

10k run results available on website - www.Time2RunEvents.co.uk
https://my2.raceresult.com/106453/results?lang=en#0_3EF1B7



Pos	Bib	Name	Club	ChipTime	GunTime
1	66	Aran Davidson	Chiltern Harriers AC	00:34:27	00:34:28
2	99	Phillip Oddy	Dacorum & Tring AC	00:34:41	00:34:43
3	135	Ian Halpin	Amphill & Flitwick Flyers RC	00:35:29	00:35:32
4	179	Ross Langley	Tring RC	00:36:18	00:36:20
5	208	Thomas Grimes	East London Runners	00:36:30	00:36:32
6	224	Anthony James	Gade Valley Harriers	00:36:34	00:36:36
7	151	Chris Marriott	UK Athletics Members	00:36:49	00:36:51
8	68	Mike Carpenter	Dacorum & Tring AC	00:37:17	00:37:19
9	50	Matthew Ashby	Gade Valley Harriers	00:38:00	00:38:02
10	69	Jamie Saunders	Dacorum & Tring AC	00:38:02	00:38:04
11	35	Kate Rennie	Dacorum & Tring AC	00:38:24	00:38:25
12	150	Steven Cockrell	UK Athletics Members	00:39:02	00:39:04
13	166	Ben Stratford	Dacorum & Tring AC	00:39:15	00:39:17
14	60	Anthony Willcox	Gade Valley Harriers	00:39:22	00:39:25
15	111	Jonathan Taylor	Chiltern Harriers AC	00:39:49	00:39:50
16	238	Anthony Beamish	Gade Valley Harriers	00:40:08	00:40:11
17	214	Julian Smith	Gade Valley Harriers	00:40:14	00:40:17
18	159	Thomas Mack	Dacorum & Tring AC	00:40:22	00:40:25
19	103	Louis Sanford	Dacorum & Tring AC	00:40:31	00:40:33
20	116	Sean Bowen		00:40:34	00:40:37
21	42	Guy Woollett	Gade Valley Harriers	00:40:39	00:40:42
22	71	James Birnie	Gade Valley Harriers	00:41:39	00:41:42
23	225	Kevin Lawley		00:41:42	00:41:45
24	142	Matthew Robins	Chiltern Harriers AC	00:41:53	00:41:56
25	167	Matthew Copeman	Standard Entry	00:41:58	00:42:06
26	239	Simon Green		00:42:12	00:42:20
27	46	Ross Deacon	Gade Valley Harriers	00:42:18	00:42:21
28	72	Gareth Clark	Dacorum & Tring AC	00:42:39	00:42:44
29	140	Richard Jones		00:42:44	00:42:48
30	191	David Goodman	gade valley harriers	00:43:01	00:43:05

31	216	Angelo Lucatello		00:43:07	00:43:12
32	113	Ed Wright	Chiltern Harriers AC	00:44:08	00:44:11
33	176	Nick Rawlings		00:44:10	00:44:16
34	145	Daniel Hatton	Vegetarian Cycling & AC	00:44:37	00:44:42
35	149	Kerry Ardley	Dacorum & Tring AC	00:44:42	00:44:48
36	157	James Craske	Dacorum & Tring AC	00:44:56	00:45:03
37	165	Chris Kitchener	Dacorum & Tring AC	00:45:05	00:45:09
38	89	Sheila Turner	Tring RC	00:45:05	00:45:10
39	196	Matthew Lawrence	Chiltern Harriers AC	00:45:07	00:45:11
40	52	Trevor Normoyle	Gade Valley Harriers	00:45:20	00:45:31
41	203	Martin Kerr	Dacorum & Tring AC	00:45:28	00:45:34
42	107	Ross Willerton		00:45:27	00:45:37
43	117	Steven Marshall		00:45:24	00:45:40
44	76	Ben Kenny		00:45:34	00:45:46
45	156	Matt Channer	UK Athletics Members	00:45:49	00:45:53
46	9	Drew Thomas		00:45:41	00:45:54
47	242	Chris Nichols	Tring RC	00:45:52	00:46:00
48	98	Celia Findlay	Dacorum & Tring AC	00:45:58	00:46:04
49	13	David Maloney		00:46:10	00:46:18
50	153	Steven Russell	Dacorum & Tring AC	00:46:16	00:46:23
51	79	Richard Blaxill	Dacorum & Tring AC	00:46:16	00:46:24
52	65	Andrew Goldsborough		00:46:21	00:46:27
53	63	Rupert Lines		00:46:25	00:46:33
54	77	Adam Taylor		00:46:32	00:46:38
55	136	Robert Davies	Dacorum & Tring AC	00:46:36	00:46:44
56	41	Tony Reeve	Dacorum & Tring AC	00:46:41	00:46:47
57	219	Jeremy Wood		00:46:30	00:46:50
58	240	John Brewer	UK Net Runner	00:46:44	00:46:53
59	172	Martin Clark		00:46:40	00:46:59
60	160	Danny Wells	Dacorum & Tring AC	00:46:54	00:47:02
61	92	Robert Ewart		00:46:49	00:47:05
62	19	Neil Martin		00:47:27	00:47:32
63	97	Justin Burns		00:47:38	00:47:42
64	146	Kyfer Mayhew		00:47:36	00:47:48
65	236	Paul Martin		00:47:40	00:47:49
66	221	Alexander Bond		00:47:47	00:47:50
67	84	Phil Mercer	Gade Valley Harriers	00:47:51	00:48:00
68	120	Kevin Newman		00:47:55	00:48:02
69	74	Philip Pugh	Dacorum & Tring AC	00:48:00	00:48:05
70	189	Charlie Cadogan		00:47:44	00:48:09
71	121	Alison Putko	Watford Harriers	00:48:05	00:48:21
72	95	Catherine Turner	Tring RC	00:48:16	00:48:21
73	70	Bruce Copestick		00:48:18	00:48:24
74	24	Michael Jack	St Albans Striders	00:48:22	00:48:28
75	215	Andrew Bishop	Gade Valley Harriers	00:48:32	00:48:41
76	237	Matt Long		00:48:35	00:48:45
77	207	Ruth Eykelbosch	Dacorum & Tring AC	00:48:44	00:48:52
78	163	Louise Flower	Dacorum & Tring AC	00:48:53	00:49:01
79	209	Holly Taylor		00:48:47	00:49:06
80	67	Katie Le Blond	Dacorum & Tring AC	00:49:10	00:49:17
81	57	Jamie Matthews	Standard Entry	00:49:34	00:49:40
82	56	Stephen Grant		00:49:36	00:49:45
83	210	Tracey Cotton	Gade Valley Harriers	00:49:41	00:49:51
84	169	Kayleigh Whittington	Standard Entry	00:49:45	00:49:52

85	54	Nigel Wiggins	Dacorum & Tring AC	00:49:56	00:50:03
86	85	David Pym	Standard Entry	00:50:06	00:50:12
87	75	Georgina Mann	Dacorum & Tring AC	00:50:27	00:50:38
88	133	Simon Townsend		00:50:29	00:50:40
89	40	Andy Mitchell	Dacorum & Tring AC	00:50:26	00:50:43
90	192	Natasha Harrison	Standard Entry	00:50:41	00:50:49
91	39	Ian Birkett		00:50:41	00:50:50
92	230	David Angel		00:50:53	00:51:00
93	53	James Campbell		00:50:46	00:51:03
94	110	Kevin Mostyn	Uk Athletics Member	00:50:50	00:51:03
95	137	Aimee Peacock	Dacorum & Tring AC	00:51:00	00:51:09
96	12	Johanna Bocker		00:51:06	00:51:14
97	51	Jenny Stubberfield	Gade Valley Harriers	00:51:28	00:51:39
98	104	David Saul	Chiltern Harriers AC	00:51:37	00:51:49
99	211	Jos Bartlett	Dacorum & Tring AC	00:51:54	00:52:03
100	233	Mike Cole		00:51:59	00:52:19
101	244	Rob Salt	Dacorum & Tring AC	00:52:09	00:52:25
102	96	William Wylie	Dacorum & Tring AC	00:52:21	00:52:31
103	128	Andy Anthony	Standard Entry	00:52:24	00:52:36
104	88	Andrew Dyer		00:52:19	00:52:48
105	87	Edward Bland		00:52:19	00:52:49
106	109	Gwen Mostyn	Dacorum & Tring AC	00:52:37	00:52:50
107	91	Callum Lafferty		00:52:35	00:52:56
108	227	Nick Talbot		00:52:48	00:52:59
109	64	Katherine Day	Chiltern Harriers AC	00:53:01	00:53:13
110	180	Evan Webster		00:53:02	00:53:18
111	38	Martin Hendy		00:53:00	00:53:19
112	61	Sophie Halden	Gade Valley Harriers	00:53:11	00:53:23
113	125	Matt Cannon		00:53:22	00:53:44
114	7	Colin Little		00:53:57	00:54:04
115	28	Jonny Edser		00:53:52	00:54:09
116	194	David Harris	Standard Entry	00:53:52	00:54:09
117	175	Sophie Turner	Dacorum & Tring AC	00:54:30	00:54:38
118	43	James Ouston		00:54:31	00:54:46
119	132	Ruth Holroyd	UK Athletics Members	00:55:00	00:55:12
120	223	Suhel Ahmed		00:55:05	00:55:15
121	10	Oliver Warmington		00:55:01	00:55:18
122	197	Brian Parker		00:54:58	00:55:19
123	181	Matthew High		00:55:23	00:55:27
124	25	Carole Jack	St Albans Striders	00:55:23	00:55:31
125	118	Joanne Marshall	UK Athletics Members	00:55:18	00:55:34
126	195	Ian Wolstencroft	Dacorum & Tring AC	00:55:29	00:55:38
127	15	Tony Coupland		00:55:31	00:55:43
128	220	Adam Blackwell		00:55:43	00:55:47
129	144	Mark Worley	Dacorum & Tring AC	00:55:36	00:55:50
130	212	Clare Murray		00:55:41	00:55:55
131	49	Martin Filby		00:55:46	00:56:01
132	139	Helen Walker		00:55:55	00:56:05
133	131	James Bantick	Standard Entry	00:55:50	00:56:10
134	18	Kevin Wilks		00:55:57	00:56:20
135	78	Penny Wallduck	Dacorum & Tring AC	00:56:22	00:56:34
136	152	Martijn Zwijnenburg		00:56:23	00:56:37
137	218	Will Booth		00:56:27	00:56:38

138	106	Carl Moorhouse		00:56:28	00:56:43
139	58	Ian West	Standard Entry	00:56:40	00:56:46
140	141	Andrew Tiernan		00:56:27	00:56:51
141	134	Tamsin Finch	Chiltern Harriers AC	00:56:44	00:56:55
142	108	Christian Kyriacou	Standard Entry	00:57:08	00:57:25
143	127	Roy Lester	Standard Entry	00:57:17	00:57:28
144	119	Rebecca Cheetham	Standard Entry	00:57:24	00:57:34
145	243	Paul Reed	Standard Entry	00:57:24	00:57:34
146	184	Allan McCormack	Standard Entry	00:57:31	00:57:50
147	126	Kirstin Bilham	Standard Entry	00:57:42	00:57:53
148	217	Amber Forrow		00:58:03	00:58:14
149	202	Kirsty Gruber		00:58:00	00:58:19
150	81	James Ineson		00:58:13	00:58:23
151	6	Jessica Little		00:58:28	00:58:33
152	5	David Martell		00:58:13	00:58:36
153	158	Erica Klein	Dacorum & Tring AC	00:58:28	00:58:39
154	177	Matthew Manning	Tring RC	00:58:36	00:58:46
155	130	Helen Newman	Standard Entry	00:58:23	00:58:46
156	155	Mark Batchelor	Standard Entry	00:58:30	00:58:49
157	4	Clare Martell		00:58:41	00:59:05
158	73	Tamara Clark	Dacorum & Tring AC	00:59:03	00:59:17
159	143	Malcolm Sargeant	Dacorum & Tring AC	00:59:07	00:59:23
160	232	Ciaran McNally		00:59:08	00:59:25
161	168	Alex McNally	Dacorum and Tring AC	00:59:09	00:59:27
162	14	Juliane Coupland		00:59:18	00:59:31
163	8	Kate Thomas		00:59:24	00:59:37
164	59	Denise Burford	Dacorum & Tring AC	00:59:53	01:00:05
165	193	Vince Ingrey	Standard Entry	00:59:57	01:00:22
166	112	Darren Leinweber		01:00:07	01:00:34
167	200	Mike Georgiades		01:00:45	01:00:59
168	229	Caroline Weller		01:01:26	01:01:31
169	82	Alan Grover	Dacorum & Tring AC	01:01:28	01:01:43
170	37	Linda Hendy		01:01:25	01:01:45
171	29	David O'dell		01:01:32	01:01:51
172	90	Ted Turner	Tring RC	01:01:43	01:01:54
173	21	Ruth Georgiades		01:02:11	01:02:24
174	44	Mandy Jackson	Dacorum & Tring AC	01:02:15	01:02:29
175	161	Nikita Hallahan	Dacorum & Tring AC	01:02:21	01:02:34
176	188	Sara Mullarkey	Standard Entry	01:02:15	01:02:39
177	100	Matthew Jones		01:02:34	01:02:52
178	183	Simon J FINNAMORE		01:02:32	01:02:54
179	80	John Lyons		01:03:16	01:03:33
180	174	David Thompson		01:03:43	01:04:05
181	3	Annie Simms		01:04:10	01:04:27
182	83	Jo Kenny		01:04:19	01:04:37
183	2	Louise Teden		01:04:20	01:04:39
184	226	Marcus Rees-Whybrow		01:04:29	01:04:47
185	182	Rob Salt	Dacorum & Tring AC	01:04:27	01:04:51
186	228	Becky Wright		01:04:32	01:04:51
187	201	Cleo Webb	Standard Entry	01:06:50	01:07:08
188	213	Jennifer Johnson		01:07:04	01:07:30
189	1	David Stent		01:07:06	01:07:32
190	186	Rory Hulley	Standard Entry	01:08:06	01:08:30

191	185	Lisa Hulley	Standard Entry	01:08:07	01:08:30
192	33	Karima Soutsane		01:08:25	01:08:47
193	138	Bobbie Redman		01:08:32	01:08:57
194	101	Bernard Richardson		01:08:33	01:08:57
195	115	Peter Zemjak	Standard Entry	01:08:40	01:08:58
196	114	Ivana Pastorkova	Standard Entry	01:08:40	01:08:58
197	241	Alex Bryan		01:08:42	01:09:02
198	129	Helen Newman	Standard Entry	01:08:58	01:09:21
199	231	Alison Clooney	Dacorum & Tring AC	01:09:51	01:10:05
200	30	Jemma Crane		01:10:08	01:10:30
201	199	Alison Gregory		01:10:12	01:10:31
202	94	Reanne Eynon		01:10:51	01:11:14
203	148	Kelly Sullivan		01:10:52	01:11:14
204	20	Stephen Martell		01:11:01	01:11:32
205	31	Zoe Winn		01:11:18	01:11:41
206	102	Julie Jones		01:11:25	01:11:43
207	154	Annette Howard	Dacorum & Tring AC	01:12:03	01:12:18
208	105	Sophie Routledge	Dacorum & Tring AC	01:13:00	01:13:16
209	170	Carol Wolstencroft	Dacorum & Tring AC	01:13:17	01:13:32
210	171	Carly Nair		01:13:39	01:13:59
211	62	Lynda Murray	Redway Runners	01:14:07	01:14:29
212	190	Mark Banks	Standard Entry	01:14:34	01:14:52
213	222	Shakir Ahmed Kamran		01:17:17	01:17:32
214	34	Claire Rojewski		01:18:16	01:18:38
215	235	Daluar Hussain		01:34:40	01:34:55
216	234	Kamran Ahmed		01:34:40	01:34:56
217	204	Rachel Witherall		01:38:20	01:38:46
218	205	Sarah-Louise Barrett		01:38:20	01:38:46
DNF	86	John Slack	Dacorum & Tring AC		

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