

# 10k results 5<sup>th</sup> September 2021

203 registered with 149 runners on the day. The first male and female received a £25 cheque, 2<sup>nd</sup> place winners £15 cheque and 3<sup>rd</sup> place winners £10 cheque.

We had an issue with medal delivery this year. This year there will be 2 medals with the 2<sup>nd</sup> being posted once we have received them.



| Place | Bib | Name              |   | AG  | Club                            | ChipTime | GunTime  |
|-------|-----|-------------------|---|-----|---------------------------------|----------|----------|
| 1     | 125 | Thomas Grimes     | M | V40 | East London Runners             | 00:35:50 | 00:35:51 |
| 2     | 38  | Kate Rennie       | F | V45 | Dacorum & Tring AC              | 00:36:54 | 00:36:55 |
| 3     | 126 | Mark Heaphy       | M |     |                                 | 00:37:09 | 00:37:09 |
| 4     | 182 | David Olima       | M | V40 | Dacorum & Tring Athletics Club  | 00:37:43 | 00:37:44 |
| 5     | 105 | Jay Munkley       | M |     |                                 | 00:38:55 | 00:38:57 |
| 6     | 160 | Matt Ashby        | M |     | Gade Valley Harriers            | 00:38:59 | 00:39:00 |
| 7     | 176 | John Cooper       | M |     | St Albans Striders              | 00:40:00 | 00:40:02 |
| 8     | 133 | Jonathan Phillips | M |     |                                 | 00:40:21 | 00:40:26 |
| 9     | 92  | Phil Heaton       | M | V35 | Gade Valley Harriers            | 00:40:40 | 00:40:42 |
| 10    | 174 | Max Eckert        | M |     |                                 | 00:40:45 | 00:40:49 |
| 11    | 43  | Drew Thomas       | M | V40 |                                 | 00:40:57 | 00:41:00 |
| 12    | 3   | Daniel Hatton     | M | V35 | Vegetarian Cycling & AC         | 00:41:28 | 00:41:31 |
| 13    | 88  | Josh Banks        | M |     |                                 | 00:41:32 | 00:41:33 |
| 14    | 55  | Jake Young        | M | SEN |                                 | 00:41:34 | 00:41:37 |
| 15    | 93  | Lauren Mead       | F | SEN |                                 | 00:41:38 | 00:41:44 |
| 16    | 171 | Jim Buttleman     | M | V55 | Leighton Fun Runners            | 00:41:59 | 00:42:00 |
| 17    | 177 | Richard Moss      | M |     | Chiltern Harriers Athletic Club | 00:42:02 | 00:42:05 |
| 18    | 155 | David Goodman     | M | V45 | Gade Valley Harriers            | 00:42:16 | 00:42:19 |
| 19    | 183 | Ernie Olima       | M | U17 | Dacorum & Tring Athletics Club  | 00:42:33 | 00:42:35 |

|    |     |                        |   |     |                                 |          |          |
|----|-----|------------------------|---|-----|---------------------------------|----------|----------|
| 20 | 53  | Dominic Prince         | M |     |                                 | 00:43:28 | 00:43:29 |
| 21 | 25  | Catherine Turner       | F | SEN | Tring Running Club              | 00:43:29 | 00:43:33 |
| 22 | 172 | Rob Sheppard           | M | V40 |                                 | 00:43:36 | 00:43:43 |
| 23 | 98  | Ben Munkley            | M |     |                                 | 00:44:40 | 00:44:47 |
| 24 | 91  | Bradley Davies         | M | SEN |                                 | 00:44:52 | 00:44:55 |
| 25 | 151 | Richard Roberts        | M |     |                                 | 00:45:00 | 00:45:03 |
| 26 | 70  | Tom Robinson           | M |     |                                 | 00:45:04 | 00:45:06 |
| 27 | 150 | Merlin Allan           | M |     | Gade Valley Harriers            | 00:45:07 | 00:45:17 |
| 28 | 76  | Anna Styles            | F |     |                                 | 00:45:08 | 00:45:19 |
| 29 | 30  | Andy White             | M | V45 |                                 | 00:45:06 | 00:45:22 |
| 30 | 13  | Harry Gillan           | M | SEN | Dacorum & Tring AC              | 00:45:51 | 00:45:55 |
| 31 | 28  | Tony Reeve             | M | V60 | Dacorum & Tring AC              | 00:45:54 | 00:46:00 |
| 32 | 189 | Juliet Leighton-Davies | F |     |                                 | 00:46:01 | 00:46:04 |
| 33 | 12  | Richie Kiely           | M | V40 |                                 | 00:46:03 | 00:46:17 |
| 34 | 117 | Katie Waller           | F |     |                                 | 00:46:12 | 00:46:18 |
| 35 | 185 | Andrew Bishop          | M |     | Gade Valley Harriers            | 00:46:17 | 00:46:27 |
| 36 | 128 | Martin Bell            | M |     |                                 | 00:46:27 | 00:46:35 |
| 37 | 149 | Jonathan Priestley     | M |     |                                 | 00:46:45 | 00:47:03 |
| 38 | 203 | Nick Rawlings          | M | V45 |                                 | 00:47:07 | 00:47:12 |
| 39 | 24  | Sheila Turner          | F | V55 | Tring Running Club              | 00:47:12 | 00:47:16 |
| 40 | 154 | David Henson           | M | V60 |                                 | 00:47:22 | 00:47:24 |
| 41 | 68  | Evan Webster           | M |     |                                 | 00:47:28 | 00:47:35 |
| 42 | 178 | Sylvia Moss            | F |     | Chiltern Harriers Athletic Club | 00:47:33 | 00:47:37 |
| 43 | 69  | Nik Edser              | M |     |                                 | 00:48:23 | 00:48:26 |
| 44 | 37  | David Maloney          | M | SEN |                                 | 00:48:24 | 00:48:27 |
| 45 | 152 | Michael Jack           | M | V60 | St Albans Striders              | 00:48:23 | 00:48:28 |
| 46 | 170 | Alex Drizen            | M | V45 | Watford Joggers                 | 00:48:26 | 00:48:31 |
| 47 | 75  | Michael Buttleman      | M | SEN |                                 | 00:48:37 | 00:48:41 |
| 48 | 40  | Tony Coupland          | M | V40 |                                 | 00:48:43 | 00:48:43 |
| 49 | 49  | Mark Birchall          | M | SEN |                                 | 00:48:50 | 00:48:55 |
| 50 | 114 | Jason Friend           | M |     |                                 | 00:49:27 | 00:49:37 |
| 51 | 156 | Bruce Copestick        | M | V50 |                                 | 00:49:35 | 00:49:39 |
| 52 | 63  | Andrew Watt            | M | V50 | Gade Valley Harriers            | 00:49:43 | 00:49:51 |
| 53 | 34  | Andy Mitchell          | M | V55 | Dacorum & Tring AC              | 00:49:50 | 00:49:57 |
| 54 | 134 | Luke Richardson        | M |     |                                 | 00:50:18 | 00:50:24 |
| 55 | 162 | David Saul             | M |     | Chiltern Harriers               | 00:50:33 | 00:50:39 |
| 56 | 29  | Jenny Stubberfield     | F | SEN | Gade Valley Harriers            | 00:50:28 | 00:50:40 |
| 57 | 84  | Nigel Wiggins          | M | V50 | Dacorum & Tring AC              | 00:50:35 | 00:50:41 |
| 58 | 138 | David Hutt             | M |     |                                 | 00:50:39 | 00:50:44 |
| 59 | 89  | Daniel Green           | M |     | Fade Valley Harriers            | 00:50:37 | 00:50:47 |
| 60 | 191 | Camilla Philip         | F |     |                                 | 00:50:34 | 00:50:49 |
| 61 | 8   | Jessica Little         | F | SEN |                                 | 00:50:55 | 00:50:59 |
| 62 | 10  | Charlie Little         | M | U20 |                                 | 00:50:54 | 00:51:00 |
| 63 | 118 | Johanna Bocker         | F |     |                                 | 00:50:58 | 00:51:12 |
| 64 | 78  | Jonny Edser            | M |     |                                 | 00:51:20 | 00:51:25 |
| 65 | 141 | Simon Woollatt         | M | V45 |                                 | 00:51:32 | 00:51:34 |
| 66 | 161 | John Highmore          | M |     |                                 | 00:52:01 | 00:52:06 |
| 67 | 87  | James Ouston           | M |     |                                 | 00:52:14 | 00:52:17 |
| 68 | 144 | Kevin Church           | M | V55 | Marshall Milton Keynes AC       | 00:52:09 | 00:52:18 |
| 69 | 79  | Sarah Hunt             | F |     |                                 | 00:52:30 | 00:52:34 |
| 70 | 173 | Isabel Wilson          | F |     | Gade Valley Harriers            | 00:52:29 | 00:52:40 |

|     |     |                      |   |     |                           |          |          |
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| 71  | 136 | Rupert Mainwaring    | M | V45 | Gade Valley Harriers      | 00:52:55 | 00:53:07 |
| 72  | 186 | Phil Garner          | M |     |                           | 00:53:15 | 00:53:23 |
| 73  | 184 | Robert Notton        | M |     | Dacorum&Tring             | 00:53:53 | 00:54:01 |
| 74  | 50  | Nigel Prince         | M | V55 |                           | 00:54:08 | 00:54:14 |
| 75  | 164 | Lee Thorne           | M |     |                           | 00:53:58 | 00:54:17 |
| 76  | 80  | Stewart Hunt         | M |     |                           | 00:54:34 | 00:54:38 |
| 77  | 33  | Alex Bryan           | M | SEN |                           | 00:54:42 | 00:54:48 |
| 78  | 112 | Joe Sambidge         | M |     |                           | 00:55:14 | 00:55:31 |
| 79  | 157 | Angeline Cottrill    | F |     | Gade Valley Harriers      | 00:55:22 | 00:55:34 |
| 80  | 14  | Ian Wolstencroft     | M | V60 |                           | 00:55:37 | 00:55:43 |
| 81  | 163 | Daniel Spendlove     | M |     |                           | 00:55:38 | 00:55:57 |
| 82  | 181 | David Robarts        | M |     |                           | 00:56:06 | 00:56:17 |
| 83  | 145 | Trevor Brawn         | M | V70 | Chiltern Harriers AC      | 00:56:11 | 00:56:18 |
| 84  | 192 | Jackie Youell        | F | V60 |                           | 00:56:11 | 00:56:18 |
| 85  | 165 | Deborah Meek         | F |     | Run Things Run Club       | 00:56:18 | 00:56:30 |
| 86  | 194 | Amber Forrow         | F |     |                           | 00:56:20 | 00:56:35 |
| 87  | 42  | Mandy Jackson        | F | V60 |                           | 00:56:25 | 00:56:39 |
| 88  | 5   | Clare Martell        | F | V45 |                           | 00:56:26 | 00:56:39 |
| 89  | 202 | Nigel Hollington     | M | V65 |                           | 00:56:48 | 00:56:57 |
| 90  | 169 | Kieran Hobden        | M |     |                           | 00:56:53 | 00:57:07 |
| 91  | 168 | Mark Dutton          | M |     |                           | 00:57:03 | 00:57:13 |
| 92  | 66  | Kevin Wilks          | M |     |                           | 00:57:13 | 00:57:22 |
| 93  | 198 | Adrian Osoianu       | M | V35 |                           | 00:57:08 | 00:57:22 |
| 94  | 111 | Fay Lavers           | F |     |                           | 00:57:32 | 00:57:48 |
| 95  | 2   | Ted Turner           | M | V60 | Tring Running Club        | 00:57:56 | 00:58:02 |
| 96  | 54  | Beth Brown           | F | SEN |                           | 00:58:10 | 00:58:20 |
| 97  | 179 | Thomas Baxter        | M |     |                           | 00:58:50 | 00:58:57 |
| 98  | 85  | Elise Edwards        | F |     |                           | 00:58:44 | 00:59:01 |
| 99  | 48  | Leonie Prince        | F | SEN |                           | 00:59:17 | 00:59:30 |
| 100 | 197 | Peter Jenking        | M | V60 |                           | 00:59:13 | 00:59:32 |
| 101 | 146 | Nick Talbot          | M | V45 |                           | 00:59:19 | 00:59:36 |
| 102 | 131 | Dermott Moran        | M |     | uk run chat               | 00:59:20 | 00:59:40 |
| 103 | 129 | Paul Heskin          | M |     |                           | 00:59:20 | 00:59:41 |
| 104 | 11  | Victoria Williams    | F | V35 |                           | 00:59:29 | 00:59:44 |
| 105 | 16  | Penny Wallduck       | F | V55 | Dacorum & Tring           | 00:59:38 | 00:59:53 |
| 106 | 57  | Kate Wilkes          | F | SEN |                           | 00:59:50 | 01:00:08 |
| 107 | 39  | David O'Dell         | M | V55 |                           | 01:00:06 | 01:00:14 |
| 108 | 94  | Alain Brissimitzakis | M |     |                           | 01:00:20 | 01:00:33 |
| 109 | 17  | Martin Kearns        | M | V60 |                           | 01:00:43 | 01:00:54 |
| 110 | 120 | Ali Lyons            | F |     |                           | 01:00:53 | 01:01:09 |
| 111 | 199 | James Elphinstone    | M | V55 |                           | 01:00:59 | 01:01:13 |
| 112 | 143 | Hazel Church         | F | V55 | Marshall Milton Keynes AC | 01:01:08 | 01:01:20 |
| 113 | 113 | Darren Lipman        | M |     |                           | 01:01:16 | 01:01:26 |
| 114 | 195 | Ruth Georgiades      | F | V40 |                           | 01:01:27 | 01:01:36 |
| 115 | 190 | Yasmin Philip        | F |     |                           | 01:01:22 | 01:01:37 |
| 116 | 124 | Julia Clift          | F |     |                           | 01:01:40 | 01:01:53 |
| 117 | 132 | Heather Culmer       | F |     |                           | 01:01:59 | 01:02:12 |
| 118 | 97  | Craig Squires        | M |     |                           | 01:02:37 | 01:02:47 |
| 119 | 58  | Toni Archer          | F | V50 |                           | 01:02:35 | 01:02:47 |
| 120 | 59  | Claire Prince        | F | V45 |                           | 01:02:35 | 01:02:47 |
| 121 | 32  | Victoria Burman      | F | V45 |                           | 01:03:00 | 01:03:18 |

|     |     |                    |   |     |                       |          |          |
|-----|-----|--------------------|---|-----|-----------------------|----------|----------|
| 122 | 86  | Clare Francis      | F |     |                       | 01:03:11 | 01:03:28 |
| 123 | 153 | Carole Jack        | F | V55 | St Albans Striders    | 01:03:28 | 01:03:43 |
| 124 | 81  | Paul Markham-James | M |     |                       | 01:03:29 | 01:03:44 |
| 125 | 41  | Juliane Coupland   | F | V40 |                       | 01:03:31 | 01:03:48 |
| 126 | 56  | Marie Mardell      | F | SEN |                       | 01:03:59 | 01:04:17 |
| 127 | 167 | Mark Dunford       | M |     |                       | 01:04:38 | 01:04:53 |
| 128 | 135 | Chris Blackwell    | M | V55 |                       | 01:04:54 | 01:05:06 |
| 129 | 201 | Cara Ostryn        | F | V45 |                       | 01:05:46 | 01:05:55 |
| 130 | 187 | Kathryn Garner     | F |     |                       | 01:06:31 | 01:06:41 |
| 131 | 121 | Steph Poulson      | F |     |                       | 01:06:34 | 01:06:53 |
| 132 | 122 | Tom Bryan          | M |     |                       | 01:06:34 | 01:06:53 |
| 133 | 130 | Rachel Moran       | F |     |                       | 01:07:35 | 01:07:56 |
| 134 | 103 | Sarah Dennis       | F |     |                       | 01:07:44 | 01:08:06 |
| 135 | 62  | Sandra Brown       | F | V55 |                       | 01:07:51 | 01:08:12 |
| 136 | 15  | Carol Wolstencroft | F | V60 |                       | 01:08:47 | 01:08:59 |
| 137 | 188 | Gina Abbs          | F |     |                       | 01:09:10 | 01:09:20 |
| 138 | 175 | Helen Marriott     | F |     | Dacorum&Tring AC      | 01:09:04 | 01:09:21 |
| 139 | 6   | David Martell      | M | V55 |                       | 01:08:59 | 01:09:24 |
| 140 | 36  | Stephen Martell    | M | V55 |                       | 01:08:59 | 01:09:24 |
| 141 | 1   | Dave Stent         | M | V70 |                       | 01:09:42 | 01:10:04 |
| 142 | 147 | Ken Barclay        | M |     | Keswick Athletic Club | 01:09:41 | 01:10:05 |
| 143 | 139 | Graeme Elliot      | M |     |                       | 01:11:12 | 01:11:35 |
| 144 | 61  | Lorraine King      | F | V55 |                       | 01:12:23 | 01:12:44 |
| 145 | 18  | Mark Banks         | M | V45 |                       | 01:12:45 | 01:13:10 |
| 146 | 200 | Nikki Railton      | F | V35 |                       | 01:14:44 | 01:15:06 |
| 147 | 193 | Julia Norman       | F | V60 |                       | 01:15:53 | 01:16:14 |
| 148 | 65  | Alison Clooney     | F |     | Dacorum and Tring AC  | 01:16:08 | 01:16:28 |
| 149 | 99  | David Baum         | M |     |                       | 01:20:51 | 01:21:02 |