

10k run results available on website - www.Time2RunEvents.co.uk –
 LINK - <https://my3.raceresult.com/135668/results?lang=en>



Place	Bib	Name	Gender	Club	ChipTime	GunTime
1.	84	Aran Davidson	M	Chiltern Harriers AC	0:34:06	0:34:09
2.	262	Phil Oddy	M	Dacorum & Tring AC	0:34:43	0:34:47
3.	146	Richard Coles	M	Gade Valley Harriers	0:35:23	0:35:26
4.	278	Thomas Grimes	M	East London Runners	0:35:56	0:36:00
5.	223	Mike Carpenter	M	Dacorum & Tring AC	0:36:55	0:36:58
6.	91	Andrew Symonds	M		0:37:04	0:37:08
7.	74	Kate reddie	F	Dacorum & Tring AC	0:37:28	0:37:32
8.	219	David Olima	M	Dacorum & Tring AC	0:37:44	0:37:47
9.	179	Sam Adcock	M		0:37:55	0:37:58
10.	120	Tim Jones	M	Royston Runners	0:39:06	0:39:09
11.	78	Chris Packard	M		0:39:05	0:39:10
12.	231	michael linden	M	Gade Valley Harriers	0:39:14	0:39:21
13.	203	Kyle Goulding	M		0:39:38	0:39:41
14.	196	Thomas Mack	M	Dacorum & Tring AC	0:39:53	0:39:57
15.	164	Nick White	M	Watford Harriers	0:40:07	0:40:11
16.	87	Ben Kenny	M	Dacorum & Tring AC	0:40:08	0:40:12
17.	158	Simon Townsend	M		0:40:21	0:40:26
18.	217	Alexander Edmund	M		0:40:28	0:40:40
19.	185	Thomas Durrant	M	Dacorum & Tring AC	0:40:44	0:40:47
20.	141	David Goodman	M	Gade Valley Harriers	0:41:06	0:41:10
21.	153	Howard Clark	M	Dacorum & Tring AC	0:41:11	0:41:16
22.	253	Charlie Fern	M		0:41:35	0:41:40

Place	Bib Name	Gender	Club	ChipTime	GunTime
23.	133 James Birnie	M	Gade Valley Harriers	0:41:45	0:41:51
24.	229 Sean Power	M		0:41:52	0:41:59
25.	225 Vadims Sumenkovs	M	Dacorum & Tring AC	0:41:49	0:41:59
26.	160 Nathan Paskell	M		0:41:57	0:42:05
27.	239 Liam Ahern	M	Dacorum & Tring AC	0:42:06	0:42:12
28.	154 Ross Willerton	M		0:42:14	0:42:20
29.	243 Chris Nicholls	M	Tring RC	0:42:23	0:42:32
30.	284 Philip Mercer	M	Gade Valley Harriers	0:42:29	0:42:36
31.	205 Daniel Hatton	M	Vegetarian Cycling & AC	0:42:35	0:42:44
32.	166 Steven Russell	M	Dacorum & Tring AC	0:42:43	0:42:48
33.	111 Philip Heaton	M	Gade Valley Harriers	0:43:06	0:43:14
34.	76 Mike Worsfold	M	Chiltern Harriers AC	0:43:12	0:43:20
35.	155 Marcus Edwards	M		0:43:29	0:43:34
36.	72 Chris Helm	M	Watford Joggers	0:43:41	0:43:48
37.	147 Grant Whitaker	M	Chiltern Harriers AC	0:43:38	0:43:50
38.	117 Trevor Normoyle	M	Gade Valley Harriers	0:43:36	0:43:55
39.	274 DAVID HALDEN	M		0:43:52	0:43:59
40.	119 Georgina Mann	F		0:43:55	0:44:01
41.	35 Catherine Turner	F	Tring Running Club	0:43:56	0:44:01
42.	236 Richard Roberts	M		0:44:30	0:44:37
43.	47 Drew Thomas	M		0:44:22	0:44:44
44.	150 David Maloney	M		0:44:52	0:44:57
45.	102 Ed Wright	M	Chiltern Harriers AC	0:44:59	0:45:06
46.	83 Toby Ralphs	M	Maidenhead Athletic Club (Berkshire).	0:45:15	0:45:24
47.	128 Jonathan Priestley	M		0:45:27	0:45:34
48.	195 Laura Bogdanova	F		0:45:33	0:45:41
49.	101 Jordan Taylor	M		0:45:40	0:45:49
50.	75 Andrew Goldsborough	M		0:45:50	0:45:58
51.	144 navpreet singh	M	Watford joggers	0:45:54	0:46:04
52.	92 robert davies	M	Dacorum & Tring AC	0:45:58	0:46:05
53.	207 celia findlay	F	Dacorum & Tring AC	0:46:08	0:46:19
54.	251 Richard Jones	M		0:46:10	0:46:25
55.	18 David Pym	M	Leighton Fun Runners	0:46:27	0:46:31
56.	230 Andrew Watt	M	Gade Valley Harriers	0:46:26	0:46:33
57.	127 Kevin Haynes	M		0:46:15	0:46:35
58.	107 Neil Martin	M		0:46:21	0:46:36
59.	116 Philip Pugh	M	Dacorum & Tring AC	0:46:29	0:46:36
60.	161 Samantha Sullivan	F	Dacorum & Tring AC	0:46:32	0:46:38

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61.	33	Sheila Turner	F	Tring Running Club	0:46:35	0:46:42
62.	279	Stephen Broom	M	Dacorum & Tring AC	0:46:41	0:46:47
63.	286	Alek Rawlings	M		0:46:41	0:46:49
64.	73	Tony Reeve	M	Dacorum & Tring AC	0:46:41	0:46:50
65.	14	Gareth Ralphs	M	Maidenhead Athletic Club (Berkshire).	0:46:46	0:46:54
66.	162	Richard Blaxill	M	Dacorum & Tring AC	0:46:55	0:47:04
67.	242	Adam taylor	M		0:47:02	0:47:08
68.	62	Wayne Walker	M		0:47:07	0:47:11
69.	143	Rupert Lines	M		0:47:03	0:47:14
70.	42	Harry Gillan	M	Dacorum & Tring AC	0:47:08	0:47:15
71.	187	Tracey Cotton	F	Gade Valley Harriers	0:47:01	0:47:17
72.	209	Louise Flower	F	Dacorum & Tring AC	0:47:21	0:47:26
73.	232	Wesley Ball	M		0:47:23	0:47:34
74.	252	Alex Drizen	M	Watford Joggers	0:47:30	0:47:45
75.	180	Simon Whiting	M	Dacorum & Tring AC	0:47:44	0:47:54
76.	183	Adrian Marshall	M	Dacorum & Tring AC	0:47:53	0:48:02
77.	24	Simon Morris	M		0:47:45	0:48:10
78.	63	Andrew Dyer	M		0:48:19	0:48:32
79.	50	Edward Bland	M		0:48:21	0:48:34
80.	186	Wendy durrant	F	Dacorum & Tring AC	0:48:29	0:48:40
81.	123	david Angel	M		0:48:39	0:48:48
82.	168	Sophie Routledge	F	Dacorum & Tring AC	0:49:00	0:49:05
83.	260	chris Kitchener	M	Dacorum & Tring AC	0:49:02	0:49:07
84.	240	Rasmi K Nanda	M	Dacorum & Tring AC	0:49:08	0:49:17
85.	213	Tim Harrison	M		0:49:08	0:49:18
86.	17	Richie Kiely	M		0:49:18	0:49:38
87.	126	Ian Birkett	M		0:49:47	0:49:56
88.	269	Mike Sullivan	M		0:49:46	0:49:57
89.	276	Catherine Harrison	F		0:49:45	0:49:59
90.	82	Kevin Newman	M		0:49:51	0:50:00
91.	228	Evan Webster	M		0:50:07	0:50:19
92.	48	James Ouston	M		0:50:18	0:50:26
93.	16	Johanna Bocker	F		0:50:19	0:50:29
94.	8	Charlie Little	M		0:50:16	0:50:32
95.	167	Danielle Hall	F	Dacorum & Tring AC	0:50:23	0:50:32
96.	222	Mark Loring	M		0:50:58	0:51:18
97.	96	Rupet Cavenagh- Mainwaring	M		0:51:25	0:51:38
98.	20	Jamie Prince	M		0:51:35	0:51:40

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99.	122 Rob Salt	M		0:51:25	0:51:41
100.	212 Natasha Harrison	F		0:51:33	0:51:43
101.	282 Richard Casey	M		0:51:26	0:51:44
102.	157 Martin Filby	M		0:51:39	0:51:51
103.	271 MARIE WALLIS	F		0:51:40	0:51:52
104.	250 Kerry Hoar	F	Dacorum & Tring AC	0:51:44	0:51:55
105.	259 Jackie Youell	F		0:51:58	0:52:09
106.	108 Bethan Heaton	F	Gade Valley Harriers	0:51:59	0:52:09
107.	247 Paul Nicol	M		0:51:59	0:52:10
108.	173 Ruth Holroyd	F	Chiltern Athletics	0:52:04	0:52:13
109.	182 Kevin Mostyn	M	Dacorum & Tring AC	0:52:04	0:52:18
110.	200 Jon Ritsema	M		0:52:16	0:52:33
111.	104 Katherine Day	F	Chiltern Harriers AC	0:52:26	0:52:38
112.	88 Isabel Wilson	F	Gade Valley Harriers	0:52:29	0:52:38
113.	113 Alex Rintoul	M		0:52:35	0:52:46
114.	254 Euan White	M		0:52:33	0:52:53
115.	255 William Booth	M		0:52:41	0:52:57
116.	237 David Saul	M	Chiltern Harriers AC	0:52:42	0:52:57
117.	275 Nick Walton	M		0:52:46	0:52:59
118.	13 Suzy Ralphs	F	Maidenhead Athletic Club (Berkshire).	0:52:51	0:53:02
119.	170 Alison Richardson	F	Dacorum & Tring AC	0:52:55	0:53:02
120.	132 Nigel Wiggins	M	Dacorum & Tring AC	0:52:53	0:53:04
121.	226 Gwen Mostyn	F	Dacorum & Tring AC	0:52:54	0:53:06
122.	165 Trevor Brawn	M	Chiltern Harriers AC	0:53:05	0:53:13
123.	5 David Martell	M		0:52:58	0:53:19
124.	142 Nick Talbot	M		0:53:12	0:53:24
125.	235 Daniel South	M		0:53:16	0:53:32
126.	194 Matthew High	M		0:53:30	0:53:37
127.	22 Helen Cook	F	Gade Valley Harriers	0:53:27	0:53:40
128.	136 George Angel	M		0:53:41	0:53:54
129.	124 Victoria Angel	F		0:53:49	0:54:02
130.	100 Laura Gardner	F		0:53:55	0:54:06
131.	130 Peter Wickham	M		0:53:59	0:54:24
132.	177 Abigail Doublard	F		0:54:29	0:54:43
133.	277 Jaqui Sampson	F	Gade Valley Harriers	0:54:32	0:54:45
134.	64 Ian West	M		0:54:40	0:55:00
135.	148 Angeline Cottrill	F	Gade Valley Harriers	0:54:51	0:55:05
136.	210 Nigel Prince	M		0:54:47	0:55:07
137.	131 Andy White	M		0:54:49	0:55:10

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138.	98	Leah Upton	F		0:54:57	0:55:14
139.	46	Kate Thomas	F		0:55:03	0:55:18
140.	7	Colin Little	M		0:55:05	0:55:21
141.	178	Eddie Moore	M		0:55:19	0:55:34
142.	23	David O'Dell	M		0:55:20	0:55:34
143.	140	Juliet Leighton-Davies	F		0:55:21	0:55:34
144.	2	Angus Taylor	M		0:55:15	0:55:40
145.	6	Jessica Little	F		0:55:26	0:55:42
146.	4	Clare Martell	F		0:55:25	0:55:46
147.	138	Nick Corrigan	M		0:55:39	0:56:01
148.	67	Kirstie Hardiman	F	Gade Valley Harriers	0:55:59	0:56:13
149.	109	Katherine Dewey	F		0:56:03	0:56:15
150.	21	Claire Prince	F		0:56:19	0:56:33
151.	272	DAVID HARRIS	M		0:56:35	0:56:50
152.	149	Elise Edwards	F		0:56:30	0:56:52
153.	227	Jeong Hyun Won	M		0:56:27	0:56:52
154.	216	MATT FERNANDEZ	M		0:56:49	0:57:07
155.	169	Clare Hunt	F	Dacorum & Tring AC	0:56:54	0:57:07
156.	202	Victoria Burman	F		0:56:51	0:57:08
157.	52	Tony Coupland	M		0:56:46	0:57:14
158.	145	Sarah Dalton	F		0:57:06	0:57:22
159.	53	Amelia Styles	F		0:57:03	0:57:32
160.	163	Hannah Sierra	F		0:57:13	0:57:34
161.	99	Mark Upton	M		0:57:27	0:57:44
162.	221	Martijn Zwijnenburg	M		0:57:34	0:57:48
163.	256	Greg Edmund	M		0:57:30	0:57:50
164.	139	Denise Burford	F	Dacorum & Tring AC	0:57:55	0:58:07
165.	32	Ted Turner	M	Tring Running Club	0:58:04	0:58:16
166.	238	John Slack	M	Dacorum & Tring AC	0:58:23	0:58:34
167.	281	Nicholas Bond	M		0:58:39	0:58:46
168.	201	Lucy High	F		0:58:45	0:59:06
169.	11	Annie Simms	F		0:58:55	0:59:08
170.	40	Holly Beckett	F	Gade Valley Harriers	0:58:59	0:59:22
171.	134	Mary McCluskey	F	Gade Valley Harriers	0:58:59	0:59:22
172.	266	Judith Fenelon	F		0:59:06	0:59:28
173.	199	Susie Ivin	F	Gade Valley Harriers	0:59:06	0:59:29
174.	283	Sophie Morris	F		0:59:27	0:59:42
175.	56	Hazel Rees	F		0:59:21	0:59:50

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176.	175	penny mcpherson	F		0:59:39	0:59:57
177.	51	Juliane Coupland	F		0:59:32	1:00:00
178.	114	Carl Moorhouse	M		0:59:53	1:00:08
179.	45	Victoria Williams	F		1:00:05	1:00:20
180.	224	Gemma Carpenter	F	Dacorum & Tring AC	1:00:24	1:00:36
181.	103	Sarah Coltman	F	Watford Joggers	1:00:27	1:00:43
182.	19	Alicia Pym	F	Redway Runners	1:00:41	1:00:53
183.	118	Andrew Foyle	M		1:00:40	1:00:58
184.	137	Chris Blackwell	M		1:00:59	1:01:05
185.	241	Kelly Su	F		1:00:57	1:01:11
186.	36	Amy Walker	F		1:00:52	1:01:11
187.	273	LILY McNamara	F	Virginia McNamara	1:01:01	1:01:18
188.	208	Jayant Mukherjee	M		1:01:00	1:01:18
189.	204	Malcolm Sergeant	M	Dacorum & Tring AC	1:01:08	1:01:24
190.	211	Ruth Georgiades	F		1:01:33	1:01:53
191.	184	Paige Nicklin	F	Dacorum & Tring AC	1:01:39	1:01:54
192.	57	Helen Mooney	F		1:02:13	1:02:42
193.	244	philip walker	M	Gade Valley Harriers	1:03:09	1:03:29
194.	38	Helen Heathcote	F	Gade Valley Harriers	1:03:24	1:03:47
195.	197	Mark Dunford	M		1:03:37	1:03:58
196.	261	Vicky Fern	F		1:03:50	1:04:09
197.	214	Andrew Lord	M	Watford Joggers	1:04:18	1:04:35
198.	181	Bob Wallace	M		1:04:29	1:04:51
199.	41	Anne G	F		1:04:38	1:04:59
200.	192	Sarah Putman	F		1:04:51	1:05:14
201.	61	Lynda Murray	F	Redway Runners	1:05:41	1:06:06
202.	105	Anna Rayne	F		1:06:35	1:06:55
203.	190	Lori Kelly	F		1:07:17	1:07:40
204.	191	Rebecca Benjamin	F		1:07:17	1:07:41
205.	215	Rob Robertson	M		1:07:32	1:08:00
206.	1	Dave Stent	M		1:07:31	1:08:00
207.	156	Will Oare	M		1:08:05	1:08:16
208.	55	Wiebke Carr	F		1:08:02	1:08:19
209.	151	Gill Drought	F		1:07:58	1:08:21
210.	152	Anna Turner	F		1:07:59	1:08:22
211.	258	Jasmin Youell	F		1:08:20	1:08:37
212.	12	Madeleine Taylor	F		1:08:17	1:08:43
213.	270	Barry Mudd	M		1:08:33	1:09:03
214.	27	Lynne Kitwood	F		1:08:49	1:09:11
215.	112	Caroline Eames	F		1:08:55	1:09:13

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216.	263	Sophie Nicholls	F		1:09:17	1:09:38
217.	125	Mark Banks	M		1:09:24	1:09:43
218.	9	Louise Teden	F		1:09:28	1:09:45
219.	245	megan walker	F		1:09:53	1:10:10
220.	159	Desrae Le Roux	F		1:09:52	1:10:11
221.	280	Charlotte Beere	F		1:09:54	1:10:18
222.	25	Steve Martell	M		1:10:05	1:10:32
223.	66	Helen Newman	F		1:10:37	1:10:55
224.	265	Stephanie Gold	F		1:11:03	1:11:30
225.	71	Natasha Faccini	F		1:11:14	1:11:33
226.	70	Emma Richbell	F	Sudbury Joggers	1:11:25	1:11:49
227.	69	Julie Rout	F	Sudbury Joggers	1:11:25	1:11:49
228.	246	sarah walker	F		1:12:00	1:12:19
229.	94	Jen Ivory	F		1:12:32	1:12:55
230.	95	Emma White	F		1:12:32	1:12:55
231.	176	Angela Stringer	F		1:12:47	1:13:05
232.	172	Peter Bugg	M		1:13:20	1:13:47
233.	129	Jemma Crane	F		1:14:34	1:14:52
234.	285	Mlls. Odette	F		1:16:25	1:16:48
235.	121	NIGEL PARKE	M	On The Run, Aylesbury	1:16:26	1:16:49
236.	193	Virginia McNamara	F	Virginia McNamara	1:17:06	1:17:25
237.	37	Emily Simms	F		1:17:37	1:17:51
238.	85	Claire martin	F		1:18:05	1:18:30
239.	106	Kelly Ball	F		1:18:05	1:18:30
240.	171	Rita Bugg	F		1:20:13	1:20:40
241.	39	Rebecca Shotbolt	F	Dunstable Road Runners.	1:21:52	1:22:18
242.	233	Katie Biggs	F		1:27:33	1:28:01
243.	234	Rachel Witherall	F		1:27:33	1:28:01

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