

10k results 4th September 2022

182 registered with 143 runners on the day. The first male and female received a £25 cheque, 2nd place winners £15 cheque and 3rd place winners £10 cheque.



Place	Bib	Name	Gender	AG	Club	ChipTime	GunTime
4th September 2022							
1.	90	Aran Davidson	M	SEN	Chiltern Harriers	0:32:18	0:32:19
2.	151	Thomas Grimes	M	V40		0:35:20	0:35:20
3.	27	matt ashby	M	SEN	Gade Valley Harriers	0:36:27	0:36:28
4.	55	Kate Rennie	F	V45	DAC	0:36:54	0:36:55
5.	166	Michael Linden	M	V45	Gade Valley Harriers	0:37:30	0:37:32
6.	86	Thomas Mack	M	SEN	Dacorum AC	0:37:52	0:37:53
7.	143	Mark Taplin	M	V55		0:38:57	0:38:59
8.	16	Josh Banks	M	SEN		0:39:03	0:39:04
9.	54	Max Eckert	M	SEN	Forest of Dean Athletics Club	0:39:16	0:39:18
10.	81	Simon Townsend	M	V55	Dacorum AC	0:40:06	0:40:08
11.	134	Chris Packard	M	V40		0:40:08	0:40:11
12.	135	Harry Davison	M	V40		0:40:10	0:40:13
13.	120	John Cooper	M	V60	St Albans Striders	0:40:47	0:40:49
14.	138	Roland Kemp	M	V40	Tring RC	0:41:10	0:41:13
15.	102	Jim Buttleman	M	V55	Leighton Fun Runners	0:42:07	0:42:09
16.	164	Oliver Beales	M	V40		0:42:21	0:42:24
17.	142	Lauren Mead	F	SEN		0:42:26	0:42:29
18.	145	Kevin Wright	M	V60		0:42:32	0:42:34
19.	110	Charles Sheppard	M	V35		0:42:30	0:42:35
20.	150	Jake Young	M	SEN		0:42:38	0:42:40

21.	116	Rob Sheppard	M	V40		0:43:08	0:43:13
22.	136	Henry Keighley-Elstub	M	V50	Tring RC	0:43:12	0:43:15
23.	9	Jack Blackburn	M	SEN		0:43:19	0:43:21
24.	53	Katie Waller	F	SEN		0:43:21	0:43:24
25.	68	Simon Morris	M	V35		0:43:36	0:43:39
26.	174	Drew Thomas	M	V40		0:43:38	0:43:47
27.	179	Paul Martin	M	V50		0:43:46	0:43:50
28.	8	Tom Saunders	M	SEN		0:44:20	0:44:23
29.	108	Catherine Turner	F	SEN		0:44:45	0:44:50
30.	91	Ed Wright	M	V45	Chiltern Harriers	0:44:51	0:44:55
31.	181	Michael Davis	M	U17		0:45:14	0:45:15
32.	144	Tim Phelps	M	V50	Dacorum Athletic Club	0:45:10	0:45:17
33.	13	Michaela Mayor	F	V35	Hillingdon	0:45:51	0:45:54
34.	129	Lisa Newing	F			0:46:09	0:46:11
35.	58	Ian Birkett	M	V40		0:46:20	0:46:24
36.	57	Adam Finch	M	V45	Chiltern Harriers	0:46:23	0:46:28
37.	103	Matthew Lawrence	M	V45	Chiltern Harriers	0:46:33	0:46:37
38.	106	John Terry	M	SEN		0:46:36	0:46:43
39.	123	Richard Roberts	M	V55		0:46:38	0:46:43
40.	80	Andrew Watt	M	V50	Gade Valley Harriers	0:46:42	0:46:48
41.	137	Andrew Bishop	M	V40	Gade Valley Harriers	0:46:42	0:46:48
42.	182	Nick Rawlings	M	V45		0:46:53	0:46:58
43.	42	Jonny Edser	M	V45		0:47:14	0:47:22
44.	101	Daniel Green	M	V35	Gade Valley Harriers	0:47:35	0:47:40
45.	107	Robert Davies	M	V50		0:47:53	0:47:57
46.	112	Sheila Turner	F	V60		0:47:59	0:48:04
47.	170	Wes Bull	M	V40		0:48:46	0:48:49
48.	83	Bruce Copestick	M	V55		0:49:42	0:49:48
49.	153	Richard Jones	M	SEN		0:49:48	0:49:54
50.	114	John Stevens	M	V60	Dacorum Athletic Club	0:49:58	0:50:03

Place	Bib	Name	Gender	AG	Club	ChipTime	GunTime
51.	5	Charlie Little	M	U20		0:49:59	0:50:09
52.	132	Simon Woollatt	M	V45		0:50:10	0:50:14
53.	177	Denzil Carr	M	V55		0:50:20	0:50:28
54.	35	andrew mead	M	SEN		0:50:27	0:50:31

55.	28	jenny stubberfield	F	SEN	Gade Valley Harriers	0:50:56	0:51:02
56.	65	Elliott Christie	M	V35		0:51:03	0:51:08
57.	152	Matthew Wells	M	V45		0:51:00	0:51:12
58.	84	Lee Maloney	M	SEN		0:51:21	0:51:27
59.	85	David Maloney	M	V35		0:51:21	0:51:28
60.	59	Tamsin Finch	F	V45	Chiltern Harriers AC	0:51:25	0:51:32
61.	175	Tony Coupland	M	V40		0:51:24	0:51:33
62.	87	Johanna Bocker	F	V40		0:51:50	0:51:58
63.	82	Rich Lloyd	M	V55	Chiltern harriers	0:51:59	0:52:10
64.	17	Roy Harris	M	V60		0:52:10	0:52:16
65.	113	Matthew High	M	V35		0:52:56	0:53:02
66.	30	steven butt	M	V40		0:52:54	0:53:03
67.	171	Mike GEORGIADES	M			0:53:12	0:53:18
68.	154	James Campbell	M	V45		0:53:29	0:53:38
69.	96	Keith Jones	M	V60		0:53:40	0:53:53
70.	98	Lewis Simpson Jones	M	SEN		0:53:41	0:53:53
71.	130	Clifford Johnson	M	V65		0:53:50	0:54:02
72.	167	Marc Faccini	M	V35		0:54:02	0:54:10
73.	163	Michael Kelly	M	U20		0:54:55	0:55:05
74.	22	Angeline Cottrill	F	V45		0:55:27	0:55:31
75.	40	Nick Talbot	M	V45		0:55:39	0:55:50
76.	69	Ian Wolstencroft	M	V65	Dacorum Athletics Club	0:56:17	0:56:21
77.	2	Clare Martell	F	V45		0:56:10	0:56:22
78.	99	John O Dowd	M	V35		0:56:37	0:56:45
79.	148	Emma Low	F	V45		0:56:43	0:56:56
80.	169	Ken Biggerstaff	M	V60		0:57:04	0:57:18
81.	165	Stewart Ritchie	M	V35		0:57:12	0:57:22
82.	156	Maria Rose	F	V55	Watford harriers	0:57:28	0:57:35
83.	92	Trevor Brawn	M	V70	Chiltern Harriers AC	0:57:34	0:57:41
84.	180	Kerry Hoar	F			0:57:47	0:57:54
85.	11	Liz Hutchison	F	V60		0:58:37	0:58:45
86.	158	Lucy Luff	F	SEN		0:58:44	0:58:52
87.	140	Karis Thomas	F	SEN	Gade Valley Harriers	0:58:53	0:59:02
88.	37	russ orme	M	V60		0:58:49	0:59:04
89.	183	Peter Moreean	M	V50		0:59:15	0:59:31
90.	104	Peter Green	M	V55		0:59:20	0:59:34

91.	89	Andrew Zelin	M	V55	Dacorum Athletics Group	0:59:29	0:59:39
92.	7	Victoria Williams	F	V35		0:59:32	0:59:44
93.	128	Nicola Coen	F	V40	Dacorum AC	0:59:39	0:59:47
94.	162	Alain Brissimitzakis	M	SEN		0:59:47	0:59:58
95.	72	Richard Hacking	M	V45		0:59:56	1:00:06
96.	131	Molly Rice	F	SEN	Gade valley harriers	0:59:57	1:00:06
97.	105	Beth Labonte	F	SEN		1:00:05	1:00:13
98.	126	Sarah Coltman	F	V50	Watford Joggers	1:00:16	1:00:24
99.	127	Martin Storrie	M	V60	Gade Valley Harriers	1:00:24	1:00:32
100.	160	Dan Hawkes	M	V40		1:00:22	1:00:33
101.	159	Alex Hawkes	F	V40		1:00:23	1:00:33
102.	178	James Elphinstone	M	V55		1:00:23	1:00:36
Place	Bib	Name	Gender	AG	Club	ChipTime	GunTime
103.	94	Claire Prince	F	V50		1:00:31	1:00:46
104.	60	Emma Shotton	F	SEN		1:00:51	1:01:02
105.	161	Julia Clift	F	SEN		1:00:54	1:01:06
106.	71	Donald Scorgie	M	V40		1:01:03	1:01:12
107.	95	Robert Wye	M	V60		1:01:17	1:01:31
108.	125	David Kelly	M	V50	Watford Joggers	1:01:33	1:01:42
109.	146	Sunil Shah	M	V35		1:01:39	1:01:46
110.	173	Jonathan Murrin	M	V50		1:02:00	1:02:08
111.	36	matt line-hayward	M	V40		1:01:59	1:02:08
112.	79	Matthew Jones	M	V45		1:02:19	1:02:29
113.	111	Alan Grover	M	V60	Dacorum Athletic Club	1:02:27	1:02:43
114.	51	Kathryn White	F	V50		1:02:46	1:02:58
115.	12	Chris Hutchison	M	V60		1:02:55	1:03:05
116.	76	Brenda Fee	F	V70	Barnet & District AC	1:02:59	1:03:11
117.	168	Natasha Faccini	F	V35		1:03:22	1:03:34
118.	172	Ruth GEORGIADES	F	V40		1:03:37	1:03:44
119.	64	Claire Harman	F	V40	Dacorum & tring	1:03:36	1:03:47
120.	109	Paul Markham-James	M	V55		1:03:54	1:04:05
121.	119	Paul Heskin	M	V50		1:04:00	1:04:16
122.	75	Pauline Foreman	F	V55		1:04:15	1:04:27
123.	10	Lacey Lewin	F	SEN		1:04:40	1:04:52
124.	117	Greg Andrews	M	V60		1:05:04	1:05:18
125.	19	Denise Conway	F	V55		1:06:46	1:06:58
126.	176	Juliane Coupland	F	V40		1:06:47	1:07:01

127.	20	Paula Huddy	F	V55		1:07:04	1:07:17
128.	118	Sarah Hunt	F	V40		1:07:16	1:07:30
129.	78	Lynne Kitwood	F	V60		1:07:47	1:08:00
130.	31	danielle cox	F	SEN		1:07:55	1:08:02
131.	32	chloe gould	F	SEN		1:07:55	1:08:02
132.	121	Clare Skinner	F	V65		1:08:59	1:08:59
133.	39	James Ouston	M	SEN		1:09:40	1:09:54
134.	147	Shirley White	F	V60	Tring RC	1:09:57	1:10:09
135.	70	Carol Wolstencroft	F	V60	Dacorum Athletics Club	1:10:04	1:10:15
136.	6	Stephen Martell	M	V60		1:10:24	1:10:40
137.	29	mark banks	M	V45		1:11:24	1:11:41
138.	24	elizabeth crosse	F	V60		1:11:53	1:12:06
139.	93	Gregory Neal	M	V65	Watford Harriers	1:11:50	1:12:06
140.	139	Lynda Murray	F	V50	Leighton Fun Runners	1:13:17	1:13:33
141.	141	Tracey Robson	F	V50		1:13:45	1:13:59
142.	100	Julia Norman	F	V65		1:17:05	1:17:20
143.	46	Alison Clooney	F	V70	DACORUM AC	1:17:05	1:17:20

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