10 | 30:28 | Steve Davies | Watford Joggers | MV40 | 27 |
| 11 | 30:41 | Richard Evans | St Albans Striders | SM | 30 |
| 12 | 31:12 | David Olima | Dacorum & Tring | MV40 | 35 |
| 13 | 31:48 | Thomas Mack | Dacorum & Tring | SM | 43 |
| 14 | 32:09 | Gareth Clark | Dacorum & Tring | MV40 | 49 |
| 15 | 32:14 | Michael Turner | Dacorum & Tring | SM | 50 |
| 16 | 32:19 | Nigel Aston | St Albans Striders | MV50 | 51 |
| 17 | 32:26 | Michael Martin | St Albans Striders | SM | 53 |
| 18 | 32:31 | David Goodman | Gade Valley Harriers | MV40 | 54 |
| 19 | 32:53 | Richard Bird | Watford Joggers | MV40 | 65 |
| 20 | 33:09 | Marcus Edwards | Watford Joggers | MV50 | 68 |
| 21 | 33:23 | Ben Kenny | Dacorum & Tring | SM | 71 |
| 22 | 33:27 | Howard Bull | St Albans Striders | SM | 73 |
| 23 | 33:42 | Jerry Bryan | Barnet & District AC | MV50 | 80 |
| 24 | 34:23 | Andrew Wass | Dacorum & Tring | MV40 | 87 |
| 25 | 34:58 | Anatole Ransom | Watford Joggers | MV40 | 96 |
| 26 | 35:25 | James Dalton | Gade Valley Harriers | MV 40 | 97 |
| 27 | 35:33 | Colin Braybrook | St Albans Striders | MV50 | 100 |
| 28 | 35:48 | Robin Tremaine | Watford Joggers | MV60 | 105 |
| 29 | 36:22 | Richard Bloom | Herts Phoenix AC | MV70 | 117 |
| 30 | 37:31 | Mark Nicholls | Watford Joggers | MV50 | 135 |
| 31 | 39:06 | Mark Travers | St Albans Striders | MV50 | 160 |
| 32 | 39:12 | Vincent Grinney | Burnham Joggers | MV40 | 161 |
| 33 | 39:24 | Robert Kenison | Watford Joggers | MV60 | 168 |
| 34 | 40:44 | Panos Fellas | Watford Joggers | MV50 | 182 |
| 35 | 41:44 | Andy Moody | Dacorum & Tring | MV40 | 192 |
| 36 | 42:13 | William Sharman |  | MV50 | 203 |
| 37 | 42:48 | Rod Hewson | Watford Joggers | MV70 | 212 |
| 38 | 43:36 | John Slack | Dacorum & Tring | MV70 | 220 |
| 39 | 45:34 | Ian Bonnick | Watford Joggers | MV60 | 235 |

**Individual – Women**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Time** | **Name** | **Team** | **Age Category** | **O/A**  **Race Place** |
| 1 | 32:21 | Jennifer Conway | St Albans Striders | SW | 52 |
| 2 | 36:10 | Jo Sherman | Watford Joggers | VW35 | 112 |
| 3 | 37:57 | Clare Bonnick | Watford Joggers | VW55 | 144 |
| 4 | 38:17 | Louise Flower | Dacorum & Tring | SW | 147 |
| 5 | 38:27 | Mandy Attree | St Albans Striders | VW45 | 150 |
| 6 | 38:34 | Tina Le | Dacorum & Tring | VW35 | 152 |
| 7 | 38:53 | Gail Winter | Watford Joggers | VW45 | 157 |
| 8 | 39:27 | Clair Drage | St Albans Striders | SW | 169 |
| 9 | 39:42 | Victoria Williams | Watford Joggers | VW45 | 174 |
| 10 | 40:10 | Sarah Sharman | Watford Joggers | VW55 | 177 |
| 11 | 41:06 | Susan Defoe | Watford Joggers | VW55 | 186 |
| 12 | 41:20 | Katerina Fellas | Watford Joggers | VW45 | 189 |
| 13 | 43:00 | Julie Rice | Watford Joggers | VW45 | 216 |
| 14 | 44:08 | Diane Hunt | St Albans Striders | VW55 | 223 |
| 15 | 44:49 | Tanya Wallman | St Albans Striders | VW35 | 228 |
| 16 | 45:02 | Jessica McIver | Marlow Striders | SW | 229 |
| 17 | 45:05 | Tamara Clark | Dacorum & Tring | VW45 | 230 |
| 18 | 45:15 | Philippa Griffin | Watford Joggers | VW35 | 231 |
| 19 | 45:49 | Angela Keogh | Watford Joggers | WV35 | 238 |
| 20 | 46:27 | Linda McQuaid | Watford Joggers | WV55 | 243 |
| 21 | 47:42 | Paula Cook | Gade Valley Harriers | WV55 | 252 |
| 22 | 48:06 | Joanne Tang | St Albans Striders | WV45 | 254 |
| 23 | 48:24 | Helen Heathcote | Gade Valley Harriers | WV45 | 257 |

**Team – Men**

|  |  |  |  |
| --- | --- | --- | --- |
| **1** | **Dacorum & Tring** | | |
| 2 | 28:03 | Jamie Marlow | SM |
| 4 | 29:05 | Rhys Rowland | JM |
| 5 | 29:41 | Angus Saunders | JM |
| 8 | 30:03 | Ben Stratford | SM |
| **19** | **1:56:52** | **Totals** | |
|  | | | |
| **2** | **Watford Joggers** | | |
| 1 | 27:39 | Stephen Norris | MV40 |
| 6 | 29:42 | Sean Collum | SM |
| 10 | 30:28 | Steve Davies | MV40 |
| 19 | 32:53 | Richard Bird | MV40 |
| **36** | **2:00:42** | **Totals** | |
|  | | | |
| **3** | **St Albans Striders** | | |
| 3 | 28:57 | Stephen Hosty | MV40 |
| 7 | 29:58 | Jim King | MV40 |
| 11 | 30:41 | Richard Evans | SM |
| 16 | 32:19 | Nigel Aston | MV50 |
| **37** | **2:01:55** | **Totals** | |
|  | | | |
| **4** | **Dacorum & Tring (2)** | | |
| 9 | 30:08 | Mike Carpenter | SM |
| 12 | 31:12 | David Olima | MV40 |
| 13 | 31:48 | Thomas Mack | SM |
| 24 | 32:09 | Gareth Clark | MV40 |
| **48** | **2:05:17** | **Totals** | |
|  | | | |
| **5** | **Dacorum & Tring (3)** | | |
| 15 | 32:14 | Michael Turner | SM |
| 21 | 33:23 | Ben Kenny | SM |
| 24 | 34:23 | Stephen Wass | MV40 |
| 135 | 41:44 | Andy Moody | MV40 |
| **95** | **2:21:44** | **Totals** | |
|  | | | |
| **6** | **St Albans Striders (2)** | | |
| 17 | 32:26 | Michael Martin | SM |
| 22 | 33:27 | Howard Bull | SM |
| 27 | 35:33 | Colin Braybrook | MV50 |
| 31 | 39:06 | Mark Travers | MV50 |
| **97** | **2:20:32** | **Totals** | |
|  | | | |
| **7** | **Watford Joggers (2)** | | |
| 20 | 33:09 | Marcus Edwards | MV50 |
| 25 | 34:58 | Anatole Ransom | MV40 |
| 28 | 35:48 | Robin Temaine | MV60 |
| 30 | 37:31 | Mark Nicholls | MV50 |
| **103** | **2:21:26** | **Totals** | |

**Team – Women**

|  |  |  |  |
| --- | --- | --- | --- |
| **1** | **Watford Joggers** | | |
| 2 | 36:10 | Jo Sherman | VW35 |
| 3 | 37:57 | Clare Bonnick | VW55 |
| 7 | 38:53 | Gail Winter | VW45 |
| **12** | **1:53:00** | **Totals** | |
|  | | | |
| **2** | **St Albans Striders** | | |
| 1 | 32:21 | Jennifer Conway | SW |
| 5 | 38:27 | Mandy Attree | VW45 |
| 8 | 39:27 | Clair Drage | SW |
| **14** | **1:50:15** | **Totals** | |
|  | | | |
| **3** | **Dacorum & Tring** | | |
| 4 | 38:17 | Louise Flower | SW |
| 6 | 38:34 | Tina Le | VW35 |
| 17 | 45:05 | Tamara Clark | VW45 |
| **27** | **2:01:56** | **Totals** | |
|  | | | |
| **4** | **Watford Joggers (2)** | | |
| 9 | 39:42 | Victoria Williams | VW45 |
| 10 | 40:12 | Sarah Sharman | VW55 |
| 11 | 41:14 | Susan Defoe | VW55 |
| **30** | **2:01:08** | **Totals** | |
|  | | | |
| **5** | **Watford Joggers (3)** | | |
| 12 | 41:35 | Katerina Fellas | VW45 |
| 13 | 43:00 | Julie Rice | VW45 |
| 18 | 45:15 | Philippa Griffin | VW35 |
| **43** | **2:09:50** | **Totals** | |
|  | | | |
| **6** | **St Albans Striders (2)** | | |
| 14 | 44:08 | Diane Hunt | VW55 |
| 15 | 44:49 | Tanya Wallman | VW35 |
| 22 | 48:06 | Joanne Tang | VW45 |
| **51** | **2:17:03** | **Totals** | |