**Hertfordshire 5 mile Senior Road Race Championships**

***incorporated in the Pednor 5 on Monday 5 May 2025***

**Men**

**Position Competitor Club Category Time**

1 MOLLOY, Eoin Tring RC SM 26:14

2 YORWERTH, Adam St Albans Striders SM 26:43

3 ASHBY, Matt Gade Valley Harriers SM 27:09

4 SNOWDEN, Josh SM 27:36

5 BOWRAN, Will St Albans Striders SM 27:39

6 TURNER, Euan St Albans Striders SM 28:16

7 NICHOLSON, Matthew St Albans Striders SM 28:43

8 DENNELL, Chris St Albans Striders SM 29:10

9 BURNE, Marc Dacorum AC M40 29:45

10 MACK, Thomas Dacorum AC SM 30:26

11 BULL, Neil Ware Joggers M40 30:59

12 TOWNSEND, Simon Dacorum AC M60 31:03

13 HEAD, Mark Tring RC M40 31:21

14 GUY, Chris Watford Joggers SM 31:50

15 COLLETT, Graham M50 32:15

16 HIGGS, Jamie Ware Joggers M40 33:02

17 HERRON, Adam St Albans Striders M50 33:50

18 O'GRADY, John M50 33:51

19 KAVANAGH, Andrew SM 34:06

20 DURBIN, Paul St Albans Striders M60 35:20

21 HOPPER, John Dacorum AC M50 35:52

22 STEVENS, Mark St Albans Striders M40 35:58

23 BOGACKI, Pawel Watford Joggers SM 36:07

24 ALEXANDER, Martin Gade Valley Harriers M60 36:50

25 EDWARDS, Marcus Watford Joggers M60 36:58

26 WILLIAMS, Colin Watford Joggers M60 37:01

27 HILL, Greg Watford Joggers M70 39:38

28 STEVENS, John Dacorum AC M60 40:53

29 PERRY, Wayne Watford Joggers M40 41:13

30 WHITE, Richard Tring RC M70 42:22

31 DOMAH, Sam Watford Joggers M40 42:24

32 BLOOM, Richard Herts Phoenix M80 43:12

33 TANK, Nitin Watford Joggers M60 43:26

34 DESAI, Chirag Watford Joggers M40 43:29

35 HILL, Stan M60 44:10

36 KENISON, Robert Watford Joggers M70 45:51

37 STORRIE, Martin Gade Valley Harriers M60 47:39

38 SALT, Rob Dacorum AC M60 47:47

39 TAYLOR, Keith Watford Joggers M60 48:47

**Women**

**Position Competitor Club Category Time**

1 WHITFIELD, Beverley Chiltern Harriers AC F45 30:44

2 BURKHARDT, Hannah St Albans Striders SF 30:48

3 TOURNANT, Fliss Watford Joggers SF 31:38

4 TURNER, Hannah Dacorum AC F45 31:54

5 HEMBURY, Lynda Tring RC F65 36:15

6 HOLLINGSWORTH, Freya Hillingdon AC SF 37:07

7 ILES, Naomi Gade Valley Harriers F35 38:31

8 PEARCY, Sophie Watford Joggers F45 38:41

9 WARNE, Lindsey Watford Joggers F45 39:14

10 DOBBS, Zoe Hillingdon AC F55 39:16

11 PERRY, Jo Watford Joggers F45 39:21

12 CRISTEA, Simona Watford Joggers F35 40:54

13 CAREY, Naomi Gade Valley Harriers F45 40:58

14 BONNICK, Clare Watford Joggers F55 41:33

15 HOPPER, Louisa Dacorum AC F45 41:46

16 COOK, Maria Tring RC F55 42:03

17 SHARMAN, Sarah Watford Joggers F55 42:57

18 KEMP, Annie Watford Joggers F45 43:15

19 STAUNTON, Marie Watford Joggers F45 43:35

20 TERRY, Helen Gade Valley Harriers F35 43:53

21 COLEMAN, Ann St Albans Striders F45 44:04

22 ZAGERMAN VAUGHAN, Watford Joggers F35 44:38

 Morgan

23 HUDNOTT, Gill St Albans Striders F55 44:40

24 FREWIN, Sue Tring RC F55 44:45

25 BLACKWELL, Kate Watford Joggers F45 44:52

26 HUNT, Diane St Albans Striders F55 45:46

27 DONOHOE, Clare F45 47:51

28 COURT, Cathy F55 47:56

29 MOODY, Mel Watford Joggers F55 48:27

30 COLTMAN, Sarah Watford Joggers F45 48:58

31 MUMFORD, Sarah St Albans Striders F55 49:09

32 PARKER, Denise Watford Joggers F55 49:16

33 GRIFFIN, Philippa Watford Joggers F45 49:34

34 HEROLD, Cheryl F45 49:37

35 MCQUAID, Linda F65 56:48

36 RICCI, Cinzia Watford Joggers F45 59:36

**Teams - Men**

|  |  |
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| **1** | **St Albans Striders ‘A’** |
| 2 | 26:43 | YORWETH, Adam | SM |
| 5 | 27:39 | BOWRAN, Will | SM |
| 6 | 28:16 | TURNER, Euan | SM |
| 7 | 28:43 | NICHOLSON, Matthew | SM |
| **20** | **1:51:21** | **Totals** |
|  |
| **2** | **Dacorum AC** |
| 9 | 29:45 | BURNE, Marc | M40 |
| 10 | 30:26 | MACK, Thomas | SM |
| 12 | 31:03 | TOIWNSEND, Simon | M60 |
| 21 | 35:32 | HOPPER, John | M50 |
| **52** | **2:07:06** | **Totals** |
|  |  |  |
| **3** | **St Albans Striders ‘B’** |
| 8 | 29:10 | DENNELL, Chris | SM |
| 17 | 33:50 | HERRON, Adam | M50 |
| 20 | 35:20 | DURBIB, Paul | M60 |
| 22 | 35:38 | STEVENS, Mark | M40 |
| **67** | **2:14:18** | **Totals** |
|  |
| **4** | **Watford Joggers ‘A’** |
| **14** | 31:50 | GUY, Chris | SM |
| **23** | 36:07 | BOGACKI, Pavel | SM |
| **25** | 36:58 | EDWARDS, Marcus | M60 |
| **26** | 36:58 | WILLIAMS, Colin | M60 |
| **88** | **2:21:56** | **Totals** |
|  |
| **5** | **Watford Joggers ‘B’** |
| **27** | 39:38 | HILL, Greg | M70 |
| **29** | 41:13 | PERRY, Wayne | M40 |
| **31** | 42:24 | DOMAH, Sam | M40 |
| **33** | 43:26 | TANK, Nitin | M60 |
| **120** | **2:46:41** | **Totals** |

**Teams - Women**

|  |  |
| --- | --- |
| **1** | **Watford Joggers ‘A’** |
| 3 | 31:38 | TOURNANT, Fliss | SF |
| 8 | 38:41 | PEARCY, Sophie | F45 |
| 14 | 39:14 | WARNE, Lindsey | F45 |
| **20** | **1:49:33** | **Totals** |
|  |
| **2** | **Watford Joggers ‘B’** |
| 11 | 39:21 | PERRY, jo | F45 |
| 12 | 40:54 | CRISTEA, Simona | F35 |
| 14 | 41:33 | BONNICK, Clare | F55 |
| **37** | **2:01:48** | **Totals** |
|  |
| **3** | **Gade Valley Harriers** |
| 7 | 38:31 | ILES, Naomi | F35 |
| 13 | 40:58 | CAREY, Naomi | F45 |
| 20 | 43:53 | TERRY, Helen | F35 |
| **40** | **2:03:22** | **Totals** |
|  |
| **4** | **Tring RC** |
| 5 | 36:15 | HEMBURY, Lynda | F65 |
| 16 | 42:03 | COOK, Maria | F55 |
| 24 | 44:45 | FREWIN, Sue | F55 |
| **45** | **2:03:03** | **Totals** |
|  |
| **5** | **St Albans Striders** |
| 2 | 30:48 | BURKHARDT, Hannah | SF |
| 21 | 44:04 | COLEMAN, Ann | F45 |
| 23 | 44:40 | HUDNOTT, Gill | F55 |
| **46** | **1:59:32** | **Totals** |
|  |
| **6** | **Watford Joggers ‘C’** |
| 17 | 42:57 | SHARMAN, Sarah | F55 |
| 18 | 43:15 | KEMP, Annie | F45 |
| 19 | 43:35 | STAUTON, Marie | F45 |
| **54** | **2:09:47** | **Totals** |