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| **MV40** |  |  |  |  |
|  1. 141 | Paul ADAMS | MV40 | St Albans Striders | 35:19 |
|  2. 92 | David O'SULLIVAN | MV40 | Watford Joggers | 35:34 |
|  3. 13 | Steven PROSSER | MV40 | Bishops Stortford RC | 35:53 |
|  4. 112 | Paul GOODWIN | MV40 | Harpenden Arrows RC | 36:08 |
|  5. 202 | Kevin FRANCIS | MV40 | Ware Joggers | 36:10 |
|  6. 2 | Kevin SAMBRIDGE | MV40 | Ware Joggers | 36:25 |
|  7. 95 | Tim WOODHEAD | MV40 | Watford Joggers | 37:10 |
|  8. 46 | Herbie HOPKINS | MV40 | Garden City Runners | 37:34 |
|  9. 40 | Mark HEAD | MV40 | Tring Running Club | 37:45 |
|  10. 94 | Will BROTHERSTON | MV40 | Watford Joggers | 38:04 |
|  11. 45 | Chris JONES | MV40 | Garden City Runners | 39:10 |
|  12. 203 | Neil BULL | MV40 | Ware Joggers | 40:20 |
|  13. 4 | Jamie HIGGS | MV40 | Ware Joggers | 40:28 |
|  14. 44 | Andrzje GASIOROWSKI | MV40 | Garden City Runners | 40:41 |
|  15. 131 | Grant CHAPMAN | MV40 | Royston Runners | 42:16 |
|  16. 165 | Andrew WASS | MV40 | Dacorum AC | 43:07 |
|  17. 43 | Paul GUY | MV40 | Garden City Runners | 43:21 |
|  18. 167**MV50** | Michael YOUNG | MV40 | Dacorum AC | 46:30 |
|  1. 96 | Richard COLES | MV50 | Watford Joggers | 36:54 |
|  2. 21 | Matthew ADCOCK | MV50 | Watford Harriers | 37:07 |
|  3. 49 | Bruce JUDGE | MV50 | Garden City Runners | 38:54 |
|  4. 50 | Peter HARVEY | MV50 | Garden City Runners | 39:03 |
|  5. 113 | Simon SPIERS | MV50 | Harpenden Arrows RC | 39:30 |
|  6. 153 | Nigel ASTON | MV50 | St Albans Striders | 40:53 |
|  7. 106 | Richard SOMERSET | MV50 | Garden City Runners | 42:01 |
|  8. 151 | Gavin CLIFTON | MV50 | St Albans Striders | 42:34 |
|  9. 138 | Jonathan BIRD | MV50 | St Albans Striders | 42:42 |
|  10. 114 | David RUSSELL | MV50 | Harpenden Arrows RC | 42:57 |
|  11. 163 | Steve RUSSELL | MV50 | Dacorum AC | 44:27 |
|  12. 111 | Steve GREEN | MV50 | Harpenden Arrows RC | 44:42 |
|  13. 1 | Paul BRENNAN | MV50 | Ware Joggers | 45:31 |
|  14. 174 | Paul CARTER | MV50 | Barnet & District AC (Herts) | 45:36 |
|  15. 124 | Martin WOOD | MV50 | Fairlands Valley Spartans | 47:58 |
|  16. 48 | Lee MANSFIELD | MV50 | Garden City Runners | 48:20 |
|  17. 162 | William WYLIE | MV50 | Dacorum AC | 49:50 |
|  18. 164 | Martin GILL | MV50 | Dacorum AC | 49:50 |
|  19. 204 | Richard COFFEY | MV50 | Ware Joggers | 50:21 |
|  20. 115 | Mike ASHTON | MV50 | Harpenden Arrows RC | 50:31 |
|  21. 98 | Mauro FASTI | MV50 | Watford Joggers | 51:39 |
|  22. 97 | Colin WILLIAMS | MV50 | Watford Joggers | 52:13 |
|  23. 139 Mark TRAVERS | MV50 | St Albans Striders | 57:54 |

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| **MV60** |  |  |  |  |
|  1. 206 | Paul REDDAWAY | MV60 | Ware Joggers | 27:54 |
|  2. 150 | Colin BRAYBROOK | MV60 | St Albans Striders | 29:39 |
|  3. 129 | Brian JONES | MV60 | Royston Runners | 29:42 |
|  4. 14 | Peter BEATTY | MV60 | Bishops Stortford RC | 30:01 |
|  5. 86 | Colin TAYLOR | MV60 | Watford Joggers | 31:18 |
|  6. 130 | Paul GREEN | MV60 | Royston Runners | 32:27 |
|  7. 84 | Marcus EDWARDS | MV60 | Watford Joggers | 32:32 |
|  8. 41 | Jon SALMON | MV60 | Tring Running Club | 32:35 |
|  9. 87 | Richard DOUGHTY | MV60 | Watford Joggers | 33:24 |
|  10. 148 | Richard DERRICK | MV60 | St Albans Striders | 33:33 |
|  11. 143 | Michael JACK | MV60 | St Albans Striders | 33:55 |
|  12. 149 | Adrian JONES | MV60 | St Albans Striders | 34:31 |
|  13. 90 | Greg HILL | MV60 | Watford Joggers | 34:40 |
|  14. 205 | Clive SMITH | MV60 | Ware Joggers | 35:49 |
|  15. 166 | Philip PUGH | MV60 | Dacorum AC | 36:00 |
|  16. 127 | Nick KLEANTHOUS | MV60 | Fairlands Valley Spartans | 36:15 |
|  17. 8 | Richard FOSKETT | MV60 | Herts Phoenix AC | 36:15 |
|  18. 83 | Keith TAYLOR | MV60 | Watford Joggers | 38:24 |
|  19. 85 | Ian BONNICK | MV60 | Watford Joggers | 41:10 |
|  20. 27**MV70+** | Simon COOPER | MV60 | Barnet & District AC (Herts) | 48:25 |
| 1. 173 | Desmond MICHAEL | MV70+ | Barnet & District AC (Herts) | 32:14 |
| 2. 10 | Stuart MANN | MV70+ | Herts Phoenix AC | 34:05 |
| 3. 168 | Kenneth PERRY | MV70+ | Dacorum AC | 38:51 |
| 4. 128 | Roger HARDMAN | MV70+ | Fairlands Valley Spartans | 40:01 |
| 5. 89 | Mark NICHOLS | MV70+ | Watford Joggers | 44:54 |
| 6. 88 | John GRAY  | MV70+ | Watford Joggers | 46:21 |
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| **FV35** |  |  |  |  |
|  1. 117 | Hannah TURNER | FV35 | Harpenden Arrows RC | 26:44 |
|  2. 116 | Isabel GREEN | FV35 | Harpenden Arrows RC | 30:59 |
|  3. 73 | Lisa KEOGAN | FV35 | Watford Joggers | 32:02 |
|  4. 118 | Emma HOBBS | FV35 | Harpenden Arrows RC | 32:47 |
|  5. 72 | Hannah MCQUARRIE | FV35 | Watford Joggers | 37:58 |

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| **FV45** |  |  |  |  |  |
| 1. | 105 | Martha HALL | FV45 | Garden City Runners | 28:08 |
| 2. | 12 | Vicky SIMPSON | FV45 | Bishops Stortford RC | 29:53 |
| 3. | 146 | Louise BENTHAM | FV45 | St Albans Striders | 30:40 |
| 4. | 120 | Anita WHITE | FV45 | Harpenden Arrows RC | 32:30 |
| 5. | 170 | Samantha SULLIVAN | FV45 | Dacorum AC | 33:46 |
| 6. | 121 | Janie MORRIS | FV45 | Harpenden Arrows RC | 33:47 |
| 7. | 70 | Angela KEOGH | FV45 | Watford Joggers | 37:30 |
| 8. | 172 | Karen WASS | FV45 | Dacorum AC | 38:17 |
| 9.**FV55** | 179 | Clare BOUTLE | FV45 | Barnet & District AC (Herts) | 39:02 |
| 1. | 177 | Joanne KENT | FV55 | Barnet & District AC (Herts) | 28:37 |
| 2. | 55 | Veronica SHADBOLT | FV55 | Garden City Runners | 33:52 |
| 3. | 140 | Mandy ATTREE | FV55 | St Albans Striders | 34:16 |
| 4. | 75 | Clare BONNICK | FV55 | Watford Joggers | 34:33 |
| 5. | 80 | Jane MOLLOY | FV55 | Watford Joggers | 36:19 |
| 6. | 56 | Yvonne JONES | FV55 | Garden City Runners | 37:21 |
| 7. | 137 | Diane HUNT | FV55 | St Albans Striders | 38:03 |
| 8. | 126 | Linda NOLAN | FV55 | Fairlands Valley Spartans | 39:26 |
| 9. | 78 | Mel MOODY | FV55 | Watford Joggers | 39:31 |
| 10. | 171 | Penny WALLDUCK | FV55 | Dacorum AC | 39:33 |
| 11. | 178 | Harriet O'BRIEN | FV55 | Barnet & District AC (Herts) | 42:55 |
| 12. | 74 | Angela EDWARDS | FV55 | Watford Joggers | 43:00 |
| 13. | 79 | Jacqueline ARMSTRONG | FV55 | Watford Joggers | 43:26 |
|  14. 125**FV65+** | Sharon CROWLEY | FV55 | Fairlands Valley Spartans | 43:57 |
|  1. 39 | Lynda HEMBURY | FV65+ | Tring Running Club | 30:28 |
|  2. 82 | Linda MCQUAID | FV65+ | Watford Joggers | 44:27 |

**Team Results Herts MV40**

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| **Rank Bib Name** | **Cat** | **Time** | **Club** |
| 1. | Ware Joggers 1 36 |  |  |  |
| 5 |  202 Kevin FRANCIS | MV40 | 36:10 | Ware Joggers |
| 6 |  2 Kevin SAMBRIDGE | MV40 | 36:25 | Ware Joggers |
| 12 |  203 Neil BULL | MV40 | 40:20 | Ware Joggers |
| 13 |  4 Jamie HIGGS | MV40 | 40:28 | Ware Joggers |
| 2. | Garden City Runners 1 50 |  |  |  |
| 8 | 46 | Herbie HOPKINS | MV40 | 37:34 | Garden City Runners |
| 11 | 45 | Chris JONES | MV40 | 39:10 | Garden City Runners |
| 14 | 44 | Andrzje GASIOROWSKI | MV40 | 40:41 | Garden City Runners |
| 17 | 43 | Paul GUY | MV40 | 43:21 | Garden City Runners |

**Team Results Herts MV50**

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| **Rank Bib Name** | **Cat** | **Time** | **Club** |
| 1. | Garden City Runners 1 30 |  |  |  |
| 3 |  49 Bruce JUDGE | MV50 | 38:54 | Garden City Runners |
| 4 |  50 Peter HARVEY | MV50 | 39:03 | Garden City Runners |
| 7 |  106 Richard SOMERSET | MV50 | 42:01 | Garden City Runners |
| 16 |  48 Lee MANSFIELD | MV50 | 48:20 | Garden City Runners |
| 2. | St Albans Striders 1 46 |  |  |  |
| 6 |  153 Nigel ASTON | MV50 | 40:53 | St Albans Striders |
| 8 |  151 Gavin CLIFTON | MV50 | 42:34 | St Albans Striders |
| 9 |  138 Jonathan BIRD | MV50 | 42:42 | St Albans Striders |
| 23 |  139 Mark TRAVERS | MV50 | 57:54 | St Albans Striders |
| 3. | Harpenden Arrows RC 1 47 |  |  |  |
| 5 | 113 | Simon SPIERS | MV50 | 39:30 | Harpenden Arrows RC |
| 10 | 114 | David RUSSELL | MV50 | 42:57 | Harpenden Arrows RC |
| 12 | 111 | Steve GREEN | MV50 | 44:42 | Harpenden Arrows RC |
| 20 | 115 | Mike ASHTON | MV50 | 50:31 | Harpenden Arrows RC |

**Team Results Herts MV60+**

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| **Rank Bib Name** | **Cat** | **Time** | **Club** |
| 1. | Watford Joggers 1 23 |  |  |  |
| 5 |  86 Colin TAYLOR | MV60 | 31:18 | Watford Joggers |
| 8 |  84 Marcus EDWARDS | MV60 | 32:32 | Watford Joggers |
| 10 |  87 Richard DOUGHTY | MV60 | 33:24 | Watford Joggers |

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| 2. | St Albans Striders 1 25 |  |  |  |
| 2 |  150 Colin BRAYBROOK | MV60 | 29:39 | St Albans Striders |
| 11 |  148 Richard DERRICK | MV60 | 33:33 | St Albans Striders |
| 12 |  143 Michael JACK | MV60 | 33:55 | St Albans Striders |
| 3. | Watford Joggers 2 58 |  |  |  |
| 15 |  90 Greg HILL | MV60 | 34:40 | Watford Joggers |
| 20 |  83 Keith TAYLOR | MV60 | 38:24 | Watford Joggers |
| 23 |  85 Ian BONNICK | MV60 | 41:10 | Watford Joggers |

**Team Results Herts FV35**

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| **Rank Bib Name** | **Cat** | **Time** | **Club** |
| 1. Harpenden Arrows RC 1 7 |  |  |  |
| 1 117 Hannah TURNER | FV35 | 26:44 | Harpenden Arrows RC |
| 2 116 Isabel GREEN | FV35 | 30:59 | Harpenden Arrows RC |
| 4 118 Emma HOBBS | FV35 | 32:47 | Harpenden Arrows RC |

**Team Results Herts FV45+**

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| **Rank Bib Name** | **Cat** | **Time** | **Club** |
| 1. | Garden City Runners 1 23 |  |  |  |
| 1 |  105 Martha HALL | FV45 | 28:08 | Garden City Runners |
| 9 |  55 Veronica SHADBOLT | FV55 | 33:52 | Garden City Runners |
| 13 |  56 Yvonne JONES | FV55 | 37:21 | Garden City Runners |
| 2. | St Albans Striders 1 30 |  |  |  |
| 5 |  146 Louise BENTHAM | FV45 | 30:40 | St Albans Striders |
| 10 |  140 Mandy ATTREE | FV55 | 34:16 | St Albans Striders |
| 15 |  137 Diane HUNT | FV55 | 38:03 | St Albans Striders |
| 3. | Watford Joggers 1 37 |  |  |  |
| 11 |  75 Clare BONNICK | FV55 | 34:33 | Watford Joggers |
| 12 |  80 Jane MOLLOY | FV55 | 36:19 | Watford Joggers |
| 14 |  70 Angela KEOGH | FV45 | 37:30 | Watford Joggers |